



Sept 2021

Dear PARAS'10 COLCHESTER entrant

Welcome, on behalf of **SUPPORT OUR PARAS** and the 2nd Battalion The Parachute Regiment, to the **2021 PARAS'10 COLCHESTER** on **Saturday 2 October**. We are delighted to be back LIVE for the 9th time in Colchester – it's great you can join us, after the strange and uncertain 18 months we've had. 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 to collect your race pack. In the interests of safety and security, baggages 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.

COVID-19

Although Government guidelines mean we can now hold the PARAS'10, we know that COVID has not gone and the health and safety of our entrants is of utmost importance. To that end, we will have sanitising stations around the main arena and an NHS Test and Trace QR code at Check-In. Please help us keep you and others safe by maintaining distance 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

This can be accessed via the dropped curb at the loop, marked at **point A** on the map below. For Satnav use **CO2 7NZ** for Abbey Field. 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 lock 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.**

Check In

Please Check-In no later than 1000hrs - earlier is better to avoid any rush and reduce queues. 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. Please also check-in using the QR Code for 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 has instructions on 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, in case signal is not good for card-readers. All supporters are welcome at the Start/Finish but NO spectators will be allowed into Merville Barracks itself.

Entries can be made online at paras10.com until NOON Thursday 30 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 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 2 October so please 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 again, so if you are a returning entrant do not rely on memory. 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.

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

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

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

PARAS'2 for Kids

This race starts no later than 1430hrs but you can Check-In for a coloured wristband 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 special medal (not grown-ups, sorry!).

SUPPORT OUR PARAS

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, veterans and their families. You can set up an online donation page via supportourparas.org or email Natalie on FCM@supportourparas.org for advice and support.

Merchandise & Race Photographs

Official **PARAS'10 merchandise** is online now at 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.

Finally, thanks to our sponsors and partners: SportSystems, MetroBank Colchester, LW Fitness 4 All and Manningtree Trailer Hire.

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

The PARAS'10 Team (all two of us)

Car Park Map

