

BELIEVE

The Friends of Ripley St. Thomas Newsletter March, 2019



SUPPER RUN - THURSDAY 2 May

It's that time of year again, so get your running shoes out and join us for our annual Supper Run. The weather is always good, and if you want to come in fancy dress, that just adds to the night. We're sorry, but we can't allow roller blades or running as a 3 legged race. Despite that though, this is an event for couch potatoes and keep-fit fanatics alike! The run is 4 miles long and open to young and old (and all those in between). All who finish will receive a medal and a supper. If you are interested you can get your entry form from the top of the Form Tutor Rack, Lodge Reception and 6th Form Reception or download it from The Friends' website. Only one person on each entry form please. If you are entering via school you do not need to enclose a stamped addressed envelope.

To ensure you get a supper, please return your entry form and money to the Friends' box in the dining room by close of school on Monday 29 April. We cannot accept any entries via school after that date, you will have to register on the night instead. It will cost you £2 extra and there is no guarantee of supper. There is the usual Inter-Form Trophy which will be awarded to the form with the lowest total running time. Is this the year for your form to win? This is how it works:

- To enter for this trophy you need a team of at least four people from your form but the more people you have in your team the more chance you have of winning!
- The running time of the four fastest runners in the team will be added together.
- Five minutes will be taken off the total of the four fastest runners for every other member of the form team who completes the run.

Example: there are eleven runners in Team A. The times of the four fastest runners are added together and it comes to a total of 2 hours. The other seven members of the team also complete the run so five minutes for each of these runners is taken from the 2 hours. $7 \times 5 \text{ minutes} = 35 \text{ minutes}$. $2 \text{ hours} - 35 \text{ minutes} = 1 \text{ hour } 25 \text{ minutes}$

There are five runners in Team B. The four fastest runners also gain a total of 2 hours but there is only one other runner in this team of five so the total for Team B is $2 \text{ hours} - 5 \text{ minutes} = 1 \text{ hour } 55 \text{ minutes}$.

Team A, with a total of 1 hour 25 minutes, beats Team B's total of 1 hour 55 minutes.

Remember:

- **the lowest total team time wins - the more team members you have, the more chance you have of winning!**

This year as well as the Friends' fastest student and form trophy, we have lots of other prizes:

- 1st Parent / Teacher / Student
- 1st three males/females to finish
- Make up a team of 4, the 3 fastest times will be added together—all will receive a prize
- Enter the STRAVA CHALLENGE segment through Haverbreaks

More information can be found on Facebook at <https://www.facebook.com/ripleysupperun>. Come along, run for your supper, bring your friends and family to join you in the race or just for support. Register early via school, it will save you a stamp.

We usually have over 300 runners and to keep them safe around the course we need marshals. If you can spare a couple of hours to help please complete the slip below and post it in The Friends' box in the main school dining room. We will even give you a ride in the minibus, a fluorescent jacket to wear and supper! We also need help with serving the supper.

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I/We

Parent of Form

Contact no.....

can help with the Supper Run.

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Other Forthcoming Events

The **Taize service** will take place at 7pm in the Chapel on Tuesday 26 March. This is a very different type of service, so leave the stresses of life outside and come and join us. Homemade refreshments will be served afterwards. Free tickets are available now. They can be collected from the Lodge Reception or 6th Form. Reception

On Tuesday 4 June we will be holding our annual Eucharist Service with a Strawberry Supper. Imagine sitting in the quad on a warm summer evening eating homemade scones with strawberries and cream, washed down with a glass of something chilled. Tickets are free and will be available from the Lodge Reception and 6th Form Reception from Monday 13 May.

Dates for your Diary

- Tuesday 26 March Taize Service—7pm Chapel
- Thursday 2 May Supper Run
- Tuesday 4 June Strawberry Supper 7pm Chapel
- Wednesday 12 June Friends' Meeting 7pm in MA8

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The Friends are still desperately looking for new parents to help with events. Would you and a friend be willing to be on a list so we can call you when needed? If so please contact us on 07762617143 or email friends@ripley.lancs.sch.uk