

### Running around LEINSTER (Borris NS, Co. Carlow)



As part of our Active School Flag application this year, we decided to build on our successful “School Marathon Challenge” which was held last year. As a school, we decided to “Run around Leinster”. We began in our school in Borris, Co. Carlow and ran (the equivalent distance) to each of the 12 County Towns. Every class chose a suitable day to run their laps after our little break had finished at 11:10am. We measured out a large track around 4 of our grass pitches for the senior classes, and a smaller one around our soft covered area for the Junior Infants, Senior Infants and First Class.



Every class received a record sheet to chart their progress, in distance, each week. To emphasise the importance of participation, we did not time the laps and we aimed for everyone to start and finish together. We encouraged each other to keep going, while making sure that it was still fun and enjoyable for all.

To promote this inclusive philosophy, we chose “pacemakers” who led the way, and ensured it didn’t become a race. We wanted everyone to enjoy the running initiative, and show that being fit and active is possible anywhere, anytime. All you need is enough space to get moving and a positive attitude!



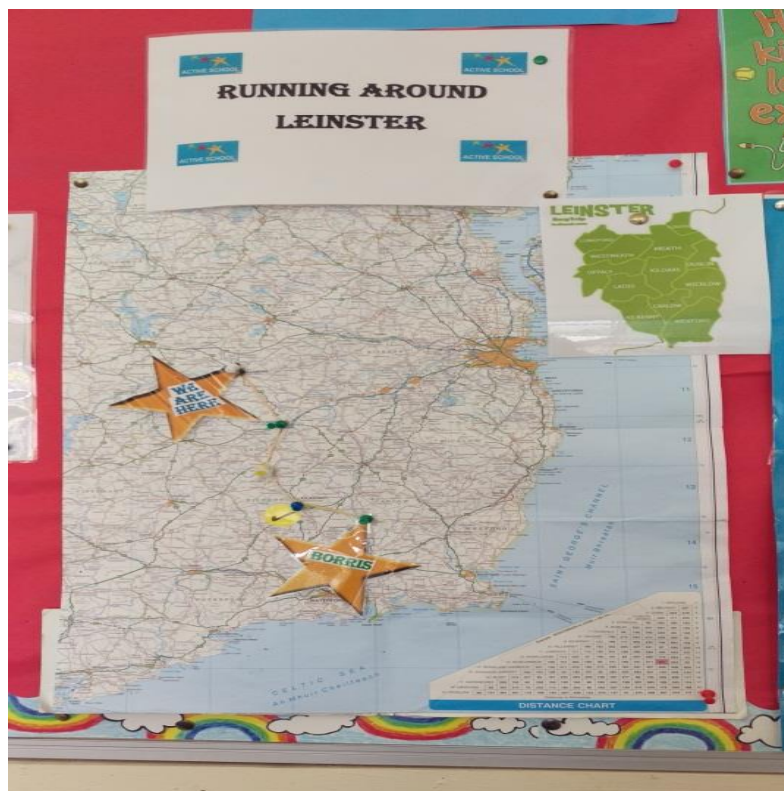
Every second Friday, members of the Active School committee collected the record sheets and we calculated our progress. We plotted our progress on a map of Leinster on our Active School notice board and we also updated our Active School page on the school website to keep our parents and the wider school community informed.



Please see the photos below that show our Active School noticeboard, our progress being plotted on a map of Leinster and a selection of classes doing their bit for our running initiative. It has been a whole school effort and we have worked brilliantly as a team. We highly recommend it!



At this point, we have run through Kilkenny City, Portlaoise, Tullamore, Mullingar and we are en route to Longford Town! We are hoping that with some lovely summer weather we might even get out for a few extra laps a week and make it back to Borris before the summer holidays begin. We have had great fun so far. It's all about getting outside, having fun with your friends and keeping fit and healthy.



Click on our school [WEBSITE](#) to see our other ASF activities.