

# SAXALERT



# SAX NOTICES

**COACHING SATURDAY 1 OCTOBER  
TROSLEY COUNTRY PARK  
10:00 - 13:00**

**Exercises for all abilities - see page 3**

## **ORGANISER/PLANNERS NEEDED FOR THE FOLLOWING**

**Saturday KOL (Level D) events:-**

**21 Jan Perry Wood  
25 March Scotney Castle**

**If you can help in anyway contact Alan  
Hickling**

**Sunday events**

**Level C - Hindleap 12 Feb- &  
Knole 30 April**

**Organiser & Planner  
(Level B) Millbank 19 March-  
Organiser**

**If you can help in anyway, Please  
contact Jean Fitzgerald.**

**AGM / SOCIAL AND FUN O EVENT  
10:00 for 10:30  
SATURDAY 19 NOVEMBER**

**LORENDEN SCHOOL - FAVERSHAM**

**THE "EVENT SAFETY & WELFARE" TRAINING**

**JERRY PURKIS IS RUNNING ANOTHER COURSE  
ON 7 JANUARY 2017**

**CONTACT HIM IF YOU NEED TO DO IT  
Compulsory for all event Organisers**

## EDITORIAL



I cannot start this newsletter without a tribute to Anita Kingdon. David has written a tribute which you will find later on. I last saw Anita at Dunorlan Park at the summer event on 9 July when she was very tired and weak from the cancer that was fast taking over her body. She went on to complete every day of the Welsh 5 days held 24 through 29 July and died just one week later. She is an inspiration to us all to not give up, however impossible things seem to be. RIP Anita you were a lovely, patient, inspiring woman who the Club will miss and not forget.

On the continuing theme of how to attract runners to orienteering events. One suggestion is to put on a Red (i.e. Long Orange TD2) course or similar course at events and Saxons event organisers may be experimenting with the format over the next year to see what works. Jerry and I put on a 5km “runners trail course” at Haysden Country Park on 18 June 2016 which was really a 5km yellow-ish course (more decision points than a strict TD2) but, despite advertising it to local runners, no one turned up to do it. The learning from this to any Organiser thinking of doing the same is to advertise it well in advance. Sean Cronin has summarised what we learned from the summer series later on in this edition and I notice with interest he wonders whether a score course is a better vehicle for adult beginners to progress, than the regular Yellow, Orange. Light Green path.

Whilst orienteering in Canada over the Summer I noted 5 “Open Age-less” courses were on offer. The first 4 courses described as “Beginner, Intermediate, Advanced and Expert which equated roughly to Yellow, Orange, Light Green and Blue but participants ages were not in the results meaning that adult newcomers were spared the humiliation of knowing they had been beaten by children. In effect both a Yellow course and a Beginners course were on offer using the same map but the results were separated depending on whether you entered the Yellow course, when your age would be published or entered the Beginners course and kept your age secret.

The 5<sup>th</sup> course was an “age-less Sport” course which was a Score with controls of varying difficulty; TD2-TD4 but up to 9km in length . If the Sport maps were available at Registration the newcomer could get help to design a suggested course- be it technical or straight forward with a length to suit and be told that it actually does not matter if they do not find a control and can visit others if they want, i.e. no humiliating “mispunches” for the newcomer. The age of the participant on the Sport course was not published, again giving the adult newcomer a little bit of privacy until they are ready to join in. Just tell them to put M or W99 on the registration form. I agree with Sean. - a score course is worth experimenting with and is easier to plan than a red course.

If you have any other thoughts or ideas for making orienteering events more welcoming and targeted for adult beginners send me your ideas. We need to be doing something different if we want runners firstly to have a go and more importantly come back for more.

In my last editorial I asked if anyone had any old dusty ‘Saxons records hiding in their house. In particular, I find I do not have a copy of the Saxons newsletter no 101 about Sept 2004. . Does anyone have a copy they could donate to the newsletter archive?

Rowan

Next copy date Early November

**Acknowledgements and thank you to the following members who have contributed to this month's edition:-**

Alan Hickling, Alison Howe, Beryl Pring, David Kingdon, Eva Rau, Fiona Wilson, Heather Brown, Jean Fitzgerald, Jeremy Oldershaw, Mary Nixon (SOC), Nick Barrable, Peter Martin, Richard Field, Richard Purkis, Sarah Howes, Sean Cronin, Tom Dobra, Tony Connellan and Tony Extance

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**COACHING DAY – ALL ABILITIES**

On Saturday 1 October we are holding our first training event of the new season at Trosley Country Park. Registration will be at 10.00 and the event will finish at 13.00. Please be on time so we only have to do one briefing! There will be a range of exercises available suitable for all, including training in identifying orienteering features (for beginners), how to estimate distance, compass work, the benefits of map memory and how to relocate when ‘misplaced’. At the end of the training period we aim to run a 30 min score event to finish the day with a bit of competition. Please support this event and come and practise your skills

Please let Heather Brown ([heather-a.brown@tiscali.co.uk](mailto:heather-a.brown@tiscali.co.uk)) know if you are coming so we can make sure we have enough maps.



## NEW SAX

Firstly a farewell to **James Wilkinson M21** who joined us from HOC after taking a new graduate job in Maidstone. James has now found another job near Reading and has moved to Berkshire Orienteers.

We have a new temporary W21 to take James place. **Eva Rau** from Switzerland is studying at the University of Kent for two terms. Eva has sent this contribution

"Hiya, I'm Eva Rau [e'fa: rao]. This autumn I packed my compass, dibber and some essentials and started studying at the University of Kent. Being so far away from my Swiss orienteering club, OLG Bern, I decided to join the Saxons.

This picture shows my extended family and me (on the far left) at WOC 2015 in Inverness. We love packing up everything and heading north for the major orienteering events. We always have a great time together, exploring new areas, getting lost in swamps and being eaten alive by mosquitoes. Next spring, I would like to take part in my very first JK. Until then I am looking forward to getting to know the woods of Kent and those who roam them!

See you soon, Eva"



We also welcome:

- **Guy Burrows M50** from Herne Bay ,
- **Barbara Hutton W50** from Oare near Faversham, and
- the **Flynn / Druce** family from Canterbury:- **Michael Flynn M60**,  
**Kathryn Druce W50** and **Louise Flynn W14**

We look forward to meeting you all in the woods soon. Join our private Facebook Group for informal club chatter.

## Chairman's Chat

You will read elsewhere in this issue an obituary for Anita Kingdon, our long serving Secretary, who died in August. Since I joined Saxons in the 1980s Anita has always been there, slightly out of step, being a year younger than me, so four years out of five being in the same age class for level B competitions. And in the early years did we compete! One of many memories is checking our times after one event to find that we had finished at the same time to the second. Her enthusiasm and determination in the face of her illness was an inspiration to us all. I will miss her, as I'm sure will many of you.



So the Summer Series is over and we held a successful Bike O event on Romney Marsh. We are now at the start of another orienteering season. The first KOL was held on 17 October and the first KNC on 22 October. Why not make this the year that you go for maximum exposure and plan a year of orienteering participation? If you are new to the club, make yourself known at registration so you can be introduced to other members. If you haven't attended a large event before or are not sure what's involved, at Easter 2017 the JK (an international orienteering festival) will be held in the SE, so this is the year for you to participate with minimal travelling. You don't have to be seriously good to take part, just enthusiastic (which should cover all club members). The event will have a 'Sprint' event in south London, two forest events and a relay in Pippingford Park, part of Ashdown Forest. Jerry Purkis is organising the relay day and Mark Glaisher, our Team Captain will sort out the Saxons teams closer to the event. Put the date in your diary and let's make it a record attendance for Saxons.

Coming up on November 19 at Lorenden School is the club AGM. Please try to make this date as your input is important for the efficient running of the club. There will be the business meeting and then the opportunity to stretch your legs in a fun event in a new area for most of us. We are always looking for new committee members, so please let me know if you are interested and I will give you more details. The agenda for the meeting will be sent out closer to the event.

On a technical note, British Orienteering have indicated that it is their intention to ensure that all Event Officials – Organiser, Planner, and Controller - have attended an Event Safety & Welfare Workshop. This is to assure external bodies that we are meeting best practise and to meet British Orienteering Insurance requirements. Any club members who regularly organise or plan events at any level will need to attend one of these courses if they haven't already done so. Jerry Purkis is organising a workshop on 7 January. Please let him know if you need to attend or want more details.

**Jean Fitzgerald**

## Anita Kingdon - 1<sup>st</sup> March, 1954 – 6<sup>th</sup> August, 2016

Anita (with husband David), joined Saxons in 1989 when they moved to Kent from Charlton in South London. Their plan was to join a large club (DFOK was the other option), so as to avoid getting too involved in committee type matters (which was an unsuccessful aim for both as it turned out!). She had by then, already had a diagnosis of breast cancer, aged 34, but was determined not to let this stop her sporting activities and generally hectic lifestyle.

Anita's early orienteering was sometimes a bit 'hit and miss'; and requiring split starts with David to look after the children, she was often to be seen running into the finish as



everything was being cleared away! She improved quickly though and her best 'O' result was at the JK in 1992 when she finished a very creditable 2<sup>nd</sup> on day 1 at Bigland in the Lake District, in W35L class. Anita continued to be competitive in orienteering and, indeed, mountain marathons, even after a second cancer diagnosis in 1996.

Anita was, as many will know, for many years, Saxons club Secretary and Membership Secretary, only relinquishing the two roles much later as her health deteriorated. She was for some time a club coach, with a special interest in training children to orienteer; as well as a regular organiser and planner of club events. She was an enthusiastic orienteer, travelling widely across the country to satisfy her passion for the sport, as well as frequent holiday events abroad. Some of these trips were with friends; and others with family – husband, two daughters, Sarah (now Scarbrough MV) and Becky (now Raftery HH); and more recently with their respective husbands and grandchildren.

Anita learnt in 2010 that the cancer had spread further and was given an 'incurable' diagnosis. This still did little to dampen her enthusiasm for orienteering both in this country and abroad, though two knee replacements did cause her to slow down a bit; and left her competing with the aid of a walking stick.

In early June of this year, Anita was told by her consultant that the cancer had again spread and that she had but a few weeks to live. The family, David, Sarah, Becky, husbands and grandchildren, had earlier booked a holiday cottage to compete in the Welsh 5 day event at the end of June and Anita was determined to be well enough to go. Indeed, she did compete – with much help from the organising team - all 5 days, albeit walking quite slowly and taking over 2 ½ hours on each occasion! She was as pleased as punch and at the prize-giving was awarded a special 'most determined orienteer' prize.

Anita died peacefully on 6<sup>th</sup> August at the Hospice in the Weald in Pembury, Kent with her family and two very close friends at her bedside.

(As a tribute, David and Sarah (Becky is 8 months pregnant and waddling) are competing in the Hospice in the Weald 10k run on 25<sup>th</sup> September to raise money for the hospice; and if anyone is interested in sponsoring them they can do so on a 'JustGiving' fundraising page here

<http://www.justgiving.com/David-Kingdon>

Photo credit- Nick Barrable CompassSport

**David Kingdon**

## **PERMANENT ORIENTEERING COURSES- UPDATE**

Now the autumn will soon be upon us and you are getting bored with the holidays why not try out one of Saxons Permanent Orienteering Courses (POCs)

Whether it's a walk with the family, exploring a new area or simply just adding variety to a training run POCs can help you get out and explore in a whole new way.

We have **Mote Park**, with two courses from the Cafe and two more starting at the Watersports Centre.

**Trosley Country Park**, much harder because of the terrain but with four courses to choose from one should suit you.

Maps for both these places are available on the BOF website and also from the respective cafes.

Then there is **Bedgebury** with white, yellow, orange and light green courses as well as a Gruffalo course for youngsters. Maps available from the visitor centre. Take your bikes as well and make a day of it.

**Betteshanger**, where we have had the last two summer series events. Maps and information can be purchased from the bike hire shed.

**Whinless Down, Bewl Water and the University of Canterbury** all have POCs too. More information about these are on our website or you can email me [berylpring@gmail.com](mailto:berylpring@gmail.com). Also if you have any comments or problems please do contact me.

**Beryl Pring**



## SUMMER SERIES 2016- REVIEW BY SEAN CRONIN

The 2016 summer series has now finished and what a lovely series of events they were. I hope they kept everyone keen and fit over the summer.

In case you didn't go, the summer series used 8 mass start score events throughout, apart from the first event which was a trail challenge. The 4 weekend events included a newcomer's score option with controls collected in any order, and were in mostly open/technically easy parks/country parks. Two of the evening events were more KNC style in harder woods, one was a trail challenge, and the other was a street event in combination with Maidstone Harriers.



One of the aims of the series was to get some new people trying our great sport (as well as to give Saxons 8 summer events to compete at). How did we do?

We'll it's a bit tricky to compare with 2015 as the 2015 results aren't on our website. But here are the figures for 2014

	Trosley CP	Manor CP	Perry Wood	Shoreham Woods	Mote Park	Series average
	Sat	Eve	Sat	Sat	Eve	
Total IND	?	13	?	6	6	8.33
Total SAX	?	11	?	7	12	10
Total All	37	29	34	38	30	33.6

And here are the figures for 2016

	Haysden Country Park	Mote Park	Maidstone Streets	Dunorlan Park	Scotney Castle	Trosley Country Park	Betteshanger Country Park		Ave
	Eve trail challenge	Sun Park score	Eve street score	Sat park score	Eve forest score	Eve forest score	Sun park score	Sun park score	
Total IND	25	30	22	8	1	8	13	14	17.29
Total Sax	7	19	9	19	17	21	12	8	16
Total All	44	57	33	36	30	37	34	26	37.13

One of the main aims was to get attract newcomers, since numbers of IND's per event more than doubled compared to 2014 that was clearly a success. Slightly surprisingly (given that some events were aimed at beginners and 2 events were all the way down in Deal) the number of Saxons runners also went up (by 6 per event). Perhaps Saxons are a more active club than 2 years ago? Alternatively, it may be that publicising the events earlier on the Saxons website and Facebook page may also helped encourage own members.



The increase in overall total attendance of 4 per event isn't as great – perhaps that is the effect of two events at the far end of Kent being too far for orienteers from other clubs?

Many of the events had a nice mixture of Saxons and newcomers. One of the reasons for using mass start score events with prizes afterwards, is that they are inherently more sociable and welcoming. It was great to see Saxons members mixing with the newcomers, explaining the map and equipment before the event, and selling our sport with their enthusiasm afterwards.

Saxons don't have thousands of pounds to spend on publicity, so we targeted our publicity on people we thought were most likely to be interested – those with an interest in running and who lived close to the events. The 3 methods used were:

- 1) Emailing local running clubs and groups several weeks before the event.
- 2) Giving out publicity cards at ParkRuns a few weeks before the event.
- 3) Facebook advertising

Emails to running clubs/groups tended to either get a bit of response, or occasionally the whole group will go along (Sarah's Runners at Haysden). But it doesn't take long to email half a dozen running groups, and of course it's free. Many groups responded with "can't do it this time, but please keep letting us know".

The publicity cards were a bit more work and expense, but many Saxons have a local parkrun they go to every few weeks. Giving them out personally at the end of the parkrun seemed to be the best tactic as this gave a chance for Saxons members to answer questions, and generally give a friendly impression.

Facebook is very clever at gathering demographic information about its users, which advertisers, like us, can use. In the case of the final 3 events I asked Facebook to display the event details to Facebook users who I judged would most likely to respond to our advertising - with an interest in

running type sports between the ages of 25 and 60 within a 10 mile radius of the event. Their ‘Adverts Manager’ page showed how many times the advert was displayed, and how many responses we received (‘likes’, or people who ticked going / interested).

Event	Advert displayed	Responses
Trosley	270	3
Betteshanger event 1	2979	16
Betteshanger event 2	1883	7

I was a little worried at one stage that the Facebook advertising might work rather too well and a really big number turn up. Fortunately? many people who selected “interested” or “like” really meant “we’d like to go, but might not be able to that day” or “we like what you’re doing”. However, many did go, and those that didn’t are hopefully are more likely to try orienteering at other events. Overall this is the breakdown of publicity expenditure:

	Haysden	Mote Park	Maidstone	Dunorlan	Scotney	Trosley	Betteshanger 1	Betteshanger 2	Total
Parkrun cards	0	23.84	23.84	22.83	22.84	0	23.08	23.08	139.51
Facebook advertising	0	0	0	0	0	3.92	31.28	17.31	52.51
Series flier	4.42	4.42	4.42	4.42	4.42	4.42	4.42	4.42	35.36
Total	4.42	28.26	28.26	27.25	27.26	8.34	58.78	44.81	227.38

Assuming each IND spent £3 each (some were in groups or juniors, but all hired dibbers), the extra IND’s compared to the 2014 average generated £216 in income, pretty much paying for the advertising. Of course this doesn’t include the income generated if any become regular orienteers. Another way to look at publicity is “how much do we need to do or spend in order to grow at the rate we want to”? There’s an argument for spending even more on the series next year, perhaps even doubling the publicity expenditure? For example, we could have used Facebook earlier in the series, and there were some ParkRuns we could have visited but didn’t.

One surprising thing was how popular the newcomers score was with younger juniors with a bit of experience. Juniors like my son Ben. He still needs shadowing but he really enjoyed the score at Dunorlan Park. He liked running across the long grass in the safe open park, and with so many controls, he couldn’t wonder far before relocating on another control. Perhaps a score course in an open country park is better progression from yellow than an orange course?

How many will become regular orienteers? Well I suspect many people trying a new activity such as orienteering aim to add it to their mix of sports, and will probably only do orienteering when they have some time spare, and/or the event is close to them again. However, looking at the first KOL results at Challock, I can see 6 people who went to the two Betteshanger events in the KOL results (all the adult IND’s).

Finally, thanks to everyone who helped (permissions, mapping, risk assessments etc), and particularly to the organisers. All were inspiring in different ways. Jerry had been told to take it easy by his doctor (err, Jerry, I don't think your doctor meant organise an orienteering event). Brendon was the most energetic host/organiser I've ever seen. Bohdan organised an event for both his clubs at the same time (he is a member of Maidstone Harriers and Saxons). Dave Kingdon organised his event efficiently as always in difficult circumstances (nothing was going to stop Anita of course). At Jean's event we ran out of maps, but she remained so unflappable that I didn't find out until afterwards (thanks Fiona for giving up your run). Andrew and Sam organised an event for the first time, but you really couldn't tell, as did Dave Pickup, who also revealed himself to be an expert in local industrial heritage.

Any feedback about the series (whether you did or didn't go) will be gratefully received, please contact myself or Brendon.

**Sean Cronin**

### **Heather's thoughts after planning the Inaugural Cycle Photo trail**

I learned several things when planning, organising and running the Cycle photo orienteering event in August on Romney Marsh and I am sharing these points with you in case you fancy organising a similar event.

- Vegetation grows very fast obscuring interesting low level features so the prominent large tree trunk will not be visible after a month of verdant growth by stinging nettles, goose grass and brambles.
- All church doorways are different but can look very similar so note which doorway belongs to which church when you take the photo.
- Try not to choose too obvious buildings like Castles, Martello Towers, and water reservoirs as after agonising over the photos it is frustrating to find the location clearly written on the OS map.
- Put the centre of the circle on the spot from where you took the photo, rather than the desired spot and make this clear to orienteers.
- A quiet ride along a seaside promenade in March turns into an obstacle course on a high season Summer Saturday when the sunshine empties the caravan sites onto the beach.
- Orienteers are very competitive even when partaking in a fun event so find ways to keep the team of two or three people together!
- Be ready early – if the event starts at 10am expect the first cars to arrive at 9.15am
- Don't get too comfortable after setting everybody off as by the time you have poured the coffee, opened the paper or settled down for a nap everybody starts to return
- Avoid too many pubs in the chosen area as some orienteers don't seem to be able to resist popping in for a quick one when they should be racing against the clock to get just one more control.

It was great fun and I am already thinking about another event if you are all keen to get your bikes out again. **Heather Brown**



## Junior Pages



Looking back over the summer events I see that some of you had a good time at Dunorlan Park, Trosley and Betteshanger. At Dunorlan William and Ben ran the yellow course whilst Henry and Matthew Taylor, Joseph and Matthew Derrick and Toby Prior selected their own routes for a 45 minute score event. Obviously there was a lot of healthy family competition with Henry beating Matthew by just 2 seconds and then Joseph beating his brother Matthew by 14 seconds. Well done to all of you and if you did the score course did you enjoy planning your own route as well as run it?

At Betteshanger Austin, Holly, Ben, William and Toby had the opportunity to have fun at this new venue. I didn't manage much running this summer, but would like to hear about the enjoyment which you got from running there when I see you next.

After the long summer holidays you'll be back at school, college or university and, I hope, looking forward to a good season of orienteering with the very popular KOL's coming along which result in lots of rewards for schools and individuals. By the time you receive this edition of Saxalert the Challock, King's Wood event will be over and if you've been running over the holiday period your experience might well have helped you to do very well there. I hope so!

Emily Ford and Austin Howe went on an 'O' event on their bikes on Romney Marsh where they had to match pictures to the places where they were on the map. The roads were fairly traffic free and there were some interesting places to find. The time limit in this event was 2½ hours and in that time they had ridden a long way and experienced a very different type of orienteering. Have a read of Heather's report on the event elsewhere in the magazine and perhaps you might like to have a go at it if another one is planned in the future.

The next KOL is at Huckling on 13<sup>th</sup> October which is an area with not quite so much woodland, but big wide open spaces and if you like sprinting will be just right for you. So at each event remember to concentrate on the map and surroundings, fold your map so that's it's not flapping about, ignore the dogs going for a walk and have another enjoyable run.

### **JUNIORS KIT EXCHANGE??**

Juniors, are you growing out of the top which is on loan from Heather's stock? If you are, then bring the one that you have to the next KOL event and she will attempt to fit you into a bigger size. If it's some while that you've had your current one it's probably time for a change.

**Tony Connellan**

## COACHES CORNER

### TRAIL O

Quite a few of you will have taken part in Trail O events. These are primarily for disabled participants but plenty of able bodied orienteers take part. The challenge is to look at several control flags and decide which one is in the position marked on the map. Anyone who puts out controls will benefit from taking part in a trail O event and they are much harder than you might think.



Tom Dobra from Tunbridge Wells, currently at the University of Bristol, is so good at Trail O, that he is in the British team. He has put together this glossary to help us understand what the preponderance of different Trail O names mean.

**Trail O**– short for trail orienteering. A discipline of orienteering where all the demand is mental, none physical, with kites scattered in the terrain that you observe from a path (disqualification for entering the terrain) and controls marked on your map. The aim of the game is to say which

kite, if any, is in the correct location.

**PreO** – short for precision orienteering. An event within TrailO where you receive a map with a series of controls marked on it and you wander up and down at your leisure to get the best views of the kites. The person with the most correct answers wins, but there is a time limit to stop you from taking all day. At some point in the course, there will be some timed controls (like TempO), but with no zeroes and a 60s penalty for a wrong answer, which are used as a tiebreaker. A typical championship course is 22 controls in 2 hours with 1 station of 2 timed controls. [Beware of the incorrect use of PreO to mean a short TrailO exercise to be done as a warm-up on the way to the start of a FootO race.]

**TempO** – could have been called speed TrailO (but that is not a recognised term). An event within TrailO where speed counts and your score is the time you take plus a 30s penalty per wrong answer. To ensure a level playing field, everyone sits in a chair and your view is obscured until just before the clock starts. At each station, you receive a bundle of maps with one problem on each map. The clock stops when you give your final answer. A typical course is 7 stations with 4 problems at each.

**TrailO Relay** – a team competition requiring skill in both PreO and TempO. An event within TrailO for teams of 3 with a PreO component with a total time limit for the team, with each person going out one at a time. Afterwards, each person does a short TempO course. The team's score is the total TempO score plus 60s per wrong PreO answer.

**IntrO** – an informal format to introduce people to TrailO. A TrailO exercise which most commonly consists of a short PreO course of around 6 controls and no time limit.

## SAX QUIZ – Kent 5

**Oh no! not more questions about Kent. I have checked past editions and cannot find that I have asked these before – I am sure you know all the answers**

1. Which Isle has a town called Sheerness with a population of 20,000?
2. Which Kent River is Kent's largest running 22 miles from Canterbury to the coast at Pegwell Bay?
3. Which man from Kent led the Peasants Revolt of 1381?
4. Which man led a revolt against Queen Mary in 1554 from Rochester?
5. Which medieval property near Sevenoaks boasts a large moated Tudor chapel?
6. Which moated castle with impressive gardens is found near Lamberhurst?
7. Which of these areas of Kent lies furthest East? :- Margate, Deal, Ramsgate or Dover
8. Which of these areas of Kent lies furthest South? :-Maidstone, Folkestone, Ashford, or Tunbridge Wells
9. Which of these areas of Kent lies furthest West?, Dartford, , Sevenoaks, Gravesend or Tonbridge
10. Which river forms the Kent / East Sussex border and discharges into the coast at Rye?
11. Which river rises from springs in Sevenoaks flows to Lullingstone & into the Thames at Dartford?
12. Which river runs from Turners Hill - Tonbridge - Yalding - Maidstone - Rochester?
13. Which sea side resort is best known for its oyster fisheries?
14. Which town in Kent was granted Royal Status in 1909 by Edward VII?
15. Which town is surrounded by ancient forts at Luton, Borstall, Pitt & Amherst?
16. Which two areas of Kent are cities with Anglican Cathedrals?
17. Which winery and vineyard bottles over 50% of English wines? : - Tenterden, Lamberhurst, Sedlescombe or Chiddingstone Vineyard?
18. With conical roofs, oast houses are common in Kent and used for which agricultural process?
19. With the many clean rivers in Kent, which industry thrived in the 18th and 19th centuries?
20. How far is Dover from London? : - 58, 68, 78 or 88 miles?
21. The Romans called it Durovernum; what do we call it?
22. What industry used to take place at Snowdown, Tilmanstone, and Chislet
23. Identify the following towns and villages:-
a. Cooked pork
b. Two slices of bread and a filling
c. More than six big trees
d. A piece of Yorkshire east of Maidstone
e. ) Road followed by a crucifix
24. In which village did Charles Darwin write his 'Origin of Species'?
25. Which Kent castle was bought in 1903 by an American millionaire William Waldorf Astor?
26. Which village still exhibits an equestrian novelty called a Quintain pole on its village green?
27. Son of a Canterbury cobbler he became a major Elizabethan dramatist, who was he?
28. What are Lathes and Hundreds?
29. King Stephen was buried in 1154 at an Abbey he founded, where was it?
30. Mayors of which town wear all black ceremonial gowns In memory of a 15th century Mayor murdered by French raiders

Answers on page 33

## The Harvester Relays Past - revisited

Thank you to everyone who contacted me after the article in the last edition about the first ever Harvester Relay and whether Saxons had ever won any trophies.

Thanks to Tony Extance, Sarah Howes and Mary Nixon (SOC) for the following extra comments shown in the 1978 results table in red italics

Leg	Saxons 1 18 <sup>th</sup> of 44 teams in 8 hours 39:38	Saxons 2 33 <sup>rd</sup> of 44 teams in 9 hours 36:56
1	Mike Billingham M17 ( <i>now WCOC</i> ) ran 1st leg 98:08 - in at 23 <sup>rd</sup> (Fastest time 63:08)	A Place M21 114:57 - in at 42 <sup>nd</sup> <i>Anthony, known as Ant</i>
2	A Addis M21 180:07 - 67 <sup>th</sup> fastest leg time <i>Andrew moved up to join MDOC</i>	D Hayman M35 134:29 - 41 <sup>st</sup> fastest leg time <i>David- was a Saxons Controller</i>
3	Adrian Belton M21 - <b>FASTEST LEG TIME!!</b> 51:25 by 3 minutes! <i>This is Adrian Belton who won the OMM Elite in 1991 and ran many OMMs. **</i>	S Stasvik M21 - <b>4<sup>th</sup> fastest Leg Time!</b> <i>Stefan – still orienteers with BKO</i>
4	P Lythgoe M21 15 <sup>th</sup> fastest leg time <i>Peter- still a Saxons member, now M65</i>	S Lythgoe W19 - 63 <sup>rd</sup> fastest leg time ( <b>Female!</b> ) <i>Sue – Peter’s former wife.</i>
5	Peter Extance M15 10 <sup>th</sup> fastest leg time in 33:13 ( Son of Tony Extance) <i>Actually Paul Extance- nephew and godson of current member Tony Extance. Tony says Paul was 9 or 10 at the time</i>	A McFarlane M15 16 <sup>th</sup> fastest in 36:316, <i>Alan</i>
6	D McFarlane M17 7 <sup>th</sup> = fastest leg time <i>David</i>	D McFarlane M43 49 <sup>th</sup> fastest <i>David (Father of David and Alan)</i>
7	Martin Bagness M17 4 <sup>th</sup> fastest in 66:36 (Fastest A Farnell OD 59:21) - <i>runs for Warrior OC in the Lake District and provides professional orienteering services</i>	D Nixon M21 44 <sup>th</sup> fastest 83:12  <i>David Nixon and his wife Mary were Saxons in 1977-1980. Now active members of SOC. Parents to Mark Nixon FVO, Ian Nixon AIRE and Paul Nixon SLOW.</i>

\*\* Adrian Belton was the Saxon who at the British Relays in Pickering Forest one year tore his map from the brown paper bag and in his haste threw away the map and rushed downhill from the start clutching the paper bag! For newer members the system in those days was to cover relay maps in a brown paper bag - often then pegged to line with a clothes peg and at the massed start we ran to the line and grabbed a map. At this particular event many runners having seen the M21's rush down the hill snatched up their maps and ran down the hill before looking properly at the map and seeing that their courses took a route through a fence about halfway down the hill. – **Tony Extance.**



Sarah Howes recalls that –“a Saxons team managed to win a trophy at the Harvester - in 2004. The event was held at Pippingford Park and I was a member of a team that finished 3rd place in the handicap class on the B course. I still have my prize - a shot glass appropriately engraved”.

And here is a photo of the team copied from the July 2004 SaxNews Edition 100 to prove it. With apologies for the quality, it's not that good in the original.



Team “Stars in Their Eyes”- Left to Right- Sarah Howes (Leg 4), Anita Kingdon (Leg 3), David Kingdon (Leg 1), Mark Glaisher (leg 5) and Simon Greenwood (Leg 2)  
With Keith Tonkin Controller

## **SAXONS RUNNING KIT**



New Sax kit has been ordered, and is scheduled to arrive before the next KOL. Long and short sleeve tops in unisex and ladies fit. We will also have some special SAX buffs, and have ordered a couple of sample jackets and leggings which we hope will be of interest - just the ticket for the podium! Full details will be circulated when the kit arrives.

**Alison Howe**  
**Contact details inside back cover**

## A SELECTION OF FUTURE EVENTS

Always check the Club website for details and changes

DATE	EVENT		CLUB	LOCATION
Sun 25/09/16	OK Nuts Trophy	C	SLOW	Glovers Wood, Gatwick
Thu 29/09/16	SAX KNC (Street)	D	SAX	Canterbury
1&2/10/16	Caddihoe Chase Day 1 (UKOL)	B	WSX	Agglestone Heath, Poole
Thu 06/10/16	DFOK Kent Night Cup 3	D	DFOK	Hucking,
Sun 09/10/16	SE score event, Devils Dyke	C	SO	Devils Dyke, Brighton & Hove
Thu 13/10/16	SAX KNC	D	SAX	Bedgebury, Goudhurst
Sat 15/10/16	DFOK Kent Orienteering League 2	D	DFOK	Hucking,
Thu 20/10/16	SAX KNC (Street O)	D	SAX	Tonbridge
Sat 22/10/16	SO SOG A3	D	SO	Gt Walstead/Henfield Wood,
Sun 23/10/16	SAX District Event	C	SAX	Blean, Faversham
Thu 27/10/16	SAX KNC	D	SAX	Trosley Country Park, Gravesend
Sat 29/10/16	SO SOG A4	D	SO	Stanmer Park, tbc
Thu 03/11/16	SO SONIC 2/KNC	D	SO	Kidbrooke Park, tbc
Sat 05/11/16	SO SOG A5	C	SO	Slindon Woods, tbc
Sat 05/11/16	Salisbury City Urban	B	SARUM	Salisbury
Sun 06/11/16	November Classic & Southern Championships	A	SOC	Fritham / Islands Thorn, Southampton
Thu 10/11/16	SAX KNC	D	SAX	Challock, Ashford
Sat 12/11/16	South East Night Championships	D	MV	Norbury Park, Leatherhead
Sun 13/11/16	CHIG District event	C	CHIG	Epping Highams Park, tbc
Thu 17/11/16	DFOK Kent Night Cup 9	D	DFOK	Jeskyns, tbc
Sat 19/11/16	Kent Orienteering League	D	SAX	Hargate Forest, T Wells, tbc
Sun 20/11/16	SO District Event	C	SO	Broadstone Warren, tbc
Sun 20/11/16	British Schools Orienteering Championships	B	OD	Sutton Park, Sutton Coldfield
Thu 24/11/16	SAX KNC (Street O)	D	SAX	Kings Hill, West Malling
Sat 26/11/16	Southern Night Championships	B	QO	<u>Ramscombe, Bridgwater</u>
Sun 27/11/16	SAX District Event	C	SAX	Ightham, Borough Green
Thu 01/12/16	SAX KNC	D	SAX	Hindleap NW, Forest Row
Sat 03/12/16	DFOK Kent Orienteering League 4	D	DFOK	Downe, Bromley

Thu 08/12/16	DFOK Kent Night Cup 12 Street O	D	DFOK	Petts Wood, tbc
Thu 15/12/16	SAX KNC	D	SAX	Blean, Faversham
Sat 17/12/16	SO Night City Race	C	SO	Brighton,
Sun 18/12/16	MV SE Families & Veterans Champs	C	MV	White Downs/West Ranmore,
Thu 22/12/16	SAX KNC	D	SAX	Knole Park, Sevenoaks

There are a lot of Abbreviations in the above table. A Glossary of abbreviations can be found on the Mole Valley Orienteering Club (MV) website. [http://www.mvoc.org/Jargon\\_Buster.htm](http://www.mvoc.org/Jargon_Buster.htm). Some are below.

- OK Nuts Trophy- Annual event put on by the South London Orienteers and Wayfarers (SLOW) See <http://slow.org.uk/about/history/oknuts/>
- KNC- Kent Night Cup =Saxons weekly night orienteering – 1 hour score event then meet in a pub. Suitable for all abilities but you will need a torch.
- SOG- Southdowns Orienteers Saturday series.
- SONIC Southdowns equivalent of the Kent Night Cup but not as frequent
- 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 event** = District Event-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.
- **Level B:** These are more ‘high status’ events that aim to attract orienteers from around the country. 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. 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.

**SOUTH EAST LEAGUE 2016/17**  
**EVENTS FOR YOUR DIARY**

These events are typically held on the best areas in the SE so are events not to be missed. And you collect points in the South East League both for you and for Saxons.

Current planned events

11-Dec-16	SN	Long Valley
08-Jan-17	CHIG	Epping East
15-Jan-17	DFOK	Westerham
22-Jan-17	GO	Woolbeding
05-Feb-17	MV	South Ashdown
19-Feb-17	HH	Northaw Great Wood
19-Mar-17	SAX	Millbank
02-Apr-17	LOK	Holmbury
14-May-17	SO	Arundel Estate

For you Urban Junkies out there, these are the remaining fixtures in the Southern England and UK Urban Leagues

Sun 25th September	NWO	Royal Wootton Bassett	SEOUL
Sat 22nd-October	HOC	Great Malvern	UKUL
Sat 5th November	SARUM	Salisbury	SEOUL
Sat 19th November	OUOC	Oxford	SEOUL & UKUL
Sun 20th November	NOR	Norwich	SEOUL & UKUL
Sat 17th December (evening)-	SO	Brighton	SEOUL



## ETOC 2016 by Tom Dobra

I attended my first ever European Trail Orienteering Championships (ETOC) around Jesenik in the Czech Republic from 23<sup>rd</sup> to 28<sup>th</sup> May. For those in any doubt about terminology, see the glossary box. Having won the public PreO competition at WTOC (World TrailO Championships) in 2015 and come 53<sup>rd</sup> in the WTOC TempO, I was keen to see what I could achieve. The area was beautiful and mountainous, allowing some good runs in the rare free moments in the week, so made for an excellent trip on both the TrailO and other fronts.

My trip away started with a warm-up near Bratislava in Slovakia with a middle FootO, PreO and sprint Foot O on Saturday, followed by a Temp O on Sunday, all with plenty of sunshine. The TrailO competitions had been planned “Nordic” style, meaning it was less about lining up features, like is so common in the UK, and more about where the kite is relative to objects, which I found very enjoyable. I was 7<sup>th</sup> in the PreO with a score of 22/23, but 35<sup>th</sup> in the TempO, which I found much harder, with a time of 436s over 28 problems.



**Tom concentrating** - (photo: Spectator station at TempO final. Credit: Anna Auermüllerová. [http://www.kade.cz/EOC2016/tempO\\_aa/](http://www.kade.cz/EOC2016/tempO_aa/))

On Sunday afternoon, we drove into the Jesenik mountains for the main event. After a disappointing start for me in the relay for team GB1 (Ian Ditchfield, me, Nick Barrable) on Tuesday contributing, in best tradition, to being beaten by GB2 (SJ Barrable, Pete Huzan, Charles Bromley Gardner), I qualified for the TempO final (36 places) on Wednesday morning, along with Nick. Since I have still only done relatively few TempOs, I was still finding my optimum technique, needing to balance speed and accuracy with a 30s penalty per wrong answer. My strategy for accuracy was clearly working, so I used it at the final that afternoon

around Jeseník Spa. What an experience under pressure! Knowing from my experience at the relay there would be contours, I carefully proceeded through the stations to reach the final spectator station, which started with a classic parallel-feature zero (no kite correct) and had a fiendish third problem. In the end, I was as accurate as Martin Jullum of Norway who came 2<sup>nd</sup>, but 200s slower, leaving me with a respectable 23<sup>rd</sup> place in 466s. Nick came 19<sup>th</sup> with a time of 432s; both of our results were better than any GB athlete has achieved in Tempo before! Now to speed up without losing the accuracy...

Friday saw the start of the two-day PreO competition. Day 1 was in a complex, pitted mining area adjacent to the Tempo qualifier in Zlaté Hory, and I have never done a course so hard! It was a fair course as, given enough time, all the controls were most certainly solvable, but I found myself woefully short on time, having spent 8 minutes on each of the first two problems when the time limit says 4. I then rushed the second half of the course and was still 3s late at the finish, costing me a further point, leaving me with 16/23. A thorough debrief after a well-earned rest and a plan to stick rigidly to time worked wonders on day 2 in a large quarry near Vápenná, where I scored 22/24 to come 17<sup>th</sup> and be top Brit for the day. Overall, I came 43<sup>rd</sup> (3<sup>rd</sup> Brit), but learnt so much after the disappointment of day 1 that I'll be in a strong position for future tough PreOs.

In summary, the highlights of my week were the Tempo final and the 2<sup>nd</sup> day of the PreO, knowing that I can compete against the very best. I learnt a lot which will no doubt mean stronger performances in competitions to come. As always, I am very grateful to those who supported me financially, including the Orienteering Foundation who paid for my entry and accreditation fees, BOK and SWOA, as these trips are really beyond a student budget, so I would not be able to go otherwise.

Next stop: WTOC, Strömstad, Sweden. In August, I headed out once again with the GB team to WTOC, combined with WOC, in Strömstad, Sweden. This time, because of fewer places being available to each country than at ETOC, I competed only in the Tempo and relay, participating in the public PreO competition. In the Tempo, I again managed to qualify for the final, but too many errors cost, leaving me in 34<sup>th</sup> place. For the relay, I joined John Kewley of MDOC and Nick Barrable of (insert almost any club you like here!, family from Tunbridge Wells) to come 8<sup>th</sup> overall.

The terrain was excellent, and as any foot-orienteer will tell you, out there only 100% vegetation and moss free rock is marked as bare rock - well worth a trip to see it for yourself!

**Tom Dobra**

## SAXONS RANKING TABLE

Prepared by Alan Hickling using a special formula that adjusts for age. The top 3 have not changed but John Van Rooyen has raced up from the 17th position he was in when we last published the table in the May edition, pushing everyone else down.

Pos	Prev Pos	Name	Age class	Top-12	Runs
1	(1)	Peter Martin	M65	1200	27
2	(2)	Mark Glaisher	M65	1191	21
3	(3)	<i>Joanne Hickling</i>	<i>W50</i>	<i>1166</i>	<i>16</i>
4	(4)	John Van Rooyen	M65	1134	17
5	(5)	Alan Hickling	M50	1127	32
6	(6)	Mel Taylor	M50	1102	20
7	(7)	<i>Alison Howe</i>	<i>W40</i>	<i>1077</i>	<i>14</i>
8	(8)	<i>Jean Fitzgerald</i>	<i>W60</i>	<i>1066</i>	<i>27</i>
9	(9)	Jeremy Oldershaw	M75	1065	27
10	(10)	<i>Beryl Pring</i>	<i>W70</i>	<i>1024</i>	<i>15</i>
11	(11)	Brendon Howe	M45	1013	12
12	(17)	Mike Perry	M70	986	14
13	(18)	Simon Blanchflower	M60	981	12
14	(15)	David Kingdon	M65	972	20
15	(13)	Dave Pickup	M45	968	20
16	(12)	Simon Greenwood	M60	965	23
17	(14)	Simon Deeks	M45	959	14
18	(16)	Doug Deeks	M75	954	19
19	(20)	Mike Solomon	M70	902	14
20	(19)	<i>Heather Brown</i>	<i>W65</i>	<i>896</i>	<i>10</i>

Compiled from the results of all SAX and DFOK events, Level B/C events in the SE and Level A anywhere.

## SAXONS OUT AND ABOUT

### Dunorlan Park 9 July 2016

One of the low key summer series events – aimed at attracting newcomers. Run of the day must go to Dave Pickup who won the 60 minute score (about 7.0k optimum route) in 36 minutes – having participated in the Parkrun (5k) earlier! A good showing also from first timer Dominic Frankel on the yellow course.

Organised by David with help from Anita and the wider Kingdon family

## Saxons Summer Series evening event at Scotney Castle, Thursday 14th July

This event was planned and organised by Richard Field using the map created in 2015 by David Kingdon. The format was a one hour score course with some controls suitable for beginners and improvers, and other controls suitable for experienced orienteers. The fastest time to complete the beginners / improvers course was Graham Denney. Chris Hooker (SO) and Brendan Howe (SAX) visited all 22 controls on the score event but Chris had the faster time and so was declared the winner. Andrew Pitcher (DFOK) won a special prize for finishing in 60 minutes exactly, collecting 17 controls. On a fine evening, the mix of scenic parkland and woodland was appreciated by all the participants.

## Saxons inaugural Bike O Photo Trail 13 August 2016

Saxons Cycle Photo Trail was a very successful fun activity held on Romney Marsh on Saturday 13th August. 36 people came, some riding on their own and others in teams of two or three. They set off at timed intervals to visit 20 locations and match up the photos.

Maybe an elite orienteering cyclist could have visited all twenty controls in the available time but our highest scoring riders visited 19 locations scoring 19 points with no time penalties. One team even had time to call into a pub for refreshments and still get back with 15 points and no time penalties.

The sun shone; there was a gentle breeze or a stiff wind depending which direction the riders were going and everybody seemed to have a great time. Richard Field got the top score

With enormous thanks to the Organiser / Planners -Heather Brown and Tony Connellan

Photos below from Heather

	
Beryl & Roger Pring	David & Graham Thomas



## Welsh 5 days 24- 29 July 2016

This is the story of the weather and the terrain in South Wales this July. Whilst you lot in the South East basked in the warmth and sun those Saxons who ventured west had to put up with a very mixed climate. It was never that cold but the weather left a lot to be desired. As you will see below we had a very interesting selection of areas, something for everyone's taste.

**DAY ONE** was horrible, wet and breezy on the sand dunes at Kenfig, very close to the steel works at Margam near Port Talbot. This was the first long day with two more long and two middle distances to come. The fact that the contour interval was 2.5m shows that it was particularly technical – very easy to go wrong and difficult to relocate as one grassed over sand dune looks very like another. Vegetation boundaries didn't seem as clear on the ground as the event particulars indicated and it was difficult on the map sometimes to see the difference between marsh and scrub.

**DAY TWO** was the best orienteering day weather-wise, warm and sunny. But we were again in the sand dunes at Kenfig and they radiated heat so conditions were somewhat different from the day before. This was a middle distance day and we used parts of the map not used before though most people did seem to have controls on their courses used the day before.

**DAY THREE** we got away from the coast and although Margam was still in the title we were the north side of a range of hills near Maesteg. It was damp and dark in the forest and rough underfoot with some pretty steep bits. This was another long distance day, but because the climb was getting near the permitted 5% level,





courses were shorter than they were on the final day – the last middle distance day.

**REST DAY** was probably was the best day of the week.

**DAY FOUR** we were again away from the coast. This time that meant north of the Heads of the Valley road in rainy and windy conditions with poor visibility at 450-550m on open moorland. To add to the problems we had to be bussed which is always a further logistical nightmare. The area just up the road was used for JK 2014 so some of you may be able to visualise it. Most courses had a very long leg in what seemed featureless terrain in the mist and rain. Then, when you looked at the map you saw these huge sink holes and wet pit and ponds. These were the navigational features but one looks very like another so you had to keep your wits about you.

**DAY FIVE** started with a shower and improved from then on. We were back to the Margam connection in Margam Country Park. This was the second middle distance day. Courses were longer than day 3 – a long day – but with less climb. Most courses started on a very steep wooded slope with plenty of contour detail. Conditions under foot were rocky with leaf litter adding to the mix. After this baptism we were out into the country park part, obviously easier running but the whole area seemed to be wetter than one would expect in late July and most competitors seemed to end up muddy.

On an individual basis performances were mixed. The Howe family should have stayed the whole week. Austin led his class easily having been first on all three days, but it needs 4 to count. Alison was 3rd, 6th and 9th in her class on her three days so was heading for a good position. Graham and David Thomas only came to sample the dunes at Kenfig so were only there two days. The other full time Saxons were consistent, if not troubling the leaders with the exception of Jeremy Oldershaw who, after a disastrous first day ended up 5th on M75. It is so lucky that only 4 days count.

A special mention must be made of Anita who finished all 5 days through some very rough terrain and was awarded a special prize for perseverance and endurance.

**Jeremy Oldershaw**

## **Orienteering in the Canadian Rockies- “are there any bears?” July 23-25 and July 30-Aug 1**

**Short version:-** Awesome scenery, complex glacial contours covered in pine forest, the possibility of meeting a bear on your course, a food tent at the Finish( melon, banana, orange segments, biscuits , pretzels and water), lots of fallen trees to put you off your compass bearings, really friendly atmosphere because the events are not that large, mostly English speaking, very expensive O shop- aaah ( my O shoes fell apart during one race and I had to buy another pair at vast expense), lakes to swim in after your event, welcoming banquets and a fun silent auction.. Really good events we would go again.

Photo below by Mark Purkis. Bow Valley Provincial Park- training area.



**Longer version:** - The Purkis family spent 2 weeks in the Canadian Rockies to attend two 3-day weekend orienteering events.

The West Canadian Championship (WCOC) in a park just outside Jasper; a Middle, a Long and a forest Sprint. Then same format the following weekend at the Canadian Orienteering Championships (COC) held around Canmore, just South of Banff.

The Canmore Nordic Centre was however experiencing a record number of bears due to the bumper crop of buffalo berries. With a number of bear incidents, cyclists being attacked etc. the Rangers had closed lots of the trails, were telling visitors to i) expect bear encounters, ii) to travel in groups of 4 iii) to sing and shout and iv) to stick to the open trails. Realising that orienteers were not going to do ii, iii or iv, with 3 days to go the Rangers decided the park was unsafe for orienteering. The local Club had 3 days to update maps, plan new courses and move the organisation to safer areas- which to their credit they did. Just think about getting the maps printed! Apparently this is not common and no, they did not have a second event planned just in case of the bears. We still had to carry bear spray. Did we see a bear? Mark Purkis saw one- “pegging it in the other direction”. The forest Sprint became a sprint round the Univeristy of Calgary 90km away with more last minute map changes and maps printed in the morning. They said it was the latest they had ever printed maps for an event.



**Performances:** - Mark Purkis did well winning the WCOC Middle Distance race. Richard was recovering from injury so ran down from the M21 Long to Men’s Open on both weekends and won these. Jerry’s best performance was to come in the top half on the WCOC Sprint and the COC Long. However he also retired one day because he just could not find a point. Rowan’s best performance was 12/17 at the WCOC Middle- the first race but it went downhill from there with one retirement because of a broken shoe, one last place and one MP. Oh dear!



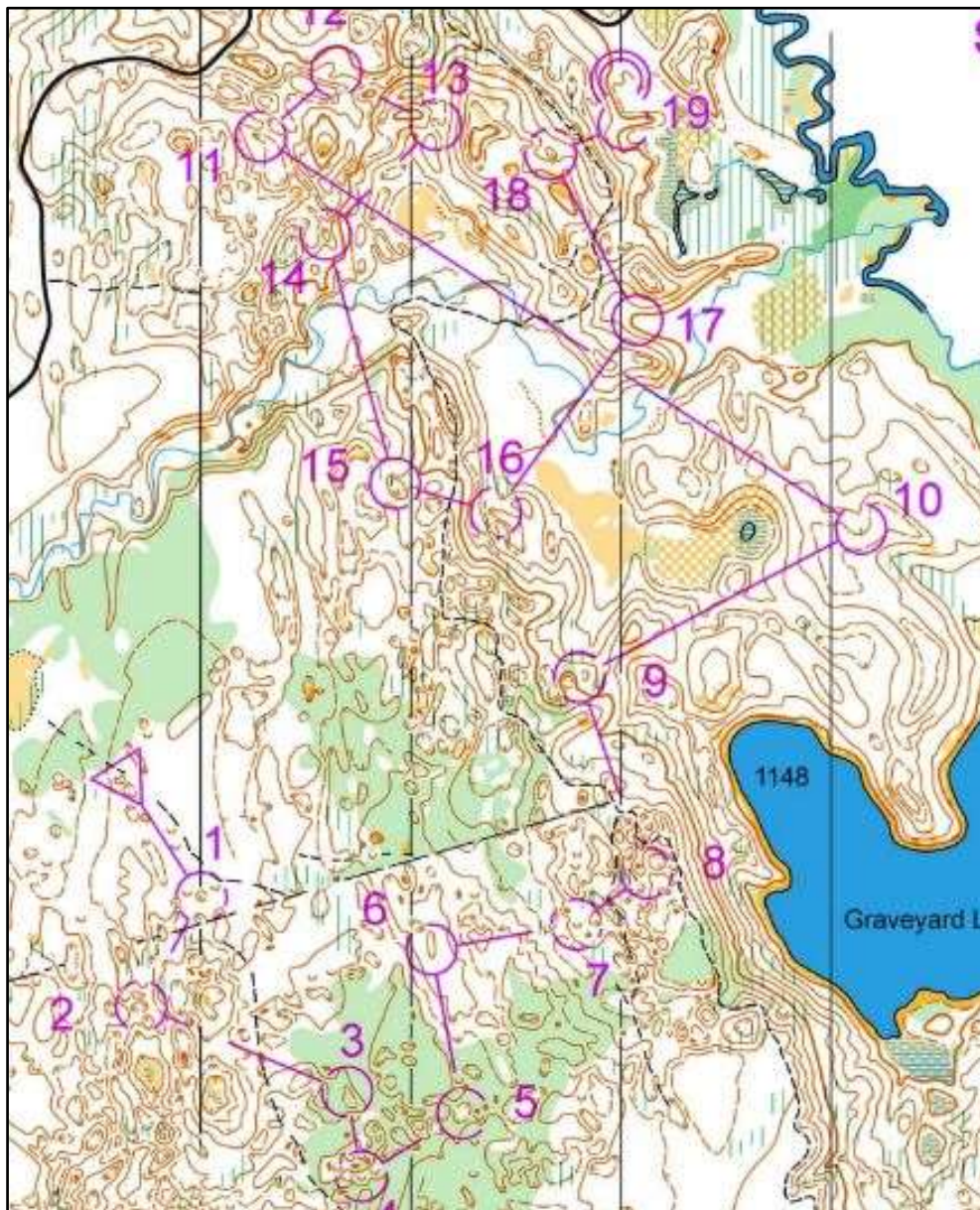
The Sprint round the Univeristy of Calgary as followed by a mixed team sprint with teams of 4. A Family Purkis team suggestion was dismissed by Richard and Mark who thought it would be more fun to run 2 legs each- it would be faster. In fact, it was so fast they won the Fun class. The photo is Mark handing over the map for leg 4 to Richard. Everyone was clapping and cheering because the commentator had got wind of what the Purkis brothers were up to and was cheering them on over the loudspeaker. It was very exciting, Rowan and Jerry just basked in the glory of being their parents!



And more the subject of – what did the Canadians did well that we could learn from. Nick Barrable had told us about their silent auctions and told us to take items to donate into the auction. We could not believe the fantastic number and variety of items that had been donated. Mark came away the proud owner of a pair of knitted gloves and an O top. Jerry was outbid on some O shoes. It was a good fun way of raising money.

Would we go again? - Definitely, the welcome from the Canadians, the scenery and the terrain were all fantastic.

### MAP EXTRACT- THE WCOG Middle Distance M21 course



## South East Sprint Championships - 21 August LOK

Hot on the heels of the Rio Olympics, the South East Sprint Orienteering Championships were held in Bloomsbury, hosted by London Orienteering Klubb. The event was based at Birkbeck College with the benefit of smart modern facilities and an on-site café. The terrace and lawn provided a great venue for Starts, Finishes and the award ceremony.

The morning courses involved visiting various small parks and squares including Russell Square with trees being used for most of the controls. In the afternoon as well as small parks there were tricky legs amongst buildings with alleys, staircases and covered areas. The morning results were used to determine the reverse-order start lists for the afternoon with the two times combined to give the Championship results. Competition was boosted by keen participants from other regions although they were not eligible for South East awards.



Peter Martin – Cemtre – Gold in M60+



Is it Gold Peter?

It was a sunny August Sunday but only a few Saxons opted for fast and intricate sightseeing in London. Alan Hickling and Barry Woodfine took on the highly competitive Course 1 with Cate Slade running Course 2. Chris Sibley, Simon Greenwood, Mike Perry and Peter Martin ran Course 3. The award ceremony was conducted in good style by our very own Simon Greenwood in his capacity as SEOA Chairman, with both Mike (M70+) and Peter (M60+) coming away with Gold medals. Chris Sibley got a bronze.



Mike Perry- left- Gold in M70+



Chris Sibley with her Bronze medal

Photos from the event thanks to Alan Hickling, Peter Martin and Mark Cheesman (photo of Chris)



## Newcastle City Urban 21 August

Anthony Barrable and Rowan Purkis, along with Richard Purkis took part in the inaugural Newcastle City Race. Although the whole of the city has been newly mapped, the competition area was confined to Northumbria University and the Quayside on the North side of the River Tyne. This kept competitors away from the wide shopping streets which would have been busy with pedestrians and not technical for orienteering. The many walkways and underpasses that route pedestrians away from the busy carriage ways provided excellent opportunity for route-choice and technical orienteering with it being important to check height levels.



A quote from Richard: “I lived in this city for three years and had no idea Newcastle was this technical. It would have been great if this map had been available to train on when I was there at Uni here as during the race I visited places I didn’t know existed. A much more technical urban event than many others on the urban calendar – so technical I even managed to unintentionally DSQ myself. I recommend it and will come again.”

**Editor’s note-** I had run down to Women’s Ultra Vet because the previous weekend I had been unable to walk at all because of injury and was not sure an Urban race was what the Doctor ordered. I was so impressed with how technical even the short WUV course was, that I went out of my way to compliment the Planner and have included a map extra on the back cover.



## World Masters Tallinn Estonia 6-13 August

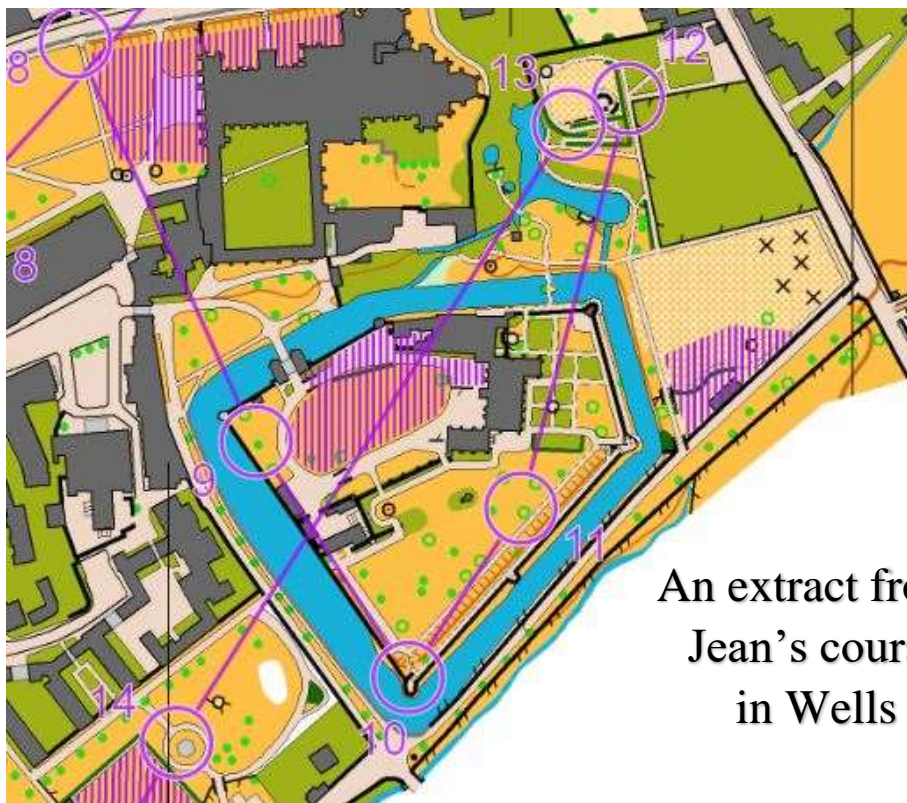
Alan Hickling was the sole Saxons representative with Nick and Anthony Barrable to keep him company. I think Alan got into the A final for the Sprint and the C final for the Long.

He posted some photos on Facebook- It looks a grand location for a Sprint event.

## White Rose Weekend Dalby Forest, Yorkshire 27-29 August & the BOK Blast

### Orienteering at two 'ends' of the country

Over the August Bank Holiday weekend, I did my annual pilgrimage to North Yorkshire for the White Rose event. This year the event was based in Dalby Forest near Pickering. The format for the weekend is always a campsite around which the events are organised. There was a night score event on the Friday, which I missed, a middle distance and classic distance race and a forest sprint event, together with a labyrinth in the camp field and a team relay, so a feast of orienteering, and cheap entry for three days into the forest with its walks and mountain bike trails. I had been warned that the forest was tough, and it was! There was very little white on the middle and classic maps and some serious climb on the classic day. They had found a nice white area for the sprint though. I missed the relay event and took part in the mountain bike orienteering event instead. That was going well until I 'found myself' going down a steep slope to the bottom of the valley rather than slightly uphill to the finish. A very long boring walk up a road ensued. Still despite all this I enjoyed the weekend.



An extract from  
Jean's course  
in Wells

I stayed in Yorkshire till the end of the week and then travelled down to Somerset to take part in the BOK Blast. This was 2 days of urban competition, with the SW Sprint Championships on the Saturday and an urban race in Wells on the Sunday. Although I didn't do well at either event I really enjoyed this weekend after the brashings of Yorkshire, and we got to view the Archbishop's garden in Wells for free (and I got misplaced inside this small area!). The event is taking place in June in Bristol next year and will be on my list of events to sign up for.

**Jean Fitzgerald**

## **London City Race Sat 10 Sept - SLOW**

14 Saxons ventured up to Rotherhithe for the 9<sup>th</sup> annual London City Race. A little apprehensive because some of the best bits of the City are the old alley ways in the Square Mile but this was Rotherhithe which has been extensively redeveloped. How good was it going to be?

It was excellent; a mixture of new housing estates, alley ways, bridges. The front cover is a bascule bridge over the entrance to Surrey Dock. David Thomas had the best result 3<sup>rd</sup> on Men's Open. Peter Martin was 4<sup>th</sup> on Men's Ultra Vet with just 15 seconds separating 1<sup>st</sup> and 4<sup>th</sup> places. Cate Slade picked up the Women's Open map by mistake, she had entered Women's Vet and came a respectable 16/42. Rowan forgot her compass, not as essential round the streets as in the forest but found the start very confusing. She was happy with 73/98 as she walked all the way with her thumb on every junction so as not to get lost

It appeared the Saxons Men's Super Vets had gone off without their compasses too. If you look at their course on the back cover, you will see control 1 to the south west of the start. Ask them all and Phil Craven (DFOK) how many went North and got lost!

### **Précis of points from Committee Meeting, 12 August**

- David Kingdon has visited Cobtree Manor Park and reported it would be suitable for Trail O
- Simon Blanchflower has purchased second laptop
- Beryl Pring has agreed to take over the Secretary role.
- Sarah Howes in process of taking over Treasurer role from Chris Rogers. There was approx. £15k in the bank at the club year end- June.
- Fixtures Report
  - Volunteers still needed for Kent Night Cup, KOL and Sunday Series
  - Level B in 2017 is to be at Millbank on resurveyed Dave Peel map
  - We need a venue for our Level B event in 2018. Suggestions are: a) Enchanted Placed; b) Eridge or c) Challock might be suitable. All have mapping or access issues that need addressing
  - Urban event at Whitstable in Oct 2017-
  - Urban event 2018 might be in Rochester- area to be checked for suitability
  - JK in 2017 is in SE. Jerry Purkis is organising the Relay day at Pippingford Park. Saxons will help. .
- Simon Blanchflower has updated the University of Kent map with new buildings and sports pitches
- Alison Howe is ordering new running kit.
- We need someone to fill the role of Volunteer co-ordinator to comply with BOF requirements

Next meeting: Friday 14 October 2016

## SAX QUIZ ANSWERS

1. Which Isle has a town called Sheerness with a population of 20,000?	Isle of Sheppey
2. Which Kent River is Kent's largest running 22 miles from Canterbury to the coast at Pegwell Bay?	River Stour
3. Which man from Kent led the Peasants Revolt of 1381?	Wat Tyler
4. Which man led a revolt against Queen Mary in 1554 from Rochester?	Thomas Wyatt
5. Which medieval property near Sevenoaks boasts a large moated Tudor chapel?	Ightham Mote
6. Which moated castle with impressive gardens is found near Lamberhurst?	Scotney Castle
7. Which of these areas of Kent lies furthest East? :- Margate, Deal, Ramsgate or Dover	Ramsgate
8. Which of these areas of Kent lies furthest South? :-Maidstone, Folkestone, Ashford, or Tunbridge Wells	Folkestone
9. Which of these areas of Kent lies furthest West?, Dartford, , Sevenoaks, Gravesend or Tonbridge	Sevenoaks
10. Which river forms the Kent / East Sussex border and discharges into the coast at Rye?	River Rother
11. Which river rises from springs in Sevenoaks flows to Lullingstone & into the Thames at Dartford?	River Darent
12. Which river runs from Turners Hill - Tonbridge - Yalding - Maidstone - Rochester?	River Medway
13. Which sea side resort is best known for its oyster fisheries?	Whitstable
14. Which town in Kent was granted Royal Status in 1909 by Edward VII?	Tunbridge Wells
15. Which town is surrounded by ancient forts at Luton, Borstall, Pitt & Amherst?	Rochester
16. Which two areas of Kent are cities with Anglican Cathedrals?	Canterbury Rochester
17. Which winery and vineyard bottles over 50% of English wines? : - Tenterden, Lamberhurst, Sedlescombe or Chiddingstone Vineyard?	Tenterden Vineyard
18. With conical roofs, oast houses are common in Kent and used for which agricultural process?	Drying Hops
19. With the many clean rivers in Kent, which industry thrived in the 18th and 19th centuries?	Paper
20. How far is Dover from London? : - 58, 68, 78 or 88 miles?	78 miles
21. The Romans called it Durovernum; what do we call it?	Dover
22. What industry used to take place at Snowdown, Tilmanstone, and Chislet	Coal Mining
23. Identify the following towns and villages:-	
a. Cooked pork	Ham
b. Two slices of bread and a filling	Sandwich
c. More than six big trees	Sevenoaks
d. A piece of Yorkshire east of Maidstone	Leeds
e. ) Road followed by a crucifix	Strood
24. In which village did Charles Darwin write his 'Origin of Species'?	Downe
25. Which Kent castle was bought in 1903 by an American millionaire William Waldorf Astor?	Hever Castle
26. Which village still exhibits an equestrian novelty called a Quintain pole on its village green?	Offham
27. Son of a Canterbury cobbler he became a major Elizabethan dramatist, who was he?	Christopher Marlowe
28. What are Lathes and Hundreds?	divisions of land
29. King Stephen was buried in 1154 at an Abbey he founded, where was it?	Faversham
30. Mayors of which town wear all black ceremonial gowns In memory of a 15th century Mayor murdered by French raiders	Sandwich

## Club Committee & Officers WHO DOES WHAT contact list

See website for faces

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**NEWCASTLE CITY URBAN RACE 21 AUGUST 2016**



**ROTHERHITHE- LONDON CITY RACE 10 SEPT 2016**

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

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