

# TEN TORS 2024

INFORMATION MEETING

21<sup>st</sup> October

10-12

# The Ten Tors Challenge

Starts and finishes at Okehampton Army Camp.

Organised by the Army, with support from the Royal Navy and RAF, as well as civilian emergency services and volunteers.

Attempted by 2,400 teenagers, in 400 teams of six.

Routes of 35, 45 or 55 miles depending on age, visiting 10 tors/check points in under two days.

Teams must be self-sufficient, carrying all they need to complete their route and stay out overnight.

**35 miles** – open to all 14-15 year olds as at 31<sup>st</sup> August 2024.

**45 miles** – open to all 16-17 year olds as at 31<sup>st</sup> August 2024 (or those who have previously completed the 35 mile challenge).

## Our teams

2 x 35 mile teams

1 x 45 mile team

100% success rate at the 35 mile challenge over more than ten years

Likely to be £180 – payable in three instalments of £60. The last instalment is only payable once the teams have been selected.

Please pay in cash or by cheque payable to Zeus Explorers.

The initial instalment to be paid with your completed Registration & Health Form at or before the first training session you attend. (We'll use the same form for all the training but if your contact details change, or you're away for the weekend, let us know where to find you!).

This may increase if our costs go up.

# Costs

Covers the cost of:

- Entering the event and camp fees for training walks and weekends
- Team equipment such as stoves and tents, and first aid courses
- Leaders' fuel costs
- Some meals on training weekends and at the event itself

**From Forms and Downloads -**

- **Registration & Health Form**

# Training Programme

- Our robust training programme is intensive, challenging and fun.
- We focus on camping skills, cooking, fitness, navigation, kit, first aid, route planning and team-building sessions.
- Only teams that have a full set of skills will come back having completed the event.
- We expect you to attend all the training activities, and will keep records, but we do recognise that there will be some events that you cannot attend.
- **Please note** that the weekends on Dartmoor, in March and April, are compulsory as these provide essential training aspects which will be monitored by the event's official scrutineers.
- If you are unable to attend any training event, please let us know.

# Training dates

- Training includes day walks, weekend training / expeditions and theory sessions covering -
  - ✓ navigation
  - ✓ use of equipment
  - ✓ personal kit checks
  - ✓ first aid
  - ✓ preparation for expedition weekends
- The training is currently scheduled with some Saturdays, some Sundays, and some whole weekends.
- Training dates are listed on the Training Dates Summary on our Forms and Downloads page.

The calendar of training dates and locations page on the same website will be updated with full details of start and finish locations, so keep watching the calendar for all information about training sessions.

This year we will use 1<sup>st</sup> Thornbury HQ as our meeting venue for kit check and theory training sessions and 1<sup>st</sup> Woodend for First Aid training session.

**From Forms and Downloads -  
- Training Dates Summary**

	M	T	W	Th	F	Sa	Su		
Oct	09	10	11	12	13	14	15	Intro meeting	
	16	17	18	19	20	21	22		
	23	24	25	26	27	28	29		
Nov	30	31	01	02	03	04	05	Frome Valley	
	06	07	08	09	10	11	12		
	13	14	15	16	17	18	19		Bath - Zion/Mafekin
	20	21	22	23	24	25	26		
Dec	27	28	29	30	01	02	03	Cotswold Way	
	04	05	06	07	08	09	10		
	11	12	13	14	15	16	17	Theory 1, Pensford 8	
	18	19	20	21	22	23	24		
	25	26	27	28	29	30	31		
	01	02	03	04	05	06	07		Brecon Beacons
08	09	10	11	12	13	14	First Aid (To Be Confirmed)		
15	16	17	18	19	20	21		Theory 2, Day on Dartmoor	
Feb	22	23	24	25	26	27	28		
	29	30	31	01	02	03	04	Three Castles	
	05	06	07	08	09	10	11		
	12	13	14	15	16	17	18	Theory 3, Mendips	
19	20	21	22	23	24	25			
Mar	26	27	28	29	01	02	03		Wye Valley
	04	05	06	07	08	09	10	Theory 4	
	11	12	13	14	15	16	17		
	18	19	20	21	22	23	24		Dartmoor 1
	25	26	27	28	29	30	31		
Apr	01	02	03	04	05	06	07	Reserve Dartmoor 1	
	08	09	10	11	12	13	14		
	15	16	17	18	19	20	21		Dartmoor 2
22	23	24	25	26	27	28	Reserve Dartmoor 2		
May	29	30	01	02	03	04		05	Event Briefing
	06	07	08	09	10	11	12	Ten Tors Event	

# Team selection

- Each team has 6 members.
- This is one of our biggest challenges as we often have more explorers training than we have places.
- We need to be sure each team has the right combination of skills to have the best chance of finishing the event.
- Our decisions are based on skills, attendance, behaviour and fitness levels, and the training team have the final decision. We only decide the teams once most of the training is complete.

All kit must satisfy the official list – take it shopping with you.

If you're not sure, ask us before you buy anything.

We'll check kit before training weekends.

You can use the same kit for DofE and other Explorer activities.

You'll need a good pair of walking boots, walking trousers or leggings and a full set of waterproofs, plus a water bottle or hydration pack, lunch, snacks, a headtorch and a day rucksack, for your first training session.

Sleeping bags, expedition rucksacks and other equipment can be bought later.

# Personal equipment

From Forms and Downloads -

- official Ten Tors kit list
- information sheet about discounts from outdoors shops
- document showing example kit



We operate under Scout Association rules -

- Hillwalking permits
- Camping permits
- DBS checks
- First Aid certificates

We have a code of conduct -

- Training team instructions must be followed
- Litter- take it home or put it in a bin
- No smoking, drugs or alcohol
- Respect all property and belongings
- Don't walk on crops, don't climb walls and shut gates behind you

# Our rules- your rules

From Forms and Downloads -

- Countryside Code leaflet
- Tick Aware leaflet

Training for 35 miles can cover the following Bronze award sections-

- EXPEDITION SECTION – covers the training requirement and expedition
- PHYSICAL SECTION – Walking for Fitness- we recommend for your 6 month requirement
- SKILL SECTION - Navigation skills – 3 months – you need to be seriously interested in this and talk to us first!

You need to be in control of your DofE Award and not rely on the training team to do it all for you.

We will register expeditions where appropriate and supply assessor reports on request.

Training for 45 miles can cover the following Silver award section -

- EXPEDITION SECTION – covers the practice expedition (with a Silver qualifying expedition later in the summer)

# Ten Tors and DofE

For more information including how to register for DofE through Explorer Scouts see

<https://cesd.org.uk/sections/explorers/DofE/>

# The event –

## 10-12 May 2024

- Just before the event, you and your parents will need to come to our Event Briefing for a final kit check and a compulsory safety briefing.
- You need to be at Okehampton camp in the early afternoon of Friday 10 May.
- Ask your school for permission well in advance.
- This gives you time for final kit checks, time to study your route, and enjoy the armed forces activities, then relax and have something to eat (we provide a meal).
- Parents and friends are very welcome to come to the start at 7am on Saturday morning and also on the Sunday to cheer the teams home – this could be anytime between late morning and 5pm. It's a fantastic day!

**If you're in your GCSE or A level year, or taking RE in year 10, check the exam timetable –some exams are in the days immediately before and after Ten Tors.**

# Parent help

To make this a success, we need your help!

You'll need to transport your explorer to and from training walks (we'll put you in touch with other parents for lift shares).

You'll also need to make sure they are properly equipped.

If you're an experienced hillwalker and want to join us on any of the trips, let us know. We'll need to make safeguarding checks.

Almost all our current training team are parents of previous participants.

# Thanks for coming -any questions?

Please make sure you've filled in our attendance sheet.

We look forward to seeing you!!

Contacts:

Email – TenTors@cesd.org.uk

Chris Harris 07880 528810

Derek Forward 07973 222341

Steve Martin 07875 032257

All forms etc can be found on the Forms and Downloads page on our website -

<http://cesd.org.uk/TenTors>

Facebook – Cotswold Edge District Ten Tors

Instagram -  
@cotswoldedgedistricttentors

# Parent WhatsApp



# Registration Form

<https://forms.office.com/e/5JZSTD0AnH>



# Participant WhatsApp

