

# The PARAS' 10 Endurance Run

In aid of *Airborne Forces Charity* and *Help for Heroes*

Sunday, 14<sup>th</sup> September 2008,

Start time 10:00am.

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 regrettably 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](http://www.paras10.com)

Full details, further downloadable entry form and online entries with **no surcharge** are available from [www.paras10.com](http://www.paras10.com). The PARAS'10 race limit is 2,000 and it is anticipated that the event will be very popular. Early entry is recommended to avoid disappointment!

**Entry Fee: £20.00**

Entry fee includes all return mailing.

There is no need to send a stamped addressed envelope

Please make cheques payable to The Airborne Forces Security Fund (Registered Charity No 206 552)

Send entries to:

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



Entries &  
Electronic Timing  
by

**SPORT  
SYSTEMS**  
[www.sportsystems.co.uk](http://www.sportsystems.co.uk)

Race numbers will be sent out approximately 3 weeks before the race. Numbers for entries received after Monday 8<sup>th</sup> September must be collected on the day of the race at the race HQ.

Entry form. Please print legibly. – someone else has to read it!

First Name: \_\_\_\_\_ Surname: \_\_\_\_\_

Address: \_\_\_\_\_ Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Male / Female: \_\_\_\_\_

Town: \_\_\_\_\_ Home: \_\_\_\_\_

County: \_\_\_\_\_ Mobile: \_\_\_\_\_

Postcode: \_\_\_\_\_ *Please include full postcode*

Email: \_\_\_\_\_

Club/Team: \_\_\_\_\_ *Please use full club name*

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](http://paras10.com) for rules & further details of these competitions.

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.

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)**

[EntryFormParas1008.pdf]

Signed: \_\_\_\_\_

Date: \_\_\_\_\_