

# 2010 EVENTS SCHEDULE

## Friday 2nd July

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



## Saturday 3rd July

|                 |  |
|-----------------|--|
| 10.30am onwards | Entertainment<br>Sports & Competitions Euro Bungee<br>Gladiator Games<br>Euro Bungee & Fairground Rides    |
| 4.00pm          | Competition Finals   |
| 6.00pm          | Entertainment & briefing for Runners/Walkers   |
| 7.00pm          | Start of Sun Run<br>followed by start of Moon Run<br>(Start may be delayed due to 2010 Football World Cup) |
| 8.00pm          | Bar & Entertainment  |
| 12.00am         | Watch the Runners return & entertainment   |

## Sunday 4th July

|         |                     |
|---------|---------------------|
| 11.00am | Presentations       |
| 12.00pm | Break camp & Depart |

All times subject to change due to 2010 Football World Cup

# Runners & Non Runner Booklet



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

## SUN RUN

Friday 2nd - Sunday 4th July 2010

Cheltenham District Scouts Reg Charity No. 1021577

## 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 World Cup party will have live band entertainment and the usual array of dancers, DJ's etc. Come prepared in fancy dress! We will also be running bungy trampoline & entertainment in the Café Marquee.

**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. As the day moves on the focus is more on entertainment while the runners wind down ready for the start of the races, including the World Cup Quarter Final. Early evening we start the Sun and Moon run from site. For those not participating in the runs the entertainment continues with various bands 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!

**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** - For your NAN form, the host DC (Tewkesbury) is Keith Robinson, 4 Atkinson Street, Childswickham, Broadway, Worcs. WR12 7HF. Tel 01386-858327. Part completed forms are on the web in the download section.

If no one in your party has a Camping License or Nights Away Permit (unless all members are over 18) contact Ann Haseler, on Cheltenham 01242 224874, who will put you in touch with groups attending from your area.

**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. Vehicles dropping people off will be limited to a 30 minute wait. To prevent congestion please restrict the number of pick-up vehicles to a minimum at the end of the event. 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).

**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.

## 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 1:00am 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 15 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.
9. The Sun / Moon Run official route must be followed at all times.

## 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.

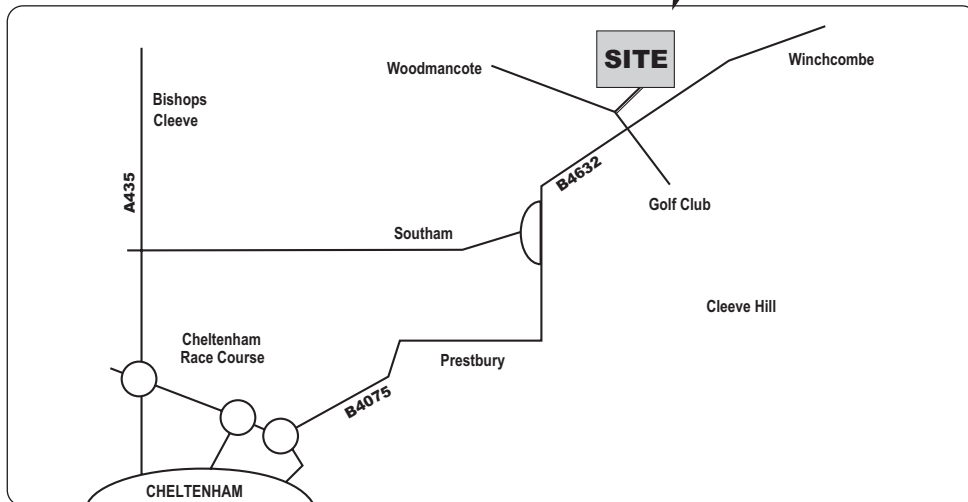
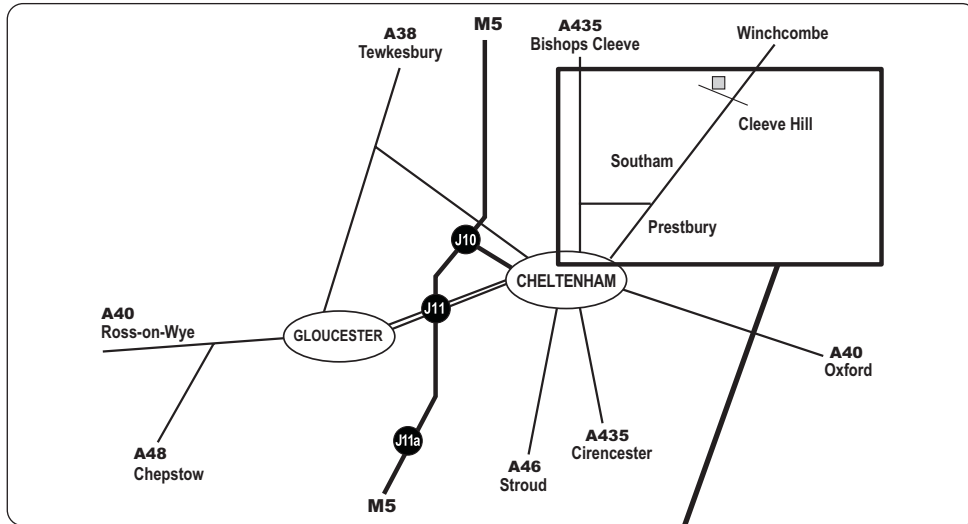




# SUN RUN & MALVERN CHALLENGE

## 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 677965** or SITE MOBILE **07966 531295**

# SUN RUN PRODUCTS

Below is a selection of items that will be available from their tent on site

**T Shirts - from £7.00    Sweat Shirts, Rugby Shirts etc - from £10.00**

**Sun Run Reflective Ankle Bands - £3.00    Reflective Waistcoats - £8.00**

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



"The Adventure Starts Here" will be based in the shop selling a wide range of outdoor equipment at bargain prices. Pre-order enquiries phone Peter or Nick on **020 8451 1521** or email [adventurehere1@aol.com](mailto:adventurehere1@aol.com) for a brochure

## 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 2011 events the dates are:

**MALVERN CHALLENGE 24th June – 26th June 2011**

**SUN RUN 1st – 3rd July 2011**

Arm Band No:

FOR OFFICE USE ONLY

Account Code:

# SUN RUN WEEKEND HEALTH & CAMP PERMISSION FORM 2ND - 4TH JULY 2010

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 15 upwards. 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:

Parent/Guardian signature:

(if participant is under 18 on the weekend of the Sun Run).

Parent/Guardian Name: