

The British School

Caroline Drumm
Principal

P.O. Box 566, Jhamsikhel, Patan
Kathmandu, Nepal

18th February 2022

Dear Parents and Carers,

FOBISIA RUNNING CHALLENGE

It is with great excitement that I am writing to inform you about the FOBISIA ASA Virtual Running Challenge. This is a community event, thus students, parents and teachers are all encouraged to participate. Whilst we are welcoming individual entries, it is a fantastic opportunity to complete as a family!

The promotional flyer with information about the event has been included below:

BRITISH SCHOOL MANILA
ESTABLISHED 1976

FOBISIA ASA VIRTUAL RUNNING CHALLENGE
Host School: British School Manila
Entries accepted between 18 March to 1 April

AGE GROUP CATEGORIES:
U11: 3KM
U13: 5KM
U15: 5KM/10KM
U18: 10KM
OPEN AGE COMMUNITY: 10KM

JOIN THE FOBISIA STRAVA COMMUNITY!
For parents and teachers only

AWARD FOR MOST ENTRIES PER SCHOOL

FILL IN THE GOOGLE FORM WITH RELEVANT INFORMATION

FOBISIA
ESTABLISHED IN 1988

Having faced two challenging years that has limited our ability to connect with others, this presents as an amazing opportunity for the TBS community to come together and work towards a collective goal whilst promoting our health and wellbeing. Please refer to the following page for further details.

Patron: H.E.The British Ambassador

Telephone: 977-1-5421794, 977-1-5422012, e-mail: tbs@tbs.edu.np website: www.tbskathmandu.org



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A summary of information for interested parents

You are welcome to commit to the challenge in one of two ways:

- a. **Challenge** yourself to complete **your first ever 10K run**. We are encouraging participation, thus you can choose to walk, hike or run the distance (whichever you feel most comfortable with). A 10k run may seem like a daunting task at first, but this will be the end goal that will involve gradual progression over a 6-7 week period. The aim will be to complete your run at a time most convenient for you between the 18th March and 1st April.
- b. Challenge yourself to set or beat a previous **personal best time for a 10k run**. If you are missing 'pre-covid competitive sport', this is a great opportunity to connect with other runners and compare how your time and training routines fare against others, from within the TBS community (students, staff, parents) and further afield in the form of the FOBISIA community. Use what other runners are doing (which can be monitored via either the TBS Kathmandu Runners Strava group or the FOBISIA Strava group) to motivate and drive you towards completing a personal best run at the end of a 6-7 week training period.

Ways to connect with others

There is the option to complete the challenge on your own. However, for those who would like to connect with other like-minded individuals in support of completing the challenge, there will be **OPTIONAL** communication channels open to parents and staff. Please see the links below for further information:

- [TBS Kathmandu Runners Strava Club](#) (**Parents and Staff only**) to allow you to post and track your training and use other people's running posts to help motivate you to keep going and drive your training to the next level.
- [FOBISIA Strava Group](#) which is a wider community group to allow you to post and track your training and use other people's running posts to help motivate you to keep going and drive your training to the next level.

Should your child wish to join the FOBISIA runners groups, they should only do so following your consent and they should avoid posting any personal information (such as full names, contact details or their locations). Furthermore, we encourage parents to monitor their children's activity on this platform to ensure it is both safe and appropriate.

If you would like to join the above challenge or have any questions, please email me (lportsmouth@tbs.edu.np). I look forward to hearing from you and seeing everyone's entries.

Yours sincerely

Mr. Linley Portsmouth
Head of Physical Education

Patron: H.E.The British Ambassador

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