CATERAN YOMP

BY THE ARMY BENEVOLENT FUND

UNITE TO SUPPORT OUR SOLDIERS

Army Benevolent Fund

VOLUNTEERING AT THE YOMP

6-7 JUNE 2026

WHY VOLUNTEER?

Thank you so much for showing an interest in volunteering for The Cateran Yomp.

The event is raising vital funds to support the Army Benevolent Fund, giving practical and financial assistance to soldiers, veterans and their families in times of need. Events such as this enable us to continue carrying out our duty – helping these brave and selfless people – whenever that need arises.

There is much more still to be done, but it cannot be achieved without continued support from the Army Benevolent Fund volunteers and donors.

The Yomp cannot happen without people like you! We are looking for approximately 100 volunteers who provide participants with much-needed support and encouragement along the 54 mile route. Post event feedback we receive is often thanks for the endless smiles and enthusiasm offered by the volunteers.

The purpose of this guide is to let potential volunteers know what kind of activities they will be doing on the day, should they sign up as a volunteer.

Thank you again for your support.
The Cateran Yomp Team

WHAT IS THE CATERAN YOMP?

The Yomp is a 24 hour endurance walk covering 54 miles of the Cateran Trail.

It is a team event and participants are encouraged to train together, fundraise together and stick together while completing the arduous route.

Teams can choose to complete the Bronze route (22 miles), the Silver route (36 miles) or the Gold route (54 miles). The event kicks off with registration check-in, a Friday Feast and a safety briefing on the Friday night, with walkers then setting off early on Saturday morning, walking all day and through the night until they complete the route.

The route starts in Blairgowrie and follows the Cateran Trail up to Kirkmichael, the Spittal of Glenshee, then through Kirkton of Glenisla and Bamff before returning to Blairgowrie.

CATERAN TRAIL

Aberdeen

Dundee

Glasgow   Edinburgh

Ben Earb
801m

CP2 BRONZE (22 MILES)
Spittal of Glenshee

Meall Uaine
794m

Meaina Letter
702m

Forter

Enochdhu

CP1
Kirkmichael

Mount Blair
744m

CP3 SILVER
(36 MILES)
Kirkton of Glenisla

GLENSHEE

STRATHARDLE

GLENISLA

Bridge of
Craigisla

START / GOLD FINISH (54 MILES)

WHAT WILL I BE DOING?

Your shift could be anywhere between four and 12 hours depending on your preference and availability. You will have a charity liaison at your location who will support you and advise you of your exact responsibilities. There will be an overall checkpoint manager who will have oversight of the checkpoint or waterstop and will ensure all tasks are covered.

EVENT HUB/START/ FINISH LINE ROLES:

- Registering participants at registration check-in (handing out participant numbers, wristbands, goody bags and providing info to the participants).
- Marshalling of participants/ support teams/vehicles inc setting off waves of Yompers.
- Cheering Yompers over the finish line and handing out medals.

CHECKPOINT ROLES:

- Checking participants in and out of checkpoints, guiding them to food, water, physio, etc, handing out food and refreshments and generally encouraging our Yompers.
- Cheering exhausted participants over their chosen finish line and presenting them with their medals.

WATERSTOP ROLES:

- Handing out refreshments, directing participants to facilities and cheering them on.

Water and refreshments are available at all waterstops. Checkpoints are larger sites with marquees and hot food. Toilets are available at all checkpoints and 6 of the 7 waterstops. Waterstop 2 toilets are located at the bottom of the hill.

VOLUNTEER SHIFT TIMES

You may be working an overnight shift at the Yomp as it takes place over 24 hours but there will always be lots of other staff around at all times - you will not be working alone.

CATERAN YOMP
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EVENT HUB/START LINE
from 14:00 on Friday and from 05:00 on Saturday

WS1
WATERSTOP 1
06:00 – 11:00 on Saturday

CP1
CHECKPOINT 1
07:00 – 14:00 on Saturday

WS2
WATERSTOP 2
08:00 – 18:00 on Saturday

CHECKPOINT 2 / BRONZE
09:00 – 20:00 on Saturday

~~WATERSTOP 3~~
13:00 – 23:00 on Saturday

WS4
WATERSTOP 4
13:30 – 23:00 on Saturday

CHECKPOINT 3 / SILVER
15:00 Saturday – 02:00 Sunday

WS5
WATERSTOP 5
16:00 Saturday – 02:00 Sunday

WS6
WATERSTOP 6
18:00 Saturday – 06:00 Sunday

WS7
WATERSTOP 7
16:30 Saturday – 07:00 Sunday

GOLD FINISH
21:00 Saturday – 07:00 Sunday

If you can only make a partial shift, that is absolutely fine – let Yomp HQ know and they will allocate you a shift accordingly. Please do be as accurate and flexible as possible with your shift availability. We can accommodate any length of shift pattern, but need to know how many volunteers are at each location at any one time.

Once you have confirmed your availability with Yomp HQ, you will be allocated a shift and a detailed volunteer brief will be sent out to you a few weeks before the event.

ADDITIONAL INFORMATION

ACCOMMODATION

Complimentary camping is available at the Event Hub. Access is available from 14.00 on Friday until 12.00 on Sunday. Loos will be available throughout, hot showers will be available from 18.00 on Friday until 12.00 on Sunday. Campervans (no hook up) are allowed but will have to remain in the parking area, not the camping area.

There are also a number of local hotels and B&Bs in and around Blairgowrie. Visitcaterancountry.com/accommodation/ has a detailed list.

FACILITIES

Hot food and drinks will be provided throughout the event (available at checkpoints and waterstops). Shelter and toilet facilities will be available for use at all the locations with the exception of waterstop 2 – where the toilets at the bottom of the hill. It is recommended that you bring some extra kit and food supplies with you just in case.

WHAT CLOTHING SHOULD BE WORN?

A full kit list will be provided closer to the event, but remember it's extremely important that you dress for all weathers. Bring warm clothes and lots of extra layers as you may be standing around for long stretches. You must also bring waterproof clothing, waterproof outdoor shoes and a change of clothes. Don't forget sun hats and sun cream – you never know, it might be sunny and warm!

DOGS

Dogs are welcome at the Event Hub and at the checkpoints and waterstops however they are not permitted on the route itself due to the presence of young deer and livestock. Dogs must be on a lead at all times and all dog waste must be removed from the site by dog owners.

GETTING THERE

HOW DO I GET TO THE LOCATION I AM VOLUNTEERING AT?

You will need your own transport or to arranged shared transport to make your own way to the location you have been assigned to.

CAN I BE AT THE SAME VOLUNTEER LOCATION AS MY FRIEND/FAMILY?

Yes, of course you can! When you apply to be a volunteer you will be asked if you are volunteering with someone else and for the person's name. This way we can ensure you are kept together.

WILL I HAVE MOBILE RECEPTION?

Please be aware that mobile phone reception throughout the event area is intermittent due to the large quantity of forest and mountain terrain. At some sites you will have full reception but at others reception will be limited or there may be none at all. We endeavour to have Wi-Fi available where there is no reception, but this is primarily for communication with Yomp HQ and the medics so please do not rely on this.

FINAL THOUGHTS

This type of event is unpredictable by its very nature and therefore we would ask you to be flexible throughout the weekend. There will no doubt be occasions where we will all have our sense of humour tested by the weather, the plans changing or something completely unpredicted happening!

Remain positive and keep things in perspective. Volunteering your time and skills helps with the smooth running of a fantastic event which will raise large sums of money for a great cause. And don't underestimate the difference you are making to the Yomp – we certainly won't. Hopefully everyone will have fun and find it a rewarding experience!

NEXT STEPS...

If you'd like to sign up as a volunteer please visit events.armybenevolentfund.org/event/volunteer/home or email Yomp HQ on

yomp@armybenevolentfund.org

It's helpful for us to know:

- Your name
- Email address
- Contact number (that we will give to your checkpoint manager at the Yomp)
- When and where you'd like to volunteer
- Any restrictions you may have

CATERAN YOMP
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THE CHANCE TO PARTICIPATE IN SOMETHING AMAZING!

THE COURIER
Local Matters

TRUE GRIT
events

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