

CLIFTON HIGH SCHOOL

IS INVITED TO

SCHOOLS TRIATHLON 2025



**RESTLESS
DEVELOPMENT**

THE UK'S LARGEST SPORT FUNDRAISING EVENT FOR CHILDREN



**Knight
Frank**

109

**PUPILS FROM
CLIFTON HIGH SCHOOL
RAISED**

£7,671.97



**RESTLESS
DEVELOPMENT**

CLIFTON HIGH'S TOP FUNDRAISERS

THE CLIFTON HIGH PUG-A-CORNS

ROSE, HOLLY, FREYA, BIBI

£645.00

PORTING
ESTLES
EVELO

RESTLESS
DEVELOPMENT



**Knight
Frank**



**RESTLESS
DEVELOPMENT**



**Knight
Frank**



HOW TO TAKE PART?

- Anyone in **years 3–8** can enter
- Get into **teams of 4**
- Be **kind**
- Choose a **silly team name** like
- **Tell your parents** and ask them to **check their emails** to sign up
- **Fundraise** for charity

‘Big Goblins’

‘Wonky Donkey’

‘The Fizzy Ice-cream Cornetto
Sherbet Glitters’



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THE KNIGHT FRANK
SCHOOLS
TRIATHLON



WHAT HAPPENS ON THE DAY?

- Every team member will **swim, cycle and run** as part of a **relay**
- Don't worry if you're not the fastest, it is all about coming along and **trying your best**
- Cross the finish line **together** in your team
- Everyone who takes part is awarded a **medal and sweets**
- Don't forget to wear your **free t-shirt!**

Year Group	Swim	Cycle	Run
Year 3 & 4	50m / 200m	1000m / 4000m	750m / 3000m
Year 5 & 6	50m / 200m	1000m / 4000m	750m / 3000m
Year 7 & 8	100m / 400m	2000m / 8000m	750m / 3000m

50m = 2 lengths of the swimming pool



WHERE?

**CLIFTON
COLLEGE**

WHEN?

**SUNDAY
4TH MAY
2025**

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DEVELOPMENT**



RESTLESS DEVELOPMENT

We believe young people can solve the worlds greatest challenges and create a better world.

We support, train and mentor young people to overcome the problems they face.

Such as access to education, getting jobs and tackling climate change.

FUNDRAISING TARGETS



£100 PLUS

GOES TO RESTLESS DEVELOPMENT

£50-£100 RAISED

GOES TO YOUR SCHOOL'S CHOSEN CHARITY

UP TO £50 RAISED

GOES TO RESTLESS DEVELOPMENT

“It’s important to help other young people as they might not be getting the experiences we have.”

SIDCOT SIZZLERS
CLIFTON SCHOOLS TRI



SUPPORTING YOUNG PEOPLE TO TACKLE ISSUES IN EDUCATION



**SOLAR POWERED
BACKPACK**



PETER FROM SIERRA LEONE

- **YOUNG PEOPLE IN RURAL SIERRA LEONE HAVE TO HELP PARENTS ON FARMS AFTER SCHOOL**
- **THEY END UP DOING HOMEWORK WHEN IT IS DARK**
- **THERE ARE LOTS OF POWER CUTS SO CHILDREN CAN'T STUDY, RESULTING IN MANY CHILDREN DROPPING OUT OF SCHOOL**
- **MICHAEL AND PETER HAD AN IDEA AND WERE SUPPORTED BY RESTLESS DEVELOPMENT**
- **DESIGNED A SOLAR POWER BACKPACK FITTED WITH A LIGHT FOR STUDYING AND AN ALARM FOR SAFETY**
- **IT ALLOWS STUDENTS TO STUDY AT NIGHT AND STAY IN SCHOOL**

WHAT CAN YOUR FUNDRAISING PAY FOR

- £5 = train young researchers to collect surveys on the impacts of climate change in their local communities
- £25 = provide a day of business training and give a young person life-changing skills.
- £50 = support a young volunteer to mentor hundreds of young girls every month with skills in literacy, numeracy and business.
- £98 = train ten young people to become climate champions, by learning about climate change and how to urge their communities to take action



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GET FUNDRAISING

AND MAKE THE WORLD
A BETTER PLACE

- BE CREATIVE
- USE YOUR
SKILLS/TALENTS/
HOBBIES
- WORK AS A TEAM
- HAVE FUN!



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THINGS TO REMEMBER

1. Find your team of 4
2. Tell your parents, ask them to check their emails
3. Ask 1 parent to sign up the whole team
4. Have lots of fun and fundraise!



"WE WANTED TO BE A PART OF SOMETHING THAT WE COULD LOOK BACK ON AND BE PROUD OF"
Oundle School Triathlon



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QUESTIONS

- **How far will I have to swim/ cycle / run? It depends what year group you are in**
- **Can I share a bike? Yes**
- **Do I need a helmet? Yes**
- **What if I can't swim/cycle/run? You can swap with a team mate!**
- **Is it timed? Yes, but its not a competition**
- **Can I be in a team with someone from a different year? Yes**



FINISH



SEE YOU THERE!