

CATERAN YOMP

BY THE ARMY BENEVOLENT FUND

UNITE TO
SUPPORT OUR
SOLDIERS

Army
Benevolent
Fund

PARTICIPANT INFORMATION



GET YOUR
YOMP
ON! 2025

On behalf of us all at the Army Benevolent Fund, welcome to the CATERAN YOMP 2025.

In the year we mark the 80th anniversary of VE Day, we remember the courage and sacrifice of those who served in WWII. Their legacy continues to inspire our support for soldiers, veterans, and their families.

In June, you and your fellow yompers will gather in Perthshire, in the Scottish Highlands, to take on one of the biggest physical and mental challenges on offer. Whether you are walking 22, 36, or 54 miles, or taking part in the new relay, every single step you take contributes directly to the vital work of the Army Benevolent Fund.

Your fundraising efforts make a profound difference; enabling us, as the Army's national charity, to provide life-changing support to those who are serving or who have served in the Army, and to their families. In 2023/24, thanks to your dedication and generosity, we were able to help 75,000 members of our Army family in 51 countries around the world. The youngest person we supported was one day old; the eldest was 104. Thanks to your dedication, we are able to be here for all soldiers, for life.

At this point, you are probably wondering what you have let yourself in for. That is why we have

put together this pack, with everything you need to know about the Yomp, how the weekend runs, and what you need to do to prepare (which essentially is to crack on with your fundraising and training).

Please read the pack carefully and start your fundraising in earnest; it really is an essential part of this challenge and makes your journey all the more meaningful.

I do hope you have a brilliant event. It is a huge challenge. But the nature of that challenge makes it all the more worthwhile; both at a personal level, and to the soldiers, former soldiers and their families who will benefit, directly, from your efforts. After all, if you wanted an average day out, you would not have signed up...

I look forward to seeing you in Perthshire in June. Thank you again for taking part and supporting us.

Major General Tim Hyams CB OBE
Chief Executive, Army Benevolent Fund



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CATERAN TRAIL



Dundee



Glasgow



Edinburgh



**Four seasons in one day.
Maybe four seasons in one hour.**

Moments of complete and utter isolation walking through the wild, in the dark. Camaraderie like you've never seen before. Sore toes. Sore heels. Sore arches. Sore everything. Sweeties. Gob-smacking beauty. And to crown it all, a stunning sunrise. Probably the best breakfast you've ever had. And that glorious, glorious moment when you get to crawl back into bed and say, 'Never again'.

Just one day in June.
When you took on the best.

MATCHED FUNDING

Many organisations will recognise the fundraising efforts of their staff and match what you raise. Please speak to your company to see if this is something they do.

WE ARE TEAM YOMP

We're there with you. Every step of the way, from sign-up to finish. For prep, training info, fundraising support, and kit chat. For logistics, medical support, complimentary massages, physio and foot care (you'll never be happier to see a podiatrist). For all the carbs in the world, event Basecamp camping, and lots of surprises round the route.

WE'VE GOT YOU COVERED.

We've also got your stuff. Every Yomper gets:

- An exclusive goody bag with official Cateran Yomp technical shirt.
- A detailed route map (obvs).
- Personalised training plans developed by Personal Trainers Yolanda Gratton and Tom Cuff-Burnett.
- Regular newsletters with training, fundraising and kit info.
- Your very own online fundraising page, set up and ready to go.
- Access to a whole community of Yompers, ready and willing to share training and fundraising tips AND tell you all about the realities of the route (through our Facebook page).
- Dedicated Team Yomp support at yomp@armybenevolentfund.org or 020 7811 3223.
- Unlimited kudos and the right to start every story with 'when I did the Yomp' from now until the end of time.

Ready? Let's get into it.



HELP US BE THERE FOR THE BEST

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Every single step you take helps us be there for our soldiers, for our veterans and for their families. For life. Since 2011, the Yomp has raised millions of pounds to support our work at the Army Benevolent Fund. We know times are tough and fundraising can feel a bit daunting. But you signed up anyway. Thank you.

Our Fundraising Pack is full of practical ways to help you show us the money. Contact us at the Army Benevolent Fund on 020 7811 3223 or email yomp@armybenevolentfund.org



WE'RE HERE TO HELP.

We set up your personal online sponsorship page when you signed up. Don't do a separate Just Giving page – keep it simple and send all your supporters to one place. Our Yomp Facebook page is a great place for swapping hints and tips, sign up asap.

f FACEBOOK.COM/CATERANYOMP

Two heads are better than one so why not lighten the load by fundraising with your Yomp team and support crew?

Tell your boss—lots of companies offer matched fundraising, which is a brilliant way to grow your pot.

You've got until the end of July to hit your fundraising target. That's because sharing pics and videos from the Yomp itself is a brilliant way to convince potential sponsors that no, it isn't just a wee walk in the park, and yes, it really is time for them to put their hands in their pockets. In other words, when it's done, don't forget about it! Tell everyone and watch the donations roll in.

**Army
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WHAT YOUR MONEY DOES

£20 can help fund a wheelchair ramp to help an injured soldier access their home independently

£50 could help build an accessible shower

£250 provides a night of much needed respite care for a child

£1,000 helps set up a personal recovery plan for an injured soldier



ALL THE GEAR? START HERE

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This kit is compulsory. It could be the only thing standing between you and hypothermia. It will keep you safe. We'll check you've got the compulsory kit on board at Bronze (checkpoint #2.)

WITHOUT THIS KIT, YOU CAN'T GO ON.

No discussion, no excuses. No finish. Everything on this list fits into a 25 litre bag (promise).

But of course.. you'll have trained with all this kit anyway.

COMPULSORY INDIVIDUAL KIT

- ▶ Waterproof jacket (with hood)
- ▶ Waterproof trousers
- ▶ Hiking boots
- ▶ Socks (a few pairs of good quality socks)
- ▶ Day rucksack (waterproof or lined with a plastic bag). We recommend approx 25l capacity
- ▶ Compass (take out of packaging!)
- ▶ Mobile Phone with OS Locate downloaded (more on that later) + fully charged battery pack.
- ▶ Water bottle or platypus (we recommend a min of 1.5L)
- ▶ Thermal top
- ▶ Spare fleece/down jacket
- ▶ Warm hat & gloves
- ▶ Energy food (nuts, fruit, energy bars)
- ▶ Survival bag (you need to be able to climb inside)
- ▶ Sun hat, sunglasses and suncream
- ▶ Participant number (given out at registration)
- ▶ GPS tracker (given out at registration)
- ▶ Whistle (for use in emergencies)
- ▶ Head torch (with spare batteries, for overnight walking or for attracting attention in an emergency)
- ▶ Cateran Yomp map (available to pick up at registration on Friday)

COMPULSORY TEAM KIT – ONE PER YOMP WALKING TEAM

- ▶ First aid kit, including blister kit
- ▶ Notebook and pen (for use in emergencies)

RECOMMENDED KIT – NOT COMPULSORY, BUT WE THINK THESE ITEMS MAKE A DIFFERENCE

- ▶ Walking poles
- ▶ Spare footwear
- ▶ Wicking layer
- ▶ Thermal top
- ▶ Waterproof map case
- ▶ Antibacterial hand gel
- ▶ Electrolyte tablets, powder or drinks (you should have trained with these)

I WILL WALK 500 MILES...

OK, you don't have to do 500 miles, but you do need to walk.

We've sent you Yolanda Gratton and Tom Cuff-Burnett's 9 month training plan (which you can pick up at any time). If you can't find the e-mail you can follow the link below so you can get a march on.

We promise one thing: the better your training, the better your Yomp. It starts today.

Training Plans

SIMPLE TRAINING TIPS

- Walk everywhere. Forget you have a car between now and June.
- Exercise regularly. Trying new things keeps you motivated and builds general fitness.
- Plan long walks on varied terrain for days off. Be safe – let someone know where you're going and when you'll be back.
- Find a mate. Remember, you must Yomp in teams of three – training together helps you know each other's pace as well as each other's chat. If you can't train with your team, rope in another pal or two to help.
- Warm up and cool down. You don't want an injury to spoil your day.
- Keep a log of when you trained, what you did, distance covered and time taken.
- Taper. A technical term for making sure you complete your longest distance by around 20 May, followed by two weeks of light training. That'll leave enough gas in the tank for the big day.



EVERYTHING YOU NEED TO KNOW, BEFORE YOU GO

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YOMP WEEKEND GOES LIKE THIS...

THE EVENT HUB

Register, start and finish, camp, eat and get a massage – If you're camping, the event hub is your home for the weekend. It's at Bogles Field, Essendy Road, Blairgowrie, PH10 6QU. Grid reference NO168439.

ACCOMMODATION

You, your team and your support crew can camp at the event hub for free. It's open from 14:00 on Friday, 6 June, until 12:00 on Sunday, 8 June.

We've got loos, hot showers, pasta and beer!

Campervans/caravans are welcome – just park in the designated parking area rather than around the tents.

If canvas doesn't cut it, you'll find hotels, B&Bs, and holiday cottages at visitcaterancountry.com

DOGS

Furry friends are welcome at the event hub and checkpoints. Not on the route, because we're surrounded by deer, sheep and livestock. Dogs must be on a lead, and you need to pick up after them (but you knew that already, right?).

REGISTRATION

Yompers must register in-person between 15:00 and 22:00 on Friday, 6 June, at the Event Hub. You can register before or after the compulsory safety briefing, but you can't register on Saturday and you can't register your mates.

Support crew don't need to register.

At registration, you'll get your Yomp number, GPS tracker, support crew food tickets, car passes and (drumroll please) goody bag. If there are any changes to your team, it is vital that you tell us. If you're planning to run the Yomp then a) are you sure? and b) let us know, for safety planning.

COMPULSORY SAFETY BRIEFING

19:00 on Friday, 6 June, at the Event Hub. This one's mandatory. No brief, no Yomp. Your support crew don't have to go to the safety briefing but they'll definitely find it super-useful.

FRIDAY NIGHT FEAST

Carbs ahoy! You're going to be walking for 24 hours, so do yourself a favour and carb-load at the world-famous (sort of) Cateran Yomp pasta party. Scoff runs from 17:00 to 22:00 on Friday, 6 June – pasta, garlic bread, salad and soft drinks.

It's £12.50 a ticket which you must buy in advance by 15 May through your online account.

MERCH

If you do the Yomp but don't have a Yomp hoodie, how will anyone know you did the Yomp? Treat yourself at the merch stand.



YOUR MARCHING ORDERS

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ITINERARY

FRIDAY 6TH JUNE

14:00	Event Hub officially opens
15:00	Registration opens
17:00	Pasta Party starts, bar opens
19:00	Compulsory Safety Briefing in Main Tent
22:00	Registration, bar and Pasta Party close

SATURDAY 7TH JUNE

04:30	Breakfast starts
06.00 - 07.00	Gold start (staggered in waves)
07.10 - 07.20	Bronze and silver start (staggered in waves)
08.00	Runners start (for safety reasons please let us know if you are going to run the Yomp)
09:00	First participants (runners!) start arriving at Checkpoint 1, Kirkmichael
10:30	First participants start arriving at Checkpoint 2 Spittal of Glenshee, Bronze finish
14.00	First participants start arriving at Checkpoint 3 Kirkton of Glenisla, Silver finish
17.30	Evening meal begins
18.00	Finish line opens
18.30	First participants start arriving at the Finish

SUNDAY 8TH JUNE

09.00	Most participants will have reached the finish, breakfast closes
12.00	Event Hub and campsite closes

THE ROUTE

It's in a circle. That's the good news. That bad news? It's 54 miles. But it's going to blow your mind.

Seriously. You'll yomp through 54 miles of stunning Perthshire wilderness, from Blairgowrie, through Kirkmichael, Spittal of Glenshee and Kirkton of Glenisla. There are peaks, valleys, rivers, big skies and fertile farmland. You'll love the farmland. It's flat.

We'll give you an official route map and GPS tracker when you register. Guard them with your life. If you don't have them, you won't pass the kit check.

FOOD AND DRINK

They say an army marches on its stomach. Here's the good stuff. Friday Night Feast: carb-load at our world-famous pasta party for a mere £12.50 per ticket.

Breakfast fuel-up: bacon and egg rolls, porridge, hot and cold drinks at the start line.

Checkpoint scoff: three stops with substantial hot food, cake for miles and hot and cold drinks.

Waterstops: seven stops with fruit, good snacks, and hot and cold drinks.



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MESSAGE

Experienced physios will be on hand to ease those aches and get you across the finish line.

FOOT CARE

Blisters begone - Make sure you know how to look after your feet while you Yomp. You'll find a link to our foot care guide in your most recent email. There is some foot care support dotted around the route, but we encourage you and your own support crew to take this into your own hands whenever possible.

CHECKPOINTS

START	Event Hub, Bogles Field, Blairgowrie, PH10 6QU grid reference NO168439
CHECKPOINT 1	Kirkmichael, PH10 7NX: 13.4 miles, grid reference NO080599
CHECKPOINT 2	Glenshee, PH10 7QF / Bronze Finish: 22 miles, grid reference NO107703
CHECKPOINT 3	Glenisla, East Mill Farm, PH11 8PH / Silver Finish: 36 miles, grid reference NO224604
FINISH	Event Hub, Bogles Field, Blairgowrie, PH10 6QU grid reference NO168439

Every participant must check-in to the control stations at each checkpoint. It is vital that yompers stick together throughout the event for safety reasons. You may join, or swap with other teams at any point: you simply need to be with other people at all times.

CHECKPOINT OPENING TIMES

A Yomp is traditionally a big, long, super-fun walk (ok, we're exaggerating the fun). That means these opening times have been based on a fast walking pace. If you choose to run, you might arrive at a checkpoint or waterstop before it opens, so plan accordingly. Remember, if you're planning to run you must tell us so we know where and when to expect you.

WATERSTOP 1	07:00
CHECKPOINT 1	07:30
WATERSTOP 2	09:00
CHECKPOINT 2	09:30
WATERSTOP 3	13:00

WATERSTOP 4	13:30
CHECKPOINT 3	14:00
WATERSTOP 5	16:30
WATERSTOP 6	15:00
WATERSTOP 7	18:00

CUT-OFF TIMES

Cut-off times have been designed to give you plenty of time to get through. You'll only struggle if you're going slower than an average of 1.8mph.

CHECKPOINT 1	Kirkmichael: 15:00
CHECKPOINT 2	Glenshee: 19:00
CHECKPOINT 3	Glenisla: 00:00
WATERSTOP 6	Bamif: 06:00



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REGISTRATION

At registration you'll get all the important Yomp info.

First, check your participant number (e-mailed out before the Yomp, or you can check the boards on the day) and join the corresponding queue.

Second. Pick up your GPS tracker. Attach this to the outside of your bag. Do not lose this. We will charge you £150 if you do!

Third. Collect your participant pack. This has your bib number (Please keep this visible on your front at all times) and all important pasta party and support team food tickets.

Lastly the fun stuff. Collect your goody bag, Yomp t-shirt and fundraising incentives.

EVENT CONTROL NUMBERS

Put them into your
phone!

07593 575 693
07376 500 504

PULLING OUT

It's OK if you decide to pull out. Sometimes it just isn't your day. Whatever happens, you're still a Yomper.

If you do need to stop, it's best all round if you can make it to the next checkpoint or waterstop. That way, we can check you're OK, take your wristband and help you hook up with your support crew or find a lift back to base.

If you can't make it to the next checkpoint or waterstop call event control – the numbers are on the back of your Yomp race number.

If you don't hand in your wristband, we'll assume you're lost or in trouble on the route. Not ideal. So to sum up: if you need to stop it's fine – just tell us and hand in your band.

OS LOCATE

OS locate is free to download and it immediately gives a 6 figure grid reference and will help us locate you on the Yomp.

Ensure it is set up to show National Grid co-ordinates. Do this in the App by clicking on "About" button on the bottom of the screen, selecting "settings" and then selecting "National Grid".

LOVE OUR LOCALS

The Yomp depends on the local community. We work hard to use local suppliers, invest in the local economy and do our bit to take care of the local environment.

Perthshire is stunning. But that's thanks to the generations of locals who look after this land. Mucking it up means we don't get to Yomp another day. Do your bit.

- Take your litter to the next bin (including banana skins – do you know how long they take to decompose?).
- Leave gates as you find them – if in doubt, close them.
- Keep the noise down, especially at night.
- Dogs are only allowed at checkpoints on a leash. Pick up their mess.
- **Leave no trace** and follow the Countryside Code

EMERGENCY NUMBERS

The back of your Yomp number includes emergency contacts and instructions if you get into bother. Add your own details to your number and carry it so it's visible for the whole Yomp.



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COURSE ACCURACY/GPS TRACKERS, AKA 'EXACTLY HOW LONG IS THIS YOMP ANYWAY?'

We get it. You put the steps in. So you want to know exactly how many. But your tracker and the map don't agree. Here's what you need to know.

First up, the Yomp route varies every year, depending on what we find when we recce (that's why you don't get a map until registration).

Second, no-one walks in a straight line from A to B. Over 54 miles, even a few extra steps here and there add up.

Third, all trackers vary. GPS technology is brilliant. We're fans. But don't sweat the small stuff. You did a great thing. Does it really matter what your tracker says?

TICK CHAT

Second only to mosquitos for carrying disease to humans, thanks to climate change, ticks are a mega-issue in the Scottish hills.

Ticks love to drop onto handy passing hosts (like you). They crawl up and attach themselves to moist, dark areas like the back of the knees, ears and places where clothing rubs the skin. Then they suck your blood. Nice. Not every tick carries disease but prevention is always better than cure. Believe us, you don't want Lyme disease.

- Expect ticks right across the Yomp, even at the Event Hub.
- Use a repellent.
- Tuck trousers into your socks. Some things are more important than fashion.
- Use your poles to tap vegetation before walking through it – that knocks the wee pests to the ground.
- Check your body after the Yomp and remove any ticks you see. Carefully.

SUPPORT CREW

Your support crew will make the difference between a successful Yomp and a total shocker! If you're not bringing your own crew, you can purchase a Charity Support Package for £30pp. We'll move your spare snacks and kit from checkpoint to checkpoint, and get you back to the event hub if your Yomp ends at Bronze or Silver.

We recommend booking Support Packages in advance as there will be limited availability on the weekend.

You can take on the Yomp unsupported and just carry all of your gear, but without a support crew, the only way back to the hub is to keep on walking!



GET THE SKINNY: KNOW BEFORE YOU GO

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BECAUSE FUN'S MORE FUN WHEN WE ALL FOLLOW THE RULES...

- You must check-in at the registration tent, in person, between 15.00 and 22.00 on Friday, 7 June.
- Planning to run? Tell us NOW. If we don't know you're running, we won't open checkpoints early enough for you.
- You'll get a detailed route map and your Yomp number when you register at the Event Hub. Fill in your emergency details and always display your number.
- The safety briefing is compulsory. So is the compulsory kit. We'll check both.
- Nobody Yomps alone. You will not be permitted to leave checkpoints 2 and 3 unless you are part of a team.
- Check-in at every checkpoint/waterstop. That's what they're for.
- If you need to stop it's OK. Try to make it to the next checkpoint or waterstop. If you can't, phone event control and follow their instructions.
- You must hand in your GPS tracker. May change depending on requirements.
- Cut-off times will be enforced.
- Above all, take care of each other and take care of Perthshire. We'll take care of you.



CAREFULLY CURATED YOMP WISDOM GATHERED OVER THE YEARS

FEET

Toughen them up by walking as much as you can. Trim toenails the week before the Yomp and use foot powder. Walk barefoot lots.

BLISTERS

If you feel a bit of rubbing, a bit of 'ooh, is that a blister coming?', stop and deal with it there and then: puncture, drain, dress. Check the footcare guide for more details.

SOCKS

Smart wool socks are recommended. Change them regularly – damp feet aren't great.

FOOTWEAR

Break. Them. In. Changing into a second pair of footwear mid-Yomp will make you feel like you've died and gone to heaven, but of course your second pair also need to be properly broken-in.

We're not getting into the trainers v approach shoes v boots debate. Not here, anyway. Check the training guide if you want to pick sides.

RUBBING

Train in the clothes you'll Yomp in. Vaseline stops chafing.

STRETCH

Warm up and stretch during and after walking. But don't stretch cold muscles.

DRINK

Stay hydrated by drinking regularly – a CamelBak or Paltypus is brilliant. Mix energy drinks with water and drink plenty of tea, soup and water. Fruit is great too. Watch out for dehydration symptoms: thirst, not peeing, dark urine and headaches.

HYPONATREMIA

Drinking too much fluid and not replacing salts can be serious. Don't forget to eat – food keeps your salt and mineral levels up. Isotonic drinks with electrolytes can help too. Keep an eye out for symptoms – clear, abnormally frequent urine and headaches. Seek help immediately.

BODY TEMP

You want to keep from overheating by adjusting your clothes as you go. Zip tops make this easy. Hats are also helpful – you lose 30% of heat through your head and it's much easier to whip a hat off than change another layer.

STOPS

Tempting though it is to chill and enjoy our excellent cake and chat, aim to be out of all checkpoints and waterstops within 20 minutes. Any longer and your muscles will seize up.



CATERAN YOMP

BY THE ARMY BENEVOLENT FUND

Tel: 0207 811 3223 Email: yomp@armybenevolentfund.org

THIS EVENT IS RUN BY AND SUPPORTS

**Army
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Army Benevolent Fund is a registered charity in England and Wales (1146420) and Scotland (SC039189) and registered as a company limited by guarantee in England and Wales (07974609).



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Local Matters

TRUE GRIT
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