



Dear Parents,

Key Stage 1 and Key Stage 2 Duathlon

The Physical Education Department at BIS Abu Dhabi is pleased to announce that we are organising a Key Stage One and Key Stage Two Duathlon. A Duathlon is an athletic event that consists of a running leg, followed by a cycling leg and then another running leg in a format bearing some resemblance to triathlons. The event will be held on **Thursday 26th January at 3.30pm** in conjunction with a picnic. The race will take place outside the school grounds on the car park area in front of the Falcon Sports Academy.

Students in Key Stage 1 and 2 can participate in the event. Key Stage 1 will run 100m, cycle 400m and run 400m. Key Stage 2 will run 800m, cycle 1600m and then run 1200m.

Participants will need the following items in order to participate in the event;

- **Running shoes**
- **House T Shirt**
- **Bicycle in good working order**
- **Fitted Cycle Helmet**
- **Water bottle**

On the day of the event; participants will run in each year group with their 'House', each house and age group will have a 'wave' start. Official times will be kept by the Mathematics and ICT Department. All participants will receive a medal and the top 3 from each year group will be awarded a trophy at the end of the event. Families are encouraged to bring along a picnic to eat during the event. Refreshments will be available to purchase on the day.

The cost of the event will be 50 Dirhams, this should be returned to school in an envelope marked clearly for Duathlon 2017, with your child's name, class and house for the attention of Mrs Lowe in the Falcon Sports Academy by **11 January 2017**.

If you wish your son/daughter to be involved in this exciting opportunity, please fill in the reply slip below and return as soon as possible. If you have any queries please let me know by e-mail:
Gaynor.lowe@bisad.ae

Yours sincerely

Gaynor Heptinstall – Lowe
PE Department

Key Stage 1 and Key Stage 2 Duathlon Thursday 26th January 2017

I would like my son/daughter to participate in the Duathlon at Bis Abu Dhabi

Name of Student: _____ Class: _____ House: _____ Chest Size:

Signed : _____ (Parent/Guardian) Mobile No : _____ Date :
