



Marathon Challenge - Cambridge University Scout & Guide Club (CUSAGC)



Dear Guider/Scouter,

Once again this year, CUSAGC will be running its Marathon incident hike for Senior Section, Explorers, Young Leaders, Network, Leaders, Trefoil Guild, SASU members, SSAGO members and former CUSAGC members (everyone aged 14 and over in either movement) and would like to invite you to participate. This entry pack includes most event details, a team entry form, medical/contact forms, kit lists and rules. Please do contact us if you have any queries.

Date: Saturday 24th November

Location: Clavering Village Hall, Hill Green, Saffron Walden CB11 4QS

Start times: The first teams will depart at around 10:00 and the last around 11:30. Check-in time will be specified but is normally 15 or 30 minutes before start time and we will not check in teams before this time! The arrival, start and finish times for your team(s) will be confirmed along with their places. Teams travelling from further afield (45 minutes or more) should let us know so that we can assign them a later start. Trophies will be awarded around 21:30 however there is no obligation to stay once you have completed the walk.

Format: Marathon is a potentially long incident hike around a series of 26 6-figure grid references each with a point value that the team's plan a route between with the aim to score as many points within the allotted time. There will be challenge bases and teams will score additional points for successful completion of challenges. There is a 9-hour time limit and separate trophies for Scout, Guide and Adult teams.

Cost: £12 per person, payable by cheque (to 'CUSAGC') and returned with entry forms, or by bank transfer to **Account Number 22770180 Sort Code 40-16-18**. The forms may also be sent digitally to saglo@cusagc.org.uk. The fee includes hot drinks at the halfway base and a hot meal and drinks at the end of the day, as well as covering the other costs to CUSAGC of running the event (i.e. hall, kit and vehicle hire) as well as a badge for all participants. We do not provide lunch.

Entry: Complete and return the entry form in this pack, along with payment, by Monday 12th November. However, note that entries are first come, first served and places are limited. We have also included a letter to parents - feel free to use this, or your own.

Medical/Emergency Contact Forms: These MUST be completed and returned to us for ALL team members before the event starts, however are not required at the same time as entry forms. Dietary requirements are listed on the entry form. Medical forms can be given on the day however we can't guarantee to cater for any special requirements at short notice, any participant without a medical form will not be allowed to take part!

Rules and Kit Lists: Are attached. Please ensure you and your teams have read, understood and adhere to the rules. We reserve the right to disqualify or penalize any teams which break rules or do not have necessary kit.

Changes to teams: Team members may be changed as long as we are informed, up to and including on the day, as long as all forms are returned. Teams of less than 4 will not be allowed to compete. In the event of a team pulling out completely, a full refund will be made if we are informed before Monday 12th November and a 50% refund if we are informed by Tuesday 19th November. We have decided, based on past experience, that this is the fairest



way as we have to cover our large fixed costs and make it fair for teams who miss out on places.

Results: Trophies will be awarded around 21:30 once all teams have returned and scores have been calculated, there is no obligation to stay for this and trophies will be delivered should you



have to leave early.

Safety and Procedures: Please contact us if you have any questions; we would be happy to show you the event protocols. The event is fully risk assessed and insured through Unity (the rules are part of this, which is why they are taken seriously).

Contact Numbers on the Day: HQ 07961000425; Tom 07896969876; Please take these down but do not use them before the day, they will not all be active.

Thank you for your interest; we look forward to receiving your entry in the near future. If you, or any member of your leadership team, would like to help with running the event, please do get in touch - we would welcome all offers! If you have any further queries then please do not hesitate to contact us!

Yours in Scouting and Guiding,
Thomas Webster
CUSAGC Marathon 2018 Organiser



Marathon Challenge FAQs

Am I able to enter a mixed team of over and under 18s?

We would prefer teams were separated however understand there are situations in which it may be necessary for a team to be accompanied by an adult, for instance to accommodate a medical need of a child. We require evidence of a DBS check as part of our safeguarding policy for any mixed teams.

One of my explorers is under 14, are they alright to enter?

We understand in scouting groups have up to a year of moving on period and with both scouting and guiding having different age ranges and groups having different moving on policies it's very difficult to set a fixed age for the event. This means there could be an explorer who is only 13½. We allow those just under 14 to enter as part of a team as long as leaders are comfortable with their ability to do so and the majority of the team is over 14.

I'm a scout/guide leader, can I enter a team of older scouts/guide?

Guides are able to move up to rangers from the age of 14, but may stay until they are ready to move on. Scouts are required to move on at the age of 14½. This means it's possible these could enter a team of over 14s, we do accept entries from such teams however we'd encourage groups to run this as part of a moving on programme with the group they plan on moving too. We will also be more strict on under 14s in this case. If you are looking for an event we run Forward challenge for this age group in March.

How far will I have to walk?

Teams plan their own route and should factor into this process how far they think they are able to walk. We estimate that visiting all checkpoints on the most efficient route is around 26 miles or 42 km however it is rare teams manage this and most walk a much shorter distance than this. We'd estimate teams walk an average distance of 30km over the 9 hours, however there's no minimum requirement, a route of 15km will cover the manned checkpoints.

What am I required to do as section leader?

We don't require leaders to do anything for the event other than coordinate your groups forms. We'd prefer paperwork to be completed in advance and in that case teams may be dropped by a parent or drive themselves. You're able to enter a team yourself or we can find jobs if you are keen to help.

Can I enter a team of 3?

We have a minimum of 4 people per team to allow teams to deal with casualty situations.

Can I bring my dog?

Yes, however this event does involve a large amount of walking so please be confident your dog is able to cope. Depending on the venue it may not be possible to bring the dog inside at the beginning and end of the event. Please also note this on the entry form as it will affect what transport we send.



CUSAGC Marathon 2018 - Entry Form

Please send this form together with the entry fee of £12 per person (cheques payable to 'CUSAGC' please) to the address above by Monday 12th November 2018. Places are limited so please return the form as soon as possible.

Group/Unit Name (One form per team - Please make these unique by adding A/B/1/2 etc):

Team type:

Explorers		Network		Scout Leaders		exCUSAGC	
Senior Section		Guide Leaders		SSAGO		Other: _____	

Names of team members (4-7 per team): Age (on 24/11/18):

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Dietary Requirements of Team Members:

Leader's Name: _____

Address: _____

Email (Required): _____

Phone: _____

Signature: _____ Date: _____

Delete as appropriate:

I have included a cheque for £12 per person

OR

I have paid by bank transfer (please use your group name as a reference), to Account Number 22770180 Sort Code 40-16-18

Final details will be sent by email and updates should be sent to marathon@cusagc.org.uk.



Teams of less than four on the day will not be allowed to participate unless they join another team. Please see the introductory letter for details about refunds etc.



Marathon Challenge Health/Contact Form

This form should be completed and emailed to marathon@cusagc.org.uk. It may also be posted or brought on the day.

Please continue overleaf if more space is needed. Please note down the emergency contact number on the day only: 07961000425

The Participant

First name(s):

Surname:

Date of birth:

Telephone number(s):

Address:

Team:

Emergency Contact (e.g. Parent/Guardian)

Name:

Relationship to participant:

Telephone number(s) (MUST be contactable during the event):

Address (if different to that of participant):

Date of last tetanus vaccination (if known):

Medical Information (continue overleaf if required)

Dietary requirements:

Medical conditions (including allergies):

Current medication (please say if it must be taken during the event):



I give permission for the designated first aiders to treat the participant as may be necessary (including use of antiseptic wipes, plasters, paracetamol, and other items found in standard first aid kits) except for the following:



I am happy for the participant to appear anonymously (no name will be used) in photos taken by event staff for possible use in publicity material including (but not limited to) the CUSAGC website and local or Scouting/Guiding press.

Yes

No

I confirm that the participant is a member of the Scout Association, Girlguiding UK or SSAGO. The above information is correct to the best of my knowledge and I shall inform the event organisers if there are any changes. Tick as applicable

Participant is under 18

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

Scout Association Member

Membership Number: _____

Girlguiding Member

Membership Number: _____

SSAGO Member

Club: _____

Signed:

Print name:

Date:

Relationship to participant (parent/guardian if under 18):

Additional Information



Marathon Challenge - Kit List

PLEASE NOTE THAT NO TEAM WILL LEAVE WITHOUT A KIT CHECK
Individuals without appropriate kit will not be able to take part.

Each TEAM must carry:

1. Silva-type compass.
2. O.S. Explorers 194, 195, or O.S. Landranger 154,167 or a suitable OS printout of a minimum 8km radius of 473 318 (Clavering).
3. Waterproof map case.
4. At least 2 watches.
5. At least 2 Basic First Aid kits containing equipment the group know how to use (there will be more substantial first aid kits at each of the manned checkpoints and HQ).
6. Survival bag.
7. Charged and credited mobile phone with the CUSAGC telephone number (01223 900282) to contact HQ in case of emergency. The number for this phone must be given to HQ event staff to be used to contact teams as necessary throughout the day.

Each INDIVIDUAL will need:

1. Rucksack – with a waterproof liner e.g. a strong refuse sack
2. Food, including a packed lunch and snacks – sufficient for 9 hours of walking
3. Full water bottle – at least 1 litre
4. Unbreakable mug, knife, fork and spoon
5. Emergency rations e.g. Mars Bars for use in an emergency only and not included in lunch or snacks.
6. Troop/Unit necker if applicable – no other uniform is required
7. Walking boots – ankle support is needed (be aware that the route could be muddy)
8. Appropriate socks
9. Sensible trousers for walking in e.g. tracksuit bottoms (NOT JEANS)
10. Warm clothing
11. Hat and Gloves
12. Waterproof Jacket (waterproof trousers advised)
13. Whistle
14. Notepad and a pen/pencil
15. Torch and spare batteries
16. Reflective clothing e.g. fluorescent vest, arm/ankle bands etc.
17. A COMPLETED MEDICAL FORM (must be handed in at HQ before setting off on the hike if not sent in advance)



Marathon Challenge - Event Rules

Marathon is a day-long incident hike for those over the age of 14 involved with Scouting, Guiding or SSAGO. The objective is to plan a route between 26 checkpoints collecting points for each visited and additional points for special challenge bases. Teams are penalized for exceeding the 9 hour time limit and any breaches of the code of conduct.

Trophies will be awarded to the team with the highest points after penalties, in the event of a tie, the return time and penalty points given will be taken into account.

During the day, teams may be unsupervised for periods of time but must still follow the rules. Event staff will be travelling around the course and monitoring teams from a distance. Any teams suspected of breaking the rules will be reported to HQ. Local landowners and residents will have contact details for HQ and any complaints from them will be treated severely.

The kit list will be checked as each team starts to ensure they have followed the rules.

Teams must contact HQ if they have not visited a checkpoint or been in contact with HQ for three hours to help us keep track of their progress. If they do not contact us, we will contact them using the telephone number(s) provided. HQ should be the first point of contact, do not attempt to contact teams themselves during the event.

All teams will be given a copy of the rules at the beginning of Marathon. Not knowing the rules is not an excuse for breaking them.

Rules

Teams must:

- Obey any instructions given to them by a member of event staff.
- Telephone HQ with their grid reference if they have not visited a manned checkpoint for more than 3 hours.
- Behave in a manner befitting members of The Scout Association /Girlguiding UK/SSAGO.
- Carry all items on the kit list.
- Keep to public rights of way.
- Obey the country code.
- Remain together at all times except in an emergency.

Teams must not:

- Arrive back at HQ more than 30 minutes after their finish time.
- Consume their emergency rations during the event except in a genuine emergency.
- Blow their whistles except if necessary in a genuine emergency.
- Attempt to interfere with other teams in any way, including moving unmanned checkpoints.
- Use items in their first aid kit unless necessary.
- Attempt to cross the M11 motorway, this is not necessary for the event.
- Attempt to walk alongside the M11 motorway, this is illegal.

These rules are important to the safety of everyone on the event. Sanctions for breaking rules are at the discretion of the event coordinators (whose decision is final), but may include



docking of points, disqualification from the competition, immediate return to HQ and banning from future events. Serious matters may be referred to an individuals organization.

