



SAXALERT

SAX NOTICES

CONGRATULATIONS

JOAN MILLS MBE FOR SERVICES TO NETBALL

Read her profile later in this edition

BIKE PHOTO O TRAIL
13 August
Romney Marsh

Starts times 10:00 –
11:00
Contact Heather Brown
for info

SAXONS

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Do you have a large rucksack that you no longer use?

Saxons would like a rucksack to carry the canvas of the large club tent,
please.

Capacity needs to be 50 litres +, or 2-3 times the size of a Mountain
Marathon rucksack.

If you can help, please contact Mark Glaisher

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EDITORIAL



Since we moved to our new website I have been thinking about how we should store our archives. I am delighted to find that we have managed to transfer the event results from the last two incarnations of our website; that is back to the Beacon Wood event on 14 January 2005. Thanks to Dave Moore for hosting these last two sites and for transferring the old results into folders that we can still access. We need to keep the last six years for insurance purposes because the results are a record of who ran at an event. Going back further than this is something the Club does voluntarily because we know that sometimes members want to look back at old

events for a variety of reasons – who was there, how many people attended , what were my results, when, where was the event etc. etc.

Do we ever need to go back further than this? And do we need to keep any other material and if so how?

On the question of how far do we want to go back, you will find an article later on in this edition about the history of the Harvester Relay event? I wondered if I could find out whether any Saxons teams ventured to that first event in Ecclesall Woods in July 1978. I have every Saxons newsletter going back to 1968. Surely the 1978 edition will have a write up? There is an entry in the Sept 1978 newsletter that reads H Relay (open) 2nd A Belton, S Stasink, and M Bagness. Being unsure whether this was the event, I turned to The Orienteer (the predecessor of CompassSport) from October 1978 where there is a write up of the Harvester event where A Belton gets another mention for being first on the 8km 3rd leg in 51:25. This did not seem to tie in with the Saxons newsletter. I then turned to Nick Barrable (editor of CompassSport and Saxons 2nd Club member) who I had recently prompted to do research into the Harvester History. Nick had been in contact with Jim Knight who had organised that first Harvester Relay in 1978 and who still had all the material in his loft. You can read what I found out in the article later on but it made me wonder how much interesting and unique Saxons' club material is gathering dust in members' attics. Do you have any old papers that might be interesting?

Now let's think about what we should be keeping and how should we access it. I have mentioned that I have paper copies of all the Saxons newsletters. The old website had electronic copies of SaxAlert whereas the new one carries only the current edition. Does this matter- do you all keep your paper copies? Should we be relying on paper copies? I have electronic ones back to 2008 when Richard Purkis took over from Claire Howes as Editor. Claire may have a few years before that but, before 2005 I am pretty sure we have paper ones only. Should we keep the electronic ones somewhere where people can refer to them? Would you like to be able to refer back to old copies without having to keep a paper one? What do we do about the old paper ones? Will anyone other than the newsletter editor ever want to look at them?

I have also tried to collect the minutes of AGMs and committee meetings. This material is not on the new website. I have files that have not been sorted. I am not yet sure if there are any gaps. Does it matter? Where should we keep this information? Is it sufficient for one person to have the information in paper copies in their house or do we need to start thinking about some form of web based storage that everyone can access.? Organisers of events acquire valuable knowledge that would ideally be shared with future Organisers to avoid reinventing the wheel each time an event is put on, for example parking and toilet options. The club used to keep this information in paper form but with increasing use of e-mail, the old paper files are out of date and knowledge is now passed from person to person, if they ask. Is this good enough? If we had web base storage we could keep folders of information for each event that would be easily updated and everyone could access. I have very little experience of web based storage and would be pleased to hear of other members' experience

Input and comments from Club members welcome. And copies of those old unique bits of history Saxons lurking in your attic

Rowan Purkis

Next newsletter will be late September. If you attend any events before then, please write a couple of lines when you get back and keep a photo- especially if it's outside the SE.

Acknowledgements and thanks to all the contributors to this edition:-

Nick Barrable, Heather Brown, Tony Connellan, Jean Fitzgerald, Nick Gallavin, Mark Glaisher, Nigel Hills, Alison Howe, Brooke Kirby, Peter Martin, Joan Mills, Dave Pickup, Mark Purkis, Ellie Taylor, Mel, Henry & Matthew Taylor.
Photos- Brendon Howe, Dinah Blanchflower and as credited

SAXONS RUNNING TOPS



Contact Alison Howe for items of Club clothing.

alison.howe5@btinternet.com

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.

Current kit stocks are a little low while Alison organises a new kit supply. There are still some sizes available in the old stock and at reduced prices. 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!

CONGRATULATIONS

To Gill Sinclair for receiving the British Orienteering Racing Challenge Bronze award at TD5 level on 15 May 2016. This seems to be the only award since the last edition.

NEW SAX

Welcome to new member -Joshua Linsell M10 from Leybourne

Newcomer FAQs

A lot of you seem to have your own dibber. Where do you get them from and how much do they cost? Which type should I buy?

You buy your dibber from www.sportident.co.uk the various types you can buy are as follows:-

SI 8	33 punches	£28.57
SI 9 standard and personalised	53 punches	£37.50 - £40
SI 10 standard and personalised	132 punches and twice as fast as a 9	£45.45 - £47.95
SI 11 Flashes when you punch , can be personalised (132 punches and twice as fast as a 9	£49.99 - 52.49
Comcard Up - combination SI 8 card/ compass	As SI 8	£47.42
Comcard Pro combination SI 10 card/ compass	As SI 10	£71.62
SIAC Active – can be used at contactless events also can be personalised	128 punches	£57.00 - £59.50

The dibbers that the club hires out are SI 8. If you are going to buy your own, we suggest at least an SI 9 because of the number of punches.

When you buy your dibber, you register the number against your name with SI and with BOF on your membership page which means it can be always traced to you if you lose it and your name will come up automatically when the dibber is used in SI software.



Note to all members: - If you have a Series 9 dibber or later you can get your name programmed into your dibber so that it prints out onto your splits automatically. If you want this feature have a word with the members on Download at the end of an event

Chairman's Chat



We are now half way through the summer series of events organised by Sean Cronin and Brendon Howe. The aims of this series were to tempt new people to have a go at our sport and also to provide some low key events for current members who might get withdrawal symptoms if there was no orienteering on. We are certainly fulfilling the second of these aims and have had some success in getting new people in. We need to follow this up to see if these new people can be encouraged to attend other events and ideally be recruited into the club. We will report on how this goes this in a future SaxAlert.

We have recently held our annual BBQ event. The orienteering was at Manor Park Country Park in West Malling and was planned by Alan Hickling. The park is small so Alan arranged an ingenious score event, with 20 scoring controls but where only 10 controls were marked on the map. At each marked control there was a question with two answers. The correct answer led to another scoring control whereas the wrong answer led to a control with no score. The questions were difficult to say the least! To add to this, you had to get closest to (and not more than) a score of 42 points, so you needed to keep a running total of your points. The winner this year was Brendon Howe, so he gets the pleasure of organising the event next year. After the running we retired to Heather Brown's meadow for the actual BBQ. Heather and Tony set up a couple of challenges to keep us occupied while the food was eaten; how many tacks can you insert into the holes of a colander in a minute, and a quiz requiring us to know lots of Kent place names. All in all, a great day out, and it was good to see some new faces and a load of juniors having fun. If you haven't been to any of our BBQ events do watch out for the date and venue next year and come along. Non orienteering family members are always welcome.



Coming up soon is new departure for Saxons, a bike photo orienteering event around Romney Marsh on 13 August. I'm not sure of the rules for this so can't possibly spoil it for you, but details will be on the website shortly. This should be a fun and sociable event. Please let Heather know if you are coming so she can get enough maps printed.

Finally, the new season starts in earnest on 17 September with the KOL at Kings Wood Challock and the first KNC on 22 September at Angley. Put the dates in your diary and make this season one of the best yet.

Jean Fitzgerald

Letters to the Editor

Remember Red Pens

At the recent KOL Trosley event a course had to have a last minute control location change due I think to a locked gate.

This brought back memories of when I began Orienteering in the 1970's in those days overprinted maps were a luxury rarely seen except at the JK and Championship events. The overprinted map paper was not yet waterproof and was issued wrapped in a sturdy polythene bag; most other events used the Master Map system, requiring a pen, a good eye and steady hand. Being a M21 class competitor I would run the



longest courses offered so encountering a 2nd Master Map in the forest was quite common and a pen was not always supplied (or had been carried away by someone). Red pens at that time were essential equipment, as much as a Compass or Whistle (No Whistle - No Go, was the strict rule).

The Orienteering newbie, about to set off on the wayfarers course would quickly learn that red felt tip pens had the wrong kind of ink and if water got on the map it would usually fade to a pink nothing Biro ink being much better. Those tempted to use other colours of ink could fall into trouble, blue ink might result in the tired Orienteer looking for a non-existent water channels and similarly for black ink, non-existent forest roads and paths.

Like most other Orienteers at that time I was continuously buying red pens to replace a loss of one or two per event because they either escaped from my O-suit pocket or (having somehow made a hole) exited out of my map-case. Even the pens I managed to retain usually failed to write after a few events despite ample ink supply, due, I presume, to the hostile nature of the Orienteering environment.

I wondered what happened to the red pen industry after orienteering switched to overprinted courses bringing an end to the use of the Master Map system.

I imagined red pen manufacturers looking at graphs of sudden falling sales with worried Executives shrugging shoulders and scratching their heads, hoping that the cause was due to Teachers being on strike.

Nigel Hills

Junior Pages



As the school holidays are just around the corner let's look back over the last couple of months and see what a great deal of junior activity and success we've had.

I finished the last edition of Saxalert with a reminder of the **Junior Orienteering Festival** which was due to be held at Lorenden School at Painters Forstall. What a great event it turned out to be. It was a lovely day for orienteering – not too hot and decently dry underfoot – which must have been like a magnet for so many who joined us on the day.

The courses started in the school grounds, went through a gate and then on to some lovely open sloping land near the top of a small hill with some appropriate challenges for to tackle and overcome. As you ran around the course spectators got excited wondering who would appear back through another gate and sprint to the finish through the taped area amid excited cheers. If you look at the Junior Section of the Club's website you will find a write-up of this super event which everyone enjoyed. You'll have another chance next year to join in and take home a medal for being in first three places for your gender and year group. It's a long way off yet, so plenty of time for lots of other events to take part in and improve your skills.

Pictures of the event can be found on

<https://www.flickr.com/photos/94972231@N03/sets/72157669674670016/>

We've had a **KOL at Shooter's Hill** before so, when on May 7th the area was chosen again some of you had some idea of what the park contained. There were lots of intricate paths meeting each other and then veering away again. So concentration was essential. Nevertheless 21 juniors came and did well. Ellie Taylor and Emily Ford came first in the Yellow and Light Green courses and Henry Taylor 2nd on the Orange route. This was a very good turnout, with 9 places being taken by our runners.

On 22nd May at Knole Park we entered three junior teams for the SE Relays. Sadly one of our teams had to withdraw when a really bad case of asthma took hold of a star member of one team. Nevertheless two other teams set off from a very excited group of competitors at the start and handover position. The teams consisted of the Saxon Terriers – Austin Howe, Henry Taylor and Matthew Taylor and the Saxons Whippets – Matthew Derrick, Toby Prior and Joseph Derrick. Waiting for each team member to return and hand over to the next runner was agonising, but when they appeared in the distance and sprinted in it was very exciting. However by far the best part of the event was when the winning teams were announced. "In third place, the Saxons Whippets and in second place the Saxons Terriers". What a great result! It was very special to see our juniors, looking resplendent in their blue and white tops, standing in front of all those experienced orienteers and receiving their well-deserved medals.

The final of the KOL was held at Haysden Country Park on 18th June. This was the day when total scores were calculated and individual and school prizes were ready to be awarded to winners. Before prize giving the four courses needed to be run and more points to be gained. James Ford came 6th of 14 on the Blue course with sister, Emily, coming 5th of 15 in the Green group. Henry Taylor had another good result by being our first Saxon junior by coming 2nd on the orange course and Jake Wilson doing the same on the Yellow course.

Then the prize giving followed.

Juniors get their own prizes and here is the list:-

James Ford and Akash Milward-Bose bravely ran the **blue** courses against all the more experienced runners with James being the first junior and Akash the second

Light Green girls were led in by Emily Ford with Elsa Burdett and Ffion Bricknell gaining silver and bronze medals. For the boys Michael Cameron came first and Matthew Keenan Second

On the **Orange** course there was massive competition, but Henry Taylor and Jennifer Bricknell both managed to gain silver medals.

For our younger orienteers starting on the **yellow** course, and showing so much promise for the future, Austin Howe and Ellie Taylor were awarded Gold with Jake Wilson and Brooke Kirby taking the second places and Ben Cronin and Kasie Chapman going home proudly with the bronze medals. It was really great seeing your enthusiasm and smiles at winning all those medals.

Although a Saxons' team didn't win the Secondary School Cup this year I was pleased to hear the announcement that was greeted by a big cheer, that the boys and girls from Lordswood were the top junior school.

Henry and Matthew Taylor have been to some other very important big orienteering events and done very well. Over the weekend of 30 April/1 May they ran in the national British Long Distance Championships and British Relay Championships in Shropshire. Although they did not win any medals it was good practice for the next few events. In the SE Middle Distance Championships in May hosted by the Southdowns club in Sussex they came 1st and 3rd in M12. In June, they took part in the British Sprint Championships, a national event held in the Olympic Park in London. Henry went home with silver medal in the M12A course while Matthew gained 2nd position in the M12B final. They are very lucky to be getting so much practice at a high level and it's no wonder they are hard to beat.

With all that success and enthusiasm it isn't surprising that you all get so much enjoyment from the events that you take part in. Coming to events is an opportunity to have fun and like any sport is also a challenge. The more you concentrate the more accurate you'll become and the less likely you are to lose your location and get lost. Keep your mind on the job, your thumb on the map and fold the map so it doesn't flap like a sail in the wind.

Well done to all of you. You've had some great successes and there are many more to come. If you look on the Saxons website you'll see that there are some Summer events for you to enter. So you might get a gentle sun tan, but don't get rusty over the Summer. Keep orienteering and have fun.

Tony Connellan.

Comments from Matthew and Henry Taylor after running in Queen Elizabeth Park

Matthew: - On the 11th June I travelled up to the Olympic Park for the British Orienteering Sprint Championships. My race was split into two heats to qualify for the A and B finals. Fortunately, the weather was good for my heat. I saw lots of the Olympic Park and enjoyed seeing the Olympic Stadium. I had one of my controls under the Olympic rings and another behind a sprinkler. I got drenched.

Henry: - On the 11th June I visited the Olympic Park in London to take part in the Orienteering Sprint Championships. After lunch I ran my second race. Whilst running I saw the Aquatic Centre and the Olympic Stadium. I also got completely soaked by the rapidly pouring down rain. This, however, didn't affect my time as I ignored the rain and carried on running. In my race I came second and was close to first by four small seconds. At the end of the day I won a big shiny silver medal. (Photo Mel Taylor)



Feedback from some Lordswood School pupils

My Orienteering So Far.

This year was amazing!!! We have been to so many places including Lulling-stone Country Park, Blean wood, Joydens and many more!!! It's been so much fun doing orienteering with my friends and don't forget our teacher Mrs Burdett. The last event was at Haysden Country Park and most amazingly I came 4th against people who have been running since they were about 3!! It was like marsh everywhere. Also there was really long grass at most places and at one point I was very silly and decided to run through it. **I came out very, very WET!!!** Brooke, an orienteering friend, came 8th out of 20, which is really good for a person who has asthma.

My most memorable moment in orienteering so far is when I got a gold medal for 1st girl and I got a trophy for being top Saxons primary age girl for orienteering!!

Orienteering is the best and anyone who likes running should join. It's really fun – **trust me.**

Ellie Taylor Lordswood School

My Orienteering Year

My year was great because we went to so many places such as; Lulling-stone country park, Bleans wood and Joydens wood. But I couldn't have done it without my best friend Ellie Taylor and my teacher Mrs Burdett. My most memorable moment was when my shoe came off and my foot went into the mud.

If you like running you would love orienteering so just try it!

By Brooke Kirby Lordswood School

Note Brooke comes orienteering with her mother, her older brother, Reaf and her little brother. Mother has run round with little brother and says she is going to really give it a go next year. Super: another orienteering family.

28 May 2016 Kent Junior Festival

Planners Comments:-

2 years ago we identified the small woodland park next to my son's school as a potential new area for mapping, and a potential site for running the 2016 Junior Orienteering Festival. Enclosed by fences, and with access from the school grounds, it provided a safe and interesting area to run White, Yellow, Orange and Light Green, (just) courses to challenge the up and coming Juniors in the South East. Whilst a small area overall, the area has some good contour detail providing interest and making the courses more physically challenging



Being a smallish area however, presented several planning challenges. Whilst there was a defined path network, we also needed to route the courses through and around a large section of tree lined open ground - a particular challenge for the white course where vegetation boundaries are not usually used to provide line features! At the other end of the spectrum, the challenge became how to plan a light green route that didn't look like spaghetti on a plate! A decision to use the boundary fences helped with the open area, and the idea to print the light green map in two parts with a turn over part way through solved both of these issues, and the courses came together early on in 2016. Jean Fitzgerald and Simon Blanchflower both provided helpful input, some changes were made, and I sat back pleased with my early state of preparation.

Then came the weather. Or rather a lack of it. The mild winter and an early March warm spell sent stinging nettle beds and brambles into overdrive, and 4 week before the event on a walk round to check control sites, the woods were looking decidedly different, and several of the legs particularly for the White and Light Green were looking impassable. Back to the drawing board, and final tweaks were still being made 1 week prior - so the usual feel of not enough time and late nights then!

Overall, I was pleased how the courses came out. It would have been good to make the White and the Yellow courses a little longer, especially given the number of juniors on the White in particular, but all the children made it back safely, thanks in part to the adult patrols out on course, (thank-you, thank-you, thank-you!). Note to self - a little more taping was probably in order to help the White course in leg 3-4. The yellow course also struggled in the same area since the White control 3 was not on the Yellow course, but was an obvious destination versus Yellow control 3 White was much further along the veg boundary. Oh - and synchronise the controls before setting them out - sorry to Simon and Jerry who managed to rectify the initial issue which showed the first White course participant had taken over an hour!

Photos of the event can see seen at
<https://www.flickr.com/photos/94972231@N03/sets/72157669674670016/>

Alison Howe

SAX QUIZ

With apologies to those who attended the summer BBQ and have seen this before. This is one of the challenges set by Heather Brown

Identify these Kentish Towns from the cryptic clues

1. Wide Flight of steps	2. Rest by this stream
3. A place to die	4. Lay on the table
5. A number of trees	6. Home for naughty boys
7. Food for an Earl	8. Fishywater
9. Entry for male sheep	10. Literal Jane's future love
11. Meat for a shower	12. A fruity portal
13. Steep incline	14. A man of the cloth
15. Remains of a fire	16. Not a hot site
17. A sickly bird	18. Over the water to paradise
19. Dull place of worship	20. No place for foxes

Answers inside the back cover.

Members Profile- Joan Mills W70 - **MBE**



Occupation?

- Golf Club Secretary for about 30 years (never played golf though – too slow and boring!)

History (where were you born, brought up, educated, etc.)?

- Born and bred in Birmingham and moved to Sevenoaks in 1960 when my father's job was moved into Woolwich Arsenal

Family? And do they orienteer? And does this help or hinder your own orienteering?

- As a family we joined Saxons in 1987 (year of the storm) and our first event was at Bedgebury – it was a huge event, possibly a national, and seemed like thousands of people in attendance. We went to the enquiries tent where we met Ken and Dorothy Hale who helped us and advised what course to do. Son David was 12 and daughter Lucy 10 and we thoroughly enjoyed the experience and we went every week all over the south east. David and Lucy got into the SE Junior Team, and when they left home they continued to orienteer at Uni in Swansea and Liverpool. I gave up trying to beat them – they were too fast and great map readers! David still lives in south Wales but does not orienteer anymore (surf kayaking the latest thing) and Lucy lives in New Zealand and occasionally orienteers out there.

Other interests besides orienteering?

- Netball has always been my main sport, played squash every week for about 35 years, run (slowly) with Sevenoaks Ladies Joggers and lead 3 power walking sessions a week – so I do about 20 miles a week. Love trekking in mountains (Nepal particularly) and kayaking in wilderness areas (Alaskan icebergs and Norway Arctic Circle)

Any Club posts held?

- Never held any committee position (too busy with Netball) but always help at events when I can

Given your huge involvement in netball, what made you take up orienteering?

- Love maps (despite my orienteering efforts!) and when the children were home it's a great family sport – do your own thing – and confer when you've finished. Still carried on once they had flown the nest because it's a great sport

What was your 1st event?

- 1987 Bedgebury

Your favourite area and why?

- Difficult one – love forested areas – not keen on open stretches – did a JK in the Lake District – think it was around Bigland(?) near Windermere – that was a great area

What is it you like about orienteering?

- Visiting areas not necessarily open to the public – the map reading – and the challenge of finding controls, especially when they've been 'hidden'!

Girls learn to play netball at school. How do you manage to keep them interested on into adulthood.

- Very difficult once they get into mid-teens – too many other distractions – but team spirit helps – make friends in sport and they are friends for life. I meet up with a group of netballers every week for a walk and lunch – we know each other for 50+ years!

Orienteering struggles with getting volunteers to put on events. Are there any lessons orienteering can learn from netball?

- Always make them feel valued and respected – again team spirit is a great thing and making friends when working together to the benefit of others. Whether it's a local, national or international event, being involved is great and gives a sense of achievement. Helping volunteers to build their confidence is a great way to get them to come back time and time again. England Netball has lost a number of volunteers because they started using paid office staff at major events in major roles, and volunteers felt why they should bother any more. Don't let BOF do that!

It must feel wonderful to be recognised in such a public way. Do you have any words of wisdom to pass on about recognition?

- I was thrilled and honoured – but what is really good is that your friends and colleagues believe you are worthy of such an award to make the nomination in the first place. If Saxons have anyone in the club who you believe deserves such an honour, get the nomination form – it does not have to come from a NGB – a great way to get more publicity for your sport. I have been amazed how word of the MBE has spread – literally hundreds of emails from around the world and posts on Facebook and Twitter!

What is your training schedule?

- Keep it all moving for as long as possible!

Do you follow any special diet to help your running?

- I love food too much to follow any diet – hence to need to 'keep it all moving'

What book that you read recently did you enjoy? (Title & author)

- I'm a great Kindle fan – just read the first Jack Frost and Wexford novels

Favourite restaurant in the Saxons area?

- A real treat (not quite in Kent but close) Gravetye Manor, West Hoathly – wonderful service, food, ambience – beautiful garden to wander around – perfect

What is your top orienteering training tip?

- Concentrate on pacing

And anything else you want to add

- I've loved my Saxons membership and am only sorry that I can't make many of the Saturday events – keep up the good work Saxons – I wish you every success.

If you want to read more about the story behind Joan being awarded the MBE, follow this link. Thanks to David Kingdon for sending it in.

<http://www.sevenoakschronicle.co.uk/woman-founded-sevenoaks-netball-club-awarded-mbe/story-29386347-detail/story.html>

A SELECTION OF FUTURE EVENTS

Sat 16/07/16	SN Urban Event	C	SN	Goldsworth Park	Woking
Sun 17/07/16	DFOK GLOSS Event	D	DFOK	Lloyd Park	Croydon
Sun 24/07/16	GLOSS race 4	D	SLOW	Barnes Common	Putney
Sun – Fri 24 – 29 /07/16	Wales 5 days (UKOL)	B			Wales
Sat -Sun 30- 31 /07/16	Purple Thistle weekend	D	INT	Balmacara	Kyle of Lochalsh
13/8/16	Bike Photo trail	D	SAX	Romney Marsh	
Thu 18/08/16	Summer Series	D	SAX	Trosley CP	Meopham
Sun 21/08/16	LOK - SE Sprint Champs	C	LOK	Bloomsbury	London
Sun 21/08/16	UKUL URBAN LEAGUE	C	NATO	Newcastle	Newcastle
Sat - Mon 27 - 29 /08/16	White Rose Weekend	B	EBOR	Dalby Forest	Pickering
Sun 28/08/16	MV Urban Event	C	MV	Leatherhead	Leatherhead
Sat – Sun 03 – 4 /09/16	The Liverpool Big Weekend	B	DEE/ SELOC	Ainsdale/ Liverpool City Centre	Formby/ Liverpool
Sun 04/09/16	Summer Series	D	SAX	Betteshanger	Deal
Fri 09/09/16	DFOK District Event	C	DFOK	Crystal Palace	tbc
Fri 09/09/16	DFOK Evening Park Race	D	DFOK	Crystal Palace	tbc
Sat 10/09/16	London City Race	B	SLOW	City of London	London
Sun 11/09/16	London City weekend race 3	D	SLOW	Soho	Soho
Sat 17/09/16	SAX KOL	D	SAX	Kings Wood Challock	

Sun 18/09/16	GO Guildford City Race	C	GO	Burpham	Guildford
Sat 24/09/16	SO SOG A2	D	SO	Lancing Ring	tbc
Sun 25/09/16	OK Nuts Trophy (middle distance)	C	SLOW	Glovers Wood	Gatwick

As always check the event details on the club website

Explanation of the A, B, C & D levels has been in previous editions. A= large, national and prestigious – D = local friendly and informal

SOUTH EAST LEAGUE 2016 – Saxons performance to date

SEOA seem to run two leagues off the same results. There is a Club league running autumn through spring and an individual league running through the calendar year. The results of the 2015/16 Club league are:-

Position	Club	Match Points		No of members
DIVISION 1				
1	SO	59	-	304
2	HH	48	-	216
3	SLOW	41	-	215
4	SN	35	-	68
5	SAX	31	-	126
6	MV	27	-	81
7	BAOC	10	-	5
DIVISION 2				
1	DFOK	45	-	82
2	GO	41	-	98
3	CHIG	35	-	62
4	LOK	32	-	62
5	HAVOC	23	-	8
6	RAFO	12	-	6

I have added the club membership numbers for comparison. It does beg the question of how come SN beat SAX? The answer will lie in how many Saxons turned up for the SE league events

COMMENTS: - from Phil Gristwood SEL Coordinator:-
SO had another massive win increasing their lead even further. MV and BAOC to be demoted to the 2nd Division. DFOK had a good win in the 2nd Division increasing their lead a little. DFOK and GO to be promoted to the 1st Division. 19 people beat their target time.

The top 5 were:-

<i>Ian Ditchfield</i>	<i>MV</i>	<i>M60</i>	<i>118.2</i>
<i>David Harper</i>	<i>GO</i>	<i>M60</i>	<i>112.3</i>
<i>Roger Maher</i>	<i>SO</i>	<i>M75</i>	<i>112.0</i>
Peter Martin	SAX	M65	111.5
<i>Keith Tonkin</i>	<i>GO</i>	<i>M55</i>	<i>108.9</i>

South East Individual League - We are half way through the individual League year. Based on these events to date: - Blackheath, Epping N, White Down, Ashridge N, Chelwood Vachery and Friston Forest, the following are in the top 3 of their class.

Matthew and Henry Taylor in M12, **James Wilkinson** in M21, **Jeremy Oldershaw and Doug Deeks** in M70, **Elsa Burdett** in W16, **Emily Ford** in W18, **Sam Prior** in

W35, **Jean Fitzgerald** in W60 and **Dorothy Hale** in W80. Note that **Simon Deeks** and **Dave Pickup** are in 4th and 5th place in M45 so with a good performance in the last event of the year- Long Valley in December 2016, they could win a medal

The Harvester Relays Past and Present

The Harvester relay is an overnight orienteering relay race starting at 11:30 and going through the night. Runners on the later legs will see the dawn and may run in daylight if they are lucky. The name comes from the club that hosted the very first night relay in the UK- the Combined Harvesters Orienteering Club. (CH)

The club was made up from students from Godalming and Eggars (Alton) Grammar schools who had been lucky enough to have a certain Martin Hyman as their sports teacher. Martin and 2 of his athletic friends, Chris Brasher and John Disley, were the instigators of orienteering at both schools and the South East way back in the mid 60's. The students “combined” together and hoped to “harvest” all the trophies – hence their name.

Two trips to the famous Swedish Tio Mila Relays (overnight/day 100km relays with teams of 10) in May 1976 and again in May 1977 gave the club the idea of hosting an overnight relay in the UK. By the late 70s membership of the club had dwindled as members moved away from the SE and but one member, Jim Knight had moved to Sheffield. He was the driving force behind the first Harvester Relay event copying the Finnish Jukola format (a relay of 7 runners going out one at a time). The event was held in Sheffield in Ecclesall Woods.

The winners were SLOW in 7:30:10, followed by AIRE and BAOC. Reports of that first event recount tales of people being out for hours, torches running out with no back up and general chaos for the unprepared. The trophy was a model of a combine harvester, a tradition which has continued.

With thanks to Nick Barrable and his extensive contacts, I managed to get hold of the Saxons results for that very first event. Jim Knights loft was full of Harvester archives which, now they have seen the light of day, are being donated to BOF.

Here are the results of the Harvester Relay 9 July 1978- printed in Saxons newsletter for the very first time. (extra comments are Nicks)

Leg	Saxons 1 18 th of 44 teams in 8 hours 39:38	Saxons 2 33 rd of 44 teams in 9 hours 36:56
1	Mike Billingham M17 (now WCOC) ran 1st leg 98:08 - in at 23rd (Fastest time 63:08)	A Place M21 114:57 - in at 42 nd
2	A Addis M21 180:07 - 67th fastest leg time	D Hayman M35 134:29 - 41st fastest leg time
3	Adrian Belton M21 - FASTEST LEG TIME!! 51:25 by 3 minutes! (I think this is	S Stasvik M21 - 4th fastest Leg Time!

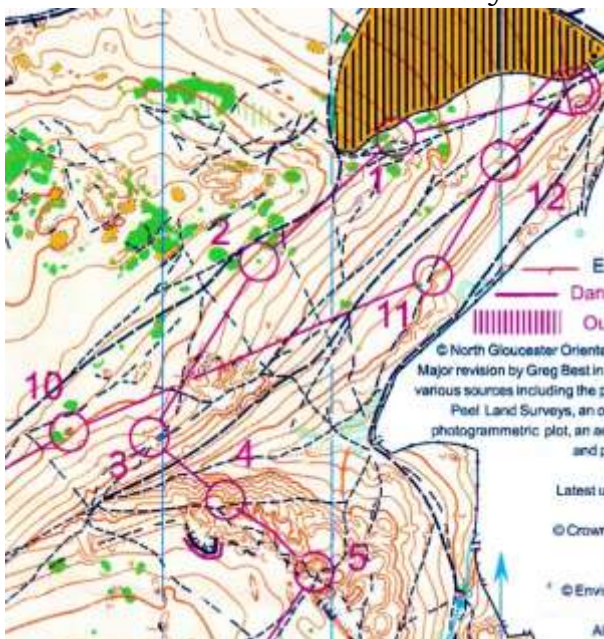
	Adrian Belton who won the OMM Elite in 1991)	
4	P Lythgoe M21 15th fastest leg time	S Lythgoe W19 - 63rd fastest leg time (Female!)
5	Peter Extance M15 10th fastest leg time in 33:13 (Son of Tony Extance)	A McFarlen M15 16th fastest in 36:316,
6	D McFarlene M17 7th= fastest leg time	D McFarene M43 49th fastest
7	Martin Bagness M17 4th fastest in 66:36 (Fastest A Farnell OD 59:21) - runs for Warrior now.	D Nixon M21 44th fastest 83:12

Can anyone fill in the missing first names? And some of you will remember these people -where are they now?

This year was the 37th Harvester relay and the 68th Jukola relay. Jukola has been going since 1949. This year 717 teams entered Jukola, (that's 5000 runners). At the Harvester this summer 16 teams entered the A race- (7 members to a team) and 24 teams entered the B race (5 runners per team). That's 232 runners. NGOC who hosted the years relay pointed out that numbers are decreasing every year but because you need a food trader and an equipment trader as support, if numbers get much lower the event might fold in the UK. This would be a huge shame because it is a very good fun event with a great atmosphere. Camping so close to the event marque makes for a very sociable, if somewhat noisy campsite with people coming and going all night.



Saxons have never won the main trophy but they have hosted the event- in Eridge Old Park in 2010 when Jerry Purkis organised it, Simon Greenwood planned the courses and Sheffield University OC won the trophy. If anyone knows if Saxons has ever won a trophy in the Harvester Relays let me know because we should record this in the Saxons archives for posterity



The 2016 Harvester Relay was hosted by NGOC at Cleve Hill near Cheltenham; a perfect location with high open fell and complex quarry workings. The OOB field on the map is the campsite; as you can see, its right next to the Start and Finish. Saxons entered 2 teams into the B race- i.e. the 5 person race that starts at 1.00am. The "SAX KNC on Tour" team (Simon Greenwood, Alan Hickling, Rowan Purkis, Mark Glaisher and James Wilkinson) were disqualified because one runner

mispunched. Mark Glaisher had the best run being 6th on his leg. They were in good company however, FVO the favourites to win the main trophy were disqualified for the same reason. It happens to the best runners. The SAX All Stars (Sarah Howes, Robin Smith, Jerry Purkis, Dave Cave Ayland and Paul Prudhoe) finished 14/24 and included some friends from other clubs to make up the numbers. NGOC put on an excellent event including a Quiz night. The Sax team of Richard Purkis, Tom Dobra, Sarah Howes, James Wilkinson and Nick Barrable did well but could not beat the team from SLOW



View from the Event marquee across the top of Cleve Hill into a valley with quarry workings



The SAX Quiz team in action

Orienteering holiday + in the Ardennes May 12th – 16th

Although it's the orienteering that determines the date and venue, with a bit of research and planning it's possible to do the tourism bit, as well.



The 3 Days of Belgium comprised a Training event on Friday, and Competitions on Saturday, Sunday and Monday. The Ardennes can be reached in less than 4 hours from the Shuttle terminus in France, so there's not too much travel for a long weekend break. We went out on the Thursday and returned on Monday evening.

Apart from the orienteering, what did we get up to?

Friday: Castle at Bouillon. 'Exceeded expectations' would be my feedback. Rather as Henry VIII features in the history of many English historic houses, Master defences architect Vauban seems to have had a hand in a lot of castle designs on the French borders. His characteristic prong-like style can be seen in the Pyrenees and by the Channel, as well as Bouillon. The castle is located on a rocky spur, well above a river which surrounds 300° and a ravine created to protect the remainder. Plenty to explore,

with a simple to follow guide, some ingenious design features to see, and not busy on a weekday in Spring.



Photo from Mark Glaisher proves that some orienteering was done over the weekend.

Sunday: Excursion to Luxembourg City. Some of us were a bit uncertain about what there would be to see, but with the aid of Jean's Guidebook itinerary, it proved a winner, too. Some good vantage points, plenty of historic interest from various periods, and opportunities for refreshments!

Monday: Mons and WW1 Cemetery. We realised we would need a break on the way back, what with early starts and vacating our self-catering accommodation. A self-guided town tour (provided by the tourist office) gave a

good insight of its origins and key dates, and this ended in the main square with a very impressive Hotel de Ville. Some interesting modern street art to be seen, as well. On the outskirts of town we visited one of the War Grave Cemeteries, which brought home the scale of deaths that occurred in such a short time.

As we travelled home on the Shuttle, all agreed that it had been an enjoyable trip, making the most of the opportunities available.

Saxons in the Ardennes, from Kent: - Anita & David Kingdon, Jean Fitzgerald, Sarah Howes & Mark Glaisher and Simon Blanchflower; from Yorkshire: - Pauline & Bill Griffiths.

Mark Glaisher

Highlander Mountain Marathon (HMM)

Mark Purkis (SAX/EUOC/HSK) and Liam Braby (Carnethy Hillrunners (Edinburgh))

A class – 57km 3760m climb – 11hrs 20mins – 11/36 finishing pairs – Youngest team (on the A course)

So this is just another mountain marathon write up, tales of long, arduous, blisterful days in the hills followed by a cramped cold nights' sleep in a tent followed by another grim day and a long exhausting drive home. Right?

No!

Sadly, before you get too excited, this was the last ever Highlander Mountain Marathon (due to too much competition from numerous other similar events), so you can't rush up and enter.

What?:- HMM follows the standard mountain marathon format: two days over rough mountainous terrain, carrying packs with all you need for two days and an overnight camp. There were 4 linear pair, and a pair score course to choose from. Being the experienced mountain marathon runners we are (... or not) we opted for the A course. I've previously done the Saunders last year, and my partner Liam had done the Highlander B course last year (and came 2nd). There were 337 pairs in total, 37 more than the initial entry limit!



When?:- Previous years, the HMM had been held at the end of April, this is a particularly turbulent time for Scottish weather (as is any time to be honest). 2015 race was held in driving wind, rain, hail and snow – all weekend. The organisers treated us all by staging the event at the beginning of June, hoping to catch a sunny weekend. And that they did.

Where?:- Event centre was in Cannich (45mins west of Inverness), those of you with a sharp memory will remember driving through this village on the way to the stunning Glen Affric for days 5 and 6 of the Scottish last year. (Sadly much of that stunning forest is being felled now). There was opportunity to bag 5 Munro's and a (compulsory) Corbet over the weekend.

So how'd it go?:- Back at the end of February I sprained my ankle (Grade 3), this took about 12 weeks to recover: March, April, and May were therefore spent cycling most the time and doing very little running. Thus going into the 57km race I wasn't expecting my legs to respond too well! On the bright side, this meant that my partner and I were now very evenly matched.

The first day involved being bussed 30mins to the dam of Loch Mullardoch at 08:00. Thick cloud was down so anything above 300m was tricky, (especially as we were issued useless 1:40000 OS maps instead of Harvey's). We had no start times, much like a local event, so we simply started when we were ready. A couple of notable events happened on the first day, firstly, whilst negotiating a steep and tricky 15m gorge (not on the useless OS map), I dislodged a rucksack sized boulder with my left hand which thudded heavily down onto my thigh, no serious damage, but a nice dead leg for a week! Second thing, at about 12 o'clock we were high up (circa 750m) and we broke through the clouds, revealing a stunning cloud inversion and the snow-capped Munro's rising above.

Finally, no matter what is happening, keep eating! I didn't eat enough between the 3rd and 4th hours, so for the next 45mins I regretted that so much as I fought through the "bonk". Liam was a great sport at this point, which was very helpful!

Overnight camp:- The HMM is a very relaxed affair, I can see now why it was so special. 1.) You're allowed to throw away your days' rubbish at the camp, none of this carrying it to the finish nonsense! 2.) They provide you with a hot meal and drink at the overnight camp. 3.) You can purchase more, and more, and more... and breakfast too! 4.) There's a ceilidh (if your legs aren't tired enough). I took full advantage of these perks, throwing away my rubbish, buying a pulled pork roll and a portion of chips!

You might say that this takes away the very essence of a two-day self-sufficient competition... well yes, but it adds to the enjoyment factor!

Liam and I opted for a 1-man ultralight tent, (the extra weight we deemed unnecessary). Believe it or not, we both had a fantastic nights' sleep!

Day 2:- The second day the cloud cleared earlier on, about 10am, leaving warm cloudless day of running (walking) in the hills. The second checkpoint was amusing: 5 other pairs all made the same error as us, overshooting up the hill by 200m, turning around and looking down at the control way below and a pair waving at us all looking like a group of seagulls. This time it was Liam's turn to bonk after 3 hrs, making us very evenly matched over the weekend.

To sum up, mountain marathons aren't all like the OMM, some are actually pretty pleasant, and in exciting scenery, and an almost festival atmosphere at the campsite. If you're interested, I'd recommend googling the LAMM – everyone was raving about it.

Mark Purkis

The Great Lakeland 3 Day (GL3D)

Possibly my favourite mountain marathon, the GL3D is a wonderfully laid-back three day format over the May bank holiday weekend, with an emphasis on long enjoyable days in the hills rather than technical navigation. One of the unique things about this event is the ability to choose which class you want to run each day; you have to run the same all 3 days to be competitive, but you basically decide on the start line each morning which course you are going to do that day. And so it was on day 1 in 2014, with an intention to run A, I looked at the course length and height gain, which was virtually the same as elite and changed my mind! I ran the B instead and stuck with it for the whole event, finishing 3rd.

I persuaded Dan, an old Kent friend now based in Yorkshire that I often partner with, to return with me in 2015 and we ran elite class. The weather was just awful for most of it and it still ranks as one of the toughest things I have ever completed, but we stuck at it for the 3 days and completed the elite course. Many dropped out or switched to easier classes and we ended up 22nd - last of the elites, but rather pleased with ourselves.

The plan for 2016 was more of the same. Dan and I entered early to take advantage of the cheaper entry fees. Not long after, best laid plans began to fall apart... Dan contacted me with the news that his wife was expecting, with a due date less than two weeks after the event, all a bit too close for comfort. Dan's solution was to give his entry to his mate Phil as a Christmas present! I've known Phil a while and we planned to run elite. Phil then didn't manage to get the training in that he'd wanted to (and neither did I to be honest) and elite wasn't looking like the best idea. We managed to make a plan of sorts, organising travel logistics, food and equipment via text. I ran Brighton marathon two weeks before the event and was feeling strong, then disaster - I managed to tear a calf muscle on my first run, 5 days after Brighton. Not sure if I was even going to be able to run at all, I gave Phil the bad news and contacted the organisers to see if we could split the team entry to two solos and I spent the week resting and icing.

A long, horrible journey was broken with a stop in Yorkshire to pick up Phil and enjoy a curry with him and his partner before heading to the Lakes. We got to the event centre at the top of Bassenthwaite Lake at about

11pm, pitched tents and settled in for a very cold night! A frosty start early on Saturday to register and sort kit out saw us decide on walking the C course for me, with Phil running the A. We still planned to camp together at the overnight stops, so juggled kit between our drybags that are taken on to the campsites by van. Each competitor gets a generous 59 litre/13kg dropbag allowance, which I haven't yet managed to get anywhere near, but as we handed ours in, some competitors were being turned away because theirs were too heavy.



My day started with a minibus journey, back along the A66 to Threlkeld, for a route that was basically leg 2 of the Bob Graham round – a slog up to Clough Head then due south down the Helvellyn ridge, dropping down into the day 1 finish at an idyllic campsite in Easedale, close to Grasmere. As I was walking and just out to have a day in the hills and see how my leg held up, I picked up all of the summits along the way, even though there were only controls on a couple of them. It was cold, with a bit of breeze on the tops, but the sun was out and with a generous dump of fresh snow on the tops two days before, it was an amazing day to be on the hills. Dropping down into Grisedale Tarn in deep snow, a young Scottish guy was

keeping pace with me and we struck up a conversation on the way into the overnight camp. It seems he had planned to be running with a mate that had unexpectedly not turned up to the event. From the way he was sticking to my heels, I began to suspect that he wasn't very confident in his navigation and had planned to rely on his friend to get him round. We grabbed our drybags and pitched up, drinking beer in the sunshine until Phil and Guy (another Kent friend) joined us.

Day 2 was not a good forecast at all, and the forecast was spot on. The race director has considered using the bad weather courses but ultimately decided to stick with the full ones, on the basis that sometimes you just have to suck it up! I chose to run B course, and Phil and Craig did the same and we all set out together, planning to stick together for the day. By the time we reached control 2 at Esk Hause, I was soaked to the skin and getting very cold and stopped to put on extra layers. Phil was too, and decided to get moving while I finished up, and that was the last we saw of him!

Craig and I bashed on to Styhead Tarn, where I made my first poor route decision, choosing to go over Great Gable to reach Green Gable on the way to Brandreth, instead of taking the lesser height gain option via windy gap. The route continued over Haystacks and climbed up onto the High Stile ridge. I was starting to make silly nav errors now and getting concerned about how cold I was. Craig was struggling to keep up, visibility was very poor and I just couldn't keep moving fast enough to warm up. When we missed the control on Red Pike, I quickly decided not to waste time looking for it, which made the decision to then omit the last control on Mellbreak an easy one. Instead, we skirted round the north side, next to Crummock water and in to camp 2, next to Loweswater, some 11 hours after we had started that morning. Phil, along with many others had also made the decision to abandon their courses much earlier and had beat us in by over 2 hours. This would have been another idyllic camping spot, but the weather wasn't letting up. The wind picked up overnight (was that even possible?) and next morning saw many tents with ripped flysheets and broken poles.



Day 3 and bad weather courses were announced. We had all made the decision to do the C course on the last day, and the short route meant we only had a valley and forest walk up to the Whinlatter visitor centre. We were done in just 2½ hours and waited as long for the bus back to the event centre – so many people had chosen the easy course for the last day that demand was higher than expected. Still the long wait meant the café was doing a roaring trade and when we weren't eating, we were fascinated by the live osprey footage being narrated by a guy whose knowledge of the birds was encyclopaedic.

Despite the weather, we'd all had a fantastic weekend. The event is well organised, relaxed, easy to navigate (when the weather isn't trying to distract you) and incredibly friendly. There is a big marquee at each camp, where competitors gather to cook, eat, drink beer and socialise and being able to switch courses is brilliant. The drop bag allows you to put in lots of luxuries and to run big days with just basic hill kit on your back. I'll be back again next year!

Nick Gallavin

Heather's BBQ Cheesecake.

(Not made on a BBQ but eaten at the Saxons summer BBQ)

8 Generous portions 9 inch flan ring with removable base.

The Base

110g butter, 25g Icing sugar and 110g self-raising flour

Cream the butter and icing sugar together with a whisk until white and fluffy. Still whisking add the self-raising flour. Spread over the base of the baking tin. Cook 190°C for about 20 mins until light golden brown

Meanwhile grind up the digestive biscuits and when it comes out of the oven push biscuits crumbs gently into the base.

The filling

425g cream cheese	40g plain flour
425g Crème fraiche	4 eggs beaten
250g Caster sugar. (I use much less - probably half that)	65ml double cream
	1 tsp Vanilla extract

Beat together the cream cheese and crème fraiche. Beat in sugar & flour and then slowly add eggs. Then add cream and vanilla. Pour on top of base and put back in oven, now reduced to 150°C for about an hour. It should now look barely coloured, firm on outside and still a bit wobbly in the middle. Allow to cool before putting in fridge. Decorate with whatever fruit you have available- Raspberries, strawberries blueberries perhaps. Poach them if you want to.

Cut and serve.

SAXONS OUT AND ABOUT

30 April- British Championships

Held at Brown Clee Hill in Shropshire, hosted by Harlequins OC

9 Saxons went plus a number of 2 second club members including M21s Tom Dobra and Richard Purkis. Best result Jeremy Oldershaw 9/26. An extract from Route gadget with Richard Purkis' GPS track is shown to give an idea of the terrain, (not to scale)



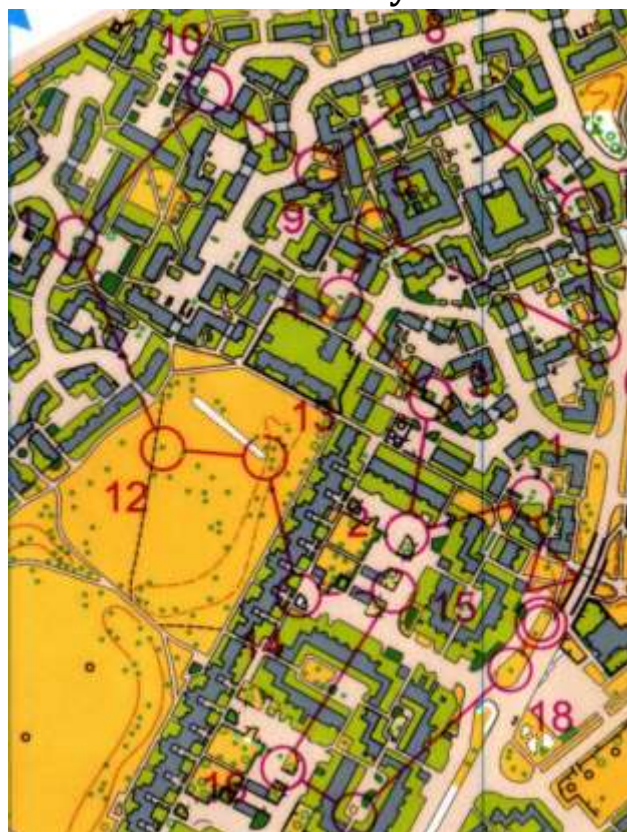
1 May British Relay Championships

These too were held at Brown Clee Hill . Saxons entered 2 complete teams.

Results as follows:-

Saxons Raiders	13/39 Mixed Ad Hoc	Jean Fitzgerald W60 29 th on leg	Matthew Taylor M12 13 th	Mel Taylor M50 12 th
Saxons Invaders	31 /39 Mixed Ad Hoc	David Kingdon M65 23 rd	Henry Taylor M12 12 th on leg	Anita Kingdon W60 38 th

7 May 2016- Cambridge Science City race



Only 3 Saxons made it to Cambridge for the Science City Races on 7th May. The event comprised two courses and as part of the UK Urban League attracted competitive sprinters from across the country. The first was around the Science Park – modern buildings in landscaped grounds with lakes and extensive car parks surrounded with ‘uncrossable’ hedges.

While Barry Woodfine had a steady run, I failed to notice that a gap in a hedge was also shown on the map and thus a legitimate choice. The combination of a head-on collision with another competitor and an unnecessary run to the end of the hedge and back on the other side added about 250m and over a minute to my route – a costly error on a 1.8k course.

The second location was in the Kings Hedges area which provided a particularly intense orienteering experience. Neat and tidy housing with an irregular and complex pattern of roads and passageways required a sharp eye to spot options on the map and alleys on the ground.

My 2k course had 18 controls packed into a tiny area of about an eighth of a square kilometre, forcing very rapid decision-making on the run. It was crucial to stay in contact with the map, immediately correct errors and adjust route choice. After some early blunders I finished less than a minute down on the Ultra Vets winner while Barry finished only a minute behind Rob Parkinson in the Super Vets and took some notable scalps including beating Axel Blomquist by 3 minutes.

Over the 2 races, Barry Woodfine ended up half way down the Men's Super-Vet and Peter Martin was 4th on Men's Ultra Vet. Tom Dobra (2nd club member) managed 3rd on Men's Open, well done to him

Peter Martin

8 May- Compass Sport Cup- Hatfield Forest

Lovely flat open runnable ancient forest. Lots of ditches and lots of rides. Best results- Richard Purkis 2/15 just ahead of Tom Dobra 3/25 on the Brown both 2nd Club members who are good to catch up with when attending events around the country.

As a club, Saxons were 4th out of the 4 clubs competing for the "Cup" i.e. large clubs. We were up against Happy Herts, West Anglia and Norfolk. To do well at this event you need participants in every category and unfortunately we were short of runners on brown, light green and orange courses. However those who turned up had a great time. The weather was excellent and there were some good performances, especially Brendon 6/31 on the Sh Brown, Alan Hickling 2/53 on the Blue Men. Joanne Hickling 5/42 on the Green Women's course. Austin Howe 4/16 on the yellow.



Southdowns Orienteering Weekend 14/15 May 2016 including the S E Middle Distance Championships

After going on holiday by mistake last year, I thought I'd try retiring to Eastbourne for some orienteering and sightseeing.

Saturday morning brought sunshine and a SE Middle Distance event in Friston Forest, Jevington. Friston is an area of mostly runnable forest with a good network of rides and smaller paths and a steep valley running roughly east-west. 11 Saxons competed and **notable performances in this event were those of Henry Taylor who won the M12 class, Matthew Taylor who was 3rd in the same class and Peter Martin who won the M65+ class.**

With four hours until the urban sprint event, there was time to visit the Redoubt in Eastbourne. Built in 1805 as part of the British anti-invasion preparations during the Napoleonic Wars, this fort now houses a collection of military artefacts dating from the Crimean War to the First Gulf War. My favourite exhibit is shown below. Any idea what it is?



By now it was early evening and time for the short drive to Hampden Park on the outskirts of Eastbourne for the urban sprint. This picturesque park was a blur as we all sprinted round the 2.8 km course. We were set off a minute intervals and soon after the start so many people were flying past me that I scarcely needed to consult the map as I tried to hang on to their coat tails. It was only the 'Saxon Kings' [1] that entered this event. Again the star of the show was Peter Martin who came 4th in the veteran class.

Sunday morning was again sunny and it was back to Friston for a long distance event. The brown and black courses had 330 and 400 m of climb, respectively, so it was going to be a tough event. Furthermore, at the start we were warned about some unusual hazards. One was a chap living in a depression (that's not a comment on his mental well-being!), complete with trip wires around his camp; we were advised to stay away. The second was an electric fence which could not be avoided by all because it enclosed a control site. However, I'm not sure it wasn't switched on because I accidentally touched it on the way out and didn't get zapped. I've represented these hazards pictorially on excerpts from the map below. Eight Saxons entered and finished this event. Best result was 7th on the blue by Simon Deeks.



On the subject of unusual hazards, I ran another level C event organised by SO at Capite Wood about a month later. There, we were warned of snakes in the area. I took care to watch my Steppe in the areas of open, flat grassland, just in case there were Snakes on a Plain. On the subject of British snakes, an interesting fact about adders: apparently, they can't multiply unless you give them a log table.

I've done the SO 'spring' orienteering weekend twice now and enjoyed it very much both times. I'd recommend it to any of you that haven't previously taken part.

Dave Pickup

22 May South East Relays- Saxons Knole Park

Saxons hosted this annual South East event. Relays are the most exciting of orienteering events for spectators and participants alike. Knole Park made perfect location. Alan Hickling organised the event; you can read his write up on the website in the Results section. . Simon Greenwood planned courses starting in an area of the park away from the usual start. Alan also arranged for the results to be on Saxons new RouteGadget website.



Saxons entered 7 teams all together- this was the performance of the medal winners:-

Junior Relay 2nd	Saxon terriers	Austin Howe Y 5 th on leg	Henry Taylor O 2 nd on leg	Matthew Taylor Y 2 nd on leg
Junior Relay 3rd	Saxons whippets	Matthew Derrick Y 3 rd on leg	Joseph Derrick O 3 rd on leg	Toby Prior Y 3 rd on leg.
Handicap 2nd	Saxons Invaders	Mel Taylor (G) 4 th on leg	Mark Glaisher (O) 1 st on leg	Brendon Howe (SB)9 th on leg
Open -11 th overall and 3 rd Women's team	Saxons Queens	Alison Howe (SB) 10 th on leg	Jean Fitzgerald (G) 16 th on leg	Joanne Hickling (SB) 12 th on leg

Tamar Triple 2016 - 2nd May Bank holiday weekend



Cate Slade in Plymouth

photo Roger Hargreaves

Cornwall is one of my favourite areas in England so any excuse to have a week's holiday down there has to be taken up! My friend (a Quantock orienteer) mentioned that in the Tamar Triple we would have the opportunity of running through the military area of the citadel in Plymouth on the first day and this convinced me this would be a good event. So off I went. Anita Kingdon, Ian Wilson and Cate Slade also took part.

Day 1: Running around Plymouth was an interesting experience; we went down onto the beach and up onto the cliffs via different levels and steps but the most memorable part for me was running past the armed soldiers at the entrance and exit from the citadel. And there were some fantastic views over Plymouth Sound. I did not shine at this event, finishing 20th out of 33 in SuperVets Women.

Day 2: Davidstow Moor was a surprise. I had entered the Blue course and am sure it said the distance was 5.2 k in the event flier. However, the actual course length was 8.4 k with 140 m climb. The navigation was relatively straightforward but this was really a runner's event and I finished 90th out of 100-not being a real runner. Also got sunburnt!

Day 3; Mount Edgecumbe Country Park the SW middle distance champs. My course was 2.8 k with 100 m climb. Again great views over Plymouth Sound back to the day 1 venue on the Hoo. This event was also a surprise for other reasons. I finished 3rd only 3.5 mins behind the winner!



Jean on Mount Edgecombe.

Photo Mark Lockett

Jean Fitzgerald

Editor's note- Looking through the photos of the event - the views were stunning. I wish I had gone

11 June 2016 British Sprint Champs- Queen Elizabeth Park

What a treat to run round the Olympic Park! That's what attracted me to run in the British Sprint Championships despite being injured and not able to sprint. Saxons had offered to help this SEOA hosted national event, I might as well walk round a course as well as lend a hand.



The park made for pretty straightforward orienteering which was, to be honest, a bit disappointing given that this was a Level A event. 14 Saxons took part and other Mark Glaisher and Nick Betts went just to help. All helpers were issued with a delightful pink T shirt.

The best result by far was Henry Taylor 2nd on M12A. A picture of him receiving his medal is in the junior section. This is an extract from Henry's course in the Final heat of the M12 (not to scale)



12 June 2016 – British Middle Distance Championships - Leith Hill

18 Saxons attended this national event at the ever popular Leith Hill.



Excellent performances by Mark Glaisher 1st in M65 and Jeremy Oldershaw 3rd on M75.

This is an analysis of his race by Mark Glaisher - **Unaccustomed as I am.....**

The combination of the British Sprints and Middle Distance events over a weekend has proved popular. There were over 1000 competitors at Queen Elizabeth Park and Leith Hill this year. With some rather poor Sprint performances in previous years I gave this a miss, but was up for another go at the Technical Difficulty 5 features of Leith Hill.

The terrain justified a 1:7500 map scale, and early finishers commented that there were plenty of paths (too many for all to be shown). (Map extract shown but not to scale) Opinions on 'direct' or round by path were divided. The challenge was – complex terrain with the low undergrowth providing an Invisibility Cloak for local detail, and trees in leaf making it difficult to see the bigger picture. With some trepidation I set off, and found 1 was unexpectedly straightforward. 2 was ~OK taking a longer path



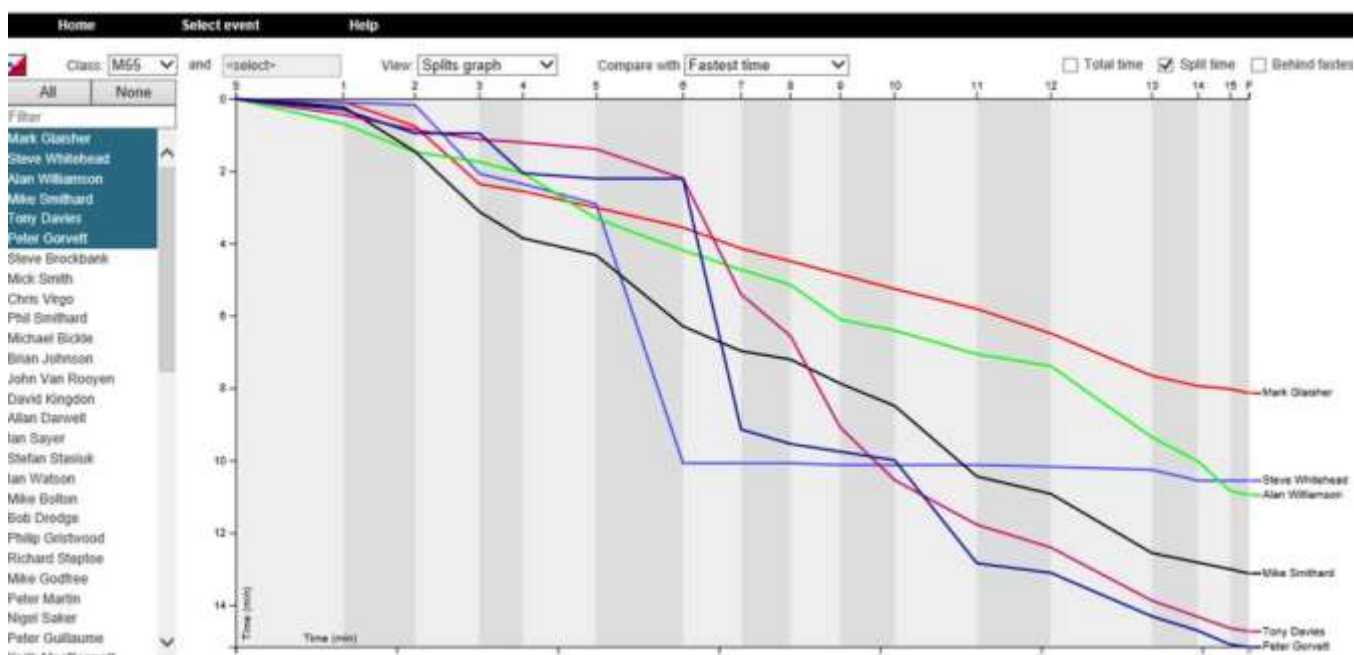
route, then 3-8 (out of 15) were the crux of the M65/M70 course. Using the path route to 3, without reliable attack point(s) was not the best idea. Having realised I had gone in early, following the edge

of the complex-contour area I did come to the small hill. 4 had to be direct, again following the edge of the complex contour area. See map extract.

The next few controls were in areas of low undergrowth, which was awkward to run through on the undulating ground. With a sense of direction and distance, it was often possible to follow the paths marked on the map. When it was too complicated, or if I lost my place on the map, I aimed out for a more major path or contour feature. This happened when exiting control 5 (went for major path) and exiting control 7 (went for edge of complex contour area). Beyond control 8 the orienteering was more straightforward, either because there was a convenient catching feature or less-complicated terrain. Nevertheless care was needed to stick to a bearing on the longer legs towards the end.

At the Finish I didn't think I had wasted too much time 'lost'. It became apparent that the faster runners had had problems, and I was really surprised to win.

Looking at the splits, I did not record a single fastest leg time. It was about making fewer expensive



mistakes, as can be seen by the Splits Browser graph showing the first 6 on M65.

Thanks go to Andrew Evans and the Organising team, Planners Alan Rosen and Kevin Harding, Peel Mapping (a really tricky job!) and Controller Katy Stubbs.

Mark Glaisher

18 June Haysden Country Park Final KOL

36 Saxons turned up for the Kent Orienteering League event, the last in the 2015/6 series.



The event was planned and organised by Rowan and Jerry Purkis with much appreciated help from Alan Hickling who arrived in time help put up the brand new event shelter. Haysden Country Park is not the most technical area but in June when undergrowth in other areas is rather thick, the park provides some scenic fast running. With a café and toilets it's an ideal venue for the final with all the extra waiting around for the League results

Best Saxons results on the day are below. The results of the league are on the website and photos of the League prize winners are on the back cover.

Blue	1	Dave Pickup	M45	Light Green	2	Simon Greenwood	M60
	2	Alan Hickling	M50		5 (2 nd woman, 1 st junior)	Emily Ford	W18
	3	Mel Taylor	M50		1 st vet woman	Heather Brown	W65
Orange	2	Henry Taylor	M12	Yellow	2	Jake Wilson	M12
	13 (2 nd junior woman)	Jennifer Bicknell	W16		3	Ben Cronin	M10
					4	Ellie Taylor	W10

Photos of the event can be viewed on <https://goo.gl/photos/wUuYfdEzL7jitgos5>

Précis of Minutes Committee Meeting, 17 June 2016

1. Alison Howe investigating new Club running tops, buffs, jackets etc.
2. Sarah Howes to take over from Chris Rogers as Treasurer
3. David Kingdon to take over Land Access
4. Fishing trolley bought for transporting, start boxes, tents etc. into the woods.
5. Event Shelter to be trialled at the KOL final
 - Photograph O: arranged for Sat. August 13 on Romney Marsh
6. Treasurer Report: there has been significant spend on equipment since July top 6 items: New website, Start clocks, Juniors T-shirts, 5 replacement SI units, OCAD 12 (1) and 2-way radios).
7. Team captain report: MG reported three teams at British Relays, 18 Saxons at CompassSport Cup at Hatfield Forest (4th), 7 teams at SE Relays: 2nd & 3rd in junior category, 2nd in Handicap and 3rd in Women Open. 2 teams planned for Harvester.
8. Mapping Report discussion re extending Univ Kent, Canterbury map. Brockhill near Hythe , Deangate Ridge, Medway when agreed by the Council and to investigate feasibility of using Cobtree Manor Park (Maidstone). British Trail Orienteering Championships - Discussion on whether SAX could host in 2017 or later
9. Second laptop to be acquired to speed up entry at registration when queue is long
10. Date of next meeting 12 August, then 14 October. All members welcome to attend. Contact Secretary for location

SAX QUIZ ANSWERS

1. Broadstairs	2. Sittingbourne
3. Gravesend	4. Deal
5. Sevenoaks	6. Borstal
7. Sandwich	8. Crayford
9. Ramsgate	10. Rochester
11. Rainham	12. Appledore
13. Cliff	14. Minster
15. Ash	16. Cooling or Warmer
17. Goosegreen or Hernehill	18. Edenbridge
19. Dymchurch	20. Hunton

Club Committee & Officers WHO DOES WHAT contact list

See website for faces

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**PRIZE WINNERS AT THE FINAL OF THE 2015-16
KENT ORIENTEERING LEAGUE AND SCHOOLS CUPS**



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.