



Officer Commanding
The PARAS' 10 Race
Pegasus Company
2nd Infantry Training Battalion
Helles Barracks
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26 Jan 2012

Dear PARAS' 10 Competitor,

Welcome to the 2012 PARAS'10 – The Ultimate 10 Mile Endurance Race. Thank you all so much for all your support in previous years; I am this year's organiser, Major Paul Finn, and am writing to you to let you know about 2012's event and to hopefully persuade you to enter.

The 2012 PARAS' 10 will be in its fifth year since being revived in Catterick in 2008. The race has been an absolute success over the last 4 years and this year we have the ambitious target of 4000 runners and 'tabbers' to aim for, I am giving you plenty of warning to enter! The website www.paras10.com is now open for entries for 2011's event and please reserve Sunday 9th September 2012 in your diaries now, it is sure to be another memorable day.

The 2012 PARAS' 10 will run on similar lines to previous years and this year's event will again feature 2 races; A **'Running Race'** where runners tackling a straight 10 mile run in trainers over the All Arms Pre-Parachute Selection (P Company) 10 miler course and the **'P Company Challenge'** where Individuals & teams of 4 attempt to complete the same course carrying a 35lb Bergen (rucksack) and wearing military boots in under 1hr 50mins (the pass time on P Company) – this event is not just aimed at serving soldiers, if you ran last year why not put yourself to the test that all Parachute Regiment personnel have to pass?

As in all previous years the PARAS' 10 is a not-for-profit charity event and I am delighted that all race proceeds will now go to the Parachute Regiment Charity, a charity which specifically supports injured paratroopers and their families from all airborne units. I am sure you will have seen in the press that 16 Air Assault Brigade are currently doing a superb job in Afghanistan but sadly many soldiers will need additional support on their return; and in a year when again all 4 Battalions of the Parachute Regiment have been on operations I urge you to support this charity.

Both races will start at 1100 on Sunday 9th September (the weekend before the Great North Run for those wanting a challenging final build up run) and again there will be something for all the family with a variety of stalls, a 60 ft Para Tower, The Red Devils Free Fall Display Team (weather permitting) and a prize raffle. Cash prizes and gifts from *Up and Running* will be awarded to those placing 1st to 3rd in the different race categories.

I wish you luck in your training and hope to see you all in September, at www.paras10.com there is more race info, training tips and of course details of how to enter online.

Major Paul Finn

Race organiser – The PARAS' 10

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