



DARTBOARD

Issue 7

June 2023



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**UPCOMING
EVENTS:
P12**



Team DFOK!





DARTBOARD

Editorial

Welcome to the June edition of Dartboard. In this edition, the British sprints and middles will be covered. This edition will also congratulate DFOK's achievements in the KOL and SWELL leagues. I would like to congratulate Adam Davidson and Isla Findlay who came 1st in the KOL on their respective courses and also to Daniel Ronnau-Bradbeer who won the Green course in the SWELL. There will be no issue of Dartboard in July, however, it will return in August with exciting content regarding the Scottish 6 Days and the Euro City Tour weekend in Harrogate!

Attracting new juniors

Getting new juniors into orienteering club is the key to sustaining the future of orienteering. We currently have some strong juniors coming through the club (this is backed up by DFOK's attendance at the Yvette Baker final in 2021) and juniors doing well on the yellow and orange courses at local events. However, in order to compete with other club's junior squads (like SOS, SO, SAX and WAOC), getting more juniors in is crucial.

Firstly, at events, we could try having more on for

Juniors. One way of doing this would be to have a free string course or maze with a small prize at the end (a small chocolate or sweet). I know quite a few people who first got into the sport by going for a walk in the forest one day and stumbling across a string course at an event! As it takes some organisation to do this, it would be important to target certain events. For example, Jeskyns would be a good place to have a string course or maze for the public as there are lots of people that go for walks. However, somewhere like Buckmore park wouldn't be suitable as there isn't a high public footfall.

In addition, it is important to get parents hooked too, in order to bring their children along. One way to do this could be to offer some sort of discount who adults who might want to run too.

This one is aimed at juniors in the club. Bring your friends along!! Sometimes children can be reluctant to try something new because they don't know anyone there. However, bringing friends along is a great way to build a sense of a team and motivation to come along to more events.

Good luck at any future events and I hope to see everyone out and about in a forest or some urban streets!

Luke Bennett (Editor)



DFOK members at the Farnborough Urban in June

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Message from the Chair

Dear members,

I hope that everybody is enjoying the beginning of the summer.

Please let me introduce David Lobley as the new Captain of Dartford Orienteers. David has been a member of the club for many years; he is a very fit, competitive and cheery athlete in orienteering and triathlon. If you had heard somebody shouting "Go Dartford!" when you passed by in the forest with a DFOK vest, it was David! 2022/23 was a good year for the club (see below), but 2023/24 will be amazing (no pressure Dave)!

The 2022/23 season was a good year as we finished 4th in the Division 1 of the South East League! The top three are the big clubs, i.e. Southdowns Orienteers, SLOW and Happy Herts, and hence almost impossible to beat. We finished with 30 points or 7 points above GO and 8 points above Saxons! This means that we will stay in Division 1 for the 2023/24 season. GO and Saxons will move to Division 2 and our new competitors will be Southern Navigators and Mole Valley.



Antoine in action!

We also had three excellent results in the Junior 2022/23 KOL series :

Isla Findlay : First in the girl Yellow Course series with 366.7 points. Isla was the only orienteer having run all ten KOL races and she succeeded while being one of the youngest participants in the KOL series.

Ruby Gisby : Second in the girl Orange Course series with 385.9 points. Ruby had the third highest ranking across 65 participants in all categories. Ruby succeeded while being one of the youngest participants in the Orange series.

Adam Davidson : First in the Orange Course series with 462.2 points, the highest ranking across 65 participants in all categories. Adam was behind in the middle of the season but he managed to get to the first position by winning the last two KOL races at Joydens and Betteshanger.

Best

Antoine (Club Chair)

SOUTHWARK PARK
15.09.23

7 Courses for all ages and abilities!

More details at dfok.co.uk

Excellent event centre at Decathlon!

1st Stage of London City Race 2023!

DECATHLON

London City Race
www.londonorienteering.co.uk
DARTFORD ORIENTEERS
SLOW South London Orienteers
CITY RACE EURO TOUR

British Sprint Champs

By Luke Bennett

At the end of last year, I was setting a few goals for 2023 that I would like to achieve. After a good year in 2022, where I caught up to a lot of the 'big names' in my age class, my first goal was to increase training load in order to get faster and over longer distances too. I only just got my aim in the BOC Long of coming top 12 (I came 12th!) and so I was determined to train harder for the British Sprints and middles which were held in Northern Ireland. I realised early on that I probably had a better chance of a podium finish in the sprint distance so that was what I focussed my training on.

Fast forward to the 5th May... My dad and I were on the plane jetting off to Belfast with a forecast of rain for the whole weekend. Perfect. When we arrived at the hotel, I went through the final details one last time and checked the part of the map that I thought the race would be held in.

That morning we woke up to full sunshine and began our journey to Armagh. I knew all I needed to do was finish the race to qualify for the A final, as there were only 14 participants in the M16 category.

Walking to the start, I realised that I had misjudged the area completely and the qualifiers were being held in a part of the map that I hadn't looked at all! Anyway, I set off on the long beep and was immediately chucked into intricate terrain and I overshot number 1 as I was still trying to locate myself. This was followed by a series of mistakes and hesitations, topped off by falling into the planners trap and missing an uncrossable fence which lost me about a minute.

I wasn't happy with my qualifying race, however I had qualified for the A final and had a chance to make up for it. In the download queue, there were rumours that Tommy Rollins had mispunched on M16 too. He later confirmed this and was going to be non-competitive in the final.

This was probably the best chance I have ever had to get onto the podium at a major competition so I was pretty nervous in between races. These nerves were amplified when we found out that start times had been delayed by an hour!

Finally when I got to the start, I was very nervous and did my best to do a complete warm up. All my training over the last 5 months had gone down to this race.

The long beep went and I was off. Immediately chucked into a housing estate.



Luke (left) on the podium at the British Sprints (before the result correction to 2nd)

It was a very interesting area for sprint orienteering and was quite open which suited me. It was much quicker than the morning as it was less intricate but it allowed me to make route choices in advance so I didn't waste time at a control. There were quite a few loops on the course so you could see who was in front and behind you. I saw Oscar Peel behind me which kept me going until the end of the race.

The finish was probably the most nervous part of the race. After download I was 1st of 5, but Robbie, Oscar and Vince were yet to finish. A few minutes later, they had all finished. Vince was the winner, Oscar beat me by 5 seconds and Robbie was a few minutes behind me. I had done it! It is one thing winning a local race or a SE champs, however, the feeling of getting a podium place at the British Championships cannot be beaten.

The next day, however, it was discovered that the winner was ineligible as he hadn't been in the UK for 3 years, and so we were all pushed up a place and put me into 2nd. That made the 5 seconds I lost by even more frustrating!

I hadn't had a perfect run and I'm sure that there was some way I could have reduced my time by 5 seconds, however, when I set my goals at the start of the year, I did not expect to be standing on the podium at the British Championships just 5 months later!

I was delighted but it was time to focus again for the middle distance the next day.

Meet the members

Keith Bennett

Next Issue: Richard Bostock

When and why/how did you start orienteering?

I did a little orienteering in the Lake District as part of my course when I was at university and really enjoyed it – how times change! Scroll forward many years until I began working with David Lefevre and he suggested I should bring a 6-year-old Luke to a SWELL event in Epping Forest. Whilst I was shadowing Luke, I thought how hard can this be? So, I then started shadowing Luke at events and then doing my own – I think my first course was a Light Green at Hornchurch Country Park where I struggled to find a control in a green area – nothing has changed since!

Where's your favourite area to go orienteering?

Those of you who know me will know the answer – anywhere without forests and contours! I much prefer urban orienteering to “proper” orienteering, although I do like the Park Race events in the summer. My favourite urban events have been Gdansk (highly recommended if you fancy a city break without any orienteering) and Coventry.

What's your biggest achievement or proudest moment?

Winning the overall SWELL league and once finishing 5th in a SLOW Street-O event against all of their crazy fast runners!

What advice would you give to newcomers?

In a forest, always take a compass and slow down if you need to take a bearing! Don't give up if you get lost, and remember there is always urban orienteering!

What's an embarrassing moment from an event?

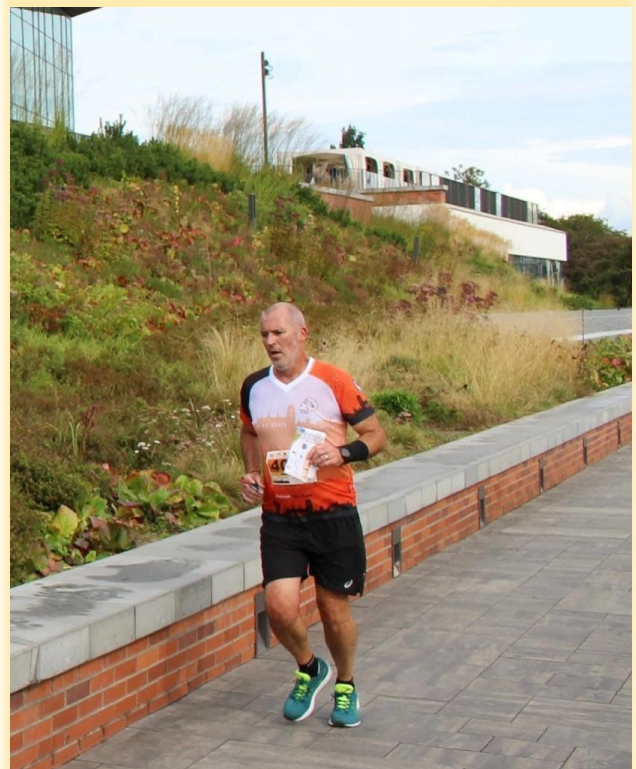
A few years ago, I was leading the overall SWELL league with at the penultimate control in the last event at Thorndon Country Park near Brentwood. All I had to do was punch and get to the finish. Unfortunately, I made a 180-degree error and took 20 minutes to find the last control!



Keith Bennett in action at the Cambridge sprints

Do you have any hobbies or do another sport?

I have always been into football and even though my playing days are over, I enjoy (?) watching West Ham. I like to travel, although most of my travel these days is transporting Luke to various orienteering events around the country!



SE League Monthly Round up



Well done to all DFOK members who took part in the SE league this season. We had a very successful first season back in division 1, finishing 4th and 7 points clear of Guildford! Participation from DFOK members has been exceptional this season and a reminder that the 10 DFOK members who participated in the most events (regardless of position or points) will be rewarded with a DFOK buff! The final league table is attached below:

Total after 10 events:-

Position	Club	Match Points	Position change
DIVISION 1			
1	SO	57	-
2	SLOW	40	↑ 1
3	HH	38	↓ 1
4	DFOK	30	-
5	GO	23	-
6	SAX	22	-
DIVISION 2			
1	SN	64	-
2	MV	63	↓ 1
3	LOK	47	-
4	BAOC	37	-
5	HAVOC	24	-
6	CHIG	22	-
7	RAFO	13	-

New captain: David Lobley

By David Lobley

I am delighted that Antoine has asked me to take over the role of DFOK Club Captain. I would like to thank him for all his great work, not least leading us to a best ever 2nd place in the last CompassSport Cup heat, and look forward to building upon all the that he has done.

For those that don't know me, I have been orienteering for over 40 years after being introduced to the sport at school. I was originally a member of Havoc (of whom I was also Club Captain) before moving to Kent and joining DFOK

I did ask if there was any "Job description" for the role, but in my opinion the key focus of the role is

- to encourage members to participate regularly at competitive events,
- to celebrate their achievements
- and to co-ordinate entries into the various team and relay competitions in which we take part, including :

The Compass Sport Trophy – A annual competition with heats in the spring to find qualifiers for the national finals to be held in the autumn. DFOK compete in the small clubs tournament but have never qualified for the final. Finding a few more competitive juniors would greatly help our challenge next year!

The South East League – A series of around 10 Regional Events in the SouthEast held over the winter months of the year. Every competitor scores points so the more DFOK competitors the better. Last season we achieved our best ever position of 4th in the Premier League so let's aim for 3rd in 2023/24

GLOSS - A series of relatively informal races held in June/July each year in and around London. The coveted GLOSS London Bus trophy scoring is calculated based on the best six runners, based upon how well each person performs against their BOF ranking, so a chance for those with low Ranking Points to excel! Unfortunately most of the events this year are a long way from DFOK land.



New Club Captain, David Lobley in action!

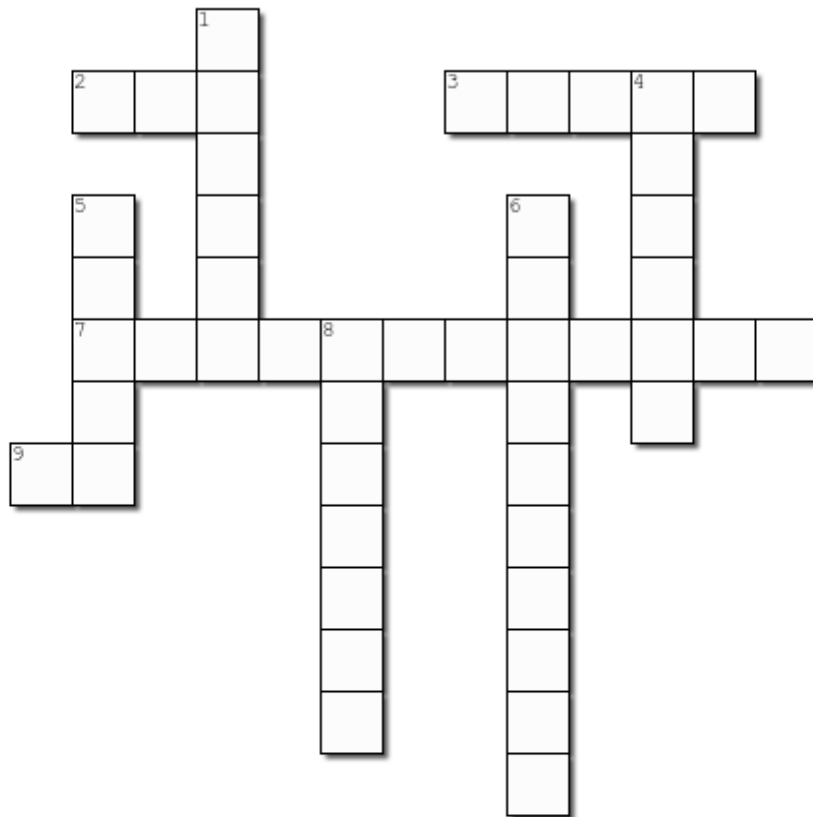
JK and British Relays – The premier relay events of the year, but open to all regardless of ability. The British Sprint Relays are being held at Brunel University on Sunday 17 Sept, email me at captain@dfok.co.uk if you want to take part.

And finally, good luck to all those competing over the summer, especially those making the long journey to Scotland for the 6-Days, and I hope to see lots of you in the forests over the upcoming months



Games!

Complete the crossword puzzle below



Created using the Crossword Maker on TheTeachersCorner.net

Across

2. Something orienteers use to navigate around an area.
3. a type of orienteering where you must collect the most points in a given time
7. A large feature that an orienteer will use to approach their control
9. A festival in the UK around Easter every year to celebrate a significant orienteer.

Down

1. The discipline of orienteering that features short distances and frequent direction change
4. The leg from the final control to the finish
5. The hardest colour code of course in orienteering
6. a pit or crater in the ground. Often used as control sites
8. A brown line on the map that indicates a change in elevation





The spectator control is always the most important one!

If You have any suggestions for games or any fun content, feel free to email me on



XXXX

London

Park Race Series

Tuesday 18th July 2023

18:30-19:30

Crystal Palace Park

[● ENTER NOW](#)



Photos of the Month!

This year, there is a photo competition. Take photos at events and send them to me editor@dfok.co.uk to enter them. Each month, there will be a 'photo of the month' and will be entered into the 'photo of the year' competition!

Photo Of The Month!



The hills are alive!



UPCOMING EVENTS

AGENDA

SAT 08 JUL	Darenth Park Come and Try it event
TUE 18 JUL	Crystal Palace Park London Park Race Series
TUE 25 JUL	Wick Woodla d London Park Race Series
WED 23 AUG	Jeskyns Community Woodland Find you way activity
FRI 15 SEP	Southwark Park London City Race Weekend



Club Contacts

Chair– Antoine Pesenti– chair@dfok.co.uk

Mapper– Andrew Evans– mapping@dfok.co.uk

Treasurer– Keith Parkes– treasurer@dfok.co.uk

Secretary- David Dawson- secretary@dfok.co.uk

Membership– Geoff Goodwin- membership@dfok.co.uk

Coach- Allison Page- coach@dfok.co.uk

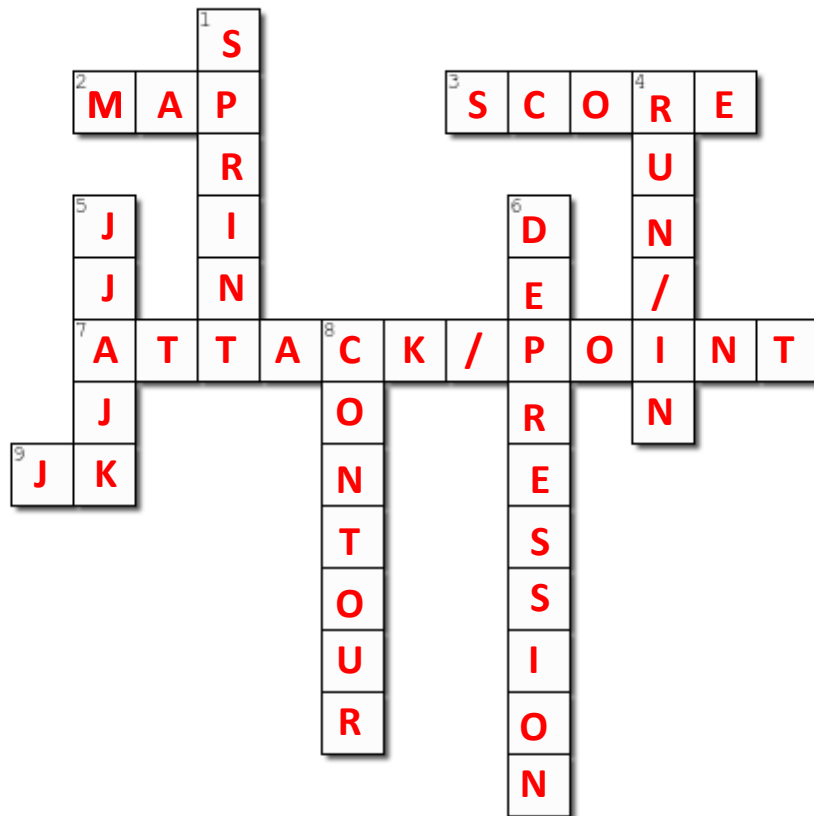
IT and Comms- Phillip Craven- enquiries@dfok.co.uk

Dartboard- Luke Bennett- editor@dfok.co.uk

Social Media- Tina Bennett- tbird0212@virginmedia.com

Answers!

Complete the crossword puzzle below



Created using the Crossword Maker on TheTeachersCorner.net

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