

Greater London North Scouts



The Southern 50 Challenge
16th February 2019

Joining Instructions

***Location - Registration - Accommodation - Meals
Presentation***

Website: www.scouts-gln-southern50.org.uk

Contact: Walk Secretary (Fozzy) **Tel:** 07889 804726

E-mail: secretary@scouts-gln-southern50.org.uk

INTRODUCTION

Welcome to the Southern 50 Challenge. We hope you enjoy this annual event whether taking part for the first time or one of our regulars.

Our main HQ for this year's event will be **Icknield Community College, Love lane, Watlington, OX49 5RB**

We thank you for entering and feel sure that you will join in the competitive and friendly spirit of the event and successfully complete your chosen route.

Please ensure all members of your team read these instructions as well as the WALK INSTRUCTIONS which have also been emailed to you and that you all understand the arrangements for the event. Your team number and start time will be sent to you separately.

Please note that anyone without the correct clothing and equipment will NOT be allowed to start the walk. Any competitor who, in the opinion of the organisers is unfit to finish the walk, or whose progress could hinder the running of the event, may be stopped at any time.

We will be using the 'Felltrack' system again this year – please see Walk Instructions for more details.

We wish you an enjoyable Southern 50 Challenge – Good Luck.

N.B. If you are one or two members short, please turn up and we will endeavour to join you up with others.

EMERGENCY TELEPHONE NUMBER

The emergency telephone number for Central Control is a mobile number **07960 282626**. Please ensure your team's 'InTouch' has this number which will be operational from 21.00hrs on Friday.

START

The start for this year's 50 mile, 50 km and 30km events will be at Icknield Community College, Love lane, Watlington, OX49 5RB

FINISH

The finish of the 50 mile, 50 km and 30 km events and the venue for the presentation ceremony, will all be at Icknield Community College as above.

ARRIVAL

The School will be open from 21.00hrs on the Friday and you may report in at any time from then until TWO HOURS before your scheduled start time.

Please follow the signs for the car park for this event as you enter the School. It is important that you do not park in other areas or obstruct access to the School for other vehicles.

There will be direction and other signs displayed at the School to assist you in navigating your way around. Please do not settle down anywhere other than where instructed. If you wish to bring an air-bed please do but please do NOT bring camp beds as these can cause problems with the allocation of sleeping space. If you arrive late at the School please bed down quickly and quietly. **Your co-operation on this would be much appreciated.**

CHECKING IN

Please check in on arrival. When you check in please report as a complete team with this booklet and you will be issued with the necessary items for the walk. These include:

- Identity Wristbands (team no. plus A,B,C,D,E) - these are individual to each competitor and should be worn on the wrist at all times for identification and obtaining meals. The emergency telephone number is also on the wrist band
- Luggage Labels - to be tied to the luggage bag you are leaving behind. Please make sure you pack your kit into bags, attach the label and take it to the kit check area so that it will be ready for collection at the finish.

If you have any team member changes please log on to the online entry database and make the necessary amendments. This can be done up until 10pm on the Thursday before the event. After this time, changes will need to be made at the registration desk on arrival.

EQUIPMENT SHOP

Unfortunately, there will not be an Equipment shop this year. Please make sure that your team is fully equipped with every item on the kit list before leaving home. The required equipment to carry and wear is detailed in the RULES and KIT LIST which are in the WALK INSTRUCTIONS. Please ensure you check the requirements carefully.

SUPPORTERS

Those of you bringing along supporters are reminded that food and accommodation can be provided but the cost of meals is payable. Supporters staying over should report to the **INFORMATION DESK** where they will be issued with a RED wristband and can purchase a block of meal tickets for £5.

Supporters should also remember that food and drink at checkpoints is for teams only. Supporters can pick up details of the route from the Information Desk once all the teams have started, and ensure that any parking restrictions are followed.

MEALS

Saturday breakfast will be served from 04.30 hrs to 07.30 hrs.

An evening meal will be provided on return to the School from 18.30 hrs onwards

Sunday breakfast will be served from 07.00hrs to 09.00hrs.

There will be no food served on Friday evening but there is a selection of local food outlets close by.

SUNDAY MORNING

The presentations for all three events will start at 10.00 am (or earlier if arrangements allow) with an event summary, a fly-through of the route, Guest speaker, Certificates and trophy presentation, finishing with the Event Video.

The whole event should be complete by 11.00hrs when refreshments will be available. The wearing of uniform for the presentations is optional but preferred.

The organisers would appreciate any help with 30 minutes of clearing up at the end.

SAFETY ON SITE

For your safety and the future of the event please observe the following whilst on the School premises:

- **No smoking anywhere in the School or anywhere on site**
- Fire Exits must be kept clear
- Do not obstruct doors or gangways
- Do not obstruct or tamper with fire fighting equipment
- Familiarise yourself with the fire evacuation procedure

In case of fire:

- If you discover a fire, sound the alarm, alert a Southern 50 official and call the fire services (or ensure someone does).
- On hearing the alarm proceed to the nearest fire exit and make your way to the fire assembly point outside the building
- Once outside at the assembly point give your name to the official on duty

The Southern 50 organisers will appoint fire wardens who will patrol the School and take charge in the event of a fire. Please follow any instructions they give.

THANK-YOU



**The organisers wish to thank members of the
Eastbourne District First Aid team
for providing first aid cover at Southern 50**