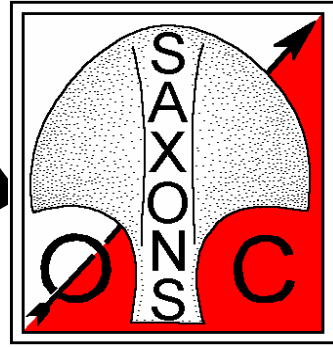


ISSUE 165

Sept 2015

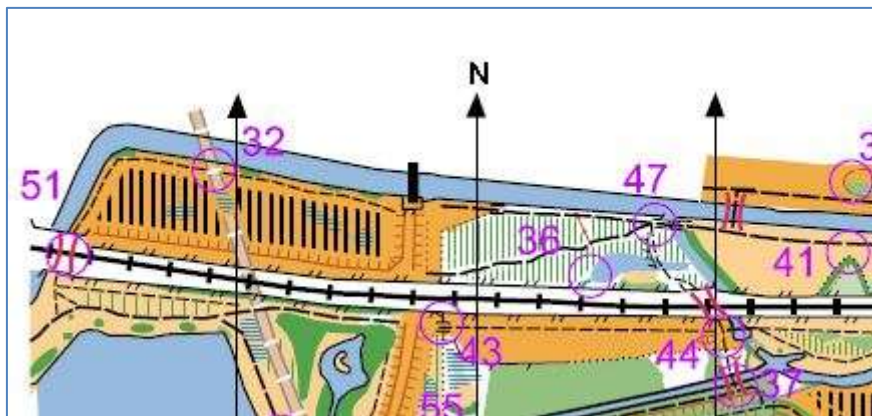
# SAXALERY

[www.saxons-oc.org](http://www.saxons-oc.org)



**HAYSDEN COUNTRY PARK 25 July 2015**

**Control 32 below**



## SAX NOTICES

### AGM & BUFFET LUNCH

PROPOSED DATE - 28 NOVEMBER 2015  
PUT IN YOUR CALENDAR NOW

SWATTENDEN CENTRE  
Please CHECK WEBSITE FOR MORE DETAILS

Saxons **BIG** event in the next season is coming up in November  
. We will be looking for lots of helpers  
Hindleap Warren, Ashdown Forest

15 NOVEMBER 2015

WILL ANYONE VOLUNTEER TO PUT ON A STRING COURSE OR A  
TAG COURSE FOR OUR YOUNGEST RUNNERS?

Contact the Organiser- Rowan Purkis  
rowan.purkis@btinternet.com

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## EDITORIAL

British Orienteering is recommending that Clubs appoint a Volunteer Coordinator (VC). Saxons has been asked to consider this although we have not agreed with BOF exactly what the role entails. Why do we need a Volunteer Coordinator you may ask—surely the Organiser of each event advertises for volunteers and slots them into the various jobs needed; why do we need a designated person? BOF have agreed it is not the job of the VC to find Organisers, Planners and Controllers for every event. Your Committee is considering the request and I am wondering if I can throw some light on this latest initiative to come down from on high.

Orienteering may be unique in the world of sport for using the participants at an event to also run it. Consider three most popular sports listed in the last edition of SaxAlert, i.e. swimming, athletics and football. Who puts on the event? The participants??? No – not at all - there is band of volunteers who put on the football match, swimming gala or athletics event so that the participants can turn up, enjoy their sport and go home again. Wouldn't that be wonderful in orienteering if you could just turn up to a Saxons event without having to help?? That's the joy of going to events put on by other clubs and we always appreciate all the effort that have gone into to put on the event because we know that when it's an event in a Saxons area we will all be juggling start times and job rotas to make sure the event goes smoothly. At the Scottish 6 days, this summer, so many helpers were need that a request went out every day for extras. It is only possible to use participants as helpers in orienteering because of the staggered start times but does it have to be like this?



**Your Editor on the left doing a 7 hour car parking shift at the Scottish 6 days after a desperate plea for help from the Organisers**

When my local running club puts on an event they request that everyone who wants to run provide a non running helper, otherwise the event cannot take place. Another friend involved in triathlon at a very high level explained to me how triathlon events in the SE are manned. SE Triathlon has a Volunteer Coordinator (VC) whose job it is to find volunteers for all events in the South East. The VC has a database of people with various skill levels, e.g. whether they are referee standards 1, 2 or 3 or in training/ shadowing. At the beginning of a year the VC advertises to all the volunteers on her database for help in putting on all the events in the calendar. If she does not get enough volunteers she rings people up and press gangs them. The volunteers are not necessarily members of any tri-club, just interested volunteers who want to help the sport but without them the events will not take place. And yes the SE triathlon VC role is unpaid.

BOF have told us that the suggested job description for a VC is as follows:- *“As the Volunteer Coordinator, you're responsible for recruiting club volunteers, arranging training for them and making sure they're engaged enough to be retained by the club. You must understand that volunteers join the club for many different reasons, so you must make the sport as appealing as possible.”* Doesn't this make much more sense when viewed with a non orienteering hat on? Think any other sport and you will realise there is a population of people – for example parents of participating children, spouses of participants or retired participants who are involved in the club some way and need coordinating, training and rewarding for putting on the events.

This is where I think orienteering is missing a trick- instead of saying –we don't need a VC because we don't really have volunteers. We have just stressed out runners trying to orienteer and help at the same event. We should say instead - how do we involve non-running family members in our club in such a way that they can be trained to help run events? Are there people out there who would like to be involved but do not want to run? Can we involve older members who struggle to go out on a course, in a more positive way so that they can be Club members without having to pay the BOF element of the sub if they no longer want to run competitively? How do we find these non participating volunteers, involve them in the Club, reward them for helping, how do we train them? If you have any good ideas on this topic let me know- perhaps you could be our new Volunteer Coordinator.

**Rowan Purkis**

Next copy date 8 November 2015

### **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](mailto:blackvally@yahoo.com), to purchase any item

#### **O Tops (this will look better on line)**



## CHAIRMAN'S CHAT

Since the last SaxAlert we've had a whole host of 'summer' events. The annual Saxons BBQ and fun event was held on probably one of the hottest days of the year and 'Operation Stack' caused some problems with attendance. A successful street event was planned by Graham and David Thomas around Sittingbourne followed by us sitting as far away as possible from the heat of the BBQ in their garden drinking copious amounts of fruit juice. The summer evening and weekend series of events organised by Saxons and DFOK was also reasonably well attended as was the Kent Junior Festival.



Saxons were out in force at the Scottish 6 day event with some good performances (and some not so good!). The club tent was erected and we were able to discuss routes and problems after our run. This event was held in the same area as the World Orienteering Championships and this gave us a chance to spectate and cheer on the National team. I was very impressed with the presentation of the races. A large screen was set up in the assembly area with fixed cameras out in the terrain allowing us to watch the competitors approaching and leaving selected control sites (with associated commentary). The athletes were also fitted with GPS transmitters which enabled us to watch their progress on a map of the area on the screen. I watched the ladies relay and it was very exciting and I would certainly be interested in watching other major events if presented in this way.

Saxons were not out in such great force for the White Rose event in Yorkshire. I was there as was Ian Wilson. The White Rose packs a large number of different events into the bank holiday weekend in August. I entered a classic and middle distance race, the Trail O and a sprint event (3 of which were on one day). There was also a night event and a team relay. I spent a lot of time in the middle distance race on my bottom sliding down a very steep hillside. The Trail O was tricky (if you don't know what this involves do have a go if you get the chance) and the sprint around a school campus in Pickering was great fun.

After initial discussions with our web designer the new website is progressing well. We will send a message round once it is up for use. Until then carry on using the current website to find out what's going on and coming up. Talking of which, we are now about to start the new season and I hope to see you all out and about. If you are new to the club do talk to the people at registration or download and they will be able to introduce you to some of the old(er) hands. There are still vacancies for organisers for some events. Please get in touch if you would like more details.

Also coming up in November is our AGM. This is likely to be held at the Swattenden Centre near Cranbrook. Once confirmed we will circulate details. The business meeting, which normally takes about an hour, will be followed by a couple of orienteering events, so do come and support your club and meet other members. If you are interested in joining the Saxons committee please let me know and I can give you more details.

I wish you all success and fun in the coming season.

**Jean**

## LETTERS TO THE EDITOR

Firstly some corrections and apologies to Joanne Hickling. In February at the TVOC Chiltern Challenge Joanne Hickling won the Very Short Green course and I wondered why she had run down. I had forgotten that she had pulled a calf muscle the day before and could hardly walk. All credit to her for running through the pain and winning the course.



Then to add insult to injury (no pun intended) in the last edition I had misunderstood a report that I had been given of the event and wrote that Alan had navigated for Joanne in the 7 June Surrey Hills race whereas this was very far from the truth.

Here is Joanne's version of the event:-

*I have never been a runner. At school I even got pulled out of 800 metres because the teacher was concerned at the state I was in after just one lap of the track. Taking up orienteering let me do a sport that was not just running. This year, however, I have tried to become a runner and have started training because I want to be able to run 10km*

*to get to run in the Olympic stadium in July. My first effort was 5km, which was ok for my head, but my legs could not cope and my calf muscle gave up. I was determined to keep trying so I looked up calf strengthening exercises. I managed the next 5 km much better, and managed to get up to 10 km, much to my surprise and pleasure. I wondered about entering the Surrey Hills Race, but was daunted by it being hilly, but I trained and decided in the week before that I could do it. Alan was not keen on paying two entry on the day fees, so he said he would just run round as it was on public paths. He was just behind me on the run out across the fields, but then we went different routes up on to the ridge. By then I was running with a man and a lady and Alan stayed behind us. At one stage I stopped at a stile to ask him if he wanted some of my drink because he was not carrying one, but the rest of the time I could not really tell even if he was there, and nearer the end I had got ahead of the other lady and he stayed back behind her. I came second and was first veteran female. Alan looked up the results and said that in 35 years there had only been two other years when my time would not have been a winning time. I was so proud of what I did, that race was one of my proudest achievements.*

### Joanne Hickling

Thank you Joanne for writing in to correct what I wrote. I hope your account will be inspiration to others to how what can be done with determination and training Very well done to you. Editor

Next a letter from Sean Cronin on the subject of head torches – very appropriate with the Kent Night Cup about to start.

### **Ferei HL50 Super Bright Headlight - Review.**

By the time you read this, the Kent Night Cup 2015/16 will probably have started and you may be looking at your night equipment and thinking it needs upgrading, or you might want to dive in and try it for the first time.

A few years ago, most people were buying the 1000 lumen Magicshine headtorch, typically from online retailer [brightbikelights.com](http://brightbikelights.com). As these are bike lights and gave a lot of power for a reasonable price (about £80), but have some limitations (particularly that the beam is focused in the distance, to suit a bike rider). Some went for headtorches designed specifically for running made by Petzl, Silva or Mila. These have some clever features such as adaptive lighting (the beam dims when you read a map so you don't get map glare) but were often much more expensive.

However recently lots more headtorches have come on the market. Brightbikelights are selling a 1000 lumen headtorch for £28, and you can get others even cheaper via Ebay, Amazon etc.

At the end of the last KNC season I won £100 in a competition run by an online tyre retailer. I saved it disappearing into the black hole of household expenses by buying a Ferei HL50 1800 lumen head torch. How did it do?

Well the first thing to say is that really is incredibly bright. It definitely is twice as bright as my previous Magicshine head torch, (though mine was getting old and not nearly as bright as others of the same make). But some adjustments need to be made to make it useable.

Secondly you really need to buy the diffuser as well. Without the diffuser you can light up the far distance but you'll get blinded looking at the map. With the diffuser the beam is spread giving peripheral lighting just in front of you where you need it, it's much much better. A tiny bit of light escapes from the bottom of the diffuser, which is surprisingly irritating when running in dark woods, I've put some masking tape over this gap, so hopefully that will be the end of the problem next time.

The second extra you'll need in my opinion is an extension cable and put the battery in a bum bag or mini rucksack. The battery is too heavy to mount on the head strap, it makes the head strap rub up and down. I guess if you're cycling or potholing that doesn't matter.

The angle adjuster is ratcheted, so there are only a few angles to choose from. But with the diffuser this doesn't matter too much.

When running I actually found 1800 lumens a bit too bright, so I turned it down to 1500 lumens. The extra peripheral vision definitely helps pick through brambles and see path junctions, but didn't stop me making several silly mistakes.

I originally paid about £80 for the light, but it's now gone up to £119.

Overall, I'd say definitely go for this torch instead of the Magicshine if you're a regular night Orienteer.. It is a big



improvement. I haven't tried the Petzl/Silva/Mila head torches that are more designed for orienteering, but it would be hard to justify spending a lot more on a torch that is half as powerful. I know that Mila do a 3900 lumen (!) head torch, but that's £400. It might be worth comparing the Mila version with similar power to the HL50 but (you would hope for the money) higher build quality and optimised for running. There's a Mila-Inton 2 with 2200 lumens, a 4 hour burn time at maximum power, looks like it would be about £180 depending on the exchange rate. That would be the one I'd look at if I won £200 in the next tyre competition.

If you're new to night O, and don't want to invest the money, then there are plenty of £30 ish torches out there with similar brightness to a Magicshine, or possibly brighter.

Looks like Silva and Petzl need to up their game and get some new models. I'm sure we'll see torches like the HL50 drop in price and increase in power still further.

**Sean Cronin**

Now an e-mail from Jerry Purkis who succumbed to a spam e-mail .....

**SUBJECT: HOTEL MUGGING SCAM**

I wish to apologise to everyone who received an email from me reference "Urgent. I am on a short vacation and have been mugged... please send money" It was all a scam. All is now back to normal. I was daft enough to reply to an email titled your mailbox is full, please confirm your email address details. This enabled the scammer to e-mail everyone in the orienteering community, and family, and a few extra including Tunbridge Wells Parking Fines office. I hope only the latter were taken in by the scam and sent money. Furthermore the scammer was able to put in place mail redirections so that all my e-mails went to the him and not to me which included the one from Rowan telling me she had reset my password and telling me what it was. Many thanks to all who phoned Rowan that morning, and to BT helpdesk for sorting it out. **BEWARE OF ANY EMAIL THAT ASKS FOR IDENTIFICATION BY REPLY.**

**Jerry Purkis**

**FIONA WILSON'S RUNNER BEAN GOULASH**

It's that time of year again when you may find that your runner beans have gone to seed - but don't throw them on the compost heap, turn them in to this delicious goulash...

**Ingredients**

Runner beans that have gone to seed, several cupped handfuls of fresh seed	Garlic, chopped finely or squashed
A large onion	Butter or oil for cooking
1-2 heaped tablespoons of paprika	Red wine

Remove seeds from bean pods, no need to soak if they are fresh and hydrated. Slice the onion and sauté gently in butter or oil for about 10-15 minutes until soft and translucent. Add paprika, ground black pepper and garlic, continue to sauté gently for several minutes. Add the red wine and cook it off, then add the beans, seeds and water and simmer gently for at least 30 minutes. Serve with wholegrain rice, soured cream and a green salad.



### A SELECTION OF EVENTS IN THE NEXT FEW MONTHS

When	Event	Level	Club	Where
Thu 17/09/15	SAX Kent Night Cup	D	SAX	Tudeley Woods, Pembury
Sat 19/09/15	DFOK Kent Orienteering League	D	DFOK	Jeskyns, Bexley
Sat 19/09/15	Dales Weekend Day1/Northern Championships(UKOL)/Senior Home Internationals Individual	A	AIRE	Monk's Road (Malham Tarn to Arncliffe)
Sun 20/09/15	Dales Weekend Day 2(UKOL)/YHOA Championships	B	AIRE	Hawkswick Clowder
Thu 24/09/15	SAX Kent Night Cup	D	SAX	Crowborough
Sun 27/09/15	SAX Urban Event	B	SAX	Canterbury
Thu 01/10/15	SAX Kent Night Cup	D	SAX	Angley Wood
Sat 03/10/15	SAX KOL	D	SAX	Blean, Canterbury
Sun 04/10/15	SLOW Trail Challenge & Half Marathon	D	SLOW	Ham & Richmond
Sat 10/10/15	SO SOG A2. Rivers Wood, Haywards Heath	D	SO	Haywards Heath
Sat 10/10/15	British Schools Score Championships	B	GO	Chobham Common
Tue 13/10/15	SLOW Night Street O Series	D	SLOW	London Bridge
Thu 15/10/15	SAX Kent Night Cup	D	SAX	Mote Park
Sun 18/10/15	CHIG SWELL Event	D	CHIG	Claybury Harlow
Thu 22/10/15	SAX Kent Night Cup	D	SAX	Perry Wood
Sat 24/10/15	SO SOG A3. West Friston, between Seaford & Eastbourne	D	SO	
Sat 24/10/15	Cambridge City Race 2015 (UKUL)	B	CUOC	Cambridge
Sun 25/10/15	St Albans City Race	C	HH	St Albans
Sun 25/10/15	SAX Sunday Event	C	SAX	Scotney, Lamberhurst
Sat 31/10/15	BADO Urban race	B	BADO	Basingstoke
Sat 07/11/15	DFOK Kent Orienteering League	D	DFOK	Joydens Wood, Bexley
Sun 08/11/15	GO Middle Distance Event	C	GO	Puttenham Common, Guildford
Sat 14/11/15	SE Night Championships	C	HH	Sherrards Park Wood, Welwyn Garden City

Sat 14/11/15	SO Saturday event	D	SO	Lindfield, Haywards Heath
Sun 15/11/15	SAX South East League event	B	SAX	Hindleap, Ashdown Forest
Thu 19/11/15	SAX Kent Night Cup	D	SAX	Seal Chart, Ightham
Sat 21/11/15	Southern Night Champs	C	LOK	Holmbury, Dorking
Sun 22/11/15	OK Nuts Trophy SE League event	B	SLOW	Winterfold
Thu 26/11/15	SAX Kent Night Cup	D	SAX	Faversham
Sun 29/11/15	SO Level C event	C	SO	Broadstone Warren, Forest Row

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.

## South East League 2014/15

The last event of the season was at Angmering – SO territory . SO had a massive win to confirm their position at the top. On home ground they had more than half of the SE runners and also more than half of the points. In the 2nd Division MV had a good win giving them a clear lead overall.

Final results were:-

Position	Club	Match Points	Position change
<b>DIVISION 1</b>			
1	SO	46	-
2	HH	35	-
3	SLOW	31	-
=4	SAX	26	-
=4	SN	26	□□□
6	DFOK	21	-
7	CHIG	11	-
<b>DIVISION 2</b>			
1	MV	33	-
2	BAOC	31	□□□
3	GO	29	-
4	LOK	23	-
5	HAVOC	16	-
6	RAFO	11	-

Overall SO won the event and increased their lead in the 1st Division. DFOK and CHIG are relegated to the 2nd Division. In the 2nd Division MV won the event which pulled them into the lead overall. They were presented with the CROC trophy at the recent SEOA AGM. MV and BAOC are both promoted to the 1st Division.

41 people (25% of the SE runners) beat their target time. The top 5 were:-

Colin Dickson	BAOC	M60
Axel Blomquist	BAOC	M60
Tom Edelsten	CHIG	M70
Keith Masson	MV	M55
Peter Martin	SAX	M65

**Philip Gristwood**  
SE League Coordinator

### Proposed SE League Events 2015/2016:-

These will be likely the best events put on by the Clubs listed below and your attendance will earn points for Saxons.

15-Nov-15	SAX	Hindleap
22-Nov-15	SLOW	OK Nuts Trophy, Winterfold
20-Dec-15	SN	Ash Ranges
10-Jan-16	GO	Blackheath
17-Jan-16	CHIG	Epping N
07-Feb-16	MV	White Downs & Netley Heath
21-Feb-16	HH	Burnham Beeches & Egypt Wood
06-Mar-16	DFOK	Chelwood
14-May-16	SO	Friston Forest, Eastbourne (SE Middle Ch)

## ALANS ALTERNATIVE RANKING TABLE

Pos	Prv-Pos	Name	Age class	Top-12	Runs
1	(1)	Peter Martin	M65	1200	18
2	(3)	Alan Hickling	M50	1172	35
<b>3</b>	<b>(5)</b>	<b>Sarah Howes</b>	<b>W55</b>	<b>1154</b>	<b>21</b>
4	(6)	Jeremy Oldershaw	M75	1146	30
5	(4)	Mark Glaisher	M60	1119	24
6	(2)	Mark Purkis	M20	1091	13
7	(7)	Brendon Howe	M45	1084	18
<b>8</b>	<b>(8)</b>	<b>Rowan Purkis</b>	<b>W60</b>	<b>1080</b>	<b>34</b>
<b>9</b>	<b>(9)</b>	<b>Jean Fitzgerald</b>	<b>W60</b>	<b>1056</b>	<b>22</b>
<b>10</b>	<b>(11)</b>	<b>Alison Howe</b>	<b>W40</b>	<b>993</b>	<b>18</b>
11	(13)	Mike Perry	M70	990	14
12	(10)	Mike Solomon	M70	987	13
13	(14)	Simon Greenwood	M60	983	28
14	(20)	Mel Taylor	M50	974	11
15	(12)	Doug Deeks	M75	965	17
16	(15)	Jerry Purkis	M55	956	29
17	(17)	Barry Woodfine	M55	923	13
18	(18)	David Kingdon	M60	910	20
19	(18)	Philip Norris	M65	895	14
20	(21)	Dave Pickup	M40	877	20

Sarah, Alan and Jeremy all move up the table. Peter maintains 1<sup>st</sup> position. Alan looks at all Saxons & DFOK events, plus level C events in the SE plus Level A events anywhere in the country. He adjusts the points for age .

The BOF Saxons ranking table can be found on the BOF site if you filter by SAX

**This photo is filling a space- Read about Richard and Mark Purkis's Saunders Mountain Marathon later in the newsletter.**



## BOF INCENTIVE AWARDS

**Three cheers for all those listed below who have gained performance awards since the last edition**

Member	Certificates	Awarded
Emily Ford	Racing Challenge: Silver Award ****	22/06/2015
James Ford	Racing Challenge: Silver Award ****	22/06/2015
Jeremy Oldershaw	Racing Challenge: Bronze Award ****	29/07/2015
	Navigation Challenge ****	29/07/2015
Joseph Derrick	Navigation Challenge ***	29/07/2015
Judith Armitt	Navigation Challenge ****	22/06/2015
Lisa Blair	Racing Challenge: Bronze Award *****	22/06/2015
	Navigation Challenge *****	22/06/2015
Matthew Taylor	Racing Challenge: Bronze Award ***	22/06/2015
	Navigation Challenge ***	22/06/2015
Philip Norris	Racing Challenge: Bronze Award ****	22/06/2015
	Navigation Challenge ****	22/06/2015
Rob Sibley	Navigation Challenge ****	29/07/2015
William Prior	Racing Challenge: Bronze Award **	29/07/2015
	Navigation Challenge **	29/07/2015

### NAVIGATION AWARDS

Members are eligible for a Navigation Challenge certificate after successfully completing 3 colour coded courses at the same Technical Difficulty (TD) standard. The certificates are 'star' based e.g. 1 star for TD 1 up to 5 Star for TD 5. . You will receive an e-mail from BOF when you receive an award.

### RACING AWARDS

Members are eligible for a Racing Challenge certificate after successfully completing 3 colour coded courses (of the same TD) within the following times:

- Gold Award. Participants time < Course Length (KM) x 12.5mins
- Silver Award. Participants time < Course Length (KM) x 15mins
- Bronze Award. Participants time < Course Length (KM) x 20mins

These certificates are also 'star' based e.g. 1 star for TD 1 up to 5 Star for TD 5 as above.

## JUNIOR PAGES

Last season ended with two pleasant days of orienteering for our juniors.

Firstly it was the final of the Kent Orienteering League, which had been run on Saturdays, monthly since last September. This has been the main attraction for our juniors with so many attending these events.

The final, held at Lullingstone Country Park, had so many youngsters from different schools and clubs. Although this parkland is known for its long uphill start, this time the planners had set out the start at the top of the hill so the usual initial ascent was forsaken for a flat sprint getaway which suited everybody. The weather was perfect and while, at the end of the competition, we waited for the results to be computed there were picnic benches and patches of dry grass for relaxing on and snacks galore to be consumed.

In the 'A' course, which attracted all the experienced and fast club members, especial mention must go to Liam Ives and Alex Betts who came 13<sup>th</sup> and 15<sup>th</sup> respectively. 93 competitors took part in the competition so well done to you both for doing so well

In the 'B' event Saxon juniors took all 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places in both boys and girls categories. These stars were 1<sup>st</sup> James Ford with Emily Ford, then 2<sup>nd</sup> Sam Fuller with Elsa Burdett and 3<sup>rd</sup> Michael Cameron with Katie Taylor.

Event 'C' was headed by Henry Taylor and Ffion Bricknell who just pipped Jennifer Bricknell with Lewis Bricknell just behind in 5<sup>th</sup>.

The 'D' course, where so many future stars learn their orienteering skills, was won by Austin Howe and Rachael Renwick and 2<sup>nd</sup> was Rhys Stewart

The Schools' cups were won by the team from Sir Joseph Williams Mathematical School [hereafter known as 'the Maths School] and our latest school to join the Saxons – Lordswood Primary School.



**Lordswood Primary School**



**The Maths School**

Then on to the Junior Orienteering Festival at Fooths Cray Meadows. As the name suggests this event was just for younger runners and we outnumbered the confused Saturday dog-walkers by a large margin. There were not so many Saxons as I had expected, but still those who came along enjoyed themselves and took home a good number of medals.

Ben Cronin 1 <sup>st</sup> boy Yr 3	Lewis Bricknell 1 <sup>st</sup> Yr 8 boy
Adam Evans 1 <sup>st</sup> boy Yr 5	Elsa Burdett 1 <sup>st</sup> Yr 9 girl
Matthew and Henry Taylor 1 <sup>st</sup> and 2 <sup>nd</sup> Yr 6 boys Ffion Bricknell 2 <sup>nd</sup> Yr 6 girl	Liam Ives 1 <sup>st</sup> Yr 12 boy

It's the end of the summer holiday period and so soon the new orienteering season will be with us. The first KOL is on 19<sup>th</sup> September at Jeskyns Community Park near Cobham. This is an easy place to get to and very good for juniors who like open spaces and good path networks. I hope to see you there. I also hope that I will be showing you our planned 'reward card'. It's a bit like Tesco's points card, but without going shopping for bread and milk and you come away with good rewards. But more of that when I see you, so it makes it even more important to get to these events.

I'm sure that you are having a good holiday from school, but are anxious to get back to see your friends there and at orienteering events. I'm sure that you'll have a good year and enjoy your school days and orienteering events

**Tony Connellan**

### **Junior Squad Kit**



- Have you had a growth spurt?
- Is your school uniform a larger size?

If you have grown then now is a good time to try on your Orienteering top and decide if you need a larger size. Saxons O. Club have invested in a range of sizes of Junior Squad Orienteering Tops for those juniors who attend events on a regular basis. If you wish to upsize your top then please email me so I bring along the next sized top to an event.

New Saxons Junior Orienteers need to attend a few events before being presented with a top and then they too will be able to represent the club at KOL Saturday events, Sunday Series, YB, Junior Festivals and any O event in the country. If you are off to university this autumn then by all means take the top if you wish to wear it at the university orienteering club events or return it so our growing younger members have a large top to wear.

**Heather Brown**

**heather-a.brown@tiscali.co.uk**

## SAX QUIZ

This was found on the BOF website in the Schools section and therefore our Juniors may have seen this already. Some of these questions will test the seniors.

1. What distance on the map would 300m on the ground be at a scale of 1:10,000?  
A. 3cm, B - 30cm, or C - 300mm
2. What is the general level of a re-entrant?  
A. Above the surrounding ground  
B. Below the surrounding ground  
C. On the same level as the surrounding ground.
3. What colour is a marsh on an O-map?  
A. Blue, B - Green or C- Black
4. When "thumbing the map" the thumb should be kept where?  
A. At the last control.  
B. The next control.  
C. The place on the ground where you are now.
5. While crossing a forest block with many ditches, many knolls and several paths, how should you navigate?  
A. Count off the ditches, knolls and paths on route.  
B. Note the largest feature only  
C. Run on rough compass to the edge of the block.
6. Which type of terrain is the easiest to cross?  
A. Open forest, B - Walk forest or C - Rough open land
7. Is the scale printed on an orienteering map?  
A. Yes, always. B - No, never or C - Sometimes.
8. What colour are orienteering controls?  
A. Green, B - Orange and white or C - All white
9. Which of the following correctly describes green on an O -map?  
A. Dense forest , B - Marsh or C - Open land
10. On a map at a scale of 1:15,000 what distance on the ground would 2cm on the map be?  
A. 150m, B - 300m or C- 500m
11. When should you orientate you map?  
A. Every time you change direction.  
B. When you stop.  
C. At every control.
12. If a series of contours are close together what does it depict?  
A. Steep B - Even slope or C - Flat
13. What colour are paths, tracks, roads and rides on an O-map?  
A. Black, B - Blue or C - Green
14. What do the tags on a contour indicate?  
A. North, B- Uphill or C - Downhill
15. If a ring contour forms a "sausage" shape, which of the following describes the shape on the ground?  
A. Small, pointed knoll, B- -Depression or C - Ridge.
16. When heading across a block for about 100m from a track junction to a control on a boulder, which of the following would be the correct use of the compass?  
A. Set an accurate bearing  
B. Head in the rough direction of the control by compass.  
C. Neither, rely on sight.

Answers inside back page



## Member's Profile- Heather Brown W65

**Occupation** :- Retired Headteacher

**History** A Maid of Kent, Grew up in the same house that my mother still lives in. Educated in Medway Towns and later The Open University.

**Family** :- I have one adult son who lives in Sheffield. He does not orienteer perhaps because he is too busy climbing rocks and mountains. He has been to Patagonia twice recently and seems likely he will go again as an unclimbed mountain calls him.

**Other interests besides orienteering**:- Kent Wildlife Trust. I am a volunteer warden for some disused chalk pits that are closed reserves near to where I live. I try and visit them three times a week and last year removed 500 bottles, 347 cans, 4 tents, lots of clothing, tools and other rubbish. For the last two years I have been a Gardening for Wildlife Adviser visiting gardens, both private and school gardens and recommending KWT Awards. See their website if you want to enter your garden. Oh and Cycling

**Any Club posts held**:- I tried to be Membership Secretary but just did not have the aptitude or skills so now I am a club coach and self-appointed assistant junior co-ordinator.

**How did you start orienteering**. Tony Connellan introduced me to the sport and I found I quite liked the challenge.

**Your favourite area** :- . We went to the Scottish 6 day near Oban one year. That was great fun especially when we started on a beach.

**Your least favourite area and why** Hargate Forest:- It is always so muddy and slippery.

**Your favourite annual event**?:- I like the Kent Junior Festival (formally Championships) It is lovely to see and help the young juniors take part

**Your best result**. One year I won the KOL Senior Ladies Cup and had my name engraved on the side.

**Your worst result/ longest time taken to complete an event**?:- I think I've been last a few times.

**Your most embarrassing orienteering moment** :- Last year at the final of the KOL I ran round Mote Park and thought I had enjoyed a really good run but at the download found I had dibbed the wrong control at the side of the lake – in Mote Park of all places.

**What is it you like about orienteering** ?:- I like night orienteering in the woods and forests. It is lovely to be out in the dark with the owls – except when you get lost.

Is there anything that you do not like about orienteering? :- Sometimes it's too hot to run

**Do you plan any O events and where** ?:- I have planned Night O events in Walderslade Woods. After 20 years working in that area it's lovely to go back there and just have fun.

**What is your training schedule**? I do think about training sometimes

**Do you follow any special diet to help your running**? Not yet

**Favourite National Trust Property in the Saxons area**? The Darnley Mausoleum at Cobham. It is open on Sunday afternoons from April – end of September. I know this because I am a volunteer once a month. Take a training run through the woods and you will come across the huge building; come on a Sunday and I might show you around.

**Do you keep you O maps and if so how do you file them**?:- For five years I filed the maps chronologically with a ring binder for each year. I was warned that this was not an effective way to store maps and that proved to be true so now I store them alphabetically

**Do you follow/ contribute any internet Orienteering blogs, Chat rooms etc-** if so what and why?:- Oh dear

**What is your top orienteering training tip** ?:- Keep focussing on the map and don't let your mind wander

**What book that you read recently did you enjoy**?:- (Title & author) Trekking in Greenland The Arctic Circle Trail by Paul Dillon Cicerone Press. I'll let you guess why.

## SAXONS BBQ EVENT 4 JULY 2015

A very hot and sunny day in north Sittingbourne awaited those who noted the two local road closures and navigated through heavy traffic to reach the event. This was held on a black white street map created from Open Orienteering Maps by last year's winner David Thomas (M20), and the event was run from his home. This was a two part event involving a score event with 21 controls attached mainly to streetlamps followed by 21 quiz questions (see elsewhere in this issue) with an overall two hour time limit. Due to road closures parts of the area were quieter than normal but the temperature told on those attempting to reach all the controls. Oxygen debt then caused problems with the quiz, apart from those who wisely chose to do just the quiz (in the shade with a cool drink).

Bring-your-own food was then cooked over hot coals with many salads brought to share, and a jolly good afternoon was had by all; all apart from the bits involving the orienteering or quiz - which strained both body and mind. The only person to complete the overall challenge was the eventual outright winner Alan Hickling who will now be organising next year's BBQ event!!

The new map was well received with lots of interesting pedestrian only routes, plenty of route choice and confusion arising. Look out for a KNC event here this winter – if we can find a pub worth going to in Sittingbourne...

**From co-host Graham Thomas**

**Here is the quiz for those who missed the event**

You will find 21 clues to orienteering related answers. Answers might be items of orienteering equipment (Q), control or map features (F), local mapped areas (M) or events/series of events (E). Each clue provides the initial letter and number of letters in each word.

So, the clue for "Saxons Orienteering Club" would be S6 O12 C4.

C7	(Q)	C8 C5	(E)	P3	(F)
W5 R4	(E)	N8 C7	(E)	V10 B8	(F)
P5 W4	(M)	K4 O12 L6	(E)	H7 F6	(M)
F5	(F)	O12 S4	(Q)	K4 N5 C3	(E)
A6 W5	(M)	G7	(Q)	K5 W4 C8	(M)
W7	(Q)	M4 P4	(M)	K5	(F)
D6	(Q)	B5 W5	(M)	P4 J8	(F)

Answers inside back page

### CLUBMARK UPDATE

#### WHAT IS IT AND WHY DO WE WORK TO ACHIEVE IT?

The award was introduced by British Orienteering 10 years ago to improve the procedures in clubs for the welfare and safety of juniors. Saxons was the second club in the SE to achieve it, in 2008, we were re-accredited in 2012. Jerry Purkis is currently working for the next re accreditation, due in October 2016.

#### WHAT IS CLUBMARK?

It can be gained in many sports clubs, not just orienteering. Look for the accreditation in Athletics clubs, cricket clubs and sailing clubs.

The following is taken from the Clubmark website and lists the reasons why Clubs should work to have this award.

#### CONTINUOUS IMPROVEMENT

- Accreditation actively encourages clubs to be better organised and work together more effectively

### **VOLUNTEERS**

- Clubmark promotes a culture that recognises hard work and dedication
- Achieving accreditation can attract more people to get involved

### **CLUB DEVELOPMENT**

- Clubmark accreditation helps clubs attract new members of all ages

### **FUNDING**

- Many funding bodies actively look for Clubmark accreditation or require clubs to be working towards it before they consider offering funding

### **ACCESS TO FACILITIES**

- Some local councils and leisure operators give priority-booking slots to Clubmark accredited clubs

### **COMMUNITY CREDIBILITY**

- By addressing issues like safeguarding/child protection and equity, people will have increased confidence in your organisation when considering which club to join

### **DEVELOPING COACHES**

- All Clubmark clubs must ensure that coaches have received appropriate training and have the right qualifications which give you confidence that standards will be maintained and performance improved

### **LINKS WITH SCHOOLS**

- Part of the accreditation process is to encourage school club links so that you know that Clubmark accredited clubs will be receptive to taking in young people

### **What does Saxons need to do to get re-accredited**

Together with other activities:-

1. Heather and Jerry will be going on additional Clubmark Child Safety and Welfare courses.
2. We will be setting up a position on the committee of volunteer coordinator. How do we attract extra volunteers to help at our events? Do they need training? How are they rewarded or recognised?
3. A review of all the club activities available for everyone. We have to provide a number of non competitive activity sessions available to all.
4. Creating a Club Development Plan for 5 years.

## BOF NEWS

Anita Kingdon, our Secretary circulates the e-News from Mike Hamilton the Chief Executive of BOF but how many of us read it. I had a look at the last newsletter to see if there was anything of interest.

This item caught my attention and should **be noted by all Planners** to check the version of the map they are using complies with what is noted below:-

### “ORDNANCE SURVEY

I ( i.e. BOF) can now confirm, thankfully, that we do not need to add loads of OS symbols etc to our maps but are required to include the following copyright statement:

© Crown Copyright 2015 OS 100015287

This contains the year the map is to be printed and contains our licence number. OS do require this statement to be printed in the correct font (Source Sans Pro) at a minimum of 6pt size.

If the map also involves Lidar data it will need both the Lidar and OS copyright text.

I'll also take this opportunity to remind people responsible for printing maps that OS state that all maps *derived from* OS must carry this copyright statement. 'Derived from' is an interesting term as they have confirmed that this includes:

- Orienteering maps that are created in any way using OS maps
- Maps that have any references to the National Grid i.e., grid references

Whilst we can argue with OS about this they will claim legally that almost all maps are included within this, including Lidar, as the national grid is used for alignment etc.”

## THE HISTORY OF ORDNANCE SURVEY PART 1- TO 1791

The name Ordnance Survey hints at how it all began.

Britain's mapping agency has its roots in military strategy: Mapping the Scottish Highlands following rebellion in 1745. Later, as the French Revolution rumbled on the other side of the English Channel, there were real fears the bloodshed may sweep across to our shores. So the government ordered its defence ministry of the time – the Board of Ordnance – to begin a survey of England's vulnerable southern coasts. Until then, maps had lacked the detail required for moving troops and planning campaigns.

It was an innovative young engineer called William Roy who was tasked with the initial small-scale military survey of Scotland. Starting in 1747, it took eight years to complete what was known as the Great Map at a scale of 1:36 000 (1.75 inches to a mile). Roads, hills, rivers, types of land cover and settlements were recorded. William Roy described it as rather a 'magnificent military sketch than a very accurate map of the country'. Roy's surveying parties of about eight relied on simple surveying compasses to measure the angles, and chains up to 50 feet long to measure distance between important features. Much of the rest was sketched in by eye.

Nevertheless, the map was a powerful tool as part of a broader strategy to open up access to the Highlands. The fact that Roy was just 21 years old with no military commission when he started the survey makes his achievements even more extraordinary. His work paved the way for modern

surveying and he understood the strategic importance of accurate maps. At the time of his death in 1790 his vision of a national survey for Britain was almost within reach.

### 1783 – 1791

William Roy's lifelong **mission** was for a superior map of Britain, unparalleled in its accuracy. The day the Board of Ordnance set his suggested plan into action, Ordnance Survey was born.

In 1784, Roy was commissioned by the Royal Society to geodetically connect the Royal Observatories of Greenwich and Paris to solve a dispute over their relative positions. To do this he needed a more sophisticated theodolite (a precision instrument for measuring angles horizontally and vertically) than had previously existed. This could only be created by Jesse Ramsden, the leading instrument maker of the day. He produced a spectacular Great Theodolite, three years in the making, measuring three feet across.

To begin the London/Paris triangulation, it was necessary to measure a baseline that Roy established on the flattest suitable ground on Hounslow Heath (a line that now crosses Heathrow airport). Using the Ramsden theodolite and trigonometry, a network of accurately measured triangles was extended to France and then back to a verification baseline in Kent. Newspapers of the time lauded Roy an 'incomparable engineer' while the Royal Society awarded him its highest accolade – the Copley Medal.

The five-mile line was to later form the basis of the Principal Triangulation of Great Britain.

In his lifetime, Roy had been convinced that 'the honour of the nation' depended on creating 'a map of the British islands' that was 'greatly superior in point and accuracy to any that is now extant'. Transforming his vision into reality, the Board of Ordnance bought a second new (and improved) Ramsden theodolite. The date was 21 June 1791 – officially recognised as the birth of Ordnance Survey.

<https://www.ordnancesurvey.co.uk/about/overview/history.html> From the Ordnance Survey Site – to be continued over 4 editions

## **SAXONS OUT AND ABOUT**

### **Jukola 2015 – 13 – 14 June 2015**

#### **What is Jukola?**

The event of Jukola, comprises of two orienteering relay races. For the men, there is a 7 leg night relay race; and for the women, a 4 leg day relay race. This year two records were broken: the total number of entrants was an enormous 18,104 orienteers; representing 21 different nations! When this is compared with the British overnight relay race - the Harvester – which has 222 entrants this year, the sheer scale of Jukola is shown. It's more than 81 times greater than the Harvester! Jukola has been held in different locations all over Finland ever since the first race in 1948.

#### **Why did I go?**

Every year Edinburgh University Orienteering Club (EUOC) goes on a club holiday; in 2013 they went to the French 5 days, in 2014 we went the Croatian 5 days. At the annual Christmas weekend in early January, yet again ideas were being tossed around as to the location of the holiday this year. Jukola was eventually chosen since very few people had been to Finland before (let alone run

Jukola), and with adequate cost cutting measures it shouldn't cost a bombshell. I then volunteered to organise the trip, with help from Charlotte Watson (WCOC) who's now been to Jukola 7 times.

### **The Holiday Part 1 - Helsinki**

Over several months the plan gradually cobbled together, dealing with a group of up to 22 members always brings about difficulties; arising due to people wishing to do their own things. To begin with a group of 10 of us flew out to Helsinki on Thursday the 4<sup>th</sup> of June, to commence 4 days of "tourismo" before the real orienteering training commenced. Helsinki is a city absolutely full of orienteers, so much so that it has a - Suunnistajan Kauppa – an Orienteering Shop! We were staying in "Stadion Hostel" which as you guessed translates to stadium hostel; the stadium in question being the 1952 summer Olympic Stadium!

Early on Friday morning, Zoe Harding (SROC) and I walked from the hostel to the orienteering shop, our aim was to purchase 1 of each of the Kiintorastit maps. These are excellently printed, A3 maps of forest just outside Helsinki, full of permanent controls put out for the summer months. They were not cheap... each map costs €7 and there were 3 of them! Fortunately we had a trick up our sleeves, the next job was to find our way to the city library where we hoped we'd find a photocopier (which was in colour and photocopied A3 ideally!) To raised eyebrows from the shop assistant we then bought 20 A3 map bags and swiftly exited the shop. After a slight mishap trying out the tram network, we arrived at the city library and were delighted to find that a full colour A3 photocopy was a mere 40cents!



**In Helsinki ( that's me third from the right)**

Saturday involved an early morning trip to the island of Suomenlinna (translates to: Castle of Finland). The world heritage site consists of a sea fortress built across 6 small islands. By blind luck we visited on the annual day that all the museums were free entry which was wonderful. This of course meant that the island was all too soon swarming with tourists, and we made a swift exit back to the mainland. In the afternoon we began our first orienteering training of the holiday on "Luukkaa". We still had no idea what the permanent controls marked on the map looked like (or if they were even there at all) so we sent out a scout to find out and report back. The permanent controls were large hollow cylinders (about the size of a waste paper bin) painted in red and white stripes. Armed with this knowledge we started training; the more novice members went out in groups, the more experienced members tried to get to grips with the foreign terrain by themselves. I did however, forget to tell everyone when they should be back! 8 of us were back with plenty of

time for the 18:00 bus, however with 10mins to go, the 2 most novice members were still nowhere to be seen. 8minutes, still no sign. 6 minutes still nothing. With 4 minutes to go we'd all resigned to the fact that we'd have to wait another hour with the midges before the next bus; but then all of a sudden, with a childish grin on their faces Jack and Rachel (both EUOC) come galloping along the track! We made it to the bus stop with about 1minute to spare, where we all learnt that neither Jack nor Rachel even had a watch.

### **The Holiday Part 2 - Oittaa**

On Sunday morning we travelled out of Helsinki into the region of Espoo, and eventually arrived at Oittaa campsite. I had made an assumption that there would be a food shop within easy walking distance of the campsite... however there wasn't. Oh well! The group was split in two: half to venture to the nearby Ikea purchase much needed cooking equipment and plastic boxes to eat from; the other half to buy food. Once such mundane tasks had been dealt with we went training again; our huts were just off the edge of the map called Pirttimäki. However it proved a little more difficult to get on to the map than anticipated, I took an interesting route which involved running through a forest archery range... 1 arrow whizzed past me about 5m away! After 3.9km of running I finally made it onto the map and did a short training session.

Monday saw the first whole club training. With knowledge of the most direct route into the forest, we walked into the middle of the map and set up a base under the cover of a picnic hut with picturesque views of a lake. Now with even more novices than before in the middle of a Finnish forest, everyone scattered in various directions. Wearing the GoPro headcam, I decided that the best footage would be recording the most novice member try and fathom the seemingly bizarre collection of brown and black lines, green and black dots, and blue polygons. In the evening saw the arrival of Charlotte Watson and GB international Cat Taylor (OK Linné – Uppsala ), weary from the previous week's world cup races in Norway/Sweden; although Cat was apparently not all that weary, as she immediately found a map and sped off into Pirttimäki for a session.

The rest of the week followed a similar programme: training on fantastic areas, eating lots of food, and enjoying the 21 hours of daylight that is on offer. Two highlights of the week were: a mixed relay obstacle race in teams of 4 around the children's playground; and a 3<sup>rd</sup> leg handicapped relay simulation with the "finish punch" being in the lake just off a pontoon.

### **The Holiday Part 3 – JUKOLA!!**

After 10 days in Finland, the whole reason for our holiday came into view. The view in question being a sea of 325 army tents visible from the motorway as we arrived at junction 11. Erected by the organisers, the 16 person tents are predominantly for foreign teams and are located about 1 mile away from the main competition arena. Due to the vast number of people involved, setting up the event arena effectively means building a temporary town which has provide the services required by over 18000 for 3 days. The army tents don't have ground sheets, so aren't ant proof, but are mosquito proof... which is what really matters!

The following morning the numbers arriving at Jukola really began to swell. The Venla relay starts at 14:00, so the girls were up early to walk around the practice map before heading over to the arena to claim a spot next to the run in/out and get themselves ready for their races. Due to the numbers involved in the mass start; considerable organisation is required. Each team is ranked according to their finishing position in the previous years; thus if you won in 2014, you were team number 1 in 2015 etc... Our two girls teams were teams 440 and 1219. Each starting row has 20 runners on it and therefore EUOC 1 was 22 rows back, and EUOC 2 was 61 rows back!

The races are started by the firing of a tank's machine gun perched on top of the hill... AND THEY'RE OFF! The initial aim of both Katie (SBOC) and Sophie (PFO) were to overtake as many teams as possible on the 700m long taped run out. Once in the forest the runners split into "trains" and it becomes extremely difficult to overtake since the train has flattened the undergrowth, making it far easier to run in the train that outside it.

Once the orienteers have run past, this doesn't mean we have to wait for 50 minutes before we know who is first out of the forest. There are a handful of radio controls around each course keeping us up to speed with the race as it progresses; along with several TV controls streaming live footage of the runners punching controls throughout the forest. If this wasn't enough; there are also a team of video runners, whose job is to run with the orienteers for short periods as they gallop through the forest (this job is only available to those who can run at elite pace... through the forest... with several kilograms of bulky camera equipment).

Sophie (EUOC2) ran very well, overtook a mere 1,100 teams to be the 96<sup>th</sup> finisher and also return 7minutes ahead of Katie (EUOC1). The race was on between the two girls teams! The 1<sup>st</sup> team gradually ate away at the 2<sup>nd</sup> team's initial lead: at the end of the 2<sup>nd</sup> leg, the gap had narrowed to 5 minutes; after 3 legs the lead was now only 2:20 minutes. Could Beth (Hansen HH) hold off Zoe on the last leg and claim victory for the 2<sup>nd</sup> team?? 8.9km and 73minutes later Zoe came out of the forest 1<sup>st</sup>, anchoring EUOC 1 to an overall 166<sup>th</sup> place, and then 8 minutes later Beth secured 195<sup>th</sup> place. Both teams in top 200!

How could the boys possibly live up to that?!

As the first leg runner of EUOC 1, I had felt the pressure and excitement build throughout the day. Our team, although not as strong as initially thought, still had a decent chance of finishing in the top 200 if we all had consistent runs. I ate a large pasta dinner at 20:00 in preparation for the start of Jukola at 23:00. All first leg runners must be through registration by 22:40 to allow time for the volunteers to be organised. At 22:50, all runners had to make their way to their position on the start lines. With 2 minutes to go the paper start position markers were removed; with 1 minute to go all 1780 1<sup>st</sup> leg runners were given their maps. 30seconds to go... 15seconds... The machine gun fires!!



**EUOC 1 Jukola team before the start (I'm top right)**

Starting in 1203<sup>rd</sup>, I spent the entire run-out elbowing people, shoving people, and cutting people up in a desperate effort to gain positions before getting into the forest. It sounds quite unpleasant and violent, but there's simply no other way of getting through the stampede. One quick glance at my map just before the start kite and I saw the 1<sup>st</sup> control was about 1400m away, so again I folded it away and focussed on gaining positions. One of my favourite moments of the race was cresting the top of a ridge on the way to the 1<sup>st</sup> control; looking over my shoulder to the left and seeing a shimmering snake of lights weaving through the trees before merging with my train up on the ridge ahead of me. The sheer number of runners became apparent and I had a giddy smile on my face for the rest of the race.

Often in orienteering it's difficult to know really how costly your error is until you've finished and looked through your splits to find you time loss. However, at Jukola you get real time feedback of



the time you're wasting when you're lost. On #11 I didn't follow my bearing well and I ended up in a small light green marshy valley, about 200m from my control on a crag. 10 seconds would pass and as many runners would crash past me standing still looking like a rabbit caught in the headlights. 1 minute wasted, 60 places lost and I've just realised what I've done. 30 seconds later and I've run South East through the forest until I'm back onto my gaffle and find my control.

Punching the last control, I crest the top of the hill and am greeted by the cries of my clubmates urging me to keep going; over the bridge and down the tarmac to the finish. I punched the finish control, flung my map at the map collectors, and ran hard around the corner to the lines of maps neatly ordered on stands, numbered 1 to 1780. I was directed to number 1203, pulled it up from the holder, then looked for my 2<sup>nd</sup> leg runner Rob (AIRE). Fortunately he was ready and raring to go just 20m from me, I handed him my map and at last my race was over... at 00:46 on Sunday morning.

The team's aim was to beat the Scottish Junior Squad team (ScotJos), a team of 18 year olds, all in the British Talent Squad. It was a tough, but not an unrealistic aim. It soon became apparent that their 1<sup>st</sup> leg runner (Alex - INT) had had a major disaster in the forest. 30 minutes past and he appeared shortly after the EUOC 2 runner (Stephen - FERMO) had gone by! The question was, could we hold off a 30 minute lead over the remaining 6 legs? By the end of 3<sup>rd</sup> leg Sasha (GRAMP) had reduced the lead to 9 minutes... however this was the closest they came, and over the remainder of the race the gap grew larger and larger. EUOC 1 finished at 10:14 on Sunday morning in 208<sup>th</sup> place; ScotJos and EUOC 2 both had to take part in the mini-mass start at 09:00.

#### **The Holiday Part 4 – Stockholm**



**On top of Hammarbybacken – Stockholm-  
I'm in the middle**

After a brief few hours kip, there was a new item on our agenda. Lug our belongings from the tents to the arena and the awaiting busses. From there we would make a short trip to Turku ferry terminal and sit for hours, crammed, surrounded by thousands of orienteers waiting to board the 20:00 ferry to Stockholm. This was not nearly as bad as it sounds, the ferry is aptly named the "party boat", so everyone is rather merry and lots of music and singing passes the time in the ferry terminal. The whole crowd proceeds to grow ever merrier after visiting the ferry duty free shop, with 1L of vodka for about £7 who could resist? I do feel a little sorry for the non-orienteering passengers on board, who were apparently unaware they were boarding the party boat and simply spend the voyage locked in their cabins trying to sleep wondering why all other passengers are quite so merry.

Miraculously everyone made it off the boat when it docked in Stockholm at 06:00; we sluggishly made our way by public transport to the OK Ravinen club hut where we'd be spending the next 2 nights. Having never been to Stockholm I was struck by how wonderful it is, built on the edge of an archipelago, you are forever surrounded by lakes, rivers, or the sea. The old city centre – Gamla Stan – is a maze of narrow streets on a small island in the centre of the city... ideal for sprint-O!

Highlights of our time in Stockholm include: a run up Hammarbybacken, the highest point in Stockholm. OK Ravinen's club training lead by Gustav Bergman (1 gold, 1 silver, and 1 bronze at the World Champs), where we had to draw our own map and use that to get around the course,

instead of the actual orienteering map! Over 20 people watching the Lego Movie on a laptop, and of course, lots of cake, waffles, and coffee which the Swedes are so famous for.

And with that our time in Finland/Sweden came unceremoniously to an end. If I haven't portrayed an incredible picture of Jukola, then clearly my creative writing isn't up to scratch (It probably isn't... I do an engineering degree after-all!) I would thoroughly recommend Jukola to anyone: young/old, fit/getting fitter, novice/30yrs of orienteering, absolutely everyone will enjoy it. Our group included a huge range of fitnesses and levels of experience: from having orienteered 3 times in total to JWOC podiums, and 10+ hours of training a week to perhaps 3 runs in the last months... and everyone had a wonderful time! I hope to see a few Saxons experiencing it in the near future!

**Mark Purkis (M20)**

## **MY FIRST EXPERIENCE OF A 24 HOUR ROGAINE**

With the cancellation of this year's LAMM, my OMM team mate Henrik 'The Viking' and I were casting around for a replacement event. We'd heard of Rogaining from an Aussie team after last year's Iceland OMM.

They'd described it as, "Kind' a like long distance orienteering with an event centre where you can stop for food and sleep." Sounds interesting, I thought.

Fast forward to the Club's Knole Park event in March. A chap from SLOW was waxing lyrical about Rogaining. "Oh, and there's one in Ireland soon," he said. That evening and booked us up for the 18<sup>th</sup> Wicklow Mountains Rogaine on the 27 and 28<sup>th</sup> June. Hang on a minute - the event lasts for 24 hours!

Over the years, we had taken part in a few one and two day races, but they have all been stage races, with an opportunity to rest in between. 24 hours straight was a different beastie all together. Yes, we had probably bitten off more than we could chew! Oh well, too late to back out now. Time to do some training...

### The Race

With a strong feeling that I had not covered enough training miles and with Henrik still recovering from a nasty bug, we arrived at Dublin airport and headed for the hills in our tiny hire car.

Soon, the Wicklow Mountains loomed ahead of us in the mist. Our car finally struggled up the final climb and headed along a forestry track to the start area.

Whilst we had discussed tactics in the car, we were still undecided on one key element of our strategy: should we keep going for the full 24 hours, or opt to stop overnight in the event centre camp site? We decided to see what the spread of CPs looked like, but knew that keeping moving was the key to success if we could manage it.

Very quickly, the 2pm race start time was upon us and we were issued grid references for the 50 odd Score Style checkpoints scattered over the Mountains. Accurately plotting the CPs on two maps, cross checking and planning a route took a bit over an hour. Most of the teams were quicker than us and had headed off. Not a good start! 'Tortoise and Hare' was our mantra.

We were finally off. At this point the weather was reasonably good and we made moderate progress to the first CP. Given the length of the course and Henrik's poor health, we had opted for

a brisk walk rather than trying to run. Seeing the terrain, it soon became clear that running would be near impossible in any event. This was going to be an interesting learning opportunity...



***A picture of Wicklow Mountains when it's not raining!***

Our first opportunity to improve came as we double checked our route from CP1 to CP2. We'd taken them in the wrong order! After a 250m climb to CP1 we would have to lose all this to CP2, then gain it all again to CP3.

Our second lesson came at the 4th CP. This one required a long leg following a bearing with no helpful en route features.

The map was consulted, both of us took a bearing;

we agreed the summit we were aiming towards. 30 minutes later we arrived on the summit – no CP. I chanced to look over to another summit 200m (but a 50m chunk of down and up away) to see the CP. Bugger!

We'd forgotten to make a 4 degree adjustment to align magnetic and grid North. A rookie mistake, that, at night would have lost us much more than the 10 mins required to fix.

Climbing again on our way to CP5, the sun was out now and the low shrub and bracken looked lovely swaying in the breeze. My poetic musings were rudely interrupted by Henrik who, behind me, was suddenly shouting, jumping and thrashing about as though he's been attacked by a swarm of wasps!

A brief inspection of the situation showed he was indeed being attacked by a swarm of wasps, so I headed away to a safe distance with gusto. The attack was soon over and Henrik, on catching his breath, explained that I'd trod on a wasp nest and they'd attacked him, stinging him four times. I wiped tears of mirth from my eyes.

The next few CPs passed without incident until I felt rain drops falling on my calf. No, I must be imagining the rain. I can't feel it anywhere else. More rain drops. I felt around the back of my Inov8 Race-Pro 30 rucksack to find an ominous wet patch and my energy drink leaking merrily.

I stopped, checked my pack and found that I'd split my bladder – nasty! This was going to put a dent in the proceedings. I've always been a fan of High5 and water mixed for fuel and hydration in long races and had opted on this same strategy for the Rogaine (but with the addition of 24 homemade date and oat flapjacks – 5000 Calories worth). Now I was going to have to rely on water stops at each stream we passed using my little folding cup.

With little else to go wrong we ploughed on. It was getting dark now and the weather had turned for the worse. The wind had picked up significantly and rain was falling in sheets. Our route now required that we cross the Mullaghcleevaun plateau, a boggy, high level peaty hell. At the start one of the competitors had offered us some advice. "Avoid the Mullaghcleevaun plateau at night at all costs."

We arrived at CP12 just before midnight, placed just 150m below the summit of Mullaghcleevaun. CP13 was to be a 2km traverse of the dreaded plateau to find a small pond amongst myriad peat hags. In an attempt to improve morale we put in dry socks and dressed in everything we had. Fitting dry Twin Skin socks on wet feet in the dark whilst shivering uncontrollably is an almost Herculean task – one that set me in fits of giggles.

What followed was a one hour fine orienteering exercise using a 1:30,000 map. With limited map and contour information we resorted to pacing compass bearings. Miraculously, we hit the CP almost dead on.

Buoyed with our success we tramped further South, stopping briefly to revisit the sleep or continue dilemma, as we were now more or less in line with the Event Centre some 3 km to our East. We decided to push on.

Down into the valley and start up the next cluster of mountains that heralded the start of the Southern CP circuit. It was now 2:30 am and we were making our way slowly through Forestry land. Still raining. My normally trusty Silva headtorch was starting to play up. It kept turning itself off, or going into strobe mode; not good for tired eyes.

The problem got worse and failures became very frequent. Shortly before 3am we decided to call a halt to proceedings until light. We found a fallen tree and crawled under, making a little 'nest' that offered some shelter from the wind and rain. Henrik whipped out his gore-tex bivvy, climbed in and went to sleep. I removed my 90 gram emergency survival bag (something akin to a bin liner – just bigger) and crawled in minus my shoes. I dozed fitfully, waking every 20 mins or so by bouts of uncontrollable shivering.



At last I could make out the shapes of the trees so we decided to get cracking again. I climbed out of my bag with some trepidation as the inside was heavy with condensation. If I was soaked through I could quickly be in trouble from hypothermia. To my surprise, the gore-tex jacket and leggings I was still wearing had kept the moisture at bay. On top of this, we felt pretty good; the rest had rejuvenated us.

After the trials of the first 15 hours, the rest of the race would feel like a walk in the park we hoped. The worst was over now. After an hour lost in the fog trying to find a fence boundary (we hadn't gone far enough), the weather slowly improved. By late morning the sun was shining fiercely and the flies were biting.

With three hours left and coming closer to civilisation again paths improved and were able to up the pace. Any tracks we ran/hobbled along. The constant wet underfoot had had significant effect on our feet though and they were now waterlogged, swollen and blistered. I'd managed to half pull off a toe nail too. We still had quite a bit of distance to cover.

We were now encountering those who'd signed up for the six hour race. Their speed and admiring glances buoyed us

further as did the Vitamin I pills. At 13:15 on Sunday we ran into the Event Centre only to run out

the other side causing some confusion amongst the officials; we had one last CP that we'd left 'just in case we had time'. A quick out and back and we finally crossed the finishing line with 20 minutes spare.

Post race celebrations were going on around us and the BBQ was spitting out meaty treats to competitors. We stripped out of our racing clobber, patched up our feet and joined the throng.

Despite the lack of beer (I'd been dreaming of a Guinness for a while now) we hung around and chatted to the other competitors – a mixed but friendly bunch - and ate many burgers. With a strong sense of foreboding, we hung around for the results and prize giving.

We were delighted to find that we had won the Men's Vets Race and had come third overall!

## **Brendan Howe M45**

### **South East Middle Championships - Brasted Chart- 5 July 2015 DFOK**

After a heat wave the Sunday started with pouring rain over Brasted Chart, on the North Downs. Later starters did better in that the rain had stopped and tracks though the undergrowth had been made. It is unusual to hold a technical event in the SE in July because of man high bracken, brambles and nettles and it took a leap of faith in places to leave the path through the bracken and enter the runnable forest beyond. Once in the forest, conditions were not too bad and it was good to go to a technical event in July when often only park events are on offer. 21 Saxons enjoyed the event and several medals were won

M10	Yellow	Toby Prior	Gold	W55- 60	Short Green	Jean Fitzgerald	Bronze
		William Prior	Silver	W65+	Short Green	Joan Mills	Silver
M12	Orange	Matthew Derrick	Gold	M65+	Green	Peter Martin	Bronze
		Joseph Derrick	Silver				

### **Saunders Lakeland Mountain Marathon Torver – 4<sup>th</sup>-5<sup>th</sup> July 2015**

I've wanted to run the Saunders since 2013, however this was the first opportunity I've had due to the Yvette Baker Trophy final in 2013, and my bother Richard's graduation in 2014. After a little persuasion, Richard agreed to be my partner and we entered the longest course that I was allowed to do without previous mountain marathon experience. This was Kirkfell, winning time 8.5-9.5hrs over the two days.

Having done many Duke of Edinburgh type expeditions I had at least had experience in packing only what is necessary; any extra weight will add time! On the Thursday before the weekend, I took a trip around Lidl and bought a selection of space saving, high energy foods too power us through the race: nuts, dried fruit and seeds, oatcakes, Medley bars etc. For the evening meal there is the temptation to buy one of the dehydrated boil in the bag dinners; sadly these don't come on a student budget – each one is at least £5. Instead I opted for 3 bags of Batchelors "Super Pasta 'n' Sauce", setting me back £2.17 for the 3 of them!

Richard was bringing my sleeping back from Edinburgh, and therefore I needed to bring a spare one for Friday night since he had paid for the luxury of a hostel as opposed to the race HQ campsite. I forgot to bring this spare sleeping bag! Fortunately it was still relatively warm and therefore sleeping under a towel and the other tent's sheets was adequate. The early hours of Saturday morning brought a wonderful selection of rain, wind, thunder and lightning. At about

05:30 I concluded I'd never be getting back to sleep and proceeded to read my book (coincidentally about fell running) until 06:30. Richard arrived at race HQ a little later than planned, so we swiftly re-packed our bags; divvying up the tent and putting my sleeping bag in my bag.

At 08:14 we began! The first job to do is plot each checkpoint onto your map, using the grid references and control descriptions given. E.g. #1 uphill, East North East (ENE), on a small hill. All going well until we ascended above about 350m of altitude. Thick cloud reduced visibility to about 40m, reducing to 15m at 750m. This thick cloud cover lasted all morning and only cleared at about 12:00, sadly we finished in exactly 5hrs and therefore this thick cloud bugged us for pretty much the entire race. I quickly concluded that the day would be won not by running fast, but by not wasting time making mistakes in the cloud. Small errors on #1, #2, #3, #6 but nothing major. #8 was a tricky control, at 500m it was well inside the cloud level, a small tarn surrounded by little hills sloping away to the NE.



Mark and Richard on the way up Crinkle Crags – visibility about 15metres!

We played it safe, we approached from the top Hard Knott, ticking off the obvious features as we passed them. A large amount of meerkating ensued inside the control circle before the tarn came into view... phew! Our largest error of the day came not as a result of poor navigation, but from circling the wrong feature on the map! #10 was a long leg, fastest split being 51minutes; we arrived at what Richard had circled as the feature... no luck. Moved onto what I had circle... also no luck! We then double checked but still no control! After about 10/15mins a chasing pair caught us and showed us straight to the control! The run in to the overnight camp was about 700m steeply descending into the valley, Richard nearly turned red with rage when I

was overtaken in the last 30m by the same chasing pair! Fortunately they started at 08:00 so we had in fact beaten them by 14 minutes!



Nick Gallavin and Pete Bell not long after starting day 2 – note the difference in visibility

By finishing early, we then had the entire afternoon to rest our tired legs, sun ourselves, and generally relax and recover whilst chatting to friends and other competitors. One of the perks of the Saunders is that it is rather a "tame" mountain marathon when compared with the OMM/LAMM etc. Warm July weather makes it all the more bearable, coupled with the facility to purchase milk and other recovery beverages: fizzy drinks, fruit juices, and a selection of beer and cider. Cider does wonders for your recovery in fact; since it often leads to increased hours of sleep.

If you finish within 45mins of the leaders on day 1 (we were 24mins behind), you start in a chasing start. The leaders set off at 07:15,

and then like a pack of hounds, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> etc are set off to hopefully catch the leaders right at the end in a dramatic sprint finish. We set off at 07:39 and immediately realised what the day would be like; with 90% blue sky and already warm temperatures, it was clear that mistakes would be far

fewer today and to catch 24 minutes would only come about by running faster than them. Sadly, being students we are not equipped with the race-weight mountain running gear that would be needed to claw back this time gap. We knew day 2 would be a little shorted, but not quite sure how much. After reaching #4 of 7 it was clear the day would be considerably shorter. In the end we did manage to claw back some time on the lead pair... only 23 seconds however!

3hrs 21 mins of running on day 2 lead to a combined time of 8hrs 21 minutes and a pleasing 2<sup>nd</sup> place on Kirkfell for my first, and Richard's 2<sup>nd</sup> MM. Immediately after finishing, the organisers provide everyone with a hearty meal to make sure none of the participants collapse on the homeward journey due to low sugar levels! A couple of local beers and a shot glass was a delightful prize to win after the weekend. 43km and 3150m of climb lead to some pretty sore legs for the next 3 days after the weekend.

Other Saxon runners and the teams included:

Kirkfell	Mark Purkis	Richard Purkis	8:21.55	2/48
Carrock Fell	Nick Gallavin	Peter Bell	14:21.12	85/91
Harter Fell	Paul Boakes	Chris Rogers	6:35.50	7/99
	Cate Slade	Ed Stott	9:46.45	73/99
	Bohdan Rainczuk	Terry Foreman	10:41.06	91/99

### **Mark Purkis (M20)**

#### **Chris Rogers sent in a short report:-**

As you know I competed in the Saunders MM in the Coniston Fells with a mate (not from SAX), in the Harter Fell Class, coming in 7th in our class of some 121 teams. The weather was kind after the early thunderstorm on the first day before the start, and once the clouds had lifted.

CP5 on day 1 was actually missing which was a real shame as we'd taken a really good line to it, and there were dozens of teams wandering around the area all looking for the non-existent control. The organisers decided to void all legs after CP4, which meant that any effort after that was in vain.

Nonetheless the camp proved ideally situated at a road-head in a valley, nicely trapping the sun and the light breeze keeping midges at bay.

Day 2 was a quick blast over some steep climbs but all in great visibility with us back at the finish line by about 11:30 am.

In retrospect I think this was my most enjoyable Saunders MM, and in a beautiful area.

Chris Rogers

### **25 July 2015- Saxons Summer Event Haysden Country Park in Tonbridge**

A lovely warm sunny day July day sandwiched in between a Friday and a Sunday of torrential rain. Quite a few newcomers. The advertising that had worked had been- word of mouth (i.e. invite a friend), e-mailing the regional scouts and the banner in the park on the day. The hundreds of flyers handed out at the Parkrun a few weeks before had not generated anyone. Nor had the series cards available for collection in the park. The other non members were previous runners who knew to look on the website. The 45 minutes odds and even score needed very quick decisions to work out a route, 2 runners; Mark Purkis and Ian Ditchfield (MV) got all the controls in the time limit. David Thomas got them all but was a minute late. Alison Howe was the first lady back. Steve Elliott was the best Saxon on the 5km line course and Toby Prior had an excellent run winning the yellow course

## Scottish 6 Days - Inverness August 2- 8 2015

This year's Scottish 6 days was held in the forests near Inverness. It coincided with the World Orienteering championships. It was a good opportunity to watch and cheer the world's best orienteers, as they ran in the sprints and forests in the world championships, and then participate in the Scottish 6 day's events which were often on the same venues as the world championships, but the day after. What made it more of a spectacle was the extra number of foreign competitors. They were there to cheer on their favourites in WOC, and then to run themselves. There were huge cheers from the Dutch as Ida Bobach won the ladies long distance gold to make it four golds for Denmark, and in the Men's race France's Thierry Gueorgiou put in a strong performance to take his third consecutive Long title.

For Saxons members, a BBQ was held on the shores of Loch Ness in Aldourie Castle estate, ( see back cover) and the weather for the whole week was good. The courses were excellent:

- Day 1 Sunday 2<sup>nd</sup> Achagour: complex low level, crossing marshes to go through woodland with extra archery targets to navigate by.
- Day 2 Monday 3<sup>rd</sup>. Strathfarrar: Steep fellside, with open covered with bracken, crossing army bridges to get to tricky undulating open.
- Day 3: Wednesday . 5<sup>th</sup> Darnaway East: Middle Distance: Short and fast, but with some technical areas to catch you out. Best to keep out of the open with the thick gorse and hidden brashings.

	
<p><b>Watching the Men's WOC relay on the big screen. The runners were wearing GPS trackers . At this point the GB team were in 2<sup>nd</sup> position but regretablely dropped to 4th</b></p>	<p><b>Cate Slade on the Finish leg on Day 3</b></p>

- Day 4: Darnaway West: Thursday 6<sup>th</sup>, Another trip to this estate. This day on very runnable woodland.
- Day 5: Glen Affric: Friday 7<sup>th</sup>. This was perhaps the toughest day if your route choice took you through the rough terrain. Check Nopesport for pages of comments. You either loved it or hated it. To me it's what the Scottish 6 days are all about. A challenge.



- Day 6: Saturday 8<sup>th</sup>. Back to Glen Affric, but covering terrain across the other side of the valley. Another testing day in mountain woodland terrain.

Best Saxons results were:

Sarah Howes W55 44/148  
 Jeremy Oldershaw M75 18/47  
 Mark Glaisher M60L 53/186  
 Mark Purkis M20L 13/62  
 Peter Martin M65L 43/152

**Jerry Purkis**

### **Précis of Minutes of Committee Meeting 14 August 2015**

1. National Trust Scotney Big Camp weekend. Saxons set up orienteering course for them at NT request – only 15 takers
2. Juniors:- matters
  - a. The Junior O Festival, run by DFOK, had been rather late in the year; the few Sax juniors able to attend did well. Sax to run next year – hope to use Lorenden School
  - b. Big thanks to Pfizer who have kindly made a grant toward items for the Junior squad. Cups and medals already purchased and handed out. A banner will be ordered.
3. Mapping
  - a. Lorenden School map virtually finished
  - b. Haysden; middle section needs correcting; LiDAR data may help
  - c. Canterbury City map; Dave K updating
  - d. Bedgebury; some parts OK and worth remapping, particularly northern part.
  - e. Millbank; confirmed date 18 months ahead; remap in spring
  - f. LiDAR; Environment Agency making all their LiDAR data open access from September; northern half of Bedgebury is covered
4. Fixtures - Urban level B event scheduled for Tunbridge Wells in 2016; unfavourable comments on suitability of this area after the first event there such that it was agreed the event be cancelled.
5. Treasurer – we have enough money in the bank to pay for some mapping.
6. POCs -
  - a. Trosley; missing post is now restored; new KCC contact person happy to replicate updated map;
  - b. Mote Park in progress
7. Website update: - in progress
8. Missing person scenario- need to practice search & rescue
9. Proposal purchase of 4 walkie talkie radios
10. Next meeting; 9th October 2015.

## Club Committee & Officers WHO DOES WHAT contact list

**To match faces and names see back cover of Feb 2015 edition of SaxAlert**

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Tony Connellan	Junior Coordinator		01622 661992
Doug Deeks	Auditor		

## SAX QUIZ ANSWERS

1. A 3cm
2. B. Below the surrounding ground
3. A. Blue
4. C. The place on the ground where you are now.
5. C. Run on rough compass to the edge of the block.
6. A. Open forest
7. A. Yes, always.
8. B. orange and white
9. A. Dense forest
10. B. 300m
11. A. Every time you change direction.
12. A. Steep
13. A. Black
14. C. Downhill
15. C. Ridge.
16. A Set an accurate bearing

## BBQ QUIZ ANSWERS

C7	Compass or Control	O12 S4	Orienteering Suit, Shoe or Sign
W5 R4	White Rose	G7	Gaiters or Gripple
P5 W4	Perry Wood	M4 P4	Mote Park (not Moat Park)
F5	Fight or Fence	B5 W5	Blean Woods (not Bewl Water)
A6 W5	Angley Woods	P3	Pit
W7	Whistle	V10 B8	Vegetation Boundary
D6	Dibber	H7 F6	Hemsted or Hargate Forest
C8 C5	Caddihoe or Concorde Chase	K4 N5 C3	Kent Night Cup
N8 C7	November Classic	K5 W4 C8	Kings Wood Challock
K4 O12 L6	Kent Orienteering League	K5	Knoll
		P4 J8	Path Junction

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

**Joanne Hickling, Sean Cronin, Jerry Purkis, Fiona Wilson, Jean Fitzgerald, Alan Hickling, Anita Kingdon, Tony Connellan, Heather Brown, Graham Thomas, Mark Purkis, Brendan Howe, Chris Rogers, Mike Solomon,**



**Saxons at the Scottish 6 Days**



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