



Cambridge University Scout & Guide Club (CUSAGC)

Marathon Challenge 2023

This entry pack includes event details, a team entry form, medical/contact forms, kit lists and rules. Please do contact us if you have any queries.

Date: Saturday 18th November

Location: Start and end at Ashdon Village Hall, Crown Hill, Ashdon, Saffron Walden, Essex CB10 2HA

Timing: 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 the 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 21:15 however there is no obligation to stay once you have completed the walk.

Event details: Marathon is an incident hike based on 26 six-figure grid references within a 5km radius of HQ. Teams plan a route between these bases, starting and ending at HQ, with the objective to score as many points as possible within the allotted time. On some of these bases, teams can score additional points by participating in a challenge. There is a 9-hour time limit and separate trophies for Scout, Guide and Adult teams.

Cost: £14 per person, payable by cheque (to 'CUSAGC - SERVICE') and returned with entry forms, or by bank transfer to Account Number 45810054 Sort Code 23-05-80. The forms may also be sent digitally to marathon@cusagc.org.uk. This includes hot drinks for participants at the manned bases and a hot meal at the end of the day, as well as a badge for their camp blanket. We do not provide lunch.

Entry: Complete and return the entry form in this pack, along with payment, by **Saturday 28th October**. However, note that entries are first come, first served and places are limited.

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/contact 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 the 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 fewer 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 Saturday 28th October and a 50% refund if we are informed by Monday 13st 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 21:15 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 07939 510585; Mara 07584729447. Please note these down but do not use the HQ phone before the day as it will not 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,

Mara-Ioana Postolache
Caitlin Kinch

CUSAGC Marathon Organisers 2023



Marathon Challenge FAQs

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

We would prefer that teams were separated but 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, can they 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/Guides?

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, and we do accept entries from such teams. However, we would 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 for this age group, we run the Forward Challenge in February/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 (or want to) walk. We estimate that teams walk an average distance of 30km over the 9 hours, but there's no minimum requirement. A route of around 15km would cover all the manned checkpoints. Visiting all checkpoints on the most efficient route is around 26 miles, but it is very rare that teams manage this: one for the more competitive adult teams!

What am I required to do as section leader?

We don't require leaders to do anything for the event other than coordinate your group's 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 welcome to enter the challenge yourself with a team of adults, or if you would like to help with the running of the event we would be very grateful.

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 2023 Team Entry Form

Return this form by post or email to the address above by **Saturday 28th of October**. Places are limited so please submit your entry as soon as possible.

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

Team type:

Explorers		Network		Scout Leaders		Ex-CUSAGC	
Rangers		Guide Leaders		SSAGO		Other: _____	

Names of team members (4-6 per team):	Age (on 26/11/22):

Please list any dietary requirements of team members:

Map printout required (see Kit List for details)	YES / NO
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Leader's Name	
Address	
Contact telephone number	
Email address (required)	
	GDPR: By entering your email address above, you consent to be contacted by email about the event. Your email address will be stored securely and visible only to members of the CUSAGC committee.

Future Marathon and other CUSAGC events (optional)	
I consent to be contacted by email about future years' Marathon Challenge	
I consent to be contacted by email about CUSAGC's spring event for Scouts & Guides, Forward Challenge	

Payment (please delete as appropriate)
I have included a cheque payable to 'CUSAGC' for £14 per person OR I will pay £14 per person by bank transfer once my place is confirmed (Account no 45810054 Sort code 23-05-80, please use your group name as a reference)

Leader's signature		Date:	
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Final details will be sent by email. Any updates should be sent to marathon@cusagc.org.uk.

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

CUSAGC Marathon Challenge Health/Contact Form

One form per participant should be completed and emailed to marathon@cusagc.org.uk. It may also be posted to the address above or brought on the day.

Please note down the emergency contact number (for use on the day only): 07939 510585

Participant contact information	
First name(s)	
Surname	
Date of birth	
Contact telephone number	
Address	
Team	

Emergency contact information	
Name	
Relationship to participant	
Telephone number(s) (must be contactable during the event)	
Address (if different to participant's)	

Participant's health information

<i>Please continue on the back of the form if more space is required.</i>
Date of last tetanus vaccination (if known):
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

Tick and complete as applicable:

Participant is under 18

Scout Association Member

Girlguiding Member

SSAGO Member

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

Membership Number: _____

Membership Number: _____

Club: _____

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 will inform the event organisers if there are any changes.

I understand that the organiser should be the first point of contact during the event, and that they can will contactable on the day at 07939 510585

Signed	
Print name	
Date	
Relationship to participant (must be parent/guardian if participant is under 18)	

Additional information (continue overleaf as necessary)

Marathon Challenge – Kit List

NO TEAM WILL LEAVE WITHOUT A KIT CHECK

INDIVIDUALS WITHOUT APPROPRIATE KIT WILL NOT BE ALLOWED TO TAKE PART

Each TEAM must carry:

1. Silva-type compass.
2. O.S. Explorer maps 195, 209 and 210; or O.S. Landranger map 154; or a suitable OS printout of a minimum 8km radius of 586 420 (Ashdon). We can provide map printouts at HQ, but only if you have previously indicated this on the entry form.
3. Waterproof map case (if maps are not waterproof, particularly if using printouts).
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 (07939 510585) 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. Container or bowl for eating your evening meal from. We recommend using your packed lunch box. Please note that washing up facilities might be limited, so we suggest bringing a plastic bag for taking dirty items home.
6. Emergency rations e.g. Mars Bars for use in an emergency only and not included in lunch or snacks.
7. Troop/Unit necker if applicable – no other uniform is required
8. Walking boots – ankle support is needed (be aware that the route could be muddy)
9. Appropriate socks
10. Sensible trousers for walking in e.g. tracksuit bottoms (NOT JEANS!)
11. Warm clothing
12. Hat and Gloves
13. Waterproof Jacket (waterproof trousers advised)
14. Whistle
15. Notepad and a pen/pencil
16. Torch and spare batteries
17. Reflective clothing e.g. fluorescent vest, arm/ankle bands etc.
18. 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

Objective

Plan a route between as many of the 26 checkpoints as you think you can reach in 9 hours, starting and ending at HQ. You will be penalised for exceeding the time limit, so bear this in mind when you plan your route.

You will then set off and spend up to 9 hours out and about.

Points are awarded for each checkpoint reached, and for participation in challenges at certain bases. Trophies will be awarded to the team with the highest points after any penalties are applied. In the event of a tie, the return time and penalty points deducted will be taken into account.

Rules

Teams must:

- Follow 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 for adult teams, or 2 hours for under-18 teams.
- Behave in a manner befitting members of their organisation.
- 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 railway or dual carriageway (M11, A1307 or others), other than at designated bridges and underpasses. They are further from HQ than any base so there should be no reason for any team to cross them.

These rules are important for the safety of everyone.

Sanctions for breaking rules are at the discretion of the event coordinators (whose decision is final), and may include:

- deduction of points,
- disqualification from the competition,
- immediate return to HQ, or
- banning from future events.

Serious matters may be referred to an individual's organization.

During the day, teams will 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 seriously.

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

- 3 hours, if they are an adult team, or
- 2 hours, if they are an under-18 team.

This is to help us keep track of their progress. If teams do not contact us, we will contact them using the telephone number 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 the event.

Not knowing the rules is not an excuse for breaking them.