



Test yourself against one of world's toughest military challenges

PARAS'10

the ultimate 10 mile endurance race

enter online at www.paras10.com

10am **13** sun
sept

option 1 option 2 The P Company Challenge

The Parachute Regiment challenges you to complete this gruelling running course in the fastest possible time.

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. The P Company challenge is open to individuals and teams of 4. 1 hour 50 minutes is the target.

The Route

A multi-terrain endurance event, the race will follow the same route as the Parachute Regiments 'P' Company Ten Mile Selection March.

Medals & T-Shirts

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

Race History

The 2008 PARAS'10 attracted 650 runners, raising an estimated £40,000 for our charities; with your help we hope to double that this year.

Sunday 13th September 2009 at
Catterick Garrison, North Yorkshire
Start Time: 10:00

Entry Fee Before 30th June £20.00
After 1st July £25.00

First Prize Male & Female Runner:
£250 Cash.
First Prize Challenge:
P Company Trophy

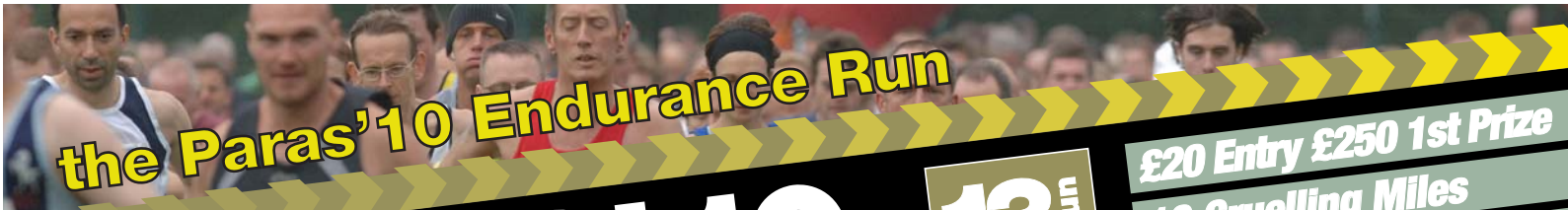
All race proceeds go to
'Help for Heroes Campaign'



HELP for HEROES

& 'The Airborne Forces Charity'

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



the Paras'10 Endurance Run

PARAS'10

10am **13** sun sept

the ultimate 10 mile endurance race
In aid of Airborne Forces Charity and Help for Heroes

£20 Entry £250 1st Prize
10 Gruelling Miles
2 Race Charity Event
Catterick Garrison

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 regretfully 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. It is anticipated that the event will be very popular. Early entry is recommended to avoid disappointment

Entry Fee:

Before 1st July 2009 - £20.00
July 1st & after - £25.00

There will be no entries on the day. Entry fee includes all return mailing so there is no need to send a stamped addressed envelope. Please make cheques payable to The Airborne Forces Security Fund (Registered Charity No206552)

Race numbers will be sent out approximately 2 weeks before the race. Numbers for entries received after Monday 7th September must be collected on the day of the race at the race HQ.

Send entries to:

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

Entries & Electronic Timing by



Entry Form

Please print legibly. -'someone else has to read it!

First Name: _____ Surname: _____ Date of Birth: / / _____
 Address: _____ Male / Female: _____
 Town: _____ Home: _____
 County: _____ Mobile: _____
 Postcode: _____ Please include full postcode
 Email: _____ Please use full club name

- Team: _____
- 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.

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)
 Signed _____ Date _____

Office use only

Data Protection: Your details will be stored on computer for purposes of race administration / results production only and will not be passed to any third parties. Your name, age and finishing time will be published on the internet but no other personal or contact details.