



4EK RUN TRADITION

There are a few big days on the Loreto College Ballarat calendar and student leaders wanted to make sure this was one day that could not be missed. Loreto senate member Molly Ryan said the annual 4EK run was an important new tradition student leaders felt a strong responsibility to continue - even more so with restrictions in place.

The event has become a lap of the lake event for the student body and staff, led by Abby McGrath to honour her daughter Emma-Kate's legacy for meningococcal awareness. This year all students were encouraged to wear a splash of purple and get moving however and wherever they best could across the region. "We understand going out to the lake is not possible for all girls, we're all really spread out so we've encouraged everyone to get active a home," Molly said. "Everyone does their own thing in a way whether it's at home going for a run or doing a work-out."



Molly said the event was changing in focus with many of the younger students not knowing Emma-Kate and it was important they know while this event was in her memory, it was very much about supporting the work of 4EK.

Emma-Kate McGrath, a Loreto graduate, died from meningococcal septicaemia strain W in May 2017. It was her first year of nursing/paramedicine studies. She was 19 years old. The 4EK Foundation promotes the meningococcal ACWY vaccination for young people, who can receive the vaccine via a trained pharmacist during coronavirus restrictions. Young people were more likely to spread the bacterial disease to each other.

The foundation uses fundraising efforts to support children and families affected by meningococcal across Australia, building on Emma-Kate's passion for helping others.

Molly said Year 8 captains stepped up and took the lead on adapting the event and spreading the word with a lot of emails and Instagram. This also created an opportunity to get the wider Loreto community and past students involved by sharing their support online and stepping out clockwise around Lake Wendouree.

While fundraising was tougher with classes still at home, the Loreto community was encouraged to check out 4EK merchandise including the well-known trucker caps, beanies and scrunchies. Details: www.4ek.org.au

Article courtesy of the Ballarat Courier, text by Melanie Whelan and photos by Lachlan Bence

Photos: Abby McGrath and Loreto teacher Kelli Ibbotson lead off the school's annual 4EK lap of the lake.