

Five Islands Academy
Carn Gwaval
St Mary's
Isles of Scilly
TR21 ONA



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Equity, Excellence, Evolution

The Five Islands Academy is an all-age, multi-site, Church of England Academy, serving the island communities of Bryher, St Agnes, St Martin's, St Mary's and Treasco. It is part of the Leading Edge Academies Partnership.

Monday 15th September 2025

The School Run 2025

Dear Parents and Carers

Inspired by our staff team and local community who have taken on one (or more) of the Scilly60 races, this event celebrates our unique schooling environment, starting on St Martin's, then onto Treasco, St Agnes and then finishing on St Mary's. Students from Year 5 to Year 9 will have the chance to run from the quay to the local school base, high five a teacher and run back again. Each stage is just under 2km and students have 30 minutes to complete each stage.

This event will be supported by The Adam Mallon fund, the Primary sports grant and the PTFA. However, we would like to ask all runners to try and raise £25 that we can then put back into the fund to help many future sporting events both locally and on the mainland. When making a donation be clear about the runner you are sponsoring. Please may we ask that donations be made using the link. <https://www.crowdfunder.co.uk/p/the-school-run>

Off islands will be marshalled by the local community from each island and our GCSE PE (18 from Y10 and Y11) students, who will run ahead of the younger children. On St Mary's, we will be asking for marshalls to come and help for the road section. We will inform Police, Highways, and haulage companies plus local media to let everyone know to be aware that for about 10 minutes there will be young people running.

Monday 29 September

0840 St Mary's students meet at St Mary's quay for registration

0915 Meet by St Martin's Seal Snorkelling

0915 Race Brief

0930 Stage 1 St Martin's: 1.8km – 30 minutes

<https://www.plotaroute.com/route/3043033?units=km>

1000 Stage finishes.

All aboard! Navigating together

www.fiveislands.scilly.sch.uk

1100 Arrive at New Grimsby

1115 Stage 2 Tresco: 1.7 km – 30 minutes

<https://www.plotaroute.com/route/3043053?units=km>

1145 Stage finishes

1245 Arrive at St Agnes

1300 Stage 3 St Agnes: 1.6 km – 30 minutes

<https://www.plotaroute.com/route/3043062?units=km>

1330 Stage finishes

1400 Arrive at St Marys – put bags in van.

1415 Stage 4 St Mary's: 1.6km – no cut off but aim for under 30 mins please

<https://www.plotaroute.com/route/3043069>

1445 Stage finishes

1500 Prizes and Celebration.

Kit

Please label all bags and jackets. Make the labels big and unique so you can spot it quickly! (coloured duct tape/KT with marker pens work well).

There is no mandatory kit, except 2 litres of water. The whole event is about you managing yourself as part of the challenge.

Ideas and suggestions for your 'boat bag'

- A school bag size (with a recycling bag inside to keep everything dry if the weather is unkind)
- 1 or more litres worth of drinks bottles for on the boat. This allows you to drink and fill up on the boat. Please name and number your bottles; we can fill them up for you whilst you are running 😊
- waterproof jacket (maybe waterproof trousers if the forecast is poor)
- Sunglasses with strong case, hat, suncream
- Change of running clothing including a warm running top (maybe even 1 top per stage if the wind is cold or forecast is wet; you can then put on a dry top while waiting and starting the next stage)
- Warm jacket - please name any jackets! ESPECIALLY DRYROBES!
- Flask of hot drink/soup if it's a chilly day or if you are a big hot drink person
- Selection of food to eat on the boat to keep you going throughout the day
- Cash for paying for things that may turn up at some of the quays - chips / ice cream / cake

Maps of the route for each island's school run will be posted on the school website and socials.

We hope that all children from Year 5 to Year 9 will participate in the School Run. There will be opportunities at each stage to take a rest break if needed. If you have any questions or queries please contact me via email adammay@fiveislands.org.

Yours faithfully

Adam May and Wez Swain

Event organisers