



Q. Can I take part with friends/family/colleagues?

A. Of course – but each person will need to be registered to receive a medal.

Q. Is there an age limit?

A. There is no age limit for our Virtual Races, however, we would recommend that under 16's are accompanied by an adult.

Q. Do I need to run all of the 100K?

A. Not at all – you can walk all of the 100K if you so wish, as long as you complete the 100K in 100 days you have completed the challenge!

Q. Can I complete the 100K on a running machine?

A. Yes, the use of any type of running machine is fine.

Q. Does a Park Run count towards the 100K?

A. Yes, Park Runs can be included in your 100K total.

Q. Do I need to send you proof of my route?

A. No, this Challenge is self-monitored; once you have signed up we will email you a template so you can keep track of your distances.





Q. I am outside the UK can I take part

A. You are more than welcome to take part just please be mindful that delivery for the medal will take longer and an additional charge will apply. If you would like to take part from overseas place email VirtualRace@rafmuseum.org

Q. When will I receive my medal?

A. Once you have sent your routes to the race management company will send out the medal – please allow up to 14 days after the race end date to receive your medal.

Q. Will I receive my t-shirt in advance of the 1 April?

A. The deadline to order to receive your t-shirt for the 1 April 2018 is Sunday 11 March 2018. Orders after this will be posted, but may not arrive until after the start date.

Q. Will you be publishing the times for people to complete the 100k Challenge?

A. We won't be publishing individual's times, but we will publish the names of those as they complete the challenge and include the breakdown of how the 100K was completed, if this information is provided to us from the runner.

WHY SUPPORT US?

The 100K Spitfire Challenge will form part of a series of events taking place across the country celebrating and commemorating the history and achievements of the Royal Air Force and inspiring young people.

It is also an opportunity to raise vital funds for the RAF100 Appeal, which is a joint venture between the Royal Air Force and the four major RAF charities – the Royal Air Force Benevolent Fund, the Royal Air Forces Association, the Royal Air Force Charitable Trust and the Royal Air Force Museum. The aim of the Appeal is to raise money for the RAF family and to create a lasting legacy as we celebrate 100 years of the Royal Air Force in 2018.

