



The Friends of Ripley St Thomas Newsletter

March, 2025

SUPPER RUN - Tuesday 29 April 2025

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. 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 rack next to the Friends' box in the dining room, Lodge reception or download it from the Ripley 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 the dining room by close of school on Friday 25 April. We cannot accept any entries via school after that date; you will, instead, have to register on the night — it will cost you £2 more and there will be no guarantee of supper. Only one person on each entry form please. Please complete all relevant details, including your age, so that the final results are correct. Thank you.

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. $7 \times 5 \text{ mins} = 35 \text{ mins}$ $2 \text{ hours} - 35 \text{ mins} = 1 \text{ hour } 25 \text{ mins}$.

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:
 $2 \text{ hours} - 5 \text{ mins} = 1 \text{ hour } 55 \text{ minutes}$.

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! Form tutors are included too. Last year the trophy was not won. Can your form win this year?

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

More information can be found on Facebook and Twitter. Come along and 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 or ring/text Lesley Kelly on 07762617143. We will even give you a ride in the minibus, a fluorescent jacket to wear and supper! Help is also needed with serving the supper — we need at least 10 volunteers, so please do try and support us if you can.

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Please return this slip to the Friends' box located in the dining room

I/We

Parent of

Form

can help with the Supper Run as a marshal, or to help serve the supper

Contact No.....