

Hi - your newsletter asked for our "being active" stories so I thought I'd let you know about a group of kids from Harmony Primary that are taking part in the West Australian Marathon Club's "Kids Marathon".

The idea is that the kids run or walk a whole marathon (42.195kms) over a 8 week period, with the last 2.195 kms being run at Burswood Water Park on 5th July at the Marathon course.

We have 25 kids that have been turning up at school every morning for the last 6 weeks at 8 am to run between 1-2kms every day despite the cold. The ages range from 5 to 11 and a wide range of abilities, but they all cover the same ground - eventually, and we have seen a huge improvement in their fitness, and confidence. We are now in week 7 and some will reach their 40kms this week. They are very committed and still keen every morning, and we are VERY proud of them all.

Click this [LINK](#) to see photographs that the Cockburn Gazette came to take last week. I'm hoping that they will do an article about the kids (they are excited that they might be famous !!). If you want any more info about the actual marathon - please see [www.wamc.org.au](http://www.wamc.org.au) & click on the kids marathon logo. See photo's attached as well.

One of the Dads (Chris Neale) is a competitive runner and he runs at the front with the older or faster kids, providing them with incentive and inspiration to push themselves & I run at the back with the slower kids.

Occasionally we get other parents and kids joining us just for the fitness, and we have had a few comments that people have seen us running each morning and it has inspired them to get out and do stuff themselves.

I have thoroughly enjoyed doing this (although I'm looking forward to some lie ins), and thought that the kids could do with as much recognition as they can get - because I think they are inspirational.

Many thanks,  
Janet Woodall (Parent of 2 wonderful Marathon Kids)

