



## Cleveland Orienteering Klub

AFFILIATED TO THE NORTH EAST ORIENTEERING ASSOCIATION  
AND THE BRITISH ORIENTEERING FEDERATION



# Tchimes Education Supplement

Editor: Mike Hardy, Upeleya, Upleatham, Redcar, Cleveland TS11 8AG  
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## ORIENTEERING NEWSLETTER FOR SCHOOLS

### Issue Number 34 – Autumn Term 2008

Your contacts:-

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Anne Dehany, Email: [anne@clock.org.uk](mailto:anne@clock.org.uk) Tel: 07986-293990 (Special needs)

and Mike (address above)

The club web site – with explanations, news, event details and results – is at [www.clock.org.uk](http://www.clock.org.uk).

#### (1) Introduction

Yet another school year, with the first two of the Cleveland schools seven event league programme scheduled before half term, the British School Score Championships in Sherwood Forest on October 11, and the British Schools Orienteering Championships in Hampshire on November 16

Although Hampshire is a bit far away, three schools – Wheatlands Primary, Unity City Academy and Yarm School are planning to enter the Score Champs, details of which may be found on the British Schools web site [www.bsoa.org](http://www.bsoa.org) Entries close on September 22, so don't be late! We'll be happy to offer coaching sessions if suitable dates can be arranged

Give Mike a call if you wish to discuss this, or any other aspects of orienteering at your school.

#### (2) Schools Competitions.

The schedule for the 2008/09 schools league is as follows – please keep in touch as it is always possible that dates and venues may change nearer the time:-

- Wednesday, Sept 17, Stewart Park, Middlesbrough
- Wednesday, Oct 01, Preston Park, Eaglescliffe
- Wednesday, Mar 11, Cowpen Bewley, Billingham
- Wednesday, Mar 25, Summerhill, Hartlepool
- Wednesday, May 06, Coatham Woods, Stockton-on-Tees
- Wednesday, May 20, Hardwick Hall, Sedgfield
- Wednesday, Jun 17, Errington Woods, New Marske

All events are scheduled to start at 14:15, with start times available up to 17:00. Entry will be via the club web site and the on-line entry facility for this term's events event will be available in the next few days.

For newcomers to these competitions, we are running four courses – White, Yellow, Orange and Light Green, in order of increasing difficulty. Competitors score points for their school in three categories – years 5/6, years 7-9 and years 10/11. As explained in the individual flyers published before each event, the standard courses for each class are

- Years 5 - 6      White course
- Years 7 - 9      Orange course
- Years 10 - 11    Light Green

However we wish both to encourage the better competitors to try a more difficult course, and thereby gain a bonus, and to encourage those with less experience to run down a course, rather than be totally lost on a course too hard for them. So, for example, years 5 - 6 can run the Yellow course and get a 20% bonus on



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their points scored, or years 10 - 11 can run the Orange course at the cost of a 30% reduction to their points scored. The following table lists the possible courses and the bonuses / penalties.

	White	Yellow	Orange	Light Green
Years 5 - 6	100%	120%	–	–
Years 7 - 9	–	70%	100%	120%
Years 10 - 11	–	–	70%	100%

Years 5 and 6 can run in pairs without penalty, but we strongly wish to encourage runners in year 7 and above to run as individuals rather than pairs, and would prefer the less experienced to run down on the Orange or Yellow courses, rather than in pairs on their own course. For those who cannot bear to run alone, running in pairs will not be outlawed, but running in threes is to be discouraged. Pairs from year 7 and above will score half points.

Only the Light Green course will require familiarity with a compass, and this is not critical.

The standard scores are 50 points for the winner, 49 for the second, etc. Bonuses or penalties are applied for runners tackling harder or easier courses than the standard for their school year. Each school's top six scores count towards its total for the event.

Cost £1.00 per runner. Entry is now by Internet, and you will need a school password which can be arranged with Mike. This will enable you to enter pupils for the various courses and book start times in advance

We continue to map and coach at new schools, and to update old school maps to reflect new developments. If you would like your school mapping for orienteering, just get in touch. If your school has not competed before, do consider it and if you need specific advice, please telephone. We hope to see you at this term's competitions!

**If the above does not make sense to you (colour coded courses and the like), just call Mike on 01287-624521 for an easy explanation and a chat about the possibilities of your school taking part.**

Schools who compete regularly will receive individual final details a week or so before the events. Others can be added to the list on request.

#### **(3) Other inter-school competitions**

The advent of Competition Managers, and our work with Partnership Development Managers and school Sports Co-ordinators, has led to the organisation of further competitions with entries limited to schools in a particular Local Authority area or cluster. Currently planned for the coming months are

Tuesday, September 18, Rye Hills Primary Schools cluster

Tuesday, October 07, Grangetown Primary Schools festival

Friday, October 10, East Cleveland Primary Schools festival, St Peters Brotton

Tuesday, October 21, Darlington secondary schools competition, Longfield School

Tuesday, February 24, Newton Aycliffe / Shildon Primary Schools festival

Thursday, February 26, Stockton Primary Schools competition

Thursday, March 19, or March 26, Whitby Primary Schools competition

Thursday, May 14, Special Schools sports festival

Thursday, May 21, Middlesbrough Primary Schools competition



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Friday, May 22, Darlington Primary Schools competition

Thursday Jun 04, Tees Valley Primary Schools final

#### **(4) Teacher / Leader courses**

These courses, now called Teaching Orienteering Part 1 and followed by an assessment leading to Level 1 coach qualifications, are designed for those with no previous experience of orienteering who wish to introduce children to the sport on school grounds or in suitable local parks. Participants receive an attendance certificate from the National Governing Body and a CD-based resource pack including lesson programmes for introducing orienteering in schools.

The courses are usually from 09:30 to 16:30 and the next two courses are

Thursday, October 09, Thornaby Community College

Friday, February 27, Thornaby Community College

Potential candidates should register with Emma Turnbull, [emma.turnbull@stockton.gov.uk](mailto:emma.turnbull@stockton.gov.uk)

#### **(5) Other events**

Please bring people to, or send with their families, (or in any event publicise) CLOK's regular local events at weekends, where courses of all difficulties are offered, from White (starter level) through to Brown (experienced runners), plus where suitable a string course for under sevens. These events offer experience in the wider orienteering world, and this term they can be found on

- Saturday, Sept 27, Ropner Park, Stockton, sprint event and junior coaching
- Sunday, Sept 28, Brierley Woods, Stockton, local event
- Saturday, Oct 25, Toft Hill Scout Camp Site, sprint event and junior coaching
- Sunday, Oct 26, Catterick North-East Score Championships
- Saturday Nov 15, Saltburn Valley Gardens, sprint event and junior coaching
- Sunday, Nov 16, Fylingdales Moor, Whitby, local event
- Saturday, Dec 06, Hardwick Hall, Sedgfield, sprint event and junior coaching
- Sunday, Dec 07, Goathland Moor, local event

Full details of all the above will be found in advance on the club web site, [www.clok.org](http://www.clok.org)

**If you are planning to attend, it is a good idea to contact Mike in advance to discuss options and to ensure we are ready for you**

#### **(6) Coaching**

We will continue to contact those schools who have been mapped in the last months to arrange coaching sessions, but in any event if you would like us to put on a coaching session on your school map or elsewhere, we can do it. Contact Mike and we'll be pleased to set things up. We can also fix up more advanced sessions in local parks and woodlands.

#### **(7) Schools Mapping**

Remember we can arrange to get your school mapped to full orienteering standard, including 20 laminated maps and a resource pack, for £250. This includes a two hour coaching session, which we recommend is used to introduce members of staff to the basic exercises. If you already have a school map, and there have been building alterations recently, we can usually incorporate these for £100, depending on the extent of the changes, plus the cost of the new maps. So let us know if you need mapping services, and we'll sort it out.



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Hope to hear from you or see you soon ----- Mike Hardy