



# Crossing the Continent

## Sport and Dance Edition

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## GLASGOW COMMONWEALTH GAMES

In the summer of 2014, Glasgow held the 20<sup>th</sup> Commonwealth Games and the third to take place in Scotland. There are 17 sports, including: Aquatics, Athletics, Cycling, Gymnastics, Hockey and Triathlon. In the opening ceremony, held at Celtic Park, we witnessed Scottish



Opening Ceremony

entertainment from Rod Stewart, singers Susan Boyle and Amy MacDonald and many other performances. We also saw the Queen's baton relay arrive at the park and heard her speech welcoming everyone to the games.



Queen's Commonwealth Speech

On the 29<sup>th</sup> of July Kenya's J. CHEPKIRUI won the women's 10,000m final at Hampden Park, in the time of 32:09.35, this was one of the 10 Gold medals won in athletics by Kenya; resulting in first place in the athletic standings. England also experienced many victories, one was a win in the men's 4 x 400m relay final, with a time of 3:00.46. Also in Glasgow, Kenya's J. NDIKU broke the Commonwealth Games Record in the Men's 3000m Steeplechase, with a time of 8:10.44!

In the Women's 5000m, J. PAVEY, who is from Devon, came 3<sup>rd</sup> winning a bronze medal for England. At the end of the Commonwealth Games, England came 1<sup>st</sup> with a total of 174 medals and Kenya came 9<sup>th</sup> with a total of 25.



Kenya's Joyce Chepkirui

Overall the Games were regarded as a great success. Kenya and England won many medals and exceeded their expectations. Their athletes are now regarded as national heroes.

**Jemma Elliott and Holly Comer**

## CLIMBING

Climbing has been in English culture from the early 1900s. It is a growing sport that will hopefully continue to grow and successfully gain a place in the Olympics in the near future. Climbing can be practised both indoors and outdoors, with or without ropes, and there are many different disciplines. There is an English climbing team which competes internationally in all aspects of the sport, with our most successful climber, Shauna Coxsey, recently finishing in the silver medal position in the world cup.

Peter Dawson, one of our writers, climbing as part of the British team



In Kenya there are many places popular with climbers. For example, Mt Kenya, at a height of 3825 meters. The first ascent was completed in 1998 and is a challenging course for any climber; requiring skills to scale sheer rock faces, glaciers and uneven rock paths. This means that only a few people scale the mountain every year. Meanwhile the highest mountain in Kenya, Mt Kilimanjaro, is actually an easier climb with paths leading to the summit at 5,895.

**Peter Dawson and Edward Mabon**



Mt Kenya

## TENNIS AT LYNTON AND LYNMOUTH

Lynton is a very small town in North Devon, where tennis is part of everyday life. Squad training is on Wednesday and Saturday for 2 hours. Matches take place on weekdays and are 2 sets long. We have a grand bench of spectators where retired elders come and watch the Lynton lads play tennis. Some of the elders also play tennis, resulting in a wide ranging community that play and socialise at the courts



Lynton tennis club plays in the North Devon AEGON league and are currently in division 2 out of 3. Lynton tennis is a mid-league team. The courts are open for hire for the whole community at a small price all year round; although

it is usually more popular in the warm summer months. The money made by renting out the courts goes towards the general up keep of the courts. We are saving money to resurface the tennis courts this year. In my personal opinion, tennis is a fantastic sport and I hope others will try this great game. It is fast paced, and it helps



to keep me fit and strong. I also love being outdoors. If you are ever near Lynton, I recommend you come and learn how to play tennis at Lynton Tennis Courts.

**Ruan Pring**

## HOCKEY AT WEST BUCKLAND SCHOOL

Hockey is a sport we play at West Buckland School. It consists of two teams of eleven players. The positions include forwards, midfielders and backs, which relates to their position on the pitch at the start of the game. We play hockey in the autumn when it is cooler in England on astro turf. Astro turf is plastic grass, covered with sand and can be used during any type of weather, rain, sun, snow etc. Many of the hockey players purchase specific shoes for running on this surface. They are called "astros" and are designed to grip to the surface of the pitch and prevent the player from slipping and getting injured. A mouth guard is an important piece of kit that helps to protect the player's teeth from the hard ball.

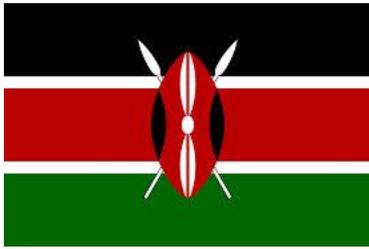
Also, players wear shin pads to protect their shins (lower legs) from the ball when it is travelling at high speed along the ground. The hockey sticks can also be very advanced. They can be made of carbon fibre to make them very strong and light; making the game easier to play.



The aim of the game is to hit the small hard ball into the opposition's goal. These goals are situated at the opposite ends of the pitch, similar to football but in hockey you can only use the hockey sticks to control and pass the ball as well as to score. At West Buckland there are teams from every year in Years 7-11 and in the sixth form there is one team for Years 12-13 who are the best hockey players in the school .

**Flossy Wheeler and Anna Dewhurst**

## KENYAN VIEW



### Polygamy

The Kenyans' most famous polygamist Asentus Akuku "Danger" rose to instant fame internationally.

Upon his death it emerged that he had married more than thirty nine wives and fathered more than two hundred children. He is known to have run his huge family efficiently, and despite his death in 2010, things continue to run smoothly in his family.

Asentus Akuku died at age of 94 and it took sixty two days to organize his burial, the culmination of which saw more than forty bulls and thirty goats slaughtered to feed the mourners who attended his funeral, of which there were approximately seventy thousand people.



**Collins Onyango**

### A Good Neighbour

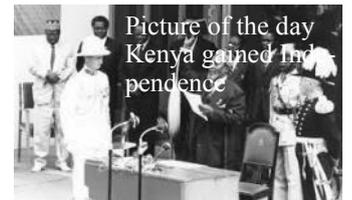
Kenya has had a good relationship with many countries since she gained her independence.

It is a very famous country in East Africa. Most East African countries have formed organizations to promote their development except Somalia.

Somalia has had a less secure time than Kenya since its independence. Although most of her citizens are innocent, there are terrorist groups like Al-Shahab which have caused a lot of insecurity by causing damage to people and property. This has brought fear among its citizens as well as other countries.

Kenya has tried to help Somalia by sending its soldiers to Somalia to try and help stop the terrorist groups but this is taking time and Al-Shahab has retaliated.

**Calvin Ouma Samba**



## THE EXMOOR RUN

Fancy a cross-country run? What about the Exmoor? Every March the whole school takes part in the long run, up and down hills, across fields and along muddy paths come sunshine, rain or even snow. It all starts with the walk out, an exhausting part which tires you out before you even run. The senior girls (Year 11 to 13) walk out 9 miles and run back 7 miles. The senior boys (Year 11 to 13) walk out 9 miles and run back 10.

Standing around before the start, the nerves begin to jangle, and then Go! We're off! One foot in front of the other, running through ankle deep mud and freezing streams. You start the run with some flat and downhill land before you meet 'The Cleave'.



This dreaded hill which is one mile long, towers above the runners and seems never-ending. Near the top your legs are in so much agony that many walk. The sweet stall greets you at the top with smiling faces to restore your energy! After more perilous hills and marshes you reach school grounds and are very relieved to be close to home.



The crowd cheer you across the finishing line and suddenly the run is over but the pain, unfortunately, is not. Once the pain subsides, everyone looks forward to doing it all over again next year, whatever the conditions.

It is not just about the runners though, many other are involved on the day. There are the marshals who guide you through the Exmoor course as well as cheering the runners on. Teachers raise the runners' spirits by either running and also enduring the pain, or by taking photos to embarrass you with in the future.

The running is not just for the students and teachers though. Parents of students and previous students run in their own race. And if you come in the top three, you are presented with a medal in front of the whole school. Do you still fancy the Exmoor run?



**Emma Cobby**



## West Buckland and Agoro Oyombe Schools

Matt Brimson, West Buckland, Barnstaple,  
Devon, UK, EX32 0SX

Fredrick Odhiambo, PO Box 336-40603,  
Ngiya, Nyanza Province, Kenya  
Contact telephone: +44 1598 760281

Fax: +44 1598 760546

E-mail: [mtb@westbuckland.com](mailto:mtb@westbuckland.com)

This newspaper is to be published on a monthly basis. The articles will be written by students from both West Buckland and Agoro Oyombe Schools, principally those involved in the exchange program.

Articles from other contributors are most welcome. Please contact the editor using the contact details opposite.

The intended audience is varied: students, teachers, parents, governors and the wider community in the catchment areas of both schools: North Devon and Siaya District.

Editors: Tom Harman and James Hadley-Piggin

# DANCING AT WEST BUCKLAND SCHOOL

Dance is popular worldwide and is something that many people enjoy. It is not uncommon in the Kenyan culture and has, over the years, been used to mark different occasions and celebrations.

There are 8 provinces in Kenya but five major regions. Each of these regions has a popular ethnic group with unique dancing styles; Northern Kenya - Maasai dancing, Western Kenya - Isukuti dancing, Central Kenya - Mwomboko, Coastal Kenya - Chakacha and Eastern Kenya - Kamba. Men and women usually dance separately. Men often perform line dances, some of which involve competing to see who can jump the highest.



Maasai Dancing in Northern Kenya

Dance is often a part of religious ceremonies, such as marriage, child naming, and initiation. Costume is important for many traditional dances, as are props. Dancers often wear masks and carry shields, swords, and other objects.

At West Buckland, we have a jazz dance club which enables pupils to try different types of dancing. Recently, students performed in a musical, Fiddler on the Roof, in which dancing was also a huge part and lots of dance rehearsals took place in order to prepare for it.

The dances performed in Fiddler on the Roof were very different to the standard dances one would see in England. Dance moves included crossing legs and raising hands in the air at regular intervals. However, there were some dances which required a little more skill and attention. One of the notable dances was the 'Bottle Dance' which was met with much excitement!



Fiddler on the Roof at West Buckland



West Buckland Fiddler on the Roof cast who all danced in the production

For this, only the most competent male dancers took part. The overall aim for each dancer was to keep a bottle on their head, while dancing, for as long as possible before throwing it into the orchestra pit at the allocated time.

'To Life' was another scene worth remembering because it consisted of 20 teenage boys pretending to get very drunk, whilst singing and dancing at the same time. The end result was that all the boys ended up on the floor in a drunken heap, much to everyone's amusement.

**Sarah Prentice**