

SUMMER TERM • MAY 2024

KENT SCHOOLS ORIENTEERING NEWSLETTER



Kent Juniors at the British Championships

In April this year, the British Long Distance Orienteering Championships and the British Orienteering Relays were held in Whitby, North Yorkshire. Some of Kent's most promising juniors were in attendance including Luke Bennett running in the M16 class.

The Long race on Saturday was set in steep gruelling terrain and the long winter of rain had made the ground muddy and slippery. Luke Bennett, (pictured left in his South East Junior squad top), had a good race finishing 8th overall in his class.

Luke Bennett (16)

On the Sunday, it was the British Orienteering relays. Each team is comprised of three runners. There is a mass start for the first leg runner, but each course is a little different so everyone has to navigate their own course as well as race the other teams before handing over to the 2nd leg runner.

Racing is fast and furious and busy, often with a leading bunch moving round the forest giving a real sense of excitement and fun as each runner tries to pull away without making any costly errors!

Luke Bennett was running with 2 of his South East Squad mates in the M18 class and they finished a very creditable 5th.



M16 Long Distance course

Kent Junior Orienteering Festival - 6 July 2024



The two orienteering clubs in Kent (Saxons Orienteering and Dartford Orienteers) have been holding the Junior Orienteering Festival for the last fifteen years. It's a great opportunity to have a goal for your activities. There's medals for each pair of school year groups from year 1 and 2 through to Year 11 and above. Children up to and including years 7 and 8 can either participate individually or complete as a pair. There are four different courses with suggested School years groups matched to each one.

This year's event will be at Leybourne Lakes just off the M20 near West Malling on Saturday, 6th July. Guidance is available in advance for those with little prior experience via two videos which we hope will enable parents and their children to get a good feel of what to expect. There will be further guidance in person at the event and plenty of marshals out on the courses to help us to create a safe environment. Lots of medals to be won too, medals for first, second and third in each pair of School years separately for boys and girls. Further details are here <https://www.dfok.co.uk/events/leybourne-lakes-sat-6-jul-2024>.

Anyone can enter and to do so, visit the entries system [racesignup.co.uk](https://www.dfok.co.uk/racesignup) or contact Andrew Evans on schools@dfok.co.uk if you have questions or need assistance.

British Schools Orienteering Championships - 17 Nov 2024

A reminder that for the first time in the 40 year history of this event, the British Schools Orienteering Championships is being held in Kent.

The date to note is Sunday 17th November, and the location is Shorne Woods Country Park, just off the A2 between Gravesend and Rochester. There will be a practice event using the map at Trosley Country Park on the previous day.

We are expecting pupils from all over the UK to converge on Shorne - it would be great to see a medal haul to the home county!

Further details are here <https://www.dfok.co.uk/events/shorne-woods-country-park-sun-17-nov-2024>



Austin Howe (16)



Upcoming Orienteering Events in Kent this Summer

For further information on upcoming events, visit www.saxons-oc.org and/or www.dfok.co.uk.

Sun 19 May	Ightham	Borough Green
Sat 25 May	Jeskyns Community Woodland	Gravesend
Sat 8 June	Darenth Country Park	Dartford
Sat 15 June	Mote Park	Maidstone
Sat 6 July	Leybourne Lakes - Junior Orienteering Festival	Maidstone
Sat 13 July	Dunorlan Park	Tunbridge Wells
Sat 10 Aug	Trosley Country Park	Vigo
Sat 21 Sept	Betteshangar Country Park	Deal

All of our events have courses for beginners. Guidance will be available to newcomers and novices before the start. Go around individually or as a group, pair or family.

Kent Primary School Sports Conference - 5 June 2024

For the first time, Saxons and Dartford Orienteers are going to have a stall at the Kent Primary School Sport Conference at Detling on the 5th June and we are really looking forward to meeting some of you there. We'll have examples of how we have assisted schools, the competitions that we run and can explain the range of activities that can be offered to pupils.

One school teacher fed this back to us "We completed another round of orienteering at the start of this term. This time we had children from all age groups collaborating and it was a joy to watch. What struck me was the speed with which the children grasped the concept with minimal adult intervention. In my experience so far, a friendly competition element is also proving very popular. I had some very talented year 3's in the group which was very exciting to see."

Come and visit us and ask any questions you may have on the delivery of map based OAA.





Medway School Games Orienteering Competition: 16 May 2024

Final details are being put together for the 2nd annual Medway Senior School Games Orienteering Event at Capstone Farm Country Park on 16 May 2024.

With nearly 200 hundred pupils from years 7, 8, and 9 competing in pairs across 2 courses, the stage is set for a fun day out, learning a new skill and enjoying outdoor activities.

There will be a separate competition for boys and girls and for each year group with the shortest aggregate time across both courses determining the winning pairs. A perpetual shield will be awarded to the overall winning boys' school and girls' school. Each pair must stay together on the course and finish together to score.

There will also be a fun Maze-O game to hone map orientating skills during the lunch break.



Delivering OAA in the school grounds - 22 May 2024



Would you benefit from some guidance from an experienced former elite orienteer and professional tutor on how to deliver map based activities in your school grounds? We are holding another Teach Orienteering Part 1 course on **Wednesday, 22 May**. It is a full day course at Lullingstone Country Park.

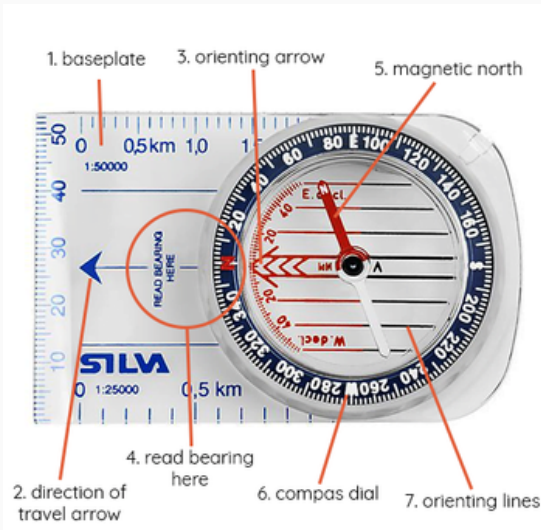
Here is a link to the flyers containing more information <https://www.dfok.co.uk/documents/schools/Teaching-O-Course-Lullingstone-2024.pdf>

There's only a few places left on this course but if enough teachers express an interest in attending, a further course will be held early in the next School year.



Orienteering Activity: How to use a Compass

Skills: Orientating the map with a compass; taking bearings



Resources:

- Map of activity area.
- Set of Compasses, ([Newitts](#) sell a set of 10 for £25)

The Session:

Recap:

- Orientating the map based on our surroundings - see [Kent Schools Sept 2023 Newsletter](#).

Describe key parts of the compass:

- Needle - red end always points north
- Direction of travel arrow
- Orientating Arrow and lines
- Baseplate
- Compass Dial

Using a compass to orientate the map:

- Describe that the red end of the compass needle always points north
- Compass to be laid flat on the map
- Orientate the map so that the north lines on the map align with the compass needle

Taking a bearing (4 steps):

- with map and baseplate are level line the baseplate in the direction we want to go
- twist the compass dial until the orienting lines match the north lines on your map
- move yourself and the compass until the needle lines up with the orienting lines
- head in the direction the arrow on the baseplate points

Activity

- Set out a number of control flags in your mapped area and print a variety of activity maps with the start and just one of the checkpoints marked.
- Pupils take a bearing and walk to their control, make a note of the letter or number and return to see if they are correct.

Notes:

- Make sure orientating lines are pointing in the same direction as North
- Make sure side of baseplate lines up centre of start and centre of checkpoint circle

