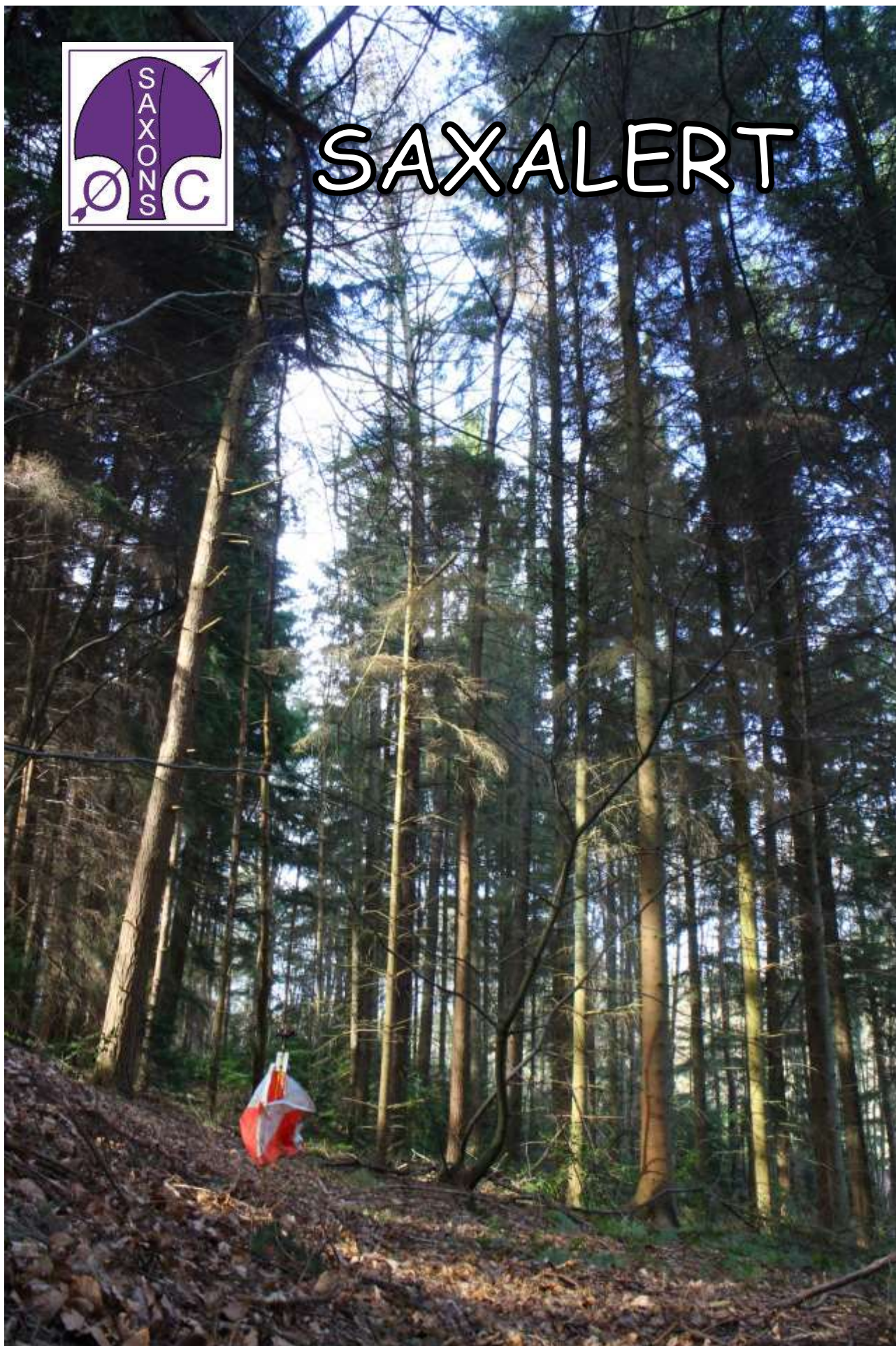




# SAXALERT



# SAX NOTICES

**JK club meal out**

**Let Rowan know where you are staying**

**Keep in contact by mobile**

**Rowan = 07814 521211**

**South East Relays will be held in Knole Park on 22 May.**

**Senior and Junior teams of 3**

**Competitive and not so competitive teams will be entered**

**Helpers will be needed but you can run and help.**

**28 May Junior Orienteering Festival**

**Lorenden School**

**Faversham**

**Would you like a Saxons BUFF- see SaxSales section**

**Please renew your subscription by 31 March 2106 to ensure  
continuing membership**

**SaxAlert wins one of the 10 CompassSport orienteering newsletter  
awards judged on “what people want to read”. Thank you for  
sending what you want to read. That’s the 7<sup>th</sup> year in a row.**



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## Editorial



If you do not read Focus magazine or follow the Nopesport blogs you may not be aware that there is a contentious issue being debated at the moment caused by the fact that British Orienteering (BOF) might lose some or all of the grant from Sport England in March 2017, because we have not met the increase in participation over 5 year target. In 2012 BOF took the radical step to reduce their share of the membership fee for a senior member from £22 to £5 and to widen the per capita levy paid to participate in events. The aim was to increase membership numbers. Sport England wanted there to be a doubling in numbers participating in orienteering over 5 years.

In 2016 your membership subscription is made up as follows

	Senior	Junior	Family	Group
Saxons	12	6	18	25
SEOA	3	1	per person as left	n/a
BOF	5	2		n/a
Total	20	9	Varies with family size	25

The levy paid to BOF by Saxons for every event you run is £1.25 (senior) and 1/3 of this for a junior. The money for this is taken out of the event entry fee.

BOF is proposing to increase their element of the subscription to £15, i.e. a £10 increase for seniors with a £3 increase for juniors to £5. If all other elements stay the same the fees next year will be £30 senior and £12 junior. How do you feel about this?

If you feel strongly one way or another the way, the best way to get your voice heard is to attend the BOF AGM which is always held on the first day of the JK, This year it's at Leeds University on Good Friday. Given this contentious issue I expect it will be well attended. If the proposal is passed

Saxons will have to decide whether it is important to keep the total subscription the same. Will we lose members if the total sub goes up? Will new members be put off joining? Would you shop around for a Club with lower subs and join them instead even if they were miles away? If you have any thoughts on this please let me know or add your comment to Sean Cronin's post on the Saxons Facebook page. To keep 2017 subs at the 2016 level Saxons would have to reduce our element by £10 to £2 for a senior. With the current costing formula, the Saxons element of your sub in effect pays for the printing and posting of SaxAlert and some other fixed cost annual costs. If we lost £10 per head from the sub we could stop printing SaxAlert and make you all read it on line. Are you happy for us to do that? We could increase event fees to replace the lost income. Is there a threshold above which you would not attend an O event?

If there is more than one orienteer in your house do look carefully at the costing; 2 adults can save £6 by joining as a "family" even if they are not related. If you have enrolled all your children- do they all orienteer regularly? Going forward its worth enrolling only the keenest and paying for the others on a pay as you go basis.

Saxons will return to this issue after the voting at the AGM. Watch this space.

**Rowan Purkis**

## **NEWCOMERS PAGE**

**We are delighted to welcome the following new members:-**

**Robert Hadden M45 from Sevenoaks**  
**Matthew Keenan M16 from Tunbridge Wells**  
**Teresa Kincaid W45 from Sheerness**  
**Stuart Williams M40 from Tonbridge**

Make sure you identify yourself at Registration as a new member and ask for help. Someone will be very willing to show you the ropes.

This is the place to ask questions. Send them the Editor and they will be printed on an anonymous basis. If you have a question you can be sure someone else is asking the same. There were some FAQs in the Jan 16 edition which can be viewed on the website. Here are some more:-

### **Frequently Asked Questions**

**1. Where can I buy the specialist kit you all wear, for example the slim line gaiters/bramble bashers. I can only find the baggy ones in the outdoor shops.**

There are two orienteering kit suppliers Ultrasport and CompassPoint. Both sell on-line and at some orienteering events. They tend not to come to Saxons events because we do not get sufficient numbers turning up to make it worth their while. Major events west of Kent will usually have one or both of these in attendance. Check the event flyer for "traders" to

see if they will be at any event. Or chat to a Saxon who has want you want and order it online.

## **2. I hear you taking about level D and level C events- what are you taking about and what is the difference?**

The letters denote the formality of the event and choice of courses on offer. There is an explanation of the different levels after the list of future events later on in the newsletter.

## **3. What is the difference between Light Green, Short Green, Very Short Green and Green courses? I did a Short Green which was shorter than Light Green but it was really difficult?**

Orienteering courses have 5 levels of increasing technical difficulty. . Green, Short and Very Short Green are level 5 which is the most technical. Light Green is level 4. We usually recommend adult newcomers start at level 3, i.e. an Orange course until they have got the hang of the scale and the legend before they progress to level 4 and beyond. Junior beginners would usually start on level 2 (Yellow) with their parents.

Send queries to [editor@saxons-oc.org](mailto:editor@saxons-oc.org)

## **FANCY A BUFF?**



Most of you will know that a Buff is the trademark for a stretchy tube of material that doubles up as a head band, hat or a scarf. According to the official Buff website it can be worn 13 different ways.

Here is Alison Howe wearing one on New Year's Day

Nigel Hills who keeps our stock of clothing has researched getting Buffs made for Saxons with our new purple logo. We need a minimum order of 25. Would you buy one? E-mail Nigel (see below) to let him know.

## SAXONS RUNNING TOPS

Purchase a Club top so that other Saxons easily spot you, especially when you attend other Clubs' events. Latest tops are purple. Some white tops still in stock. Ring or e-mail 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

Here are some examples of Saxons running top. Look on-line for the colour version



V Neck mesh



Zip top Purple



Zip top white

## CHAIRMAN'S CHAT



If you access our web site you will have noticed that SaxAlert has won (again!) the prestigious CompassSport award for producing one of the best orienteering club magazines. Congratulations to Rowan for the editing and you, our members, for producing the articles without which the magazine would not exist. So carry on submitting articles short and long and let's win this award next year too!

In a few idle minutes on the computer I thought I would look at Saxons attendance at our KOL and Sunday events. I went through the results and counted numbers of Saxons seniors, and also the total participation at the daytime events so far this season (Blean, Ightham and TW Common KOLs; Angley, Blean and Ightham Sunday Series; and Hindleap level B). Saxons have around 100 senior members. Of those only 63 took part in these events, and of those, 26 took part in only 1 or 2; 19 took part in 5 or more. It would be interesting to hear from you if you are one of the very infrequent orienteers; do you not have time or are we not putting on the sorts of events you are interested in? Please get in touch and let us know! As added interest, of the events mentioned the greatest participation was at Hindleap (178 seniors) closely followed by Ightham Sunday series (143 seniors). At these events Saxons senior participation was only 21 and 24% of the total. At the KOLs Saxons senior participation was 38-55% of the total entries.

Last weekend I attended a BO organised Junior Development meeting in Birmingham. The aim of the meeting was to discuss junior recruitment and retention, obviously an important question if we want the sport to survive. In advance of the meeting clubs and regions completed a questionnaire about what had worked and what hadn't in their areas and these were circulated to participants. There were some interesting ideas put forward and I will be summarising this initially for our junior co-ordinator and committee members but I will also produce a summary for the next SaxAlert.

On the news front, the British Sprint Championships are being held on Saturday 11 June this year at Queen Elizabeth Olympic Park in Stratford, East London and will be easily accessible by public transport. This may be the only occasion we will be able to orienteer on this iconic site so I hope a lot of you will be aiming to take part. For newer members of the orienteering fraternity, although this says 'sprint' in the title it's not the same as a sprint in athletics terminology. You have to be able to run fast to win but you also have to be able to make rapid route choice decisions as winning times may only be seconds apart. This is not to say that slow runners shouldn't enter the event (I aim to take part) and comparing your times with the best in the UK should be interesting! Saxons has been asked to provide some manpower to help run this event, so if you aim to take part please volunteer to help out too. The British Middle Distance champs are on the following day at Leith Hill in Surrey, so this is a weekend for your diaries.

Don't forget the SE relays this year at Knole Park on 22nd May. Put the date in your diary; Mark Glaisher will be seeking participants soon. Also get your friends and relatives along to some (or all) of our Summer Series. Check the details on the web site.

Further ahead, the JK is in the SE in 2017. For those of you who have never entered this major orienteering festival, which is always at Easter but moves around the orienteering regions, next year should be the one when you try it out. There will be a sprint event on Good Friday, followed by two individual events on Saturday and Sunday and a club relay on Easter Monday. I have been involved

in initial discussions, and Jerry Purkis has been asked to organise the relay day. I'm sure you can see where this is going! We will need volunteers to help on the relay day. More details will be available later in the year.

**Jean Fitzgerald**

## **BOF PERFORMANCE AWARDS**

**Congratulations to the following members who have received performance awards since the beginning of 2016.**

<b>Member</b>	<b>Certificates</b>	<b>level</b>
Elsa Burdett	Racing Challenge	Bronze Award 4*
	Navigation Challenge	4*
James Ford	Racing Challenge	Gold Award 5*
Lewis Bricknell	Racing Challenge	Gold Award 3*
	Racing Challenge	Silver Award 3*
	Racing Challenge	Bronze Award 3*
Lisa Blair	Racing Challenge	Gold Award 5*
Matt Lee	Racing Challenge	Bronze Award 3*
	Navigation Challenge	3*
Michael Cameron	Racing Challenge	Bronze Award 4*
	Navigation Challenge	4*
Toby Prior	Racing Challenge	Silver Award 3*
	Racing Challenge	Bronze Award 3*
	Navigation Challenge	3*
William Prior	Racing Challenge	Silver Award 2*

**If you are missing these awards make sure you put your BOF number on your registration form, especially if you are hiring a dibber.**

### **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.



## CONGRATULATIONS

**To Mike Perry and Mike Solomon for being approved by SEOA as Level C Controllers.**



Events level C and above must have a Controller. What is a Controller? Jerry Purkis explains:-

To put on an orienteering event, you need a number of officials.

**The Planner**, designs the courses, finds the control sites in the woods and sets out the control flags. This may be 4 courses for a KOL, yellow, orange, light green and blue.

For a larger event, there may be multiple courses from white to brown or even black.

**The Organiser**, does everything in the running of the event before the runner sets off, and after he finishes. This would be the setting up of registration, event signs, the website updates, SI download, first aid, control collection, event results and event returns.

For larger events which are categorised as level C or above, an additional official is required. This is the **Controller**. His job is to oversee the Planner's courses, and the Organiser's arrangements, to make sure everything runs correctly and safely.

He will liaise with the Planner, initially making suggestions on the courses. Are they the right length and technical difficulty and away from any danger? After the Planner has taped the control sites, it is then the Controller's job to check the tape placement for each control. For example - is it in the correct re-entrant? Are there suitable attack points? Is the map correct?

The Controller will liaise with the Organiser to make sure that the essentials are covered. Is there a road crossing? Does it need to be manned? Are the signs for the event and runners crossing ok? The Controller also signs off the joint risk assessment made by the Planner and Organiser. He will sign off the final Condes course file, to make sure all the controls have the correct descriptions and the lines are correctly cut and numbered.

On the day of the event the job of the Controller is to do a final check on the placement of the correct controls by each numbered tape. He is also on hand to discuss with a competitor if any controls have actually been incorrectly sited, moved or vandalised.

A Saxons level C Controller can control a Saxons level C event. For a level B event we need a level B Controller from another club.

Saxons always needs more Controllers. If you are an experienced Planner and would like to give your expertise back to the sport, have a chat with Jerry or Jean.

## **Team Captains Communique**

Here's advance notice of a nearby and a more distant Relay competition....

### **SE Relays                      Knole Park 22nd May**

It's Saxons' turn to host these informal Relays – nevertheless we should be able to take part as well. It is for teams of three, with the following format:-

- Open / Women Open              Short Blue – Green – Short Blue
- Junior                                      Yellow – Orange - Yellow
- Handicap                                  Short Blue / Green / Orange

This is a good one to try, for a first go at a Relay with courses available at all most levels.

Please get in touch with me if you are interested in taking part (as well as helping on the day!).

### **Harvester Trophy    NGOC - Cleeve Common, Cheltenham 25/26th June**

There is no other event like it in the UK, and a definite for your bucket list!

This classic in the O calendar takes place at Cleeve Common (near Cheltenham) this year, and should appeal to KNC'ers and daytime orienteers. The format is a Relay, with the Mass Start in darkness, continuing through daybreak to finish on the Sunday morning. Cleeve Common is the highest point of the Cotswolds. It consists of fast open grassland with large areas of scattered gorse, a steep and complex Western escarpment, and other areas of old mine workings with intricate contours – sounds interesting!

Note Jerry and Rowan Purkis are definitely going because NGOC is son Richard's new Club and he is hoping for a good Saxons turn-out

## A SELECTION OF ORIENTEERING EVENTS COMING UP

<b>Date</b>	<b>Event</b>	<b>Level</b>	<b>Club</b>	<b>Region</b>	<b>Location</b>
Easter	JK 4 day event				Yorkshire
Sun 03/04/16	Mole Valley 50th anniversary District event	C	MV	SEOA	Norbury Park, Leatherhead
Sat 09/04/16	SO SOG S7, Pashley & The Warren, Eastbourne	D	SO	SEOA	Pashley & The Warren, Eastbourne
Sat 09/04/16	DFOK North West Kent Series 2	D	DFOK	SEOA	Danson Park, Sidcup
Sun 10/04/16	CHIG SWELL Event	D	CHIG	SEOA	Wanstead Park/Flats
Sun 10/04/16	SLOW Urban Race	C	SLOW	SEOA	Kingston
Sat 16/04/16	SAX KOL	D	SAX	SEOA	Hargate Forest, Tunbridge Wells
Sun 17/04/16	SO Angmering Park (east) C, part of SO 2016 championship (event 1 of 6)	C	SO	SEOA	Angmering Park Estate (East), Arundel
Sat 23/04/16	SO SOG S8, Borde Hill, Haywards Heath	D	SO	SEOA	Borde Hill, Haywards Heath
Sun 24/04/16	SAX District Event	C	SAX	SEOA	Scotney Castle Estate, Lamberhurst
Sun 24/04/16	TVOC Chiltern Challenge	B	TVOC	SCOA	Wendover Woods, Aylesbury
Sat 30/04/16	British Long Distance Orienteering Championships (UKOL)	A		WMOA	Brown Clee Hill, Bridgnorth
Sun 01/05/16	British Relay Championships	A		WMOA	Brown Clee Hill, Bridgnorth
Sat 07/05/16	DFOK Kent Orienteering League	D	DFOK	SEOA	Lesnes Abbey Woods, Abbey Wood
Sat 07/05/16	SO SOG S9, TBA - West Sussex	D	SO	SEOA	Chichester
Thu 12/05/16	Summer Series	D	SAX	SEOA	Ightham Common, Sevenoaks
Sat Sun 14/ 15 May 16	Southdowns Weekend- 4 events	B & C	SO	SEOA	Friston Forest, and Hampden Park Eastbourne
Sat 21/05/16	DFOK North West Kent Series 3	D	DFOK	SEOA	Jeskyns CP, Gravesend
Sun 22/05/16	South East Relays	C	SAX	SEOA	Knole Park, Sevenoaks
Tue 24/05/16	DFOK Park Race Series	D	DFOK	SEOA	Greenwich Park

Sat – Mon 28- 30 May	Tamar Triple and urban and 2 forest events	B/C	DEVON	SWOA	Devon
Sat 04/06/16	SO SOG S10 / AGM handicap event. Southwick Hill, Mile Oak, Portslade	D	SO	SEOA	Southwick Hill, Mile Oak, Portslade (Brighton & Hove)
Sat 04/06/16	DFOK North West Kent Series 4	D	DFOK	SEOA	Shooters Hill, Eltham
Sun 05/06/16	Summer Series	D	SAX	SEOA	Mote Park, Maidstone
Thu 09/06/16	Summer Series	D	SAX	SEOA	Mote Park, Maidstone
Sat 11/06/16	British Sprint Championships (UKOL)	A		SEOA	Olympic Park, London
Sat 11/06/16	British Sprint Championships (UKOL)	A		SEOA	Olympic Park, London
Sun 12/06/16	British Middle Championships (UKOL)	A		SEOA	Leith Hill, Dorking
Sun 12/06/16	British Middle Championships (UKOL)	A		SEOA	Leith Hill, Dorking
Sat 18/06/16	SAX KOL	D	SAX	SEOA	Haysden CP, Tonbridge
Sun 19/06/16	SO District event C	C	SO	SEOA	Capite Wood, Ashington
Sun 26/06/16	Harvester Relays	B	NGOC	SWOA	Cleeve Hill, Cheltenham
Sun Fri 24 – 29 Jul 16	Welsh 5 Days 2016 Day 1	B		WOA	Wales

Always check the appropriate Club website for changes.

What do the different levels mean:-

All events are co-ordinated by local fixtures committees and registered with British Orienteering. Events from all over the UK are published on the BO website-so if you're travelling around the country check and see if there's an event on where you are.

**Level D:** Low key events put on by clubs primarily for their own members and newcomers. Generally a limited number of courses are available. Areas used tend to be small and may be less technical than those used at other events. Saxons KOL and KNC events are level D events. Advantages are that they are generally cheaper to enter than the other events and are generally friendly events where members and newcomers can get to know each other.

**Level C:** These generally have six courses available of different lengths and technical difficulty. They are aimed at club members plus participants from other clubs and generally attract larger numbers of entries. Saxons Sunday Series are level C events. These events are co-ordinated within the SE region so that there are no local clashes. This increases participation at every club's events. BOF 'Ranking points' are awarded at these events depending on your results. Courses are always available for beginners.

**Level B:** These are more 'high status' events that aim to attract orienteers from around the country. They are run by the club but co-ordinated over the UK to ensure that neighbouring regions do not have events on the same weekend. Generally they use the best terrain that can be found within a particular club's mapped areas. There may be 10 or more courses available. Serious orienteers enter a course specified for their age class, so they compete directly with their peers, but you can decide to enter a different course if you wish.

**Level A:** Major competitions (Championships) for elite and club orienteers. Best terrain possible is used. Again age based courses are available. These are often organised by regions, with several clubs involved in planning and organising. There will normally be courses suitable for beginners or the less confident even at these events, so you can enter with your less keen family members and still have a fun day out.

## SOME OVERSEAS EVENTS FOR YOUR HOLIDAY PLANS

April 19-24 Riga Orienteering Week	Latvia
May 14-16 Belgium 3 days	Neufchateau
June 18-19 Jukola Relay. The biggest and best O relay in the world.- but you need a team of 7	Finland
June 29-July 2 Arctic midnight orienteering. Torches not required.	Greenland
July 2-6 - 5 days in Spain, Soria	NE of Madrid
July 2-8 - 5 days of Italy.	Dolomites
July 9-16 5 days of Tuscany	Italy
July 16-23 Swiss O Week	St Moritz
July 23-1st Aug Canadian Championships Banff.& Jasper National Parks	Alberta , Canada
July 23-29 Swedish O-Ringen. The biggest event in the world.	Salen, Sweden
July 26-30 Croatia Open	Near border with Hungary
Aug 6-13 World Masters Talinn	Estonia
Sep 23-25 Porto weekend	Portugal
Dec 26-30 - Belgium Sylvester 5 days.	Belgium
Feb 2017: Portugal O Meet: Will be based in Crato 25-28 Feb	East Portugal, near border with Spain
April 21-30 2017 World Masters , Auckland	New Zealand

More events can be found in Nick Barrable's CompassSport December issue, or on the Ian Ditchfield's events page of Mole Valley website

## Letters to the Editor-

### RED AGAIN?

I've been doing park runs ([www.parkrun.org.uk](http://www.parkrun.org.uk)) and met lots of people who are running 5k in their local park, at no cost, on Saturday mornings. Some could be interested in trying orienteering if there was a suitable course – but there isn't. They are too hard, too short, and often too expensive - none is just right! Ideally they would be roughly 5k, on tracks and paths with easy navigation, like an extra-long Yellow. It must be several years since, as a planner, I included a Red course. Fellow Saxons advised me not to bother and in fact nobody chose to run it. I haven't seen a Red course offered at an event since. But park runners are a large and growing population, easy to reach with flyers in the park. Worth a try?

**Peter Martin**

### Meanderings of an Ancient Saxon.

The last few SaxAlert have prompted a number of somewhat random thoughts. To begin with the most recent, the article about CROC. I was reminded about enjoying early orienteering experiences at CROC events on Addington Hills, a challenging small area of hills and re-entrants which I suspect is now buried under housing, perhaps Steve Waite can enlighten us.

The description of Poker Orienteering reminded me of a Saxons Fun Event which I planned and organised in Mereworth Camp. Each control was identified by a playing card and the object was to collect cards to form suites based broadly on the rules of Canasta. In the event it proved to be difficult to condense the game's rules and produce instructions for competitors who were not card game players but the resultant chaos was enjoyable.

Next to Bill Griffith's recollections of Dave Wilson's multi maps. Dave did not just produce the multi maps, he drew other maps for the club for example he drew the enlarged Mereworth map that I surveyed for the third day of the Saxon's 10<sup>th</sup> anniversary weekend. Dave joined Saxons having come south to teach at Maidstone Grammar School and he produced the first map of Mote Park. One story about Dave Wilson that Bill did not mention, he presented the club with a set of mounted Antlers to be awarded to I think the most successful junior. It was certainly the case that Martin Bagness and my son Paul held many discussions as we drove to events on how they might contrive not to win the antlers. At some point the Antlers disappeared! This reminds me we used to hold an annual event, then a Badge event [equivalent to a Regional event], at which the Saxons Shield was awarded to the Club with the best score. Back to Dave Wilson's multi maps, I have a quantity of a section of a multi map viz Martin Bagness's map of Boxley Warren which could be made into book marks with some marketing info printed on the reverse.

Continuing my thoughts prompted by Saxalert. The article on Safety reminded me of two points. First, and importantly, I never understood why BOF approved the decision that competitors did not need to carry a whistle. Personally I always have and always do carry one and I would think all juniors should have a means of indicating they need aid. The second recollection was a Mereworth event at which there was a car left in the car park after we had largely cleared up at the end of the event. Checks on control stubs indicated that all competitors were accounted for but just as we were organising a quick sweep of the area two people strolled out of the trees – they had been driving by the generally closed camp, spotted the open gate and decided to come in and explore. We could have locked the gate!!

Our Chairman contributed a paragraph about Sport England and “encouraging volunteers”. In my view one of Sport England's problems is that it is primarily focussed on “big” national sports like Soccer,

Cricket, Hockey and Athletics and they have little or no knowledge of sports like Orienteering – I used to complete their annual satisfaction survey with questions like 'how good are the changing rooms' or 'are the showers satisfactory'! The fact is that Orienteering is a sport entirely run by active orienteers, our maps are predominantly the work of volunteers – just look at the credits on your maps, they are planned, organised and controlled by volunteers. All club members have a part to play because basis of our sport has always been that we do not have non competitors running the sport

One last thing.

In February the death was announced of John Disley. John was an Olympic Steeplechase Bronze Medal winner and he was the man who brought Orienteering to the UK. John got Chris Brasher and other top UK athletes interested and launched the sport we enjoy. Part of Disley and Brasher's vision was that orienteering should be run by active competitors and not by 'men in blazers'. John Disley continued to compete in events in the South East into his late seventies if not into his eighties. We owe him a great deal.

**Tony Extance M80**

### **Mountain Marathon Cooking Technology**

Following the note in the previous SaxAlert on camping gas stove safety, I will share with you some thoughts about lightweight cooking efficiency.

[Note on Mountain Marathons: quite a number of Saxons take part in Mountain Marathons (I can think of 23 at a quick count) and I reckon there are others in the club that would enjoy it too. If you have ever thought of taking part, talk to some of them to receive positive encouragement. A Mountain Marathon is like a big scale orienteering event in mountainous landscape. Typical format: two day event; line courses or score; teams of two; camp at designated location overnight; carry all kit. Thus, minimising weight of kit is a priority.]



Camping stove with 100g gas canister, aluminium sheet wind shield, and 1 litre Primus kettle. "Fire-steel" gas lighter on ground at front.

**Cooking pot:** Heating water or food in an open pot inevitably wastes a lot of heat energy. It is more efficient to use a closed container - either a pot with a tightly fitting lid or better still a kettle (a further advantage of which is that the spout enhances pouring precision). I reckon the most efficient way to prepare lightweight food is to heat only water on the stove; all hot food is prepared by simply pouring hot water onto it, stirring, and leaving to stand for a few minutes. This also, incidentally, avoids the challenge of packing a pot besmirched with food remains the next morning. There are plenty of dried camping foods that enable this simple approach (topic for a further article perhaps).

So, a lightweight kettle is the thing. The one I use is made by Primus; it is anodised aluminium, 1 litre capacity, weight 194g, and cost £15. Other similar designs exist; MSR produce a titanium one weighing only 118g (0.85 l capacity), but at £50 it is outrageously expensive.

**Mike Solomon**

## HIGH VIZ VESTS

Rowan's editorial makes some really interesting points about being welcoming, and suggests that instead of just one person with the "happy to help" yellow bib, events should have another one or two people in yellow bibs to talk to people after their run.

It got me thinking, why don't helpers all wear high viz bibs? This is standard at races organised by running clubs, and of course the incredibly successful ParkRun events. I help out regularly at the local junior ParkRun and helpers are always given an official ParkRun high viz jacket to wear. It definitely helps ParkRun be more welcoming. New parents turning up with children for a run don't just have one person to ask questions, but 10 or more. It also helps child safety a little bit since a distressed child can clearly identify a ParkRun volunteer from someone just walking in the park. As a helper it makes you feel valued and part of the team.

Cost shouldn't be a problem. Saxons have plenty of reserve funds, and 20 or so high viz jackets with the Saxons logo on the back won't cost too much. They wouldn't even need to say "happy to help".

So to answer my question, the problem might be that some orienteering volunteers wouldn't want to wear them, either because they feel they look silly, or they don't want people asking questions (because they might not know the answers). If organisers feel they put off people volunteering then they might not ask volunteers to wear them. ParkRun is different because it's a franchise. There are rules set centrally, including that all volunteers wear high viz, and the license to do ParkRun is taken away if people don't follow the rules.

But since the club has plenty of money, I think it's worth trying this at the events that would most benefit - which are probably the Kent Orienteering League and Kent Junior Festival events which are often held in parks, and where the child safety benefit would convince volunteers they are a good idea.

**Sean Cronin**

### **Thank you from the Editor to this month's contributors:-**

Nick Betts, Heather Brown, Tony Connellan, Sean Cronin, Tony Extance, Michael Fletcher, Jean Fitzgerald, Mark Glaisher, Alan Hickling, Anita Kingdon, Peter Martin, Mike Perry, Jeremy Oldershaw, Dave Pickup, Beryl Pring, Jerry Purkis, Mark Purkis, Mike Solomon and James Wilkinson

**Photos** - All juniors - Heather Brown. Front cover, Ightham, Edinburgh, Portugal & Mike Solomon - Rowan Purkis. Mike Perry - CompassSport. Photo of Jeremy Oldershaw, thanks to Anita Kingdon.

Note that there is a **cover photo competition** each year as well as a newsletter competition. Budding photographers please send in your scenic photos of events for use as a cover photo. I hope you like the redesigned front cover???



## JUNIOR PAGES

Since the last edition of Saxalert lots of junior orienteers have run many successful miles and had such fun at events around the S.E of England. Christmas seems a long way away and we've had some really good results since Heather and I with Michael and Elsa put out the string course and decorated the trees at Ightham.



Michael Cameron winning a loyalty award

Firstly there was the New Year's Day score event at Trosley and then on 23<sup>rd</sup> January 26 of you came to Lullingstone for the first KOL of 2016. James Ford took up the challenge of the blue course against all the experienced orienteers. Unfortunately just one bad lag between control 10 to 11 dropped him from currently being 4<sup>th</sup> to 16<sup>th</sup> place and the making up for lost ground was pretty a pretty impossible demand. Emily was also the only Sax junior to run the Lt. Green course coming 11<sup>th</sup> out of 21 runners and coming first on two of the legs. A lot a juniors competed in the orange course with Joseph Derrick coming 7<sup>th</sup> out of the 36 competitors with Jack Green right behind him and Matthew Derrick running in at 10<sup>th</sup>. Not so many as usual on the Yellow course, but Ellie Taylor, Austin Howe and Ben Cronin finishing in 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> place.

On 14<sup>th</sup> February not many juniors entered the Sunday event at Blean. It had rained hard and it was very muddy and slippery. Anyone who did not have to cross the stream was lucky as the banks either side were so slippery that it was difficult to maintain your balance. I for one slithered into the water fell backwards and lost my compass in the mud. I pulled it out but had to wash it to read it before carrying on. Joseph Derrick led the 6 runners on the orange course with Toby Prier just behind him in 2<sup>nd</sup> place. Matthew Derrick was doing really well before he missed controls 6 and 7, but then carried on and found all the rest really quickly. There were just 8 entries for the yellow course with William Prior, Josh Sibley and Hannah Sibley coming in 2<sup>nd</sup>, 6<sup>th</sup> and 7<sup>th</sup>.

The weather for the KOL at Tunbridge Wells Common was quite different. It was dry, but we had to put up with very strong winds. Both the registration and junior tent had to be held down as they were both close to taking off, never to be seen again. A total of 33 Sax juniors took part in this event and we had some very good results. James Ford ran blue again and came 17<sup>th</sup> out of 31 runners having already run at the Maidstone "Park Run" just an hour or so earlier on. Running

the light green Emily Ford and Matthew Keenan came 2<sup>nd</sup> and 3<sup>rd</sup> out of the 30 participants and Ffion Bricknell doing really well too, coming in at 9<sup>th</sup>.

There were 28 of our juniors running the orange and yellow courses with Joseph and Matthew Derrick and Henry Taylor coming 2<sup>nd</sup> 3<sup>rd</sup> and 6<sup>th</sup> on the yellow and Jake Wilson gaining his first time top place on yellow followed by Austin Howe and Ellie Taylor just behind in 3<sup>rd</sup> and 4<sup>th</sup> .

So 33 Sax juniors at Tunbridge Wells Common! That was a marvellous turnout for our squad. Well done it was good to see so many of you there all having a lot of fun and excitement.

I missed the event at Ightham on 28<sup>th</sup> Feb, but I was on the furthest wet of the Canary Islands. If you can work out the name of the island from that clue and remember to tell me the name of the island then the first one of you to do so will win a prize from my box of prizes, but you have to be first. However I see that six of you went along and had a good time. Joseph, Matthew and Toby did well on the orange course with Austin first on yellow followed by Bo and William.

Our most recent event took place on Sunday at Chelwood when we entered 15 runners in the heat of the Yvette Baker trophy. As always at Chelwood it was very wet and muddy, but it's a fairly flat area so no ponds, but just very big puddles. 15 Sax juniors took part and although the scoring for the event is complicated let me tell you that we did very well since we came up against a club which seems to have so many young runners. We only needed one more point to come second, but up against such opposition I am really pleased with how all our team members performed. Elsa Burdett deserves a special mention by gaining 100 points, which is the most any competitor can get in this event and Ffion Burdett, Henry Taylor and Emily Ford, against some really strong opposition from the winning club grabbed 99 points each.

We celebrated afterwards with cakes, mostly baked by Erin Burdett with Heather's famous chocolate cake which were all really lovely – thanks Erin and Heather - then certificates were presented and photos for the magazine taken. Thanks to you all for making up such a good team and I'm next looking forward to you getting lots of awards at the Junior Orienteering Festival on 28<sup>th</sup> May. But before then, once your running shoes are scrubbed and the mud has been washed out, I hope to see you at Whitehorse Wood near Meopham on 19<sup>th</sup> March for the next KOL. There is also the SE Relay competition in Knole Park on 22 May and as Saxons are hosting it i would be really good if we could field lots of Junior teams. Read Mark Purkis's coaching article on what to expect.

Always remember that orienteering is fun. Just like any sporting event you win some and you lose some, but you keep coming back for more. Saxon Junior Squad is a good group to belong to!

**Tony Connellan**

# COACHES CORNER

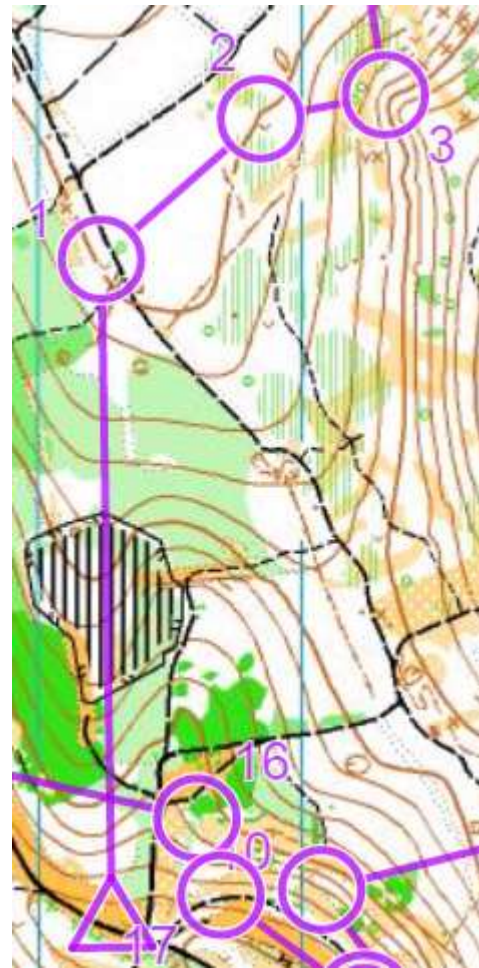
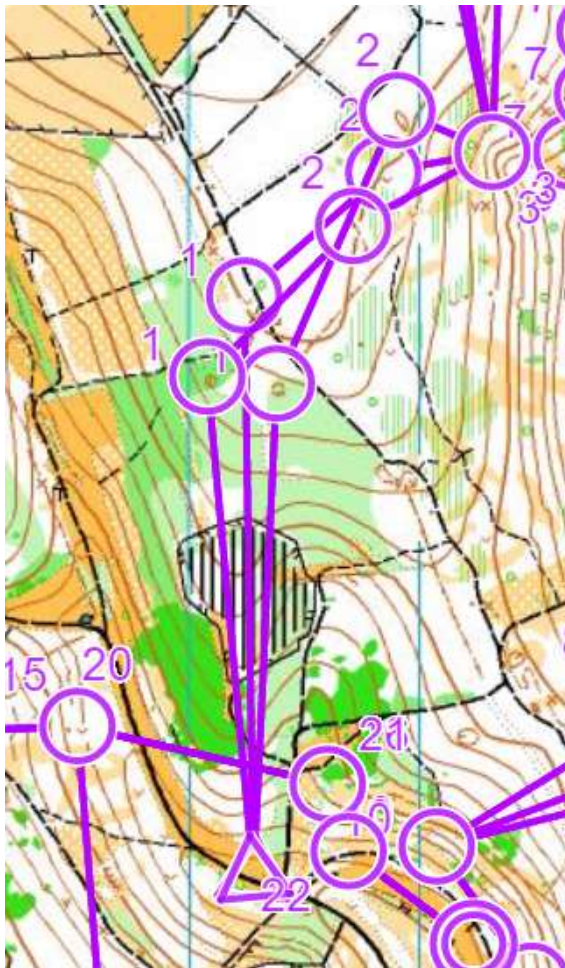
## RELAYS

With Saxons hosting the South East Relays on 22 May in Knole Park, here's a short introduction to what to expect on the day of a relay, especially if you have never run in one before.

### PROCEDURE

Unlike a normal race, you will receive your map before you start- however it will be rolled up and you can only open it after the start whistle or changing over with your teammate.

**Change over:** There is a holding pen/warm up box where the next team runners wait for their team member to come in. You touch hands to change over: - the



JK 2013 with all the gaffles	JK 2013 with just one course
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finishing runner goes to punch the finish and the next team runner goes out.

So you're the first leg runner and you're very nervous about the prospect of running head to head in a **Mass Start!** Yes this is nerve racking, however you

should try your best not to let all the other runners put you off – the fastest way to get round is to concentrate on your own course and not everyone else's. You may think you will all be following each other but you have to be very careful who you follow because of “**gaffling**” – a trick the planner uses in order to split up the pack and cause absolute chaos. The two map extracts show the first three legs in the JK 2013 relay, the left extract with all the gaffles, and the right extract with just one. Again, you must try your best not to get distracted when you see other runners darting off in all directions, or you see a nearby control. Looking up and trying to see runners coming into/out of your control location can save you the trouble of finding it yourself.

**CHECK YOUR CODES!** There are lots of controls out in the forest, and also very close to your actual control, and therefore it's more important than ever to check your control description. . If you mis-punch in a relay, your whole team is disqualified! Recently at the Scottish Universities Mixed Sprint Relay, at least the leading 3 teams were disqualified due to punching the wrong control – this just shows how easy it is to do!

This leads on to the team aspect of a relay, you will likely put added pressure on yourself as you feel that your other team members are relying on you, but don't panic! All you need to do is get around the course and punch all the (correct) controls. Don't worry if you get lost and have to relocate and thinking about your team member standing waiting for you –there's a **mini-mass start** at the end for all runners who are still waiting. The worst thing you can do is retire as this disqualifies your team.

**WHEN SHOULD I GO THROUGH TO GET MY MAP?** : If you are the first leg runner you will be given a specific time to get to the start. . If you are the 2<sup>nd</sup> or 3<sup>rd</sup> runner you need to work out how long your team member is going to take assuming they have a blinding good run and make sure you are in the warm up box waiting in good time. If you're lucky you'll see them at the spectator control. Keep yourself warm in the warm-up box, keep a jacket on and give it to the runner who hands over to you. Do make sure you are waiting in good time because very frustrating for a runner to come in and find no one waiting to hand over to. You have to wait for your team member before you can finish

### **ITS REALLY GOOD FUN.**

Above all, don't let the thought of letting down your other team members put you off. Just enjoy your run and the added fun of being part of a team. . Please don't let any of what I have written put off joining in. Even if you are a new comer or a junior there will be a team for you. **AND SAXONS SUBSIDISES YOUR ENTRY FEE BY 50%.**

**Mark Purkis M21**

## ORIENTEERING NEWS

Saxons was privileged to host Liu Batchelor raising money for Sport relief at the Blean Sunday event on February 14. Liu is taking part in 100 sports in 100 days. Saxons helped her do sport 70.



You can watch her video of her race here [https://www.youtube.com/watch?v=4GrJ1kX4\\_0o#](https://www.youtube.com/watch?v=4GrJ1kX4_0o#)



And donate to Sport relief on her JustGiving page here: - <https://www.justgiving.com/liubatchelor>  
It's all in a good cause.

# DIFFERENT ORIENTEERING FORMATS

## 1. Permanent Orienteering Courses

## 2. Photo O courses

### 1. Permanent Orienteering Courses (POC)

There are fixed orienteering courses available throughout Great Britain. They will be in a public place with control markers permanently in place. The markers will probably be wooden posts rather than kites, and there will be no punches. Permanent courses can be used at any time; you don't need to wait for an event. There are currently 6 courses in the Saxons area; details can be found on the Saxons and the BOF websites. Looking at our neighbouring Clubs: - DFOK has information on their website of 11 courses in NW Kent. Southdowns Orienteers have details of 8 courses in Sussex and Mole Valley OC details 10 in Surrey. (Editors comment - I remember the very steep, physically demanding Devils Dyke course near Brighton when the Purkis family were novices as well as a poorly maintained course in The Hawth in Crawley which was very challenging in that we were searching for rotten stumps in the undergrowth, but fun all the same)

Beryl Pring manages Saxons' POCs – here is an update from her.

As I write this the sun is shining and so maybe it's time to dust off the cobwebs and get out to do a bit of training on some of the clubs Permanent Orienteering Courses. Full list on our website.

The club now has access to the POC portal on the BOF website and I have been allowed to add additional information about the parks and forests where the courses are. It's also possible now to add maps and so I have started with the Trosley Country Park map which you can download from the BOF website for a £1. They are of course still available from the cafe.

Mote Park is now open to use as an orienteering venue and the maps at the moment can be obtained from the British Orienteering website for £1. Eventually waterproof ones will be sold at the Café for £1.50. There will be a 'Grand Opening' event will be on Friday 29 April."

The University of Kent POC map will, with the help of a couple of our members checking out that all control points are still there because of all the building work that is going on and with the University's permission, be next up on the website.

Maps for Bedgebury and Bewl Water will not be available on our website due to copyright reasons but you can get them from their Visitors' Centres. The others need updating first.

So get the children, dogs and any other member of the family out and about on one of Saxon's Permanent Orienteering Courses soon. Feedback and suggestions for new locations would be appreciated to [berylpring@gmail.com](mailto:berylpring@gmail.com)

**Beryl Pring**

## 2. PHOTO –O

Having suggested a photo O for a summer social in Whitstable I thought I had better explain what a photo O is for those who have not done one. Below is an extract from the Aberystwyth Town Photo Trail from the Welsh 5 days in 2012. The whole page was A3 size but this will give you an idea of what is involved. Use the Street map format explained in Brendon's article in the Jan 16 SaxAlert to very easily produce a map of your chosen location and mark the location of photographs taken around the town. Participants have to match the photo to the control location. Perhaps we could use the idea for a novelty event at the summer BBQ.



Aberystwyth was a running/walking Photo O. We could use the same format to produce a cycling Photo O to get people to explore villages in the depths of Kent. Our Development Officer tells me that a Photo O would count towards the 12 activities we need to hold in a year for Clubmark purposes. Is anyone up for creating one so that we can explore near where you live?

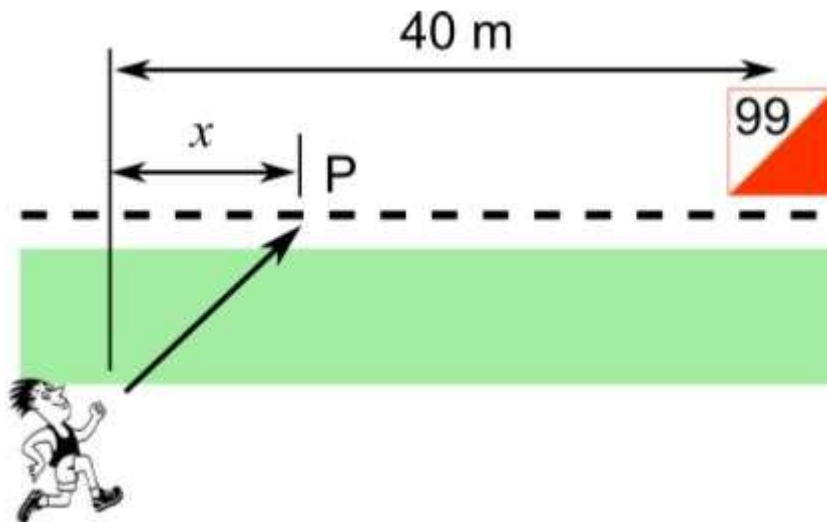
## SAX PUZZLES -

A couple of mathematical puzzles this month. Answers on page 32

### Mister Control By Dave Pickup

Please note that this is an adaptation of an exam question from last year's Scottish Higher Maths paper. It made the news because pupils found it too hard!

Mr Control is trying to reach control number 99, but he is faced with a dilemma concerning the optimum route. Control number 99 is on a path on the other side of a strip of forest (slow run). The time taken to reach the control can be minimised if he crosses the strip of forest by aiming for a point p on the path on the other side. Point p is x meters along that path as shown in the figure below.



The time taken to reach the control measured in tenths of a second,  $T$ , is given by

$$T(x) = 2.5\sqrt{144 + x^2} + 2(40 - x) \quad (1)$$

1.
  - a. Using Equation 1, determine how fast Mr Control travels on the path.
  - b. Similarly, at what speed does he travel through the forest?
2.
  - a. Calculate the time taken to reach the control if the shortest route is taken
  - b. Calculate the time taken if the shortest route through the forest is taken
  - c. Between these two extremes there is a unique value of  $x$  that minimises the time taken. Determine this value of  $x$  and calculate the minimum possible time taken to reach the control



## MOUNTAIN BIKE ORIENTEERING - WITH A PUNCTURE by Mike Fletcher

Last weekend I took part in a mountain bike orienteering event. The total distance was 7 kilometres. I set off for the first kilometre at 28 km/hr.

Sadly I developed a puncture. The next kilometre I cycled at an integer number of kilometres per hour but more slowly.

Interestingly my average speed over the first 2 kilometres had an integer value.

The speeds for the third, fourth, fifth, sixth and seventh kilometres were integer values and, interestingly, my average speed for the first 3, first 4, first 5, first 6 and all 7 kilometres had integer values. What were the seven different speeds I travelled at for each of the seven kilometres?

### Saxons Alternative Rankings as at 28 Feb 2016

Pos	Prv Pos	Name	Age class	Top-12	Runs
1	(1)	Peter Martin	M65	1200	30
2	(3)	Mark Glaisher	M65	1154	36
3	(2)	<i>Sarah Howes</i>	<i>W55</i>	1145	24
4	(5)	<i>Joanne Hickling</i>	<i>W50</i>	1141	23
5	(4)	Alan Hickling	M50	1137	48
6	(7)	<i>Alison Howe</i>	<i>W40</i>	1096	28
7	(6)	Jeremy Oldershaw	M75	1094	44
8	(8)	Mel Taylor	M50	1089	22
9	(10)	Jean Fitzgerald	W60	1074	37
10	(9)	Brendon Howe	M45	1065	24
11	(35)	John Van Rooyen	M65	1007	15
12	(12)	Simon Greenwood	M60	995	36
13	(11)	<i>Rowan Purkis</i>	<i>W60</i>	994	45
14	(13)	Doug Deeks	M75	964	28
15	(14)	Simon Deeks	M45	945	17
16	(20)	<i>Beryl Pring</i>	<i>W70</i>	939	23
17	(16)	David Kingdon	M65	924	33
18	(17)	Dave Pickup	M45	922	30
19	(19)	Mike Perry	M70	873	18
20	(15)	Philip Norris	M65	872	20

Since the end of 2015, there has been a slight re-shuffling of places in the top 20 but Peter Martin still retains top spot with a perfect score of 1200. Mark Glaisher, Joanne Hickling, Alison Howe all move up one place, John van Rooyen leaps up to 11<sup>th</sup> and Beryl Pring creeps up to 16 from 20. Note Alan looks at the last 12 months. If you are new to the club you will gradually be climbing up the list as you do more events.

**Statistics maintained and compiled by Alan Hickling**

# SAXONS OUT AND ABOUT

## Epping Forest North – Sunday 17th January

It was a cold, crisp morning, with frost and some patches of snow lying on the ground when 14 Saxons ventured across the Thames to Chigwell's *Michael Brandon Mitre* event at Epping Forest North on 17<sup>th</sup> January. This was my first time orienteering in Epping Forest, although I had previously heard about it from friends. However, I don't think this really prepared me for what I encountered upon arrival.

The subtlety of the contours, the vagueness of the vegetation boundaries and the paucity of obvious features threw me on several occasions. One control on my Short Brown course proved a particular challenge for me on the day and I must have circled around it several times. The holly thickets also deserve a mention as among the most difficult to avoid that I have encountered. As such, I never truly found much of a rhythm to the orienteering, which is borne out in my wildly oscillating splits positions (anywhere from 2<sup>nd</sup> to last!).

Other Saxons obviously didn't struggle, with star performances coming from Henry and Matthew Taylor, 1<sup>st</sup> and 2<sup>nd</sup> on Orange respectively, Alan Hickling 4<sup>th</sup> on Blue and Jeremy Oldershaw also 4<sup>th</sup>, this time on Short Green.

## James Wilkinson M21

## EUOC BIG WEEKEND Fri- Sun 22-24 January including a Ceilidh

Edinburgh University's annual January weekend event is an excellent excuse to spend a weekend in Edinburgh with some technical orienteering and Scottish dancing all thrown in.

Friday night saw EUOC's version of the KNC - they call it Fight with the Night. A fast and furious sprint with 2 butterfly loops and lots of opportunity to miss punch, round the Kings Buildings (the science campus). There were 2 courses a Long 4km and a short 3km with 100 people on each. The pictures show Bill Griffiths ~~confused~~ planning his next leg and Jerry Purkis



reaching in to dib.

Saturday was Event 1 in the 2016 National Urban League (see Alan Hickling's article on Urban events last month). The standard set of urban courses around Edinburgh including the multi-level Exchange business area, Edinburgh Castle, the Royal Mile, lots of narrow steep stepped alleyways finishing in the Meadows. There were "Tour de France" themed prizes for "The King of the Mountains" and "Sprinter" legs on each course. This is extract of the map around

The Royal Mile – those of you who have been to Edinburgh will recognise the narrow steep alleyways with steps. 525 competitors is a large event for a University club to manage; the helper shifts were very long - Mark Purkis managed 6/96 on the Men's Open just ahead of Richard Purkis 9/96, after 5 hours on Start duty.



Sunday was a gruelling, extremely physical steep set of courses around Arthurs Seat and Holyrood Park. This is Jerry Purkis on the run in. Holyrood Park is right next to the students' Halls of residence and is their closest training area. No wonder the University O Club is so popular with orienteers. Haysden Country Park KNC

### **Thursday 18 Jan - Kent Night Cup Haysden Country Park, Tonbridge**

The Kent Night Cup has been going since 2007, and even though night orienteering is a memorable experience, KNC regulars will admit they can't remember all the events.

The January 2016 KNC at Haysden won't be one of those events. On the evening of the event it was found that one of the control sites wasn't just completely underwater, but surrounded by a significant flood/lake. The decision was taken to put the control on a nearby embankment (a flood control embankment) and tell the competitors at the mass start briefing how to navigate around the flood to/from the next control.

As method of communication, this was patchier than the floodwater. Several competitors ended up in literally deep water. Not all though. Some competitors adapted well to the conditions, for example two competitors carefully watched Graham Thomas's wading through waist deep water ahead of them, then overtaking him with ease on the long way round but dry route.

Brendon's head torch proved to be waterproof only up to a depth of 12 inches and failed completely, but has since dried out and started again.

In all seriousness, myself and several experienced organisers and controllers had a discussion afterwards re: safety and things to learn for the future. I think we all have a better appreciation of the hazards at Haysden. I definitely do. The KNC kit available to organisers at events will now include a permanent marker pen to enable organisers to mark problems (such as floods) found on the night on the map. A roll of red and white tape would also be useful for smaller hazards, though this one was a bit too big to go round.

Some people don't believe orienteering is a true adventure sport. Those that were at Haysden KNC 2016 definitely do. **Sean Cronin- Organiser**

## Portugal in February. 4 – 14 Feb.

Every year the Portuguese O clubs put on a 4 day (Sat- Tue) event in February in a different area of Portugal which is a great way to explore spectacular areas the regular tourists don't usually visit. Sometimes it is the same weekend as half term. It's called POM – "Portugal O Meeting". With training areas available and a warm-up race in the days before you can turn a long weekend into a week of orienteering. But book your accommodation early if you want to avoid staying miles away because 1500 competitors plus family descending into remote parts of Portugal creates a challenge for finding somewhere close to stay. It is usually followed the next weekend by NAOM- the North Alentejano O Meeting so if you stay for 10 days you can get about 8 days orienteering as well as delicious food, wine and the not to be missed Portuguese custard tarts. Some orienteers followed this with a weekend orienteering in Spain and this was not just the retired amongst us; Mark & Julie Collins from DFOK managed to justify 3 weekends away.



This year the POM 2016 events were just south of Penamacor in central Portugal near the Spanish border. (The more northerly of the pins on the map) The terrain is "extreme" and not for the faint-hearted:-. Giant boulder fields and steep slopes; mountain goats do well here. . Mark Purkis (M21 Edinburgh Uni O Club/ SAX) came to practice because the area is even more technical than Scotland. . His advice was invaluable-"Do not even try to

navigate by the rocks unless they are huge, use the contours". Those who know Jerry and me will know we are not the fastest orienteers in the Club but this means the more extreme the terrain the better we do because the boulder fields slow the runners down to our pace and my best day by far was Day 3 on the most technical terrain of all the days when I followed Mark's advice and navigated by the shape of the land, not the rocks. My worst day was the Warm Up race when I got so lost , I



had to retire which shows the benefit of turning up early to do the training event. The technique that works well enough in Kent; taking a compass bearing and hoping you stumble on the control does not work at all here. Saturday included an urban sprint round the hilltop town of Penamor - a castle, cobbles and lots of narrow windy streets, alleyways and steps. It was a shame it was covered in thick cloud and pouring with rain. We went back in the sun the following day to see what we had missed in the mist! We were the only Saxons but

there some familiar SE faces from DFOK, SLOW and MV.

Final placings after 4 days, including some of the other Brits: - The only one with a podium position was Sheralee Bailey DFOK W45 3/27. Other results:- Julie Collins DFOK W55 18/23, Mark Collins DFOK M55 33/65, Andrew Evans DFOK M60 53/83, Jerry Purkis M60 62/83, Rowan Purkis 21/34 W60 and Michael White MV M80 running M70 was 46/49. Mark Purkis M21, running Men's Elite punched the wrong control 3 on the very technical 3<sup>rd</sup> day when he was out for 2hours 40mins which meant

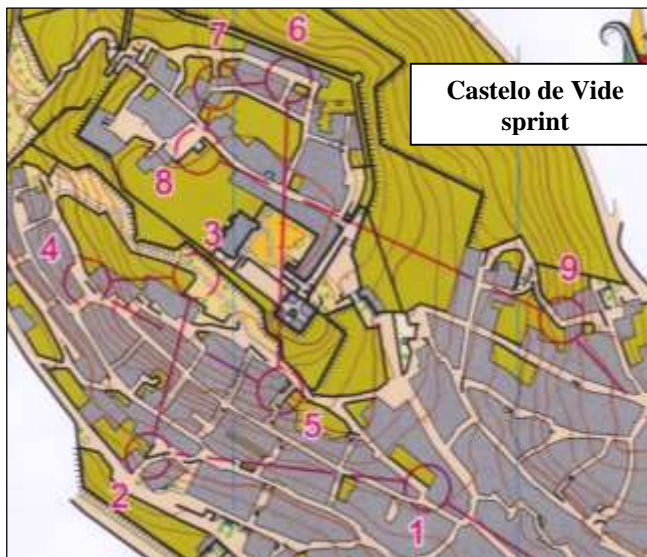
he did not get an overall placing. His best day was Day 4 in similarly technical terrain when he managed 1hour 50mins; just 10mins after the leader and came 17/80.

After a couple of days sightseeing we moved to Castelo de Vide for NAOM 2016 with yet more giant rocks. We could have done training events on the Friday but the rain was so heavy we planned our courses in a cafe with coffee and cake. Of course we both planned spectacular routes with no mistakes. The weekend was 2 middle distance races plus a night sprint round the wonderful medieval, cobbled and narrow Castelo de Vide. The rocks make the courses so physical and technical that middle distance is quite enough. Seralie Bailey (DFOK) managed 2<sup>nd</sup> place overall on W45. As for Jerry and Rowan- well let's say we were not last and learned an awful lot about orienteering by contours and not letting the rocks put us off although it's much easier said than done.



NAOM Day 2. Legs 11-12-13 had me climbing up rocks with my map in my mouth.

To create the map extract for Day 2 I used "Quickroute" to combine a jpg file of the map and a gpx file of my route.



You drag the route to the controls and it shows you where you went, useful when RouteGadget is not available.

Next year's POM is based around Crato- which is near Castelo de Vide- the more southerly of the pins on the map starting on 23 Feb for training. Jerry has already booked us into the pousada. Check out this link and join us: - [www.pestana.com/uk/hotel/pousada-crato](http://www.pestana.com/uk/hotel/pousada-crato)

## Netley Heath and White Downs - MVOC – SE League Event - 7<sup>th</sup> Feb 2016

It had been wet (surprise, surprise) and we'd been warned about parking problems but on the day all seemed reasonably OK though some had a conducted tour of forest roads to get back near where they had started, myself included. The bonus that I received was that my car parking space overlooked my final control and the finish! The area had been used last February when the Southern Champs were held there and people all had stories to tell of man-eating brambles etc. This year, on the shorter courses at least, we were treated to the nicer parts and the going was pretty good though there was plenty of dead bracken around. There was talk among those doing longer courses that control sites on the scarp slope caused

problems. Apart from a couple of minor errors I had a clean run – including an identical leg to my run a year before, though 23 secs longer this time. It’s my age, you know!

Good Saxon performances were Short Brown: - Mel Taylor 7<sup>th</sup>, Simon Deeks 11<sup>th</sup>, and John van Rooyen 12<sup>th</sup> out of 36. Short Blue: - Alan Hickling 3<sup>rd</sup> out of 52. Short Green: - Jeremy Oldershaw 3<sup>rd</sup>, Doug Deeks 9<sup>th</sup> out of 31. Very Short Green: - Dorothy Hale 3<sup>rd</sup>. and Henry and Matthew Taylor 4<sup>th</sup> and 7<sup>th</sup> out of 24 on Orange.

**Jeremy Oldershaw**

**Sunday Feb 14 – Blean Woods – SAX Organiser Nick Betts- here is his report**

Only 55 made it to Blean on Valentine’s Day. The forecast was for rain and the extra sleet and hail in the morning may have put some off, although I did think we orienteers were hardier than this. Admittedly Blean often does not attract large numbers - maybe it is the ease of access to the M2 or that it is a great area with lots of runnable sections and challenging contours. There were of course clashes with other level C events, although TVOC managed to get 362 to their event and Chigwell managed 50 to their non-ranking event and not forgetting the small event in Portugal. Possibly we are a romantic demographic and decided a scrumptious meal in the warmth of an open fire at a country retreat was more of an attraction. DFOK though must win this title due to their low turnout. Whatever the excuses, it was not a great turnout for a Sunday Ranking event. We had thought long and hard about where to site the car parking. The Dove Inn have very kindly allowed us to use their car park in the past but as we were uncertain about the numbers and didn’t want to impose on their Valentine’s meal we went with Mount Ephraim, even though the cafe and facilities were closed. This obviously meant a long walk to and from the start/finish but given the state of the ground it was a decision that paid off.

On such a wet day a slightly bigger and more stable tent would have been much better. Trying to keep the registration point out of the elements whilst there are registrants who are also trying to keep dry is a problem. A bigger tent would allow us to organise the flow of people better and lead to it being less hectic. Despite the lack of pre-entry, we were using dibber punch where we could for the SportIdent entry, which worked quite well and we were able to keep up with the paper registration.

We did have a “Clothing Dump” but this was located just around the corner from the Finish which meant a couple of runners missed it. Although we did mention the location at Registration, next time I will make it more obvious.

As a trial, we were offering a “helper discount” and as it happens I had a lot of offers for help and had to turn some down. Was this down to the discount, possibly but I don’t think so. We have a small core of members who are always willing to help but possibly another event and another location will yield new volunteers.

The day ended in welcome sunshine and we had very positive comments about the courses and the area.

32 Saxons took part. Best male and female on each course were:-

Brown	Brendon Howe	M45	2/6		Alison Howe	W40	6/6
Blue	Dave Kingdon	M65	7/17		Lisa Blair	W40	9/17
Green	Jeremy Oldershaw	M75	2/10		Gill Sinclair	W45	9/10

Light Green	Beryl Pring	M70	1/7		Peter Rogers	M55	2/7
Orange	Joseph Derrick	M12	1/6				
	Toby Prior	M11	2/6				
Yellow	William Prior	M6	2/8		Sarah Reith	W50	3/8

### Thursday Kent Night Cup Thursday 18 Feb. Walderslade

Thirty seven people took part in the Walderslade KNC 21 and this included three new people from the Medway Club Rebel Runners and six juniors. The steep hills of Walderslade caught out some competitors but others planned a route that gave them a flat or even downhill run to the finish. Prize giving in the pub saw an eclectic group winning as prizes were awarded for oldest, youngest, longest journey to start, shortest journey to start as well as the usual first and second male and female. A cold evening but it was not raining. Thanks to Toni Ives, Heather and Mark for sorting out the results. Brendon and Alison Howe were first Saxons man and lady. Dive Pickup was 2<sup>nd</sup> Saxon man.

### Ashridge North, Berkhamstead. HH SE League and SE Long Championships. 21 Feb 2016



Only 7 Saxons ventured north to Hertfordshire to the 7<sup>th</sup> event in the S E League series and the SE Long Championships. This is Jeremy Oldershaw winning Gold on the M75L. After 7 events Saxons are languishing in 6<sup>th</sup> out of 7<sup>th</sup> position

### SHERWOOD FOREST 28 February 2016. Nottingham OC

Midlands Championships and also the second event in 2016 UK Orienteering League (after the British Night Champs the night before). Following my article about UKOL in the last edition this accounts for my presence in Nottinghamshire.

If you ever go orienteering in this part of Sherwood Forest be prepared for a big surprise. The most notable feature on the map is the mapping of all the large DEAD oak trees – and there are a lot of them. There are also lots of live ones but the dead ones

really stand out. They are very definitely THE major feature to be used in navigation as most of the rest of the map is fairly featureless with a few pits and clearings. There is also an area similar to the Surrey heathland with heather and birch trees and a further area of plantation that I didn't visit. Going in the enclosed area (with the oaks) was a pleasure as it was pretty dry with loads of oak leaves.

My performance could have been better as my first leg - well planned – involved crossing the enclosure. I noticed the first dead oak beside a knoll and then forgot what I was meant to be using as navigation aids. I thought I would retrace my steps but luckily I met Maid Marion in the shape of a member of Southdowns who came to my assistance! The rest of my course went reasonably well though I lost some time by playing safe on paths. Final position was fifth out of 14 on M75L, with 46 UKOL points. Richard Purkis managed 8/16 on M21E in championship time. The Taylor boys were also present having taken part in the English National Cross Country Championships the day before – there's dedication for you.

### Jeremy Oldershaw

## IGHTHAM COMMON - SAX - SUNDAY FEBRUARY 28TH

A rhyming report from Mike Perry – Organiser.

Ightham Common, the Twenty-eighth of Feb, one day before the Leap  
In runnable woods where lakes appear and hillsides are so steep.

I set out all the signage, the single start, and taped the route the runners are sent

While Rowan, together with Chris Sibley, erected our Registration Tent

As I set up the finish banner falling snow gave me a fright

Sunday had started dry and dull - now the hilltop shone all white!

An hour later it had stopped and the day turned out quite fine

So a hundred and sixty runners entered the starting line

Where both Cate Slade and Ed handled well the eager mob

While in charge of extra parking Mark did a stalwart job.

The manager of the Inn thought orienteers had one mass start

So unlocked, then locked, the loos, not realising we race apart!

A lonely Chris at the crossing point, whilst avoiding the boy racers

Helped struggling and lost juniors to relocate and find their places.

At Download Jerry calmly handled which problems are reported

Checking for runners missing 'till all results were sorted.

Praise was heaped on Anita's courses, using all the club's controls

(With no spares, more will be needed, as planners reach their goals)

Dave K. set out controls, helped, had a run and then collected!

Thanks go to all the helpers - their valued input not neglected

Tony Extance, Jean, Andy (DFOK), Rob S and J van Rooyen,

Richard's W. and F, Nick B., Ken Fox, Dave Pickup - once again

Thanks (apologies if you've been missed), and also for the Sun!

With many runners, lots of challenges – I hope you had some fun

As our Orienteering is done, I think, for individual pleasure

A successful day; a "Crown Point Carvery" at leisure!

### 39 Saxons attended. First male and female Saxon on each course:-

Brown	James Wilkinson	M21	16/28		Alison Howe	W40	12/28
Blue	Mark Glaisher	M65	6/54		Sam Prior	W35	40/54
Green	Peter Martin	M65	3/49		Rowan Purkis	W60	16/49
Light Green	Roger Pring	M70	2/8		Beryl Pring	W70	1/8
Orange	Joseph Derrick	M12	2/13				
	Matthew Derrick	M12	3/13				
Yellow	Austin Howe	M10	1/8		Bo Willis	W9	2/8



## Precis of Minutes of Committee Meeting on 12 February 2016

- Helper discount: a £2 discount off the entry fee has been proposed to all who help at an event. Interim decision was to apply this to Sunday and KOL events as a trial until end of this season i.e. July, but to discuss again at next committee meeting if necessary.
- Tents; suggestion was that we need a stronger and slightly bigger one. Mark Glaisher will investigate.
- Junior matters. Tony Connellan reported Loyalty Cards have been successful; small prizes given for attending a set number of events.
- Next level B Urban event is to be at Whitstable on 8 Oct 2017.
- Dates registered for level B events in 2018; 25 Feb and 10 June (urban).
- JK 2017 is in SE. There have been some problems with venues. Requirement is for 'new' (to JK) areas or areas not used for some time. Jean Fitzgerald is to attend initial organising meeting on 6 March.
- British Sprint Championship, 11 June. This is being held in the Olympic Park, Stratford. All SE clubs are being asked to help on the day. Saxons to either manage the finish or to help at download. Jean Fitzgerald to discuss with Tim Pribul, the organiser and then put info on the website and send message to all members.
- Version 12 of OCAD, the software used by mappers, offers several important improvements on the version currently used by Saxons. It was agreed that two copies of OCAD 12 be purchased; each license allows loading on one computer only.
- Ham Street Woods; the club had hoped to map this as a new area, but permission for use has been refused.
- Nick Betts gave a demonstration of the power of " Mailchimp" software to analyse members' interests, revealing the % of recipients that opened each message. Mailchimp is now being used to send messages to club members.
- Fiona Wilson had received a list of lapsed members from BO. She has contacted them to remind them to renew.
- Jean Fitzgerald will attend the BO Junior Development meeting on 5 March in Birmingham, and will report back at next meeting

**Committee meetings are open to all. Next meeting 8 April at 8:00. Contact the Secretary to confirm the location**



**Jerry and Anita on Download at Ightham**

## **SAX PUZZLES ANSWERS**

### **Mister Control**

1. (a)  $5 \text{ ms}^{-1}$   
(b)  $4 \text{ ms}^{-1}$
2. (a) 10.4 s  
(b) 11.0 s  
(c)  $x = 16 \text{ m}$  & minimum  $T = 9.8 \text{ s}$

Michael Fletcher did not send in the answer to the mountain bike puzzle. I gave it to Jerry Purkis to solve and his answer is below. I have no idea whether it is correct. Please send variations to me. I will consult with Michael to get the correct answer out next time and possible award a prize!

	Speed in km/hr		Speed in km/hr
1 <sup>st</sup> Km	28	5 <sup>th</sup> Km	20
2 <sup>nd</sup> Km	12	6 <sup>th</sup> Km	32
3 <sup>rd</sup> Km	14	7 <sup>th</sup> Km	8
4 <sup>th</sup> Km	26		

**Club Committee & Officers  
WHO DOES WHAT contact list**

**See website for faces**

		e-mail «@saxon-oc.org»	
Simon Greenwood	President		020 7370 6830
Jean Fitzgerald	Chairman Fixtures	fixtures or chairman	01622 686779
Chris Rogers	Treasurer	treasurer	01795 841247
Anita Kingdon	Secretary	secretary	01892 724986
Fiona Wilson	Membership	membership	01732 874946
Sarah Howes	Land Access	landaccess	01892 723327
Simon Blanchflower	Mapping	mapping	01304 373176
Jerry Purkis	Development SI kit	development	01892 536332
Heather Brown	Coaching Junior Kit		07985 558016
Mark Glaisher	Team Captain Printer KNC coordinator		01634 366933
Nick Betts	Publicity	publicity	01795 890360
Alan Hickling	Statistics KOL coordinator Equipment		01634 244006
Rowan Purkis	SaxAlert	saxalert	01892 536332
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Mike Solomon	Minutes		01622 726954
Beryl Pring	Permanent O Courses		01233 820705
Nigel Hills	Club O tops		01233 630779
Alison Howe	Committee member		01233 712586
Tony Connellan	Junior Coordinator		01622 661992
Doug Deeks	Auditor		

## **YVETTE BAKER TROPHY CHELWOOD ASHDOWN FOREST**



**Michael Cameron & Elsa Burdett at the Finish**



**Joe & Matthew Derrick at the Junior Club tent**

**Emily Ford racing to the Finish**



**SAXALERT is the official journal of Saxons Orienteering Club.  
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