
Dartford Orienteering Klubb (DFOK) invite you to a:

Street Orienteering Race in Leybourne, Larkfield and Ditton (junction 4 of the M20). **Round 15 of the Kent Night Cup**

Thursday 9th January 2014

What is it?

A 60 minute score orienteering race around the streets of Leybourne, Larkfield and Ditton.

Race format

There will be 20 checkpoints (controls) spread around the streets of Leybourne, Larkfield and Ditton. Find as many as you can in an hour using the map provided. Score 1 point for every control you find, lose one point for every minute or part minute you are late. You choose your route through the streets. You can run as an individual or as a team of 2 or 3.

Not done orienteering before?

No experience is necessary as street orienteering is quite straightforward. The race format and timing equipment will be explained at the start.

Map

You'll be given a waterproof map before the start. You do not need to be an experienced orienteer to understand the map as it is quite simple (it mainly shows streets and paths). Street names aren't marked on. We will be using parts of Leybourne not used in the last Kent Night Cup race held near here.

Timing equipment

The race will use Sport Ident electronic timing. Each individual or team will have an SI unit (sometimes called a dibber) and will swipe the dibber at each control. You can hire one at the event. At the end of the race you will receive a printout of your split times. The equipment is very easy to use.

What equipment should you bring?

Bring some kind of torch to read the map. Watch. High visibility clothing highly recommended. A compass may be useful if you have one, but not essential.

How far will I run?

Competitors/teams who visit all 20 controls will need to run up to 14km. Most will have time to visit between 7 and 17 controls.

Start times, entries and cost

There will be a mass start at 7.30. Enter on the night, but if you are likely to attend please email the organiser by Tuesday 7th so maps can be printed. We will print extra for those that have a last minute change of mind. Seancronin1001@hotmail.com. Please could everyone register between 7 - 7.15 on the night if possible. £5 per individual/team if you need to borrow a dibber, £4 otherwise.

Directions

Meet in the car park of 'The Old Rectory', Oxley Shaw Lane, Leybourne, Kent ME19 5PU. From J4 of the M20 take the A228 south, turn off immediately signed Leybourne, then second left (Oxley Shaw Lane). 20 minute walk or 10 minute jog from West Malling station (Victoria to Ashford line).

Post race food/drink/social/prizes.

Food, drink, prizes and post-race chat in 'The Old Rectory' afterwards. Food served until 10pm.

Juniors

British orienteering insurance rules require that under 16's are non-competitive for this race. Under 16's may take part in the race provided they are non-competitive and accompanied by an adult for the race.

Organiser

Sean Cronin (seancronin1001@hotmail.com).