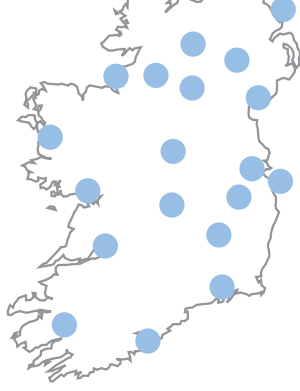


RUN

around

IRELAND

part three



Active School Flag encourages YOU to walk, run or roll to visit the landmark sights of Ireland. Begin by calculating the distance from your school to each landmark.



1 lap = 1 km

Where will you visit?

Destination	County	Distance from our School (km)	I did it!
 Armagh Observatory	Armagh	_____	<input checked="" type="checkbox"/>
 Aviva Stadium	Dublin	_____	<input type="checkbox"/>
 Bunratty Castle	Clare	_____	<input type="checkbox"/>
 Carrick-a-Rede Rope Bridge	Antrim	_____	<input type="checkbox"/>
 Corlea Bog	Longford	_____	<input type="checkbox"/>
 Croagh Patrick	Mayo	_____	<input type="checkbox"/>
 Devenish Island	Fermanagh	_____	<input type="checkbox"/>
 Dunmore Cave	Kilkenny	_____	<input type="checkbox"/>
 Glencar Waterfall	Leitrim	_____	<input type="checkbox"/>
 Gobbins Cliff Walk	Antrim	_____	<input type="checkbox"/>
 Killarney National Park	Kerry	_____	<input type="checkbox"/>
 Leap Castle	Offaly	_____	<input type="checkbox"/>
 Mondello Race Track	Kildare	_____	<input type="checkbox"/>
 National Aquarium of Ireland	Galway	_____	<input type="checkbox"/>
 Proleek Dolmen	Louth	_____	<input type="checkbox"/>
 Spike Island	Cork	_____	<input type="checkbox"/>
 Sport Ireland Campus	Dublin	_____	<input type="checkbox"/>
 Surfing, Mullaghmore	Sligo	_____	<input type="checkbox"/>
 The Viking Triangle	Waterford	_____	<input type="checkbox"/>
 Ulster American Folk Park	Tyrone	_____	<input type="checkbox"/>

Record the number of running laps completed in school with laps that you complete of your garden/local park every day. If you manage to persuade a friend or family member to run with you then you can add their laps to yours and gain lots more kilometres.

Don't forget to tick the destinations that you reach overleaf.

1 lap = 1 km

Week 1 __ / __ / __	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
My School Laps							
My Home Laps							
Family/Friend Laps							
Daily Total							

Week 2 __ / __ / __	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
My School Laps							
My Home Laps							
Family/Friend Laps							
Daily Total							

Week 3 __ / __ / __	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
My School Laps							
My Home Laps							
Family/Friend Laps							
Daily Total							

Week 4 __ / __ / __	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
My School Laps							
My Home Laps							
Family/Friend Laps							
Daily Total							

I DID IT!	I ran EVERY DAY for four weeks!	
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