



26th February 2010

Dear Parents/Carers

As you may already know, I will be taking part in the London Marathon on Sunday 25th April 2010. I am very excited about competing in the event and have been actively following a training program that will enable me to complete the event in a good time and hopefully achieve a personal best at this particular distance.

This will be the second time I have taken part in the marathon. In 2006 I was inspired to run the marathon after teaching a child who suffered from muscular dystrophy and loved sport. As a keen sportsman I tried in vain to model good practice and design PE lessons at school that would enable him to reach his goals. Unfortunately it was very hard although it did inspire me to want to make a difference and try to improve his and others chances.

Eventually I signed up to run for Get Kids Going, which is a national children's charity that allows children with disabilities to participate in sporting activities, by providing them with suitable equipment that allows them to access sport at their level.

Through hard work and determination I completed the London marathon and raised an astonishing £2689 which more than exceeded my initial expectations. Hopefully this went some way to making a huge difference in many children's lives.

This year I intend to run for the same charity and would like to share my experiences with you and the children of Crossdale, in the hope they support me through this enjoyable, yet exhausting event.

Therefore I would like the children (and you!!) to run their own sponsored mini marathon in support of both myself and my chosen charity. This will coincide with the Sport Relief mile on Friday 19th March, when the children will don sports wear and run a mile around the school grounds, with any proceeds going directly to my charity. You may, if you wish, accompany your children in running / walking a mile. A sponsor form is available on the schools website or you can make a donation on the day. There will also be some smaller fund raising events running throughout the day (details to be given later). **Please can any sponsorship forms and kind donations come directly back to school, so that it can be sent to my charity.**

I would like to take this opportunity to thank you very much for your continued support.

For any further information please visit my 'Just Giving' page where my current total raised stands at £825.00 www.justgiving.com/gm8ty and National Get Kids Going Charity page - www.getkidsgoing.com.

Many thanks

Gareth Mate

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