

IRONMAN COMPETITION for NEW COMPUTERS FOR HARTEST PRIMARY SCHOOL

As parents, we have in one thing in common! We want the very best for our children!

Hartest Church of England Primary School is a lovely, intimate school within our beautiful village with just 69 pupils on the school register. It is blessed with a fabulous team of supportive and nurturing teaching staff, an active PTA group, made up of parent volunteers called The Friends of Hartest School (FOHS) and is lead by a super, hands-on, enthusiastic head master who is passionate about the schools progression.

Sadly, as is widely reported, the school budget no longer covers all that it once did and the level of fundraising by PTAs has had to increase over recent years.

In May 2017, after 4 years of fundraising, The FOHS raised enough money for a complete refurbishment of the invaluable and much loved school swimming pool.

But, the pool refurb has left the FOHS bank account EMPTY, just when the computers in the IT Hub are in need of replacement!

*****INTRODUCING PAUL FOSTER*****

After living in France for 5 years with his wife Frances and their two children George and Beatrice, the Fosters moved to Hartest in 2016. They instantly fell in love with village life, the community spirit and with Hartest Primary School, where George (7) and Beatrice (4) have settled very well.

Paul, 44, director of Allium Gardeners, a specialist grounds maintenance, soft landscaping and design company is not only passionate about the great outdoors, he is passionate about the future of small, rural schools and the importance for them to move forward.

Paul is also passionate about entering IRONMAN races!!

Paul completed his first one in 2011 in Nice, France and then again 2 years later, but this time to raise money for St Clare's Hospice in Essex after losing a dear friend to cancer.

In May 2018 Paul will be competing in IRONMAN LANZAROTE, billed as one of the hardest courses in the world! Riding down hill is actually harder than riding up because the island is so exposed and so windy!

It is Paul's intention to compete in this event to raise funds to buy 15 Mac mini computers for the IT Hub – giving the children of Hartest Primary the amazing opportunity to benefit from the best and latest technology much earlier than it was ever thought possible!

The IRONMAN LANZAROTE 2018 course description is as follows:

2.4 mile swim - a 2 lap rectangular course taking place in the Atlantic Ocean. The water is around 18-19 degrees.

Followed by a 112 mile bike course which will challenge participants to a hilly and windy ride up to the northern point of the island.

Finishing with a marathon! The participants will run 3 laps totaling 26.2 miles in the full sun and heat.

Paul's training programme is well underway; devoting 10-15 hours per week cycling, running and swimming, whatever the weather! In fact, as you read this Paul is in Lanzarote attending an Ironman Training Camp to help prepare him for what lays ahead!

Please help Paul reach his personal target of £10,000, which in turn will benefit the children of Hartest Primary School considerably.

You can do this by:

1) Sending Paul a friend request on Facebook so that you can keep up to date with his news and how his training is going.

2) 'Sharing' his Facebook posts to spread the word far and wide!

3) Donating whatever amount you can to this truly worthwhile cause by visiting:

www.justgiving.com

Type 'Paul Foster' in to the search bar.

Scroll down to "Crowdfunding Pages" (highlighted orange).

Click on 'Raising £10,000 to fund 15 computers for the children of Hartest Primary School and then continue to follow instruction.

VERY MANY THANKS and GOOD LUCK Paul from everyone at Hartest Primary School. We're right behind you! Cheering you on, you understand!!!
Not actually 'right' behind you!!!