



June 2015

Dear PARAS'10 COLCHESTER entrant,

Welcome on behalf of **SUPPORT OUR PARAS** to the **2015 PARAS'10 COLCHESTER, Saturday 4 July**. Please print this letter and bring it on the day as you will need to show it to park.

NOTE: PARAS'10 this year will be part of the Colchester Garrison Show with FREE entry for all to enjoy. As this is a military show, in the interests of security and safety, please bring picture ID and present it at Check-In. Those with bergens may also be subject to a speculative search. Please comply on request.

Directions and Arrival

Map is below and online at www.paras10.com For Satnav use **CO2 7NZ** for Abbey Field and follow signs for parking. Allow good time for your journey (the A12 in particular) and take note of the weather. Parking will open at 0815hrs. Use **Car Park 1** as a priority. Leave unwanted bags in your LOCKED car and walk to the PARAS'10 area to check in. NB there may be aircraft movement and helicopters landing, so please listen to marshal's instructions if given.

On the Day

Please **Check-In** to collect your race number and timing chip **no later than 1000hrs** - earlier is even better to avoid any rush. At Check-In, please 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.

The chip is in its own envelope with ties. Illustrations on the envelope show you how to attach it to shoe or boot using the ties provided. It does not matter which way up the chip goes; it should be on the lower part of your foot towards the toes rather than up at the ankle. **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 – the course is muddy at certain points and if you lose the chip your time cannot be recorded. At the Finish, it will be clipped off your shoe; **DO NOT** take it away. Safety pins for numbers will be available at Check-In, in return for a small Charity donation.

Emergency contact details and any medical conditions need to be filled in 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.

If you have a **PARAS'10 PASSPORT** it can be stamped at registration OR after the event at the Charity tent. If you do not have a Passport already, request one at Check-In or at the Charity tent after the race.

All competitors **MUST** be at the Start by 1045hrs latest for a vital Race Briefing and warm-up. Those in the 'P' Company challenge (TAB) must also factor in time for their bergen to be weighed. There will be toilets, (but no showers), food and drink stalls as well as merchandise stands. There are no ATMs on site so please bring cash for all purchases.

Leave unwanted kit in your locked car. This is at your own risk. In extreme need only (e.g. no car), bags can be left at the Charity tent **at owners' risk only**. 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.

Late Entry

Tell a friend: Entries at £45 can still be made online at www.paras10.com until NOON Thursday 2 July. Entry on the day is **£45 – CASH ONLY**. You must enter 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.**

NB: 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.



The Race and Finish

The PARAS'10 RUN and Canicross start at 1100hrs. The TAB will start 5 minutes later. Much of the event is on military land - there is no chance to run the whole route prior to 4 July. Do not try.

There will be 3 water stops en route and rehydration at the finish; you are also advised to carry your own water/sports drink especially if the weather is hot. NB This should NOT be part of your 35lb weight. There will be water for dogs. Lucozade Sport will also be available at the Finish.

Please use sunscreen or run with head covered. We always have blazing hot weather so take care!

Bergens will be weighed again at the end – do NOT shed weight on the course. Boots, long trousers and bergens are mandatory for the 'P' Company Challenge 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. Collect your bags with t-shirt in sizes Small-XL. Get the right size!

The **Red Devils Free Fall Team** will jump at 1400, weather permitting, as part of the Garrison Show.

Prizes

We aim to announce winners and award prizes at 1330hrs for:

The PARAS'10 RUN:

1st Male runner; 1st Female runner; 1st Veteran Male (50+); 1st Veteran Female (40+). Team Run prize (best 3 of 4 count); Junior Run (16-18) – James Bateman Memorial Trophy

The 'P' Company Challenge TAB: in long trousers, boots and carrying 35lbs

1st Male tabber; 1st Female tabber; 1st Veteran Male; 1st Veteran Female; Team Prize; Junior Tab Prize (16-18) – Conrad Lewis Memorial Trophy.

Canicross winner

Male and Female winner (two legs, not four)

If you think you may have won, don't rush off, please stay for the presentation. Full results and times will be published via the website soon after the event.

SUPPORT OUR PARAS Charity

If you have not yet considered doing the event for Charity, it is not too late! The PARAS'10 is a not-for-profit event and benefits **The Parachute Regiment Charity 1131977 (SUPPORT OUR PARAS)**, which supports our soldiers and their families. At www.supportourparas.org you will find Sponsorship Forms and how to set up an online donation page. Please Support our Paras.

Merchandise & Race Photographs

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

PARAS'10 Catterick - Want to do it again in 2015? **PARAS'10 CATTERICK** will be on **Sunday 6 September**.

Further information

Any final updates before the day will be posted at www.paras10.com and on Facebook. Follow us on Twitter @ThePARAS10 or www.facebook.com/paras-10.

Finally thanks to our sponsors and partners: SportSystems, Roodsafe, Lee Watts Fitness, BPI Films, Up & Running.

Good luck!

The PARAS'10 Team



