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11 November 2016

Dear Parent/Guardian,

**5k or 10k 'Charity Run' for Paul Popham Fund - Sunday 27<sup>th</sup> November 2016**

Years 10, 11, 12 and 13 have been invited to take part in a new event this year called the Paul Popham Fund Charity Run. This will be held on Sunday 27<sup>th</sup> November 2016.

*The Paul Popham Fund, Renal Support Wales, is based in Swansea and was founded March 2013 by family and friends of the late Paul 'Wally' Popham who suffered with renal failure for half his life with an enviable positive attitude. His philosophy for life was to "believe in yourself". Sadly Paul lost his brave battle in October 2012. In memory of him and to keep his legacy alive the fund has been set-up to support renal patients in Wales receive a better quality of life.*

Participants will meet at the 360 Beach and Watersports at **10:30am**.

- 5k pupils run and will take approx. 45min/1 hour
- pupils walk and will take approx. 1 hour
- 10k pupils will run and will take approx. 1 ½ hours

Pupils must wear sensible running/walking gear for wet/dry/cold weather - please bring bottled water. The school minibus will be available en-route.

If you wish your son/daughter to take part in this event, please sign and return the parental consent form below. Pupils can collect sponsorship forms from your Pupil Learning Co-ordinators or Mrs Bivens in Reception.

Thank you for your support.

Mr W Thomas/Mr I Hamer-Davies/Mrs S Thomas/ Mrs L Bevan  
Organisers

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**PARENTAL CONSENT FORM**

**5k or 10k 'FUN RUN' PAUL POPHAM FUND**

Pupil's Name: \_\_\_\_\_ Form: \_\_\_\_\_

I am/we are willing for \_\_\_\_\_ to take part in the

5K or 10K Fun Run Paul Popham Fund on Sunday 27<sup>th</sup> November 2015.

Emergency contact tel no: \_\_\_\_\_ Signed: Parent/Guardian \_\_\_\_\_

Health issues we should be made aware of: \_\_\_\_\_

**Headteacher** - Mr. N. Jones M(Ed.) - **Prifathro**