

Cadet Burpee Battle - The Unit Challenge

Cadet Burpee Battle

The Ulitimate Unit Challenge

**Think your CCF Unit has
what it takes? Prove it!**

**Most Burpees - Most funds raised
Ultimate Champions!**

Compete - Fundraise - Lead

**In support of the Cadet Forces Charitable
Association (CCFA)**

**Challenge Runs:
Until 20th December 2026**



**Combined
Cadet Force**

Cadet Burpee Battle - The Unit Challenge

What It's All About

The **Cadet Burpee Challenge** is a national competition uniting **Army, Air, and Sea Cadet sections** from the CCF, ACF and other units across the UK, all pushing themselves to raise vital funds for the **Combined Cadet Force Association Charity (CCFA)** through a one-minute, high-energy burpee challenge.

But this isn't just about how many burpees you can do.

It's about what they represent:

Resilience. Leadership. Teamwork. Service.

It's also about giving back to a charity that gives **so much to us** as cadets. The CCFA supports the **leadership training, camps, adventure experiences, and personal development opportunities** that help cadets across the UK grow, including within **their own units**. This is our opportunity to unite as a cadet community and make a lasting impact.

Where It All Began

This national challenge was inspired by **Army Reservist and Cadet Instructor Mark Bailey's mission** to break **four Guinness World Records**, including:

Most Burpees in 1 Minute

Most Burpees in 3 Minutes

Most Chest-to-Floor Push-Up Burpees in 1 Minute

Fastest 1 Mile of Burpee Broad Jumps

I wanted these world-record attempts to inspire something more significant - a movement that gave back to cadets across the country. That's where the **Cadet Burpee Battle** was born: a chance for every CCF unit to unite in the challenge, raise funds for a cause that directly supports them, and prove what cadets are made of.

How It Works

- ✓ Every cadet completes as many **burpees as they can in 1 minute**
- ✓ Cadets get sponsored by **friends and family**
- ✓ I will **track individual and team totals**

Then: Complete the following [MS Form](#)

Donate your raised amount to

<https://www.justgiving.com/page/mark-burpeechallenge>

Deadline for Ferrers School Submissions: 20th December 2026

All burpee counts, photos/videos, and donations must be submitted by this date to be eligible for national recognition.

National Awards

- **Top Individual Cadet** - Most burpees
- **Top Individual Fundraiser** - Most amount raised
- **Best Overall Unit** - A combined total of burpees and donations
- **Best Army, Air & Sea Cadet Units**

Why It Matters

Cadets across the UK face growing pressure on resources and funding. The **CCFA** helps ensure cadets from all backgrounds can still access the **life-changing experiences** the CCF offers, from leadership development to adventure training.

This challenge is our opportunity to **give back to a charity that directly supports us** and demonstrate the cadet community's power when we come together with a shared purpose.

Every rep. Every pound. Every cadet. One goal.

Get Involved

Cadets - bring your best.

Supporters - back your local unit.

Instructors - help your cadets lead from the front.

Together - let's show what the cadet community is made of.

One minute. Maximum effort. One big difference.

If you have any questions, please contact Sgt Mark Bailey

Email: mark.bailey135@mod.gov.uk

Mobile: 07949 126324



Combined Cadet Force

CADET BURPEE BATTLE SPONSOR FORM

We're raising funds for the Combined Cadet Force Association (CCFA) to support leadership training, adventure experiences, and cadet development. By participating, you'll help ensure cadets have access to life-changing opportunities.

Cadets Details

CADET FULL NAME:

RANK:

CCF SECTION:

(Royal Navy, Royal Marines, Army and Royal Air Force):

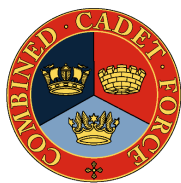
CCF UNIT LOCATION:

Contact details (Optional):

SPONSOR PLEDGE FORM

Sponsor Name	Contact Details	Amount Sponsored FIXED AMOUNT	Amount Sponsored PER BURPEE	Total Burpees Completed	Sponsorship Paid
					TOTAL £
Sponsor Name	Contact	Amount	Amount	Total	Sponsorship

[illegible]



Combined Cadet Force

CADET BURPEE BATTLE SPONSOR RETURN FORM

Submission & Return Instructions

Once all sponsorship has been collected, please submit donations online via the official fundraising page: www.justgiving.com/page/mark-burpeechallenge or the QR code below.

MS form and donations must be submitted **by 20th November 2026** to ensure your cadet and unit are eligible for national recognition and prizes for the **Cadet Burpee Challenge**.

Thank you for supporting the Combined Cadet Force and helping raise vital funds for the **Cadet Forces Charitable Association (CCFA)**

DONATION QR CODE



MS FORMS QR CODE

