



May 2019

Dear PARAS'10 COLCHESTER entrant,

Welcome, on behalf of **SUPPORT OUR PARAS**, to the **2019 PARAS'10 COLCHESTER** on **Saturday 18 May**. Please read carefully and print this letter and bring it on the day as you will need to show it to park.

### SECURITY NOTE

PARAS'10 is a military charity event. Please bring photo ID (Passport/ Driving Licence/ MOD90) with you to collect your race pack. In the interests of safety and security, bergens may be subject to a speculative search and must never be left unattended, either on the course or in the PARAS'10 village. Our security stewards and police are spread along the entire route and check-in area, so you don't have to go looking for information. They are there to help you so don't be surprised if they say hello if you look lost! If a steward tells you to stop on the course, please comply and await orders – do NOT keep running.

### PLEASE MONITOR FACEBOOK IN CASE OF HEATWAVES OR SECURITY ALERTS

If high temperature/humidity is threatened we may start the race early. Updates before the day will be posted at [paras10.com](http://paras10.com) and on Facebook @ThePARAS10. You can also follow us on Twitter @ThePARAS10 and Instagram @the\_paras10

For Satnav use **CO2 7NZ** for Abbey Field. **PLEASE NOTE THE CAR PARK HAS MOVED THIS YEAR** - please see map below. It can be accessed via the dropped curb at the loop, marked at **point A** on the map below. Please look out for the uniformed marshals who will help you onto the field and direct you to the race village. Parking will open at 0800hrs. Allow good time for your journey (the A12 in particular) and take note of the weather. There is no baggage store at the event so please leave unwanted bags in your vehicle (at your own risk) and walk to check-in. **PARAS'10 cannot accept responsibility for the safety of items in your vehicle.**

### On the Day

**Please Check-In no later than 1000hrs** - earlier is better to avoid any rush. Go to the marked collection line for your surname initial (A-D etc), give your name and you will be given your number and timing chip. A separate Registration desk will deal with On The Day entries. Safety pins are available at Check-In for your number, in return for a Charity donation.

The timing chip includes instructions about how to attach it to your shoe or boot using the ties provided. DO NOT attach the chip using your laces and DO NOT carry it in a pocket – it will not work. Please attach your chip securely on the lower part of your foot – the course is muddy and if you lose your chip, your time cannot be recorded. At the Finish, your chip will be clipped off your shoe; DO NOT take it away.

**If you have entered the TAB, but want to RUN (trainers, no bergen) for reasons of injury, fitness etc. you MUST inform Registration, so you are not wrongly entered on the timing system.** Those entered in the TAB must also factor in time for their bergen to be weighed. Your **PARAS'10 PASSPORT** can be stamped at the Charity tent. New ones are also available from the Charity tent for a £1 donation.

There will be toilets, (but no showers), concessions and merchandise stands on the field. There are no ATMs on site so please bring cash for all purchases. All supporters, family and friends are welcome at the Start/Finish and in Friday Woods but NO spectators will be allowed into Merville Barracks itself.

Entries can be made online at [paras10.com](http://paras10.com) until NOON Thursday 16 May. Entry on the day is **£45 - CASH ONLY**- at the Registration desk. **NB: Day entry will CLOSE at 1000hrs to ensure the race starts on time. If you wish to enter on the day get there early.**

**Emergency contact details and any medical conditions** need to be completed on the reverse of your race number BEFORE the race. If you suffer from a medical condition that requires special attention (for example epilepsy, diabetes or you have a history of heart problems), you should mark a large X in black felt tip on the front of your race number. Pens and felt tips will be provided, but please allow time to complete this.

All competitors MUST be at the Start by 1030hrs latest for a vital **Race Briefing** and warm-up. The world-famous Red Devils Army Parachute Display Team will also be jumping in before the race.

### The Race and Finish

The PARAS'10 RUN and Canicross will start at 1100hrs; ALL runners with dogs (run or tab) must please make your way to the front of the pack. The TAB will start 5 minutes later. Much of the course is on military land - there is no chance to run the whole route prior to 18 May. DO NOT TRY.



**There will be water stops on the route and at the finish; you are also advised to carry your own water/sports drink.**  
 NB: This should NOT be part of your 35lb weight. There will be water available for dogs as well.

**This year the course will be slightly different**, so if you are a returning entrant be advised that you will be going somewhere different! Please pay attention to the marshals and course markings on your way round to ensure you don't get lost.

Bergens will be weighed again at the end – do NOT shed weight on the course. Boots, long trousers and bergens are mandatory for the TAB. Trainers and shorts are not allowed: it's a challenge not a cheat. Please do NOT dump weight at the Finish or leave it for soldiers to clear up. Dispose of litter in bins and take bergen contents home with you.

You will get your medal at the Finish. Please allow your chip to be clipped off before collecting your goody bag with t-shirt in sizes S - XL. Make sure you get the right size!

**Prizes**

PARAS'10 RUN	P Company Challenge TAB	Canicross
1 <sup>st</sup> Male	1 <sup>st</sup> Male	1 <sup>st</sup> Male
1 <sup>st</sup> Female	1 <sup>st</sup> Female	1 <sup>st</sup> Female
1 <sup>st</sup> Veteran Male (50+)	1 <sup>st</sup> Veteran Male (50+)	
1 <sup>st</sup> Veteran Female (40+)	1 <sup>st</sup> Veteran Female (40+)	
Team Run Prize (best 3 times of 4)	Team TAB Prize (best 3 times of 4 count)	
Junior Run Prize (16-18)	Junior TAB Prize (16-18)	
Bateman Memorial Trophy	Conrad Lewis Memorial Trophy	
	Military Team TAB Prize	

Please stay for the presentation at 1330hrs. Full results and times will be published via the website soon after the event.

**PARAS'2 for Kids**

This race starts no later than 1430 but you can Check-In at the Charity tent at any time. You must enter online in advance and run with an adult (no charge for adult). **There are no entries on the day, so do not turn up hoping to run.** Prizes for first boy/girl in 8-10, 11-13, 14-15 age groups. Kids will get a medal (not grown-ups, sorry!).

**SUPPORT OUR PARAS Charity**

It's not too late to do it for charity! The PARAS'10 is a not-for-profit event and benefits **SUPPORT OUR PARAS (The Parachute Regiment Charity 1131977)** which supports our soldiers and their families. You can set up an online donation page via [supportourparas.org](http://supportourparas.org)

**Merchandise & Race Photographs**

Official **PARAS'10 merchandise** is online now at [www.airborneshop.com](http://www.airborneshop.com) and will be available on the day – cash, cheques and credit cards accepted (if they can get a signal). **Race photographs** from My Event Photo can be purchased online: see website and Facebook. My Event Photo also frame photos and donate from sales to the charity.

Finally, thanks to our sponsors and partners: SportSystems, Lee Watts Fitness, Berocca, Manningtree Trailer Hire, Dragon Supplies and Edgar's Fruit.

Good luck!

**The PARAS'10 Team**

