



4th June 2025

The Beast - Mud Run
(Secondary Schools fun event - Yr 7-13)
Year 8 Activity

Tēnā koutou,

On **Friday 25th July, Year 8 students** are invited to participate in The Beast cross country mud run. Different from a regular cross country, this event is more about dressing up, getting muddy and having fun with their mates over a 5km course. The Beast is hosted by Sport Northland and supported by The Edge radio station. *This **challenging but fun** event is another great opportunity for students to build positive memories in their last year of Intermediate.*

The event destination is near Ohaeawai. We will be leaving from **Parua Bay School** at **8:15am** and returning to **Parua Bay School** at **approximately 2:00pm**. **Please be at school by 8:00 so that we are ready to leave by 8:15am.** We will be travelling by **private vehicle**, so your support would be appreciated.

Your child will need the following:

- Covered in running shoes (football boots with moulded studs are ok, aluminium studs or running spikes are not permitted)
- Clothing that can get muddy and wet, appropriate for running in - **could include interesting dress up clothing**
- A plastic bag to contain wet muddy clothing
- A spare change of warm clothing - long pants, sweatshirt, warm socks, long sleeve t-shirt, dry shoes, beanie
- Towel
- Good lunch / water bottle
- Personal medication (e.g. asthma inhaler)

Costs

Because of limited entries, the early bird entry fee, and the close proximity to the event, we need **confirmation of** who will be attending by **Week 9, Wednesday 25th June (please return this permission form by this date)**

The cost of this event is **\$30**, which must be paid by **Week 9, Friday 27th June**.

Participation

All ākonga will be supported to participate fully in this activity. Any student not wanting to attend will be catered for at school, this is an opt in event. Opting in means that you will pay the \$30 cost to participate. Please let us know if your child has any needs that we are unaware of. We will work with you to put in place a plan to support a successful and inclusive experience for them.

School staff attending will identify any hazards and manage the risks according to the school's safety management plan. This includes **ensuring students have the correct gear, checking that supervision ratios are met, ensuring that weather/conditions contribute to a safe experience**. The risks at this event include **hypothermia, injury - such as sprains/breaks/cuts/grazes/eye injury (mud in eye)** and while they can be maintained to acceptable levels, they cannot be totally eliminated. If you wish to see our safety management systems or have any questions, feel free to contact **Tineke or Leon**.

Please visit <https://raceroster.com/events/2025/106258/the-beast> for more information about the event, but we will register your student as part of our school team.

It is important for safety reasons that ākonga follow instructions given to them by all staff and follow all school rules. They will be supported to do this, however behaviour by ākonga that is deemed dangerous and puts themselves and/or others at undue risk will result in **parents being contacted to collect their child from the event**.

Attached to this letter is a permission form. Please complete and return by **Week 9, Wednesday 25th June**.

Feel free to contact us with any questions.

Ngā mihi,

Leon and Tineke

leon.candy@paruabay.school.nz

tineke.maunder@paruabay.school.nz

The Beast Mud Run Activity - Year 8

I give permission for my child _____ to attend The Beast Mud Run
Secondary Schools activity on **Friday 25th July** **Yes / No** (circle one)

I am able to assist with transport, to and from the event site **Yes / No** (circle one)

I am able to transport _____ number of students in my vehicle with across-shoulder seat belts.

My vehicle will have a current WOF and registration **Yes / No** (circle one)

My child's most recent **health/medical/dietary** needs are:

Please also include any current injuries or things that might hinder physical activity.

My contact phone number is: _____

Name: _____

Signed: _____