



## **HYF PHYSIOLISTIC RUN 2019**

The Henley Youth Festival in partnership with Physiolistic as an organising sponsor are delighted to announce this year's HYF fun run on Saturday 16<sup>th</sup> March. Swiss Farm and the Henley Rugby Club have generously donated their fields to host the event with First Aid Matters on hand to provide first aid service.

**Event Details**                      Saturday 16 March 2019  
8.45am – 12.30pm (Course walking: 8.30am – 8.50am)  
Henley Rugby Club, RG9 2JA (**NEW LOCATION**)

**Age groups:**                      Reception to Year 11

- Prizes:**
- A medal for every runner kindly sponsored by Higgs Group
  - Sports equipment to the value of £250 for the junior and secondary school with most participants at the event on the day. Sponsored by Physiolistic and the Reading Children's Orthopaedic Unit
  - School Team Cup for each race
  - Overall Schools Cup (Senior and Junior)

**Who can take part:** All young people who live in Henley and attend schools outside of the area or attend schools within the catchment area eg Badgemore, Bishopswood, Kidmore End, Nettlebed, Peppard, Sacred Heart, Shiplake Primary, Sonning Common, Trinity, Valley Road, Gillotts, Chiltern Edge; OR attend St Mary's, Rupert House, Shiplake College, Henley College

### **Start times and Distances:**

*\*These are approximate start times which may vary with the number of participants. Please arrive at least 30 minutes before your race.*

<b>Year</b>	<b>Start time</b>	<b>Distance</b>
<b>Reception</b>	9.00am	0.5km( approx..)
<b>Year 1/2 Girls</b>	9:15am	1km (approx..)
<b>Year 1/2 Boys</b>	9.30am	1km (approx.)
<b>Year 3/4 Girls</b>	9.45am	1.4km (approx.)
<b>Year 3/4 Boys</b>	10.00am	1.4km (approx.)
<b>Year 5/6 Girls</b>	10.15am	1.6km (approx.)
<b>Year 5/6 Boys</b>	10.30am	1.6km (approx.)
<b>Junior Prize Giving</b>	10:45am	
<b>Year 7/8 Girls/Boys</b>	10.45am	2km (approx.)
<b>Year 9/10 Girls/Boys</b>	11.00am	2.5km (approx.)
<b>Year 11 Girls/Boys</b>	11.20pm	3.5km (approx.)
<b>Senior Prize Giving</b>	11.45pm	

*\*Although Senior boys and girls are running together there will be separate boys and girls results and teams*



**Please note: Registration for the event has changed this year.**

Please ask the parents of your pupils to register their child for the event and consent to their participation at [www.physiolistic.co.uk](http://www.physiolistic.co.uk) and click on the 'HYF' tab.

Enter the required details of the participant (Name, Age, Gender, Year, School, Parent/Guardian email address) and click 'Submit' at your earliest convenience.

Final numbers will be required by 9<sup>th</sup> March 2019. We will email you a race sign up sheet nearer the time that will prove useful nearer the race day in assisting you to enlist your runners. A limited number of on the day entries will be available.

As with events of this sort, there are rules and regulations to abide by and we attach some information on these.

Physiolistic very much look forward to welcoming you to Henley Rugby Club. It is aimed to be a unique family event as well as an inter-school race so please do encourage parents to come and support their children. Refreshments will be available.

If you have any queries or require further information, please do not hesitate to contact me directly on 07887781606 or 01491 598043

Regards

Clint Botha  
Physiolistic

**Information for Schools, Competitors and Spectators**

- Children must be supervised by a responsible adult at all times
- Each school to have a designated teacher or parent to co-ordinate their runners and collect their runners results.
- Each race will have a Hare and a Tortoise
- The course is marshalled so spectators are not allowed to pace runners around the course
- A "TEAM" is the first 4 runners from a school in each race
- Spikes are permitted
- Please arrive in good time for the event start at 9.00am
- Every competitor must wear a race sticker with their name and school (these will be provided)
- Toilets, designated parking and first aid cover are provided
- Dogs must be kept on a lead
- Spectators are more than welcome
- Refreshments will be available to purchase throughout the event