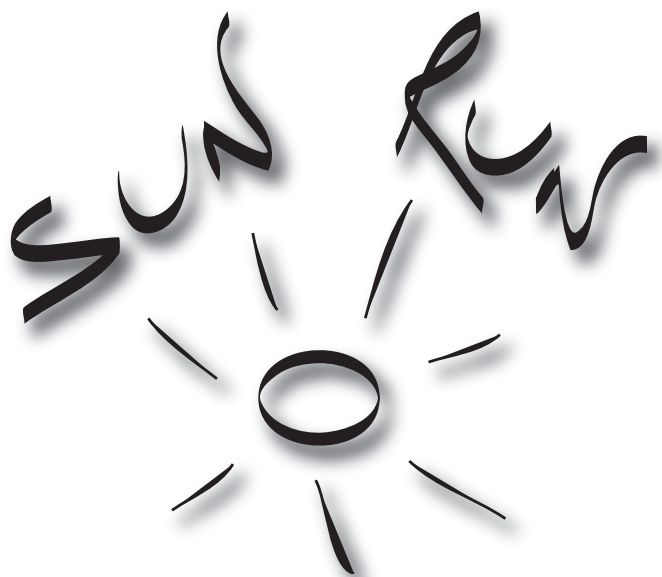


# Runners & Non Runner Booklet



[www.sr-mc.org](http://www.sr-mc.org)

## SUN RUN

Friday 1st - Sunday 3rd July 2011

Cheltenham District Scouts Reg Charity No. 1021577

## 2011 EVENTS SCHEDULE

### Friday 1st July

12 noon	Campsite Opens
6.00pm - 10.30pm	Register Units
7.00pm - 10pm	Bungy Trampoline / Entertainment
8.30pm	Fancy Dress Party Dancers/Guest DJ Live Headline Bands

### Saturday 2nd July

10.30am onwards	Entertainment Sports & Competitions Euro Bungee Gladiator Games Euro Bungee & Fairground Rides
4.00pm	Competition Finals
6.00pm	Entertainment & briefing for Runners/Walkers
7.00pm	Start of Sun Run followed by start of Moon Run
8.00pm	Bar & Entertainment
12.00am	Watch the Runners return & entertainment

### Sunday 3rd July

11.00am	Presentations
12.00pm	Break camp & Depart

## CONGRATULATIONS ON ENTERING THIS YEARS SUN RUN!

This booklet should tell you everything you need to know about this year's event. Please read it carefully and ensure you understand everything. To speed up booking your group in on the Friday evening please pre-enter your details via our website one week before the event. All Leaders will be asked to volunteer for a job during the weekend, so start thinking about what you and your team would like to do! You can select your job when you enter your details online.

**FRIDAY EVENING:** Once you arrive you can sort out your sleeping arrangements (tents etc!) and the person in charge of the group will need to come to Control and book everybody in. You will be issued with armbands which everybody must wear at all times. The entertainment starts immediately with the focus in the main barn - The party will have two live bands, entertainment and the usual array of dancers, DJ's etc. Come in fancy dress and win prizes. We will also be running bungy trampoline & 'on the bull'.

**SATURDAY:** The focus throughout Saturday is Chill Out. We have a host of entertainment and activities throughout the day run on a turn up and have a go basis. This will include bungy trampoline, high thrill fairground rides, lots of inflatables, crafts, surfboard and bucking bronco etc etc. We also have our sport competitions which include – Tug of War, Football, Netball, Climbing wall and Volleyball (book online via our website). As the day moves on the focus is more on entertainment while the runners wind down ready for the start of the races. Early evening we start the Sun and Moon Run from site. For those not participating in the runs the entertainment continues with music and dancers etc while we await the return of the runners.

**SUNDAY:** After hopefully some sleep we have the presentations and depart.

## GENERAL INFORMATION

**Camping:** Space is limited so please bear this in mind when sorting out your tent ie. do not bring a mess tent per person! Vehicles will not be allowed in camping areas even for unloading. There are toilets on site with hand washing facilities (alcohol wipes). You will need to bring your own bowls for personal washing. There will also be a personal washing area with a supply of hot water. Showers will be available, priced at 50p per shower. Most of the camping areas are quite noisy but we do have quiet areas if you need lots of sleep! We also have an explorer scout area (optional).

**Guides** - Please send your camp form to the Tewkesbury Division Camp Advisor, Karen Cottey, 22 The Highgrove, Bishops Cleeve, Cheltenham, GL52 8JB Tel 01242 673403.

**Scouts** - Please ensure that someone in your group/connected group has the necessary nights away permits and sent off NAN Form to your local D.C.

If no one in your party has the necessary Camping qualification, please contact Ann Haseler on 01242 224874, who will put you in touch with another Company. Part completed forms can be downloaded from our website.

**Parking:** We have plenty of parking but it is in an adjoining field so vehicles will not be parked close to the camping area. We will transport your kit to your camping area. The organisers will not accept any responsibility for damage to vehicles howsoever caused while at the event.

**Food:** If you have opted for the full catering option you will still need to bring your own eating implements. (KFS, plate, bowl and mug). We are catering for hundreds of people, and whilst we make every effort to accommodate specific dietary requirements we cannot guarantee that any food is totally free of specific ingredients. Please contact the organisers to discuss any specific dietary requirements. A menu is available on the website. If you are self catering for safety reasons we cannot allow open fires or B-B-Q's.

**Washing up:** Hot water and tables will be provided, you will need to bring washing up liquid, bowls & tea towels.

### Refreshments:

**Cafe:** Will be open throughout the weekend serving hot and cold drinks, light meals, chips, burgers, snacks, confectionery etc. (except Saturday evening 8pm - 11pm) and also hosts our internet Cafe as well.

**Bar:** There will be a bar both evenings. Please read the Alcohol Policy later in this booklet. Leaders are responsible to ensure that all rules are followed.

**Presentations:** These take place Sunday morning, please ensure if possible that everybody wears top half of uniform. Certificates will **NOT** be forwarded after the event.

**Leader in Charge:** Each group must nominate a responsible Unit Leader who will be responsible for booking all of their group in on arrival. This person must be attending for the whole weekend, and will be contacted by the organisers in case of any queries about members of the group.

**Web Site** – our web site address is **www.sr-mc.org** which gives further information and pictures of previous years. You can also do online booking and payment by Credit Card if you wish.

**Sponsorship:** Don't forget this year we are raising money for the charity Mountain Rescue (registered Charity No. 222596) [www.mountain.rescue.org.uk](http://www.mountain.rescue.org.uk) Mountain Rescue are a national co-ordinating body and support the work of national and individual rescue teams across England and Wales.

**Organisers Address:** Any queries please consult your Leader or contact the address below:

Any queries please email us **info@sr-mc.org** or contact the address below. A 24 hour voice mail information & message facility on 01242 240736, or write to Robert Stevens, 212 Hatherley Road, Cheltenham. Glos. GL51 6ET or call 01242 240700 during office hours, after hours phone 01452 700998. For specific booking enquiries phone 01242 224874.

**Emergency Phone Number:** The emergency phone number during the weekend is 01242 676989, please use this only for very urgent messages. Please let your parents etc. make a note of this number before the weekend

**Venue:** The site address is:

Rushbury House Farm, Cleeve Hill, Winchcombe, Cheltenham, GL54 5AE. GR SO 992278.

## THE SUN RUN & MOON RUN ROUTE

Below is a list of all the checkpoints for the routes that you must go through, please note that there is only one official Route and it must be adhered to at all times. It is very important that this Route is followed in order to keep all landowners as happy as possible! If you wish to practice before the event please do not assume that you are allowed access. Only some sections of the route will be sign posted. You will all need to map read and follow the official Sun / Moon Run Route. Don't just follow the team in front! There will be marshalling of the Route to assist those of you that cannot map read! Please ensure you follow their instructions. Please note that the Route is subject to change at short notice and any changes will be on the notice board at the event.

### Checkpoint grid references are as follows:

START Sun/Moon Run	SO 992278	Rushbury House Farm (campsite)
Sun Run CP 1	SP 049304	Hard standing at start of path
Sun Run CP 2	SP 075303	Stumps Cross – start of track
Sun Run CP 3	SP 057263	Guiting Wood
Sun Run CP 4	SP 071221	Cross Road 1 K from Hawling
Sun Run CP 5	SP 031202	Syreford – as track meets road
Sun Run CP 6	SP 010236	Wardens Wood – car park
Moon Run CP 1	SP 031271	Past Sudely Castle – on bend
Moon Run CP 2	SP 010236	Wardens Wood – car park
FINISH Sun/Moon Run	SO 992278	Rushbury Court Farm (campsite)

## WALKERS / RUNNERS KIT LIST

For those participating in the Sun & Moon run.

### Personal Gear

The following kit must be worn or carried by each walker. May we please stress the importance of wearing as much reflective gear as possible, we have just listed the minimum required.

Every year we throw away an enormous amount of unlabelled lost property, if items are labelled we will try to return them to you.

- Footwear Stout walking boots/shoes or running shoes
- Trousers Not Jeans. If shorts are worn long trousers must be carried
- Jumper
- Waterproofs Both top and trousers.
- **Reflective Wear** **Reflective Bandolier or Waistcoat, Reflective Ankle Bands - (£3.50 from SR Products); Reflective Tape or similar item on rear of rucksacks**
- Torch Spare batteries and bulb.
- Emergency Food Must not be part of the food to be consumed during walk.
- Mug/Water Bottle Must be unbreakable - used for drinks at check points.

### Team Gear

These are minimum requirements, we recommend each person carry the items listed below.

- OS Map number 163 and 150 or a full colour laminated Sun Run Official Route map. This is required for both the Sun Run and the Moon Run.
- Silva Compass or similar type.
- Large Plastic Survival Bag (we will accept space blanket)
- First Aid Kit including triangular bandage and 3 inch crepe bandage

## SUN / MOON RUN SAFETY

May we emphasise the following:

- The reflective wear must be reflective. Dayglow or similar products will NOT be accepted.
- All reflective wear must be visible at all times, so remember to put it on top of your waterproofs if you have to put them on.

We will be having kit checkers, at the start of the Run and on Route who will be instructed to compulsory retire anyone who does not meet the above requirements. Please make sure it's not you.

**Medication:** Any medication required should be given to your Leader marked with name and full instructions for use (except inhalers) – bring at least 3 days supply. The first aid tent has a fridge to store insulin.

## ON SITE SHOP

Most of the items listed above will be available for purchase from the shop on site.

## SUN RUN PRODUCTS

Below is a selection of items that will be available from the tent

T Shirts - from £7.00    Sweatshirts, Rugby Shirts etc - from £10.00

Sun Run Reflective Ankle Bands - £3.50    Reflective Waistcoats - £8.00

Official Route Maps - £3.50    plus Mugs, Water Bottles, Neckerchiefs etc...



## SUN / MOON RUN OFFICIAL ROUTE MAPS

You will either have to purchase a full colour, plastic coated official Sun/Moon Run Route map with the exact route marked on it or transfer the route onto OS Map number 163 and 150. The official maps are available from the organisers priced at £3.50. They can be purchased on the day from the Sun Run Products tent or if required in advance please send a cheque and a S.A.E. (A4 paper size) to

Sun Run, 212 Hatherley Road, Cheltenham, Glos., GL51 6ET

## WEB SITE

Our web site address is [www.sr-mc.org](http://www.sr-mc.org) which gives further information and pictures of previous years.

### **...NEXT YEAR'S DATES!**

So you can work your diaries around the 2012 events the dates are:

**Malvern Challenge: 29th June – 1st July 2012**

**Sun Run: 6th – 8th July 2012**

Arm Band No:

FOR OFFICE USE ONLY

Account Code:

# SUN RUN WEEKEND HEALTH & CAMP PERMISSION FORM 1ST - 3RD JULY 2011

This form is to be completed by everyone attending and handed to your Leader to hand in when booking in on the Friday of the event. DO NOT POST IT TO US IN ADVANCE.

Surname:

Forenames:

Address:

Post Code:  Tel No:

Group Name:

National Health No.(If known):

Date of Birth  /  /   Male / Female  (delete)

Name of Doctor

Surgery Address

Surgery Phone Number (24 hour if possible)   
(Many have changed recently - Please check)

■ Approximate Date of last Tetanus injection

■ If the above person has been in contact with any infectious diseases that you believe we should be made aware of, please contact the organisers prior to arrival.

■ List any known allergies/sensitivities e.g. penicillin/elastoplast/foods:

■ Is the above person undergoing any current or recently had any medical treatment which the organisers should know about? YES / NO

If yes please give details, include doctor or hospital.

■ Does the above person suffer from asthma, chest complaint, hay fever, migraine, fits or faints, diabetes, nervous disorder, any other illness or disability.

■ Please declare any other relevant information which you think the organisers should know about.

In the event of any serious accident please contact the following person who is contactable during the weekend.

Name:

Address (if different):

Post Code:

Day Tel No:  Night Tel No:

Relationship:

I understand that the Sun Run is a weekend of activities for members of the Scout and Guide Movements aged 14 upwards. During the weekend there will be the opportunity to undertake Rifle target / laser clay shooting – if you do not wish your son/daughter to participate in these activities or they are restricted by virtue of Section 21 of the Firearms Act 1968 (which applies only to persons who have served a term of imprisonment or youth custody) please tick the box below. The organisers must formally disclaim any responsibility whatsoever for any loss, injury or loss of life during the weekend. The activities will be run under the rules of the Scout Association and those who are currently members of the Scout or Guide Movement will be covered in the normal way by their Association Insurance.

I and my son/daughter have read and will abide by the rules.

I give permission for an Organiser/Leader to sign on my behalf any written form of consent required by the hospital authorities, if the delay required to obtain my signature was considered inadvisable by the Doctor concerned.

Participants signature:

I do not wish my son/daughter to participate in target rifle/laser shooting.  (tick if applicable)

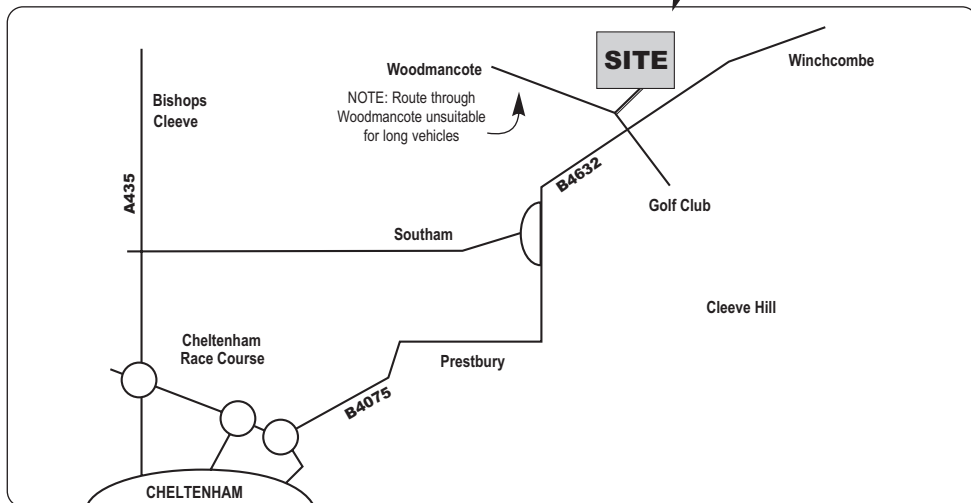
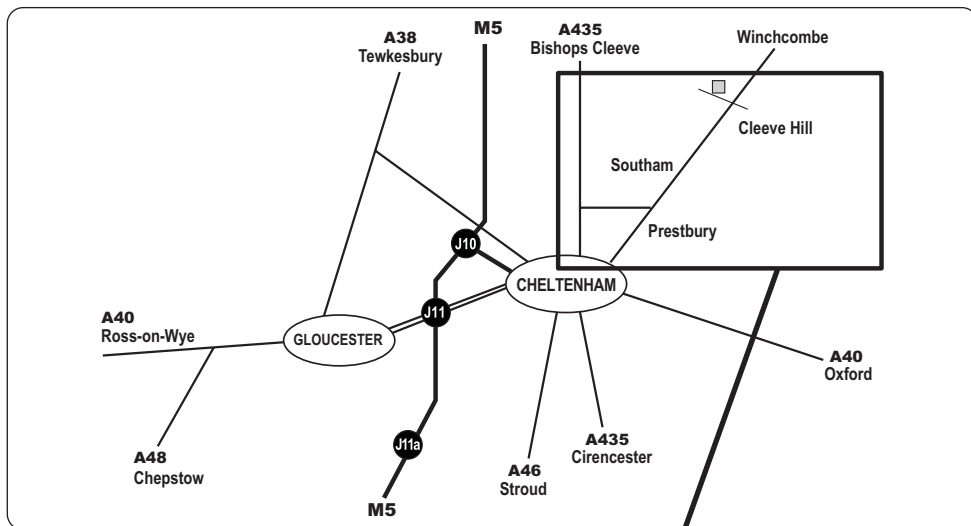
Parent/Guardian signature:

Parent/Guardian:

# SUN RUN & MALVERN CHALLENGE

## SITE DIRECTIONS

Rushbury House Farm, B4632 (was A46), Cleeve Hill, Winchcombe, Cheltenham GL54 5AE  
G.R. SO 992 278



## FOLLOW YELLOW SIGNPOSTS "SR/MC"

Any problems phone the SITE on **01242 676989** or SITE MOBILE **07966 531295**

## RULES

Sorry but we have to have a few rules to ensure that we can all enjoy the weekend and live in harmony - but the most important rule of all is enjoy yourself!

## GENERAL

1. No music after 1:30am in main camping areas.
2. No noise after 2:00am.
3. Camping area to be kept clean & tidy at all times.
4. No open fires or barbecues.
5. Access limited to camping area, car parks, bar and barns, all other areas prohibited.
6. No vehicles on camping area.
7. Throughout the weekend Scouting and Guiding standards are to be maintained
8. All participants must be members of the Scout or Guide movements and aged 14 years or over on the date of the event.

## SUN / MOON RUN RULES

Every Runner must be booked in by Midday on the day of the event.

1. Teams must consist of at least three, and no more than five walkers. If numbers are reduced to fewer than three at any point in the race, then the remaining members must accompany another group. **All members MUST pass through Check Points together. Failure to do so will disqualify them.**
2. All items in the Kit List must be carried or worn at all times. Reflective gear must be visible at all times. Spot checks can be made at any point during the Race.
3. Walkers must walk in single file on roads and observe the Highway and Country codes.
4. Walkers must adhere to the official Sun / Moon Run Route and go through checkpoints in the correct order - INCLUDING THE FINISH CHECKPOINT - where they must hand in their Route Cards.
5. Noise levels must be kept to a minimum at all times.
6. Walkers needing to retire **MUST DO SO ONLY AT CHECKPOINTS.**
7. Compulsory retirements can be made of walkers not reaching checkpoint 3 within 4 hours.
8. Walkers must obey Marshals / Police / Sun / Moon Run Route signs.

## SUN RUN ALCOHOL / DRUGS POLICY

1. There will be **NO** underage drinking.
2. Bar hours are 7:00pm to 12:00am.
3. Nobody is to drink to excess.
4. No alcoholic drinks are to be consumed in public other than in the bar or barn areas, and then only during bar opening hours.
5. The organisers reserve the right to confiscate excessive amounts of alcohol.
6. Drugs have never been a problem at the event but just to remind you any illegal drug taking is a criminal offence and will be treated accordingly.

Failure to comply with any of the above Rules will result in the organisers taking appropriate action. This may result in disqualification from the Run or the home contact being called to collect the individual or Unit members concerned. The organisers decision is final.

