9 February 2018

Dear Parents and Carers

**Fun Run 2018**

Following the success of many previous events we are holding the Rickmansworth School Annual Fun Run on Friday 2 March. The event will include all students in Year 7-13.

Please read carefully so you are aware of the arrangements for the day.

Details are as follows:

- The event consists of an 8km run/walk in Rickmansworth School grounds and the surrounding area.
- Students should attend school in full school uniform. For the race students must wear a top in the colour of their house with their Rickmansworth PE shorts and socks. Please ensure student’s shoulders are covered.
  
- **Stockers - Blue**
- **Springwell – Yellow**
- **Bury – Red**
- **Inns – Pink**

  - The Fun Run is a whole School House event of the year therefore the first 10 students from each year group that cross the finish line will gain between 100-10 points for their house. All students that then cross the finish line within 1 hour will receive 5 points for their house.
- Students must pay £1 for their race entry and this should be given to their form tutor by Thursday 1 March.
- School will run as normal until 12.15pm so students will need their books for periods 1, 2 and 3.
- Break/Lunch will be from 10.50 - 11.30am, to give pupils time to digest their food before the run/walk
- Valuables should be placed in lockers before the start of the event at break/lunch time.
- The run will take start from 1.00pm.
- Students will be dismissed from school as they cross the finish line, re registering at the appropriate table, having completed the race. This could be any time from 2.30pm onwards depending on the speed they complete the 8K. Any pupil who does not re-register at the end of the race will be deemed; truanting.
• All students will be participating in the run unless they provide a valid note from home at least one week prior to the day to in order for other arrangements to be made. Students excused from running will be expected to help with the organisation of the race on the day.

• Year 12 and Year 13 are expected to fully take part and run/walk the 8K.

• Should the run/walk need to be cancelled for any reason the School day will run as normal with students attending their usual lessons. For this reason all students should ensure they still have the appropriate equipment with them.

• **This year students are expected to take part in ‘Challenge 5’ in which all students are encouraged to raise a minimum of £5.00 for the PE Department and the selected charity – The winning House to decide.**

• Sponsor money should be given to the students form teacher once collected, and before Friday 16 March. Cheques should be made payable to Rickmansworth School. Please use the correct sponsor form – there is an option for donations to be gift aided. These sponsors must provide their home address and postcode for gift aid to be valid.

• Please ensure every runner has a bottle of water.

Mrs C Cox
Assistant Director of PE.