



## Jeffrey's 100 Mile Walk

In his 87<sup>th</sup> year, ex-PARA Jeffrey Long MBE is preparing for his 11<sup>th</sup> challenge in 11 years and this year, it's his most ambitious route yet.

On Sunday 16 September, Jeffrey will set off from the PARAS'10 in Catterick before walking down the country, visiting a number of RAF bases along the way. He will be welcomed and hosted by the RAF at each base, helping them to celebrate their 100<sup>th</sup> year.

The walk will finish at Netheravon in Salisbury, the home of The Red Devils Army Parachute Display Team. This year, Jeffrey is raising money for the RAF Benevolent Fund and SUPPORT OUR PARAS.



Royal Air Force  
Benevolent Fund

The Royal Air Force Benevolent Fund is the RAF's leading welfare charity. They exist to support current and former members of the RAF, their partners and dependants, whenever they need. In 2017 they spent £18.8m supporting more than 55,000 members of the RAF Family. [www.rafbf.org](http://www.rafbf.org)  @RAFBF

SUPPORT OUR PARAS is a charity which supports The Parachute Regiment through the welfare of serving soldiers and families and those affected by recent operations, and through the maintenance of its regimental efficiency, ethos, spirit and heritage.

[supportourparas.org](http://supportourparas.org)



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Sponsor Jeffrey at [uk.virginmoneygiving.com/JeffreyLongMBE](http://uk.virginmoneygiving.com/JeffreyLongMBE)