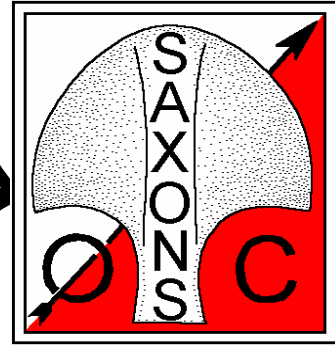


ISSUE 165

Sept 2015

SAXALERY

www.saxons-oc.org



Angley Woods 25 October

SAX NOTICES

FEBRUARY ORIENTEERING IN PORTUGAL

SOME SAXONS AND DFOK MEMBERS HAVE ENTERED ALREADY

POM Portugal O Meet 2016 5-9 Feb

“Penamacore” -- 2.5 hours NE of Lisbon
terrain rocky and technically challenging

Middle distance, long distance and night urban sprint events
Friday through Tuesday with training areas open from Thursday
Always very popular with approx. 2000 from all over Europe
<http://pom.pt/2016/en/>

and 3 days later

NAOM Portugal O Meet 2016 13-14 Feb.

“Castelo de Vide” - inland 1.5 hours NE Lisbon
terrain rocky and technically challenging
Middle distance and a night urban sprint

<http://www.gd4caminhos.com/en/naom2016>

CONGRATULATIONS TO THE FOLLOWING MEMBERS WHO GAINED POINTS FOR SAXONS IN THE 2015 UK ORIENTEERING LEAGUE

John Van Rooyen , Mike Solomon, Catherine Slade, Jerry Purkis, Samantha Prior, Jeremy Oldershaw , Sarah Howes, Alan Hickling, Mark Glaisher, Jean Fitzgerald, Simon Deeks, Douglas Deeks.

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EDITORIAL

We are pleased to welcome James Wilkinson to Saxons this month. He has transferred from Harlequins OC after taking a job in Maidstone. At the same time we say farewell to Richard Purkis who similarly, has taken his first job near Cheltenham and transferred to North Gloucester OC. Why do I mention this? Because Richard was our only M21 and now James is our only M21.



On moving to Cheltenham, Richard had thought he would have to join Bristol OK to find orienteers of his age but he was delighted to find that NGOC are in the Top 10 clubs for numbers of M/W21s. I did a quick analysis of the top 400 M/W21s in the BOF ranking list. I limited it to 400 because they all had 6 ranked events which indicates regular orienteering

The top 10 clubs are:-

Club	Area	M/W21 s with 6 ranking points	Total M/W 21 members in club
SLOW	London	32	54
AIRE	Leeds	19	28
BOK	Bristol	17	18
EBOR	York	13	16
SO	Brighton /W Sussex	10	13
CLYDE	Glasgow	10	11
DEE	Cheshire & Sth Manchester	10	16
NGOC	Gloucestershire	10	14
TVOC	Bucks & Oxford	10	14
FVO	Stirling	9	10

Saxons is in the Bottom 15 of clubs with just 1 M/W21, along with BADO (Basingstoke) , BL (Borders), DUOC (Durham Uni), ELO (East Lothian) , GUOC (Glasgow Uni), HALO (Humberside), JOK (Jesus, former OUOC members), KFO (Fife) , LUUOC (Leeds Uni) , MOR (Moray), OUOC (Oxford Uni) , PFO (Pendle Forest) , RNRMOC (Royal Navy/Marines) , and , WSX (Wessex). When you realise that 4 of these are University clubs full of M/W 18s and 20s, it makes Saxons look even worse.

What can Saxons do differently to attract and keep the M/W21s? Some of you know Tom Davies, an adventure runner from Tunbridge Wells. We persuaded him to join Saxons which he did for a year or two but then realised there were many more orienteers of his age in SLOW so off he went. Unless we can retain a nucleus of young adults in the Club they will of course do what Tom did and transfer to SLOW because why does anyone join a club - to find like-minded people of roughly your own age.

Before we put a lot of effort into running events to target M/W21s I would point out that BOF have been putting on “Run Challenge” in parts of the country

targeting the M/W21 age group? From what I can read on the BOF website, the take up has been very disappointing which is in contrast to their success with the Xplorer initiative targeting younger children. Perhaps we should wait for BOF come up with a winning formula for the M/W21s before we spend time and energy on a development programme. Need we be concerned? Perhaps we should concentrate our energies on families and school age children who will, if they like the sport go off adventure running in their 20s and come back to orienteering when they start having families, get fed up with the prices, want to do an adventure sport that does not take all day or just get a bit older and less fit.

Or maybe there is something we can do better than BOF. I notice that EBOR are in the top 10 above. Bill Griffiths is a former Saxon who keeps in touch and has sent in two contributions for this edition. Bill please let us know what EBOR does to attract and keep young adults. And we will be asking Richard for feedback as he gets to know his new club.

Finally given that Saxons age profile is 40+ I thought you would like this joke.

A group of chaps, all aged 40, discussed where they should meet for a reunion lunch. Finally it was agreed that they would meet at Wetherspoons in Maidstone because the waitresses were attractive and wore mini-skirts.

Ten years later; at age 50, the friends once again discussed where they should meet for lunch. Finally it was agreed that they would meet at Wetherspoons in Maidstone because the food and service was good and the beer selection was excellent,

Ten years later at age 60, the friends again discussed where they should meet for lunch. Finally it was agreed that they would meet at Wetherspoons in Maidstone because there was plenty of parking, they could dine in peace and quiet, and it ' was good value for money.

Ten years later at age 70, the friends discussed where they should meet for lunch. Finally it was agreed that they would meet at Wetherspoons in Maidstone because the restaurant was wheelchair accessible and had a toilet for the disabled.

Ten years later; at age 80, the friends discussed where they' should meet for lunch. Finally it was agreed that they would meet at Wetherspoons in Maidstone because they had never been there before.

Rowan Purkis

NEW SAX

We are delighted to welcome the following new members to the Club
James Wilkinson (M21)

James was kind enough to write the following: - "I have been orienteering for 10 years, mostly with Harlequins OC, although with some time spent in OUOC during my time at university. Over that time, I have orienteered in many places, including the Czech Republic, Estonia, Slovenia and 4 trips to the Scottish 6 Days. I have now moved to Maidstone to start work as a Geo-Environmental Engineer, having just graduated from Birmingham University, and have swapped to Saxons".

He sent this photo but those of us who met James at Hindleap Warren will notice he has had a haircut for his new job.



Welcome also to Sarah Reith (W50) from Canterbury. Sarah has joined us following the Blean event in October and participates in horse riding orienteering. She has promised us a write up next time.

New members should identify themselves to the Saxons on Registration at events and then you will be introduced to other members. One of the best ways to meet other members is to help at one of the Sunday events. Watch out for requests for helpers and don't worry of you are a newcomer; there are roles for experienced and newcomers alike. The other way to meet other members is to wear a Saxons top

SAXONS RUNNING TOPS

Purchase a Club top so that other Saxons easily spot you, especially when you attend other Clubs' events. New tops are purple. Some white tops still in stock. Ring Nigel for details. Regular juniors will be lent a Saxons Junior Squad top.



SAX KIT ORDERING DETAILS
 Contact Nigel Hills, on 01233 630779 or
blackvally@yahoo.com, to purchase any item

O Tops (this will look better on line)



(FORMER) CHAIRMAN'S CHAT

To give Jean a break, this month we have some words of wisdom from former Chairman Bill Griffiths, who despite moving to Yorkshire some years ago, still regularly reads SaxAlert.

O-VERSEAS

One of the few disadvantages of living in the North York Moors is that we are a long way from Dover/Folkestone – and access to la Continent. I guess we realised this when we moved away from Kent 12 (is it really 12) years ago! But there is a very handy (if expensive) overnight ferry from Hull to Zeebrugge and Rotterdam, which we have become rather familiar with.



Which is important for overseas trips – especially O-trips?

In the late '80's and early '90's a large group of Saxons went to the Belgian 3-day each year. I say each year – the German Eifel event (just over the border) used to take place in alternate years so the Belgian was alternate **years** as well. Today, the Belgian 3-day takes place every year in May and offers 3+ days of excellent orienteering. We have been there every year since 2008 – using the handy Hull ferry. And in 2015 – what a fantastic extra – lots of Saxons there as well. We will be at the Belgian 3-day in 2016 – we hope there will be Kent participation as in lots a Saxons again!



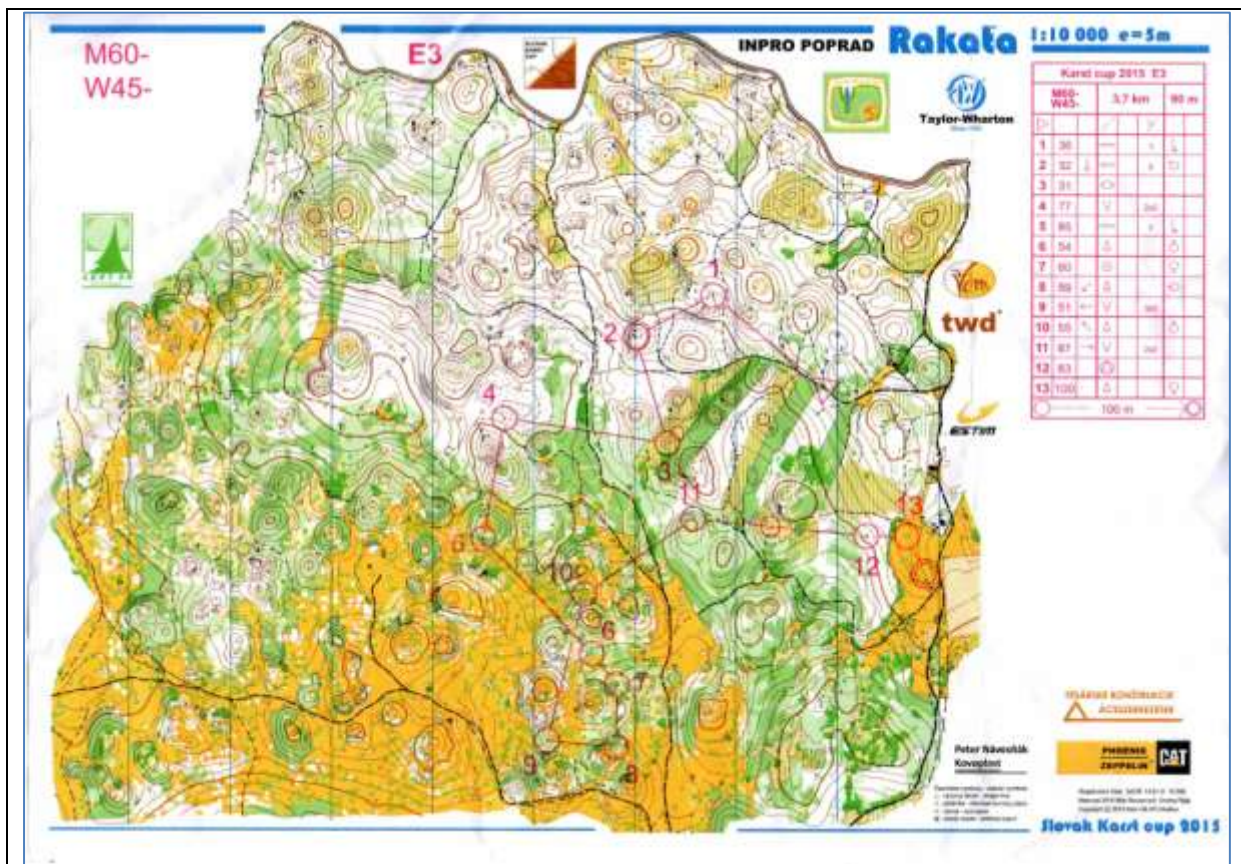
David Kingdon Belgian 3 day 2015

Having to give up going to work every day (it's called retirement) may sound a drag. But it is good for O-verseas. We started going to the amazing OO Cup (5 day event) in Slovenia 6 years ago and missed it this year for the first time. If you like complex, technical orienteering – that really makes you think – it's for you. We also went to Montenegro last year for the MAO (Montenegro Adriatic Open). A three day event – tiny participation on excellent areas. A short drive from Dubrovnik airport – well recommended.

Then there is Croatia. We went to the Slavonia & Baranja Open in March last year. It was in the east of the country – well off tourist terrain, not far from Vukovar (slowly being rebuilt after the 1990's war) and the Serbian border. Very low participation – must have been as I won a medal and was interviewed on the local TV station!! So we went back to Croatia this year and did the Croatia Open, near the coast. It was tough and the terrain was hard. The undergrowth on one day was worse than North Yorkshire – horrible – I retired!

I hadn't realised till this year that Slovakia puts on a great multi-day event every summer (this year competing with EBOR's White Rose Weekend). This was fantastic – the best yet! Complex karst**

terrain, virtually no undergrowth in a wonderful welcoming country – and very cheap for visiting Brits.



Rakata – at Slovakia 2015

I will be back there next year.

Talking of next year (we do three O-verseas a year), its Belgium (of course), Slovakia and Slovenia at Easter. Easter – isn't that JK time? Yes but it's in Yorkshire on very familiar terrain. So four days in Slovenia looks attractive – and pretty close to Trieste airport.

So living 308 miles from Dover isn't that much of a hindrance. O-verseas O is still very much part of the agenda. And what better way to see new places and people than to take part in an interesting overseas O-event.

Bill Griffiths EBOR

**** Karst.** An area of irregular limestone in which erosion has produced fissures, sinkholes, underground streams, and caverns. [German, after the *Karst*, a limestone plateau near Trieste (where geologists first studied karstic landscapes).]

LETTERS TO THE EDITOR

Helpers at orienteering events

I thoroughly enjoyed reading the last issue of the club magazine packed full of interesting news and articles. As for volunteers, I have written a few thoughts below based on my experience with Saxons, at parkrun and with my Athletics Club (Medway and Maidstone) which might be a useful start to much discussion.

At Shorne Woods parkrun we do have several non-running volunteers who regularly help out doing all the tasks. My impression is that some of them do this because they like the social aspect of meeting new friends and the chance for a good chat every Saturday morning. They are also local, living just a few minutes' drive away.

Orienteering is a bit different because events are irregular and all over Kent, hence I think this model would be difficult to follow for our sport. Maybe the concept of area teams (e.g. an East Kent team for Perry Wood, Blean etc.) would help with the local aspects. Also although we are improving I don't think of Orienteers as being hugely sociable! Did you thank the organiser at the end of your last run? Volunteers really appreciate a quick 'thanks', 'great event' or a 'hope to see you again next time'. Let's be much more upbeat and be grateful that most of the controls were in the correct place rather than for example highlighting that control '43' was 20 metres further away.

I am aware that some sport helpers are almost 'professional' with one I know helping out all over the South East: Lea Valley Cycling, Wembley, various Marathons, and Gravesend Cycloparc etc. I know he is always happy to help but does ask for travel costs and expects some refreshment during a long day. Another I know recently drove the England women's cricket team minibus around New Zealand. So there are many exciting opportunities. I am not sure, but would Saxons want to pay expenses to helpers?

Kent Sport (the county sports partnership lead by the county council) are fairly go ahead and I know from Facebook that from time to time they do ask for volunteers at various events, though generally large ones. Maybe talking to them would be useful and perhaps we could try for help, through them, at our biggest events.

The model followed by my athletics club is to have a few trained and qualified officials to lead and then ask parents and friends of the competitors to help with the simpler tasks like raking sand pits and holding the end of a tape measure. The parents of our juniors at KOLs must be worth considering and I'd be interested to know what Heather and Tony think. Most helpers are scared of messing things up so working in teams would be preferable and it also helps the social aspects. Besides parents, I was delighted to see the Junior Squad helping at the start for the Hindleap event. Fearless and enthusiastic youth is a hugely useful resource.

I have made a few suggestions so let's look forward to a full Helpers roster for the next major Saxons event

- Rob Sibley

Last time Sean Cronin reviewed head torches. This is Sean's review of tents

Laser Terra Nova mountain marathon tent –A Review

I've recently completed my third OMM (Original Mountain Marathon), giving me the chance to thoroughly review the Laser competition tent, manufactured by Terra Nova.

The Terra Nova is easily the most popular tent at the OMM. Myself and my running partner (Andy Howells, no orienteering club) gave it a very thorough testing in the Tweedsmuir Hills, Scotland.

First thing it's incredibly light and small, which is just what you want when slogging up hills all day.

When we got to the overnight campsite the tent was no effort to put up at all, mainly because I left Andy to it.

We tested out the groundsheet's heat resistant qualities by tipping a boiling pot of pasta, dried mushrooms, cheese and soup mix into the tent. The Laser's minimalist size reduced the impact of the spillage by restricting the space, therefore allowing our hands and our bedding to soak up much of the boiling fluids.

The inner and outer tents are separated by a small area which can also be used to tip the dinner over. The tent's rigid structure prevents the tent flapping in the wind and allows the user to work out whether or not to scrape up the food from the grass and cook it again. The tent allows plenty of light in, allowing the user to distinguish partially cooked mushrooms from other brown objects (field used for grazing).

The tent's outer is flame retardant. This was tested after the gas cooker fell on the tent. Once the gas fire was removed, the flames quickly subsided leaving an additional ventilation feature.



The Laser also comes equipped with a number of tent pegs for attaching the tent to the ground. These pegs, in combination with tin foil, can be used to construct a spoon if your spoon gets lost on the hills. As you can see in the picture, this Laser tent peg spoon can hold a full piece of pasta. *

The tent's size was inspired by trends in the London flat market. Two smaller than average people can sleep top to tail with absolutely no room spare at all.

After packing up the tent the following day, the Laser still proved incredibly light, mainly because part of the outer had been vaporised the previous evening.

Overall I would thoroughly recommend the Terra Nova laser. I would also thoroughly recommend the OMM. I would also recommend a better cooker stand and cooking outside the tent.

Sean Cronin

*we had a spare bag of pasta.

Greenland. The Arctic Circle Trail

When I retired in 2012, I wanted to go to cold places and so during each of the subsequent years went to Iceland, Norway and The Faroe Islands. Greenland was on my list but The Arctic Circle Trail, my proposed trek, required carrying nine days supplies as well as the camping equipment so this trip required perfect timing or personnel or both.

In the summer of this year everything came together and my perfect walking companion presented himself – young, strong, a climber, good at navigation and expert at rough camping, my son Dave was free for 10 days. We flew to Kangerlussuaq, Greenland's international airport, from Copenhagen with Greenland Air and from there set off west away from the ice cap towards Sisimiut 165 km away.

Silence enveloped us as we left the dusty track and set off on the Arctic Circle Trail. The wide landscape of mountains, lakes, boulders and blue skies hung around us but there was not a sound, no planes in the sky, no distant traffic hum and no people. The walking was a delight most of the time once I had got used to the heavy pack. As the distances walked each day were not great we had time in our chosen camping spots to enjoy our day's ration of rice, TVP and dried vegetables. The amount was perfectly calculated to match the number of calories needed to sustain us on our walk. Breakfast was a measured quantity of porridge oats, dried milk and dried fruit. Lunch a handful of dried fruit and a square of chocolate. No wonder I lost a lot of weight on this holiday.

The sun never set at night but I had no difficulty getting to sleep in our tiny tent even though the temperature dropped to almost zero. During the day temperatures varied but one day we enjoyed the heat of 19degree, and it was a pleasure to have the wind blowing as that kept the flies and mosquitoes away.

We forded several rivers and streams removing boots, trousers and balancing our way over with trekking poles. The deepest crossings almost reached my hips but then I am short and Dave jumped back and forth taking my pack and indicating places where the current was not so strong.



Heather Brown and her son Dave, studying the map

There are no roads or settlements on the trail but there are a couple of primitive huts and in one we met a group of Germans, with fluent English, who were also walking the trail and in another a group of Greenlandic folk off to the hunting grounds so it was no wonder that the reindeer we saw

scattered immediately. We also saw arctic foxes, hares, red throated loon, gyrfalcon and white tailed eagle.

After eight days we saw in the distance houses and slowly reached Sisimiut a settlement of 5,000 people engaged in fishing, whaling and in the winter snow sports. Our last two nights were spent in the Youth Hostel where I enjoyed a hot shower. Dave ran up Kaellingehaetten 784 metres on our final day while I visited the three supermarkets, the cultural centre and the old section of the town. Our flight back to Kangerlussaiuq, on a little Dash 8 was delayed for six hours due to sea fog but the international flight was similarly delayed so all was well.

We used 1:100,000 scale maps with contour intervals of 25 metres and a Cicerone guide book by Paddy Dillon. Apart from the considerable cost of the flights the only expense we encountered was a celebration meal of musk ox in Sisimiut.

The Arctic Circle Trail was an experience I will long remember and I returned healthier, fitter and happier than I had been for a long time. However only travel the trail if you like silence, steep stony ascents and descents, snow on the tops and cols and don't mind carrying a heavy pack or have someone to carry it for you!

Heather Brown

A SELECTION OF EVENTS IN THE NEXT FEW MONTHS

Sun 29/11/15	SO C, Broadstone Warren, Forest Row.	C	SO	Broadstone Warren, Forest Row, south of East Grinstead
Thu 03/12/15	SAX Kent Night Cup	D	SAX	Bedgebury, Goudhurst
Sat 05/12/15	SO SOG A6. Slindon Woods, Fontwell, Arundel	D	SO	Slindon Woods, Fontwell, Arundel
Thu 10/12/15	DFOK Kent Night Cup	D	DFOK	Shorne CP, Gravesend
Sat 12/12/15	SAX KOL	D	SAX	Ightham Common, Sevenoaks
Sun 13/12/15	MV SE Families & Veterans Champs	C	MV	Sheepleas & Effingham Woods, Dorking
Thu 17/12/15	SAX Kent Night Cup	D	SAX	Knole Park, Sevenoaks
Sat 19/12/15	SO Brighton City Race	D	SO	Brighton
Sun 20/12/15	SN Trophy Event	B	SN	Ash Ranges, Aldershot
Sat 26/12/15	LOK/HH Boxing Day Score Event	C	LOK	Trent Park, Cockfosters
Sun 27/12/15	SO (Elizabeth Brown memorial) Christmas Score Event, Stanmer	C	SO	, Falmer, Brighton
Fri 01/01/16	SAX new year score event	D	SAX	Trosley Country Park, Vigo
Sat 02/01/16	SO SOG A7. Lancing Ring, Lancing (D	SO	Lancing (between Worthing & Shoreham)
Thu 07/01/16	SONiC 3/KNC - Tilgate, Crawley	D	SO	Tilgate, Crawley
Sat	SO SOG A8. Blacklands Farm		SO	Sharpthorne, south of East

09/01/16		D		Grinstead
Sun 10/01/16	GO SE League event	B	GO	Blackheath, South East
Thu 14/01/16	DFOK Kent Night Cup - Street O	D	DFOK	Petts Wood.
Sun 17/01/16	CHIG South East League event	B	CHIG	Epping North,
Thu 21/01/16	SAX Kent Night Cup	D	SAX	Sittingbourne
Sat 23/01/16	DFOK Kent Orienteering League	D	DFOK	Lullingstone, Eynsford
Thu 28/01/16	SAX Kent Night Cup	D	SAX	Haysden, Tonbridge

Explanation of the different levels of event:-

Level D: - Minor events put on by clubs primarily for their own members (and newcomers) with little or no co-ordination with other clubs. Used to be called "Local" events. Level D events have some advantages: they tend to be cheap to enter, easy to put on, and not too crowded. Many orienteers go to more level D events than any other sort.

Level C: - Run of the mill "Ranking" events, i.e. events that give you ranking points under BOF's national ranking system. Fixtures are co-ordinated between clubs at regional level. They used to be called "District" events. Sometimes referred to as "Colour-coded" events by orienteers who have been around for a long time even though this name officially disappeared two re-organisations ago.

Level B: - High quality events aimed at people who are prepared to travel a fair distance, as well as those living locally. Normally organised by individual clubs, but fixtures are co-ordinated nationally to avoid clashes. Many lengths and levels of course will be on offer. . Used to be called "Regional" Events. Also sometimes referred to as "Badge" events by orienteers who have been around for very long time even though this name officially disappeared two re-organisations ago.

Level A: - The most important events, such as the major championships. Often organised by Regional Associations rather than individual clubs. Even though these are called major "championships" there will nearly always be newcomer and less technical courses on offer so that you can turn up with your less keen family members and all have a good time.

UK ORIENTEERING LEAGUE 2015 RESULTS

The UK Orienteering League consists of 16-20 top class events from February to November spread across the country offering a range a range of competition formats and terrain types.

Individuals and Clubs gain points in this league. Individual scoring is based on position, with a competitor's overall score being their best 10 scores from the 19 events: 1st 50 points, 2nd 49, 3rd 48, 4th 47, 5th 46, 50th 1 point. You can check your individual score on the BOF website

Club Competition The club team competition is based on the 15 best individual club members' total scores as follows: 3 from classes M/W 16 to M/W 21,, 3 from classes M/W 35 to M/W 45, 3 from classes M/W 50 to M/W 55, 3 from classes M/W 60+, plus any 3 additional scores. Each team must include at least 5 men & 5 women. Looking at the results for 2015, Saxons came 54th out of 107 clubs with the following runners contributing to Saxons score. **A big thank you to :- John Van Rooyen (M65), Mike Solomon (M70), Catherine Slade (W35), Jerry Purkis (M55), Samantha Prior (W35), Jeremy Oldershaw (M75), Sarah Howes (W55), Alan Hickling (M50), Mark Glaisher (M60), Jean Fitzgerald (W60), Simon Deeks (M45), Douglas Deeks (M75).**

With a special mention goes to Jeremy Oldershaw who won the M75 Class.

If you are interested to know what are the top events chosen for the UK league for 2016 , here is the list through the summer so that you can start planning your trips away.

27-Feb	Night	Cademan Woods, Loughborough	LEI	British Night Championships
28-Feb	Long	Sherwood Forest, East Midlands	NOC	Midlands Championships
25-Mar	Sprint	Leeds University	YHOA	JK Orienteering Festival
26-Mar	Long	Wass Forest, Thirsk	YHOA	JK Orienteering Festival Individual 1
27-Mar	Long	Kilnsey, Skipton	YHOA	JK Orienteering Festival Individual 2
16-Apr	Urban	Whitby,	CLOK	Northern Champs Weekend
17-Apr	Long	Mulgrave Woods, Whitby	CLOK	Northern Champs
30-Apr	Long	Brown Clee Hill, Bridgnorth	WMOA	British Long Championships
21-May	Long	Balmoral, Braemar	MAROC	Scottish Championships Individual
11-Jun	Sprint	Olympic Park, London	SEOA	British Sprint Championships
12-Jun	Middle	Leith Hill, Dorking	SEOA	British Middle Championships

09-Jul	Sprint	Stockport,	MDOC	MDOC Sprint/Urban Weekend
10-Jul	Urban	Manchester City	MDOC	MDOC Sprint/Urban Weekend
24-Jul	Long	Kenfig North, Wales	WOA	Croeso 2016 Day 1
25-Jul	Middle	Kenfig, Wales	WOA	Croeso 2016 Day 2

SE League 2015/2016:-

The next few events in the 2015/16 season are listed below. These events will be likely the best events put on by the Clubs listed below and your attendance will earn points for Saxons.

20-Dec-15	SN	Ash Ranges
10-Jan-16	GO	Blackheath
17-Jan-16	CHIG	Epping North

Well done to everyone who turned up to run at Hindleap? Saxons earned 1181 points which put us in 2nd place in Division 1 in the SE League behind SO (1930 points) and ahead of SLOW (869 points), HH (761 points), To keep us in 2nd position we need everyone to make sure they attend all the events listed above. Put them in your diary now.

Southern England Urban League

Someone asked me about the South East Urban League. This is run on a calendar basis and there is just one event left in 2015 which is the recommended Brighton night urban event which will be held on Saturday evening 19 December. Some of the SE events also count towards the national urban league (UKOL)

The proposed 2016 events in the SE Urban League are on their Facebook page. The first six months are listed below

Sun 3.1.2016	Aylesbury	TVOC
Sat 19.3.2016	Bridgewater	QO
Sat 7.5.2016	Cambridge Science City also UKOL	WAOC
Sun 10.4.2016	Kingston	SLOW
Sun 17.4.2016	Warminster	SARUM
Sat 28.5.2016	Plymouth also UKOL	DEVON
Sat 4.6.2016	Poole	WSX
Sat 2.7.2016	Fordingbridge	WIM

Details of the Southern England Urban league can be found on their website <http://seoul.owls-count.net/> and their Facebook page

<https://www.facebook.com/SeoulDiscussion>

Details of the UK Urban League can be found on the Nopesport website

<http://urbanleague.nopesport.com/index.html>

COACHES CORNER

If you read the write up of the London City race you might think Peter Martin had an error free run coming in 3rd. However he told me - quote “I was fairly well disgusted with the large number of silly errors I made – and as the vertiginous drops in the splits browser graph below suggest, it was errors from the Start! “

Coaching point- this is Peter Martin’s “Splits Browser” graph. A steady run with no errors will show up as a completely straight line



City of London Race 2015 – learning from mistakes? By Peter Martin

While some of the challenges were similar to other kinds of events, many were specific to urban courses. In normal terrain, uncrossable barriers are rare and usually very obvious on the map. In urban events, not only are they common but planners often make use of them to plan legs where the obvious routes are not the best and may even end in cul-de-sacs. In the devious minds of planners this is known as making a course “interesting”.



I entered Course 9. From the Start I rushed forward whilst trying to fold the large map down to focus on the first few controls. By the time I had done that and found where I was, I had already run about 50m. From there I ran to the position of the first control on the map, only to find it was the other side of an uncrossable wall and about 15 feet directly below me. To get down there added another 50m or so. I subsequently discovered that other competitors had selected more direct routes from the Start and whereas they had taken about a minute to reach the control I had taken nearly two minutes.

The longest leg on the course – to #10 – gave plenty of time to ponder on the control description – a symbol I didn't recognise. On the map the control circle was positioned on an uncrossable wall. When I came close I saw flights of stairs that appeared to lead up to a higher level. I took that and arrived on a large high level terrace with an entrance into a building. I looked in every nook and cranny but couldn't find the control. I hurried back down the stairs and saw someone punching a control on a pillar under the terrace I'd been on. The symbol indicated a tunnel. Time and energy wasted. (Editors note, I made the same mistake as did lots of others)

Coaching point, make sure you understand from the control description where the control is. My control 10 was the same as Peter's. The description is shown. Having looked it up- it is a tunnel)

IC	9	164	■	→
	10	248	⊗	┌
	11	171	∇	└

Control 12 was very close to control 11. The map appeared to suggest it was beyond an uncrossable wall, with the route to it being a very long way round. As I was so close, for some silly reason I decided to try the short route, just to be sure it wouldn't work. It didn't!

Things to watch out for in an urban race

1. Which side of an uncrossable wall or hedge is the control?
2. Look at your control descriptions in the Start Lane and make sure you know what they all are.
3. Take very careful note of the levels different levels and where you can go underneath.

JUNIOR PAGES

Juniors – These prizes are for you.



Juniors make sure that your loyalty card is completed for every O event you attend. 5 events and one of these prizes will be yours. 10 events and you get another prize 15 events and you receive a big prize.

TONY'S JUNIOR ROUND UP

The summer holidays and mid-term break are behind us and we're now heading for a good winter season of orienteering holding lots of challenges and fun for all of you. In addition to the enjoyment that you get from pitting yourself against others on each run, you now can get prizes for each fifth event which you attend. For each Saxon Junior I have a loyalty record card and attendance gets a sticker on the card and so five stickers means a prize! Already three of our team have four attendance stickers so I shall be giving away prizes very soon and there are so many more to be claimed at the right time. In addition I have credit card size membership cards to give out for each of you so please ask me for yours when I next see you at an event.

Since the last Saxalert there have been many Junior successes and here for four of our events are the tables showing the top results for our team members

Blue	7/19	James Ford	M15	Firstly, on 19 th September at Jeskyns Country Park near Cobham there were 22 of our juniors taking part in this event with all 13 of the Yellow group being Saxons. The leaders from within our junior group are on the left
	18/19	Akash Milward-Bose	M17	
Light Green	2/22	Emily Ford	W17	
	5/22	Eglantine Betts	W16	
	12/22	Ffion Bricknell	W12	
Orange	2/21	Matthew Lee	M14	
	3/21	Joseph Derrick	M12	
	5/21	Matthew Derrick	M12	
Yellow	1/13	Callum Pattenden	M9	
	2/13	Leo Canty	M9	
	3/13	Abigail Wicks	W9	

Between the KOL's the club ran a great event at Canterbury on 27th September which involved the competitors navigating around the streets of Canterbury. This was a big event for adults, but Joseph Derrick, Matthew Derrick, Austin Howe and Toby Prior all ran with parents and thoroughly enjoyed the experience. I hope!



Tony handing out some loyalty cards at Blean

Blue	10/20	Akash Milward-Bose	M17	Then the lure of Blean Woods on 3 rd October drew 30 young club members to take part. It was a lovely day for orienteering and Blean Woods are a very attractive venue for a run with the trees in all their Autumnal colourful glory. The podium places went to those on the left
	13/20	James Ford	M16	
Light Green	5/35	Emily Ford	W17	
	12/35	Katie Taylor	W18	
	14/35	Michael Cameron	M14	
Orange	2/28	Lewis Bricknell	M14	
	5/28	Albie Wilson	M15	
	6/28	Matthew Derrick	M12	
Yellow	1/21	Austin Howe	M10	
	3/21	James Dean	M16	
	4/21	Jessica Taylor	W13	

Orange	2/11	Joseph Derrick	On 25 th October the club ran a big event in Angley Woods . Although there were a lot of adults taking part there weren't so many juniors, but those who did ran very well as usual:-
	4/11	Matthew Derrick	
	6/11	Toby Prior	
	8/11	Bo Willis	
Yellow	1/4	Austin Howe	
	2/4	Eva Gladden	
	3/4	William Prior	



William Prior at Angley Woods with his new Saxons Junior top

Light Green	1/20	James Ford	Joydens Wood- 7 Nov The next KOL event will be remembered for the torrential rain and the howling wind which we had to contend with for most of the morning. If you managed to avoid this bad weather you were very lucky. Despite this lots of juniors took part and showed how tough they are. The leaders in the results table can be really pleased since there were so many competitors at this event:-
	5/20	Emily Ford	
	10/20	Michael Cameron	
Orange	4/20	Joseph Derrick	
	6/20	Matthew Derrick	
	9/20	Toby Prior	
Yellow	2/16	Austin Howe	
	3/16	Ben Cronin	
	5/16	Kasie Chapman	



Did you see the Saxon warrior at Joydens Woods.? There is a very deep ditch running through the woods that was built to keep the Roman Londoners out of Saxon Kent in the 900s. The ditch was built 7meters deep and is now a protected ancient monument.

Look again at your orienteering map and see if you can see the ditch.

I'm sure that you are enjoying all these events and are looking forward to more to come. Don't forget that every time you come to a run you get a sticker on your loyalty card and for every five stickers you get a prize for being a loyal Saxon. When next I see some of you I shall have to be giving prizes away as already a few of you have earned them by getting enough stickers. So I shall be as pleased to be giving them to you as I'm sure you are receiving them.

So keep coming to events and having fun completing your challenging courses. Also remember to ask me for your special "Junior Membership" cards

Finally here is very special date for your family calendar. Please make sure you get your parents to put May 28th 2016 on as the date for the Junior Orienteering Festival. This year Saxons will run the event at Lorenden School which is south of Faversham. This is when you get a big chance to win valuable medals and there will be lots of other boys and girls for you to show how great at orienteering you all are.

Tony Connellan

The National Cadet Force Orienteering Championships Wathgill, North Yorkshire, on Sunday 1st November.

For the first time in many years, Kent Army cadets entered, with 6 of the 11 cadets attending being from Wrotham Detachment – who are Junior group members of Saxons.

On the Friday evening, the cadets travelled to Godalming, to the Surrey ACF training centre, where they stayed overnight, as they were sharing transport to Yorkshire with Surrey cadets.

Saturday morning was an early start – up at 0600 and on a coach having breakfasted, packed and cleared accommodation by 0730.

En route to Wathgill, a stop was made at Outwood Country Park, just outside Manchester, where the South East Lancashire Orienteering Club (SELOC) were hosting an event. The cadets all took part as a practice run and this gave the staff time to look at their results and go through the courses to work out any issues the cadets may have had. It also gave an opportunity to finalise the competition running order for the following day.

Arrival at Wathgill on Saturday evening was in thick fog, but at least we were in time for tea! The evening consisted of briefings, issue of team kit and an early night.



Junior boy setting off

Early night turned into early morning – a fire alarm was triggered in the male cadet accommodation (false alarm) just after 0200. Following the evacuation, roll call, arrival of a completely unnecessary fire engine and a wait for the on call engineer to come in and silence the alarms – it was after 0400 before everyone got back to bed – only to be up again at 0600, to get breakfast and pack, before handing back the accommodation to leave for the competition site at 0815. Wathgill was once again covered in fog.

Scotton Moor however, where the competition was taking place, only 2 miles away, was bathed in lovely autumn sunshine. The ground was quite soggy – having had rain for several days in the run up to the event, which meant part of the course was covered in puddles – which didn't look that deep – but cadets found they were deeper than they looked! (Knee high in places!)

Wrotham cadets were running in the Senior Boys event (3 cadets) and Junior Boys event (5 cadets – 3 from Wrotham.) A Wrotham senior was the first cadet out onto the course in the whole competition at 0900. After him, our cadets were interspersed with others from all over the country, including Northern Ireland, leaving in groups of 2 or 3 at 1 minute intervals. Having seen all the cadets off, the staff walked to the finish to await their return...

At the finish, the cadets had to check in – the EMIT (non touch) system was being used for the event, then put their maps in a sack (so they could not show them to any cadets still waiting to go out), climbed a very slippery stile and went to download.



Senior boy coming in to finish

Cakes, biscuits, hot and cold drinks were available whilst we waited for the presentation ceremony. The Colonel who heads up the Army Cadet Force Association Sports Council had travelled from London to present the prizes.

The Senior Boys (16+) event (Long Light Green 5.4km 135m) was presented first – Kent ACF came third and the three cadets from Wrotham were presented with their National Bronze Medals.

Then the Junior Boys (Under 16) event (Long Orange 3.7km 120m) was presented – Kent ACF came third again and the three cadets from Wrotham, along with their team mates from other detachments were presented with their National Bronze Medals.

The Senior Girls event (Light Green 4.1km 110m) was presented next – unfortunately we had no girls running in that event. Finally, the Junior Girls (Orange 2.3km 70m) event was presented. The three girls came second and were presented with National Silver Medals.

It was a fantastic day for Kent, every cadet who attended went home with a National Medal! Wrotham Detachment cadets, brought home 6 National Bronze Medals – a great days work! After all the photographs were taken, everyone climbed back on the bus for the long journey home, leaving Wathgill at 1300 and finally getting home around 2230 after a very foggy journey and a treat of a McDonalds meal for tea!



1. Wrotham Detachment medal winners – Juniors in the red shirts (left) , Seniors in blue (right)

Overall – a very successful trip to Yorkshire. Already planning for next year, as some of the seniors will be too old to compete, some juniors will have stepped up a grade and new youngsters (both boys and girls) who started orienteering this season are coming in to replace them. Now they have to concentrate back on their military work – with Remembrance Sunday parades this week and training ready for Christmas camp....

Keith Fuller
Saxons member and Cadet Leader

SAX QUIZ- KENT 4

It is some time since we had a Kent Quiz and I find I have questions still not used.

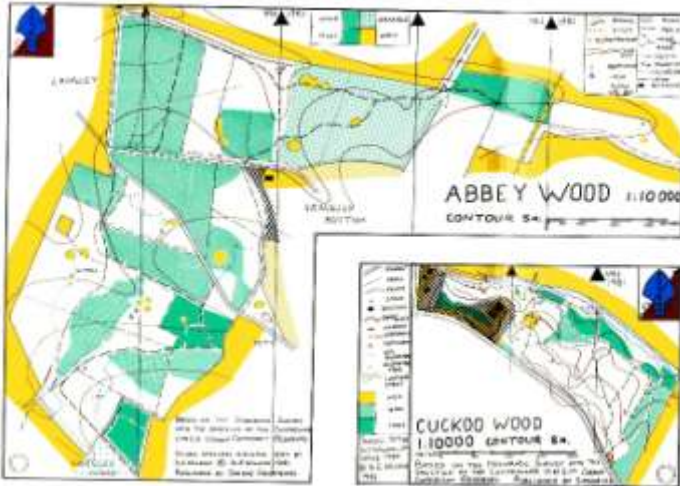
1. . What, from the air, have W. Malling, Gravesend and Hawkinge in common
2. Where is the official home of the Lord Warden of the Cinque Ports?
3. Where from earlier times can you see Kent called Chenth
4. What was Gavelkind
5. What is the name of the narrow channel that almost separates the Isle of Thanet from the rest of Kent
6. Where will you find the Bell Harry Tower
7. Which river forms the lake in Mote Park
8. Charles Dickens finished writing 'David Copperfield' in what is now called Bleak House. Where is it?
9. Where will you find the Pantiles?
10. Where Samphire Hoe and what is it formed from?
11. Who created the Romney, Hythe and Dymchurch railway?
12. What is the major house, said to have 365 rooms, near Sevenoaks?
13. In which Kentish town did a Mr Spielman set up a Paper mill and a Mr Hall establish an Iron Foundry (both in the 1700s)?
14. Smallhythe was once the port for which Wealden Town
15. Where is and who lived at Quebec House?
16. Who, according to legend, were the founding brothers of Jutish Kent?
17. What was sparked off by a tax gatherers zeal in 1381?
18. Which Kent village has a main street paved with Bethersden Marble
19. Who was the original Fair Maid of Kent?
20. Whose decapitated head was brought to Canterbury by his daughter Margaret Roper?
21. Which Kent born physician discovered the circulation of blood?
22. What was the name of the American Indian princess who died at Gravesend in 1617?
23. Who was the Elizabethan seaman from Gillingham who became the first Englishman to reach Japan?
24. Where is Kent's largest group of Oast Houses to be found?
25. Which 18th century country house is home to a historic collection of keyboard instruments?

Answers inside back cover

Instead of the second instalment of the history of Ordnance Survey we have some early Saxons history from Bill Griffiths

- SUMMER ORIENTEERING – 1980’S STYLE – on an “L-shaped map!”

When I joined Saxons and started orienteering in the early 1980’s, the Club and the sport had been around for a decade or so in the UK and (in Kent – and elsewhere) was gaining in popularity. In the earliest days – I was told, orienteering events relied heavily on copies of OS 2½” to the mile maps. Bespoke orienteering maps came later. But by the early 80’s, Saxons had started using specially drawn maps for most events. But they came at a cost – as they were drawn by hand by orienteering cartographers with mapping skills that I (as an amateur OCAD mapper) could only dream of possessing.



From summer ‘82 and ‘83, the Club held its usual summer series and was able to launch a remarkable series of new maps drawn by David Wilson – (at that time) it’s most prodigious mapper. David identified and mapped small areas around Maidstone, which initially appeared to have limited O potential, but which turned out to be the mainstay of the Club’s low key areas at that time.

But it was David’s maps – some of them tiny – that were the real innovation and looking at them 30+ years on, one realises how important they were at the time in enabling low key events with good modern maps, and only now we can appreciate just how much time and effort must have gone into them.

There were seven maps in the series. All produced around 1981 not long after David had moved to Kent from the North West and all characterised by meticulous mapping and distinctive hand-written text.

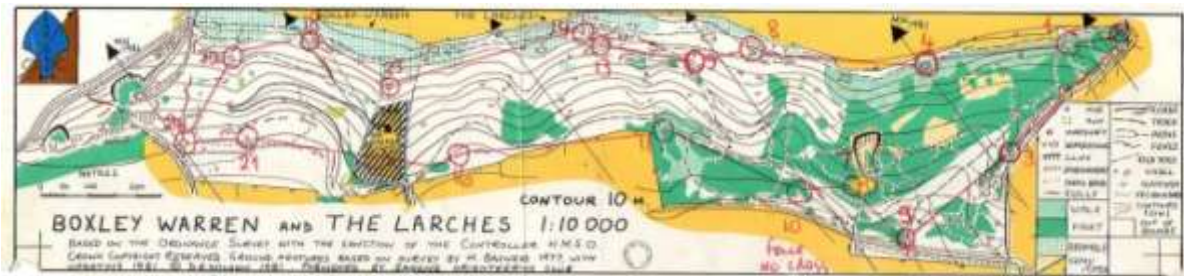
The areas near Maidstone were originally black and while “cheapo” versions for a sixth form games orienteering option at Maidstone GS. The move to colour was motivated by a wish to have better maps for the School – and the Club.



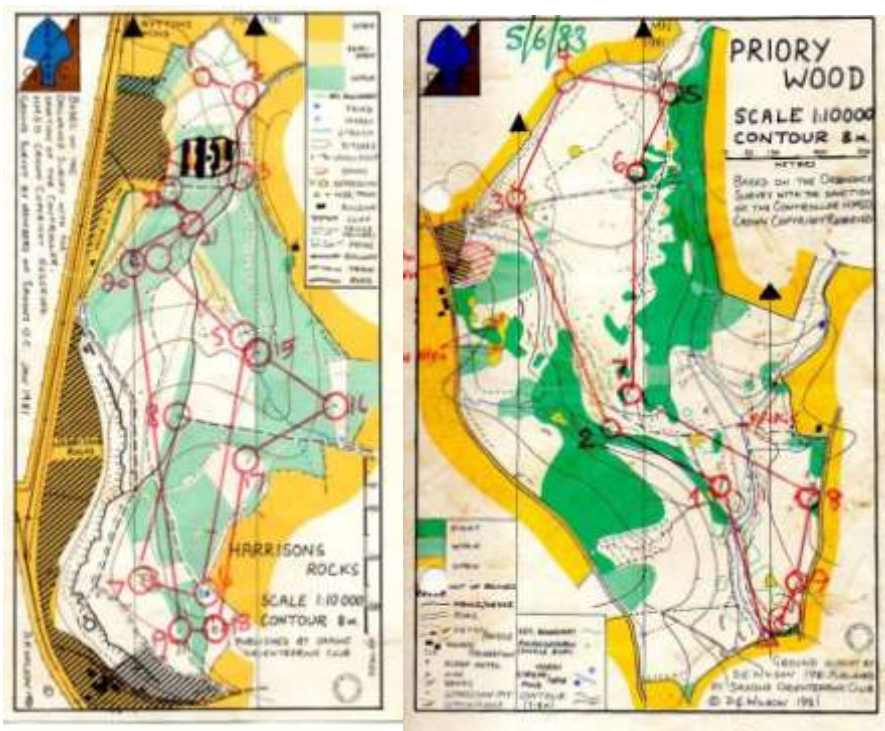
What wasn’t immediately apparent was that all seven maps had been drawn on a single sheet although the “sideways-on L” shaped map of Abbey Wood (near Langley Heath) was a good clue – especially when it was used at a summer barbecue event in 1984 with its “partner” map of Cuckoo Wood still adjoined.

The other maps in the series were Boxley Warren, Penenden Heath, Priory Wood, One Tree Hill and Harrison’s Rocks. I wonder how many of these areas are still used for orienteering.

The area called Penenden Heath, but actually mainly of woodlands and fields northeast of the M20 – (surely one of the smallest O maps ever – about 2" x 3½") has now been chopped in two by the high speed rail link. Some of these areas *may* still be used at Saxons events (how would I know – I have been living 250 miles away for 10 years), although I don't remember many of these getting a mention in the Saxons e-mails I still enjoy getting most days!



Last year, walking the North Downs Way, I wandered through Boxley Warren in the rain – it didn't seem to have improved much, but the experience certainly brought back memories of low-key summer events in the early 80's (when the sun invariably shone!). Aah – Boxley Warren – a very long and thin Wilson map – well it would be long and thin wouldn't it – after all the wood is 1.5km long but only 300m wide! To fit it on, the meridian lines pointed to the NW – it didn't seem to matter much!



The Harrison's Rocks map credits members of "Saxons OC" for help with the survey – but it was David's project and (of course) David's map – complete (as had all these maps) with a blue and brown Saxons logo. The Boxley map credits the ground survey to a young chap called Martin Bagness – whatever happened to him? Peter Billinghamurst helped David with the survey of One Tree Hill and Brian Lawrence assisted with the survey of Priory Wood. .

These small maps were surveyed very quickly – David admits that he wouldn't have had time otherwise. Cuckoo Wood, for instance, took one morning, and Abbey Wood probably two!

David was already a prodigious mapper when he joined Saxons, and had drawn some of the earliest orienteering maps in England for his previous Club, MDOC. (Manchester). He joined The Club on moving to Kent in the late 1970's and as well as being one of the Club's leading mappers, he also had the equipment store at his home in Sutton Valence for a while.

David and (his wife) Rhoda hosted the Club's summer barbecue in their garden most years in the mid-eighties, usually preceded by a novelty O-event in nearby Abbey Wood.

David was deputy head at Maidstone Grammar School until 2002, when he and Rhoda retired to West Sussex. Today he keeps busy engaged in a variety of activities including researching his family history, volunteering and walking and cycling the footpaths and bridleways around his home Chichester.

Looking back from the 21st century, there seems little doubt that David's 1981 map series enabled Saxons to organise a wide varied range of summer events in the earliest years of our sport.



local
in
and

So next time you run with an offset-litho printed, digitally drawn orienteering map (to ISOM of course), just remember, it wasn't always like that and that the sport owes a lot to the talented cartographers that were essential to the Sport in those early days

SAXONS OUT AND ABOUT

Please note that write ups for events in November have been saved for the January edition.

^h London City Race 12 September 2015

18 Saxons went to Wapping for the 8th London City Race. This year did not disappoint. Lots of underpasses, bridges and different levels to keep you on your toes. Lots of walls and hedge corners. It was vital to check your control descriptions to make sure you were in the right place. At 2 controls I did not understand the control description. Both feature in Corner. Huge variety of architecture from Docks to the City: - Tower Bridge, The Tower of London, and The long courses got to the Gherkin, Tobacco Dock, and Shadwell Basin. Lots of parks- The start was in Swedenborg gardens Peter Martin did Saxons proud coming 3rd in the M65 Class. The photo shows Peter (right) with his medal the Shard in the back ground



Other performances deserving a mention are:-

- Richard Whitaker (Men's Open - 47/87) finished as the 2nd M60 ~~mad, brave~~, fit enough to run the class competing largely against M21s.
- Matthew and Joseph Derrick M12 for running the Youth class against M/W 16s and M/W 14s and finishing about half way, excellent result.
- Jerry Purkis who had put his back out and walked the M50+class. His graph on splits browser shows a perfect straight line – i.e. no mistakes.

KNC1 Tudeley Woods (17/9/15)

Seemed strange to turn up on a balmy evening in the light, for the first of this essentially winter series. The summertime undergrowth proved a bit of a challenge, and encroachment of the A21 widening slightly restricted the area available. Neil Crickmore and Alison Howe were the convincing winners in the Men's and Ladies categories.

Best Saxons were: - Score Brendon Howe M45 3/37, Alan Hickling M50 4/37, Alison Howe W40 8/37 1st Lady, Steve Waite M65 10/37 Best UltraVet

Mark Glaisher (Organiser)

Canterbury Urban Level B (27/9/15)

Mike Perry made the most of the opportunity to have the Start and Finish near the City centre, and I can't think of a nicer setting for the Start. It's unusual to have it in an Orchard, with the River with paddle boarders and rowing boats as the backdrop, and in sunshine too. Plenty of controls on all courses and clever layout made for an interesting run.



Austin Howe racing to the Finish

There are a number of unpredictables when holding an orienteering event in a popular tourist destination like Canterbury, so we did have to make some late amendments due to the popular Food and Drink Festival. I think competitors realise this can occur, and they seemed to take it in their stride, making it a successful competition.

Best Saxon results

Veteran Women	Joanne Hickling	W50	1/10	Ultra Veteran Women	Heather Brown	W65	2/9
	Alison Howe	W40	2/10		Beryl Pring	W65	3/9
Super Veteran Women	Sarah Howes	W55	2/12	Ultra Veteran Men	Peter Martin	M65	2/14

KNC 3 – Angley Wood – 01/10/2015

A clear, dry evening for the third event in this season's KNC league - a 'traditional' score event – mass start and 20 controls to find. 36 runners took part. This number included a young Norwegian lady and also a Latvian guy, who just happened to be in London for a few days and drove down from Battersea to the event. He was Guntars Mankus who was the 2014 World Pre-O Champion! He is also an accomplished adventure racer and orienteer. He blasted round the course getting all 20 controls in 47 minutes – 6 minutes clear of Neil Crickmore from Southdowns.

Brendon Howe was first Saxon in 5th place (16 controls in 55.23), followed closely by Simon Blanchflower in 7th (16 controls in 55.36). Jean Fitzgerald was first lady with 10 controls in 57.08..
Planned and organised by David and Anita Kingdon.

Blean Woods Kent Orienteering League Saturday 3 October

The second event in the KOL series was held at Blean Woods, arranged this year by Team Howe. (see photo) Thanks to the guys at The Dove Inn and their overflow car park, we were able to gain access to the northern part of the woods, a change of scenery for the Yellow and Orange route competitors and a safer/shorter walk in for all.

Despite a misty start, the woods were in good form, with many of the trees 'on the turn' and a light dusting of leaves on the otherwise dry ground. Conditions were great for orienteering. The sun had emerged by lunchtime and the pub was then swamped by competitors enjoying a post run pint and a sandwich.

Blean saw 104 competitors in total, including a good number of newcomers. 61 Saxons attended and were well represented in the results table.

Blue	Simon Blanchflower	M60	1 of 20	Light Green	Bohdan Rainczuk	M50	1 of 35
Orange	Lewis Bricknell	M14	2 of 28		Jean Fitzgerald	W60	2 of 35
Yellow	Austin Howe	M08	1 of 21				

	
<p>Howe Family in charge</p>	<p>Alison putting out controls on a very foggy morning</p>

SOUTH EAST SCORE CHAMPIONSHIPS 11 October 2015

In many years of orienteering in the south east, this is the first time I've been to this event. In the past I was probably deterred because it was a 'score' event and I was never sure just how many controls I would be able to visit in the time allowed. For the uninitiated, this is the very essence of a score event i.e. you have to visit as many controls as possible in a specified time (e.g. 45 mins or 60 mins) with the additional challenge of devising your own course rather than following a line course and the controls have different values so your aim is to maximise your 'score'.

However, after 7-8 seasons of KNC score events I seem to have had quite a lot of practice at score events and as there was a dearth of events at the start of the season, Mark Glaisher and I decided to go along to this year's SE Score Champs which were being held at Long Valley near Aldershot. A handful of other Saxons also came along.

Long Valley is an army training area and is an excellent mixture of runnable woodland, heathland (some of it not so runnable), a myriad of tank tracks (some water filled, some not), sandy areas, some interesting contour detail and mountain bike tracks (some on the map, some not).

Unlike our KNCs there wasn't a single mass start, but numerous small ones (say 3-6 runners) every few minutes over a 2 hour period. The time allowed was 60 mins although the youngest and oldest participants could do the 40 mins score and have a multiplier applied to their results. As this was an interclub championships (rather than individual) and scores counted towards a club's total, there could be advantages for some participants to do the 40 min event.

The map showed 30 controls with scores of 10, 20, 30 and 40 points. There were only 2 of the 40 point controls and I didn't immediately see these but, as one might expect, they were at the furthest distance from the start. The rest of the controls were spread fairly evenly over the map so I quickly discounted 2 of the 10 points controls and a 30 that were a bit 'out on a limb' as I could see there would be plenty of others to visit and that I could leave several options towards the end that I could include or leave out, depending on how much time I had left. This strategy seemed to work pretty well and I achieved 320 points, out of a maximum of 640, in 59:53 which placed me in a respectable 58th out of 167. The maximum scores achieved by anyone were 510 (with a penalty of 40) and 500.

Saxons scorers were:

60 minute score	Mark Glaisher M60	350
	Sarah Howes W55	320
	John Van Rooyen M65	298
	David Kingdon M60	240
	Anita Kingdon W60	-66
40 minute score	Simon Greenwood M60	330
	TOTAL	<u>1472</u>

With only 6 runners from Saxons, all our scores counted and we achieved 7th place (out of 10 SE clubs). Next year we just need to get another half dozen or so Saxons to come along and persuade Anita to come back in time..... and we could move up several places!

SARAH HOWES

KNC 6 Perry Wood

Thirty four people turned up on a mild October evening at the sixth KNC Event at Perry Wood. Heather and Tony had extended the point scoring opportunities for participants by giving bonus points for finding ascending consecutive controls. The top scoring runner, Neil Crickmore found 16 and earned 11 bonus points taking every possible opportunity to visit close controls consecutively. Only one runner, Brendon Howe set off to visit every control consecutively gaining a respectable 10 bonus points. Thank you for your understanding in one misplaced control and to the collectors, Nick Barrable, Simon Blanchflower, Mark Glaisher, Nick Betts and Dave Pickup.

Heather Brown & Tony Connellan

Cambridge City Race October 23rd 2015



Paul Ives, Jeremy Oldershaw and Toni Ives

The day started well for us with Tony Connellan arriving to add to our car load of Toni, Paul, and Jamie Ives to leave together from Medway. Reaching Cambridge Park and Ride early, we met Jeremy Oldershaw and some DFOK members. We trundled into the centre and made our way to the engineering department to collect our numbers. Meeting up with Liam Ives (Competing as a Saxon whilst studying in Cambridge), we set off to start at to our allocated time slots. Things started well and the challenge of speeding along avoiding bikes, umbrellas, pedestrians, students in academic dress, buses and a cow (yes a cow) was great and we all managed to complete the course despite the obstacles and rain at times. The sights of Cambridge and running through college grounds to find controls made it a delightful event with

Tony cheering the runners on at the end (having unsuccessfully been unable to gain an entry place) and Jamie Ives being chief photographer for the day.

Toni Ives

EXTREME ORIENTEERING

We have some Supermen and Superwomen in our Club who take part in extreme orienteering events covering very long distances, often over several days on challenging terrain and frequently in terrible weather. I like the idea of participating on one of these events but after 17.5 miles on a Long Distance Walkers Association event in July around Goudhurst, which left me quite exhausted, I realise I am not one of these Superwomen. However this is what some of our ultra mad fit members have been up to:-

Lakes in a Day Ultra 2015 –9 October 2015.

Chris Rogers took part in this. Read his write up, with photos and map on his blog <http://honeststories.blogspot.co.uk/>

OMM (The Original Mountain Marathon) 29-30 October 2015

A few of our members took part in this challenging orienteering event

1. INTERNET DATING

Hovering over the 'Submit' button, I'm thinking – have I said too much?too little? But time's pressing, so here goes.....

I'm looking for a partner on the D course, please; my team-mate has had to drop out, unfortunately. 63 and an experienced navigator, I have successfully completed the C course in previous years.

Well, it worked for me! Sarah Howes had to miss out due to a foot injury, unfortunately, a week before the event.

Friday night saw us sorting out the kit in a motel by the A74(M). Although we had only made up a team 24h beforehand, we seemed to have a complete set of equipment, fortunately. Our early start – first away on the D course – meant that we were on our own for much of the day. It was apparent that Stephen, still getting fitness back after illness, was strong on the hills, and a bit of a navigator. The D course (Day One 19.3km, 1700m) offered relatively straightforward-to-find controls with some route choices, i.e. a good introduction to an OMM line course.

For the first three hours after we started there was quite a lot of wind and rain, and my gloves strategy was found wanting. Setting off with just lightweight thermals, these gradually became saturated – too late to put my waterproof ones on top. Dispensing with the thermals, I tried to put the Marigolds on (don't do cooking!). A lot of tugging and gripping the rubber with my teeth was needed to get them over my cold, wet fingers.

Early into the campsite meant we could set up the tent in the lee of a stone wall – best OMM pitch ever. To our surprise we were in the chasing start, so it was a 5.30am reveille. We dropped a few places as we tired during Sunday, but nevertheless we were chosen for a kit check when we finished – all OK.

Reflecting on the event, I enjoyed competing on an unfamiliar area, using a Harvey map with proper sealing against the elements. Running with a new partner meant a bit of learning for both of us.

Sometimes cold weather, wet undergrowth and stream crossings aplenty can mean cold feet. Stephen's solution to this was to wear thin (2mm) neoprene booties instead of socks. Anyone else tried this?

Mark Glaisher

2. OMM 2015 – Long Score by Brendon Howe

For the first time, the OMM had snuck up on us without having had the opportunity to train as a team. Usually, Henrik, my Swedish teammate, and I take a weekend away to get some training in where we often visit the location of a previous OMM and get some miles under our belts.

For Henrik, a new addition to the family and house move put pay to the usual preparation so training started at gate #14 City Airport for our flight to Edinburgh. By 10pm we were in our hotel room in Dalkeith smugly thinking of all those competitors under canvas.

On rising, we were surprised to see that it was not raining as forecast. This changed as we drove to the start. Stair rods – this is the OMM weather we know and love. We got pretty drenched getting to registration, picked up some gas and headed for the start. This year competitors were given a start window rather than start time, giving a bit more flexibility.

Very soon we were off. There had been some late changes to the map added in pen. This limited our route options and meant it took us some time even to find the start triangle (3 mins+). With the left hand side of the map relatively inaccessible we opted to run a sausage shaped route to the right with an option to head upwards on the return leg if we had time.

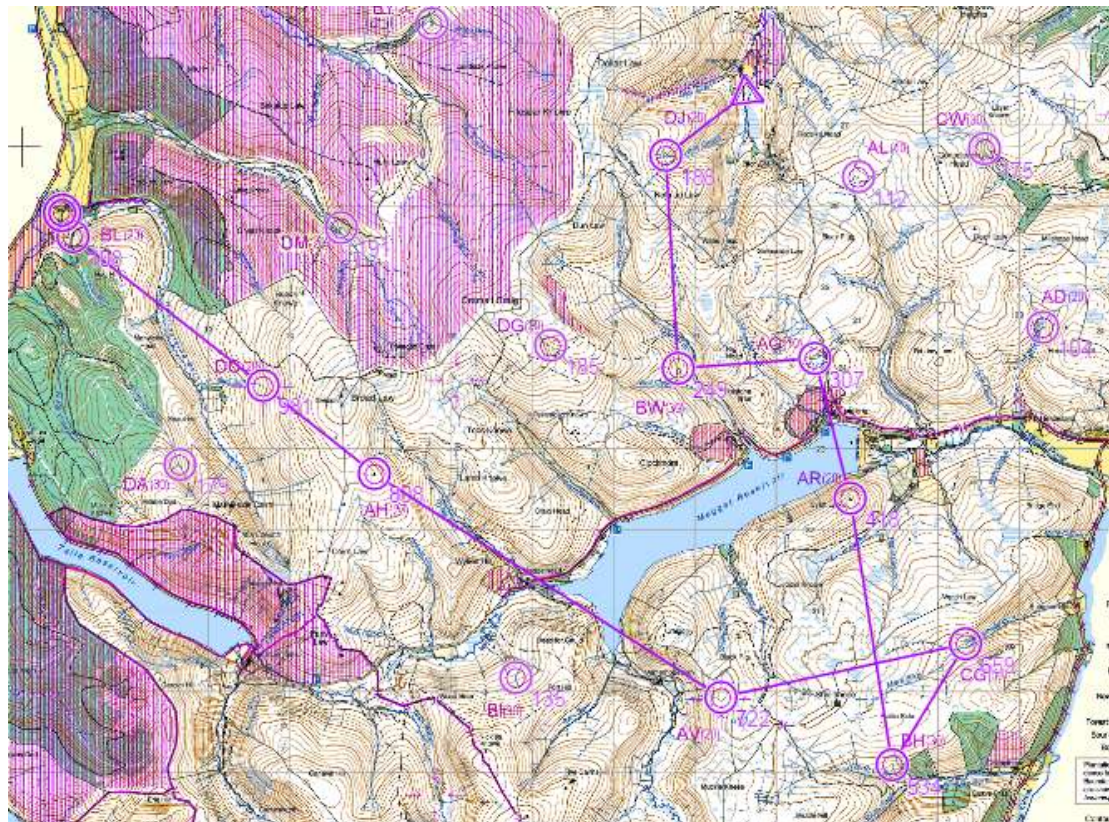
We made steady progress despite the soggy weather. Navigationally we were on a roll, with Henrik working on overall route strategy and me doing leg to leg and attack point tactics. Not sure if we are getting better, or whether the weather helped, but the CPs seemed easier to find this year.

Having met our objectives on the outward leg, the terrain became much slower going. We were forced to abandon our optional longer return route, then shrink it again as we slipped behind schedule. We arrived at the day one finish with 10 minutes to spare and a 20 point CP on a neighbouring hill top (150m+) un-conquered. We had been too slow on day one and had to settle with 17th overnight.



After a dry night we were awoken the sound of bagpipes and an excessively cheery chap telling us it was 6am. Having missed the chasing start we had the luxury of a 8:30 start and were able to doze for a while before cooking breakfast – porridge or course!

For day two we hatched a daring plan to head South then East below the reservoir. Finish line chatter suggested the terrain there was slow but we planned to take a longer path route to get into the heart of the area. This turned out to be a mistake as the terrain underfoot, though slow, was manageable. Despite the delay, we continued to hit CPs on target and made moderate progress. Only on our return heading north did we start to panic when we came to a manned CP to find the chap was packing up to go home. We doubled our efforts knowing the next 1h45 was going to be hard. There was another 900m+ of climbing. By the time we hit the penultimate CP there was very little time left, 15 minutes and still 5km to go.



We set off downhill like greased weasels and, hitting a forestry track, sped up further. We continued to push hard when the ground levelled, finally coming in just over six minutes late. 5km, 21 mins, off-road, not too bad, but points were lost. End result, 14th overall.

On our return trip we cogitated over our performance. We need to move faster if we are to achieve our top 10 target. This means shedding weight, most of which will have to come from our middles I fear!

Brendon Howe M50

The usual Club and Committee contact list will appear again next month in case there are any changes at the AGM

Extract from Minutes of Saxons OC Committee Meeting 11 October 2015

- Date for O Festival to be run by Sax next year agreed as 28 May 2016.
- Tony Connellan has purchased banner for Sax juniors.
- Tony has produced 'loyalty' cards for juniors, to be stamped at each event. Prizes to be awarded for attendance at set number of events .
- Simon Blanchflower and others have inspected Bedgebury; concluded that we should use the area currently mapped for the POC for level D events. Possibly extend out from here in next couple of years.
- We have cancelled Tunbridge Wells Urban Level B for 2016.
- Purchase of 30 new control kites has been agreed.
- Website Update: Jean Fitzgerald, Simon Blanchflower, Alan Hickling, Mark Glaisher and Jerry Purkis have been working on this. There will be no 'members only' area on the new web site.
- AGM to be held at Swattenden Centre , 28 November. Saxons to provide food for buffet.
- Heather Brown, Tony Connellan and Jerry Purkis have attended a 'Safeguarding children and vulnerable adults' course, as part of the club's development role.
- Walkie talkies: agreed the club should purchase four of these to help co ordinate activities at events (these have now been purchased and were used to good effect at Hindleap event).
- Mark Glaisher is checking suitability of Deangate golf course area for orienteering; David Kingdon is updating Trosley map.
- Mark Glaisher highlighted problems with our event clocks. Subsequent discussion led to decision to purchase two new "beeping" start clocks; (these have now been purchased, and were used at Hindleap event).
- With the success of the new Abel printer, agreed that Mark would purchase a second printer, and cases to house them.

SAX QUIZ ANSWERS

1. RAF Air fields	2. Walmer
3. The Doomsday Book	4. Inheritance Law peculiar to Kent
5. Wantsum	6. Canterbury Cathedral
7. River Len	8. Broadstairs
9. Tunbridge Wells	10. Nature reserve between Dover and Folkestone, below cliffs, formed of material excavated from Channel Tunnel
11. Captain Jack Howey	12. Knole
13. Dartford	14. Tenterden
15. Westerham, General Wolfe	16. Hengis and Horsa
17. Wat Tyler's Peasants Revolt	18. Biddenden
19. Princess Joan (Plantagenet)	20. Sir Thomas Moore
21. Sir William Harvey	22. Pocahontas
23. William Adams	24. Beltring
25. Finchcocks at Goudhurst	



Rob Sibley, Tony Connellan, Emily Ford and a Saxons Junior - Blean KOL

Acknowledgements this month for another bumper edition that would not be this packed without contributions from the following members. Thank you all very much

Heather Brown, Tony Connellan, Sean Cronin, Keith Fuller, Mark Glaisher, Bill Griffiths (EBOR), Brendon Howe, Sarah Howes, Toni Ives, David & Anita Kingdon, Peter Martin, Chris Rogers, Rob Sibley, Mike Solomon & James Wilkinson,

Photos Rowan Purkis Liam Ives, Heather Brown Brendon Howe.



London City Race around Wapping and the Tower of London. Anthony Barrable walking on despite a sprained ankle.



Simon Blanchflower racing to the Finish at the Canterbury Urban Race with paddle boarders in the background

SAXALERT is the official journal of Saxons Orienteering Club.

Views and opinions expressed in SAXALERT are those of the individual contributors and do not necessarily reflect the views of the editors, the club committee or Saxons Orienteering Club.