



**Dear Parents**

**The Flight Centre Schools Triathlon is back!** [Restless Development](#), the organising charity of the Schools Triathlon, joined us in assembly to let us know about the 2020 Event Series!

### **About the Flight Centre Schools Triathlon**

Click here to [watch our promo video](#):

Children take part in teams of four to swim, cycle and run for charity! The triathlon is a fun way to introduce children to a new sport whilst also learning important fundraising skills and values. Since 2015, the Schools Triathlon has raised over £1million for Restless Development and over 60 other charities. Last year, 3,300 children raised an amazing £465,000!

### **Are you ready to Rest Less Tri More and get involved in 2020?**

**Where?** Bradfield College, Bradfield Reading RG7 6AU

**When?** Sunday 17th May 2020

**Who can enter?** Anyone in school years 3-8

**How much?** There is no registration fee however each participant must fundraise a target of £100, with a minimum of £50 to take part.

**How far?** We encourage children with a range of abilities, from competitive teams to those who just want to have a fun day out with friends. Teams complete the course as a relay. Each team member will complete a certain distance of each sporting discipline. Distances will vary depending on your age group.

	<b>Swim</b>	<b>Bike</b>	<b>Run</b>
School Year 3-4	50m / 200m	1000m / 4000m	750m / 3000m (Individual/Team)
School Year 5-6	100m / 400m	1000m / 4000m	750m / 3000m (Individual/Team)
School Year 7-8	100m / 400m	2000m /8000m	1000m /4000m (Individual/Team)

Got more questions? Check out our [frequently asked questions here](#).

## About Restless Development, the organising charity of the Schools Triathlon

[Restless Development](#) is a respected global development organisation that helps young people help themselves across the UK, Africa and Asia. We do this by:

- **Teaching young people entrepreneurial skills** to enable them to start their own business
- Encouraging young people to take up positions of **civic responsibility**
- Running our **programmes under strict governance and transparency**, and in partnership with International Organisations such as the United Nations and The Gates Foundation, as well as other corporate partners including Deloitte.
- **Providing practical advice and support on tackling local issues** such as the impact of climate change.

Founded in 1985, Restless Development has a long history of designing a unique model for sustainable development which works.

For example, [Restless Development supported Franco in Uganda to conduct research and develop his own programme to prepare his village and surrounding communities for the impacts of climate change.](#) Franco trains farmers on how to harvest water and grow crops in extreme weather, protecting the livelihoods and businesses of his local communities.

Double click the image below to find out more:

## MEET A YOUNG LEADER CALLED FRANCO



### How can my child enter?

- Create a team of four children
- Choose a team name – the more creative the better.
- Elect one parent in the team to complete [this ballot to enter into the Bradfield Triathlon.](#)
- Please ensure that you have the following information to hand: all participant names and parent/guardian contact email for each participant.

**Please note that we operate a ballot system.** Due to the high demand for places and limited capacity at the venue, each school is limited to a set number of teams. Deadline for entering the ballot is **Friday 29th November**. All teams will be notified if they have been successful or not in the week following the above deadline.

Best wishes,

The Schools Triathlon Team

**Schools Partnerships and Programmes Coordinator**

**Flight Centre Schools Triathlon** | in aid of [Restless Development](#)