



100k in MAY



Over the past few years Frank House has been very proud to organise our fun run event.

It started out as 'Race for life' and last year we had our first 'Race for Roundwood'.

Over the years we have raised lots of money for our school charities.

Unfortunately due the current situation it is unlikely that we will be running our charity week as planned.

However I would like to invite you all to participate in this mammoth challenge.



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It is important that we continue to maintain social distancing.

It is also encouraged that we get out for daily exercise which is good for both your physical and mental health.



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It is simple. . .

All you have to do is walk/run
100km in the month of May

It is not as tough as it sounds.



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There are 31 days in the month of May. So all you have to do is **3.24km** each day.



100k in **MAY**



This could be done as a family walk or daily dog walk.

For the more athletic it could be done as quick as you can.



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Obviously if you miss days throughout the month you have to do more each day.

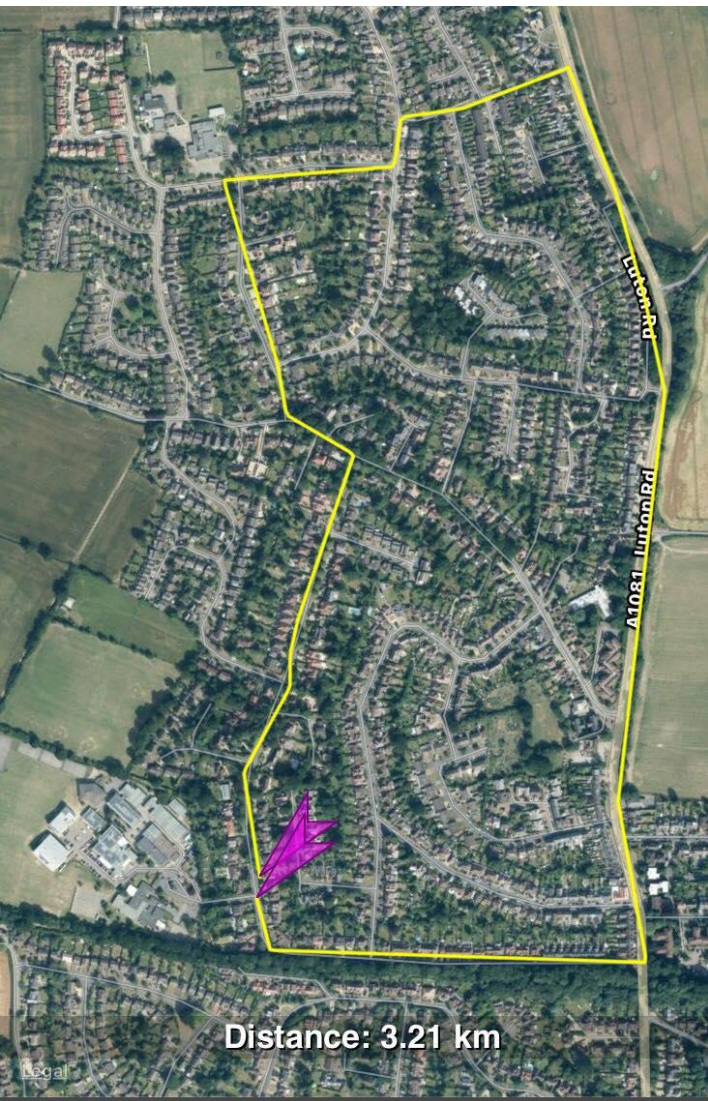
25 days of 4km a day

20 days of 5km a day



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To give you an idea of how far you might need to go each day here are a couple of routes near the school.



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If you want to make it easier
you could get out on your
bike instead.



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The money raised from this event will go towards the Big Night In Appeal. This is because the Money raised through the Big Night In will be split between Comic relief and Children in Need and will go on to support a variety of charities and projects, already established in the UK. This means that people who need this emergency funding most now because of the Covid-19 pandemic, will receive it quickly.

Also the government has pledged to match pound for pound donations to the Big Night In. This match funding comprises a minimum donation of £20m to National Emergencies Trust.



THE BIG NIGHT IN
APPEAL



If you would like to take part simply get out and about for your daily exercise. Encourage friends and family to take part and make donations to the following page.

<https://www.justgiving.com/fundraising/rps100kinmay>



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