

The PARAS 10 Endurance Run

Sunday 14th September 2008 at Catterick Garrison, North Yorkshire



Test yourself against one of world's toughest military challenges

The Race

You'll be competing against the fittest and most resilient soldiers in the British Army as well as some of the best endurance racers in the business

Runners (aged 17 and over)

The PARAS 10 is an ideal alternative or training run for The Great North Run - 3 weeks later.

The Route

Described as a multi-terrain endurance event, the race will follow the same route as the Parachute Regiments 'P' Company Selection Ten Mile March Route. There will be water stations located at the 4 and 8 mile points.

NB. The route is not suitable for wheelchairs. Cycles and pets are not allowed.

'P' Company Challenge and Team Challenge

For those seeking an even tougher race, The Parachute Regiment challenges you to attempt the 10 Mile 'P' Company Cross Country Route, carrying a bergen (rucksack) weighing 35lb (excluding food water) and wearing military style boots. Competitors rucksacks will be weighed before and after the race, by race officials. The P Company Challenge is open to individuals and teams of 4 (With the first 3 runners to count).

All race proceeds go to 'Help for Heroes Campaign' and 'The Airborne Forces Charity'

Option 1: Runners

This is the first time that this 10 mile route has been open to the public and The Parachute Regiment challenges you to complete this gruelling running course in the fastest possible time, *NB This is not a PB Course, nor is it suitable for spikes - trainers are advised*

Option 2: The P Company Challenge

Complete the course with a 35lb Bergen/rucksack and wearing army style boots to see if you have what it takes to pass one of the Paras toughest tests. **1 hour 50 minutes** is the target.

MEDALS 'T' SHIRTS:

Medals and T-Shirts will be awarded to all who finish the course.

Race History

The PARA'S 10, was last hosted by The Parachute Regiment in 1993 in Aldershot, where it enjoyed a following of over 2500.

Paras on Operations

In September 2008 to mark the first time since WWII that all four Battalions of The Parachute Regiment's have deployed on operations in the same theatre (Afghanistan) at the same time The Parachute Regiment has revived The PARAS 10.

Why not show your appreciation for the Paras by running in this unique race, and in doing so raise money for soldiers and ex-soldiers who have served our country and are in need of support.

Start Time: 10:00

Entry Fee: £20.00



The Ultimate In 10 Mile Endurance Races

More information and race entries are available at: www.paras10.com

The PARAS' 10 Endurance Run

Sunday, 14th September 2008

Start time 10:00am.

In aid of Airborne Forces Charity and Help for Heroes

Find out if you are tough enough to take on the challenging 10 mile route used by The Parachute Regiment for selecting new recruits.

This uniquely tough run follows the same undulating multi terrain course used in Paratrooper selection. It can be run **with** or **without** a Bergen rucksack*. There is also a special Team Challenge for teams of four carrying rucksacks* Needless to say it will require you to prepare yourself with dedicated training well before the event.

There is a 3 hour cut off for completing the route and regrettably is not suitable for wheelchair competitors. All runners must be over 17 on race day to participate.

The race is based at Catterick Garrison in North Yorkshire. Changing, toilets, showers and secure kit area will be close to the Start and Finish area.

Finishers will receive a Medal and T-Shirt. You are encouraged to raise sponsorship* for the Airborne Forces Charity and Help for Heroes or a charity of your choice.

*A sponsorship form along with rules & further details of these competitions can be obtained from www.paras10.com

Full details, further downloadable entry form and online entries with no surcharge are available from www.paras10.com

The PARAS'10 race limit is 2,000 and it is anticipated that the event will be very popular. Early entry is recommended to avoid disappointment!

Race numbers will be sent out approximately 3 weeks before the race. Numbers for entries received after Monday 8th September must be collected on the day of the race at the race HQ.

Entry Fee: **£20.00**

Entry fee includes all return mailing.

(There is no need to send a stamped addressed envelope)

Send entries to:

PARAS' 10
c/o Sport Systems
Regency House
61 Walton Street
TADWORTH
KT20 7RZ



Entries and Electronic Timing by...

**SPORT
SYSTEMS**
www.sportsystems.co.uk



Please make cheques payable to The Airborne Forces Security Fund (Registered Charity No 206 552)

- Please enter me in The PARAS' 10 (race for individuals **without** a Bergen rucksack)
- Please enter me in the P Company Challenge* (race for individuals **with** a Bergen rucksack)
- Please enter my team in the Team Challenge*

*Visit the main website at paras10.com for rules & further details of these competitions.

Entry form. Please print legibly. – someone else has to read it!

First Name _____
Address _____
Town _____
County _____
Postcode _____ Please include full postcode
Club/Team _____ Please use full club name

Surname _____
Date of Birth _____ / _____ / _____
Male / Female _____
Home _____
Mobile _____
Email _____

Office use only

Please enter me for The PARAS' 10. A signed entry form will be considered as an acceptance of the race rules and a declaration that you are aged over 17, will compete on foot and run entirely at your own risk. No dogs or following cycles. Unfortunately this race is not suitable for wheelchair athletes.

I enclose a cheque for £ _____ made payable to The Airborne Forces Security Fund (Registered Charity No 206 552) [EntryFormParas1008.pdf]

Signed: _____

Date: _____