



SAXALERT

SAX NOTICES

AGM / FUN O EVENT/ BUFFET LUNCH
10:00 for 10:30
SATURDAY 10 DECEMBER

Bring a plate & cutlery

LORENDEN SCHOOL - FAVERSHAM
Tell Beryl Pring you are coming

**ORGANISER/PLANNERS NEEDED FOR THE FOLLOWING
EVENTS TO AVOID THEM HAVING TO BE CANCELLED**

Kent Night Cup
2 February 2017

Scotney Castle Estate

A good opportunity to try planning a
simple Score course.

You don't have to be a night orienteer to
do this, and we have guide manual.

Contact Mark Glaisher

Sunday events:-

Hindleap, Forest Row- 12 Feb

Knole Park Sevenoaks- 30 April

We have planners for these events but
need organisers. If you can help in
anyway, Please contact Jean Fitzgerald.

The following Saturday KOL's need Planner/Organisers:-

25 March venue open

20 May Millbank in Sevenoaks

If you want to have a go but have not done this before, Alan will provide lots of
help and guidance and could find someone experienced to mentor you

Speak to Alan Hickling

THE "EVENT SAFETY & WELFARE" TRAINING
JERRY PURKIS IS RUNNING ANOTHER COURSE
ON SAT 7 JANUARY 2017

CONTACT HIM IF YOU NEED TO DO IT
Compulsory for all Event Organisers and Planners

MORE NOTICES

World of O Route to Christmas

For those of you that don't have a chocolate advent calendar to look forward to (or for those that do and need your daily map fix), World of O has a series called Route to Christmas where each day until Christmas a challenging route choice from an event that took place this year is set. You choose how you would solve it and then compare your routes with others.

<http://news.worldofo.com/2016/12/01/route-to-christmas-day-1-2016/>

MEMBERSHIP FEES

Your membership fee consists of 3 parts; Saxons, South East Orienteering Association (SEOA) and the sport's governing body British Orienteering (BOF). Please note that BOF portion of your membership fee has increased for 2017, this was agreed at the EGM held on 29 October. The Saxons portion is staying the same.

	Junior	Senior	Family	Group
Saxons	£6	£12	£18	£25
SEOA	£1	£3	*	N/A
British Orienteering	£3.30	£10	*	N/A

Some of you have received incorrect renewal e-mails from BOF with a zero Saxons membership fee. Please contact Sarah Howes if you owe us money.

BOF and SEOA charge per person. Saxons offers a family option for people living at the same address. Whether this is cheaper than joining individually depends on your family unit. To work out your family cost add the SEOA and BOF individual amounts to the Saxons family cost. For 2 adults at the same address joining as a family is cheaper than individual memberships. For one adult and one junior the cost is identical

DRAWING THE LINE

HOW MAPS MADE THE WORLD WE LIVE IN

AN EXHIBITION AT THE BRITISH LIBRARY 96 EUSTON ROAD LONDON NW1 2DB
FROM 4 NOVEMBER 2016 TO 1 MARCH 2017

The exhibition covers 100 years of mapping technology from the original sketch of the London underground to the satellite imagery of the 1990s and includes the first published map of the Hundred Acre Wood.

I thought that a trip to this exhibition could make for a good Saxons' social and Mark & I are planning a visit on Wednesday 25 January 2017. Come along and see how the Saxons' map of Hundred Acre Wood compares with the one at the British Library!

Full price admission to the exhibition is £12; senior 60+ is £10; members and under 18s go free.

If you'd like to join us, please email me: sarahmhowes@hotmail.co.uk

(The outline plan is to meet about 10:30/10:45 for coffee, spend 2-3 hours at the exhibition and then have lunch nearby).

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EDITORIAL



As well as orienteering I confess that I also geocache. Geocaching- definition “the use of multi-million \$ satellites to find cheap plastic boxes containing log books, hiding in the woods” Given the similarity between orienteering and geocaching:- exploring new places to look for objects, be it a flag or a container with a log book, I have been wondering for some time how to combine orienteering and geocaching. There must be a way to introduce orienteering to the hundreds of thousands of geocachers out there.

There are quite a few closet orienteering geocachers. Once at a Lakes 5 days Family Purkis joined keen cacher finding a well-hidden cache in the centre of Hawkshead only to bump into him again, the next day at the Start, wearing a Southdowns Orienteers top. When geocaching to explore an area after a major event, you will often find the log book signed by visiting orienteers and other more local orienteers can be seen lurking on the “Geocaching in Kent” Facebook page.

An orienteering geocacher in Edinburgh has placed geocaches on 5 permanent orienteering courses (POC) in his area. They are graded in difficulty; the easiest (GCWTNE¹) you can complete using a GPSr or a smart phone to visit the POC controls collecting info to enable you to work out the final cache location and sign the log book. The most difficult (GCX1EE1) requires the geocacher to use a compass and small window extracts of the O map of the area to find the POC controls. Unfortunately this level of difficulty has generally proved too hard for the geocaching community and is likely putting people off trying a course for real.

¹ All geocaches have a code number that starts with GC. This number will enable you to look up the Edinburgh caches on the website.

You will anticipate that my next idea is that Saxons could place a geocache at each of the permanent courses in our areas. Sites like Trosley already have many caches but I would hope we could place one more cache that requires visiting the POC controls to work out where it is. The icons on the map below are the existing geocaches at Trosley. (The ones with smiley faces are the ones I have already found). Any new cache must be at least 161m from an existing one.



To create some POC geocaches we will need the help of geocaching members of Saxons who live near the POC sites (<http://www.saxons-oc.org/poc>). Contact me if you are up for this.

If you are interested to have a go at geocaching you must first register on the www.geocaching.com website which is complete free. Then you need a GPS enabled device; either a smart phone with a free app, (I use “c.geo”) or a walking GPSr. Smart phones work well, particular in urban areas but using them for geocaching is battery and data intensive. The alternative is a walking GPSr onto which you download the cache coordinates from a computer; much better for very long excursions into the country. Once you have signed the logbook physically, you log your find on the geocaching website, either using your phone in a 4G area or back home on your PC.



The picture is a geocache near Ightham Mote with a padlock. Once found, it was necessary to answer the questions on the lid to get the code to unlock the padlock and sign the log book. The question- - *Three famous actors of times gone by; what ages did they live to? Add these ages together to find the number to open the lock- Charlie Chaplin, Frank Sinatra & Cary Grant.* – Would you have got into the box?

Not all geocaches are this tricky to get into. For our POC geocaches, the challenge will be finding the controls.

Rowan Purkis – Editor

Next edition Jan/ Feb

Cover photo- - Hargate Forest

NEW SAX

We are delighted to welcome the following new members:-

- The Russell Family - Puri W50 and Mark M45 from Sandhurst
- Graham Denney:- M45 from Sevenoaks
- Steven Reith, M40 from Blean near Canterbury



This is Graham Denney at Hargate Forest on 19 Nov. He is an IT project manager for The Design Museum. He actually started orienteering when a student in Newcastle in the early 90s when the University club was very strong and regularly had a minibus full of students travelling to O events. He drifted away when he started work. Graham's father runs for Sevenoaks Athletics Club and forwarded onto Graham one of our publicity e-mails for the summer series

Join our private Facebook Group for informal club chatter and buy a Club top so that other Club members can see you are a Saxons.

NEWCOMER FAQ'S

What is the best way to use a compass with an orienteering map?

Use the 1-2-3 method



Place your compass on the map with the Base Plate edge lined up with where you are and where you want to go.

2



Set the compass heading by turning the compass dial until the "N" on the dial aligns with Magnetic North (MN) on the map. There are North lines on the map to help you do this

3



Remove the compass from the map and hold it level in front of you with the Direction of Travel Arrow pointing straight ahead. **Turn your body** until the red end of the Needle is pointing to the "N" on the dial. The Direction of Travel Arrow now points precisely in the direction you want to travel. Look up, sight on a landmark and walk to it. Repeat this procedure until you reach your destination.

With acknowledgments to Silva for the pictures.

Very experienced orienteers can run, keeping the needle parallel to the North lines and do not need a twisting bezel but most use a twisting bezel to take a bearing

See previous 2016 editions of SaxAlert for a series of FAQs for beginners. Past editions are generally available to read in the refreshments area

SAXONS RUNNING KIT



New Saxons running kit has arrived. Long and short sleeve tops in unisex and ladies fit. Saxons buffs. Jackets and leggings

Contact Alison Howe for details



Chairman's Chat

With the new season well under way I hope you have all spotted Saxons new event shelter being used in earnest at KOLs and Sunday events. We now have more space for registration and download, but also space for Rowan's Tea Shop! Well not just tea and not a shop, but we are trialling providing hot water for tea and coffee plus cakes/snacks for after event socialising-you can now have a cup of tea while discussing your route choices under cover from the elements. Please support this initiative-we might find we need a second shelter!



Talking of new -we now have a smart new kit design courtesy of Alison Howe. We have tops, bottoms and buffs and are planning on ordering some wind proof jackets so everyone can see what club we belong to. Check them out at the next event or at the AGM.

Talking of which, just to remind you, the 2016 AGM will be held at Lorenden School on 10 December. After the business meeting we will have a novelty event, planned by Brendon Howe, followed by a buffet lunch. Please bring a plate and cutlery with you and let Beryl Pring know if you are coming.

You may have also noticed we are trialling a score format course in addition to the normal range of line courses at our KOL and Sunday events this season. After feedback on the Summer Series of events, organised by Sean Cronin, it was suggested that adult novices might feel more comfortable with a score format than a straightforward yellow or orange course, and that it might help build confidence so they can move on to light green courses. If you are a relative newcomer, or know people who would like to try orienteering, do have a go, and let us know what you think.

I seem to mention in most of my chats that you should have a go at orienteering outside the South East to experience the wide range of different terrain available in the UK. Well I took my own advice during November. I attended the Salisbury Urban event followed by the November Classic, which is held every year somewhere in the New Forest. Then I went up North and ran on sand dunes and mountainside in two events in the Lakes. All were interesting and the two in the Lakes were particularly challenging for people not used to contours. If you get the chance check on the BO website to see what's coming up and make a weekend of it in some (other than Kent) beautiful part of the country.

Jean Fitzgerald

CONGRATULATIONS

SOUTHERN CHAMPIONSHIPS - HENRY TAYLOR M12

The Southern Championships are an annual competition between clubs in South West, South Central and South East. This year the Southern Champs were hosted by Southampton OC at the same time as the November Classic in the New Forest on 6 Nov 2016.

The only Saxon to feature in the medals was Henry Taylor, The M12A results were

1 SWOA Tom Perry M12 DEVON 27:19

2 SEOA Henry Taylor M12 SAX 33:26

3 SCOA Adam Methven M12 BKO 34:11

This means Henry was the top M12 runner in SEOA. He beat competitors from SO, SLOW, and HH.

BRITISH ORIENTEERING PERFORMANCE AWARDS

Congratulations to Simon Chapman for receiving the British Orienteering Racing Challenge Bronze award at TD5 level on 26 October 2016.

North American Orienteering Championships

Mark Glaisher for winning the M65L.

PERMANENT ORIENTEERING COURSES- NOTICE

Please can anyone using our POCs let me know if there are any control posts missing or damaged. That way hopefully I can keep them in good order. Do bear with me if they aren't repaired straight away though as this has to be done by the Park concerned.

Thanks to Graham Denney for alerting us to a missing post at Mote Park.

Thank you for your assistance.

Beryl Pring
POC secretary



Letters to the Editor



The appeal in SaxAlert (July) for a rucksack to carry the Club tent was successful! See picture.

Thanks to Peter Martin we have a good rucksack to carry the club tent canvas (large blue and yellow tent). No more struggling to roll the fabric small enough to pack it away!

Mark Glaisher

Hi Saxons

Slowly, the B3D (Belgian 3 days) team are putting info on their website about the B3D in 2017, basic info about the 3 venues etc. and entries have opened.

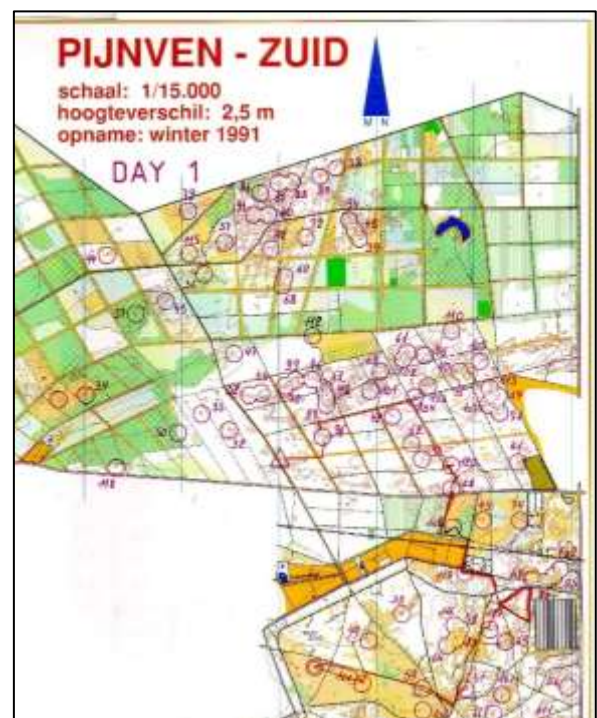
Prologue Winnerheide

Day 1 Pijnven Noord (I ran at Pijnven South in 1992 - map extract attached)

Day 2 Kattenbos

Day 3 De Sahara

Note on map extract - You are meant to ignore the many controls and look at the tasty?? terrain. They used to make you hand your map in at the finish, then rather than return your course map to you (in a Club bag) they'd give you an all-controls map instead. Not sure why they did that - but they stopped doing it when digital mapping came in.



We booked a hotel in Lommel a while ago, and two people have told me this week that it is already fully booked!

<http://2017.3days.be/> June 3-5 2017

Best regards
Bill (Griffiths EBOR)

THE BIG TICK PROJECT

In 2015 vets and pet owners in the UK took part in The Big Tick Project, conducted by MSD Animal Health UK and the University of Bristol. The aim was to better understand the distribution of ticks and tick-borne diseases which affect dogs.

This study was triggered by concerns that **tick numbers had been increasing in recent years** in the UK. Many factors may have caused this increase including changing weather patterns which mean prolonged periods where conditions favour tick survival, e.g. wetter summers and warmer winters. 7,102 dogs were selected on a random basis and 2,181 were infested with ticks i.e. approximately 1 in every 3 dogs. The survey also found that tick populations are widespread across the UK and that they are present in urban areas, not just in rural areas.

These are worrying statistics as there is a risk of both humans and dogs contracting tick-borne pathogens which can result in diseases such as Lyme and Babesiosis.

The risks of being bitten by a tick have long been known to the orienteering community and obviously an increase in tick numbers heightens the concern.

What to do if you find a tick on you:

- remove the tick as soon as possible
- the safest way to remove a tick is to use a pair of fine-tipped tweezers or a tick removal tool
- grasp the tick as close to the skin as possible
- if using tweezers, pull upwards slowly and firmly as mouthparts left in the skin can cause a local infection
- Once removed, apply antiseptic to the bite area, or wash with soap and water. Keep an eye on the area for several weeks for changes
- contact your GP if you begin to feel unwell, remembering to mention that you have been bitten by a tick or have recently spent time outdoors

Further health information can be found at:

www.gov.uk/government/organisations/public-health-england

Further detail of the study and information can be found at: www.bigtickproject.co.uk

Sarah Howes

PS There was a long article on “being tick aware” in the Sept 2013 SaxAlert. Let the Editor know if you want a copy.

And the British Orienteering website has an article here

https://www.britishorienteering.org.uk/images/uploaded/downloads/international_support_tickalert.pdf

Participation in events by Saxons Seniors 2015-16

Early in the year I produced a summary of events attended in the early part of the 2015-16 season by our senior members, so I thought it would be interesting to complete the job to the end of the season. This includes 5 Sunday events (four level C and one level B) and the five Saxons-organised KOL Saturday events (level D) from October 2015 to June 2016. Over that period 70 members attended at least one event (18 only took part in one), 23 took part in five or more events and only 4 competed in all 10. It would be useful to know what motivates you to take part (or not). Are we organising the wrong type of event? Or are you just too busy with other pursuits to be able to attend more regularly? Comments to me please. Summary data is/are in the table below. There was a total of 269 senior Saxon runs over the season at these events. Saxons seniors normally make up around 40-50% of the total seniors at our events. The exceptions are when the event is fairly far west in the county or is one of our better-known and liked areas. For example, Hindleap was a level B event with a large attendance from other clubs. Ightham is also popular outside our club. Excepting those two events there appear to be similar attendances at Sunday and KOL events. You may then wonder why we bother with level C events when they need more planning (6 courses compared to 4 at KOLs) and also require controlling. However, they are of more 'high status' than level D events and also bring in more revenue for the club so we can spend more on e.g. mapping. For the current season all level B and C events are being advertised on Fabian4. With Mailchimp reminders being sent regularly we hope to see more of you at all of our events.

Sunday events	Total seniors	Total Saxons seniors	Saxons as % of total
Anglely C 25 Oct	59	25	42
Hindleap B 15 Nov	178	35	20
Blean C 14 Feb	41	23	56
Ightham C 28 Feb	143	32	22
Scotney C 24 Apr	75	28	37
Saturday events (KOL)			
Blean 3 Oct	56	28	50
Ightham 12 Dec	78	30	38
TW Common 6 Feb	62	26	42
Trosley 16 Apr	54	25	46
Haysden 18 Jun	24	12	50

Jean Fitzgerald

Chairman and Fixtures Secretary

Junior Pages



I always feel that the **Hucking Estate** is one at which juniors should do well. With all the energy which you have and the wide open spaces for you to show how fast you can sprint the courses are just made for you. I shadowed a couple of Saxons on the yellow course and there was no way that I could keep up with them – they were almost as fast as the rabbits which scattered at the sight of them approaching at speed. So I wasn't surprised to see when the results were on the website just how many of you ran, how fast you ran and how well you did.

James Ford must have been pleased with himself for coming 6th out of 26 on the blue course against all the very experienced orienteers who have been practising the sport for many years both in Britain and the rest of the world. Only a few minutes behind the winner and until the last control was ahead of one of DFOK's best orienteers. At one point I spotted from the 'splits' on the results page that he was even ahead of the final winner. Wow!

On the other courses there were 18 junior Saxons – that's a marvellous turn out. Ben Cronin was our only winner on the day coming in first on the very popular yellow course with a very speedy 20mins 54 seconds beating Luke Evans and Kasie Chapman by a whole minute. Well done Ben, another good result to add to your already long list.

Holly Howe and Charlotte Deeks were our youngest runners – both only 5 years old – and both, of course, had really good fun. Also well done to the rest of our team; - Alfie Mayne, Charlie Mackins, Tia Mackins, Rebecca Ledger and William Prior. What a good group of ten Saxons orienteers you will all become as you get more experienced and I'm sure will want to go to so many more events. On the Light Green course there were 40 competitors so I'm certain that Michael Cameron was really pleased to have come third against such a mass of opposition and only three minutes behind the winner. That's a marvellous result for you Michael well done. You might have noticed that Joseph and Matthew Derrick are now confidently running the Light Green courses and doing really well coming in at 25th and 27th just ahead of Eglantine Betts. I'm sure that I shall see all your four names doing well on the Light Green courses in the months to come.

On the orange course it was good to see Jake Wilson, Toby Prior and Austin Howe all coming in close together in 6th, 7th and 8th places. Not much time between them so could this be the closely matched course of the season between these three with Thomas Wilson in there as well? I'm looking forward to seeing the results in the next events to see if the competition between them heats up.

On 23rd October there was a larger event in **Blean Woods** and I spotted some really good results for our juniors who attended the meeting. As I said above I am expecting lots of friendly competition from Matthew, Joseph and Eglantine over the Light Green courses this year and the boys came in with just a minute between them. I ran the Lt. Green course and like Eglantine did not do so well. I miss-punched at control number 9. I obviously didn't check the number before dibbing. A dreadful mistake and I still don't know how I did it. Perhaps I was concentrating too much on getting over the stream without slipping on the muddy bank. Ah I'm just looking for an excuse and shouldn't lose concentration should I?



William and Toby ran the yellow and Orange courses and, as always, did very well coming in 3rd and 2nd and, I'm sure having enjoyed themselves immensely.

Our latest outing with lots of juniors took place last Saturday at **Hargate**. Here the whole course is on the side of a hill. OK it's not that steep, but as you run down your mind is possibly on the fact that you've got to run all the way back again. Sometimes the start at Hargate is at the bottom of the hill, but this time it was at the top. Which is better to start at the top or at the bottom - to finish with a spring down to the bottom or stagger to the top? What do you think? Well no matter which way, a descent and climb had to be done and at least it wasn't quite as muddy as it has been in the

past! The picture shows some Lordswood School competitors at the Finish.

No Blue junior entries this time, but Eglantine, Matthew Keenan, Michael, Elsa, Ffion, Joseph and Matthew all competed on the Light Green and as it was the course which I ran I'm sure you all enjoyed the challenge which it presented. There were some good chances to sprint along paths and some masses of bracken to bash through or avoid. How did you get from 3[52] to 4 35] did you sprint around the path or did you wriggle through the bracken. Which route did you take and do you think you should have made a different choice. It's always easy to make the correct decision when you are at home afterwards with no pressure and sitting at a table isn't it? Get the map out and have a browse.

While I was standing chatting at the finish I met Henry and Matthew Taylor sprinting in at a great pace not realising that they had claimed 1st and 2nd place on the orange course. Austin and Toby took up the orange challenge and claimed 3rd and 5th places. So very close at the top!

I counted 14 runners on the yellow course and noticed that all but three were Saxon juniors. Wow! Charlie Mackins just beat Adam Evans by a few seconds and grabbed 1st place with Alfie, Luke, Brooke, Holly, Ben, Joshua, William, Tia, and Abigail all making up a super team of Saxon juniors. Apart from these results I also noticed that Henry and Matthew Taylor have been to some distant grand events and went home with some very good results to their credit. Firstly at the British Sprints they both came 2nd in their groups and then a few weeks later went to the Devil's Dyke score event and ran the 60 minute and 40 minute courses and amassed 31 points between them for the Saxons team. At the Southern Championships in the New Forest on 6 November, Henry Taylor did extremely well coming 2nd

I'm very pleased to be able to report all of these successes which you have had over the last few months. I'm sure that all members of our club are pleased to see you all sprinting around the woods, towns and parks, doing so well and, of course, really enjoying taking part in such a good healthy sport. So we all look forward to seeing you at more events using all your energy and thinking skills and getting more wonderful results

Tony Connellan

COACHES CORNER

- 1. Using a compass-**
- 2. Planning courses- a members first attempt**
- 3. Night Score – a novice experience**
- 4. Serious training- Norwegian style**

1. Using a Compass.

See Newcomers FAQ for the basic use of a compass. Experienced orienteers will be interested to read this article by Top WOC ranked Thierry Gueorgiou on how to master a compass. Thierry reckons 60% of his mistakes are due to poor compass work.

<http://o-training.net/blog/2013/05/22/gueorgiou-how-to-master-the-compass/>. Including exercises to improve your compass work.

2. PLANNING COURSES- A MEMBERS FIRST ATTEMPT

Beryl and Roger Pring have only been orienteering a year or two and wanted to have a go at planning courses. They volunteered to shadow Simon Blanchflower in planning the courses for the Blean Woods Sunday event in October. This is their report

I had asked Jean if Roger and I could shadow someone planning Blean Woods. In the end I helped Simon Blanchflower plan and Roger assisted Nick Betts with the Organising.

Simon sent me the Condes file and a map of Blean. He suggested that I plan Orange and Green from the controls he had already on the map for the other courses. I read all the relevant information on the BOF website and the Saxons website, not realising there were so many things one had to know. Making sure that the Orange course was not too difficult but not so easy as Yellow. Green on the other hand had to be as technical as Blue but not so long. I was concerned about getting the actual distances right but needn't have worried as the Condes tells you all of that, so no problem there. On completion I sent the file back to Simon, who did have to alter some of my controls but overall okay I think for a first effort.

On the Sunday before the event we met up by the lay-by at Blean and walked around to tape the control sites. This took us quite a while because we had to make sure we had the correct places and we also had to change a few sites as they were either covered with leaves and you really couldn't find them or not there anymore. The controller, Mike Solomon then went round to check that they were all okay and did have to change a couple of the sites for one reason or another.

Finally on the 23 October I met Simon at 8am to put out the controls. The first control site I couldn't find (good start I thought) as they had chopped down a load of trees and it completely threw me. Anyway I managed to site all the others (although much to Simon and Mike's amusement I had put the kites on wrongly) then afterwards Simon and I met up to find my first control which had actually been the other side of the cut down trees. That was my part finished and I have to say I enjoyed it, although I don't think I would be able to plan such a big event on my own. A big thank you to Simon for letting me be his shadow on this occasion.

It turned out a long day for all of us as we did not have many volunteers to help. Please try and give some time if you can at future events, you will always get a run.

Beryl & Roger Pring

3. A NOVICE ATTEMPT AT NIGHT SCORE ORIENTEERING

KINGS WOOD, CHALLOCK 10/11/2016

About this time, last year I had a go at a Night score competition, at Blean. It was very dark but due to having a fairly good knowledge of the wood, nearest Dargate, I managed to find a few, have a thoroughly enjoyable time and relax with a drink in the Pub afterwards.

I can't make the Blean event this year but wanted to have another go at orienteering in the dark and so Kings Wood it was!

Luckily I had competed from there once before, in daylight and so I had a cunning plan! As I only walk, I knew that there was little point in me heading off too far out and so I used the grass clearing, set just in from the car park as a reference point and set about finding controls set around it.

Once again as a novice I was struck at how dark it was and I also found the leaves on the ground made distinguishing tracks difficult at times. As a precaution each time I left a main track I set my compass, so that I could always find my way back if unsuccessful in finding the control. This helped my confidence and after a long time looking for my 1st control, I went on at a steady pace and managed to find 4 controls and finish in ample time.



When I went through the map later I kicked myself for not finding one of the controls, as I was so close but needed to go on a little further. If I had not lost so much time early on I could have tried for an additional control, which I had not thought of on the night.

I was pleased I 'gave it a go' and learnt so much, which I look forward to putting into practice in the future. Thank you to the organisers and welcoming competitors, particularly those that chatted to me when downloading.

Sarah Reith

4. SERIOUS TRAINING- NORWEGIAN STYLE

Mark Purkis (M21) has sent this report of a typical week's coaching/training with Halden SkiKubb. (A lot of the Norwegian orienteering clubs started life as ski clubs).

A typical week in Halden

For the last 6 months I have been working at a paper mill in the Norwegian town of Halden conducting my Masters Chem Eng research thesis on anaerobic digesters and creating gas out of paper mill waste water. Halden is medium sized town, about the size of Tonbridge, in Southern Norway, on the border of Sweden. The town has 3 orienteering clubs.

The largest club, Halden SkiKlubb (HSK) has about 750 members but most appear to be social members. The club has "only" about 120 keen regular orienteers. It is a very strong club, not just

in Norway, but in the whole world. To give you an idea quite how strong the club is, they sent 17 runners to WOC this year and won 5 medals.

I will write about a “typical” week’s training in Halden:

Monday: Styrke (strength) training in the garden of the HSK house.

The club owns a 6 bedroom house, which it rents out to orienteers who have moved to Halden to come and train. Nations occupying the house 3 x NOR, NZL, GBR, SUI. I feel that there’s definitely a market for this in Saxons’ territory ... well maybe not.

The strength session has 15mins of running drills and warm up, 45minutes of strength work without



weights. One particularly eventful memory is when one of the women dislocated her shoulder during the session... ouch! In the winter it has moved into a school gym hall, after our session is a session for the youngsters, and after that one for the younger teenagers!

Tuesday: Intervals

Lead by elite coach Eva Juřeníková the exact session is on a 4 week rolling schedule. Eva is paid by HSK to organise the clubs’ training and support its elite athletes. This involves 2 sessions on Monday, 1 on Tuesday, Wednesday, 2 on Thursday, Friday. If there’s no races or events on Saturday she normally plans an additional training.

Each week we have a different session: intervals on the track, intervals in the park, hill reps up the fortress, or a 3km time trial. This is on a rolling schedule so every 5th week you start the cycle again. There are no ParkRuns in the whole of Norway, so this 3km time-trial is the closest I can get! I feel there’s definitely a market opportunity

Wednesday: Night O

Mass start with re-grouping every 2km or so, this has the benefit of keeping everyone together and maintaining a sociable aspect. It is supposed to be at an easy pace... however the easy pace often leads to competitive racing! HSK owns 60 GPS units which each participant carries with them on each session. The units transmit live to a website, and thus the organiser, using his/her smartphone can see the track of each runner in real time in the forest. This has numerous benefits: 1. Knowing where everyone is... if someone stops moving, you know exactly where they are to go and find them. 2. Post-training analysis, seeing which route was faster etc. 3 . Giving the younger participants confidence (and their parents peace of mind) as they know that someone knows where they are.



Thursday: Høyås club night

Høyås is the name of the forest north and north east of the town. It is a very large area of about 30km² of forest, in the middle of which is the club hut. The “club hut” is 5 buildings, the oldest of which opened in 1903.



The club night is the most popular training of the weekly sessions, there are designated trainings for adults, and then three different ages of juniors, thus there's something for all the family. Club night has 3 activities, in increasing order of importance: training, sauna, and waffles/coffee or maybe a hot sausage in a wrap in the main hut.

Friday: O-theory

Just because it's a rest day doesn't mean you can't get your daily fix of orienteering! For 1hr in the morning an O-theory session at the secondary school.

I go cycling and explore the wider area around Halden. Early on I discovered that they're fans of gravel roads for the equivalent of minor B-roads. This was quite a shock to me on my road bike, but it became apparent that the gravel roads were actually fairly smooth, and actually better than many of the rough tarmac roads in Britain. A memorable moment was when I rounded a corner, 100m ahead there were 2 very large animals. My thought process went from horses, to wolves, to Irish wolf hounds... and then finally when I was close enough, I realised they were two moose! It was getting dark okay...

Weekends are times for adventures, so there isn't a "typical" weekend format...I have been to numerous orienteering events, canoeing with the local canoe club, cycling with the local cycle club and I have even tried cross country skiing.

Mark Purkis M21

SAX QUIZZES

Christmas Conundrum

The following are items you might find around your home at Christmas*

<ol style="list-style-type: none"> 1. Appointments? 2. Dad's a barber? 3. Crazy? 4. Make a pig of yourself when you find them? 5. The orange song 	<ol style="list-style-type: none"> 6. A pleasure in Ankara? 7. Vision for cockney? 8. Type that goes on your head? 9. Second visitor in a Christmas Carol 10. "Opposite" a French stick?
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*With acknowledgments and apologies to www.paulsquiz.com

An orienteering syllogism

- Those who do not eat lots of carrots do not see well in the dark
- All those people who do not have 20-20 vision do not make good map readers
- Those who are competent orienteers are good map readers
- Everyone who cannot see in the dark does not have 20-20 vision

What conclusion can you reach?

Answers on page 33

BOOK REVIEW

WILDrunning by Jen and Sim Benson

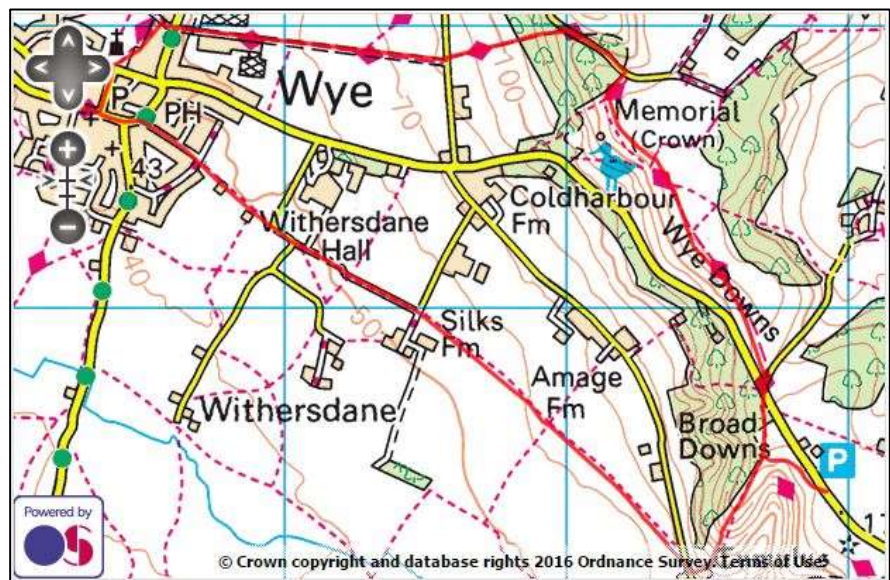
“Featuring 150 hand-picked runs, chosen for great running terrain and sensational beauty, this book is the ultimate guide for those looking to break free from the gym and the streets. Stunning photography and engaging writing charting the history of each run, route and place make this must have guide for runners and explorers alike”. Includes on-line maps and gpx file downloads

Can there be any wild running in Kent? Three Kent routes are featured - i) Box Hill, ii) Wye Downs and iii) Oare & the Swale. Someone needs to tell the authors that Box Hill is in Surrey! There are also three South Downs routes. Below is a map of the 7km Wye Valley route described as:-

“This exhilarating run along inviting trails through quintessential



English countryside follows the North Downs Way, winding along the chalk ridge of the North Downs, providing great running underfoot, including challenging ascents and fast descents of the picturesque Wye Downs, with their steep-sided chalk valleys. From parking area, cross road and proceed through two kissing gates. Head downhill on grassy paths and steps, following way markers to reach Amage Road. Head NW along wonderful trails to Wye Village, joining the North Downs Way in the village centre and following this through woodlands and along Wye Downs to Broad Downs before returning over fields through rolling green countryside to the start”



Perhaps someone could try out the route and let us all know if it is worthy of being one of the two featured wild runs in Kent. Perhaps we could make our own Wild Runs of Kent. Send the Editor details of your favourite wild run.

A SELECTION OF FUTURE EVENTS

Always check the appropriate Club website for details and changes

DATE	EVENT		CLUB	LOCATION
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, Orpington
Sun 11/12/16	SN Trophy event including SCOA Champs	B	SN	Long Valley North, Aldershot
Thu 15/12/16	SAX KNC	D	SAX	Blean, Faversham
Sat 17/12/16	SO Night City Race - (SEUOL final round)	C	SO	Brighton
Sun 18/12/16	MV SE Families & Veterans Champs	C	MV	West Ranmore, Dorking
Thu 22/12/16	SAX KNC	D	SAX	Knole Park, Sevenoaks
Mon 26/12/16	LOK/HH Boxing Day Score Event	C	LOK	Trent Park, Cockfosters
Tue 27/12/16	SO - Xmas Score -	D	SO	Tilgate Park, , Crawley
Sun 01/01/17	New Year Score	D	SAX	Mote Park, Maidstone
Thu 05/01/17	SO / Kent Night Cup 15	D	SO	Tilgate, Crawley
Sat 07/01/17	SO SOG A7	D	SO	Lancing Ring, tbc
Sun 08/01/17	CHIG Mitre SE League event	B	CHIG	Epping East, Loughton
Thu 12/01/17	DFOK Kent Night Cup 16 Street O	D	DFOK	Gravesend
Sat 14/01/17	SO SOG A8	D	SO	Blacklands Farm, tbc
Sun 15/01/17	DFOK South East League	B	DFOK	Westerham
Thu 19/01/17	SAX KNC	D	SAX	Deangate Ridge, Gillingham
Sat 21/01/17	SAX KOL	D	SAX	Perry Wood, Faversham
Sun 22/01/17	GO SE League event	B	GO	Woolbeding, Midhurst
Thu 26/01/17	Kent Night Cup	D	MV	Norbury Park, Leatherhead
Sat 28/01/17	SO SOG A9	D	SO	Friston Central, tbc
Sun 29/01/17	BKO Concorde Chase	B	BKO	Hawley and Hornley, Backnell
Thu 02/02/17	SAX KNC	D	SAX	Scotney Castle, Lamberhurst
Sun 05/02/17	MV SE League event	B	MV	South Ashdown, Forest Row
Thu 09/02/17	DFOK Kent Night Cup 20	D	DFOK	Westerham
Sat 11/02/17	SO SOG S1	D	SO	Coates Common, tbc
Sun 12/02/17	SAX Sunday Event	C	SAX	Hindleap, tbc
Thu 16/02/17	SAX KNC	D	SAX	Tudeley & Pembury
Sat 18/02/17	DFOK KOL 6	D	DFOK	Ranscombe, Gravesend
Sun 19/02/17	HH SE League event	B	HH	Northaw Great Wood, Cuffley
Thu 23/02/17	SAX KNC	D	SAX	Benenden School
Sat 25/02/17	British Night Championships (UKOL)	A	LOC	Great Tower, Newby Bridge
Sat 25/02/17	SO SOG S3	D	SO	Pashley, tbc
Fri 14/04/17	JK - Sprint (UKOL)	A	SEOA	Brunel University, Uxbridge
Sat 15/04/17	JK (UKOL) Middle Distance	A	SEOA	Ambersham, Midhurst
Sun 16/04/17	JK (UKOL) Long Distance	A	SEOA	Holmbush, Horsham
Mon 17/04/17	JK Relays	A	SEOA	Pippingford Park, Forest Row

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. Some are below.

- SE League- - in bold in the table above. These events are held on the best areas in the South east. You collect points for your Club.
- JK -Annual Easter weekend event that moves around the UK.
- 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.
- KOL – Series of Saturday morning events held jointly SAX and DFOK, suitable for all. Juniors collect points for their school.
- SOG- Southdowns Orienteers Saturday series.
- **Level D:** Low key local 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 = 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:** = Regional event. 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:** National Event- Major competitions (Championships) for elite and club orienteers. Best terrain possible is used. Age based courses but will normally be colour courses suitable for beginners, not so competitive and/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.



The new event shelter in use at Hargate Forest on 19 Nov acting as Registration, Download, refreshments and a kit shop.

SAXONS RANKING TABLE AS AT 31 OCT

Prepared by Alan Hickling using a special formula that adjusts for age.

Pos	Last Pos	Name	Y-o-B	Age class	Top-12	Runs
1	(1)	Peter Martin	1949	M65	1200	35
2	(2)	Mark Glaisher	1951	M65	1195	20
3	(3)	Joanne Hickling	1965	W50	1132	15
4	(4)	John Van Rooyen	1949	M65	1115	15
5	(5)	Alan Hickling	1964	M50	1111	32
6	(8)	Jean Fitzgerald	1953	W60	1099	33
7	(6)	Mel Taylor	1964	M50	1094	18
8	(7)	Alison Howe	1972	W40	1076	14
9	(9)	Jeremy Oldershaw	1938	M75	1061	34
10	(11)	Brendon Howe	1969	M45	1046	12
11	(10)	Beryl Pring	1946	W70	1035	14
12	(15)	Dave Pickup	1970	M45	1005	21
13	(17)	Simon Deeks	1969	M45	990	24
14	(14)	David Kingdon	1951	M65	987	18
15	(12)	Mike Perry	1944	M70	986	15
16	(20)	Heather Brown	1950	W65	968	11
17	(16)	Simon Greenwood	1955	M60	959	23
18	(18)	Doug Deeks	1938	M75	946	28
19	(21)	Richard Whitaker	1952	M60	906	17
20	(26)	Jerry Purkis	1956	M60	897	23



Peter Martin remains the top Saxon with a perfect score of 1200. Joanne Hickling is top lady whilst Jean Fitzgerald moves up to 6th. Richard Whitaker and Jerry Purkis move into the top 20.

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

DIFFERENT ORIENTEERING FORMATS

Mountain Bike Orienteering

Do you like cycling on tracks and trails? Do you enjoy a navigation challenge? Do you like riding in new places?

Then you ought to consider Mountain Bike Orienteering sometimes known as Trailquest. I and my husband W60 and M70 regularly compete in Score events using a map where a set number of controls are marked with differing scores (usually about 30) and a set time to collect as many points as you can. You can ride as a pair or individually. Time limits vary from 2 hours up to 7 hours in some competitions. However the norm is usually 3-5 hours. Some people will ride hard and try to collect as many as possible others take a more leisurely approach collecting points but sometimes stopping off for coffee and cake along the route the choice is yours. You do not have to stay out any longer than you wish to but there are no extra points for finishing early. You may want to start by trying a 2 hour ride and then build up from there. All the controls are placed either on bridleways or quieter roads.



Who can resist on a sunny Saturday or Sunday riding through stunning countryside? This event was in Malham in the Yorkshire Dales and combined riding with a chance to visit the village show afterwards.

During the winter months often a two hour event is held from a local pub using the drier bridleways and country roads and operates a bit like a car treasure hunt where instead of controls a question is asked. For instance at a road junction how many miles to..... or the name of a farm etc. No need to put out and collect controls just time spent planning the questions. Afterwards a bar meal gives riders the opportunity to socialise.

How do I get started? All you need is a bike helmet and a basic map board. These can often be purchased for as little as £5 (Steve Willis of NYMBO sells these) or made yourself to clip onto your handlebars and swivel allowing the map to be orientated as you would in foot orienteering. The chap on the right has a more expensive Miry Map board available from Facewest. The other on the right has engineered his map board. In addition I also carry spare inner tubes and equipment for the dreaded puncture repair, first aid kit plus food and liquid depending on the length of the event.



At the start you are given a map and it is well worth spending a few minutes looking at and planning your route. I take a highlighter pen to help identify the higher point controls so that it helps in deciding on my route. In addition to the pre-marked map you also get a description sheet of each control similar to foot orienteering. Tables are not always provided so be prepared to find somewhere to rest on. I try to have a plan with options to cut off sections should time become an issue

allowing me to get back before having penalties for being late typically these are 1 per minute in the first 5 minutes before increasing as time ticks on. The biggest challenge I found when I first started

was in judging distance and timings whilst on the bike. Typically maps will vary in scale between 1:50,000 to 1:30,000.

There are other versions of the sport MTBO will have a set number of controls that you must visit as quickly as you can and is much shorter than a score event. If you want to find out more or find out where your nearest event is then go to the BMBO website. All competitors need to be a member of BMBO to compete at a year's membership of £6. However if you are trying the sport or plan to ride fewer than 6 events it is better to sign up as a Day Rider and pay the £1 surcharge over and above the cost of the event.

Creaky knees may have curtailed my foot orienteering but I seem to have no problems cycling. Give it a go but beware you may become hooked!

Karen Clark EBOR

“25 Manna” 8/9th October, Stockholm

The 3 biggest relays in the orienteering calendar are Tio Mila, Jukola, and 25Manna. I wrote about Jukola last year, now I will try to convey the unique atmosphere of 25 Manna.

As the name suggests, one relay team requires 25 runners (an almost impossibly large number for most British clubs!). With 372 starting teams, this equates to 9300 participants in total! However, it is unique in that it requires a mixed team, with global elite runners, youths and veterans in the same team. All runners in the club are equally important in the relay, forging a strong club spirit. If I were to compare it to something in the UK it would be the CompassSport Cup, however, as a relay. The relay format is unlike any other I've experienced; the following legs are run individually: 1, 2, 23, 24, 25; the rest are run in parallel, with 4 runners out at each time. Leg 2 runners “hands over” to 3 runners: 3.1 3.2 3.3 3.4, these runners then send off leg 4 runners: 4.1 4.2 4.3 4.4 and so on until runner 7.4 hands over to runner 23. Does that make sense?... Probably not. The legs have different difficulty, from TD5 to TD2, and the age and sex of runners allowed to run each leg is specified. My club set off from Halden at 1pm Friday in a double decker coach and a 9 seater van, HSK had 3 teams plus support! The journey took about 6 hours, with a midway stop half way for dinner. For the first 90mins we zig zagged along the country roads heading north east across the Swedish border before joining the large motorway straight to Stockholm. The whole club stayed in one other hotel, there were other orienteers staying at the hotel, but no club as large as us.

Leg 1 (women only) mass started at 9AM on Saturday morning, 5.7km of heavily gaffled head to head racing. With no GPS tracking or a big screen to watch, we had to follow the live splits at radio controls. Soon enough, the lead girl appeared with a big lead! But where is Halden 1? 90s later she appeared in 23rd place, good stuff right up there. As the smaller clubs soon dropped off the lead, Halden's position improved steadily, by the time 5th leg handed over to 6th leg runners we were leading the race. However on 24th leg, IFK Göteborg caught and overtook our runner! A 5 second lead between the first 2 teams, and then a 5 minute gap to the 3rd team, it was HSK vs IFK Göteborg for the lead.

It was expected that our final leg runner: Magne Dæhli who led Norway to WOC Relay Gold this year on final leg, would have it comfortably in the bag. However it ain't over until the fat lady sings...

Both HSK and IFK Göteborg were making big mistakes, and the chasing pack were catching. HSK broke away from Göteborg after he made even more mistakes and was caught by the pack. Could Magne get it back together and hold the lead! At the spectator run through (1km) to go, we had just

a 20 second lead. Magne held it together and delivered a (nail biting) finish, HSK win! I was in Halden team 3. We finished 131/372.

For me, 25Manna perfectly demonstrated the all-inclusive nature of orienteering as a whole - a true



family sport! In our winning team there were 2 brothers, a brother and sister, and 3 couples... or maybe just demonstrates that orienteers like other orienteers. The other thing I really liked about this event compared with the Compass Sport Cup was the relay format because as you know, the atmosphere at a relay is always very exciting.

Photo: The finish lanes, with numbers of teams finished displayed above. You must run down the correct lane for your leg!

Mark Purkis M21

THE DAY MARK GLAISHER SHARED THE 'PODIUM' WITH THIERRY GUEORGIU*

.....but unfortunately I wasn't quick enough off the mark to get a photo!!

This all started with Mark and I deciding to have an orienteering holiday in the US this year instead of going to the usual UK holiday orienteering week. I'd spotted in CompassSport that there were 2 consecutive weekends of orienteering events in the north eastern states in September and thought this would make a great trip combined with some sightseeing and hopefully the 'fall' season in New England.

The first four days of our trip were spent exploring New York, a bit like Disneyland for grown-ups, and highlights included visits to the Empire State Building, Statue of Liberty, a rooftop farm and a Beach Boys' concert in Central Park. We then headed out of the city by train to Stamford, Connecticut, where we picked up a hire car and drove for about 40 minutes, back into New York State, to the model event for the first weekend – the US Classic Championships. The model area, Westmoreland Sanctuary, was a lovely white forest but somewhat rocky underfoot, with plenty of potential for ankle turning. After passing a very pleasant hour or so there we headed to the event hotel in Danbury, CT where we'd arranged to stay. We hadn't even got to reception before someone was saying 'hello, Sarah' and it was Carol Edwards from TVOC who runs my age class. Later in the evening we came across Ronan and Julie Cleary (LOK) who had lived in that part of the US some 20 odd years ago so had some useful local knowledge of the forests.

The next 2 days took us to Ward Pound Ridge Reservation back in NY State for the Championships themselves. Both events were long distance races and on this weekend Mark and I were running the same course, which of course gave the opportunity to compare routes and splits which we don't always get to do. The forest was really lovely, mainly white and runnable, some interesting contour detail and not as rocky on the ground as the training day. It was exceptionally dry underfoot, so much so that I ended up with a blister after 2 days. The courses were really well planned and avoided use of paths. The area had been used for farming many decades ago, before it was forested, which meant that there were many ruined stone walls and these were really useful navigation features.

Our course was 3.6km with 120m climb on day 1 and 4km with 130m climb on day 2, and both days took me just under 50 minutes (with a biggish mistake on day 2) finishing in 3rd and 4th respectively, which placed me 3rd over the weekend, with Carol taking 1st place overall. Mark was considerably faster than me, finishing 1st on day 1 in 37:37 and 2nd on day 2 in 36:27 but 1st overall. We weren't eligible for any prizes in the US Classic Championships but Mark and Carol both received nice commemorative mugs.

We spent the next few days before the next weekend's events, visiting Boston, Marblehead & Salem as well as the White Mountains in New Hampshire. We arrived in Hanover, NH on the Thursday of our second week for the North American Orienteering Championships which comprised a sprint, a middle and a long distance race although we only ran in the latter two. This weekend Mark and I were running different courses, although similar in length.

The model event for the middle distance race, Oak Hill, was on a tiny piece of map but the area itself had lots of short, steep hills, a bit like some of the army areas in SE England. A number of us felt it was like some English areas in other respects – greener than shown on the map and some very small features had been mapped so you needed to use your imagination somewhat! When we compared it with the extract on the event website we also noticed that the alignment was slightly out so we were hoping that the race map was going to be a lot better. It turned out that that was certainly the case and the updated map had lots more features on it and was far more interesting than the old map on the website. After the trickiness of the model area, I'd planned to go slowly but in fact the area was easier and more runnable than I'd expected so I probably went a bit too quickly. I lost a few minutes due to leaving #6 badly which meant I messed up #7. I really enjoyed this race though and was pleased to finish 3rd in 30:03 although Carol fairly flew round it in 23:31 and a lead of over 6 minutes!

Mark was first place again on his course – clearly building on his win in the 2016 British Middle Distance Race.

In the afternoon we went to check out the model race for the following day's Long Distance Race at Burnt Mountain. This turned out to be incredibly tricky pathless white forest on a gentle slope with a myriad of boulders. I struggled with all 4 controls I attempted and failed to find 1 at all although I may have gone off the map by this stage. I determined that I'd be doing a lot of walking the next day just to keep contact!

My race at Burnt Mountain was probably the highlight of the orienteering events – by far the most technical area of the week (copy map on the back page). I made sure to plan my route to each

control, used paths wherever I could, stuck to going carefully and cautiously, kept good contact and was only slightly off on a few controls up to #7 which I reached in about 43 minutes. There then followed a long leg of almost 1km and I could tell my concentration stamina was running out at this point. I'm not entirely certain where I went on the leg to #8 but had a bit of luck and hit a control on a very distinct path junction less than 200 metres from my control which led me straight into it. From there #9 and #10 were very straightforward. I was delighted with 2nd place. Mark didn't have such a good run this day but was still 8/26. There were a lot of long times on a lot of courses this day.

Prize giving for the middle and long distance events took place on the Saturday evening at Dartmouth College in Hanover after we'd tucked into some of the huge and delicious variety of food on offer in the College canteen. The US clubs had been encouraged to bring along display boards with some of their club maps of varying ages, and it was really interesting to browse through them and chat to people we'd met during the day at the events.

Prize giving itself took an unusual format in that all the bronze medallists were called up first and presented with their medals, then the silver medallists and finally the gold medallists rather than doing it by age class as we do in the UK. At the end, with all the gold medallists standing in a long row, they then called up the few non-North Americans who had won their class overall. In the middle distance this was just Carol (who wasn't there), Mark and Thierry Gueorgiou and that's how Mark came to share the podium with the World Champion!

Although considerably small than our major championships – the JK and BOC – these 2 events are the biggest events in N America with around 450 participants and had a very friendly and relaxed feel to them. It was a fantastic trip and so enjoyable to orienteer in such lovely, runnable and challenging forests. Definitely recommended.

Sarah Howes

*for those who don't know, Thierry Gueorgiou is the holder of 20 gold medals at international orienteering competitions including the World Orienteering Champs middle distance event seven times.

SAXONS OUT AND ABOUT

11 September 2016- Betteshanger Country Park Summer Series Event SAX

Planned by **Dave Pickup** with assistance from Simon (Blanchflower), the event took place in fine sunny weather on the regenerated land that constitutes Betteshanger CP. A total of 8 Saxons participated. Three courses were set: long score, short score and 2km yellow course for the juniors. Both score courses were 45min events, the difference being that with the short score the controls could be punched in any order, whereas on the long course the controls had to be visited in a sequence where the control numbers alternated in parity.

Long score	Alison Howe	W40	1/9	Short score	Barbara Hutton		3/9
	Sean Cronin	M50	4/9		Austin Howe	M10	6/9
Yellow	Holly Howe	W5	2/2				

Kent Orienteering League- Saxons on 17 September 2016 at Kings Wood, Challock

The first KOL of the season, at Kings Wood, in the eastern part of Saxons area was relatively well attended with juniors making up just over 50%. The weather was not as kind as the forecast making the new shelter much appreciated.

As a planner I found it quite hard to make the courses interesting due to the extensive path system and so tried to make route selection more prominent than control location. This did mean that for the Blue course the actual length was probably on the long side. There is still a dispute as to the location of one of the checkpoints which may be down to movement in the paths. The main comment from runners was that the map desperately needs updating which is not surprising in a working forestry.

Nick Betts- Organiser & Planner

Best Saxons results

Blue	Alan Hickling	M50	1/15	Orange	Henry Taylor	M12	1/17
	Alison Howe	W40	3/15		Toby Prior	M12	2/17
Lt Green	Robin Kingman	M60	1/26	Yellow	Adam Evans	M11	1/12
	Joanne Hickling	W50	2/26		Luke Evans	M10	2/12
	Beryl Pring	W70	3/26		William Prior	M6	3/12



The yellow course took the juniors on a very interesting 1.8km route with controls by distinctive trees, in depressions and even in a hide. There were plenty of opportunities for the new ones to have fun and realise they must know their left from their right!

Angley Woods Kent Night Cup -22 Sept 2016

The first KNC of the season saw things start with a bang at Angley Woods. The warmer weather had left Angley a bit shiggly in places; the resulting course was predominantly fast with a few tricky bits. So tricky in fact that one of the control collector volunteers couldn't find the control he was looking for and had to return empty handed!

Well done to Chris Hooker, Mark Collins and Steve Waite for coming first, second and third respectively. Judging by the scores, quite a few people were struggling to adjust to the dark after the summer off. Due to a hiccup with the control placing, two of the controls were transposed. This caused a little consternation for a number of competitors; thank you all for your good humour and grace in coping with the situation. We trialled Auto-download using the system Simon Blanchflower has made great efforts to set up. The system worked very well and sped up registration and score collation. I would urge all KNC organisers to take up the baton.

Thanks to Alan Hickling, Graham Thomas and David Thomas for volunteering to help collect controls with me. **Brendon Howe**

25 September 2016 – the OK NUTS Trophy - South London O W.

Bit of history first - This is an annual event put on by SLOW every year in memory of the Nutfielders Orienteering Klub - One of the first English orienteering clubs, founded by Olympic athlete Gordon Pirie when living at Nutfield in what is now Mole Valley territory. The club became part of SLOW, who now hold the Trophy in memory of the club and in particular their leading member, Mike Wells-Cole, who died in 1976 after training with flu. There are 3 trophies, a Men's, Women's and Junior. Looking back at the past winners table on the SLOW website, I can reveal that a Mark Wilkins won the Junior trophy in 1996 and 1998(1). I wonder where he is now? **This year** it was held at Glover's Wood a 1km square technical area near Gatwick Airport. My course crossed the steep banked river many times which was tiring and somewhat disorientating. It was planned to Level B standard with all the courses, including a 10km Black even in this small area, but with flexible start times. 9 Saxons participated. The best performances (i.e. in the top half of their course), were Simon Deeks M45 17/44 on the Short Brown, Peter Martin M65 12/36 on the Short Blue, Jeremy Oldershaw M75 7/23 on the Short Green and Ian Wilson M65 10/23 on the same course. It is interesting to read the Planners, Organiser's and Controller's comments on the event on the SLOW website. Perhaps something Saxons should do more often. Excellent Planning by Charlie Turner of SLOW including designing these new signs. Perhaps we should buy some? (photo ©SLOW)



Kent Night Cup- Thursday September 29 Canterbury Street O

A nice, dry, warm night saw 34 competitors, including two Swiss lady students, racing around the streets and complex alleyways of Canterbury using the A3 full colour urban map. Several newcomers or rarely seen Saxons from East Kent attended. Good to see new members Michael Flynn and Kate Druce attempting their first night event, but they do live in Canterbury! Après-O was held in the adjacent White Hart Inn where good food and conversation was had. Prizes were eagerly snapped up by the winner, first lady, competitor finishing closest to the 60 minute time limit (Fiona Wilson), and person who has travelled furthest (Eva from Switzerland!) amongst others – and I managed to get rid of that Spa Treatment raffle prize my wife did not want (thanks Beryl... I look forward to seeing that surface again at future events).



Brendon Howe beat Dave Pickup by less than two minutes, both taking very different routes to visit all 21 controls within the hour. Alison Howe (once again) was first lady (19 controls) but many competitors could not follow the very straightforward odds,

changeover, then evens, rules and came well down from their normal expected finishing positions. Shame.

Brendon Howe M45:- 1/32, Dave Pickup M45:- 2/32, Alison Howe W40:- 4/32, Alan Hickling M50:- 7/32, Beryl Pring W70:- 16/32, Fiona Wilson W55:- 21/32

Thanks to Organiser /Planners - Graham and David (pictured doing the results) Thomas

15 October Kent Orienteering League Huckling estate DFOK

A very well attended event despite its remote location on the North Downs AONB. Farming practices in the 1940s had destroyed and fragmented this ancient woodland. In 1997 the estate was bought by the Woodland Trust who have commenced a lengthy process of habitat restoration and creation. 180,000 native trees have been planted and hedgerows created. Maybe one day there will be fewer fences which will lead to more route choice for orienteers and the currently dense “green” woodland opened up. The new owners of the Hook and Hatchet pub made us very welcome and it was good to see lots of families lingering for food and chat through the afternoon.

Best Saxons men, women and juniors on each course

Blue	Brendon Howe	M45	2/26	Light Green	Robin Kingman	M60	1/40
	James Ford	M18	6/26		Michael Cameron	M16	3/40
	Alison Howe	W40	9/26		Beryl Pring	W70	15/40
Orange	Jake Wilson	M12	5/17		Eglantine Betts	W18	32/40
	Sarah Reith	W50	12/17		Ben Cronin	M10	1/17
				Yellow	Kasie Chapman	W8	4/17



Juniors studying their Light Green course maps with the wooden shepherd high up on on the North Downs, in the rain



Some new Juniors after their first run
(photo Tony Connellan)

South East Score Championships – Devils Dyke SO

If you have not been here you might imagine that Devils Dyke is deep deep and very steep and it is. 150 people turned up including 12 Saxons, so popular that SO had to recycle maps. It was a Club team event and fantastically, because of the good showing by Saxons, we came 3rd out of the 10 Clubs represented, even though poor old Doug Deeks was late back and lost all his points. The scorers were:- Steve Waite, Mel Taylor, Simon Deeks, Henry Taylor, Mark Glaisher, Ken Fox, Cate Slade, Dave Kingdon, Dorothy Hale, Matthew Taylor and Simon Greenwood. Extra thanks to Matthew, Simon G and Mark for running up to make sure their score counted and making things more difficult for them.

I noted with interest Neil Crickmore’s planners comments on the SO website “*The elephant in the room was control 118 in the Dyke itself - unless someone had serious intentions of getting all the controls (and the bottle of bubbly that was on offer to anyone that did) I felt that few people would be stupid enough to pick up that one. You can see for*

yourself from the splits how many were and did” The splits reveal that Cate Slade and Dave Kingdon were obviously after that bubbly!! (<http://www.southdowns-orienteers.org.uk/results-archive/2016/2016-10-09-SEScore/Comments.html>)

Kent Night Cup- Bedgebury 13/10/16

31 came along for this KNC round at Bedgebury, with the Start at the north side of the map this time. The relatively small area meant a special scoring system was required – in this case, a bonus was awarded for visiting controls in pairs. No one quite scored the maximum 30 points, but Brendon Howe came close with 29, and Sarah Howes won the Ladies competition with 22 points including 6 bonuses. It was a pleasant autumn evening, and about half the competitors made it to the après-O and (modest) prize giving at the Green Cross Inn, after the run.

Mark Glaisher Planner/Organiser

Sarah Howes

Blean Woods Sunday 23 October

Somehow Simon Blanchflower assisted by Beryl Pring managed to get seven courses out of a restricted area of Blean Woods. Luckily the restricted area is often not very runnable and there were a lot of positive comments about the courses and the woods.

This was the first event also to trial a score course alongside the other colour coded courses. The idea is to encourage runners who are ready to move on from Yellow or Orange courses but are not quite confident enough to move onto Light Green or to encourage those that would like a navigational challenge but would like to keep the physical element down or simply to allow newbies to take part but not feel that they have failed if they get back to download and find they have missed a couple of controls. We had four entering all coming in under the 60 minute time limit bar one.

The day and number of entrants was the opposite of that in February. Back then the weather was more mean with sleet and an awful lot of rain and only 55 venturing out on Valentine’s Day. This time the weather was much more pleasant with sunshine, 111 entrants and plenty of chances of scrumping to and from the start. There was a moment when we thought it might be going the same way but with a day to go before pre-entry on Fabian4 closed there was a flurry of entries leading to a few emails to get more maps printed.

In order to make the events more sociable we were offering tea and biscuits. This went down very well and was well received, giving people the opportunity to discuss their routes and successes and failures as opposed to getting in their car and driving away. Helpers were thin on the ground so a big thanks to those members who volunteered some of their time to help the event go smoothly.

Nick Betts - Organiser

.Best Saxons performances.

Brown	Dave Pickup	M45	3/11	Blue	Mark Glaisher	M65	8/39
Green	Sarah Howes	W55	3/30		Lisa Blair	W40	25/39
	Simon Greenwood	M60	4/30	Orange	Toby Prior	M11	2/7
Light Green	Joseph Derrick	M12	3/11		Sarah Reith	W50	4.50
	Matthew Derrick	M12	4/12	Yellow	William Prior	M6	3/9
	Eglantine Betts	W18	7/11	Score	Michael Flynn	M60	190 pts
					Kate Druce	W50	80 pts

Kent Night Cup 6, Trosley CP - 27 October 2016

This was a close-fought contest, with the first five runners on the same score, four within 38 seconds and the fifth only one minute behind them. The winner was Alan Hickling, who beat Neil Crickmore SO by 13 seconds!

Trosley is frequently used for orienteering and is a relatively small area. When I started to plan I chose about 25 or so control locations, and then looked back over the past courses I had been to here - almost all my control sites had been used before. I was going to struggle to occupy the faster runners for a full hour. Hence the introduction of the dumb-bells to make extra use of the scarp slope of the North Downs and introduce more route choice. The added feature of the flock of Trosley goats did not cause any problems, even though they were moved in the last few days to a different field which meant we had a control site right by their night-time quarters. I had no idea there were as many as 20 on site having never seen more than 2 or 3 at a time, but the head ranger said that there would be no problem!

Thanks to Mark Glaisher who reviewed and made suggestions on the course, to Simon who helped out with the final analysis of the results, and to the control collectors. There were 38 runners in total, of which 15 were Saxons.

Phil Norris

Kent Night Cup 20 Oct 16, North Tonbridge

36 people, including a few non-regulars from WSX and SLOW, came along to Tonbridge KNC on 20 October 2016 to enjoy the newly extended Tonbridge North street map. We had the luxury of indoor registration and facilities at Cage Green School, courtesy of the head Graeme Garthwaite, which were much appreciated.

A maximum of 350 points were available and I adopted a strategy of having most of the high value controls relatively close. Most people were therefore able to visit at least 2 of the 30-point controls. Peter Suba (WSX) visited all controls, except one, but was over 3 mins later which meant Brendon Howe was first with 320 in 59:25. Alison Howe was first lady with 270 points.

Salisbury Urban Sat 5 November

Having never before visited Salisbury the idea of running the Salisbury urban race was very attractive. What a disappointment. It should have been called the Rather Boring NW suburbs of Salisbury race. So dull that Richard Purkis decided to call it a day 2/3 of the way round, to give him time to explore Old Sarum in the light.



Richard exploring Old Sarum.



Salisbury Cathedral

5 Saxons visited Salisbury and two 2nd Club members including Tom Dobra (UBOC) managed 3rd on Men's Open. No other performances worth a mention

November Classic, Fritham, New Forest 6 November 2016



18 Saxons enjoyed this annual event in the New Forest hosted by Southampton Orienteering Club, which is usually a beautiful event with autumn colours and the very real chance of meeting animals while out on your course. Deer, horses, ponies, sheep and pigs roam the forest. “Usually” because one year the event was cancelled as we turned up because the first starters had not been able to cross the many streams on the course after heavy rain. However that year the event had been in Kings Garn Gutter which sounds very wet. This year it was on Fritham Forest and was drier and beautiful. The area used has an

interesting history having been an airbase in WW2 – RAF Stoney Cross

“The war years_ Stoney Cross airfield was originally conceived as an Advanced Landing Ground (ALG) but the decision was then made to develop the site as an airfield for full fighter operations. Its first squadrons arrived in 1943 when the airfield was transferred to No 10 group. A total of 9 RAF squadrons and 7 USAF squadrons were stationed at Stoney Cross during its operational service although there were plenty of others that passed through the airfield including No. 1 Heavy Glider Servicing Unit. The last squadron left Stoney Cross in 1946 and the airfield was returned to the Forestry Commission in 1948.”

The event doubled up as the Southern Championships where Henry Taylor won 2nd place on M12 as has been noted elsewhere. Notable performances from the other Saxons were Mark Glaisher 8th on 65L, Jerry Purkis 5th on Blue, Marion Bond 5th on Short Green,

Précis of the 14 October 2016 Committee Meeting

- 3 coaching days have been planned; one held already (Oct 16)
- A banner for the Mote Park POC has been designed and ordered
- New Club running kit has arrived and will be taken to the AGM.
- Volunteers still needed to plan/ organise some events.
- Further discussions of possible location of Level B event in 2018- Enchanted Place, Eridge, Challock. Decision will rest on map updates and land access
- Saxons team came 3rd in the SE Score Event
- No increase in Saxons portion of membership fees for 2017
- Finances healthy, Sarah Howes has taken over from Chris Rogers.
- Clubmark “evidence” pack very nearly ready to submit for review to BOF
- Agreed with the Kingdon Family to award a new trophy in memory of Anita Kingdon to the most improved orienteer in a season
- Saxons (Jerry Purkis) is organising the JK relays in 2017 at Pippingford Park on the Ashdown Forest. Manpower needed will be worked out with SO and DFOK.
- “Fly by” dibbers to be used at the JK in 2017 and trialled at the SO Brighton City Race. They may also be tried out at the Knole Park KNC.

- Following Sean Cronin's feedback from summer series a score course to be trialled at weekend events.
- Reviewed the BOF insurance rules about keeping data about competitors and non BOF members attending more than 3 events. More work needed to make sure we comply
- Club meal out suggested for February
- Next meeting- December, after the AGM.

Committee meetings are open to all. Contact the Secretary to find out where and when if you are interested.

SAX QUIZ ANSWERS

The Orienteering Syllogism

The solution is:-

'Competent orienteers eat lots of carrots.'

Sent in by Michael Fletcher, inspired by Lewis Carroll's birthday coming up on 27 January

The Christmas Conundrum

- | | |
|--------------|----------------------|
| 1. Dates | 6. Turkish delight |
| 2. Parsnips | 7. Mince pies |
| 3. Nuts | 8. Pork Pie |
| 4. Truffles | 9. Christmas present |
| 5. Tangerine | 10. Shortbread |

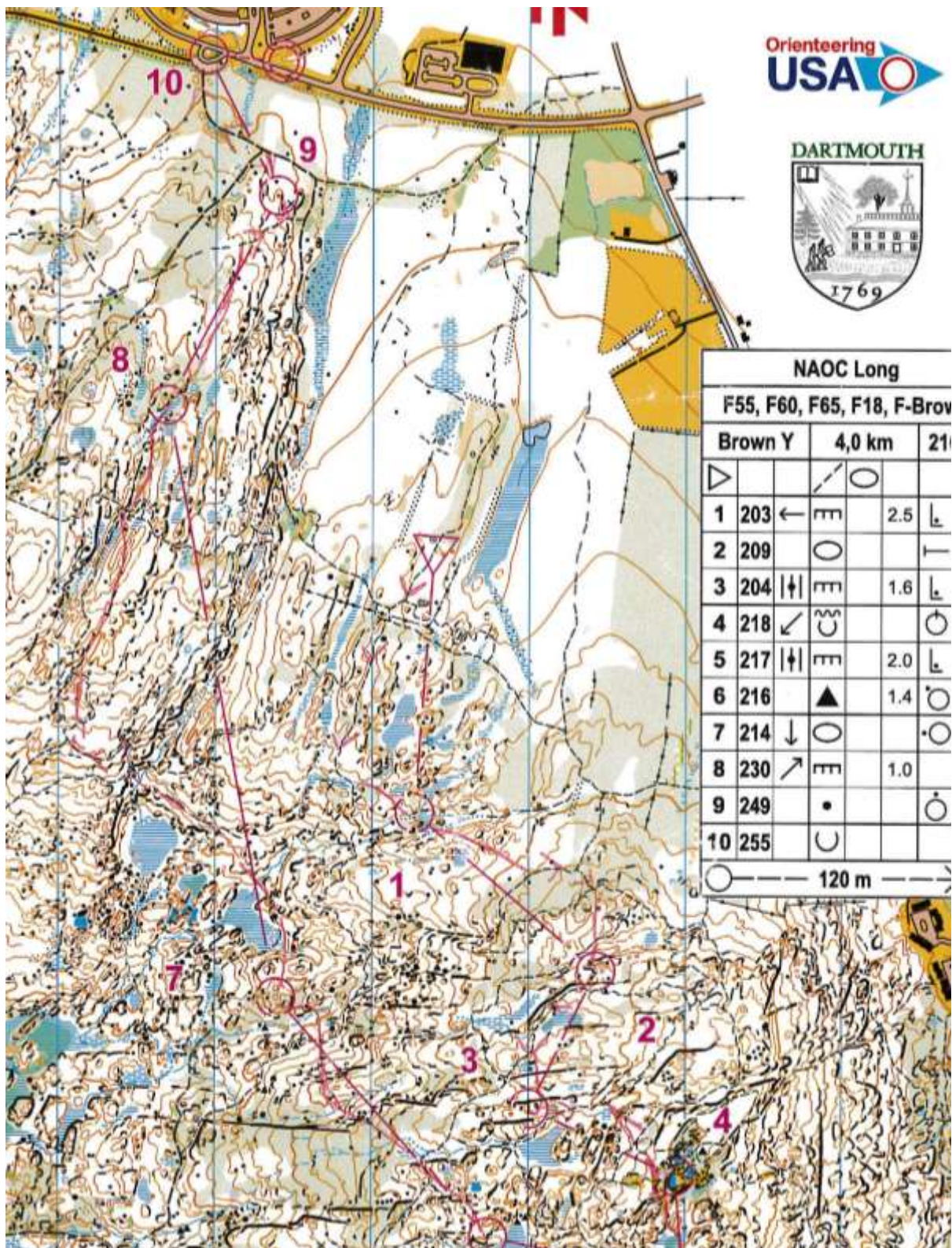
Acknowledgements and thank you to the following members who have contributed to this month's edition:-

Alan Hickling, Beryl Pring, Bill Griffiths (EBOR) Brendon Howe, Graham Denney, Graham Thomas, Jean Fitzgerald, Karen Clark (EBOR) Mark Glaisher, Mark Purkis, Mike Fletcher, Nick Betts, Phil Norris, Richard Purkis, Sarah Howes, Sarah Reith, Tony Connellan,

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Sarah Howes' map from the North America Championships

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.