



Daily Mile



Daily Mile Challenge

We can install tracks around your existing playing field to enable you to take part in the 'Daily Mile Challenge'. We offer 4 ways of installing the tracks, to suit your budget and requirements.

- The challenge takes place over just 15 minutes, with children averaging a mile each day.
- Children run outside in the fresh air – and the weather is a benefit, not a barrier.
- There's no set up, tidy up, or equipment required.
- Children run in their uniforms so no kit or changing time is needed.
- It's social, non-competitive and fun.
- It's fully inclusive; every child, whatever their circumstances, age or ability, succeeds at The Daily Mile.



Daily Mile Challenge - Conipave Surface



Daily Mile Challenge - Conipave Surface

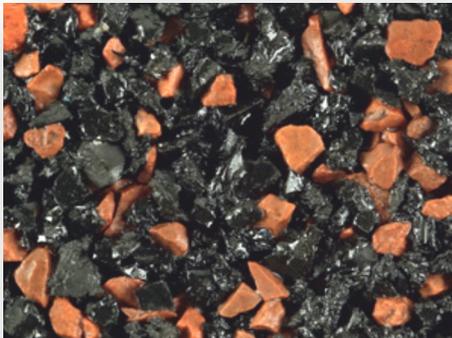
CONIPAVE is the perfect solution for outdoor surfacing projects requiring outstanding levels of water permeability such as decorative cycle, walking or running paths.

The system utilises a recycled SBR truck tyre rubber and decorative aggregate blend, in conjunction with a flexible, moisture curing polyurethane binder to create a high strength surface.

It is also decorative, flexible, slip-resistant and provides unrivalled levels of water permeability.

The Benefits of Conipave

- **Outstanding water permeability**
Puddle free, reduced risk of flooding, SUDS compliant
- **Fast and easy to install**
Reduced groundworks, outstanding value for money
- **Flexible and slip resistant**
Reduced risk of cracking, low risk of injury
- **Decorative, with bespoke finishes available**
Unique solutions that complement the surrounding environment



Red



Silver



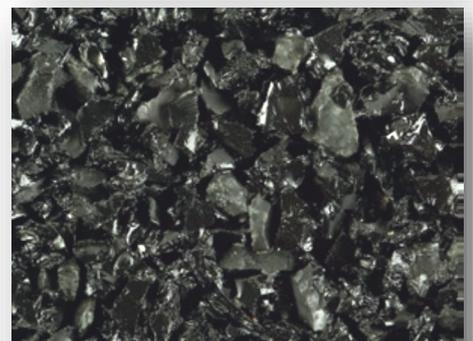
Yellow



Grey and Red



Grey and Yellow



Black



Conipave requires the installation of an MOT Type One Sub Base



Daily Mile Challenge - Conipave Surface



Daily Mile Challenge - Conipave Surface



- **Step 3** - Lay the Conipave surface over the stone



- **Step 4** - The finished product!

Daily Mile Challenge - Colour Bonded Rubber Mulch

Colour Bonded Rubber mulch is installed directly on top of grass with no additional groundworks needed. A heavy duty membrane is laid first and the mulch applied on top.

Depths can be varied to accommodate free fall heights, levels and obstacles such as pronounced tree roots and uneven areas.

Can be installed onto either a tarmac or grass surface and Requires occasional brushing to remove leaves or debris as and when it occurs.

Rubber mulch is an easy surface to create curves and shape an area to your requirements.

Rubber mulch is a recycled product which is laid to a minimum depth of 40mm.

Easy to repair if necessary and areas can be easily extended at a later date if required.

Gives a 'bounce' effect when walking or running, therefore reducing stress to joints.



1. Forest Green

4. Acorn Brown

2. Spring Green

5. Harvest Beige

3. Earth Brown

6. Mahogany Red

Daily Mile Challenge - Colour Bonded Rubber Mulch



Daily Mile Challenge - Colour Bonded Rubber Mulch



These are great examples of how a Daily Mile track can fit the contours of your space, through trees and around existing equipment

Daily Mile Challenge - Colour Bonded Rubber Mulch



You can create a Daily Mile Challenge just about anywhere!

Daily Mile Challenge - Artificial Grass

Artificial Grass can be laid into the grass surface and requires the same amount of groundworks as Conipave, therefore it is a more permanent solution to tracks and pathways.

Artificial Grass is a natural and aesthetically pleasing surface available in many depths and grades of grass. Artificial Grass is an easy surface to create curves and shape an area to your requirements.

This image shows the layers required in the installation process for Artificial Grass



All Artificial Grass surfaces are sand dressed and require a level of maintenance to maintain the pile profile and longevity of the product.



Daily Mile Challenge - Artificial Grass



Daily Mile Challenge - Playground Markings

No Grass Areas? No Problem!

- Why not utilise your existing playground and paths to create a daily mile circuit using precision cut thermoplastic playground markings.
- You can create a trail around the edge of your playground using footprints, shapes, dots or a solid line.
- Even if you only have a small grassed area you could combine the two..... create a trail around your playground and then lead onto a track to utilise the grass.
- Whatever the space, a Daily Mile can be incorporated into your available areas, accommodating all budgets.



Daily Mile Challenge - Playground Markings



Daily Mile Challenge - Circuit Markers

Different Signs Available



Marker Mast Post

L 150 W 150 H 1000mm
 Marker Masts are designed to provide useful information for any trail.

Constructed from 150mm diameter round timber and recycled HDPE. Each post has an information sign recessed into the angle top with an additional arrow marker which can be rotated 360 Degrees.

Each Marker Mast comes with distance sign & directional arrow.



Walk a Mile Sign

L 720 W 125 H 1250mm



Daily Mile Challenge - Circuit Markers

400m - 1600m Group.

4 Individual posts ascending in 400m intervals.



200m - 1600m Group.

8 Individual posts ascending in 200m intervals.



100m - 1600m Group.

16 Individual posts ascending in 100m intervals.



50m - 1600m Group.

32 Individual posts ascending in 50m intervals.





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