

Magdalen Court School

Ten Tors

Training

Please ask you parents to read this.

Please discuss this with your parents as both they and you must understand the commitment and time required were you to join the Ten Tors training squad.

Reading this alone will not give you sufficient information to make informed decisions on Ten Tors, as much as I am happy to discuss this with parents individually, this is a very inefficient means of me getting the information across. A parent/pupil initial briefing evening is essential.

Your son/daughter has expressed an interest in the above activity. I have provided some details here so you may decide if you wish him/her to partake in this activity.

Ten Tors

*is not so much about Tors, or the fact that there are Ten of them,
or even about a long trek over Dartmoor through some inevitably adverse weather.*

*It is about six mates and how they take on The Challenge,
individually and as a team.
It is a roller-coaster of blisters, doubt, and overwhelming achievement.*

It is Dartmoor's way of laying bare your soul.

It is unforgettable...

...be there, and believe.

May 11-12 2002

Borrowed from the official site: www.ex.ac.uk/tentors/

The Ten Tors takes place on the 2nd weekend in May, every year, and is now limited to 2,400 individuals

- 400 teams of six teenagers

(in a typical year 600 organisations apply, usually for 3+ teams).

The teams, depending on age and ability, face hikes of 35, 45 or 55 miles between ten nominated Tors over two days. The intention is that the teams shall be self-sufficient, carrying everything they need to survive two days on the Moor.

It is not unknown for teams to be snow bound one day & suffering heat exhaustion the next, to say the weather can be extreme is no exaggeration.

I intend to run a series of training walks running up to this event primarily on Dartmoor. We will focus on map-reading, survival skills, suitable preparation for such trips, team participation & an appreciation of the beauty of the moor, Oh! & not forgetting, the development of their stamina & endurance & grit for the activity.

75% of this challenge is 'brain power' & 25% brawn, my strongest teams have always been when I have a strong determined leader, not physically strong, mentally strong & often as not it is the girls who shine through, that's not to say I have not had some equally strong male leaders to, but they are rarer.

Magdalen Court School is very special, pupils are given a huge opportunity to take part in this special event. In many schools 60-100 pupils are fighting to get 18 places in the school's Ten Tors Team. The selection process necessitates a very ruthless cull to get this back to a manageable 24-30 pupils who will complete all the training & then go through final selection to select the strongest 18 to represent their school. We have entered teams for 15 years

In the past the majority of these walks were supported just my myself, this is not a model for success. it is essential to have further adult support, either on the hills walking with us or just to provide vehicle support. There are so many ways parents can provide support & facilitate effective training

*A hero is no braver than an ordinary man,
but he is brave five minutes longer.*

- Ralph Waldo Emerson

When and where...

Ten Tors is an expedition challenge for teams of 6, held on Dartmoor in May each year which offers teenagers the prospect of spending two days on the moor as they complete a trek taking them on a planned route to ten different Tors (high points on the moor).

Dartmoor has its own micro-climate and as training takes place in the late winter/early spring it can be miserably wet and bitterly cold. However expect the unpredictable as we have walked in short sleeves in February, been blown across the moor, and navigated blind in dense fog – all in the same weekend. Dartmoor very seldom offers an easy challenge. With the event in May, general weather conditions should improve but too much heat can be just as much as a problem.

Age ranges and distances

To take part you must be aged 14 by the 31 August so you may compete even if you are only 13 providing your 14th birthday is before 31 August of the event year.

- Age 14 to 15 years - 35 miles
- Age 16 to 17 years - 45 miles
- Age 17 to 19 years - 55 miles

Pupils

- Walkers need to be highly motivated, to have at least a basic level of fitness, and be ready to become resilient, committed team players who want to be a part of the training programme.
- Ten Tors training is demanding for most would-be participants – there is no room for ambivalence.
- Potential conflicts with other commitments, academic, sporting or otherwise, need to be resolved earlier rather than later. All have to be balanced against the potential benefits which can accrue from training and successful completion, spanning developmental opportunities such as leadership, team work, self-confidence, personal credibility as well as enhanced hill walking and camp craft skills.

Parents

- Parental support has to extend beyond acquiring of the necessary personal kit and transport to and from training venues. Helping parents/carers to understand the commitment expected of their child will ensure that they're ready and willing to provide any required emotional support as training becomes more arduous.

Training Content

Courage is the fear of being thought of coward.

- Horace Smith

This is our list of the requisite skills –some in greater depth, others less Intensively.

Hill walking skills:

- Leadership
- Team work and inclusive team care
- Navigation
 - 1:25000 map & 1:50000 maps
 - Night navigation in foul weather and/or thick mist.
 - Compass Skills
 - Distance measuring
 - Pacing
 - Timing
 - Relocation skills
- Awareness of Rare Bird Nesting Areas (RBNA) locations
- Route selection
- Risk appreciation/problem solving
- Weather implications
- Safe river crossing practice
- Escape routes
- Emergency procedures
- Basic hill walking health and safety practice

Camp craft:

- Site selection
- Tent pitching
- Good organisation
- Safe stove use including refuelling
- Food and Menu choice
- Cooking
- Sanitation/hygiene

Ten Tors:

- Training and Challenge rules
- Time constraints – night/crash times
- The Ten Tors Code/FTT5
- Environmental appreciation:
 - Landscape
 - Usage through the ages
 - Cultural heritage & Ecology

First Aid:

- Hypothermia and hyperthermia
- Dehydration
- Exhaustion
- Foot care
- Sprains
- Team members' personal medical issues
- Monitoring one another

Fitness:

- Stamina
- Load carrying
- Pace maintenance
- Steady breathing up & down hill rather than uniform pace

Kit-related issues:

- Use of clothing - layering
- FTT 7 – selecting the right kit
- Rucksack packing - per FTT 7 Kit care

Nutrition:

- Keeping hydrated
- Dietary choices
- Little and often

The school will provide tents & stoves.

We count them happy who endure

- James 5:11

Navigation

We want every member of the team to acquire the above skills and knowledge, but whilst it is important that every member has a basic knowledge of navigation, we expect two or three members of the team to have a really good grasp of the topic, given

We prefer to train in teams of six as far as possible as whilst it may be attractive to start the formal phase of Ten Tors training with many walkers, in our experience larger groups tend to be unwieldy and risk losing cohesion especially in difficult circumstances. Whilst one or two spare walkers per team might be prudent, too many may be unhelpful. Our teams are expected to understand pace, time, distance and Saturday 'Night Stop Times' (NST) and Sunday 'Crash Times' (CT). The Event starts at 07:00 on Saturday and finishes at 17:00 on Sunday, but does not offer teams 34 hours of 'walking time' in which to complete their respective distances. In practice the 35 mile teams may have as little as 10½ hours on Saturday after allowing for the impact of the NST on their route and have up to 11 hours available to them on Sunday, assuming that they leave their overnight tor at 06:00. Realistically it makes sense to build in a buffer of 2 or 3 hours of 'contingency time' to cover any mishaps over the two days, suggesting that 35 mile teams need to plan to complete their distance in about 19 hours of 'walking time', whilst seeking to achieve about two thirds of the overall distance on the first day. We work on the basis that whilst the nominal distance may be 35 miles (56km), in practice teams will find that they'll need to cover as much as 38 miles on some routes. Achieving this implies teams being able to sustain 4kmh. Teams on the 45 and 55 mile routes may have several more hours walking time available on the Saturday evening or early Sunday morning, subject to their stamina, as they are not subject to compulsory night stops; they will typically walk at a much faster rate than the 35 teams. We apply this model during overnight training so that the walkers become used to achieving two thirds/one third of the planned activity on the first and second days respectively. Similarly teams need to tackle incrementally more demanding training routes and to become accustomed to completing their training routes successfully, whilst developing their skills, competence and confidence concurrently. We finish, when they finish not when the clock says.

We seek to avoid the risk of a team's morale being undermined by repeated failures to complete their allocated training routes. Mistakes need to be used as learning opportunities with a view to avoiding their repetition during the Event. Given our focus on running a challenging but safe training

regime, we emphasise the importance of team members having the right clothing and equipment and knowing how to deploy it. This is covered in depth.

So what does our training program look like?

*Your desire to know the art of living, my friend?
It is contained in one phrase: Make use of suffering.*

- Henri-Frédéric Amiel

- MCS Orienteering training & competition
- Duke of Edinburgh Award (DofE) expedition
Bronze 2 days, 1 night
- Chagford Challenge; 30 miles, 3rd Sat. in Sep.
- Abbot's Way event (1st Sun. in Oct.)
23 miles East to West over Dartmoor
- Sidmouth Saunter; 24 miles (3rd Sun. Oct.)
- Brecon Beacon weekend. (early Dec.)
3 days in a lovely Farmhouse in the Brecon's
- Exmoor challenge event, 1st Sat. in May
16 miles on Exmoor, with strict time penalties
- Saint's Way walk 20 & 30 mile routes

Theory Sessions

These will mostly happen out in the field

Fitness Training

Aim to get out 3 times a week, preferably as a team.

The best training for Ten Tors is walking on Dartmoor!

Crossing training is cool to; cycling, swimming, running etc

Aim to increase your distance or speed by about 5% a week (marathon training)

Outline Training Dates

*To win Ironman, you have to have physical and mental strength.
And everyone has physical strength.*

- Wolfgang Dittrich

1 March – 15 July

Don't walk in 'Rare Birds Nesting Areas'

Jul.

- Pre-registration by 1st July

Aug.

Sep.

- 1st Confirmation of allocation
- DofE training; two 3 day camps
- x2 day walks in preparation for the Abbot's Way event
- End Sep. Updated Ten Tors rules available

Oct.

- 1st Sun. Abbot's Way Event
- DofE Expedition assessment
- Mid Oct. Team Managers Training weekend

Nov.

- 1st Nov. Accept Teams allocation
- 2 Day walks

Dec.

- 3 day Breacon Weekend at Forest Farm House
- x2 N.Dartmoor Day walks

Jan.

- WITHDRAWAL of team CUT-OFF DATE
- x2 Bunkhouse training camps N.Dartmoor (inc. Night Nav.)

Feb.

- 1st Ten Tors restrictions, 4 training days on the North Moor

Mar.

- Ten Tors electronic trackers sent out to team managers
- 2 night, 2 day Training camp on S.Moor (inc. Night Nav.)
- 2 night, 2 day Training camp on the N.Moor
- x2 training days for Exmoor challenge

Apr.

- x2 training days for Exmoor challenge
- Training camp on N.Moor
- Team On line Registration to be completed

May.

- 1st Sat. May; Exmoor Challenge Event
- 2nd weekend Ten Tors Event

Ten Tors Official Dates

MCS Ten Tors Training

Exmoor Challenge

Abbot's Way

DofE

Food

*Success is counted sweetest
by those who never succeed.*

-Emily Dickinson

The fuel to drive your body through the 35/45/55 miles
In pouring rain, freezing winds & blinding fog.
Up mountainous hills, through mires that swallow cattle & stumbling across miles of tussock grass.

Food should be packaged in clear plastic bags for each meal & labelled as such

Breakfast.

Cook in the bag porridge/muesli + milk powder, sugar and sultanas in a sealed freezer bag
– add hot water to bag, eat out of the bag – quick, nourishing and no washing up.

Lunch.

Tuna sachets, rolls/sandwich/pitta bread filled with cheese, marmite, tomato paste/cheese
or peanut butter.

Dinner.

Boil in the bag or dehydrated stews, casseroles, and/or pasta, cous cous
Hot drink; Hot chocolate sachet or soup

Snack.

Nuts, seeds, sultanas, fresh fruit (if eaten early before being squashed or bruised), dried
fruit (banana & apricots prevent cramp), cereal bars, flap jacks, malt or banana loaf, fruit or
ginger cake, biscuits (fig rolls, shortbread, jaffa cakes, choc chip), oat cakes, dried meat
(biltong), tubed cheese or condensed milk.

Emergency rations

*I'm sitting writing this on the Sun. of Ten Tors at 9pm & there is still one team not accounted for, the
event finished at 5pm. That's what emergency rations are for.*

Chocolate bar, cereal bar + hot drink

Avoid

- Canned foods, too heavy
- Fresh foods; pasties, sausage rolls, Scotch eggs, hours/days out of refrigeration is a recipe for food poisoning
- Pot noodles are not nutritious enough
- Fizzy drinks, these dehydrate you
- Plastic boxes

Drinks

What is to give light must endure burning

- Viktor Frankl

Water, Water, Water

+ isotonic powder/tablet if you like.

Medical authorities calculate that water loss is normally 2.5 litres a day, increasing by as much as three times with strenuous exertion, or hot or muggy conditions.

Education

As part of our preparations, we make sure all walkers are aware of the importance of water and their consumption requirement.

To help them look after each other, we ensure that they know the signs and symptoms; dark coloured urine, cramp, headaches and dizziness are sure signs of the need to drink more.

Water replenishment is a key part of the team's plan.

We teach the following drills:

- Resupply from small fast flowing water streams – not ponds or still water.
- Include water re-supply in route planning.
- Purify and manage with a hard bottle/platypus type combination.
- If a platypus is used, purify water in a container, top up the platypus and then replenish the bottle at the earliest opportunity before repeating the cycle.
- Purify with in-date Chlorine Dioxide tablets, which are considered to be the best these days. Wait for the required length of time before adding to the platypus or drinking the water.
- With fresh flowing water, there is normally no need for filtration on Dartmoor.
- Replenish water containers before arriving at the night stop, especially if the camp site is to be on high ground.

TO RISK

*To laugh is to risk appearing a fool,
To weep is to risk appearing sentimental.*

*To reach out to another is to risk involvement,
To expose feelings is to risk exposing your true self.*

To place your ideas and dreams before a crowd is to risk their loss.

*To love is to risk not being loved in return,
To live is to risk dying,
To hope is to risk despair,
To try is to risk failure.*

But risks must be taken because the greatest hazard in life is to risk nothing.

The person who risks nothing, does nothing, has nothing, is nothing.

*He may avoid suffering and sorrow,
But he cannot learn, feel, change, grow or live.*

Chained by his servitude he is a slave who has forfeited all freedom.

Only a person who risks is free.

*William Arthur Ward
1921 - 1994*

APPLICATION TO JOIN THE 2014

TEN TORS TRAINING SQUAD

Name Class..... Age on 1st Sep 2013. Years.....

Team you wish to be considered for: 35 Mile.....45 Mile..... 55 Mile

For pupil's signature:

I have read the attached information and wish to join the MCS Ten Tors Training Squad. I understand the training commitment required. I will do my best to attend all of the planned training sessions and I understand that my eventual selection for a MCS Ten Tors Team will depend upon the commitment that I show towards the training.

Pupil's signature.....Date.....

For parent's/guardian's signature:

I am content for to participate in the Ten Tors training events and final expedition. I understand that this will require him/her to put in a substantial commitment towards the training for the expedition, that I as a parent/guardian will offer my support to the training program. I am also aware that the final event is held in close proximity to the start of public examinations. I also understand that a place in the final team cannot be guaranteed and that final team selection will be based on an individual's organisation, commitment, fitness and teamwork demonstrated over the training period.

Parent's/guardian's signature:.....Date.

Please return this form by either email Principal@MagdalenCourtSchool.co.uk or the school office as soon as possible (18 September at the very latest) so that I can gauge interest in Ten Tors

*We can't all be heroes, because somebody
has to sit on the curb and clap as they go by.*

- Will Rogers