



Lavant

C.E. Primary School

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11th February 2025

Dear Parents

Chichester Inter-Schools Road Running Challenge

We are delighted that the Chichester Inter-schools Road Running Challenge is back again this year. This is always a very popular running event for children in years 5 and 6.

We can have as many runners as we like in our school team and the fastest three times count towards our school's overall score. The races are around the centre of Chichester and will be held on Wednesday 5th & 19th March and 2nd April.

This is an excellent event for individual pupils to focus on improving their general fitness level as they will all receive individual times for each race. They can try and improve their own times over the course of the three events and as there are runners of all abilities competing they will not feel intimidated. This event is competitive but is primarily about children having fun and keeping fit. The course is mostly around the pedestrian precinct. All roads used are marshalled and closed to traffic.

Timetable for all three evenings

- 6.30 p.m. Primary Schools Boys Race Year 6 1400m, (2 laps)
- 6.38 p.m. Primary School Boys Race Year 5 1400m, (2 laps)
- 6.46 p.m. Primary Schools Girls Race Year 6 1400m (2 laps)
- 6.53 p.m. Primary Schools Girls Race Year 5 1400m (2 laps)

Training in Running Club will help children prepare for the event but pupils **do not** need to be part of the club to take part. It is advisable though, that all children practice running the distance before the event. **If your child would like to take part in this exciting event, entries must be made on line [Corporate Challenge Entry – Chichester Runners & AC](#). Please note there is a £12.00 charge for every participating child that must be paid directly to Chichester Runners online.**

Once entered, please confirm your entry by signing up to this event as a school club on Arbor so that we know who has entered. Please can you ensure you have entered by Tuesday 25th February.

On the evening of each event Mr Taylor or I will be outside Santander in North Street at 6:15pm to meet the children. On arrival, we will do a short warm-up to get the team ready for the race. The start line is right next to the assembly rooms in North Street, Chichester.

Pupils will need to wear their full PE kit and something warm and waterproof to put on before and after the run. They will be issued with a race number prior to their first run. They must **not lose** this number as it needs to be used for all three races. The number needs to be secured on the front of the top they will be wearing for the race (using safety pins). In order to prepare for the event it is important that pupils have opportunities to run over the course distance between now and then.

Kind regards,

Adrian King



The web site for the organisers is www.chichester-runners.org.uk

Map of route.



Primary School Children run the junior route