



**EVENT
GUIDE**



WHAT IS THE HALBERG MILE?



The Halberg Mile is more than just running, walking, or rolling one mile – it's a chance for your tamariki and rangatahi to have fun, get moving, and celebrate one of New Zealand's greatest sporting heroes, Sir Murray Halberg.

Sir Murray wasn't just an incredible athlete – winning Olympic gold in the 5,000 metres in Rome and two Commonwealth Games gold medals – he was also someone who believed sport should be for everyone.

That belief led him to create the Halberg Foundation, which for over 60 years has been helping young people with physical disabilities experience the joy of sport and recreation.

By hosting a Halberg Mile, your school will celebrate Sir Murray's legacy, promote inclusion, and help raise funds so young New Zealanders with physical disabilities can take part in sport and PE alongside their peers.





THE LEGACY OF SIR MURRAY HALBERG



In 1960, at the Rome Olympic Games, Sir Murray Halberg lined up for the men's 5,000 metres final. With three laps to go, he surged ahead — running not just for gold, but to prove that limits could be redefined.

At 17, Sir Murray suffered a severe injury playing rugby that left his left arm weakened and his hearing impaired. Doctors doubted he could live an active life, let alone become one of the world's fastest runners. But Sir Murray's determination was greater than any obstacle. Against the odds, he became Olympic Champion, inspiring a generation with his grit, humility, and belief in the power of sport to change lives.

After his athletics career, Sir Murray dedicated himself to helping young people with physical disabilities experience the joy and confidence that sport had given him. The Halberg Foundation was born from this vision — ensuring every young person, no matter their ability, has the chance to play, compete, and belong.





PLAN YOUR MILE



CHOOSE YOUR DATE

We would love for schools to hold their Halberg Mile on Wednesday 2nd September – the anniversary of Sir Murray Halberg’s gold medal win – however pick a day as close as possible, that doesn’t clash with anything else happening at your school. Have a wet-weather backup.

PICK YOUR LOCATION

A safe, flat, and accessible area at school, park, or sports ground. Measure a one mile (1.6km) route. Loops are easier to manage and help to create a positive and inclusive environment.

MAP IT OUT

Plan start/finish zones, utilise the Halberg Mile bunting and balloons. Mark the course with cones, chalk arrows, signage, or utilise marshals/volunteers. Be creative with obstacles or additional challenges for participants.

PLAN FOR EMERGENCIES

Use the Halberg Risk Assessment Template or your school template and record any incidents.





PROMOTION & FUNDRAISING



SET UP YOUR SCHOOL FUNDRAISING PAGE AT:

<https://mile.halberg.co.nz/>

SPREAD THE WORD

Announce at assembly, put up posters, send flyers home, post on social media. Personalise the Halberg templates.

EXPLORE THE HALBERG MILE EDUCATION RESOURCES

The Halberg Mile Education Resources are available on the Halberg Mile website. Teachers can use these to educate students about the Halberg Foundation, Sir Murray Halberg, and Inclusion in Sport.

RAISE FUNDS

- Be creative with your fundraising. Utilise any of the following methods:
- Gold coin donations
- Online donations through your schools fundraising page
- Hold a sausage sizzle, bake sale, or mufti day/themed dress up on 'Mile Day'





EVENT DAY



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Set up your Halberg Mile course. Check for safety and accessibility.

Utilise Halberg Mile bunting and balloons to decorate your start/finish zones.

Hand out stickers and certificates as students finish their mile.

Remember the focus of the Halberg Mile is participation for all, so make sure everyone is included and having fun!

POST EVENT

Share photos in school newsletters and on social media. Please tag @halbergfoundation if you're sharing any stories or photos on social media.

Thank volunteers and supporters. Celebrate your students efforts.

Submit any 'on the day' donations via your schools fundraising page.

Send any photos, stories, or feedback to mile@halberg.co.nz so we can celebrate your efforts and continue to improve the Halberg Mile.

