

BELIEVE

The Friends of Ripley St. Thomas Newsletter March, 2016



SUPPER RUN - THURSDAY 28 April

We are giving you advanced notice because 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 are 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 (also 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 Information Stand in reception, lodge reception or download it from The Friends website. 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 reception by close of school on Tuesday 26 April. We cannot accept any entries via school after that date, you will have to register on the night with no guarantee of supper and it will cost you £2 extra.

There is the usual Inter-Form Trophy which will be awarded to the form with the lowest total running time. Last year 9Thompson won, can your form beat them? 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 times 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 to complete the run.

Example: there are eleven runners in Team A. The times of the four fastest runners is 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 hours - 5 minutes = 1 hour 55 minutes.

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

Remember:

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

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 in The Friends' box at reception. We will even give you a ride in the minibus, a fluorescent jacket to wear and supper.

I/Wecan help with the Supper Run.

Parent ofForm

Contact no.....

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

Various Spot 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 trophy and prize

Enter the STRAVA CHALLENGE segment through Haverbreaks

THERE IS SOMETHING FOR EVERYONE

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.

The Taize service will take place at 7pm in the Chapel on Tuesday 22 March. This is a very different type of service, so leave the stresses of life outside and come and join us. Refreshments will be served afterwards. Free tickets will be available from Monday 14 March. Parents/guardians can collect them from the lodge reception, your children can get them for you from main school reception.

It may seem a long time off but on Wednesday 15 June we will be holding our annual Eucharist Service with a Strawberry Supper. Imagine sitting in the quad on a warm summer evening eating home-made scones with strawberries and cream, washed down with a glass of something chilled. Information below on forthcoming events :

Forthcoming events: all meetings 7pm in MA8

Thurs 28 April Fun Run

Weds 11 May Friends' Meeting

Weds 8 June Friends' Meeting

Weds 15 June Strawberry Supper 7pm Chapel

Tickets free and available from reception from Wednesday 1 June.