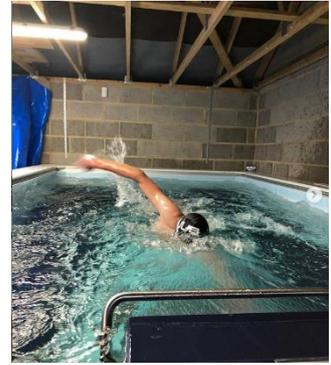


# PAINT AL'S WALL COMPETITION

Due to the current lockdown and all swimming pools being shut, Alistair Brownlee had to find a way to continue swimming.

He decided to move his endless pool into his garage so he could continue training. Click the link below to see more:

<https://www.yorkshireeveningpost.co.uk/sport/other-sport/how-olympic-hero-alistair-brownlee-swims-his-garage-beat-lockdown-2538443>



From the photos you can see the walls are very plain, so we came up with an idea...

**We want you to create an interesting or inspiring picture that could be painted on the wall**

The image will help motivate Alistair when he is getting in and out of the pool or when he is breathing to the side whilst swimming.

**The possibilities are endless!**

You could create what you like to do when you are being active or a landscape you would like to see when you are out being active...

**Don't forget to be creative!**

Use paints or crayons or colouring pencils, it can be A4, A3 – whatever you think would work best.

The competition will run until **31<sup>st</sup> May 2020** and is open to **KS2**

Alistair and Jonny will each choose their **3 most inspiring** images and there will be **one overall winner** which could then be painted on Alistair's wall\*

You'll be able to find the shortlisted entries at:  
[www.thebrownleefoundation.org/paint-als-wall](http://www.thebrownleefoundation.org/paint-als-wall)

We'll also share some on our social media, using the handles at the bottom of this page, so keep an eye out!

**For the Adults (Parents/ Guardians):**

Please complete the design in a landscape format. Once finished, email the design to [contact@thebrownleefoundation.org](mailto:contact@thebrownleefoundation.org) either by scanning it or taking a photo. Please ensure you include the following details:

Name, Age, School, Town/ City

By emailing in an entry, you accept to the Brownlee Foundation being able to publish the image online along with the first name, school and age of entrant.

Facebook  
[The Brownlee Foundation](https://www.facebook.com/TheBrownleeFoundation)

Twitter  
[@brownleefd](https://twitter.com/brownleefd)

Instagram  
[@brownleefoundation](https://www.instagram.com/brownleefoundation)

\*The Brownlee Foundation reserves the right to not paint the final winner's painting on the wall should circumstances prevent it.