

RAF Football Association - E-Bulletin

RAF MDS HELP RAISE FUNDS FOR CAPT TOM IN 100 MILE DISTANCE CHALLENGE

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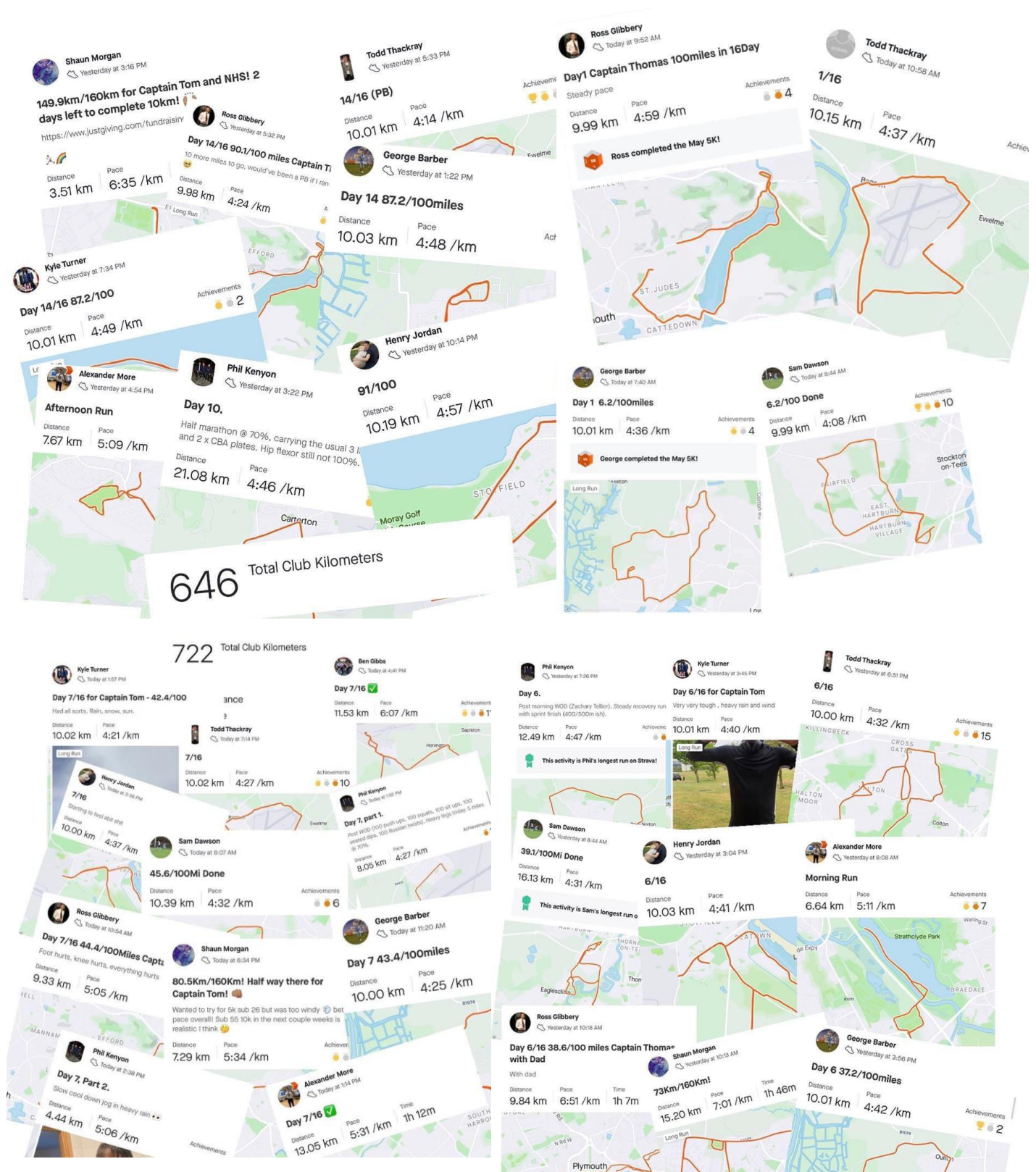
Recently 10 Men's Development Squad personnel (Players and Backroom Staff) took part in a physical challenge as a celebration of Captain Tom Moore's 100th Birthday and as a tip of the cap for what he managed to achieve. I, personally, wanted to challenge myself physically and called on members of the squad to help drag me along. They were not hesitant in volunteering to tackle the challenge. The players who took part were Alexander More, Sam Dawson, Phil Kenyon, Ben Gibbs, George Barber, Henry Jordan, Ross Glibbery, Todd Thackray and Kyle Turner.

The aim was to raise £1000 for the charity Captain Tom chose, 'NHS Charities Together'. We decided to run 100 Miles (160Km) in 16 days, per person. That equated to just over 10Km a day, each, to be logged on the 'Strava Run' app.

The challenge started on Mon 04 May and we completed it on Tue 19 May. The challenge was done individually at each person's camp/home town, using a route of their choosing and whilst maintaining the appropriate social distancing measures. A major driving force to keep me focused was the impressive times that were being produced by the players even in the latter days of the event. I finished the last run with a half marathon and grand total of 171Km completed.

As a cohort we have managed to raise to date, an impressive, £3246.45.

RAF FA E-Bulletin – RAF MDS Charity Event



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