

## Playing Field Path – Going the extra mile...

Pupils and teachers from **St Giles' School** gathered on the last day of the summer term to 'officially' open the village playing field's **Coronation Path**, which will now double as a track for the children's '**Daily Mile**' exercise.



After 'cutting' the ceremonial ribbon, the entire school streamed onto the **0.2 mile** path that winds around the field for their inaugural 5-lap mile.

Completed in June as one of the final parts of the **Council's** £110,000 playing field **Development Project**, the new path's cushioned rubber mulch surface reduces stress on joints when walking or running and has already been in regular use by residents as a convenient adult exercise facility.

By providing level, unobstructed access to all areas of the field, the path also enables everyone, of any ability – children, adults, walkers, runners, joggers and people with pushchairs or those using mobility aids, wheelchairs and mobility scooters – to fully enjoy this unique village amenity.

*"We're delighted that **St Giles'** agreed to sponsor the playing field's **Coronation Path**, allowing the children to use it for their **Daily Mile** exercise" said **Project Leader Simon Last**. "We also understand that use of the new play equipment, will in future, be integrated into the school's curriculum – its innovative design features enabling the children to improve their balance and co-ordination and also help develop their muscle tone and core strength in a safe, supervised and controlled environment".*

