

The Lancaster Challenge – FAQs

What is a virtual challenge?

A virtual challenge is a challenge that can take place wherever you want, in your own time and at your own pace. The challenge can be completed on a treadmill, around a racetrack, a beachfront, even during a visit to the park, wherever you can run, walk, row, or cycle to earn your medal!

How does the Lancaster challenge work? Choose to complete 80k, 150k or 500k! You can run, walk, cycle, or walk the dog to complete your challenge. We want you to keep you motivated and moving in lockdown so you can start your challenge as soon as you sign up!

The challenge will close on the 17 May 2021, the anniversary of Operation Chastise. Once you have signed up to complete the Lancaster challenge, we will send you a record sheet so you can keep track of your distances. After completing the distance, you submit your distance log and we will send you an exclusive Lancaster challenge medal after the challenge ends on the 21 May 2021.

How do I enter?

Registration is easy and straightforward and should only take a few minutes. You can book your tickets through the RAF museum Lancaster challenge event webpage. You can book your tickets through our online booking system. Check our website for the link:

<https://www.rafmuseum.org.uk/virtual-events/the-lancaster-challenge-2021/the-lancaster-challenge-details.aspx>

Once you have registered you will receive an email confirmation with further details.

Is there a deadline to enter the challenge?

There is no deadline to enter, as long as you can complete the challenge before midnight on Monday 17 May. You will not be able to start the challenge after 17 May.

I live outside of the UK, am I still able to register?

Of course, you can! Please enter regardless of where you live, the event is open to everyone, everywhere. Please be mindful that the delivery of your medal and any purchased t-shirt may take longer than the end of May to arrive. Additional charges will apply depending on your place of residence.

Who can enter the Lancaster challenge?

This challenge is open to everyone! With the choice of 80k, 150k or 500k you can choose the challenge that you feel most comfortable doing.

I am a cadet or veteran, am I able to purchase the reduced Armed Forces ticket offer?

We are pleased to offer the reduced armed forces ticket to all members of the armed forces family. This offer is available for cadets, current serving personnel and veterans which also includes their immediate families. We suggest that anyone under 16 should complete the distance under supervision.

Is there an age limit?

There is no age limit for the Lancaster challenge. Everyone can enter but we suggest that anyone under 16 should complete the challenge under supervision of an adult.

How does the fundraising work?

The Lancaster challenge is a challenge organised by the RAF museum charity. We therefore ask that all those completing the challenge wishing to raise funds while running only do so for the RAF museum. When booking your tickets, choose the ticket option 'incl. Free t-shirt with £80 raised in sponsorship'. Our team will then get in contact with you via email to help you to set up your fundraising page and support you throughout the process. If you raise £80.00, you will receive a free t-shirt sent to you with your medal following the end of the challenge.

Please email development@rafmuseum.org if you have any fundraising questions.

Do I have to run the Lancaster Challenge?

The Lancaster challenge wants to get you up and moving during this lockdown period at a pace that suits you best. You can choose to complete your challenge by walking, running, rowing, cycling, swimming and many more.

Want to be creative? We are more than open for you to come up with fun and unique ways of engaging the challenge. Just last year alone for the Hurricane 80K, one participant did 80,000 push ups!

Do I need to show proof of each distance I covered with my distance log?

No, we are implementing a trust policy in place so all you will need to do is fill out the distance log with each recorded distance and send it over to us by email once you have completed the challenge.

I have run out of space in my distance log to record my distances, what do I do?

All you will need to do is download a new distance log and continue inputting your distances. Do ensure that when you send over to us your completed challenge, that you include all of your distance logs.

I am having problems inputting my information on the distance log?

If you are having problems downloading the distance log or inputting your information on the log, please email info@nice-work.org.uk and we will be able to send over a word document version of the log that you can use.

When will I receive my medal?

Your medal will be posted after the end of the challenge on Monday 17 May. You will need to ensure that you submit your completed distance log before the deadline in order to receive your medal. The medal should be with you by the end of May. For non-UK entries, it might take slightly longer, depending on postage times.

I ordered a t-shirt, when will I receive it?

If you have ordered a t-shirt, we will send them with your medal after deadline of Monday 17 May with an expected arrival at the end of the month. Participants living abroad may receive their t-shirt at a slightly later time.

Can I run or walk alongside anyone else?

Please always take your own health and the health of others into consideration. We would ask you to follow the advice from the public health bodies and the government before starting the race or deciding to run along with anyone else.

What happens if I am ill during the Lancaster challenge?

If you have started the challenge and become ill, it is important for your health and wellbeing that you stop. Only when you truly feel fit and healthy again do we advise you continue.

Please always ensure that you are medically fit to complete the challenge before starting the challenge.

What is the virtual running community?

We want to create a space for you where you can communicate with other runners. Share your running routes and read or share tips and tricks to get moving. Here we will also be sharing information about the challenge with you and answering questions. It's a great opportunity to share photos and interact with like-minded runners.

How do I get access to the Facebook community group?

To become part of our virtual Facebook community, you need to have a Facebook account. Click here to join the community: <https://www.facebook.com/groups/rafmvirtualrunning/>