



2386 (Keynsham) Squadron

TEN TORS 2012

Cadet and Parent Guide



35 mile team manager – Flt Lt C Barrett Tel: 07737801758 Email: oc.2386@aircadets.org

45 mile team manager – WO A Wilson Email: adj.2494@aircadets.org

Aim of Ten Tors

To encourage young people to take part in a planned expedition over Dartmoor.

The event is not a competition but a challenging adventure, which demands careful planning, imagination, endurance, skilful navigation and teamwork by the participants.

Ten Tors Charter

Ten Tors consists of two events:

- **The expedition** is a two day event for teams of 6 young people aged between 14 and 20. Each team must walk one of 26 routes over the rugged terrain of Dartmoor visiting checkpoints at ten tors. A distance of 35, 45 or 55 miles is set depending on the ages of the team. The team must be self contained; the participants must camp on the Moor overnight and complete the total distance within 34 hours.
- **The Jubilee Challenge** is a one day event held on the Saturday of the event weekend for less able-bodied youngsters who may enter as individuals or as members of teams. They must come on foot or by wheelchair, one of four specified routes up to 15 miles.

Ten Tors has the following objectives:

- To develop personal fitness
- To foster the ability to navigate in challenging terrain and weather conditions
- To develop basic first aid knowledge
- To teach how to cope with adversity and how to strive to achieve
- To instil an appreciation of the landscape
- To nurture a respect for the countryside in general
- To promote a sense of adventure and fun
- To engender team spirit and recognition of the contribution made by each team member.
- To encourage a yearning for the further challenge through new found confidence, motivation and success.

2386 and Ten Tors

2386 Squadron has been involved with Ten Tors since 1997. Every year apart from 2001 when the event was cancelled due to Foot and Mouth the Squadron has entered one or more teams.

Many of the cadets who complete Ten Tors 35 miles go on to participate in the longer distances of 45 and 55 miles.

Many of the staff on the Squadron have completed Ten Tors at various levels and therefore have a wide range of experience on Dartmoor to train the cadets.

Each team entered has a specific team manager who has attended a Ten Tors manager's weekend course. This is to satisfy the Ten Tors organisation that they are able to train a team effectively.

Clearance for each training session is also gained through the ATC to ensure that all cadets are well trained and safe at all times.

Ten Tors Organisation

The weekend is managed and organised by 43 (Wessex) Brigade from Okehampton Camp.

The event is heavily supported by the armed forces with service personnel manning all of the checkpoints providing any support, advice or medical attention. Helicopter support is provided by the Royal Navy with Sea King helicopters and Lynx helicopters. The helicopters allow transportation of equipment and evacuation of casualties.

Training Dates

The more training dates attended the more likely a cadet is to be selected for the Ten Tors team. This is because they will generally be fitter, have better navigational skills and be more prepared for the actual event. Selection for the final Ten Tors teams will be merit and performance based.

There will be navigational and kit theory sessions on each Monday starting on **16 January**.

The total cost of Ten Tors per cadet is £135.00. This covers Ten Tors T-Shirt, all main meals, transport and accommodation during the training sessions. The cost does not cover personal kit (see kit list at the back of the booklet), additional snacks and any spending money for the service station.

Payment can be made in instalments as listed below or in one full payment. Please make payments in cash or cheque made payable to 2386 (Keynsham) Sqn. Payment is due on each Monday before a training session or a training session in advance if you cannot make the Monday session. If payment is not received prior to the training session then you will not be able to attend the training session.

If you are unable to afford the cost of the training please speak to your squadron as they maybe able to offer financial assistance or the loan of equipment.

The broken down cost and requirements for each weekend are listed below. Transport times for each training session will be published on the squadron website (2386atc.com).

Saturday 10 December – Ten Tors 1 - Local training session starting at 0930 from Blaise Castle BS10 7QF. A day sack is required (see below for more information). This session is free.

Sunday 8 January – Ten Tors 2 - Local training session starting at 0930 from 2386 Squadron. Cost £15.00. A day sack is required (see below for more information). This can count towards your Duke of Edinburgh Bronze award if you let the staff know.

Monday 16 January – Prep for Ten Tors 3, bring with you the items that you already own on the kit list. **DO NOT PURCHASE ANY ITEMS PRIOR TO THIS.**

Saturday 21 January – Ten Tors 3 - Mendips. Cost £15.00 per cadet. A day sack is required with extra water as weight. This can count towards your Duke of Edinburgh Bronze award if you let the staff know.

Monday 30 January – Prep for Ten Tors 4, bring your Heartstart certificate with you if you have one.

4 - 5 February – Ten Tors 4 - Local. Full Weekend kit required, cost £15.00 per cadet. This weekend can count as your Duke of Edinburgh Bronze Expedition.

Monday 13 February – Prep for Ten Tors 5.

17-19 February – Ten Tors 5 – Location TBC £15.00, Full Kit required. This weekend can count as a Duke of Edinburgh Silver practise.

Monday 27 February – Prep for Ten Tors 6

2 – 4 March – Ten Tors 6 – North Dartmoor, Full Kit required. Cost £15.00

Monday 12 March – Prep for Ten Tors 7.

16 March –18 March – Ten Tors 7 - Dartmoor North moor, minibus from 2386, full kit required, cost £15.00.

Monday 26 March – Ten Tors ATC Weekend Prep

Friday 31 March – Sunday 1 April – RAF WEEKEND, **Attendance of at least 6 cadets per team is mandatory for the teams to be able to participate in the event in May.** Minibus transport from 2386. Full pack required. Cost of weekend £15.00

Monday 9 April – Prep for Ten Tors 8.

13 April – 15 April – Ten Tors 8 - Exmoor. Minibus leaving from Squadron. Full kit required, cost £15.00.

Monday 23 April – Prep for Ten Tors 9.

27-29 April – Ten Tors 9 – Dartmoor, cost £15.00 bring full kit, transport will be provided from 2386.

6 May – Prep for event all selected team member to be at 2386 with full kit.

The training increases in difficulty towards the event weekend. Initially the cadets will start with weekend day local day walks with day sacks. All cadets will be expected to take part in navigation for the team.

For the day walks you will need:

To be wearing – Walking trousers (jeans are not permitted)

- T-shirt (Squadron t-shirt or equivalent, you will be provided with a Ten Tors t-shirt see order form)
- Sweatshirt (Norwegian shirt or microfleece is ideal)
- Fleece (not a micro fleece, must have a full length zip)
- Boots
- One thin pair of socks
- One thick pair of socks

You need to carry:

- A day bag with waist strap containing
- Robust Waterproof jacket (Gore-Tex DPM jacket available from sqn is OK)
- Robust Waterproof trousers (Gore-Tex DPM trousers available from sqn are OK)
- 1 litre water carrier strong plastic/metal or camelback type
- Packed lunch
- Energy snacks e.g. boiled sweets, dried fruit
- Spare long sleeve jumper/sweatshirt (Norwegian Shirt or micro fleece is ideal)
- Spare t-shirt
- Spare trousers
- Spare socks (one thin pair, one thick pair)

DO NOT CARRY WEIGHTS WITH YOU THE WEIGHT OF THE ITEMS ON THE KIT LIST WILL BE ENOUGH.

The Squadron has a supply of equipment available for cadets to borrow. If you do not have any of the required equipment please complete and return the form at the back of this booklet so we can loan items to you. It is also possible to purchase items through the squadron this can also be done on the attached form if there is sufficient demand.

See the Full Ten Tors kit list at the back of this booklet. Please **DO NOT** purchase any items off the kit list without consulting us first, this is to enable us to provide advice on what maybe a potential unnecessary purchase.

The Event Weekend

The Saturday before the event weekend all equipment will be checked and loaded into the Squadron trailer for transportation. Cadets will not have access to the kit again until the Friday of the event. The event weekend is free.

Event Timetable

Thursday 10 May – Staff arrive in the morning to set up camp. Cadets arrive around 2000.

Friday 11 May – Routes are made available to teams. All cadets attend the kit check and safety brief. Once both are completed the route can be planned. When all required tasks are completed the cadets have some free time before lights out at 2200.

Saturday 12 May – The teams are woken before 0600 to the sound of Chariots of Fire and Tina Turner Simply the Best. Breakfast is eaten and packs donned to get to the start line before 0700 for the starting ceremony. The teams started by the firing of a field gun at 0700.

During the day there are updates at the control centre of the times that the cadets reach the check point tors. This information can also be found online on the ten tors website which is listed on the important information page.

Sunday 13 May – The teams have until 1700 to return to Okehampton visiting all of the tors on their route. If they succeed with a full team they will each receive a medal and the team will receive a certificate. Team members who drop out do not receive a medal and the team will be unable to achieve the certificate. After the party, medal ceremony, photographs and packing up the cadets will be able to go home.

Parents are welcome to come down for the finish. I would advise arriving at Okehampton for around 1100 depending upon how well the team are doing.

ALL OF THE ATTACHED FORMS ARE TO BE RETURNED TO Ft Lt Barrett BY 1 NOVEMBER 2011 preferably by email

CADETS NEED TO SEND A COMPLETED CONSENT FORM THROUGH TO FLT LT BARRETT BY 1 NOVEMBER 2011

Please post consent forms to C Barrett, 5 Windrush Road, Bristol, BS31 1QL.

2386 TT FORM 1

Ten Tors T-Shirt Reply Slip

Please email the below details to oc.2386@aircadets.org

Cadet Name: _____

35 mile t-shirts will be red

45 mile t-shirts will be yellow

T-Shirt Size (delete) S M L XL

A minimum of three training sessions need to be attended in order to earn the t-shirt. The t-shirt will be provided to in time for the RAF Weekend.

2386 TT FORM 2

To enable the team managers for each team to stay in contact with you please supply the below information.

Cadet Name:

Cadet Email:

Cadet Mobile Number:

Parent/Guardian Name:

Parent/Guardian Email:

Parent/Guardian Mobile:

QUICK REFERENCE DATE GUIDE

- 1 Nov 2011** – Send back via email 2386 Ten Tors (TT) Forms 1 - 3
- Post completed consent form to Flt Lt Barrett (address at bottom of page 7)
- 10 Dec 2011** – Ten Tors 1, Blaise Castle, BS10 7QF, 0930, bring packed lunch and Day Sack, pick up will be 1630 at the same location, share lifts if possible.
- 8 Jan 2012** – Ten Tors 2, Start 2386 Sqn HQ 0930, cost £15.00, bring packed lunch and day sack, pick up will be approx 1700.
- 16 Jan 2012** – Ten Tors 3 Monday evening prep 1930 at 2386 Sqn, bring all items on the kit list that you own.
- 21 Jan 2012** – Ten Tors 3, day sack, cost £15.00, bring packed lunch, Mendips, minibus from 2386, times will be on 2386 calendar 2386atc.com
- 30 Jan 2012** – Ten Tors 4 prep 1930 at 2386 Sqn, bring your Heartstart certificate with you.
- 4-5 Feb 2012** – Ten Tors 4, Local, start 0900 2386 Sqn, full kit, cost £15.00, this can count as a Bronze D of E expedition.
- 13 Feb 2012** – Ten Tors 5 prep 1930 2386 sqn.
- 17-19 Feb 2012** – Ten Tors 5, venue TBC, cost £15.00, full kit.
- 27 Feb 2012** – Prep for Ten Tors 6 1930 at 2386 Sqn.
- 2-4 Mar 2012** - Ten Tors 6, North Dartmoor, cost £15.00, full kit, minibus will leave 2386 Sqn at 1800
- 12 Mar 2012** – Prep for Ten Tors 7, 1930 at 2386 Sqn.
- 16-18 Mar 2012** – Ten Tors 7, Dartmoor North moor, minibus from 2386 Sqn at 1800 , full kit required, cost £15.00.
- 26 Mar 2012** – ATC Weekend Prep
- 31-1 Apr 2012** - ATC weekend Dartmoor, Full kit, cost £15.00, minibus time TBC.
- 9 Apr 2012** – Ten Tors 8 prep 1930 at 2386 Sqn.
- 13-15 Apr 2012** – Ten Tors 8, Exmoor, full kit, cost £15.00, 1800 from 2386 Sqn
- 23 Apr 2012** – Ten Tors 9 prep, 1930 at 2386 Sqn.
- 27-29 Apr 2012** – Ten Tors 9, Dartmoor, cost £15.00, full kit, 1800 from 2386 Sqn.
- 6 May 2012** – Ten Tors Event prep 1000 at 2386 Sqn, selected cadets only, bring full kit.
- 10-13 May 2012** - Ten Tors Event, minibus leaves 1800 from 2386 Sqn.

TEN TORS KIT LIST

In addition to the day sack list above you will need the following **additional** personal items:

- 65 Litre rucksack
- Roll mat
- Sleeping bag
- 1 litre water bottle (strong plastic or metal) /Camelbak type water carrier
- Spoon
- Underwear
- Personal first aid kit
- Whistle
- Torch (a head torch with 2 or more LEDs is recommended)
- Waterproof rucksack liner
- Warm hat that covers the ears
- Gloves
- Gaiters