



Competition Guide

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Document Governance

Document Purpose

A document to provide a single point of reference to key internal and external stakeholders on the management of and resources used to create a safe event.

Document Approval & Oversight

The event safety management plan is the responsibility of the Event Safety Lead. With scrutiny and subject matter expertise from the wider event senior leadership team. The plan is reviewed as a whole, 30 days prior to the event by the event lead and event sponsor for approval.

Version History

Version	Release Date/Time	Owner
V3 2023	Issued complete	K Fernandez
V4 2025	Removal of Kit Checking from competition, inclusion of mandatory kit at scrutineering	K Fernandez
V5 2026	Expedition Skills changed to Pink Panther Heist	T Llewellyn

Introduction to Gwentrek

What is Gwentrek

Gwentrek is the Gwent Area premier event for expedition challenges for Scouts and Explorers from across Gwent (and wider by invitation). It involves a weekend of hiking challenges, designed to test teamwork, navigation, expedition skills and kit use.

Teams of 4-7 compete in different categories to complete a hike with checkpoints on the route to test scouting skills. This is a competition where teams will be tested on knowledge, self-reliance, use of kit, navigation and camping skills.

Gwentrek Categories

There are 3 entry Categories suitable for all abilities

Gwentrek (GT)	Gwentrek + (GT+)	Gwentrek Xtreme (GTx)
Aimed at the Scout section, a great way to experience Gwentrek from the new / inexperienced to the seasoned Scout. Leaders can accompany their teams on the route if necessary. This level of the competition is designed to get new people involved and with the chance to gain some experience, in a few years they will be able to tackle GT+. There is a GT trophy for the winning team.	For those more experienced in the Scout section. This is undertaken without leaders for the whole weekend. Feeling independent, feeling lucky? Teams will be expected to be self-sufficient for the whole challenge.	This is a 2-night independent expedition, for Explorers, on a challenging route.

Key Differences between categories

The overall event runs from Friday evening through to Sunday afternoon, however depending on category, the competition times vary.

	Gwentrek	Gwentrek +	Gwentrek X
Competition Format	Arrive Friday Night 2 x 1 day hike with skills challenge on Saturday evening	Arrive Friday Night Competition starts Saturday AM on departure and ends Sunday PM on return	Competition starts on check in Friday evening and ends on Sunday PM on return
Distance	Saturday: 14km to 16km Sunday: 8km to 10km	Saturday: 14km to 16km Sunday: 8km to 10km	Saturday: 18km to 20km Sunday: 12km to 14km
Competition Support	Adult Leader Accompanied Camping with Scout team(s)	Independent	Independent
Camping	Friday: In Scout team(s) Saturday: In Scout team(s)	Friday: In Scout team(s) Saturday: Separate area in basecamp	Friday: Separate area in basecamp Saturday: Remote Site
Kit to be carried on hike	Day Kit Only	Full Kit, with the exception of the tent, cooking equipment and fuel, which are left in a controlled area	Full kit for weekend

If you have any considerations / adaptations for your team, please contact the team at Gwentrek@gwentscouts.org.uk

Scoring Overview

Scoring is consistent across all categories, with more emphasis on expedition skills for GT+ and GTx. Scoring is split into 2 areas and has increasing focus on expedition skills (e.g., cooking, pitches, route cards) for the higher categories.

Navigation

Teams are scored against times provided on their route cards and scored for each individual checkpoint leg. e.g., if a team loses time on the 1st leg, the next leg window is adjusted based on the new departure time from Checkpoint 1, therefore teams are only penalised for a single leg, rather than the whole route.

Scoring is out of 50 for each leg, full points are awarded for arriving on with points lost for being too early or too late.

Points are available for Saturday and Sunday (on Sunday, route cards will be provided with pre-determined checkpoint times)

Note; if teams are observed 'loitering' before or after the checkpoint, the time recorded will be the time observed by the checkpoint marshals, not their arrival time.

Expedition Skills

All challenges have a maximum 50 points.

Skill	Gwentrek	Gwentrek+	Gwentrek X
Saturday Navigation	200	200	250
Sunday Navigation	100	100	150
Navigation Element	300 (75%)	300 (66%)	400 (62%)
Route & Safety check	50	50	50
Cooking (evening)		50	50
Campcraft (Fri Night)			50
Campcraft (Sat Night)		50	50
Route cards			50
Pink Panther Heist	50		
Expedition Skills Element	100 (25%)	150 (33%)	250 (38%)
Total	400	450	650

Gwentrek competition staff follow a strict scoring matrix to ensure consistency between teams.

Event staff are split into teams. Competition staff are the only volunteers that can have an impact on scores and will have a specific hi-vis colour. All other staff, particularly the Safety and Wellbeing team are there to prioritise the safety of young people and adults and not the competition scores or results.

Navigation Scoring

Applies to GT / GT+ / GTx

Aim

The aim is to encourage teams to understand their own walking speeds and plan routes with appropriate timings. During the event it supports good navigation and time keeping. Scoring for each route-leg allows teams that have individual poor route-legs to 'reset' at each checkpoint, rather than be penalised for the whole competition. The focus is on good planning and management, teams must not 'loiter' around the checkpoint. Marshals will be checking the area around each checkpoint, any team found 'loitering' around the corner will be deemed to have 'arrived' at the time observed by the marshal.

Teams will be allowed to rest for up to 20mins at each checkpoint, collect water and adjust bags. Teams can leave early if they wish. Exact departure time will be controlled by the Checkpoint team to ensure sensible spacing of teams, where Teams are held at a Checkpoint by the marshal delaying their leaving time, no penalty will be incurred by the team, their departure time will be recorded when they leave.

Saturday

Scoring will be based on Checkpoint times. Teams must submit leg times in advance of the competition via an electronic portal (through their team booking on the event portal) which will be used to determine times. Leg times can be updated up until check-out from base site on the Saturday morning.

Teams must have a copy of their own route plan and timings.

Timings are based on the check-in / checkout at the checkpoint, based on marshals timing, not those of the teams. Times will be recorded rounded down to the nearest minute (e.g., seconds are not included). All timing bases will confirm with the team when they are checked in and out. Times will be recorded by the checkpoint marshals.

- Each Checkpoint has a maximum score of 50
- An arrival time +/- 2 mins of the stated leg time scores the full 50 points
- 1 point is then deducted for every additional minute +/- of the stated leg time
- No deductions beyond 52mins e.g., lowest score is zero, no negative points

Where Waypoints are included in the route, failure to pass the Waypoint and collect appropriate marker will score 0 points for the leg e.g., maximum time penalty

Sunday

Teams will be provided with a route for Sunday during Saturday evening, on check out on Sunday morning the team must provide an estimated journey time for the full route.

Timings are based on the check-in / checkout at the checkpoint, based on marshals timing, not those of the teams. Times will be recorded rounded down to the nearest minute (e.g., seconds are not included). All timing bases will confirm with the team when they are checked in and out. Times will be recorded by the checkpoint marshals.

- Full route timing will be out of 100 / 150 depending on competition level
- An arrival time +/- 2 mins of the stated leg time scores full 100 / 150 points
- 2 points are then deducted for every minute +/- of the stated leg time
- No deductions beyond 102 / 152 mins e.g., lowest score is zero, no negative points

Where Waypoints are included in the route, failure to pass the Waypoint and collect appropriate marker will reduce score by 50% points for the leg.

Scoring Method

Teams will be given an online form to upload leg times prior to the event, these can be changed up to the point of departure. Planned Leg times will be captured for each team. All times must be provided in minutes, not hours & mins e.g., 90 mins not 01:30

Each Checkpoint will have a full list of teams. The team time will be captured on arrival and departure from each location. By comparing the departure time with the arrival time at the next Checkpoint the leg time will be calculated. All times are independent not cumulative, if teams arrive together, they will be given same time.

Timings will be captured by the marshals both manually and electronically (via a shared spreadsheet) this is to avoid any internet access issues but minimise administrative time.

Timing will be based on the marshals digital watch / timer, these aligned by the competition team

Teams will not be told on route whether they are matching their times, checkpoint teams have no visibility of the planned times.

Changes to Team or Kit

Gwentrek Competition is a challenge, and as such some participants may find they struggle. However, keeping in the spirit of scouting, but ensuring fairness for all participants, there are points deducted for not completing the course with all the specified kit.

Kit Drop Off

Team should spread the kit load based on individual ability, with the intention of reaching the end of the day with all specified kit, however, if teams are struggling, they may find they need to deposit some or all kit at a checkpoint (to be taken to the end of each day's route by the event team). Where teams are observed to be struggling (i.e., through significant time delays) the safety team may direct teams to leave kit at a checkpoint. Any decision taken by the safety team is non-negotiable.

Any team where kit is transported via the event team, will be deducted 25 points for the Checkpoint of collection and 25 points per subsequent Checkpoint (including the finish)

Where selected members drop kit, points deductions will be calculated as

- 50% for 1 person
- 80% for 2 people
- 100% for 3 people or more

Teams or Team Members pulling out

Where a team or team members need to withdraw from the competition due to being unable to continue through fatigue or routine ailments typically caused by being ill prepared (blisters, chaffing) they will be deducted points for the checkpoint of collection and further points for each subsequent checkpoint (including the finish).

Where team members are forced to withdraw due to a medical emergency (asthma attack, broken limb etc) the team will not be penalised unless the team has been negligent in their approach and implementation of normal expedition practice. The event team will review each medical emergency and reserve the right to penalise any team found to be operating outside of Scouting values and attempting to exploit this exemption without good reason and valid medical reason.

If the whole team pulls out, the team will be unclassified in the final rankings, but will still be scored on each activity

Where selected members withdraw, points will be deducted as (Sunday Impact Is double points)

- 25 points for 1 person
- 35 points for 2 people
- 50 points for 3 people or more

If the team continues (subject to minimum team numbers) then the team remain classified

Route Safety Check

Applies to GT / GT+ / GTx

Aim

The aim of route & safety check is to evaluate the team's ability to understand their route, navigate the terrain and understand behaviour and safety whilst hiking.

Timings will be dependent on the number of teams entered and availability of scrutineers, but for consistency the aim is to use the least number of scrutineers as possible. Expected timings are

- GTx / GT+ will be scrutineered from 2000 on Friday Evening
- GT will be scrutineered on departure Saturday morning

There are 3 Elements of scrutineering

- Route Knowledge
- Navigation skills
- Safety Kit Check

All members of the team will be tested on their knowledge, for GT teams it will be explained at the start of scrutineering that the accompanying adult leader (and YL) are not allowed to assist with responding to questions.

The scrutineer team will be observing safety; any team they have concern for will be referred to the Safety and Wellbeing team for more detailed discussion and review, this may include, poor route understanding, navigation competency or lack of safety equipment.

Scoring Allocation

The following questions will be asked randomly but spread across the whole team to avoid any favouritism or perceived bias

Teams will be provided with a scrutineering time, failure to attend at the allotted time will result in 1% reduction in scores (rounded down to nearest whole number) for each minute they are late. It is encouraged that teams arrive ready in advance of their allocated time and ready to answer questions and demonstrate their kit

Route Knowledge (5 x 3, Total 15 Points)

- Each leg of the route will be described by a different team member (up to 5 legs)
- Team members should be able to
 - Describe main features of the route including type of paths, incline / declines
 - Describe 'ticking off' points along the route
 - Identify points where they may get lost
- Scoring per leg based on
 - 3 Points – No Guidance
 - 2 Points – Team Assist in response
 - 1 Point – Scrutineer guides response
 - 0 Point – Whole team struggle to respond

Navigation Skills (10 x 2, Total 20 Points)

- Navigation skills will test the team's ability to read maps and understand features. There will be a selection of prescribed questions (to be confirmed based on final routes) that scrutineers will select from in a random method
- Skills may include the following and other topics:
 - Setting Map to North
 - Describe the overall terrain of the area, identify hills, valleys, farmland and woodland
 - Describe the different roads on the maps and significance of different colours
 - Identify a catching / boundary feature on the route and how you will use it to navigate
 - Take a bearing from the map and identify direction
 - Calculate how long to walk 2km and climb 50m
 - Describe the profile of a section of land (section to be confirmed)
 - Identify 5 map symbols (may include some of the following and others; Church with Tower, Phone box, Trig Point, Coniferous Forest, Stream)
 - Describe what you would see in terms different path types (may include some of the following and others; Main Road, Lane, Bridleway, Forest Path, Field Crossing)
 - Countryside Code
- Scoring is
 - 2 Points – No Guidance
 - 1 Points – Team Assist in response
 - 0 Point – Scrutineer or Accompanying adult / Young Leader assist in response

Safety Check – Personal items (2 points per item, total 20 points)

10 items of key personal safety equipment will be identified, team members will be asked to produce the item from their kit on a random allocation across the whole team

- Whistle
- Emergency Food
- Waterproof coat
- Waterproof trousers
- Hat
- Gloves
- Paper & pen
- Torch
- Drink
- First Aid Kit

Safety Check – Group items (1 points per item, 5 Points)

The following items must be provided by the team, no restriction on who is carrying the items, except they cannot be carried by the Adult Leader (or accompanying YL)

- Map x 2
- Compass x 2
- Shelter / Bivvy bags

Scoring Method

Each scrutineer will be provided with a check sheet for questions and points scored, Totals will be added up and any penalty points for lateness will be applied to total score.

Final scores will be uploaded to a master score sheet.

Saturday Evening Cooking

Applies to GT+ / GTx

Aim

To demonstrate good expedition meal planning, ability to use equipment safely, ability to cook a meal for the team and maintain basic hygiene

Approach

Teams will need to plan their menu and bring the food and equipment to cook their meal(s)

- GT will cook in their own camp area; cooking equipment can be left at their camp base during the hike, **GT teams will not be assessed and scored for their cooking, but encouraged to take part and cook their own meals.**
- GT+ teams will be allowed to leave their cooking equipment (stoves and fuel) in a controlled area and will be cooking on their leader free camp pitch.
- GTx must carry all equipment and cook within their allocated camping area

Teams must notify the competition team when they are ready to be assessed, the competition team must see

- Teams setting up equipment
- Cooking their meal, demonstrating appropriate hygiene and safety
- Correct cleaning and storage of equipment when finished

Scoring

Teams are scored on the following elements

- Meal Plan 15 points
 - Balanced Nutrition – 1 point for each of 5 a day (or supplement)
 - Energy Level – High Energy (pasta / carbs) – 5 points, Medium energy – 3 Points, Low energy - 1 Point
 - Courses – 2 Courses – 5 Points, 1 Course - 3 Points
- Use of Equipment
 - Correct Setup – 5 Points
 - Planning of cooking order to maintain warm food / minimise fuel - 5 Points
 - Safe handling – 5 Points
- Equipment Hygiene & Storage
 - Clean Equipment – 5 Points, deduct 1 point per dirty item
 - Correct storage – 5 Points, deduct 1 point per poorly stored item
 - Clean personal crockery - 5 Points, deduct 1 point per dirty item
- Bonus Points
 - Up to 5 additional points are available for creativity and flair

Camp Craft

Applies to GTx

Aim

To demonstrate good camping skills and awareness of the site

Approach

Sites will be inspected during the competition period, after each inspection feedback on scoring will be provided to allow teams to rectify any issues before the next round of inspections.

Scoring will undertaken on both evenings

Scoring

SUBJECT AREA	Purpose of check	0	1	2
Tents	How well are the tents put up and will they survive the night.	The tent is sagging badly, poorly erected or in a bad location, i.e. on an uneven slope or dip. No use of guy lines Kit pressing against side of tent or poking out under tent. If there is wind or rain they will struggle to sleep and kit may be damaged.	Tent is completely erected but very untidy – door open, guy lines either not aligned correctly or not properly attached. Kit apparent just under the edge of the tent. The tent should survive most conditions and they will sleep reasonably comfortably but some kit may get wet.	Tent erected correctly in a good location. Occupants likely to sleep very well and kit likely to be unaffected by any adverse weather conditions.
Kit	How well are they looking after group and personal Kit	Kit is all out on the ground, risk of losing kit to conditions In ability to find relevant equipment	Kit is dry, but not organised or stowed after use. Items may get lost if conditions change or not ready for next use	Kit is tidied away when not in use, minimal risk of damage or loss
Hygiene	Are the teams looking after themselves and personal wellness	Teams are collapsed on the floor, still in hiking clothes and shoes IF they stay like this will they survive another day	Some of the team have changed from hiking, feet and aches being taken care off	Team have all washed and refreshed to have a relaxing evening. Prepared for the next day hiking
Surrounding area	Are they looking after their environment correctly, storing kit correctly in their tent and maintaining a clean site.	Site Unacceptable, Food left out in the open, litter distributed outside Evidence of food on ground, some kit abandoned, site untidy.	A few minor infringements and a few small bits of litter or kit apparent. Generally satisfactory and typical of inexperienced Scouters	No evidence of litter, food or kit around site. A well maintained tidy site which is a credit to the occupants.
Consideration of others (noise etc)	Are they good neighbours allowing others to camp peacefully	Higher than normal noise level, shouting at each other. Disturbing majority of adjacent camps. Behaviour unacceptable.	Disturbance to teams immediately adjacent i.e. on either side of site due to raised voices. Otherwise behaviour acceptable.	Perfect neighbours. No disruption to other campers.

Route Cards

Only GTx Scored ... All teams to provide a route card

Aim

To demonstrate good awareness of the planned routes, timings and emergency options. All route cards should have an accompanying route trace (baking paper makes good tracing paper)

Teams only need to provide route cards for Saturday, Sunday route cards will be provided on Saturday evening

Approach

Teams should prepare route cards in advance; a template route card will be provided with the joining instructions and available online (Gwentrek Website). Only Checkpoints should be shown on the route card, Waypoints and Road Crossings can be included on the route card and marked accordingly but should not be included in timings., only Checkpoint to Checkpoint timings are required. All Checkpoint leg timings should also be provided via the booking portal, entered in minutes only.

All route cards should assume an 0800 start time in order to complete the route card. Actual start times will be provided on the event. Teams are scored on the leg duration, not the absolute times

All teams should bring a minimum of 3 copies of their route cards and traces, 1 to hand in at scrutineering, and 2 to carry with them. Timings will be checked with the online numbers, where there is a discrepancy, the route card will be used.

Scoring on the route card will be as follows;

- **Points identified (5)** – 1 point for each correct grid reference, named correctly showing knowledge of location
- **ETAs (5)** – 1 point per checkpoint / finish; An arrival time (rather than just a number of minutes) based on the estimated start time is calculated and recorded
- **Total time (5)** – Total distance and timings for the day have been added up correctly indicating teams know how long their walk is and how long it will take them.
- **Escape routes (10)** - 2 points per leg, have the alternative ways out been identified and well-described. "Return to last checkpoint" on every line won't score very well!
- **Descriptions (10)** – 2 points per leg; A sentence or two explaining what those following the route would expect to see on the walk – potential tick-off features etc
- **Leg estimation (10)** – Estimates of distance and time are in-line with a consistent identified walking speed, and take into account height gain/loss e.g., Naismith's Rule
- **General readability (5)** – How well did it communicate your intentions? Are the team names listed? Emergency contact details

Failure to provide a route card will result in no scores being applied and team being withdrawn from Gwentrek.
Failure to produce 2 route cards at the end of the days hike will result in a 25-point deduction

Pink Pather Heist

Applies to GT

Aim

To evaluate the abilities and knowledge of GT teams around scouting skills including first aid, navigation, teamwork under pressure and communication

Skills Team should be familiar with

- First Aid: Teams will need to demonstrate appropriate First Aid knowledge and skills within a defined scenario. Teams will be briefed on the scenario and then need to act in an appropriate manner. Teams should be aware of DR ABC, Recovery position and how to call for help
- Navigation; Teams should be confident in using a compass, walking on bearings, estimating distance by pacing. The team should also be aware of group walking skills and micro navigation
- Teamwork; Teams should be able to understand a challenge and work together to complete the task, this might require some basic knot knowledge and pioneering
- Communication: Teams will be expected to use Semaphore or Morse code (crib sheets will be provided) to send messages

Kit required to bring with them

- Compass
- Torch

Penalties & Disqualification

Applies to GT / GT+ / Gtx

Aim

Where teams' behaviour or activity is not aligned to Scouting values, and the safety team decide not to remove the team on safety grounds, the competition team may deduct points. While every incident cannot be anticipated, the items below provide guidance for the competition team.

Approach

Any points deduction will be

- Documented by the competition team
- May include 2nd hand accounts from event team, competitors or support team
- Will be discussed within the competition team to ensure consistent approach

Note: while any member of the event team or participant can raise an issue, only the competition team can review and apply any penalties. The competition team may also recommend to the safety team that any team or individual disqualified from the competition because of their behaviour is removed from the event site immediately.

Minor transgressions

- Actions that are not in the scouting spirit but do not have a direct impact on the competition outcome
 - o Disorderly behaviour on the site or abuse of the facilities, including loud noises after lights out, inappropriate use of toilets, misuse of supplies, hiding of waste around the site
 - o Not following instructions of the event team

Evidence

- Multiple independent observations reported to the competition team
- Direct observation by a competition team marshal

Impact

- A penalty of 10 points per transgression will be applied

Major Transgressions

- Actions that may have the impact of improving one teams score compared to another team
 - Behaviour not in the spirit of the competition, including cheating, sabotage
 - Incorrect use of mobile phones and / or electronic devices, specifically to solicit help & guidance. This could include use of GPS Apps, leader assistance or inter team assistance

Evidence

- Direct observation by a competition team marshal
- Corroborated observations from multiple people
- Investigation

Impact

A penalty of 25 points per transgression

Significant Transgressions

- Unauthorised contact with adult / leader ... unless an emergency situation, any groups found conversing / messaging with adults or leader, with the intention of gaining assistance will be disqualified. If contact is required for competition purposes (e.g., parent phone home), permission from an event leader should be sought, and will be allowed in a designated area. Any participant caught making phone calls with good explanation may receive a warning (and may incur point deductions).
- Division of the group while on route ... unless in an emergency, the group must not split or divide. Any teams

found to be split will be immediately withdrawn from the competition. Groups may request to be split at manned Checkpoint, where a team member is struggling or incapacitated. Providing at least 4 team members remain walking the team can continue to compete. The event team will arrange for the individual(s) to be returned to base. Please note, this is only at Checkpoints, not Waypoints due to access and safety of the team

- Inappropriate behaviour that puts the team, any participants or general public at risk or in danger ... the event team take the safety of the event very seriously and incidents will be assessed on a case-by-case basis and may result in the disqualification of an individual or the team
- Any behaviour that intentionally distresses or damages wildlife, livestock or wild animals, or damages property ... the event operates on the good nature of many landowners, farmers and government agencies. Any action that jeopardises the future running of the event, especially damage to property or livestock will be treated seriously
- Other incidents ... will be assessed by the event team on a case-by-case basis

Evidence

- Multiple corroborated evidence
- Multiple Competition / Team member observation
- Investigation

Impact

Disqualification from the event

In the event of a disqualification the team will be returned / held at basecamp and the relevant leader-in-charge contacted. It will be the responsibility of the leader-in-charge to arrange transport home at the earliest possible opportunity.