

22 (Sandy) Squadron Air Training Corps

Bedfordshire and Cambridgeshire Wing

The ATC/ACF Cadet Centre, Alnwick Close,
Sandy, Beds. SG19 1UA

Tel: 01767 691681

Website: www.sandy-aircadets.org.uk

Email: info@sandy-aircadets.org.uk



Date: 24 October 2010

Press Release

Sandy Cadet Complete Bronze Expedition

Seven Air Cadets from 22 (Sandy) Squadron recently complete their final Duke of Edinburgh's Award Expeditions, walking a total of 33 kilometres over two days.

On Saturday 16th, the cadets set off in two groups from Little Gransden, walking the first 17 kilometres to the campsite at Bassingbourn Barracks. Despite walking through the rain and mud, the groups managed to meet their checkpoints on time, making it to the campsite before dark, where they set up camp and cooked the evening meals. As the night went on the temperature dropped and the cadet headed off for an early night.

The cadet were up in the early hours of Sunday morning in the cold and damp, packing away camp, and despite some aches and pains, headed for the finishing points 16 kilometres away.

Along the way moral was high, with everyone supporting and helping each other to make every checkpoint on time, and even having enough time for a cooked lunch. The moral was so high that one group even ran the last 100 metres of the expedition. At the end of the weekend the cadets felt like they had achieved something special walking 33 kilometres, after being totally self-sufficient for the two days.

Cadet Simon Parsons (15) said "Even before the weekend I knew it was going to be tough and challenging, but at the same time rewarding. The expedition stretched my limits, but I really enjoyed the whole experience and I can't wait to finish the rest of my bronze award so I can do the silver expedition".

After finishing the expedition section, the cadets have only four more sections before completing their Bronze Duke of Edinburgh's Awards.

If you would like information on how to join as a Cadet, a member of Staff or Civilian Committee member please call 01767 691681, email info@sandy-aircadets.org.uk or visit our website at www.sandy-aircadets.org.uk.

By Cadet Simon Parsons – 22 (Sandy) Squadron

>>END>>



The ATC/ACF Cadet Centre, Alnwick Close, Sandy, Beds. SG19 1UA

Charity Exemption W182/00



INVESTOR IN PEOPLE

Notes to Editor:

Included photographs:

All photographs are subject to crown copyright

Photo 1 – Cadets conquering the hills

Photo 2 – Last kilometre to the campsite

Photo 3 – Early Sunday morning start

Photo 4 – Cadets sprint to the finish

For more information, please contact CI Jeffrey Henshaw, Squadron Media Communications Officer

Email: jeffrey.henshaw@sandy-aircadets.org.uk

Mob: 07812432116



The ATC/ACF Cadet Centre, Alwick Close, Sandy, Beds. SG19 1UA

Charity Exemption W182/00



INVESTOR IN PEOPLE