

WINTER TERM • FEBRUARY 2024

KENT SCHOOLS ORIENTEERING NEWSLETTER



South East Junior Squad in Oslo

Last October, 17 juniors and 4 coaches from the South East Junior Squad set off for a training weekend in Oslo, Norway.

It was a great opportunity for the juniors to get experience of training in some superb and technical terrain and get some international experience.

To top off the weekend, Ralph Street, part of the GB team and one of the best orienteers in the country met up the group to lead some of the training sessions. Originally from London and now based in Norway, it was a real privilege for the juniors to learn from Ralph and to understand his drive to be at the top of the sport.

Permanent & Virtual Courses across Kent

- Tonbridge Castle & Haysden Country Park (Tonbridge) - Virtual
- Capstone Country Park (Gillingham) - P / Virtual
- Kent University Campus (Canterbury) - P
- Betteshanger Country Park (near Deal) - P / Virtual
- High Meadow & Whinless Down (Dover) - P / Virtual
- Mote Park (Maidstone) - P / Virtual
- Brockhill Country Park (Near Hythe) - P / Virtual
- Milton Creek Country Park (Sittingbourne) - P / (Virtual coming soon)
- Trosley Country Park (near Vigo) - P / Virtual
- Leybourne Lakes Country Park (nr Maidstone) - P / Virtual
- Bedgebury Pinetum - P

P - Permanent Course. Virtual - Virtual courses using MapRun

"how to" guides
for Virtual courses
and how to get
involved



**FIND YOUR
WAY** PROJECT



Upcoming Orienteering Events in Kent this Winter/Spring

For further information on upcoming events, please visit www.saxons-oc.org.

Sun 3 Mar	Knole Park	Sevenoaks - TN13 1LW
Sat 9 Mar	Kings Wood	Challock
Sat 16 Mar	Danson Park	Bexley
Sat 20 Apr	Cobham Great Wood	Gravesend
Sat 3 May	TBD	TBD
Sat 18 May	Darenth Country Park	Dartford
Sun 19 May	Ightham	Borough Green
Sat 25 May	Jeskyns Community Woodland	Gravesend

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.

British Schools Orienteering Championships

On 17 Nov 2024, the School Orienteering Championships are being held at Shorne Woods Country Park. Just off the A2 between Gravesend and Rochester.

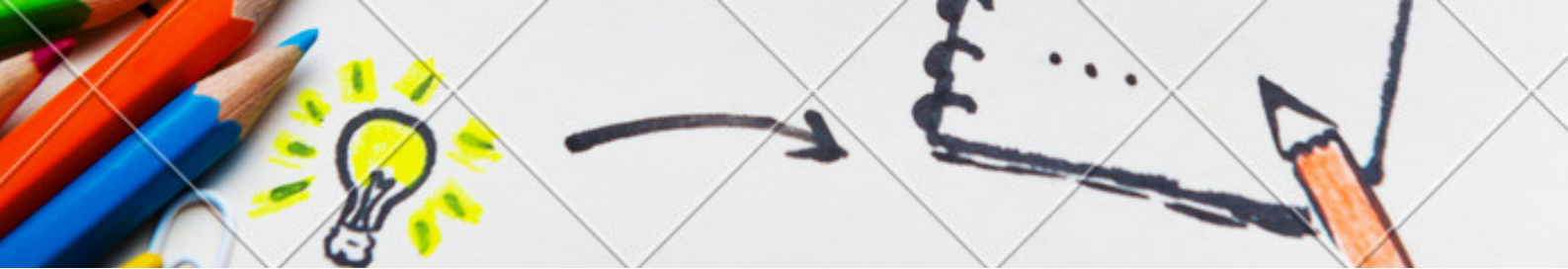
The championships are for individuals* by year/gender, and cover years 5-13 with courses increasing in distance and difficulty accordingly. *Yrs 5-8 can compete as a pair.

Any school can enter a team - we recommend each entrant has the opportunity to experience orienteering before the competition. This includes School Games Organiser Events, any local Saxons or Dartford Orienteering club events or even a virtual orienteering course - see page above.

If you are interested in putting a team forward, please contact development@saxons-oc.org to discuss additional training and coaching opportunities.



Alice Evans (12)



Medway School Games Orienteering Competition: May 16 2024

Back by popular demand, Saxons Orienteering will be partnering with Medway School Games Co-ordinator Claire Moore to organise a School Games Event at Capstone Farm Country Park.

This will be the second year the competition has been run. Last year, over 100 yr 8 students participated in the days activities in teams of 4 with each team completing 2 courses.

This year, the competition has been expanded to include students from years groups 7-9 and participants will compete in pairs. Two courses will be completed with the shortest aggregate time across both courses determining the winning pairs. There will be a separate competition for boys and girls and for each year group. 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.



Teach Orienteering Part 1 Courses



Dartford Orienteers are holding a course in Kent with a professional tutor to take participants through to the Teach Orienteering Part 1 qualification.

Each course is open to anyone and includes hands on experience of developing very short courses, briefing others and then participating.



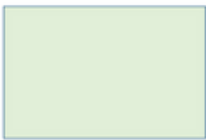




Here is a link to the flyers containing more information
<https://www.dfok.co.uk/schools/teaching-orienteering-courses>

The initial closing date for applications is 25th February 2024. Provided sufficient bookings are made by this time any free slots not filled will remain available for booking thereafter.



Orienteering Activity: Orienteering Feature Snap

Skills: Recognising orienteering features

	
	
	
	WHITE

Resources:

- Illustrative Big Map A3 - download and print from [Saxons website](http://www.saxons-oc.org), (or show on a screen).
- Basic Flash Cards showing map features and map descriptions - download and print from [Saxons website](http://www.saxons-oc.org), (2 sets)
- 6 off Cones

The Session:

Using the big sample map, describe the purpose of the map:

- It is a scale model of our surroundings, but we need to simplify in order to get the relevant information present.
- It aids navigation.

Describe Key parts of the map:

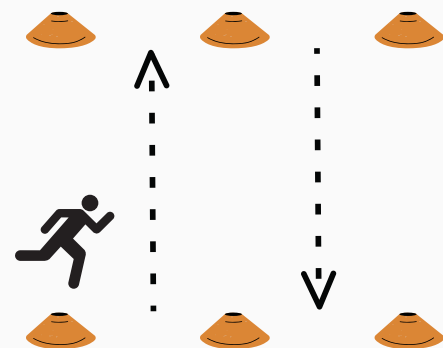
- North
- Scale
- Legend
- Control Descriptions, Course
- Map Colourings - Runability
- Point Features - Black, Brown, Blue, Green

Activity

In this game the students will match map symbols with their description in a team relay.

- set out the cones in 2 lines c. 20ms apart; place the pictures face up on the ground behind 1st line of cones, and the feature description cards face up behind the 2nd line of cones
- split the group into two teams
- show them the cards and demonstrate running to a feature card, picking it up, running to the description cards, deciding what it is picking the right one and returning to the group
- If they get stuck, they can run back to the team and decide as a group

FEATURE CARDS



DESCRIPTION CARDS