

7<sup>th</sup> September 2023

Dear Parent/Carer,



### Orienteering 2023-24

Orienteering is a challenging outdoor adventure sport. The aim is to navigate between control points marked on an orienteering map and decide the best route to complete the course in the quickest time. The great thing about orienteering is that you can run whichever course you want to - whether that's long or short, easy or hard. Competitors are grouped into age classes. This means that you are competing against other juniors of a similar age and ability.

The Saturday Series resumes on Saturday 9th September at Endcliffe Park. Registration is based outside the cafe in Endcliffe Park (the Start & finish are adjacent). Registration will open and you can start any time from 12.30pm – 2:30pm but the courses close at 3:00pm.

Year 3/4/5 will run the White course and Year 6 will run the Yellow course. **Parents are responsible for their children's welfare for these races.**

Course	School Years	Distance	Technical Level	Who is it for?
White	Y4,5	1 km	1	The easiest course and a great place for children to start. The course is entirely on paths and each time you have to make a decision - which path to take, there will be a control point. Year 3 pupils can compete with Y4s.
Yellow	Y6,7	1.6km	2	The next step up and a good place for teenagers etc. to start. The course will use paths but also other line features - Fences, streams etc. It will also no longer have a control everytime you need to decide where you are going. For example you may need to make a couple of turns on paths between controls

Children's runs are £2 but it will be **free** for the first timers as our school is in the Sheffield Federation for School Sport. You are welcome to run a 2nd course (cost of £1 or £2 if your previous run was free)

Children will need to bring trainers, leggings or shorts, a tee shirt or long sleeved top and a drink. Parking is available on the streets around the park, mainly Riverdale Road and Rustlings Road. Buses pass the park regularly (use a destination of 'Bingham Park, Rustlings Road/Endcliffe Park'). Pupils will run individually in their school years. Results will be published but no schools' names will be listed.

Results and information can be found at <https://www.southyorkshireorienteers.org.uk/> and <https://www.southyorkshireorienteers.org.uk/juniors/475-other-useful-stuff>.

There is also a free Virtual Orienteering app which you can use on your smart phone from <https://www.southyorkshireorienteers.org.uk/events/virtual-orienteering> if pupils/families would like to get more practice or to experience something new away from the competitions.

Yours sincerely,

*B. Adebola*

Mr. Adebola

**HEADTEACHER: MR MICHAEL WATSON**

**DEPUTY HEADTEACHER: MR DAVID PRESTON**

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# **ORIENTEERING**

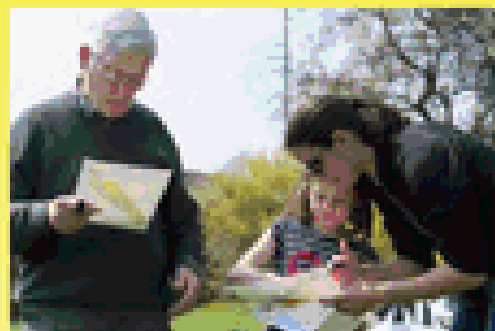
**THE MIND AND BODY WORKOUT**



## **2023 / 24 Saturday Series**

### **Incorporating the SFSS Schools' League**

Orienteering is a challenging outdoor adventure sport. The aim is to navigate between control points marked on an orienteering map and decide the best route to complete the course in the quickest time. It does not matter how young, old or fit you are, as you can run, walk or jog the course and progress at your own pace.



These events are specifically aimed to introduce people of all ages to the sport and also incorporate the SFSS schools' league. However all our events have courses suitable for all abilities - see the website for more details. No need to pre-enter: just turn up on the day. Start times from 12.30pm - 3pm.

<b>Sat 9 Sep</b>	<b>Endcliffe Park</b>
<b>Sat 7 Oct</b>	<b>Bolehills Park</b>
<b>Sat 4 Nov</b>	<b>EIS &amp; Olympic Legacy Park</b>
<b>Sat 6 Jan</b>	<b>Botanical Gardens</b>
<b>Sat 3 Feb</b>	<b>Ecclesall Wood</b>
<b>Sat 23 Mar</b>	<b>Norfolk Park</b>
<b>Sat 20 Apr</b>	<b>Parkwood Springs</b>
<b>Sat 18 May</b>	<b>Graves Park</b>
<b>Sat 8 Jun</b>	<b>Meersbrook Park</b>

**Prize-giving event Forge Dam 6th July**

**[SOUTHYORKSHIREORIENTEERS.ORG.UK](https://southyorkshireorienteers.org.uk)**