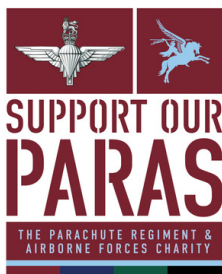


PEGASUS AND BELLEROPHON



This is the symbol of our Airborne Forces and the soldiers in Colchester wear this on their uniforms.



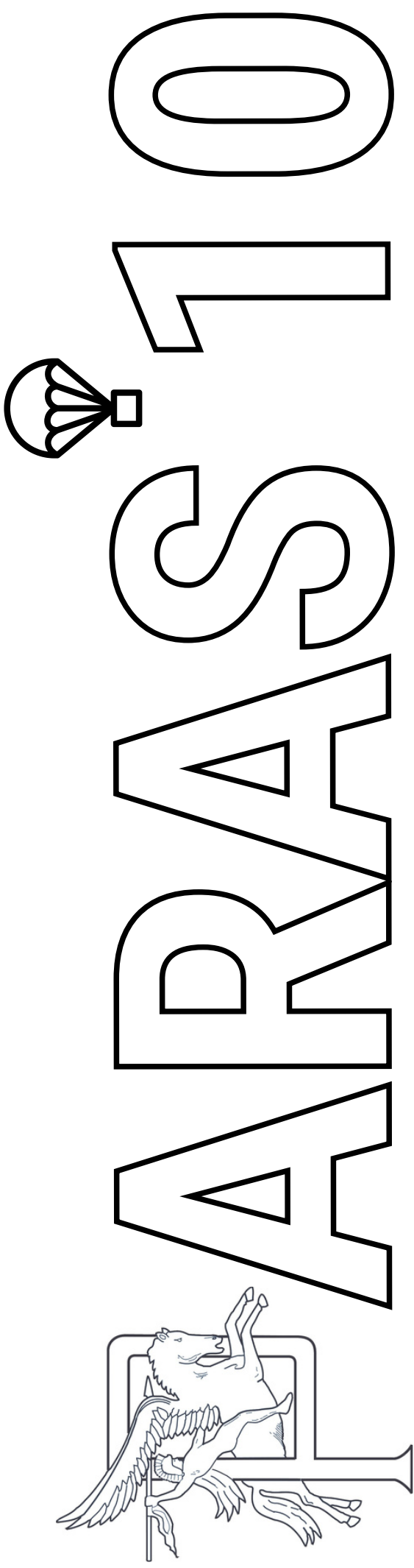
PARACHUTE



Airborne Forces from 16 Air Assault Brigade
Combat Team in Colchester are trained to jump
out of planes with a parachute.



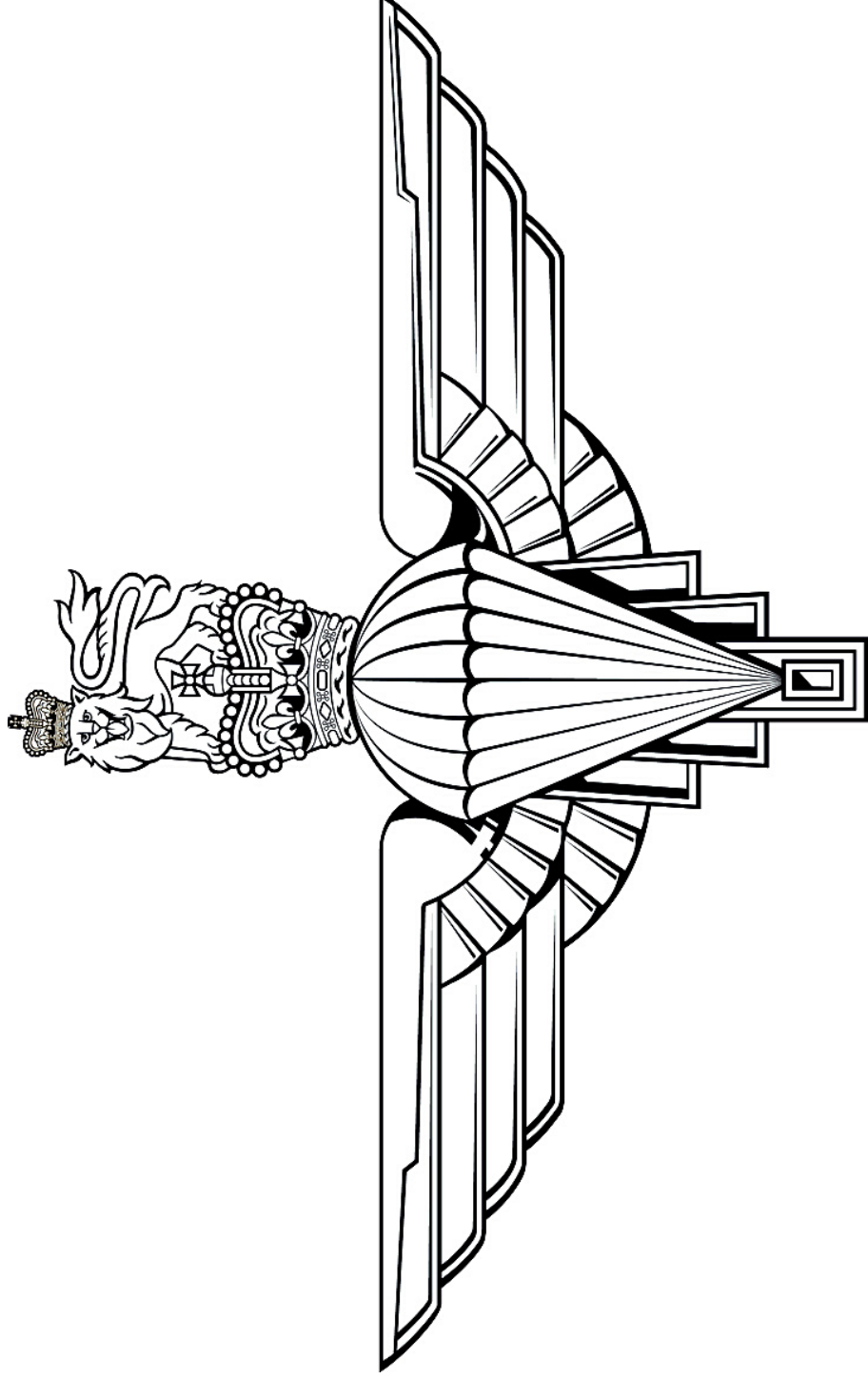
PARAS'10



The PARAS'10 is a race organised by the charity SUPPORT OUR PARAS to raise money. It is based on one of the tests Parachute Regiment soldiers must complete in training.



THE PARACHUTE REGIMENT



This is the cap badge of The Parachute Regiment. All soldiers of
The Parachute Regiment wear this on their berets.