

Edinburgh Marathon Festival -May Newsletter

With only two weeks to go until our big Race Weekend, here's the latest news on Team BPS.

THE RUNNERS

There are an amazing **110 pupils** signed up to run and every year group from Nursery through to P7 is represented. That's more than 1 in 4 of the school roll- what an achievement- **#gobroughton**

EMF DO NOT send us a list of runners, so if your child is entered, please make sure you have sent your EMF confirmation to bpsrunners@gmail.com ASAP.

We asked some of our runners what they enjoy and what makes EMF such a special day.



Georgie (P1) was our youngest runner in 2017, when she joined Team BPS while she was still in nursery. Not only is she back to run again this year, but she was our 100th entrant, so we had this special #100 t-shirt made to mark this brilliant milestone. Georgie says she's *"excited"* about the EMF and has been practising *"a little bit"*. Good luck, Georgie!

Harper (P7)

This will be Harper's third year running in the EMF. Now in P7, he says that he likes training because *"I'm running with different people all the time. When you know you've done your best it's a brilliant feeling, especially sharing it with your friends and raising money for school makes me really proud."*



Our **P6 and P7 Cross Country Runners** are looking forward to taking part and *"are setting our target on a finish inside the top 100!"*

Team BPS is joined by over 15 parents and teachers too. **Mrs Rushforth** set us a challenge and said that if we got over 100 children running, she would enter her very first 5K. Seasoned runners, Daniel and Harper from P7 interviewed her and this is what they found out!

Mrs Rushforth is training hard, using the Couch to 5K app, which is a brilliant and safe way to get started. She added that *"I am very impressed with the amount of children running, I am extremely proud of them! I hope that 110 children Mr Horan and I will inspire other teachers and students to participate in further runs"*.

Mr Horan and some brilliant parents are taking part in the 5K, 10K, Half Marathon and Hairy Haggis Relay Team.

Mr Horan said: "I'm a mix of nerves and excitement ahead of the big race. This will be my first ever half-marathon and I really don't know what to expect on the day. All I know is that I am going to be very tired on the Monday after. It's great to be part of Team Broughton and I have no doubt that all the runners will do themselves proud on the day. Good luck everyone and have fun!"

For the full interviews, please check out the school website at:
<https://broughtonprimary.org/2018/05/16/edinburgh-marathon-festival-2018-3/>

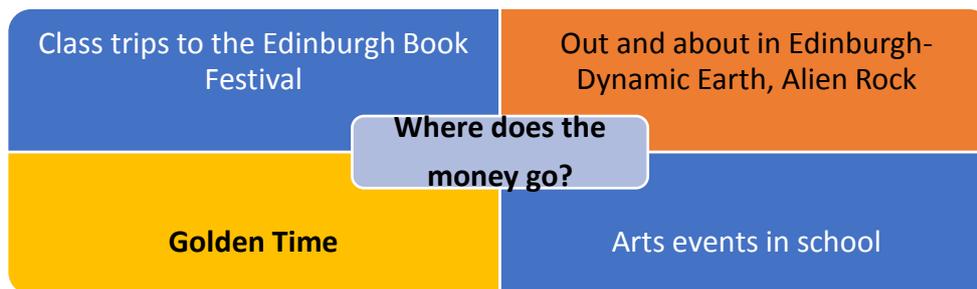
EMF think we're pretty special too and have awarded us school winners for the second year running. **We are officially a 'Super Active School' (but you knew that already!!).**

TRAINING

We've had 20-30 children come along to our weekly Sunday fun runs in Pilrig Park (with a few parents joining in too!) and have had lots of fun. Team BPS is **definitely** race-fit and we can't wait to pull on our trainers and school t-shirts on race day. You can check out our video clips and photos from our training sessions on Twitter @bpsrunners and on the school website. If you tweet, please follow us and help promote our brilliant runners!

FUNDRAISING- <https://uk.virginmoneygiving.com/BPSrunners>

Our target is £2500 so we can continue to support every class to get out and about in Edinburgh, via our Culture Fund. Here's what we did in 2017:



Dates for your diary.....



If you're not running, please come along to cheer on Team BPS and help with our fundraising.
We run to keep us happy and healthy.

A huge thank you to all the runners and families- you are all stars. Go Team BPS!