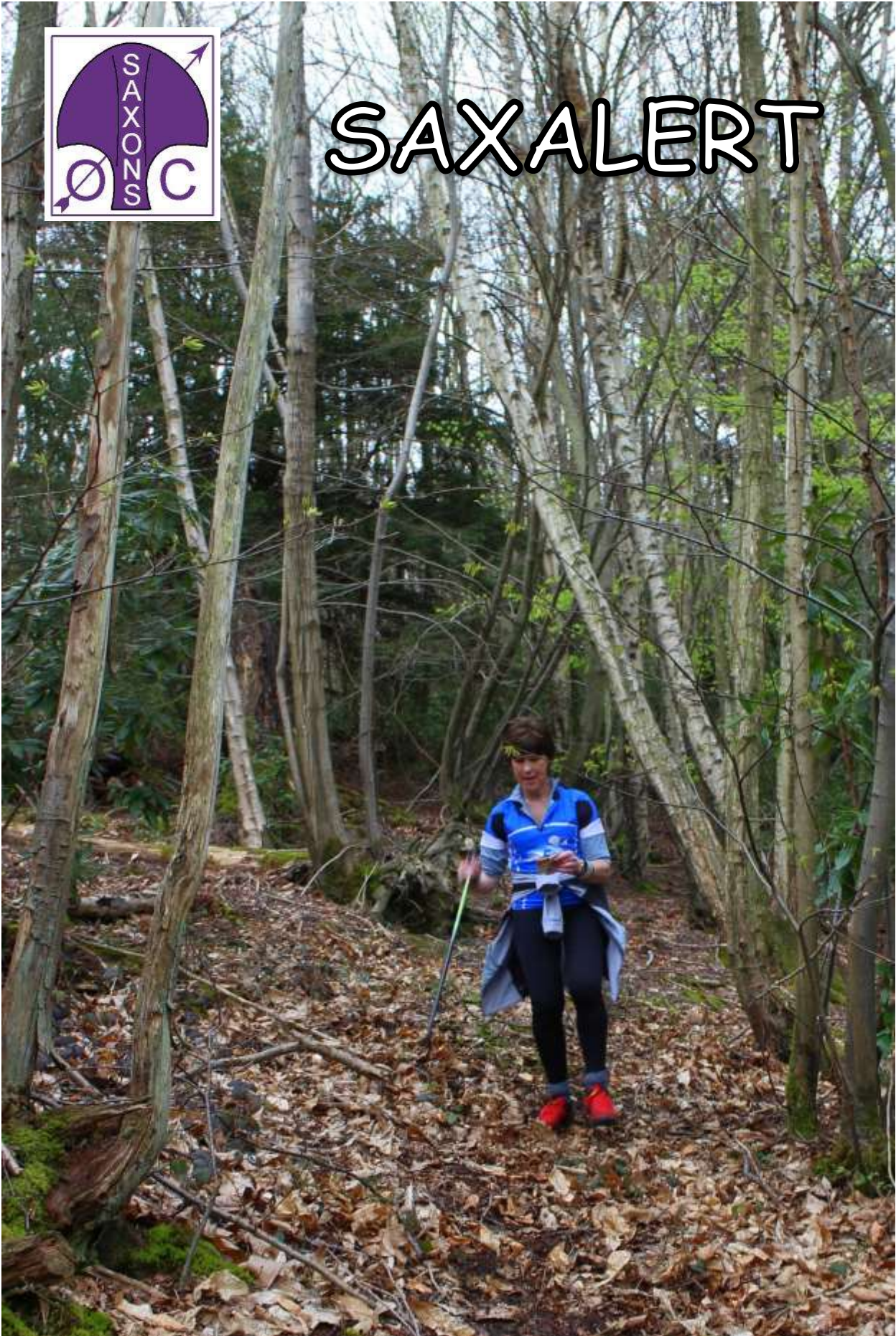




# SAXALERT



# SAX NOTICES

**28 May Junior Orienteering Festival  
Lorenden School  
Faversham**

**HELPERS WELCOME - CONTACT ALISON HOWE**

**SUNDAY 3 JULY put it your diary**

**CLUB SUMMER BBQ AND NOVELTY O EVENT**

**Location to be confirmed**

**Photo Trail / Cycle orienteering**

**Saturday 13th August - put it in your diary**

Start at Hamstreet. Park in car park or road outside. Bring your own bike for a ride around the lanes of Romney Marsh matching up 20 control circles on the map with photos taken in the area.

Starts from 10am till 11am Time limit 2½hours. This is a new summer activity so we hope to see families, novice cyclists and racing bikes out on the relatively quiet roads.

It is possible to keep off the main roads so bring the family and support this new club activity

## **Apologies - "Cake Baking Correction" -**

In the last edition of Saxalert, the cakes for the juniors at the Yvette Baker Trophy were credited to the wrong young baker. It should have read that they were baked by **Erin Burdett**. The fact that they disappeared so quickly says just how scrumptious they were Erin. Thank you for spending so much time making them".

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## A BIG THANK YOU TO ALL THE FOLLOWING CONTRIBUTORS THIS MONTH

Heather Brown, Tony Connellan, Richard Field, Mike Fletcher, Nick Gallavin, Mark Glaisher, Alan Hickling, Nigel Hills, Alison Howe, Anita Kingdon, Beryl Pring, Jerry Purkis, Richard Purkis, Lordswood School, Simon Maytum, Mike Solomon, Mel Taylor, Fiona Wilson

**Photos** - Editorial (CompassSport) and Richard Purkis. Mote Park POC - Heather Brown. Lordswood School. Other Rowan Purkis unless indicated.

## Editorial

If you read FOCUS magazine you may have seen a new theme from British Orienteering – Something Old- Something New. The Old bit refers to the age profile of the sport and if we keep doing things the Old way the sport will die. They suggest we need New people to come forward and Organise, Plan and Control events and New ways of attracting people into the Sport. They have got a point. In the last edition we congratulated Mike Perry and Mike Solomon on becoming Controllers- they are both M70s.



Last time Peter Martin suggested we should put on Red courses again to attract runners. If you do not know what a Red course is, it's the same technical difficulty as Orange but much longer. It is the course put on at level A & B events for the M/W21 Novices. After holding a Summer Series last week in Haysden Country Park on Thursday night I think Peter has a point. Following Sean Cronin's excellent advertising campaign contacting all the local running clubs we had a fantastic turnout, 14 orienteers and 28 running club members and family. Jerry Purkis had planned a 10km line course around the Park but with cross over points so that if you wanted to run 5k or 7k on the same map, you could. All the controls were on the path although in technical difficulty terms, the courses were harder than Yellow because there were more decision points than allowed on a Yellow course.

The feedback from the runners was really enthusiastic and they want to do it again. In the pub afterwards 4 Saxons thought about the differences between the summer series and our normal Saturday events. Suppose we get a small number of the runners get hooked on Sean & Brendon's summer series and the runners turn up at a KOL? What will we offer them? They will not want to trot round the Yellow and Orange courses because they are too short and they would be running with the juniors. They will want to run another trail challenge course, i.e. a red course, possibly a choice of 5 & 8k then once we have them turning up regularly perhaps they will venture into Light Green.

**Therefore - Something New- Idea 1-** put on red and a long red courses at events and advertise them to running clubs. Perhaps just call them Long Orange to minimise confusion. The fact that they can bring their children and send them off on a yellow while the adults run a Red will appeal to a lot of the runners.

**Something New - Idea 2.** In the January SaxAlert I talked about how we should hang around after our run and socialise, especially with newcomers so that they can meet other members and we can all learn from each other's mistakes.



Richard Purkis sent this picture of the NGOC refreshment tent. He says “NGOC put up a tent where there is tea/hot chocolate/fruit juice/cakes/crisps/sweets which you can buy really cheaply (50p for drink and cake). This makes people hang around”. As a new member of NGOC, Richard found the tent very welcoming and I suspect a welcome addition to his packed lunch. Saxons has bought one those large vacuum flasks you can see in the picture. Perhaps we should introduce the **New** post of Refreshments Officer to organise us all and badger us into making cakes and flapjack bars. And picking up the theme from my editorial on volunteer posts- could this be a role for a non-orienteering parent?

These are my 2 Something New ideas- what do you think?

**Something New - Ideas 3, 4, 5** .....your suggestions. Please send the Editor your suggestions for Something New that Saxons can do to promote the orienteering, get in new members and improve your Club experience.

You can read East Midlands OA feedback on their Something New ideas later on in the Newsletter.

## **Rowan Purkis**

PS in my last Editorial I was worrying about BOF's proposal to increase fees because of the Sport England Funding decrease. You will be interested to learn that we turned up at the BOF AGM to find the proposal had been withdrawn. Interestingly Sport England makes grants based on participation whereas Scotland, Wales and Northern Ireland make grants based on membership. . Given that the BOF proposal would likely have an adverse impact on membership numbers, Scotland, Wales and Northern Ireland had told BOF they would vote against it and it was obvious the proposal was a nonstarter. They will come up with a new proposal in the autumn

## NEWCOMERS PAGE

Welcome to **Hannah (W6) and Joel Sibley (M10)**, the grandchildren of Chris Sibley

Also **Matteo Rebola (M9)** from Beckenham. Matteo's parents run for SLOW but Matteo is joining Saxons because we have a good Junior section.

We are delighted to welcome **Rob Kingman (M60)** back to Saxons. Rob was Chairman some years ago before retiring to Norfolk. Rob says the lure of grandchildren has brought him back to Kent but perhaps it is "hill withdrawal syndrome". Rob is now living near Canterbury

We are pleased to see the Liddell family **Ralph (M65) and Rosalie (W60)** have re-joined after a short absence. They live near Sittingbourne



Last time we welcomed Stuart Williams from Tonbridge as a new member. Here is Stuart –centre– being introduced to other Saxons members- L-R Sean Cronin, Brendon Howe, Stuart Williams, Graham Thomas and Alan Hickling

## Frequently asked Questions

**Over Easter a lot of you went off to the “JK”. What is that and why is it called this?**

It is an annual competition held in different parts of the country over the 4 days of Easter with different types of events on each day. There is more information about the JK past and present later on in this edition including how it got its name.

## **If you had to give a newcomer just one tip to stop them getting lost what would that be?**

FOLD YOUR MAP AND KEEP YOUR THUMB ON WHERE YOU ARE – see the coaches' corner section for more details.

**The Editor would like to receive more questions from newcomers- please send them to [saxalert@saxons-oc.org](mailto:saxalert@saxons-oc.org) . Previous Q&A can be seen in earlier editions on-line**

## **SAXONS RUNNING TOPS**



Following a long period of sterling service, Nigel Hill has handed the baton (or rather the kit box) to Alison Howe. Thank-you Nigel - your support over the years has been much appreciated.

Alison and family will bring the kit box along to most events, but if you have an enquiry, please email Alison directly for information on kit and sizes available. As you will see below, current kit stocks are a little low, with more limited size availability. As at Scotney however, the Trimtex tops are being offered at an

irresistible end of season discount of £20 for short sleeve tops and £25 for long sleeve! So get your orders in whilst stocks last!

- Unisex Long Sleeve (S, XL, XL)
- Unisex Short Sleeve (XL, XL)
- Unisex Short Sleeve Mesh (XS, XS, M, XL)
- Ladies Long Sleeve (XS, M)
- Ladies Short Sleeve (XS, XS)

The XS sizes are suitable for slight teenagers. The mesh tops are a flexible addition to your wardrobe; excellent for layering or very hot days

Looking to the future, we will be looking to re-stock, and we are also investigating an affordable club jacket as well as club buffs. If you have any questions, requests or suggestions on current kit plans, or ideas for additional club clothing please let Alison know.

**Alison Howe**- see contact details towards the back of the newsletter.

## Chairman's Chat

We are coming to the end of the Saxons event calendar for 2015/16, with one remaining KOL (the final) at Haysden on 18 June. However, I hope you have noticed we are running a Summer Series again this year and we are hoping that you will circulate details to family/friends/colleagues who might be interested in giving orienteering a go. Sean Cronin and Brendon Howe are co-ordinating this, so do check the website for details and come along. The first event of the new Saxons season will be a KOL on 17 September. Keep an eye on the website for updates to venues and dates. By the time you receive this SaxAlert we will have had the SE Relays and hopefully the Saxons teams will conquer all! There are, of course, other events during the summer - I'm going to the British Sprint and Middle Distance Championships in the SE and also to the Welsh 5 Days and probably the White Rose event in Yorkshire, and hope to see some of you at one of these.



In my last chat I mentioned a Junior Development Meeting that I attended in Birmingham on behalf of Saxons and said that I would produce a summary of the outcome for this edition of SaxAlert. So here it is!

Twenty one clubs responded to an initial questionnaire about what they found to be effective (or not) in encouraging juniors into the club. The least effective strategy appeared to be direct club links with schools. All respondents said that many teachers were not very interested in teaching orienteering and that it was difficult to get them to go to events to find out what orienteering is all about. Juniors appear to be keen to take part in schools leagues/after school clubs/local events but it's difficult to get them to travel to mainstream events unless their parents are also recruited into the club.

More potentially effective strategies reported were regular and frequent events just for juniors, but there could be problems with getting enough volunteers to run these events. Also it was felt that there should be more emphasis on social events for juniors. Some clubs have good contacts/partnerships with local authorities which helps with publicity and the organisation of school games. Many clubs produce regular write ups for the club website of events juniors have been to and their successes, and one mentioned 'inspirational' assemblies in schools. Links with the British Schools Orienteering Association (BSOA) has been helpful for many clubs and one club had produced leaflets specifically for juniors.

From the discussions on the day I felt that Saxons was doing a pretty good job with juniors (thanks to the enthusiasm of Tony Connellan and Heather Brown), but there may be some areas that we could develop further. We have a junior page on our website and this could be expanded with write ups from juniors about their experiences/successes etc. It would be great to produce some junior-only information leaflets about orienteering in general and Saxons in particular. We could try to attract families into orienteering with targeted advertising at sporting events they might be at, e.g. park run/leisure centres, and we need our juniors to spread the word about the fun of being part of a group of orienteers. If anyone has any other suggestions please get in touch.

**Jean Fitzgerald**



## BRITISH ORIENTEERING PERFORMANCE AWARDS

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

Member	Certificates	Technical Difficulty * award	Awarded
Beryl Pring	Navigation Challenge	5	26-04-16
Emily Ford	Racing Challenge: Gold Award	4	26-04-16
Ffion Bricknell	Racing Challenge: Bronze Award	4	26-04-16
	Navigation Challenge	4	26-04-16
Gill Sinclair	Navigation Challenge	5	06-04-16
Keith Fuller	Racing Challenge: Bronze Award	4	26-04-16
Lisa Blair	Racing Challenge: Gold Award	5	08-03-16
Matt Lee	Racing Challenge: Bronze Award	3	08-03-16
	Navigation Challenge	3	08-03-16
Michael Cameron	Racing Challenge: Bronze Award	3	08-03-16
	Navigation Challenge	4	08-03-16
Ralph Liddell	Navigation Challenge	5	17-04-16
Rob Sibley	Racing Challenge: Silver Award	4	26-04-16
	Racing Challenge: Bronze Award	4	26-04-16
Rowan Purkis	Navigation Challenge	4	26-04-16
William Prior	Racing Challenge: Silver Award	2	08-03-16

**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 CHALLENGE AWARDS** are also \* based on Technical Difficulty but you receive an added award based on speed:-

- 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

## CONGRATULATIONS

To Beryl Pring on her hard work in getting a Permanent Orienteering Course open in Mote Park Maidstone. Here is her report

On 29 April 2016 the Permanent Orienteering Course was officially opened at Mote Park by Councillor Gordon Newton of Maidstone Borough Council.

It was decided to hold an orienteering activity at the same time to try and promote the course which has been designed by Anita Kingdom. We had hoped to encourage a few non orienteers to join in but alas not to be. We did have one lady who does horse orienteering but didn't have the time and also a young lady who arrived after most people had gone home, asking for details. Anyway we had eight Juniors from Lordswood School, Chatham, with their teacher Fiona Burdett as well as seven Saxon members trying out the course.

We were lucky it was dry but it was very cold and windy and after some photos were taken, a short speech and cutting of the tape by Councillor Newton I set the runners off to try and get as many controls in 45mins as they could and to try and get warm again.

Brendon Howe won the event getting 24 of the 25 checkpoints. The only reason he missed one was that he hadn't noticed it until he was the other end of the Park!!

Seniors		Juniors			
Brendon Howe	24	Callum Pattenden	12	Natalie	10
Mike Perry	18	Elle Taylor	12	Abigail Wilks	9
Roger Pring	17	Adam Evans	11	Brooke Kirby	9
Rob Sibley	15	Eric Pogson	10		
Tony Extance	13	Kassie Chapman	10		

The juniors were ably shadowed by Heather Brown, Tony Connellan and Fiona Burdett and I believe they enjoyed the activity as well as having some time off school?



Waterproof maps can be bought in the cafe for £1.50 or you can download one from the BOF website for £1.

Trosley Country Park also has a POC - You can download the map from the BOF website and waterproof ones are on sale in the cafe on site. Both £1.

## Beryl Pring

### Team Captains Communique

#### Harvester Trophy Cleeve Common, Cheltenham 25/26<sup>th</sup> 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 KNCers 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!

There are two courses: - Course A 7 runners, typically starts at midnight & Course B 5 runners, typically starts at 1.30am. Within these courses are Handicap and Women's classes.

Course A: 7, 5, 9, 7, 9, 5, 12km - Est. Winning Time 7h;

Course B: 5, 7, 4 (TD3), 5, 7Km EWT 5h

There's camping on site, making it fairly straightforward to let later runners know how it's going. I hope the event appeals – your participation may make the difference in getting teams together.

The event is hosted by NGOC this year: [http://www.ngocweb.com/harvester2016/?page\\_id=74](http://www.ngocweb.com/harvester2016/?page_id=74)

To secure a place in a Saxons team **please let me know by 31<sup>st</sup> May** including any preference for distance and night/dawn/day leg. I'm sure there will be possibilities to share transport.

With Saxons' support for Relay teams, the cost to you will be £7 Seniors, £4 Juniors/Students.

This year, in addition, there's an informal Harris Relay on the Saturday afternoon, at a Country Park within 15km of Cleeve Common.

**Mark Glaisher**  
**Team Captain**



## A SELECTION OF ORIENTEERING EVENTS COMING UP

Sat 21/05/16	DFOK North West Kent Series 3	D	DFOK	Jeskyns, Gravesend
Sun 22/05/16	SE relays	C	SAX	Knole Park, Sevenoaks
Tue 24/05/16	DFOK Park Race Series	D	DFOK	Greenwich Park,
Sat 28/05/16	Kent Junior Orienteering Festival	D	SAX	Lorenden School, Faversham
Sat 04/06/16	DFOK North West Kent Series 4	D	DFOK	Shooters Hill, Eltham
Sat 04/06/16	SO Park-O 1	D	SO	Windlesham House School,
Sun 05/06/16	Summer Series	D	SAX	Mote Park, Maidstone
Thu 09/06/16	Summer Series	D	SAX	Mote Park, Maidstone
Sat 11/06/16	British Sprint Championships	A	SEOA	Olympic Park, London
Sun 12/06/16	British Middle Championships	A	SEOA	Leith Hill, Dorking
Sat 18/06/16	SAX KOL	D	SAX	Haysden CP, Tonbridge
Sun 19/06/16	SO Capite Wood	C	SO	Capite Wood, Ashington,
Thu 23/06/16	LOK - London Park Race	D	LOK	London
Sat 25/06/16	SO Park-O 3	D	SO	Hove Park,
Sat 25/06/16	Introduction to Trail-O	D	SO	Hove Park,
Sun 26/06/16	Harvester Relays	B	NGOC	Cleeve Hill, Cheltenham
Sat 02/07/16	DFOK North West Kent Series 5	D	DFOK	Lesnes Abbey, Abbey Wood
Sat 02/07/16	SO Park-O 5	D	SO	Uni. of Brighton,
Tue 05/07/16	DFOK Park Race Series	D	DFOK	Beckenham Place Park
Sat 16 July	Woking Urban			
Sun 21 August	Newcastle Urban			
Sun 24 – Fri 29 Aug	Croeso 2016 (UKOL)	B	WOA	Wales
Sat/ Sun 27/29 Aug	White Rose Weekend	B	EBOR	Dalby Forest, Pickering

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.

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-

### Mountain Marathon Cooking Technology

You may think you read about this in the last edition but there was an editorial error and half the article was missed out. This is the complete piece.

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.]



**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.

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

**Windshield:** The flame of a lightweight cooking stove is very susceptible to moving air; the slightest breeze reduces efficiency, and a stiff wind defeats the whole

heating process. For this reason many people use a small sheet of kitchen aluminium foil to wrap around the stove as a windshield. The structural stiffness of this foil is barely adequate for the job however; I have found that thicker aluminium sheet is much more effective. I use a sheet of 6 thou (0.15 mm) aluminium, 42 X 17 cm, which is readily fashioned into a cylindrical shape to wrap around the stove and kettle, leaving a small open section sufficient to access the gas valve. After use the sheet is pressed flat, the two ends folded to the middle, and then one more fold along the centre line; the folded size is thus an easy-to-pack 10.5 X 17 cm. The weight of this is 30g - well worth carrying since it transforms cooking efficiency. I haven't found a local source of 6 thou aluminium; I got mine from [backpackinglight.co.uk](http://backpackinglight.co.uk) - £7 for a sheet big enough to make two windshields.

**Lighting the gas:** For lighting the gas I have used matches, but they suffer obvious disadvantages in wet or windy conditions. I tried a butane fuelled cigarette lighter, but more reliable, and more fun, is a "fire steel"; scraping a steel edge along a ferrocium rod generates a shower of sparks that light the gas even in the most extreme of conditions. Mine is made by "Light my fire"; readily available from camping retailers. Ferrocium is an alloy consisting typically of iron (19%), cerium (38%), lanthanum (22%), plus other rare-earth metals and magnesium; cerium is the most-abundant of the rare-earth elements, with a low ignition temperature - about 160 degrees C. The sparks consist of burning shavings of the ferrocium, ignited by the heat generated by friction.

(Tip on use: do not scrape towards the gas jet; hold the steel edge steady near the gas jet, put the ferrocium rod in contact with it, and draw the rod towards you, scraping it on the steel edge. The resulting impressive shower of sparks will ignite the gas immediately!)

**Heating efficiency:** The use of a kettle plus the aluminium foil renders the lightweight heating process about as efficient as is practical. In a Mountain Marathon overnight camp I reckon a partner and I boil typically 5 - 6 litres of water. In conditions ranging from a balmy flat calm to sub-zero blizzard we have used between 42 and 80 g of gas (I weigh the new gas canister, and the used one when I return home; doesn't everyone?). Thus the standard 100g gas canister is sufficient, and leaves a safety margin; one can avoid the larger heavier canisters, or the two canisters that some carry. This is not a trivial point; remember the total weight of a canister containing 100g of gas is around 200g.

Actually not all "100g" gas canisters are the same. The most widely available are Coleman and Primus:

Coleman: gross weight 185g; weight of gas (according to label) 97g; gross volume of canister 141ml (I measured it by displacement).

Primus: gross weight 200g; weight of gas 100g; gross volume of canister 161ml. Thus, if faced with the choice, go for Coleman and save 15g of weight and 20ml of space, at the expense of 3g of gas. This may appear to be getting a bit detailed but ..... well yes, it is getting a bit detailed! But, in selecting kit for a Mountain Marathon one makes many decisions of this kind - the tens of grams add up to hundreds, and to kilograms. Saving a few tens of grams does matter!

## **Mike Solomon**

It is some years since we first heard about Ash Dieback and all O clubs were providing foot baths to go through to disinfect our shoes. You don't see that anymore. Has it gone away? Are we getting too complacent? Nick Gallavin has sent an update

### **Ash Dieback Outbreak Update**

'Ash dieback' disease is caused by the fungus *Hymenoscyphus fraxineus* [synonym – *Hymenoscyphus pseudoalbidus* (anamorph - *Chalara fraxinea*)], which arrived from Asia into Europe during the 1990's and the first recorded outbreak confirmed in the UK in 2012. This invasive fungus causes the death or dieback of Common Ash (*Fraxinus excelsior*) trees and other *Fraxinus* species.

Media reports widely cite the impact of the fungus Ash Dieback with much speculation as to the fate of our Ash trees. In Denmark, a 2010 estimate stated that some 60-90% of ash trees were affected and may eventually die, with latest reports quoting Danish scientists as suggesting that up to 95% of UK Ash trees could eventually be affected.

The impact in the UK could therefore be significant, particularly in Kent where Ash trees are large in number and are a significant component of the landscape. The loss of Ash from our landscape has wider reaching implications, as there are many other species associated with Ash trees. Some 111 invertebrates feed directly upon Ash, and this figure increases significantly when associated predators and parasites are considered. In addition some 255 lichens have an especial association with the alkaline substrate afforded by Ash bark. There has been no attempt to eradicate the outbreak as it would be practically impossible to do so. The focus instead has been to identify how far infection has occurred since its discovery, to monitor its spread and try to slow this if possible. It appears that many infected trees were planted, probably from imported stock that was infected, but it is also now established within the natural environment.

The movement of Ash tree stock has been banned to prevent new planting that may be infected from spreading the disease further, particularly into currently uninfected areas. *Chalara* is spread by spores dispersed from small fruiting bodies which develop on the stalks of infected leaf litter during late spring and summer of the year after leaf fall. The disease can therefore spread by the movement leaf litter, and for this reason, biosecurity is the best way of slowing its spread to new areas. Orienteers are an obvious vector for its spread, as we are regularly travelling between wooded sites and venture off the well-trodden paths. Cleaning your shoes, outerwear and car tyres after events, ideally before you leave the site, so that they are visibly free from leaves and soil is good practice. Regularly scrubbing with disinfectant is also recommended, particularly after visiting areas

known to be highly infected (predominantly eastern areas in Kent at the moment). This is good practice to prevent the spread of all plant diseases, not just Ash dieback.

It has been observed in European outbreaks of the disease that a small percentage of the Ash population appears to show some resistance to infection. British scientists have been researching the genetics of trees with different levels of tolerance to Ash dieback, in the hope of identifying resistant individuals from which a new ash population could be bred. In a recent exciting breakthrough in one woodland in Norfolk where a great number of trees are infected, researchers have identified one tree, now nicknamed 'Betty', as having a strong tolerance to the disease. It is hoped that this is the first step in being able to tackle the impact of the disease.



**Nick Gallavin**

### **The Jan Kjellström Event – The JK 25 years ago by Richard Field**

2016 marks 50 years of the annual JK orienteering festival (though only 49 events have taken place because one – in 2001 – had to be cancelled).

Each year the four day event takes place in a different part of the country. Our own association, SEOA, last hosted the event in 2008, when Eridge Old Park was used as the venue for the relay competition and is hosting again in 2017. Saxons members may be interested in the accompanying pictures, which date from the 25th JK, held in 1991 at Clumber Park in Nottinghamshire. They show Saxons member Richard Field presenting the prizes to the men's champion, Steven Hale, and the women's champion, Yvette Hague. Steve and Yvette were the leading British orienteers of that era (they both also won in 1990 and in 1992, making a hat-trick of successes) doing well in both domestic and international competitions.

At the time, Richard was a member of the Basingstoke and Andover District Orienteering Club (BADO) and worked at TSB Life, based in Andover. Some orienteers may remember that TSB Life was the national sponsor of orienteering for a five year period – though some of the plastic carrier bags used for the clothing dump at major events hung around a lot longer than that. As the official sponsor, TSB Life had the honour of presenting the prizes at both the JK and British Orienteering Championships, but hanging around in muddy fields for the competition to end was not a popular way of spending the weekend among the company's senior management and so they were only too pleased to delegate the task to a keen young orienteer on the staff.





Richard in 1970 with Steven Hale



And with Yvette Hague

Other noteworthy historical facts about the JK:-

- The event is named for a Jan Kjellström, a Swede who was instrumental in introducing orienteering to the UK, and died in a road accident in 1967.
- The first JK was held in 1967 in Hindhead
- The JK was moved to Easter in 1969. The relay race that year was moved from Slaley to Kielder Forest because of snow. *(Editor- I am wondering how much notice they had that the event had to be moved. Running a relay race requires a huge level of pre planning. Our Jerry Purkis is the Organiser for the relays at JK2017 with Neil Crickmore of SO planning the courses. -will there be a plan B location )*
- The JK 1974 was the first British event to attract more than 1000 entrants
- At JK 1998 the Sunday the courses using the Red start were cancelled due to snow which caused enormous controversy.
- At JK 1989 there were two deaths. On the Saturday Swedish visitor Stig Gorman (58) of Mariestad died within sight of the finishing line; and on the Sunday Martin Cochrane (81) of Sarum Orienteers died shortly after starting the Orange colour-coded course
- In 2001 there was no event because of foot and mouth disease.
- A Sprint event was introduced first in 2006 in an attempt to make the sport more spectator friendly and as part of the drive to make the sport an Olympic sport.

## JUNIOR MATTERS



I'll be honest with you, I don't enjoy shopping, but I understand that apparently lots of people do. I went to Bluewater once and it was full of people aimlessly wandering around with seemingly no real purpose in mind. I knew what I wanted so I zig zagged around the aimless wanderers, found the shop I needed, tracked down the item I had planned to get and having paid the price made my way to the car park as quickly as possible and was away. Phew! Escaped! If you give me a real purpose to go to the shops and I might feel differently about the experience. Well actually there is just one time when I don't just put up with the chore I actually look forward to the shopping and thoroughly enjoy it. This one pleasant venture occurs when I need some more junior loyalty prizes. So many of you Saxon juniors are coming to events that I have to keep my prize box topped up so that you are not disappointed when you search around to see what I've got for you to choose from when another loyalty card line is complete. I feel like a Father Christmas, but more often than for just for one day of the year. So well done prize winners, keep coming and getting more stickers on your cards. I've just finished updating them and a couple of you are on your second card. Good, back to do some really **enjoyable** shopping for a purpose on Friday to top up the prize box!

At the KOL at Whitehorse Wood 21 juniors competed and there were some very satisfying results. On the light green course I expect Michael Cameron was very pleased to see that he came second just ahead of the lady who used to be his primary school head teacher and well ahead of the man who used to visit the school to show him how to be an orienteer. Good run Michael! Joseph and Matthew Derrick and Toby Prior did well on the orange course too only just behind those much older pupils from the Hackney schools.

The number of Juniors at Trosley Country Park increased to 27 with some familiar faces re-joining us from University or not doing the "Saturday Job" anymore. It was good to see Alex and Eglantine after a while. There were some excellent results for our squad and in particular the winners of Light Green, Orange and Yellow in Emily Ford, Henry Taylor and Jake Wilson. I wasn't at all surprised that many of you were seen with an ice cream as a reward afterwards, you deserved the treat. Some of our juniors found the courses at Shooters Hill quite challenging. In the wooded areas there were lots of little footpaths which were close together and at times seemed almost on top of each other with many twists and turns which made for difficulties. Because we visit different places you meet a variety of challenges, but nevertheless all our squad finished, with just a few missed controls, and one has to look forward to the next event and the next chance to do well and be pleased with your result. Emily and Ellie were first on Light Green and Yellow with Henry just being pipped into second on the orange. It was good to see 21 of you there all looking like a good team in your Saxons tops.

Apart from the KOL there was a good event at Scotney Castle on Sunday 24<sup>th</sup> April. Akash competed with the very experienced orienteers and managed a very creditable 15<sup>th</sup> place out of 26 runners. Katie Taylor and Ishani ran the green course and came 10<sup>th</sup> and 19<sup>th</sup> out of a total of 29 entries on their course. It was a long course with many controls and needed a great deal of concentration to get round, find them all and get so high up the results list.

In the Orange course Matthew had a brilliant run to lead the group of Saxons who claimed the first five positions for our squad. Seeing all those Saxon Juniors in a bunch looks great on the score sheet! Austin and William did not have the usual numbers to compete against on the yellow course as they do at KOL's, but I'm sure they didn't mind – they gained first and fourth places – and had lots of fun.

I'm looking forward to the Junior Festival on 28<sup>th</sup> May at Lorenden School when I hope to see all of you eager to get started on your courses, focussing on the map and not long afterwards charging between the taped finish with smiles of satisfaction on your faces having had a really good run. Keep concentrating on the map and course and you'll do well. Good luck and have fun

## **Tony Connellan**

**And finally** “All Saxon juniors would like to thank Andrew Derrick for his suggestion and Pfizer for the generous donation of £200 towards our homely tent and banner. We can keep ourselves dry and our loyalty cards, stickers and prizes in our tent and the banner proudly flies to rally around and meet the other friendly juniors in our club”



**Always Check your Control Code**

**Photo- Dave Kingdon of his granddaughter Isabelle**

## **Something Old - Something New- news from EMOA ( sorry this is filling the page!)**

“East Midlands are well aware of the membership profile issue affecting the maintenance of "Something Old", and agree that it is desirable to consider and trial "Something New" in order to attempt to increase participation by younger age groups. We have pro-actively supported events such as the Red Bull orienteering adventure race at Sherwood Pines on 1/11/2014 and the Longshaw National Trust challenge on 20/2/2016. However as yet we are not persuaded that this is the best direction to move forward.

Several East Midlands Clubs have attempted to liaise with the 5K Parkrun events held in their areas. So far the best results have been reported by Lincoln Orienteering Group. They have held a series of Saturday O events immediately following on from Parkruns, and have made information about these events available to the running community well in advance e.g. at the running club training nights. They found that by encouraging one or two particular enthusiastic runners, several others also became regular attenders at the O events.

Derwent Valley Orienteers hold a number of small introductory events on Saturdays. Last year these were spread throughout Derbyshire, but it was found that some newcomers were quite keen to attend more events but were unwilling to travel very far. This year DVO have arranged their programme of Saturday events into two clusters centred on specific areas (Matlock, and South Derbyshire district) to enable newcomers to attend several events with little travel required.”

## COACHES CORNER

### DON'T HAVE A FLAPPY MAP!



What is the difference between these two pictures? The orienteer on the left is running with a “flappy map”. The orienteer on the right is running with a beautifully folded map.

As I walk briskly round the woods I am often asked to help lost orienteers, young and old and most the ones who did not know where they were had a flappy map.

Why does it matter?

One of the best techniques to make sure you know where you are all the time is to:-

#### ***THUMB THE MAP***

To help you know where you are on the map it helps if you mark your position on the map with your thumb. As you move along the ground you should move your thumb to your new position on the map. It is usual to move your thumb to the new position at a ‘check point’ such as a path junction or some other obvious feature where you will stop or slow down and check where you are. (Taken from the BOF website- Top tips for Beginners)

In order to keep your thumb on where you are without screwing your map up into a ball, you will have to:-

#### ***FOLD YOUR MAP***

Look at your map to see where the first few controls are. Fold your map into a square about 10cm x 10cm lined parallel to the north lines. On the BOF website- top tips it says: - “Always make sure that you fold your map so that you can easily see the part of the map where you are” Once you have folded it use your compass to set it to North. It’s much easier to hold your compass on a small folded map than a large flappy one.

As you move round the course re-fold the map and put your thumb on where you are. That way you will always know that you are not far from your thumb and relocating is very much easier.

Please let’s not see any more Saxons members with flappy maps.

**Rowan Purkis**

## ORIENTEERING FESTIVAL AT LORDWOOD SCHOOL

On Wednesday 30<sup>th</sup> March 2016, lovely Lordswood Primary School had a fascinating orienteering festival where everybody could participate!!! The day before (Tuesday 29<sup>th</sup> March) Elsa Burdett (our Lordswood young leader) came to Lordswood School. She set up the three courses, putting out fifteen controls. She then prepared the maps for each course and created the record cards for each team.



At last the exciting day arrived. Elsa with her Saxon club friends Ffion and Jennifer, arrived to help us have a wonderful festival. They started by gathering Adam, Ellie, Brooke and Callum, part of the Lordswood School Orienteering Club, to do a mock run of three courses to make sure all the controls were still in the correct places. The group then put an orienteering kite on each control. Once the courses were ready the refreshments table could be set up and be prepared for the first excited year group.

Soon after years three and four arrived for their run. Excited chatter filled the playground. They got into groups of three and lined up to start the event. Saxons young leaders and year five and six club members stationed themselves across the course ready to assist when needed. The children were off! The young helpers helped magnificently the runner orientate their maps and use the key to locate the position of the next control. When each group had completed their run then they could buy their drink and biscuit from the refreshment stall. The sun shone came out and began to shine on us.

After break year one and two came out for their event. You could tell that they had completed map work in class because even though they are so young they did incredibly well. All children who ran stayed engaged with& the course and completed it in a good time. In the afternoon, year 5 and 6 arrived; the eldest children in our school. They completed a fifteen control course covering most of the site. Some did incredibly well completing it in under 20 mins.

A fantastic day was had by all and the sun shone on us all day. We raised a significant amount of money on the refreshment table which we will put towards a proper orienteering map being produced for our school site in the near future. The school is already looking forward to our next festival.

**Reported by Adam Evans and Ellie Taylor, Lordswood Orienteering Club.**

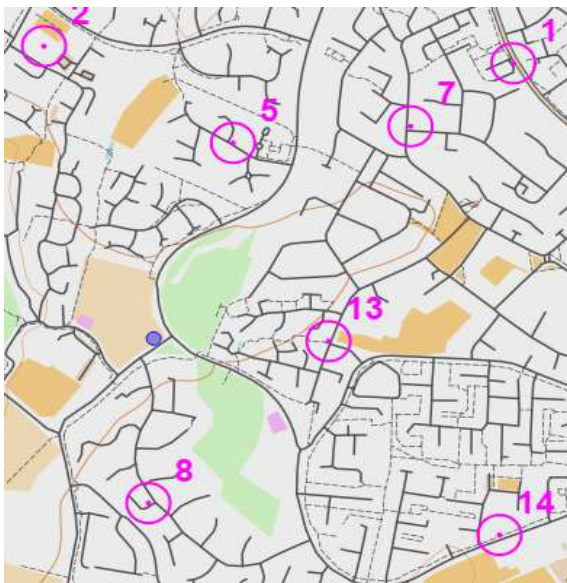
## DIFFERENT ORIENTEERING FORMATS

### Post-box Orienteering

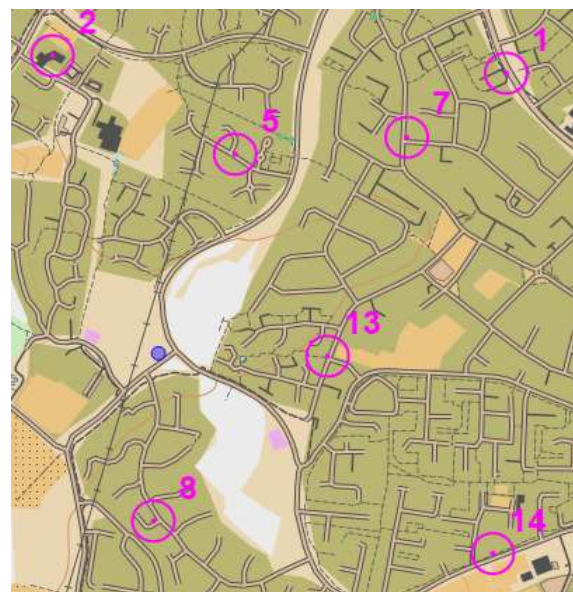
Following Brendon Howe's interesting article in Sax Alert 167, about Open Orienteering Map the free online street map creator, I tried it and found it easy to use. With very little effort it produces a professional map that you can then save to your hard drive or save and recall it from the website at a later date using a given saved map number.

There are several styles of street map, shown below is the same area (post-box controls).

StreetO



PseudO



One of the features of Open Orienteering Map is the 'Add Post-boxes Button', on a large town map it is possible to get twenty plus post-boxes on an A4 sheet just by clicking this button. Hey presto, you have created an instant Street-O score event and there is a written clue sheet option giving a point value to each box. Using Google I have found several clubs have already run their own Post-box-O events, Christmas and training events seeming the most popular.

Town dwellers can produce their own version centred on their home for an interesting variation of the training run (the blue dot shown on the maps above, marks my chosen centre), country dwellers though will find their post-boxes fewer in number and spaced much further apart, but still great for a run with long legs between boxes!

Any Saxons living or working in London could make use of another Open Orienteering Map feature the 'Add Plaques Button'. These are the Blue Plaques of famous or notable persons found on the front of buildings, these plaque locations are continually being added to the site; perhaps a London Blue Plaques Street-O Championships is on the horizon?

Below is example of a Clue sheet for London Blue Plaques.

No	Score	Description	Answer
1	10	Plaque: Palace Pictures home to the producers of The Company of Wolves, Mona Lisa, The Crying Game	
2	10	Plaque: Clarion House stands on an historic site in St Anne's Court which passed from the crown to the Duke of Portland in the 17th century. For two centuries the court was a haven for political refugees from France and Switzerland and, in modern times, from Eastern Europe. The historic houses were demolished in 1967 but in the 1980's the site was brought back into housing use for local people by the Soho Housing Association. Clarion House was opened on 24th June 1987 by the Hon. Peter Brooke MP. Architects: Peter Mishcon and Associates Builders: Tellings Ltd	
3	10	Plaque: In this building Pablo Picasso painted the backdrop for Diaghilev's production of Massine's ballet Le Tricorne 1919	

**Nigel Hills**

## **SEARCH AND RESCUE**

### **Not really an orienteering format but a useful orienteering activity**

The second Saxons search and rescue practice activity has now taken place. It was completed in the bluebells of Trosley Country Park, after the KOL in April.

Jean Fitzgerald acted as a willing volunteer, to go and "hide" somewhere on the Light Green course. She took a spare dibber with her and dibbed the controls up to where she chose to hide.

Did we find her? And how long did it take?

In sequence....

- a) Jean went off with spare walkie talkie and dibber, just before last competitors returned.
- b) All other competitors back safely.
- c) Jean defined as missing, so control collectors switch to search mode.
- d) All search teams going out logged in and out, and have either mobiles or walkie talkies.
- e) The fastest 3 collect all the controls on the LG course (and shout for Jean). They leave the flags high up in place for later checking of sites.
- f) Returned units interrogated for Jean's dibber.
- g) After all units interrogated, the last known unit to be dibbed was identified. (In practice this was the wrong unit... error in dibbing a control. Controller corrected the mistake).
- h) Search team informed of likely section of the course, between controls 6-7 that Jean would be in.
- i) Search team started searching that small area.
- h) Jean found 75 minutes after the search activity started.

This therefore was a success, Jean was found, but what lessons were learned?

1. Trosley appears flat, but in practice is undulating on the top section. Jean was in a dip, so the walkie talkie was out of range.
2. As well as sending out 3 fast runners, send out 2 teams to go slowly forwards and backwards round the course, at the same time. This could find the competitor quicker.
3. On identifying the correct section to sweep search, co-ordinate all resources to the same area.
4. Make sure all searchers are within 10 metres of each other when searching. Less if the area is thicker.
5. Log everyone back in to confirm you have not lost anyone else.
6. Is there a small unit, like an iPad, which could be walked around the course, so that the units do not need to be brought back to base? Saxons are investigating this option, and in practice would need the auto download course pre-loaded onto the unit.

## **Jerry Purkis**

### **History of Trosley Country Park, Whitehorse Woods and Vigo Village**

This edition contains write ups of events at Trosley Country Park and Whitehorse Woods. We know there are ruins in these woods that suggest a military past. This article is an abridged version of the one that can be found at <http://www.vigo-kent.org/historyofvigo.html>

“The Village of Vigo may not be as modern as some would think. Although the existing village originates with the first planning consent in 1962, a hamlet of Vigoe is recorded on an early 18th century map and it may well be that this hamlet took its name from the Vigo Inn. The Inn, dating from 1471, is reputed to have been renamed by a local man after he purchased it with ‘prize money’ from his time under Admiral Rooke at the battle of Vigo Bay during Franco/Spanish War in 1702.

Little is recorded about the area until the 1870’s when Sir Sidney Waterlow purchased large areas of land including the Village of Fairseat, and a good proportion of Stanstead, together with land from Wrotham to Meopham. The parts of the estate were linked by a small bridge bearing the family crest over Trottiscliffe Road still in evidence today.

In 1887 he built Trosley Towers on the crest of the escarpment to the east of Trottiscliffe Road. It was approached by two drives and was surrounded by wooded grounds. Other private drives were constructed, one of which is Hamilton Drive which still survives in Trosley Country Park and runs from the site of the old House to Commority Road.





Sir Sidney died in 1906 and the estate passed to his son Sir Philip. When he died in 1931 the estate was sold off. Some of the houses were bought by tenants, one of these was Pilgrims House, with six acres of land, at the bottom of Trottscliffe Road which went for £600. Trosley Towers and the woodlands were sold to Mr E. E. Shahmoon in 1935, this was also the time of the chalet building.

In 1936 Mr Shahmoon had Trosley Towers demolished and had Hamilton Lodge built along

with adjoining stables. One story suggests that the Lodge and stables were built to accommodate the Shah of Persia and his racehorses on his visits to England.

The whole area was still owned by Mr Shahmoon when it was taken over by the army 1942 and Hamilton Lodge was to be the HQ of the Brigade that was stationed here.

### 1942 - 1946

Perhaps the majority of those who live in or near the village of Vigo and who have moved here since the war were only vaguely aware that this area of the North Downs had been the scene of intense military activity during the last war. Some had had tangible proof when digging in the garden had revealed tarmac roads or the foundations of buildings only just below the topsoil. The children often returned with 'relics' found in the woods and on more than one occasion army bomb disposal teams were called in to deal with the more 'exciting' finds.

With the outbreak of war and the subsequent increase in size of the army, the need for large numbers of suitable candidates to train as officers soon became apparent. 'Wrotham Camp' was an Officer Cadet Training Unit be situated on what is now the site of Vigo Village. Training areas would extend northwards through all of 'Happy Valley' – i.e. Trosley and White Horse Woods , almost to Meopham, and south to farmland beyond the Pilgrims Way. It would handle the vast majority of officers for the British Army for the next four years. It would be big – up to 10,000 men at any one time.

Training consisted of lectures and demonstrations in a variety of subjects, tactics, map reading, field craft, camouflage and the operation of a variety of weapons including grenades and mortars. .

The camp continued to operate through to the early part of 1946 but with the end of the war in sight and the future size of the post-war army already under discussion the days of the Training Brigade were numbered and the decision to abolish the Brigade was taken on the 8th April 1946.



Position of 'Wings' at Wrotham

Today little is left of what was at one time the largest pre-O.C.T.U. in the world. Only the outlines of some of the foundations in the surrounding woods, a concrete platform at the top of the escarpment which was a map reading point and a crumbling assault course wall at the bottom of the escarpment are now visible. Only one building remains, with its large, rusting double doors, it is situated

behind Vigo School and was one of the motor transport garages.

The only other reminder left today is in the name of one of the roads running through the village, Erskine Road, named after the Commanding Officer of the 148 Training Brigade from January 1943, and the Brigade HQ, Hamilton Lodge, on the Harvel Road.

### 1946 – to date

With the departure of the army in 1946 'squatters' moved in. These were people who, for the most part, had lost everything they had during the blitz. Here they found ready-made accommodation in the form of Nissen Huts well-made roads and soon a lively, friendly community was to form. The



presence of some 1000 people in the area prompted the Councils of Strood, Gravesend, West Malling and Northfleet to improve conditions for the inhabitants. Roads were improved, WC's were installed together with partitioning in the huts to provide three rooms. All at a price of course, the Council could now charge rent at the rate of 7/6p per week. It was now known as Vigo Village.

By the late 1950's many of the residents were re-housed in nearby areas and the land was to a certain extent cleared. The land was

then sold by Mr Shahmoon to Croudace Ltd, a property development company, for a reported £65,000 and Vigo Village as we know it today was born.

## SAX PUZZLES -

. Last time a puzzle was set without the answer. Here is a reminder of the puzzle

### MOUNTAIN BIKE ORIENTEERING - WITH A PUNCTURE

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?

I was delighted to receive an e-mail response to the puzzle from Simon Maytum who we have not seen for a while since he took a time consuming teaching job near Ashford- teaching, yes you have guessed it, maths

**Dear Editor**

I probably should be running around the forests rather than solving maths puzzles as I do enough of that anyway!

The puzzle in the March SAXALERT requires the times and cumulative times to be calculated. The sum of two speeds carried out over the same distances divided by two does not give the mean speed. For instance, travelling for 50km at 100km/h then travelling for 50km at 200km/h does **not** give a mean speed of 150km/h. In fact it would be total distance over total time =  $100/(0.5+0.25)=133.3\text{km/h}$

I have two correct solutions, the first simply ensures that the 2nd km is slower than the first, the others are all the same speed

<b>distance</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>
<b>speed km/h</b>	<b>28</b>	<b>21</b>	<b>24</b>	<b>24</b>	<b>24</b>	<b>24</b>	<b>24</b>
<b>time</b>	<b>0.035714</b>	<b>0.047619</b>	<b>0.041667</b>	<b>0.041667</b>	<b>0.041667</b>	<b>0.041667</b>	<b>0.041667</b>
<b>cumulative distance</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>cumulative mean speed</b>	<b>28</b>	<b>24</b>	<b>24</b>	<b>24</b>	<b>24</b>	<b>24</b>	<b>24</b>
<b>cumulative time</b>	<b>0.035714</b>	<b>0.083333</b>	<b>0.125</b>	<b>0.166667</b>	<b>0.208333</b>	<b>0.25</b>	<b>0.291667</b>

An alternative solution is a bit more creative, as the speed for each section is a triangular number.

<b>distance</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>
<b>speed km/h</b>	<b>28</b>	<b>21</b>	<b>15</b>	<b>10</b>	<b>6</b>	<b>3</b>	<b>1</b>
<b>time</b>	<b>0.035714</b>	<b>0.047619</b>	<b>0.066667</b>	<b>0.1</b>	<b>0.166667</b>	<b>0.333333</b>	<b>1</b>
<b>cumulative dist</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>cumulative mean speed</b>	<b>28</b>	<b>24</b>	<b>20</b>	<b>16</b>	<b>12</b>	<b>8</b>	<b>4</b>
<b>cumulative time</b>	<b>0.035714</b>	<b>0.083333</b>	<b>0.15</b>	<b>0.25</b>	<b>0.416667</b>	<b>0.75</b>	<b>1.75</b>

There are other solutions. For example changing the 1km/h above to 8km/h will work, and will also stop the rider wobbling off his bike!

In fact, once an integer speed is reached after the second, slower km, that same speed can be maintained throughout.

Here is another possibility:

<b>distance</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>1</b>
<b>speed km/h</b>	<b>28</b>	<b>21</b>	<b>15</b>	<b>20</b>	<b>20</b>	<b>20</b>	<b>20</b>
<b>time</b>	<b>0.035714</b>	<b>0.047619</b>	<b>0.066667</b>	<b>0.05</b>	<b>0.05</b>	<b>0.05</b>	<b>0.05</b>
<b>cumulative distance</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>cumulative mean speed</b>	<b>28</b>	<b>24</b>	<b>20</b>	<b>20</b>	<b>20</b>	<b>20</b>	<b>20</b>
<b>cumulative time</b>	<b>0.035714</b>	<b>0.083333</b>	<b>0.15</b>	<b>0.2</b>	<b>0.25</b>	<b>0.3</b>	<b>0.35</b>

Enjoy the JK  
**Simon Maytum**

### And is the response from Michael Fletcher who set the puzzle

Dear Editor

10/10 for the answer(s). Most impressive - spotting that they are triangle numbers is the gist of the problem. I should have said the speed over each km is slower than the previous km - giving the unique answer 28 21 15 10 6 3 1  
Simon certainly wins the prize

**Mike**

### AND NOW A RUNNING QUIZ WITH ACKNOWLEDGEMENTS TO

<http://www.outsideonline.com/1786476/test-your-running-iq>

Answers inside the back page

- 1) On average, how many calories will you burn in a 5-mile run?  
a) 200, b) 500, c) 700, d) 1000
- 2) What is the fastest-run mile ever recorded?  
a) 5:36, b) 4:03, c) 3:43 d) 3:12
- 3) Where and when was the first known trail running race held?  
a) Isparta, Turkey in 326 B.C. b) Piraeus, Greece in 404 A.D. c) Braemar, Scotland in 1040 A.D. d) Springfield, Massachusetts in 1742 A.D
- 4) Which athlete has the most Olympic running medals?  
a) Ray Ewry b) Paavo Nurmi c) Carl Lewis d) Usain Bolt
- 5) Which of these ultramarathon races is the longest distance?  
a) Grand Union Canal Race, b) Western States Endurance Run c) Badwater Ultramarathon d) The North Face Ultra-Trail du Mont-Blanc
- 6) .How long does it take to begin losing cardio benefits from long-distance running once training has stopped?  
a) 3 days b) 1 to 2 weeks c) 1 month d) 3 months
- 7) Running for just 30 minutes at moderate intensity can make you shorter.  
a) True b) False
- 8) Siberia is the only one of Earth's major deserts where no running race is held.  
a) True b)False
- 9) Who holds the record for longest distance run in 24 hours?  
a) Yiannis Kouros b) Scott Jurek c) Dean Karnazes d) Marshall Ulrich

## Saxons Alternative Rankings as at 28 Feb 2016

Pos	Prev Pos	Name	Age class	Top-12	Runs
1	(1)	Peter Martin	M65	1200	36
2	(2)	Mark Glaisher	M65	1166	42
3	(4)	Joanne Hickling	W50	1160	25
4	(8)	Mel Taylor	M50	1109	25
5	(5)	Alan Hickling	M50	1104	54
6	(6)	Alison Howe	W40	1085	32
7	(7)	Jeremy Oldershaw	M75	1074	50
8	(9)	Jean Fitzgerald	W60	1050	42
8	(10)	Brendon Howe	M45	1050	29
10	(16)	Beryl Pring	W70	1009	28
11	(19)	Mike Perry	M70	1008	25
12	(12)	Simon Greenwood	M60	988	42
13	(13)	Rowan Purkis	W60	962	50
14	(18)	Dave Pickup	M45	943	36
15	(14)	Doug Deeks	M75	936	32
16	(17)	David Kingdon	M65	929	36
17	(11)	John Van Rooyen	M65	924	17
18	(3)	Sarah Howes	W55	901	26
19	(21)	Richard Whitaker	M60	875	23
20	(24)	Lisa Blair	W40	844	39

Peter Martin retains top spot with Mark Glaisher 2<sup>nd</sup>. Joanne Hickling and Mel Taylor move up to 3<sup>rd</sup> and 4<sup>th</sup>. Beryl Pring takes a place in the top 10 for the first time. Richard Whitaker and Lisa Blair enter the Top 20

Statistics maintained and compiled by Alan Hickling using his own formula weighted for age with results taken from SAX & DFOK events plus Level C in the SE and Level A anywhere.

## SAXONS OUT AND ABOUT

### SUNDAY 6 MARCH DFOK SOUTH EAST LEAGUE AND YVETTE BAKER TROPHY. CHELWOOD, ASHDOWN FOREST

The Ashdown Forest is one of the best orienteering areas in the South East and it is always very enjoyable to compete there. The courses had been planned so that you could enjoy a good mix of open heathland and lovely runnable wood with loads of features.

This event was really well attended because DFOK were hosting the Yvette Baker Trophy, the junior version of the Compass Sport Cup. The competition was named after Yvette Baker nee Hague- there is a picture of her in Richard Field's piece on the JK 25 years ago. According to Wikipedia, she is Britain's most successful orienteer.

41 Saxons attended the event. Noteworthy performances were:-

Short Blue	Peter Martin	M65	1/35		Green	James Ford	M18	3/40
Short Green	Jeremy Oldershaw	M75	3/20			Emily Ford	W18	14 <sup>th</sup> and 2 <sup>nd</sup> female junior
	Beryl Pring	W70	5/20 and 1 <sup>st</sup> W70		Light Green	Matthew Keenan	M16	5/16 and 1 <sup>st</sup> M16
Orange	Henry Taylor	M12	2/34			Elsa Burdett	W16	10 <sup>th</sup> and 1 <sup>st</sup> W16
	Fiona Bricknell	W12	10/34 and 1 <sup>st</sup> W12		Yellow	Jake Wilson	M12	14/25 and 1 <sup>st</sup> Saxon

Looking at the detailed Yvette Baker Trophy results Saxons had 14 competitive juniors across 3 teams.

These are the points that our juniors got for their teams. We

James Ford	98		Henry Taylor	99		Matt Lee	85
Emily Ford	99		Matthew Taylor	95		Ffion Bricknell	99
Matthew Keenan	97		Lewis Bricknell	93		Jake Wilson	97
Matthew Cameron	95		Joseph Derrick	88		Toby Prior	96
Elsa Burdett	100		Matthew Derrick	88			

All these points added up to 880 points. We were narrowly beaten by Southdowns who had 897 points but they had 30 juniors present. DFOK were in 3rd place with 852 points Photos of juniors were on the back of last times newsletter.

## SATURDAY 19 MARCH, KOL WHITEHORSE WOODS. DFOK



**Judith & Rob Sibley**

**Photo- Heather Brown**

I had not run in these woods in the daylight before and how very interesting they are. Many ruined buildings from the days when these woods housed a military training base for WW2. According to the guy in the combat trousers, managing the site today, the base had the biggest throughput of soldiers in WW2 than any other base in the UK. You can read more about the military activities in the area in the history article elsewhere in this newsletter.

Did you spot the deep trench that winds through the woods? Mr Combat Trousers told me it dated from WW1. He said it was dug at the top of the North Down in order to attack any Germans who had managed to land and make their way up the North Downs escarpment. In the map extract you can see what remains of the trench (east west just below control 16) and the close contours of the Downs in the dark green in the south.



42 Saxons turned up to explore the woods. Best male and female, senior and junior results on each course were as follows:-

Blue	Brendon Howe	M45	2/20	Alison Howe	W40	8/20
	James Ford	M18	17/20			
Light Green	Mike Perry	M70	4/21	Heather Brown	W65	3/21
	Michael Cameron	M16	2/21	Ffion Bricknell	W12	11/21
Orange	Joseph Derrick	M12	7/32	Sarah Reith	W50	17/32
Yellow	Austin Howe	M10	3/15	Ellie Taylor	W9	2/15

## JK 2016 – Yorkshire March 25- 28. Easter

### Day1 Leeds University Sprint Event



• Photo L-R Mike Solomon, Rowan Purkis, Jean Fitzgerald, Jeremy Oldershaw and Jerry Purkis.

Fantastic sunny weather. Surprisingly complicated sprint course with 3 levels in places to make route choice that little bit trickier. Fast, furious and lots of fun. 17 Saxons- best results Peter Martin 6/79 on M65 and Jeremy Oldershaw 4/18 on M75.



**Jean Fitzgerald**



**Jeremy Oldershaw**



**Mike Solomon**



## JK Orienteering, 25 years on –

Somewhere else in this edition you will find photos taken at the JK twenty-five years ago. I had a rummage through my old maps and found my maps from Days 1 and 2 of JK 1991. As an M21, Day 1 at Clumber Park was 12km in length, but with just 110m of climb and lots of path running I assume that the average speeds were quite high (I have the maps, but not a copy of the results). Judging from my hand-drawn trace of the route I followed, I got round without any major mishaps. Day 2 was at Shining Cliff and Crich Chase, a very different area of steeply wooded hillsides. My course was 7.7km but with 475m of climb this was certainly tougher overall than Day 1. The course was actually in two parts separated by a taped route (with two starts and two finish controls marked on the map). This was in the days before electronic punching, and I have no idea how the overall timings were worked out; maybe another Saxon will remember.

Attracted by the prospect of taking part in the 50th anniversary JK, I persuaded my wife that a stopover in Harrogate on our way back from Scotland would be enjoyable for us both and entered Day 2 at Wass (North Yorkshire Moors) and Day 3 at Kilnsey (Yorkshire Dales). The forest at Wass is not far from Sutton Bank, which at a gradient of 25% must be one of the steepest roads in the country. Wass Forest was similarly steep, with 375m of climb in my 6.9km course on M50L – so nearly as demanding as my course of 25 years ago at Shining Cliff. The planner thoughtfully provided a number of legs that followed the contours rather than crossing them, and the course circled around a complex area towards the finish. After a cautious start, I navigated round the course without any serious mistakes and I was happy with my time, especially considering that the forest was more intricate than those we typically find in the south east (and with many more rock features).

Admittedly, it helped to have a late start – it was easy to see the routes taken by people before me.



L-R Jean Fitzgerald, David Thomas, Mike Solomon, Jeremy Oldershaw, Jerry Purkis & Graham Thomas.

The terrain at Kilnsey on Sunday was very different – high limestone plateau with no trees, just contours and dry stone walls. The area was described as being ‘lightning fast’ and maybe it was for some people, but I think the planner underestimated the difficulty of the terrain especially in less than perfect weather. Cagoules were compulsory – a wise decision given the windy, cold and sometimes very wet weather. I made a hash of the first couple of controls, mainly because I didn’t understand how the limestone pavement had been mapped, but once I got that sorted out I was able to make reasonably steady progress. My first eight controls were all re-entrants – not surprising on a map consisting mainly of contours – and there were another five later on. Without linear

features, staying in touch with the map was essential to avoid wandering round aimlessly in the vicinity of the control, as I found to my cost on at least a couple of occasions. The wind and rain increased as I got to the highest part of the course and a couple of mile-long legs which really sapped my energy. Overall I was pleased to finish but after my poor start my time was not very good at all. When I looked at the results later on, however, I felt a bit better simply because I had got round and finished the course. Again, this was a real test of orienteering skill and on terrain completely different from anything we have in the south. **Richard Field**

Editor's Note: - Richard can indeed be congratulated for completing his course. Looking at the Saxons' results for Day 3 18 Saxons started and 8 retired Is this a record? 2 members; Editor and Jerry withdrew beforehand and volunteered for traffic management at the remote parking / bus area. We were pleased to find left behind umbrellas on the buses to shelter us from the frequent hailstorms. Competitors returning from their courses were recounting stories of sheltering behind rocks, fear of hypothermia and lots of retirements. It seemed that even some of the hardest orienteers had decided enough was enough

Well done therefore to Richard Field, Simon Blanchflower, John van Rooyen, Mark Glaisher, Mike Solomon, Jean Fitzgerald, Dorothy Hale, David Thomas, Richard Whitaker, and Richard Purkis, who all completed their courses in ghastly conditions



Jerry Purkis between hailstorms. Photo- Peter Martin



"JK" day 3 buses

### Day 4 the Relays.

4 teams of 3 entered the relay day held at the not particularly technical area that is Storthes Hall; the campus of Huddersfield University. The Saxons Raiders, Saxons Kings, Saxon Invaders and the Saxon Treasure can all be congratulated for not mis-punching meaning all teams qualified. The best result was the Saxons Kings on the Vet Men course – Alan Hickling, Peter Martin and Sean Cronin managed 23/61.



Peter Martin in the relays ( photo Alan Hickling)



Alan Hickling starting his leg at the relays . Photo- CompassSport

## Sunday 3 April Norbury Park, Leatherhead. The Mole Valley 50<sup>th</sup> Anniversary Event

21 Saxons attended. Congratulations to Henry Taylor M12 who won the Orange course in 34 mins, 5 mins ahead of his brother Matthew who managed 4<sup>th</sup>, both excellent results with 16 on the course and the longest time being 116mins.

Congratulations also to newcomer Joel Sibley M9; 4<sup>th</sup> on the Yellow course.

### SATURDAY 16 APRIL - TROSLEY COUNTRY PARK – SAX



Trosley Country Park has ditches and ruins left from the WW2 army training that took place here on the Downs that are mentioned elsewhere in this newsletter. These make good features for orienteering courses and today they were especially good because of the bluebells. They were amazing and one member of the public complained that we were allowed to trample over them. Oh dear that is one of the joys of orienteering- getting off the paths and enjoying the woods. Photo - Rob Sibley in the bluebells

Really good turn out with 49 Saxons

Performances worthy of note:-

Blue	1 <sup>st</sup> man	Brendon Howe	M45	1/27	1 <sup>st</sup> lady	Alison Howe	W40	7/29
	1 <sup>st</sup> vet man	Mark Glaisher	M65	4/27				
	1 <sup>st</sup> Junior	James Ford	M18	19/29				
Light Green	1 <sup>st</sup> Man	Rob Sibley	M60	5/52	1 <sup>st</sup> lady	Sarah Howes	W55	3/52
	1 <sup>st</sup> vet man	Roger Pring	M70	9/52	1 <sup>st</sup> vet lady	Beryl Pring	W70	4/52
	1 <sup>st</sup> Jun man	Michael Cameron	M16	11/59	1 <sup>st</sup> Jun lady	Emily Ford	W18	1/59
Orange	Junior men	Henry Taylor	M12	1/26	1 <sup>st</sup> lady	Sarah Reith	W50	
		Matthew Taylor	M12	3/26				
Yellow	Junior Men	Jake Wilson	M10	1/17	Junior girls	Brook Kirby	W10	5/17
		Ben Cronin	M10	2/17		Kasie Chapman	W8	6/17

## Sunday 24 April Saxons Level C event - Scotney Castle Estate



Scotney Castle. Photo by David Kingdon while he made the map

We are grateful that the National Trust allows us to use their Estate and the over flow carpark. The weather was a bit grey with hail at times but the bluebells were fantastic. Mark Glaisher organised the event with a lot of willing helpers. Planner was Mel Taylor- here are his comments:-

Planners Notes: - Scotney Castle offers a variety of terrain – woodland with detailed point features and numerous paths and open pastureland. The woodland was more runnable in March than the green on the map indicated. I dismissed using the pastureland as far as possible and opted for a 1:7,500 map to make the detail in the woodland more readable. I think this worked with the notable exception of the depiction of small ditches, which lost clarity when enlarged.

I tried to set as technical courses as the terrain allowed, but in reality this was no more than attack points and bearings. Good route choice legs were difficult to identify. I was pleased to get an 8K Brown course out of a small area, even if there were three butterflies. Orange

proved to be the most difficult to plan due to the nature of the path network.

There were a few mixed comments afterwards, but I hope on balance that competitors enjoyed their runs. Thank you to Mike Solomon as Controller for his support and attention to detail

### Mel Taylor

45 Saxons attended. Performances worthy of a mention are

Tony Extance M80 4<sup>th</sup> on the Light Green in 109 mins; 30 mins ahead of another M80 from SOS. Hats off to them both for completing the course because as Light Green courses go it was quite technical. Well done also to Lorna Hills 2<sup>nd</sup> and Joan Mills 3<sup>rd</sup>. Your Editor also did the Light Green course carrying her camera and got some lovely photos. The front cover of Anita Kingdon was taken out on the course.

Editor would normally do the Green course but was pleased she chose today to take photos because there were some very long times on the Green course - Mel must have set a tough course. There was a Saxons 1, 2, 3 with Peter Martin winning in 51 minutes ahead of Simon Greenwood and Rob Kingman. Rob will have found the hills a challenge having returned to Kent after a few years in flat Norfolk. Saxons were also propping up the bottom



Lorna Hills

of the Green with the longest time being 151 mins. Many congratulations to Brian Dinsley another M80, who was brave enough to venture out on the Green today and was not last in at 133 mins.

The Orange course saw a Saxons 1, 2, 3, 4, &5 with the Taylor twins M12 and the Derrick twins M12 fighting for top place. In contrast to the Mole Valley event, this time Matthew Taylor beat Henry by 5 mins to come in 1<sup>st</sup> and 2<sup>nd</sup>. Only 40 seconds separated Matthew and Joseph Derrick in 3<sup>rd</sup> and 4<sup>th</sup>. Toby Prior a little younger coming in 5<sup>th</sup>

Austin Howe M10 won the Yellow course.

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

- Summer series: committee agreed to Sean's request that a sum be earmarked to fund publicity for this series of events
- Concerns about possible disturbance to ground nesting woodlarks at Hargate necessitated a switch to Trosley for a KOL
- Dave Peal has finished updating the Millbank map
- Alison Howe has drawn attention to Hothfield Common, an attractive piece of woodland, as a potential new orienteering site; a 1:5,000 map would be A4 size. Access possibility is being investigated
- Version 12 of OCAD, the orienteering mapping software package, has been purchased by the club; Simon Blanchflower reports that it looks good for combining LIDAR and GPS
- The JK is to be held in the SE in 2017. Enchanted Place is being held as reserve location (Pippingford Park is first choice)
- Mote Park POC (Permanent Orienteering Course) opening: The Kent Messenger local paper is involved. Juniors from Lordswood School to attend together with available Saxons.
- The club is to purchase a fishing trolley (a sort of 21<sup>st</sup> century folding wheelbarrow) for transporting kit at events where e.g. Start is remote from car access
- "Photograph O": Tony Connellan and Heather Brown are planning to organise a "photo trail" cycling event on Romney Marsh in August
- British O Sprints take place on 11<sup>th</sup> June at the Olympic Park in London: members are asked to respond to message requesting volunteers to help on the day
- Summer BBQ event: Alan Hickling is organising this event, at Dunorlan Park, on Sunday 3<sup>rd</sup> July
- Saxons Development Plan: detailed discussion began on the draft revised Development Plan prepared by Jerry Purkis; the discussion will extend over several committee meetings, and will be reported on after completion

**Minutes taken by Mike Solomon**

Committee meetings are open to all. Next meeting. 17 June. Contact the Secretary to confirm the location.

## SAX QUIZ ANSWERS

- 1) On average, how many calories will you burn in a 5-mile run? – 500. Other factors, like terrain, speed, and weight, will affect the actual number, but on average, runners will burn 100 calories per mile.
- 2) What is the fastest-run mile ever recorded? 3:43. In 1999, Moroccan middle distance runner Hicham El Guerrouj set the current world record for fastest mile with a time of 3:43.13
- 3) Where and when was the first known trail running race held? Braemar, Scotland in 1040 A.D. in 1040, in order to find the swiftest foot messenger, Scottish King Malcolm Canmore organized the first fell running race, a kind of trail running that incorporates mountain navigation skills.
- 4) Which athlete has the most Olympic running medals? Paavo Nurmi nabbed a total of 12 Olympic medals from 1920 to 1928, including 9 golds
- 5) Which of these ultramarathon races is the longest distance? Grand Union Canal Race from Birmingham to London, England, is 145 miles long. Badwater comes close at 135 miles, and both Western States and UTMB are 100-milers.
- 6) How long does it take to begin losing cardio benefits from long-distance running once training has stopped? 1 to 2 weeks. According to Dr. Edward Coyle, director of the Human Performance Laboratory at the University of Texas, athletes lose cardio training adaptations at somewhere between 8 and 12 days of resting.
- 7) Running for just 30 minutes at moderate intensity can make you shorter. True
- 8) Siberia is the only one of Earth's major deserts where no running race is held. False. Hundreds of runners gather for the annual Siberian Ice Marathon and the Siberian Black Ice Race every year.
- 9) Who holds the record for longest distance run in 24 hours? Yiannis Kouros. In 1997, Greek ultra-runner Yiannis Kouros ran 188 miles in 24 hours on a track in Adelaide, Australia. Kouros also holds every other official distance record, from 12 hours to 6 days, as well as the best times for distance runs from 100 miles (under 12 hours) to 1000 miles (under 11 days)

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**See website for faces**

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**The Bluebells at Trosley CP before they got trampled**



**Dave Pickup at Chelwood**



**Will Prior at Whitehorse Woods**

SAXALERT is the official journal of Saxons Orienteering Club.

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