

15 July 2016

## Ready, steady, scramble for the Spitfire 10K

**Date:** 4 September 2016

**Time:** Race starts at 10am

**Cost:** Standard entry £22.50 per person (15 years & over)

**With just under two months to go until Shropshire's first ever Spitfire 10K, it's time to start stepping up the training! Taking place at the Royal Air Force Museum Cosford on Sunday 4 September, participants will have the unique opportunity to race across the airfield and down the runway at RAF Cosford, whilst raising funds for charity.**

At just over six miles, a 10K run is a serious challenge for those just starting out in the sport, but it's also a great event for experienced runners chasing personal bests or using it as a stepping stone to longer distances. With just under eight weeks to go until race day, it's time to get your running shoes on and start building up your endurance levels. Whether it's running with a friend, joining a club or downloading an app to track your progress, participants are being encouraged to do what it takes to boost their motivation levels and get geared up about the race.

With over 450 runners already signed up to the Spitfire 10K and with spaces limited to just 700, there's no time to waste in getting yourself registered and kick-starting the training.

Taking-off from the museum's Hangar 1, visitors will head outside and onto the airfield at RAF Cosford. Participants will run alongside the wartime hangars and past the air traffic control tower and of course, the race wouldn't be complete without a sprint down the runway! The scenic route around the military airfield will take runners past several historic landmarks along the way, before passing the rifle range and then back onto the museum for a loop of the site on the final stretch towards the finish line. Upon completion, runners will be rewarded with a bespoke 2016 Spitfire 10K medal and goodie bag, a perfect and well-earned memento of their day.

Bespoke 2016 Spitfire 10K technical running t-shirts are available to purchase when you register online at a discounted rate and will be ready for collection on race day. Made from breathable fabrics, they make the perfect attire for race day and for running adventures beyond. Runners are advised to arrive from 9am in order to collect their race number, pick up their pre-ordered t-shirt and of course to warm up properly. Then it will be chocks away at 10.00am as the race begins.

### **RAF Museum Cosford Events Manager, Abi Betteridge said:**

*"Our number one tip for getting yourself prepared is to put in the training! If you're prepared, you will certainly enjoy the day more. Make sure you've tried out your footwear in advance to avoid any blistered feet and remember not to set off too fast and stick to a steady pace throughout. Finally, after the race it's important to take time to cool down, doing this properly will mean less achy legs the following day. But, it will certainly be worth it for the chance to run across the airfield and down the runway and we're sure participants will love the amazing medal we've had specially commissioned."*

The Spitfire 10K is a gently undulating road course with small sections along a track and is suitable for keen runners and novices alike, so if you're aged 15 and over why not give it a go? Whether you've been running

for years, or you're just getting into the sport for the first time, the race at Cosford is guaranteed to be a fun and memorable one.

To register for the event visit the museum's website [www.rafmuseum.org/cosford](http://www.rafmuseum.org/cosford). Entry costs £22.50 per person with proceeds going towards the RAF Museum (registered charity number 244708), to support work conserving and sharing the story of the RAF for current and future generations. Armed Forces Personnel and running clubs are eligible for the discounted entry fee of £20.50 per person. For further details about the event, visit the museum's website or call 01902 376200. The Spitfire 10K was first launched at the museum's London site in 2015.

Ends...

#### Notes to Editors:

- Keep up to date with the latest news and event information by following us on:



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- Royal Air Force Museum Cosford, Shifnal, Shropshire, TF11 8UP
- Open daily from 10am
- Admission to the Royal Air Force Museum is free of charge.
- RAF Museum Cosford images & logo available at:  
<http://www.rafmuseum.org.uk/research/media-vault.aspx>
- For further information and all media enquiries please contact Michelle Morgans on 01902 376212 or email [michelle.morgans@rafmuseum.org](mailto:michelle.morgans@rafmuseum.org)
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