



August 2021

Dear PARAS'10 CATTERICK entrant

Welcome on behalf of **SUPPORT OUR PARAS** to the **2021 PARAS'10 CATTERICK** on **Saturday 4 September**. We are delighted to be back and so grateful to have you join us this year, after a strange and uncertain 18 months. **But we have had to make few changes to get this event to happen.** Please read this letter carefully before printing to 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. In the interests of safety and security, entrants may be subject to a speculative search and must never be left unattended, either on the course or in the PARAS'10 Arena. 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.

### COVID-19

Although Government guidelines mean we can now hold the PARAS'10, the health and safety of our entrants is of utmost importance. To that end, we will have sanitising stations around the main arena and a Test and Trace QR code will be made available for the event so you can check in. Please help us keep you and other attendees safe by maintaining an appropriate distance from others within the arena, especially at the start/finish area, in line with current Government guidance.

### PLEASE MONITOR SOCIAL MEDIA 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 on our social media channels: Facebook and Twitter @ThePARAS10 and Instagram @the\_paras10

### Car Park

For Satnav, use **DL9 3PS** for Vimy Barracks, Catterick Garrison. You will be directed to parking areas. Allow good time for your journey and take note of the weather; there is a walk from your car to the start area, so plan to arrive in Catterick Garrison BEFORE 0930hrs at the latest. 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 NOTE CHECK-IN HAS MOVED THIS YEAR.** Check-In will be in the registration tent on the Sports Field this year, NOT at the McKay Gym as previous. **Walk from the car park and round the wooden fence to the open gate on the far side of the Sports Field. DO NOT CLIMB THE FENCE and please DO NOT walk on the clearly-marked football pitch. 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), and you will get your number and timing chip. Please also check-in using the NHS COVID-19 app, or complete the Test and Trace information on the forms provided.

Safety pins are available at Check-In for your number, in return for a Charity donation. **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.

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. Cards may not work due to signal strength. Supporters, family and friends are welcome at the Start/Finish. Due to the pandemic, we will not have any entertainments available for children.

Entries can be made online at [paras10.com](http://paras10.com) until NOON Thursday 2 September.  
**NB There will be NO entry on the day this year.**

All competitors **MUST** be at the Start by 1030hrs latest for a vital **Race Briefing** and warm-up.

### The Race and Finish

The PARAS'10 RUN and Canicross start at 1100hrs; ALL runners with dogs (run or TAB) please make your way to the front of the pack. The TAB will start 5 minutes later. Competitors are reminded that the event is on MoD land and there is no chance to run the route prior to the event. **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 especially if the weather is hot.** NB This should NOT be part of your 35lb weight. There will be water for dogs. Please use sunscreen or run with head covered if hot weather.

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.

There will be water obstacles on the course, so you are advised that any electronic gadgets (iPods, car keys) may get wet if you fall in and are best not carried, or use a waterproof bag. We advise that you stay alert to what's around you rather than listen to music.

### Finish Line

Medals will be available at the finish line, individually bagged, for you to take as you cross the line, along with a finisher's t-shirt. Please allow your chip to be clipped off before collecting a medal and t-shirt. Make sure you get the right size! As part of COVID precautions this year, there will be NO goodybag.

### Prizes

If you think you may have won, **please don't rush off.** Individual winners are based on who finishes first, NOT on fastest time – they are not always the same. If you think you can win, don't start at the back!

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 (all 4 times count)	Team TAB Prize (all 4 times count)	
	Junior TAB Prize (16-18) The Alex Fairey Memorial Trophy	
	Military Team TAB Trophy (all 4 times count)	

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 and Airborne Forces Charity 1131977)** which supports our soldiers and their families. You can set up an online donation page via [supportourparas.org](http://supportourparas.org) or email Natalie on [FCM@supportourparas.org](mailto:FCM@supportourparas.org) for advice and support.

### **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 donate from sales to the charity.

Finally, thanks to our partners: SportSystems, and to all of you for sticking with PARAS'10 during the tough times.

We can't wait to see you all – it's been too long! Good luck!

**The PARAS'10 Team**  
**(all two of us!)**