



A team of staff and friends from Rhyl High School are in training for the Rock and Roll Marathon Series in Liverpool on 19th & 20th May, they will run a 5K, a half marathon/full marathon.

Part of the team have run in this event previously, but this year they have more members, they're running further than ever and it's all in aid of charity!

Lindsay Lloyd (Teacher), Lucy Douglas (Teacher), Pete Brodey (Teacher) and Raye Phillips (Amenities Manager), joined by Ann Claire Jones (Friend of the runners) and Dunk (Lucy's Husband) will be running a 5k each on the Saturday and then either a half or full marathon on the Sunday - followed by another mile!!

For the final mile they will be joined by Amelia (Lindsay's Daughter), Elin (Lucy and Dunk's Daughter) and Isaac (Ann Claire's son).

Ann Claire, Lindsay, Lucy, Pete, Raye and Dunk are all passionate runners, who regularly meet up to participate in various races and runs. For the past 2 years Raye, Ann Claire, Lindsay and Pete have run the Liverpool half Marathons.

This year, with the addition of Lucy and Duncan, they wanted more of a challenge.

Dunk has joined the team fresh from the London Marathon. Lindsay, Lucy, Pete and Raye all work at Rhyl High School.

They wanted to run for a cause to make a difference this year, so they chose Giddo's Gift as they are a local charity, close to their hearts.

More Information about Giddo's Gift can be found here.:

<https://www.giddosgift.com/about-our-charity>

Please donate what you can - just remember pennies and pounds, and pounds are what we need!

Just giving page: <https://www.justgiving.com/crowdfunding/runforgiddo2018>