

## St Oliver's Community College – PINK Ladies Mini-Marathon



### **ABOUT the School**

St Oliver's Community College is located in Drogheda and has 1300 students. The school offers, in the range, of 40 extra-curricular activities in a vibrant extra-curricular programme, facilitated by staff and outside coaches.

### **About the Initiative**

The Fitness Initiative Team (FIT Team) was established to find different ways to encourage all of the members of SOCC to become more active. Increasing female participation in physical activity was identified as a priority area.

The inaugural SOCC Ladies Mini Marathon (The Pink Run) took place on the last day of the spring term, Friday 20<sup>th</sup> March, 2015.

### **Organisation**

The event was coordinated by the schools FIT team lead by Sarah Cornyn (Metalwork and Materials Technology) and Michael Friel (PE Department). Una Kirk (Deputy Principal) ensured it had the full support of school management and the entire school staff.

The initiative was promoted through PE class announcements, whole school announcements and staff meetings. Students also made posters during SPHE classes which were displayed around the school. The girls in every year group as well as female members of staff were invited to participate.

Some students were also chosen as Active School Leaders. Their role was to raise awareness and enthusiasm about the initiative and on the day of the run they were positioned out along the course to act as motivators for the runners.

The theme of the day was PINK so participants were encouraged to wear something pink. The school also flew lots of pink flags to celebrate the event.

The 1km course was mapped out around the perimeter of the school grounds. During the first 3 periods of the day students had to register to take part in the event. Over 400 students and staff members signed up for the event, greatly exceeding expectations.

During the first period after lunch students came to the school gym for warm up and then went out to run/walk the course with the option of completing 3 or 5 laps. Some students and staff ran the course competitively and had their times recorded. Others chose to walk/jog the course with their friends. After the event free fruit and water was given out and there was also music and dancing. Every participant received a pink and gold medal.

The male members of the school community and the non-participating females remained in class for the afternoon and classes were merged to facilitate cover. Spectators were not permitted.



### **Future Plans**

The event was so successful that the school has decided to run it as an annual event. The school is also investigating a mass participation event for the boys and male members of staff.

[Link to School Website](#)