

# The St Helena Ambassador

... An Extraordinary Place on a Path to Prosperity

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## FESTIVAL OF RUNNING 2019

**T**he Festival of Running, an annual event hosted by the St Helena Tourist Office, the National Amateur Sports Association and New Horizons, took place between 2 and 9 November 2019.

The Festival of Running, which launched in 2001, aims to increase the offering of events on St Helena, to promote a healthy lifestyle and to establish St Helena as a unique running destination to the international market.

This year's Festival included a 42km Full Marathon and 21km Half Marathon, 10km and 3km Fun Runs, Jacob's Ladder Challenge, and a Trail Run. Unfortunately, due to unfavourable sea conditions the Triathlon, which was this year due to take place at Rupert's, was cancelled and has been postponed until a later date.



Despite there being no records broken, the Festival saw 162 individuals across all events taking part - a record number in participation this year.

The Festival of Running concluded with a prize presentation held at Rosie's Taste 4 Life.

St Helena Tourism commented:

*"We would like to take this opportunity to specifically acknowledge the amazing performances of our Island's youth, who excelled throughout the week's events and especially during the Jacob's Ladder challenge. A special mention to the four participants of the 42km marathon - who all crossed the finishing line together, turning an individual sport into a team victory."*



## SEA RESCUE SPONSORED SWIM

**T**he St Helena Sea Rescue team held a Sponsored Swim from Lemon Valley to Rupert's Beach in aid of the Cancer Support & Awareness Charity on Saturday, 16 November 2019.

The team swam a total distance of approximately 2.2NM. Commenting on the swim, Deputy Sea Rescue Manager, Leeroy Caswell, said:

*"The swim itself was very challenging not only because of the distance but also because we were swimming against the current. At certain points of the swim it almost felt like I was going backwards but then I remembered why I was doing this swim and that was all the motivation I needed to complete this challenge. Even though the swim was one of the biggest physical challenges I have done, knowing why I did it makes it worthwhile."*

A cheque totalling £1158.90 was presented to Charity Committee Members - Olive Williams and Anel O'Bey - after the swim.



## TWO SUPER VESSELS VISIT ST HELENA

**T**he world's biggest ketch – SY Aquijo – arrived at St Helena on Friday, 8 November 2019.

The vessel called at the Island en-route from Cape Town. At the time of visiting, the vessel carried 12 passengers on-board, all of whom flew out from St Helena after touring the Island. 17 crew were flown in on the same flight and 16 crew departed with the vessel for Brazil on Sunday, 10 November 2019.

The vessel is 86 metres long and would cost approximately 450K (four hundred and fifty thousand pounds) per week to charter!

The super yacht – Katharine – arrived at St Helena on Saturday, 9 November 2019, with approximately 13 crew on-board, having travelled from Cape Verde.

Following a brief visit, the vessel departed for Walvis Bay, Namibia on Sunday, 10 November 2019.

The 61-metre super yacht is owned by an American multi-millionaire, and would cost 328K (three hundred and twenty eight thousand pounds) per week to charter. It is also said that the vessel is named after the owner's daughter.



## ST PAUL'S PRIMARY SCHOOL REMEMBRANCE DAY ASSEMBLY

St Paul's Primary School held a special Remembrance Day assembly on Monday, 11 November 2019.

The assembly took place in the School Hall which had been decorated with various artwork to reflect the theme of 'We Remember Them'.

The assembly opened with a welcome speech by Head Teacher, Patricia Williams. This was followed by an introduction to Remembrance Day by Deputy Head, Sherell Thomas.

The assembly included performances of a poem, dance, song and drama sketches depicting thoughts about remembrance and war and included a reflection by Ex-Serviceman who served during the Falklands War.

The morning closed with prayers and the observance of a two minute silence.

In her closing remarks, Head Teacher, Patricia Williams, said:

*"This was a very moving Assembly this morning and I am sure that all felt the same. It was also good to hear from our ex-serviceman Mr Joe Phippard about his experience, wow!*

*"A special thanks to all of our staff and pupils for delivering the Assembly, well done! Thanks to our parents and guests for attending."*



## WORLD KINDNESS DAY 2019

World Kindness Day (WKD) is celebrated annually on 13 November. On this day, participants attempt to make the world a better place by celebrating and promoting good deeds and pledging acts of kindness, either as individuals or as organisations.

On St Helena, Pilling Primary School observed WKD in the form of a theme day where each class carried out an act of kindness. Activities included giving out kindness cards, flowers or biscuits to people in the community, radio programmes at SAMS Radio 1 and Saint FM Community Radio, singing gospel choruses to the elderly at the Princess Royal Community Care Centre and doing some craft activities, hosting a tea in school for some invited retirees, where the ladies enjoyed a pampering session and the gents enjoyed playing board games with the boys.

Pilling Primary supports the words of the late Princess Diana: *"Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you."*

