



# COLCHESTER 22.03.25

IN AID OF THE SUPPORT OUR PARAS CHARITY

Standby to RUN or TAB a demanding all-terrain course on the PARAS' home turf.

Traverse the Pendulum, wade through Caesar's Crossing & battle through the Green Zone.

BE WARNED: it will be hilly, it will be wet, it will be muddy.

## TRAIN HARD. FIGHT EASY.



# PARAS'10

More information at [www.paras10.com](http://www.paras10.com)

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