

Greater London North Scouts



The Southern 50 Challenge

16th February 2019

Walk Instructions

Rules - Equipment - Route - Maps - Safety

Team Number	Start Time

Enter your Team Number and Start Time above for reference

INTRODUCTION

Welcome to the Southern 50 Challenge. Please ensure all members of your team read these instructions and understand the arrangements for the event. You need to note your team number and start time on the front of these instructions. We often find there is confusion regarding the rules in relation to carrying on after one or more members retire. Please make sure you read and understand the information provided under 'Scratch Teams'.

Please note that anyone without the correct 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. Further details are under the heading ***EQUIPMENT & KIT CHECK*** in these instructions.

We will be using the 'Felltrack' system again this year which automates visits to checkpoints. For safety purposes we will also run a manual, paper-based system alongside it. After you have been through Kit Check you will be given a 'tracker band', similar to a watch and you will need to touch the band on the reader at every checkpoint.

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

THE START

The start for this year's 50 mile, 50 km and 30 km events is the **Icknield Community College, Love lane, Watlington, OX49 5RB**. The first teams away will be the 50 mile competitors leaving at 06.00 hours on Saturday with subsequent teams leaving at timed intervals. The 50 km competitors will depart at timed intervals after the 50 mile teams have all left. The 30 km will start at the same location this year after the 50km teams have left.

Before departure each team/member will be subjected to a full kit check to ensure the rules have been adhered to. Please ensure you are at the kit check desk within your timed slot and at least 30 minutes before your start time.

EQUIPMENT & KIT CHECK

The equipment required for this event is given in the ***KIT LIST*** at the end of these instructions which is part of the ***RULES***. Please ensure you have read this carefully and have all individual and team equipment.

An emergency shelter (or Bothy Bag) consists of proofed rip-stop nylon, or other suitable material, sewn into shape. All team members sit inside it to shelter from the wind and/or rain. The shelter is held up by the occupants' heads and retained by the simple technique of sitting on part of it. As an alternative, a tent flysheet without poles or pegs may be used instead. Again, this must be large enough to cover all team members with sufficient material to sit on.

MAPS REQUIRED

Map required for teams entering the 50 mile, 50km and 30km routes:

- OS Explorer 1:25,000 sheet 171 - Chiltern Hills West

Alternatively – AA Walker's Map No.24 - The Chilterns 1:25,000, covers ALL routes

To comply with the rules each team must carry two maps. This can comprise two OS maps, two AA maps or one of each. Maps can be obtained on-line including the following web sites:

www.dash4it.co.uk or www.ordnancesurvey.co.uk

THE ROUTE

When your turn comes to start the walk you will be given a list of checkpoints consisting of eight figure grid references which must be visited in the given order. The route taken between checkpoints is entirely at your own discretion provided you observe any specific instructions issued on the day. Please take extra care to follow the route you have been given and to visit the checkpoints in the correct numerical order.

Please remember at all times to obey the Country Code and Highway Code. At various times road walking will be essential but teams should NOT walk on 'A' class roads unless instructed to do so. Motorways are strictly out of bounds. Where a route meets an 'A' road please take care to cross safely especially near the end of the walk when the light is bad and you are tired. When walking along 'B' class roads and minor roads you should walk in single file on the right hand side (facing oncoming traffic) and stay alert. When the light fades those still walking must ensure they are wearing their high visibility jacket or vest.

At each checkpoint you must present your entire team to the checkpoint marshal who will log your arrival, you must also scan your tracker band on the scanner.

Team members must keep together at all times and you should note that it is the time of the last team member that is recorded. At all checkpoints there will be some form of refreshment and you are strongly advised to take on some food and drink each time. Long stops, however, waste time and allow muscles to stiffen. Marshals may carry out checks during the event, including:

1. Spot checks between checkpoints, for which time will be credited.
2. Checks for any infringement of the rules, particularly the use of support cars and pace-making by non-competing walkers.
3. Observation of teams for any assistance with their route planning by supporters (including the use of mobile phones).

N.B. Infringement may lead to disqualification.

If a member of your team wishes to retire they may do so but only at a checkpoint.

THE FINISH

When completing the walk and arriving at the finish, you **MUST** scan your tracker band on the scanner and book in showing your 'identity wristband'.

If you have not completed the walk and have retired at a check point, you will be transported back to the school by official transport. **You will be scanned onto the bus and the driver will collect your tracker band from you when you reach the school.** You will then be accompanied to the finish to book in and collect your kit etc.. These arrangements are necessary to ensure everyone can be accounted for and rescue teams are not sent out unnecessarily.

Your walking boots you use for the event will be taken from you at the Finish Control and placed in a bin bag with your team number on it, this can be collected when you leave. This policy allows us to keep the accommodation as free of mud as possible. **Please make sure you bring with you a change of footwear.**

The First Aid team will be available to provide medical assistance if needed. You will then have the opportunity to wash and change before enjoying your evening meal.

When collecting your kit at the finish please only collect your own. Trying to help others by collecting theirs usually ends in confusion.

SCRATCH TEAMS

Teams must have at least **THREE** members. If a participant has to retire from the event meaning that the team is left with just two members, these two must join up with another team to form a 'scratch team' for safety reasons, who may finish but will not qualify for a trophy. A team that finishes having fewer members than it started with shall not qualify for a trophy or receive an official placing.

SAFETY

Rescue teams will be operating throughout the event. If a participant is unable to continue when in open country, the entire team should bivouac and advise Central Control by telephoning the emergency number. Any team finding another in distress must assist to erect their shelter and ensure that those in distress are comfortable before continuing to the next checkpoint where they **MUST** report their findings. Suitable time allowance for any such action will be made at the discretion of the organisers.

The rules require all team members to have a high visibility jacket or vest. This requirement is to help ensure the safety of participants when walking on public roads. It is a requirement that these jackets/vests are worn during the hours of darkness and under poor light conditions e.g. fog, rain or snow. Ideally competitors should wear these at all times.

Each team must carry at least two mobile phones which must be fully charged at the start of the event and must be switched on throughout the event. The mobile phone numbers must be given in at registration.

RULES

1. Each team must comprise of between 3 -5 participants, all of whom must be members of The Scout Association or Girl Guiding.
2. Each participant must be at least fourteen years old on the day of the event for the 50 mile and 50 km events.
3. Participants for the 30 km event must be thirteen and a half years or over but have not reached their eighteenth birthday on the day of the event.
4. Teams must register at all checkpoints in the specified order.
5. Teams must have at least THREE members. If a participant has to retire from the event meaning that the team is left with just two members, these two must join up with another team to form a 'scratch team' for safety reasons, who may finish but will not qualify for a trophy. A team that finishes having fewer members than it started with shall not qualify for a trophy or receive an official placing.
6. Rescue teams will be operating throughout the event. If a participant is unable to continue when in open country, the entire team should bivouac and advise Central Control by telephoning the emergency number. Any team finding another in distress must assist to erect their shelter and ensure that those in distress are comfortable before continuing to the next checkpoint where they MUST report their findings. Suitable time allowance for any such action will be made at the discretion of the organisers.
7. A team will be disqualified if:
 - i. Any member is inadequately equipped
 - ii. Any member receives outside assistance (other than medical)
 - iii. Accompanied by unregistered walker(s)
8. A competitor will be withdrawn from the event and not allowed to continue if:
 - i. In the opinion of a marshal they are unfit to continue
 - ii. They are deemed by the organisers to be making unsatisfactory progress
9. The kit list also comprises a part of these rules

All decisions of the organisers are final. The organisers reserve the right to adjust the rules and route if they consider it necessary. The organisers cannot be held personally responsible for any mishap or injury, however caused, during the event.

Kit List (this forms part of the Rules)

Each person must wear or carry at all times on the walk:

- Long trousers or similar to cover the lower body (no denims)
- Boots or walking shoes to give protection from the elements (suitability of footwear will be entirely at the discretion of the Inspection teams)
- Three layers of clothing for the upper body
- Waterproof garments to cover the whole body including the head - **Durable Water Repellent DWR garments cannot be used as waterproof garments**
- Hat to cover the ears
- Gloves or Mittens
- Whistle
- Head torch with spare batteries
- A high visibility jacket or vest. This item must be worn or be clearly visible in times of darkness or low natural light or when instructed to do so by a walk official.
- Emergency rations (glucose, sweets, chocolate, nuts, raisins etc.)
- Survival bag – minimum 500 gauge
- Drinking water
- A mug
- Emergency personal first aid kit
- The supplied tracker band on their wrist. This must remain there until collected at the Finish Control

Each team must carry:

- Two sets of the OS maps of the area (see **MAPS REQUIRED**). Note: This can be a combination of one AA Walker's map plus a set of OS Explorer maps or two sets of OS Explorer maps or two copies of the AA Walker's map.
- Two compasses (Silva or similar)
- Team first aid kit containing, as a minimum, a good supply of plasters and 3 large triangular bandages in a waterproof bag/box
- At least TWO mobile phones which must be fully charged at the start of the event and must be switched on throughout the event. The mobile phone number must be given to the member of staff at registration.

In addition for the 50 mile and 50km routes, each team must carry:

- An emergency shelter, also known as a KISU or Blokka bag, or a 2 person tent without poles or pegs. A full description is given under **EQUIPMENT & KIT CHECK**
- A sleeping bag
- A stove and fuel, emergency food and equipment to cook it

Other Kit you will also need

- Sleeping bag, mat (no camp beds) and pillow
- Wash kit
- Change of clothes
- Change of footwear