



SAXALERT

SAX NOTICES

Banff Mountain Film Festival

Tunbridge Wells 1 April 7-10pm.

Cate Slade is organising a group but you can buy tickets yourself and meet us in the bar.

Canterbury March 29 Sold Out

YVETTE BAKER TROPHY

A really, really important date for all Saxon Juniors.

Sunday 30th April is the date for the local heat of the Yvette Baker Trophy when every member of our group is needed to take part in this very important event.

We have done so well over the last few years, but just need a little more success to beat our local rivals. Saxons are running the event at **Knole Park**, Sevenoaks so it's a home fixture in an area which many of you know well.

So please put this date in the family calendar straight away and make it a day to remember.

SEE YOU THERE!

VOLUNTEERS NEEDED FOR

SE LEAGUE EVENT
Millbank & Whitley Woods ,
Sevenoaks
Sunday 19 March

RELAY DAY AT THE JK
Pippingford Park, Ashdown Forest
Bank Holiday Easter Monday 17
April

Volunteer for both days to Rowan Purkis. The Pippingford Park jobs are described later in this newsletter.

SAX CLUB MEAL OUT **PLANNED FOR AFTER THE END OF KENT NIGHT CUP SERIES**

If you are missing a night out with your orienteering friends, there is always a pub meal after a KNC. You do not have to take part in the orienteering to come to the pub for a meal.

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Saxons has, for the 8th year running, won one of the CompassSport newsletter awards. Thank you to EVERYONE who sent in material for the newsletters in 2016. You all contributed to the success of the newsletter

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

Alan Hickling, Alison Howe, Beryl Pring, Bill Griffiths (EBOR), Brendon Howe, Heather Brown, Jean Fitzgerald, Jerry Purkis, Jon Peet, Mark Glaisher, Nick Barrable (CompassSport), Richard Purkis (NGOC), Richard Whitaker, Sean Cronin, Tony Connellan, Tim Lund

And photo credits to

Brendon Howe (torches, shoes and the AGM), Heather Brown (junior awards and LA police), Nick Barrable (CompassSport) Long Valley and Concorde Chase action shots.



EDITORIAL

Some of you know that I am the Secretary of the South East Orienteering Association (SEOA) and others of you will not even be aware that such an organisation exists. A few of you have approached me recently on the subject of the SEOA website; because it is broken/ out of date. Dave Moore the former host of Saxons' old website, has stopped hosting the SEOA website which is now limping along out of date while the very slow process of implementing a new website takes place. This has made me examine closely what SEOA does, what we need the website for and how does SEOA spend its money.

I have discovered that most orienteering regions finance their activities with a levy on events. SEOA and EMOA (East Midland) are the only English regional associations that fund mainly by subscriptions from members with a levy charged only on the largest SE events, that is any at Level B. Looking at their last accounts SEOA raised very roughly £3000 from subscriptions and £900 from event levies. That's income of about £4000. So what do they spend it on?

About 50% goes on junior training and making small grants to the cost of their travelling to far flung regional competitions. About 25% went to the English Orienteering Association. The other 25% was spent on subsidising coaching courses and maps needed for S E major events and other sundry costs.

I have trawled the country's regional websites. Some regions are every active with their own newsletters and regular news bulletins on their website. This made me wonder what you all expect from your regional association. I sent out an e-mail asking for comments. Thank you to the 4 members who responded, one of whom never uses the SEOA website and 2 have learned to find information on other sites and just one person helpfully listed what they would expect to find. Does this mean SEOA do not need a website at all? Could we avoid paying for a new website?

Unfortunately I think the answer to that is no, we do need SEOA and it is much better that it has a website. In my view this is the minimum information people might look to the SEOA website to find out

1. Details of clubs in the SE, what areas they cover and how to contact them.
2. Details of the South East League events with rules, league tables, past winners and upcoming dates
3. Details of other SE competitions e.g. a SE urban, SE Score, SE Middle Distance, SE Night championships etc. with rules, upcoming dates and past winners
4. Details of the South East performance awards scheme.
5. Details of the regional junior training activities and how to get involved.
6. Details of regional contacts and controllers available to control our clubs events
7. Details of regional coaching courses
8. SEOA documents e.g. minutes of meetings and accounts to ensure accountability to members
9. Details of upcoming SEOA events- although this can be done very easily by linking to the BOF site, suitable filtered.

I hope I have justified SEOA's existence and you will not begrudge your subscription. If you do have any requests, comments or suggestions for SEOA, send them to me- I am the Secretary!

Rowan Purkis

Next edition late April/ early May

Cover photo- Perry Wood

NEW SAX

Welcome to -Tim Lund M60 from Sydenham in South London

And - Thomas Devine M21 from SE15 in South London

Tim Lund sent this introduction:-



I've recently retired, but a few decades ago, when I lived in SW London, I was a member of SLOW, but never very good at orienteering, although I completed a few mountain marathons. But now, developing orienteering skills is one of several retirement challenges, and I joined SAXONS mainly because you were the organisers of the recent Ightham event - where I also ran, but my name was put down as Tim Lind. I don't own a car, so I mean to get to events by cycle and rail

When I went orienteering before, there was far less technology around, but now I'm hoping to use this to help me work out where I make mistakes and improve - so looking at splits, and RouteGadget. Normally when I run or cycle, I track myself on my mobile with Strava, and when I ran in Epping, I was also recording comments, so that I'd know what on earth I was thinking. However, I made such a mess of it, especially the first control, that with other things, such as caring for my Dad, I've not felt like seeing what did go wrong. Hopefully Hindleap will be more successful. I guess I just need to get more experience, so I'm thinking of doing some of the JK events this year.....

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

NEWCOMER FAQ'S

How do I find out about upcoming events other than by checking all the local clubs individual websites?

- You can arrange for a weekly e-mail of upcoming events to be sent by e-mail by subscribing to <http://oevents.info/index.php/subscribe>
- You can use this website to get a map showing the location of upcoming events with your home in the centre. <http://oobrien.com/map/>
- You can filter the British Orienteering Events calendar by area or type of event
- Use the Mole Valley O Events calendar to search events in the UK and overseas. http://www.mvoc.org/Events_Calendar.htm

What electronic ways are there to improve your orienteering?

- Use RouteGadget to plot your route on the map after an event. You can do this with a GPS track from your sports watch or simply by drawing it on. You can then compare your route with other people who have also drawn on their routes to see different route choices. for the individual legs. You can watch yourself race round the course against other chosen runners and see who got to each leg first and what route they took.
- If RouteGadget is not available you can take a photo of your map and use QuickRoute plus your GPS track to superimpose your route on the map. See <http://www.matstroeng.se/quickroute/en/> , and the YouTube video explaining how to overlay the route here <https://www.youtube.com/watch?v=1B78o3h5eD8> A useful feature of QuickRoute is that it colour codes the speed at which you were travelling . ideally your route will all be green, with no red (slow) or black(stationary) sections.
- Look at the map of an area online before you go to an event. Study the contours to get a picture of the terrain in your mind. Places to find the map on the internet are the relevant Club's RouteGadget page or "World of O maps" see <http://omaps.worldofo.com/index.php?s=&st=&id=&cid=&c=Great%20Britain>
- Use the on-line quizzes to learn the control description symbols so that you do not waste time looking for the wrong feature. There are 2 mains ones:- <http://www.richtig-orientieren.de/icd/> and <https://www.maprunner.co.uk/cd/>
- Try the orienteering games on your computer. One old one which gets you to run on a bearing. <http://www.catchingfeatures.com/> and a new one called Virtual O coming out soon - see "Letters to the Editor"
- Join the Saxons Strava Club and see how your training compares with other members in the club and give comments and award kudos. Read Sean Cronin's article on how to use your Strava information in Coaches Corner later on.

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

SAXONS RUNNING KIT

I am pleased to announce that the new Saxon training jackets have arrived as well as Saxon three-quarter length running tights and a restock of the new orienteering tops. There are also a few samples of a full waterproof jacket which may be available in the future if there is sufficient demand. All kit comes in a range of sizes in both unisex and ladies cut. Prices for the full Saxons kit range is given below. As always please contact Alison Howe if you would like purchase any of the items. Kit will be also brought along to all of the KOL events, so there are no excuses not to purchase!



- Short-sleeved top £25
- Long-sleeved top £30
- Three-quarter length tights £20
- Training jacket £35
- Buff £6

Alison Howe – contact details see inside back cover

CONGRATULATIONS

BRITISH ORIENTEERING PERFORMANCE AWARDS

Awards made on 11 December 2016		
Jean Fitzgerald	Racing, Challenge	Bronze 4*
	Navigation Challenge	4*
Heather Brown	Racing Challenge	Bronze 4*
	Navigation Challenge	4*
Austin Howe	Racing Challenge -	Bronze 3*
	Navigation Challenge	3*
Beryl Pring	Racing Challenge	Silver 4*
Roger Pring	Racing - Challenge	Bronze 4*
Awards made on 31 January 2017		
Paul Bowen	Racing Challenge	Gold 5*

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

NAVIGATION AWARDS: - Members are eligible for a Navigation Challenge certificate after successfully completing 3 colour coded courses at the same Technical Difficulty (TD) standard. The certificates are 'star' based e.g. 1 star for TD 1 up to 5 Star for TD 5. . You will receive an e-mail from BOF when you receive an award.

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

- Gold Award:- Participants time < Course Length (KM) x 12.5mins
- Silver Award:- Participants time < Course Length (KM) x 15mins
- Bronze Award:- Participants time < Course Length (KM) x 20mins

OBITUARY

Garri Owens 1936 – 2017

Many of you will have reread the obituary of Garri Owens in CompassSport. Garri was a member of Saxons in the 1980s. Thanks to Bill Griffiths for sending these Saxons specific memories.

In the early 1980's a new member (a very energetic and enthusiastic Welsh orienteer) joined SAXONS. Garri Owen had moved to Kent from Glan Conwy in Gwynedd to take up a lecturing job at Woolwich Polytechnic in Dartford. He settled in Longfield and rapidly became a prominent member of Saxons.

His drive and zeal was immediately apparent and it was hardly a surprise that he became Club Chairman by 1984.

A visitor to his (large) home would have first spotted a huge grass covered knoll (2-3 m high) in his front garden - the origin of which has long been forgotten, but Garri was keen to retain it. Inside the house there always seemed to be more O equipment around than at the Club's kit store (just relocated to Brambletye at Five Oak Green)... kites, punches, maps, banners, clipboards, lightboxes – it was all here.

As Chairman, Garri held monthly meetings on the upper floor of a (long demolished) pub in Square Hill Road in Maidstone. These meetings were open to all members of the Club and a good turn-out was typical most months. Meetings were meticulously planned and thoroughly executed with all aspects of the Club's activities being reviewed. Whilst the process was entirely democratic, Garri came to these meetings having planned exactly what he expected the outcome to be, researched and checked all the information in advance and generally achieved his objectives – often with some argument from members who had come a little less well prepared.

The Club progressed well under his leadership, holding many events and drawing new maps. Garri was indeed a keen mapper, and (bearing in mind this was long before digital mapping) he surveyed and drew what is thought to be the first ever complete map of Bedgebury in 1987.

He was keen on Club trips to multi-day events and led Saxons groups to the JK, British and to overseas events like the Belgian 3 days. He organised a minibus for the Club for one of the Belgian weekends, and shared the driving with Julie Fletcher. Some of us had recovered from the experience by the end of the century!

He met his eventual partner Julie in Saxons, and when he finally left Kent around 1989 – heading back to Wales, no surprise that she went with him.

Garri Owen left a very positive and fruitful legacy with Saxons. His energy was remarkable, his ideas boundless and hardly a surprise that one of the first things he did on returning to Wales was to set up an orienteering club in Powys.

His death is a sad loss to the sport.

Bill Griffiths

Browsing old Saxons newsletters Editor has found the following accounts of Garri in SaxNews June 1986.

“British Relays 1986 (extract)

About 40 Saxons travelled to the Forest of Dean for this event. The weather had been warm and sunny for a few days prior to the weekend, but as we neared Gloucestershire cold rain began and it was never far away all three days. The Forest of Dean is a very scenic, interesting area of undulating woodlands with many visible reminders of old industries, mainly mining.

The first day, the Double Gloster, was a National Event, though the map, with its large areas of green and consequent limited route choice, would not have suggested this. The event started disastrously for the Chairman, who, studying his map closely to decide whether to go right, left or over the top of the hill looming beyond the start lanes, was literally felled by the start triangle, suffering a resounding blow to the head. How this affected his subsequent performance I am not sure!

Dorothy Hale.”

Further details can be gleaned from Alan Tough’s Editorial:-

“Our chairman has also been busy of, late, so Owens Own is this time taken up with a photographic appreciation of Garri’s running style. The main reason for his showing such good form in the shot (inset) is that he has recently achieved the status of “Headbanger 86”, an honorary title in recognition of his attempt to resuscitate the steel industry at the Forest of Dean.

As explained briefly by Dorothy Hale in her event report' Garri had an unfortunate tête-a- tête with the start triangle on Day I. It was actually hung from a cast iron structure supporting a telegraph pole and in an attempt to gain 100% location accuracy, he headed straight for the control flag and ducked under the support. However, there were in fact two bars and you guessed it - he rose early and made solid contact with the second. A loud clang (metal on metal perhaps?!) resounded across the start area and hundreds of eyes turned to see our leader slump to the ground, only to rise to his feet within seconds and head of into the forest|, apparently unscathed.”



Chairman's Chat

This is my first chat of 2017 and also the first since I was re-elected as Chairman at the AGM in December. Alan Hickling, Jerry Purkis, Alison Howe, Nick Betts, Fiona Wilson, Beryl Pring, Simon Blanchflower and Sarah Howes were re-elected to the committee and David Kingdon, Samantha Prior and Andrew Derrick joined them. Do please talk to your committee members-Saxons is your club and we value your input.



At the AGM we reported that we have decided to commemorate Anita Kingdon's valued input into the club by awarding an "Anita Kingdon Trophy" annually for 'the most improved orienteer'. The trophy will be awarded for the first time for the 2016-17 season.

Moving on to things that have been organised by Saxons in the first months of 2017, we have already had a successful New Year's Day event at Mote Park, 2 KNCs, a KOL and a level C Sunday event at Hindleap. In the next month we are looking forward to a couple of KNCs and a level B event at Millbank and Whitley Wood. In addition to the events currently in the fixtures list we aim to have another Summer Series of events; more details to follow soon. Please do offer to help at forthcoming events-we can't do it without you!

As one of the club coaches, I attended the biannual BO Coaching Conference at Manchester Metropolitan University at Crewe in January. These conferences generally have a mix of presentations and practical sessions. This time the keynote speaker was Mark Nixon, head technical coach at BO. He discussed the way we are taught to orienteer-the step system, working from technical difficulty (TD) 1 (easy) to TD 5 (difficult) and how this system teaches the different skills needed to become a good orienteer but doesn't necessarily teach you when to apply these different skills. He felt there should be more emphasis on this aspect of coaching. We also had the opportunity to observe methods used for physical testing for the GB Squad in the lab, with a volunteer running on a treadmill with live recording of heartrate and lactate build-up. It was very impressive watching the young athlete increase her pace until she was running the equivalent of 4 minute mileing. Later presentations explained how this testing strategy could be used to inform training plans for athletes. Possibly this is a bit over the top for most club orienteers but it is very useful if Saxons aim to produce any world class competitors. In addition to the formal presentations we were able to take part in practical exercises that could be used in small areas for technical training. One of these was to use 'Trail O'. If you don't know what this is or haven't had a go at it do check the BO website and sign up for a Trail O event attached to major events such as the JK. It is different and interesting. We also had a demo of physical training techniques, such as developing interval sessions in terrain and warm up exercises. I stood most of this out but watched the fitter delegates powering around the campus.

Moving on from the Conference, Saxons ran the second of our series of coaching/training sessions today (Saturday 18 Feb). As orienteers we generally 'compete' at all the events we attend. We have little opportunity to 'practise' skills in a non-competitive situation. Our training events give you an opportunity to improve your skill set. At Ightham today we had 27 participants who practised various skills (pace counting, compass work, relocation, contour appreciation) on a series of short 'exercises' laid out for them by the Saxons coaches. Each exercise was done at the participants own pace either individually or in pairs. 20 of the 27 then went on to do the final competitive score course (results are on the web site). If you haven't been to one of these coaching events do look out for

details of the next one (probably April), and come along. If you have particular techniques that you would like to practise/improve let us know and we can design an appropriate exercise for you.

Jean Fitzgerald

**HELPERS NEEDED ASHDOWN FOREST
JK RELAY DAY- EASTER MONDAY**

JK 2017 is being run by the SE clubs this year, with the events at:

Day 1 Good Friday	Sprint	Brunel University
Day 2	Middle Distance	Ambersham Common
Day 3 Easter Sunday	Long Distance	Holmbush, Horsham
Day 4 Easter Monday	Relays	Pippingford Park, Ashdown Forest

Jerry Purkis is the Day 4 Organiser, with Neil Crickmore from SO as the Planner. Helpers will come predominantly from Saxons, DFOK, and SO

Ideally we need everyone who is going to the Relays, to do a volunteer session and/or bring a friend or relative to help. You will receive a meal voucher and a JK Buff for your help.

There should be (if planned well with your team members) time to help and run, or run then help. There will be some easy jobs, and some technical jobs, something for everyone.

You can choose between: -

Parking	team lead Mark Glaisher
Event Field	team lead Mike Solomon
Start	team lead Jean Fitzgerald
SI	team lead Ali Hooper SO
Control Collecting	team lead Neil Crickmore SO
String Course	team lead Phil Conway GO

Please offer your name to Rowan (saxalert[at]saxons-oc.org) who is coordinating the volunteers

Thanks in advance

Jerry Purkis

TEAM CAPTAINS NOTICES- UPCOMING TEAM EVENTS

CompassSport Trophy – Support please! 12th March Ashridge, near Berkhamstead.

This year we are in the CompassSport Trophy competition. We are up against SMOC, DFOK, HAVOC, LOK, MV, SUFFOC, SOS, and CHIG in this Regional heat. The first and second placed clubs go through to the Final (22nd October, Yelverton, Devon).

Ashridge is one of the SE’s best areas; this competition uses the southern and eastern part of the Estate (there is almost no overlap with the map for 2016’s event). Longer courses will visit

Northchurch Common, which has been remapped for the event, having been out of use for many years.

Every Saxon is eligible to participate. Your result could count towards our score as long as you run an appropriate course. Our best 13 results, across a range of courses, count.

The courses and scoring system is **shown below**.

To secure a place: Entry is by the Team Captain. I will need the following details:-

Course, BOF number, SI dibber number & preferred start time (10:00 – 12:40)

Please get in touch with me by if you can take part for Saxons.

Fees £12 Seniors, £5 Juniors

CompassSport Trophy Scoring:-

Class	CompassSport Course	BOF Age Classes	Class Size	Max Count
1	Brown	Men Open	Large	2
2	Short Brown	M20- M40+	Large	2
3	Blue Women	Women Open	Large	2
4	Blue Men	M50+	Large	2
5	Green Women	W20- W45+	Large	2
6	Green Men	M60+	Large	2
7	Veterans Short Green	M70+ W60+	Large	2
8A	Junior Men (Green)	Men 18-	Small	2
8B	Junior Women (Short Green)	Women 18-	Small	2
9A	Orange Men	Men 14-	Small	2
9B	Orange Women	Women 14-	Small	2

CompassSport Trophy team score

- 13 scores to count
- maximum of 2 counters from any one 'Large' CompassSport class
- Maximum of 2 counters from each pair of 'Small' CompassSport classes. e.g. two from 8A, none from 8B; one from 8A, one from 8B; none from 8A, two from 8B; etc.

JK Relay Easter Monday 17th April Pippingford Park

Note: You may not be aware that we are one of the principal clubs involved in organising the Relays – Jerry Purkis is the Event Organiser and has requested assistance above . In particular, Saxons members will be involved in the Assembly Area layout and parking. A bit of juggling will be required to match helpers with Relay team participation.

Relay Classes

- Mini Relay
- M/W40-
- Intermediate Men (M48-)
- Men's Trophy
- Men's short
- M120+
- M165+
- Intermediate Women (W48-)
- Women's Trophy
- Women's short
- W120+
- W165+
- Mixed Ad Hoc
- M/W210+

To get a place in a Saxons team I will need to know by **1st March** please. £8 Seniors £4 juniors

British Relay Championships 7th May Summer House Knott, Lake District

This has conventional Age Class teams (M50, W45 etc.). It's the Sunday of the British Orienteering Championships weekend.

To get a place in a Saxons team I will need to know by **12th March** please. £9 Seniors £5 juniors

Mark Glaisher, Team Captain

The following is an article from CompassSport but as we feature in it I have taken the liberty of printing it.

2016 CompassSport Newsletter Awards

With these awards a decade of their distribution has been completed. That's one hundred awards in all. Some magazines have never won one, others just the once, some are serial winners but we don't believe any have managed a clean sweep of all ten (eight may be the best). Our subjectivity may not match yours and hopefully editors who feel unrewarded by this process will realise it is naturally flawed. But that is no reason for us to not continue celebrating the existence of club newsletters and the editors' hard work, for what is CompassSport if it is not just one big glossy (very big) club newsletter.

This celebration however is against a backdrop of a continual decline in newsletter titles. The number of clubs producing conventional style publications (for electronic or paper distribution) is now in the minority. In 2012 CompassSport published a montage of the front covers of all 53 of the 2011 titles that were active. Looking at that montage today at least 17 of them have either folded or are sitting in limbo with no editor – normally a terminal state. This is a shame. There are most definitely articles in club magazines that would never exist if the magazine didn't exist. Web sites, regular e-newsletters and various forms of social media do not appear to have the attention span required to generate a certain type of writing. Lack of information is not the issue. On the whole what appears to be lost are entertainment, education and journalistic expertise. And possibly also recipes for banana muffins.

Anyway, to business. Firstly the best cover. An action shot has never won this category and this year's winner doesn't buck that trend. The winner is the September 2016 cover of Deeside News, which is particularly significant because the photo (by Peter Cull) captures the Deeside logo at Albert Dock, Liverpool. (*You can see this in CompassSport this month*)

On the newsletter front there were as usual some close misses and we would like to single out NGOC's Legend which only failed by dint of not having enough editions published in its new format. One to watch next year. The following publications have been chosen for 2016 CompassSport Newsletter Awards. In alphabetical order: Berkshire Orienteers Newsletter (BKO, editor David Jukes), BOK News (BOK, editor Tommi Grover), Dartboard (DFOK, editor Sheralee Bailey), Deeside News (DEE, editor, Jane Mockford), The Droober (OD, editor Sue Hallett), Newstrack (DVO, editor Sal Chaffey), The Punch (SUFFOC, editor Lizzie Rosewell), **Saxalert (SAX, editor Rowan Purkis)**, Score (SOA, editor Sheila Reynolds), The Southdowner (SO, editor Simon Thraves). Congratulations to all.

Nick Barrable CompassSport

Junior Pages



Although some of our recent events have been on very cold days at least they haven't been wet ones and running does get you warm. So how did we get on?

There was a super event at **Ightham** in November in the Sunday series where although not many juniors were involved those that did come all had good results, but as there were so many competitors I didn't see them to offer congratulations. Joseph and Matthew Derrick went for the Light Green course and I expect that they were surprised that they had done so well when they saw the results list and found that all the other successful entries were adults with many miles of orienteering experience behind them.

Additionally Henry, Matthew, Austin and Toby competing in the orange course, claimed the first three places and the fifth as well. Then William and Holly, not to be left out, ran the yellow course and showed that they are progressing really well and look like they are future champions too.

We still had one more event before Christmas which was at the **Downe Activity Centre**. It's not always easy to concentrate on the map at Downe when there are climbing walls, tennis courts, and other distractions dotted around, but it can be done and the results show how well you can focus on what you have to do. James Ford completed his "Park Run" earlier in the morning and then came to Downe and accepting the Blue challenge completing it in 56 minutes [=8th] and on the Light Green course Michael Cameron and Elsa Burdett came 6th and 9th out of 31 entrants. Well done!

On the Yellow course Austin, Luke and Jake Wilson were surrounded by lots of older others in the results list, but on the yellow Saxons dominated - 12 out of a total of 14 competitors were all Saxons. Wow!

At this point in our orienteering calendar Christmas came along and I'm sure that all our Junior Saxons had a wonderful time, but some took the chance to get quickly back into the sport, enjoy fresh air, run off the Christmas cake and get fit again ready for a successful year. It was on New Year's Day at **Mote Park** that I met some of you running the "score course" where you can choose your own route between controls set out around the park and marked on the map, but you have a time limit of one hour to find the ones you select so you have to be careful that you get to the finish before the hour is up or you lose some of the points that you've gained. Austin, Ffion, Sam and Holly were all competing and had a good time and in a way it was a shame that more juniors could not make it as you would have enjoyed the different challenge and could have been in the super play area afterwards if you had had any energy left. If you haven't tried a "score event" I would recommend it. It's such good fun

A week or so later, on a day which was very cold, I met Austin How and Ffion Bricknell at a huge event at **Westerham** which started near the home of the famous Prime Minister Winston Churchill. There was quite a lot of snow on the ground and it was very slippery and muddy on the well-trodden paths. However Both Austin and Ffion courageously accepted the challenge, they did well and I hope were pleased with their effort and results. It was so cold that shoe laces were difficult to undo with freezing fingers, but once you are warmed up in the car on the way home, you are always pleased with what you have achieved. Well done to you both.

Our most recent outing was at **Perry Wood** and we joined in a very large group of orienteers. The car park was full of excited juniors getting ready for their runs. On the Light Green course Michael Cameron pipped Elsa Burdett by just 17seconds in a very close finish followed by Ffion and Eglantine who both acquitted themselves well.

More Orange competitors arrived than usual which was good to see. Among the 18 entrants were Toby, Thea, Jessica, Luke, Eric and Austin. They were enveloped in the results list by orienteers much older than themselves so that shows that they are getting bolder and more competent. No going back now!

The yellow results list was again dominated by young Saxons. Out of 20 competitors 17 were from our club. If you keep up the sport you'll get more confident, more skilled, higher up the results list and when we run against other teams we'll be hard to beat.

There are pictures from Perry Wood on Page 18.

Sandling Primary School in Penenden Heath is keen to start orienteering in their school grounds so Heather Brown went to visit the teacher in charge of P.E. As they are so keen at the moment we both hope that some of their pupils will be rushing to join with us in our sport and so we look forward to seeing some of them at our events in the future.

So don't forget;- NO FLAPPY MAPS, fold it quickly into a neat roughly 10cm square, to show only the part which you are covering in your run and don't think about anything else except your course until you have reached the finish banner.

Tony Connellan



Junior awards waiting to be handed out

Letters to the Editor

Virtual O

Virtual O is a new orienteering computer game that is being developed which will replace the now very dated Catching Features. Beautiful graphics and more realistic game play are plainly evident even from the demo videos that can be seen on the Virtual-O website/ youtube/ facebook. Virtual-O is not yet available to the public, but a few videos have been published which shows an example of the game play. According to the developer, the hardest and most important components are finished – currently work is being done on running speed model, compass physics model and direction disturbance model (for those realistic compass trainings). Soon to be released on Steam for alpha testing. <https://virtualo.org/>

Richard Purkis

Night Adventure in LA

Being in the metropolis of Los Angeles USA on the night of a KNC I did not want to be deprived of a little night adventure but LA orienteering club holds events few and far between with none at night, so at 9pm I set out on a hired bike to join the Passage Ride bike group with my daughter in law Lily.

Start time – 9pm at an all night Donut Shop a few blocks away in Glendale – it was an opportunity not to be missed. About 20 riders on various bikes pedalled off onto the still busy roads, cycling of course on the right hand side of the road but being mindful that often the right hand lane is for right turning traffic and cars can go right on red.

The theme for the ride was the original tribes of LA so we pedalled along busy and quieter residential roads to West Los Angeles bordering onto Santa Monica where the leader gave a talk on the Tongva Gabrieleno tribe at the site of the Serra Springs, used since 400 B.C. These springs are now little more than a trickle but once water gushed out; up to 22,000 gallons a day which the new residents quickly consumed. LA then turned to other water sources stealing their supply from the Owen Valley 250 miles to the north in 1913.



My hire bike had no pedal clips so at junctions I frequently got left behind as the bunch surged on turning left and I was left wondering if it were clear behind, but slowly, as I relaxed, my confidence grew. Once I looked at my watch 11pm and still no sign that we might be turning back to that lovely donut shop. I did wonder what I was doing out in LA so late at night with the reputation of gun crime, drugs and knife gangs.

Our second stop was at a “ki” structure, a reconstruction of the type of shelter that the Tongva tribe might have used before being killed off by the incomers. This was found in a 600 acre coastal wetland wildlife site vaguely near LAX airport and the coast.

At last we took a dedicated bike path beside the Ballona Creek, a totally concreted channel with very little water but no streetlights. Where was my powerful Orienteering head torch when I needed it? So via roads, highway flyovers, sidewalks, pavements and parks we returned to the donut shop still open at 1am with a long queue of people including three LA policeman guns popping out of their holsters waiting their turn to be served.

A 35 mile bike ride in LA at night. Would I do it again? Yes, with my own bike and some strong lights.

Heather Brown

KIT REVIEWS

Head Torches

Silva Trail Elite 660 - £190

Score 8/10

Good Bits

Extremely light weight
Compact head light and band
broad, even light distribution around the runner

Bad Bits

Lacks beam distance
battery life is about 2 hours on high



Comments

This 660 lumen head torch served me well for two years or so. I particularly like the light weight head unit and the way it provides lovely even light around me when I run. Its great in the woods and trails where seeing distance is not an issue. Fantastic for street races. Bit shaky on night races with large open areas as it is difficult to identify features in the distance (> 50m)

Mila Vega 2 - £300

Score 9/10

Good Bits

High power output - programmable up to 4000 lumens
broad, even light distribution around the runner
LEDs produce daylight temperature light
good, broad distance coverage
Well built

Bad Bits

very expensive
head gear is quite bulky
tendency to dazzle oneself when looking at the map



Comments

I have recently taken the plunge with the Mila Vega having been lent one to try by Nick Barrable earlier in 2016. A hiccup with my Silva was the only excuse I needed to take the plunge. I've found the head torch fantastic on every outing so far. It excels at everything I've tried it on. The large sphere of light ensures that losing contact with the map is more difficult now and that features on the ground are much easier to define.

The only downside I can find (apart from the price!) is that it is taking some getting used to when map reading at night as I tend to dazzle myself if I'm not careful; this can lead to difficulty discerning fine contour detail and other red hues temporarily. Just need to hold the map obliquely and I'll have it cracked

Brendon Howe

Mila Vega 2 3000 lumins. – Picture above. Pricey at over £300, but does the job. Great coverage area, depth of vision is excellent and without glare when looking at the map. Torch itself is light and pretty stable when running. Head strap is reasonably comfortable and allows for adjustment. I wore it too tight first time out and got a headache, but works well under a buff. (Especially a Saxons buff!) Battery harness very comfortable and easy to run with. Would recommend to others. Could be a little less bulky which is the only reason it gets less than a perfect score. 9.5/10

Alison Howe

Editor would comment that it is possible to buy much cheaper head torches on eBay that come in from China. Search for the lights that cyclists use because these have a long beam. The only problem with the Chinese imports is their reliability. Some have had batteries explode and others have had torches die suddenly in the forest. You get what you pay for.!

Review of Saucony Peregrine 7 Trail Shoe

At the Epping East 'Michael Brandon' MITRE event in January, I was persuaded by the Ultrasport Chappie to try out a new Saucony trail shoe, the Peregrine 7. I took them for their first outing this morning; this is what I thought of them...



The Saucony Peregrine is marketed as a 'run anywhere' shoe. It has an aggressive outsole with deep, closely spaced lugs which are angled to maximise grip and propulsion. Once laced up, it is immediately obvious that the Saucony guys have been working hard to make this a worthy trail shoe. The shoe is well cut back around the ankle bone (inside and out) and the achilles region is also nice and low. Happy achilles, and will traverse well.

At 4mm drop, the shoe feels responsive and fast. Despite this, there is ample cushioning around the heel cup, making this shoe a capable day-long partner. My shoes weighed in at a lightweight 240g. I chose a size 44.5 shoe after trying the 45 too. Normally, I'm a 44, so one could argue that the shoe comes up a little small. Despite this, the Peregrine's toe box accommodated my fairly wide, some say misshapen, feet whilst still affording sufficient lateral support.

So, enough about the shoe itself, "how did it perform?" I hear you ask. I tried them on the local trails, taking in part of the Pilgrim's Way and scarp slopes behind it. The first thing I noticed was

that the shoes were comfortable even out of the box, though I did have to stop once to tinker with the laces.

The grip was great on wet tarmac and, when transitioning to hard pack trail, the shoe continued to run well. This confidence remained when the hard pack and gravel gave way to deep ruts and wet mud interspersed with grassy banks - still nothing to fault the shoe's sure-footedness. They felt secure both ascending and descending, with an effective lacing system holding the midfoot from sliding around. In areas of thick mud the shoe was less good. The outsole clogged and there was a certain amount of comedic slipping about. That said, there aren't many trail shoes designed to cope with such claggy terrain. I suspect even my X-Talons would have struggled. Having waded through a few puddles, I can confirm that they shed water well for a trail shoe, so I didn't run home to a squelchy foot symphony.

Would I use them Orienteering? Yes. I think they have a place for mixed terrain events such as some of the Night Cup Races (e.g. Tilgate, Walderslade), those with strong path networks (Knole Park, Kings Wood), and drier late season events. They will also definitely be on my shortlist to take on OMM Lite/s this year (replacing my Mizuno Kazan 2 - comfy, no grip on any terrain!) and maybe even the OMM proper if they hold up to a long day's run as they promise.

In conclusion, I like the Saucony Peregrine 7. They're light, grippy and inspire confidence with a 'low to ground' feel. The heel cup and underfoot cushioning make for a comfy run and the midsole is great at re-using that absorbed energy into forward motion.

Brendon Howe

Pictures from the Perry Wood KOL on 21 January 2017



SUMMER SERIES 2017 NOTICE

It's hard to believe looking at the weather, but the Saxons summer series is coming soon.

I hope as many of you will be able to go to these events as possible, these are all very sociable, good fitness training for experienced orienteers and great for new and developing orienteers.

The summer series is split into two types.

Sunday morning events. These are simple score events aimed at recruiting new orienteers and need to be in a well known locations with plenty of easy navigation features. The best areas for these events end in the word "park" (eg Mote Park, Betteshanger Park, Trosley Country Park). Experienced Saxons orienteers will come along to support the event and a run out.

Thursday evening events. These are 1 hour mass start score events aimed at experienced orienteers. Think Kent Night Cup, but in the summer. Venues could be pretty much anywhere, parks, forests, streets.

As always we're looking for organisers/planners for these events. Rather than prescribe the dates and venues, if you're able to volunteer in advance that would be really helpful, and that would give you the opportunity to suggest a date and venue that would suit you.

In addition, if anyone fancied organising a "trail challenge" instead (either on Sunday or Thursday), this would also suit the aims of the series, as these events are quite popular with runners. Venues could be parks or forests with enough of a path network to fit a 10k length TD2/yellow standard course.

Best wishes,

Sean and Brendon

(volunteers please email [seancronin1001\[at\]hotmail.com](mailto:seancronin1001[at]hotmail.com))

COACHES CORNER

New member Tim Lund has asked what electronic aids there are to improving your orienteering. There is a list in Newcomers FAQs provided by 2nd Club member Richard Purkis.

However Richard recommended paper methods of improving your orienteering before going electronic. He said:-

1. Always go to the refreshment tent, find someone (preferably better than you) who has done your course and talk through your route choice for every leg, comparing your splits.
2. Subscribe to CompassSport and read the technical articles. You will receive "Focus" magazine with your BOF subscription, but this can appear elitist and irrelevant. CompassSport is more aimed at the average orienteer and has some interesting articles.
3. Go to lots of events. The Newcomer FAQ gives alternative ways finding events

Back to electronic aids –

Using Route Gadget

On the back page are the routes from Jon Peet's GPS watch and the track that Jerry Purkis has drawn on for the Blue course at Hindleap in February. You can set RouteGadget to start chosen competitors off at the same time. The extract shows Jon and Jerry taking completely different routes from 23 to 34. Jerry is taking a very safe but long route. Jon takes the far better straight route but unfortunately went too far round the hill. Unluckily for Jon, Jerry just pipped him to the control. Jerry's race analysis usually reveals that the longer path routes although easier to run on, they are not the quickest route to the control. He checks this using Routegadget and Splitsbrowser

Sean Cronin details below how he uses his GPS tracking data.

The toughest areas in Kent

Last Christmas Santa bought me a new GPS (Global Positioning) watch. The joy of this gadget is not so much the watch, but the associated software. With the software installed I just need to remember to start and stop GPS mode when I go orienteering. Then when I return home I park my watch next to my laptop and (without any further effort from me, data about my route transfers from my watch, to my laptop, and then somehow to the website Strava.

For each run, Strava also records the distance and climb, the average pace (minutes per mile) when I was running (i.e. ignoring the bits when I'm looking at the map or walking through rough ground), the moving time (i.e. the bits when I'm running) and the elapsed time. For your amusement I've collated all of these Strava data for my KNC runs since 2016. (see next page)

Not surprisingly I ran the furthest at the street events, at a fairly consistent distance of 6.5-7miles at just over 8 and a half minute miles. The forest events are much less predictable.

Another measure of how physically tough an event is, is pace. At some of the events (Bedgebury and Kidbrooke Park) where I ran about 4 miles my pace was quite fast (just over 10 minute miles). At Kidbrooke I finished early, and at Bedgebury I just had a bad run (i.e. got a bit lost). The "not running" time could show me lost, or could be because I was crossing ground too slow that Strava thought I was standing still!

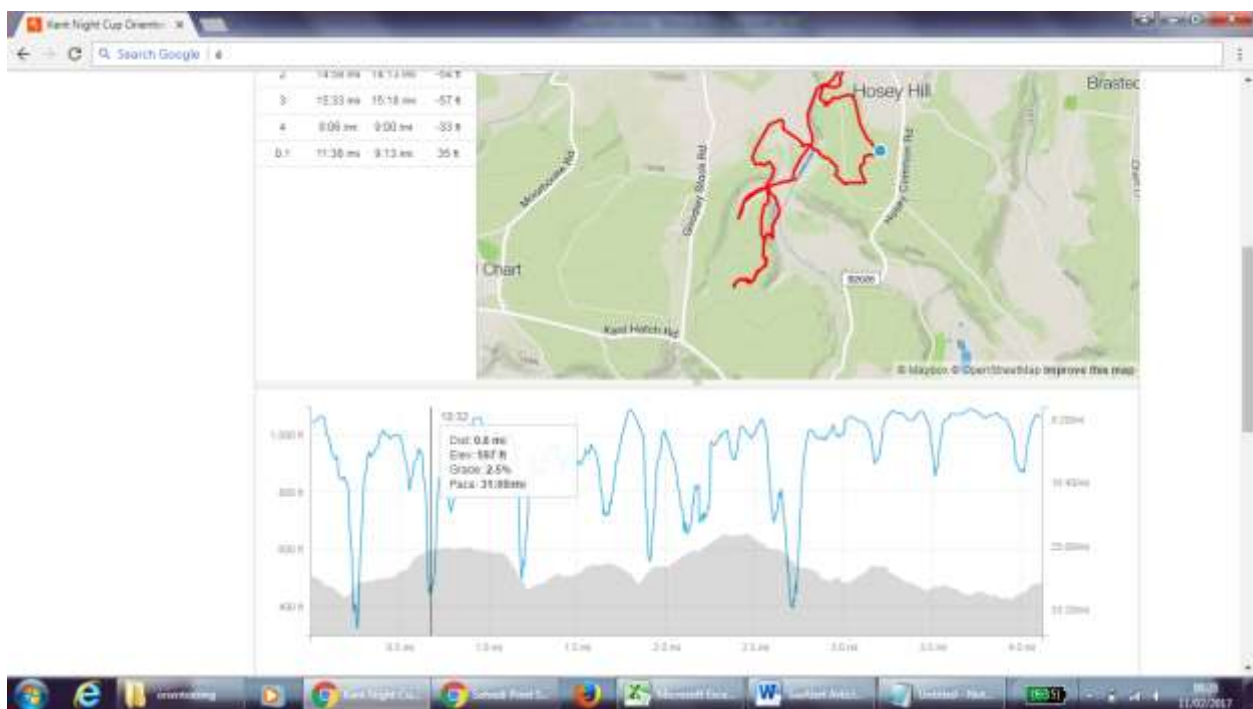
Date	Place	Distance (miles)	Climb (feet)	Pace	Moving time	Elapsed time	Not running
08/12/2016	Petts Wood (Street)	7	184	8.31	00:59:48	01:00:08	00:00:20
03/03/2016	Maidenbower (Street)	6.8	180	8.41	00:59:32	00:59:48	00:00:16
14/01/2016	Petts Wood (Street)	6.6	116	8.45	00:58:58	01:02:49	00:03:51
21/01/2016	Sittingbourne (street)	6.5	42	8.4	00:56:58	01:01:05	00:04:07
17/11/2016	Jeskyns	5.8	69	9.31	00:55:12	00:58:26	00:03:14
06/10/2016	Hucking	5.7	378	9.27	00:54:02	00:56:41	00:02:39
05/01/2017	Maidenbower (Street / Forest)	5.7	111	9.14	00:53:36	00:56:01	00:02:25
11/02/2016	Joydens	5.2	228	10.3	00:54:57	00:59:14	00:04:17
10/11/2016	Kings Wood	5.1	306	10.35	00:54:31	00:58:19	00:03:48
26/01/2017	Norbury	5.1	533	10.23	00:53:36	00:57:15	00:03:39
22/03/2016	Millbank	4.7	364	11.18	00:53:55	00:56:07	00:02:12
02/02/2017	Scotney	4.4	494	11.49	00:52:22	01:00:22	00:08:00
13/10/2016	Bedgebury	4.2	188	10.27	00:44:42	00:56:27	00:11:45
01/12/2016	Hindleap	4.2	478	12.01	00:51:09	00:56:15	00:05:06
17/03/2016	Brasted Chart	4.1	457	11.59	00:50:09	00:58:44	00:08:35
09/02/2017	Squerreys	4.1	541	12.01	00:49:27	00:56:55	00:07:28
03/11/2016	Kidbrooke Park	4.1	185	10.52	00:45:35	00:52:19	00:06:44
25/02/2016	Blean	4.1	451	12.39	00:52:26	00:58:00	00:05:34
10/03/2016	Scotney	4	483	12.23	00:50:26	00:58:35	00:08:09
04/02/2016	Hindleap	4	327	11.39	00:47:11	00:52:53	00:05:42
15/12/2016	Blean	3.3	379	13.47	00:45:45	00:55:56	00:10:11

The most surprising thing I see is that some mid-table venues such as Joydens, Kings Wood and Norbury are quite tough areas, and certainly tougher off paths than Blean and Hindleap (that languish

in the bottom 3). I actually ran over a mile further at Norbury than Hindleap, even though there was much more climb. My theory is that this shows the effect of planning. I suspect that in the technically “good” areas with reasonable runnability, planners are more likely to put more controls well off paths, which in the dark takes a lot longer to find. It’s also much slower to run off paths than on paths, day or night.

You can see how we find it so difficult to predict how far we’ll be able to run at forest KNC’s, but street KNC’s seem quite predictable. One of the reasons why forest KNC’s are a bit more popular perhaps?

Strava also gives some neat graphs showing speed during the race. This graph shows how my speed varied tremendously at Squerreys (height is grey, speed is the blue line). I didn’t have a particularly bad run, but it shows how slow finding controls that are off paths can be. See if you can spot the controls on the graph!



Did you know Saxons have a Strava group? You can register if you are a Strava user and see the runs other Saxons are making. Please ask me or Brendon if you can’t find it.

So what is the toughest KNC area (this year and last) in Kent? Well the stats don’t lie. Even though it’s one of the nicest, Blean is the toughest.

Sean Cronin

SAX QUIZZES

Continuing the electronic training theme - In Newcomers FAQ's there are details of an online quizzes to learn control description symbols

The following is a screen shot from one of the pages on <http://www.richtig-orientieren.de/icd/>

Page 5 -- Click on a button next to the symbols; then click on a selection at the right.

1	43										
2	78										
3	57										
4	65										
5	55										
6	72										

Lookup

- bare rock, 5 by 7 meters
- fence, ruined, SW end
- fence-powerline crossing
- path junction
- re-entrant, shallow, upper part
- ruin, overgrown, S corner (inside)
- stone wall, SW corner (outside)

Can you match the symbols on the left to the descriptions on the right?
 Answers on page 33

The attendees at the AGM on 10 Dec 2016 at Lorenden Park and School

Attendees were introduced to Scrabble orienteering. Brendon has written an article about it for CompassSport. Read it there on p45



Photo- Brendon Howe

SAXONS RANKING TABLE AS AT January 31st 2017

Mark Glaisher catches Peter Martin to share 1st place.

	Prev				
Pos	Pos	Name	Age class	Top-12	Runs
1	(1)	Peter Martin	M65	1200	34
1	(2)	Mark Glaisher	M65	1200	27
3	(5)	Alan Hickling	M50	1119	37
4	(7)	Mel Taylor	M50	1097	22
5	(4)	John Van Rooyen	M65	1091	19
6	(8)	Alison Howe	W45	1074	19
7	(6)	Jean Fitzgerald	W60	1059	32
8	(11)	Beryl Pring	W70	1045	19
9	(10)	Brendon Howe	M45	1043	17
10	(16)	Heather Brown	W65	1034	15
11	(12)	Dave Pickup	M45	1021	27
12	(9)	Jeremy Oldershaw	M75	1020	32
13	(14)	David Kingdon	M65	1000	24
14	(27)	Simon Blanchflower	M60	997	14
15	(3)	Joanne Hickling	W50	973	18
16	(17)	Simon Greenwood	M60	961	28
17	(15)	Mike Perry	M70	956	19
18	(18)	Doug Deeks	M75	914	25
19	(13)	Simon Deeks	M45	889	19
20	(19)	Richard Whitaker	M65	888	20



Thank you Alan Hickling for keeping the statistics. Alan uses a special formula that adjusts for age.

South East League results

At the South East League events members collect points for their club and towards individual awards. IN the last three events, Saxons have amassed the following points

	Long Valley	Epping Forest East	Westerham Chart
JM	124		5
M21/35			
M40/45	55	81	61
M50/55	175	158	3
M60-85	419	437	185
JW			1
W21/35			
W40/45		95	52
W50/55	84	43	52
W60-85		84	47
String/Other			
Total	856	899	406

At Long Valley 856 points made Saxons 6th of the 7 clubs in Division 1

At Epping Forest 899 made us 5/7 in Division 1 and Peter Martin was in the top 5 of the 17 people who beat their target time

At Westerham Chart 406 points was enough to make us 4th of the 7 clubs

Overall after Westerham Saxons are lying in 5th equal place with DFOK. There are just 2 SE league events left. Make sure **YOU ALL TURN UP IF YOU CAN.**

Remaining S E league events:-

19-Mar-17	SAX	Millbank
14-May-17	SO	Arundel Estate



Mark Glaisher at Long Valley



Sarah Howes at Long Valley

A SELECTION OF FUTURE EVENTS

Always check the relevant club website for changes

Thu 02/03/17	Kent Night Cup 23	D	SO	Rivers Wood, Haywards Heath
Sat 04/03/17	SO SOG S4 -	D	SO	Gt Walstead/Henfield Wood, Lindfield, Haywards Heath
Sun 05/03/17	DFOK District event	C	DFOK	Brasted Chart, Westerham
Thu 09/03/17	SAX KNC	D	SAX	Manor Park & West Malling,
Sat 11/03/17	DFOK NW Kent 1	D	DFOK	Danson Park, Sidcup
Sun 12/03/17	CompassSport Cup Heat	B	HH	Ashridge, Berkhamsted
Thu 16/03/17	DFOK Kent Night Cup 25	D	DFOK	Whitehorse Wood, Meopham
Sat 18/03/17	SO SOG S5 - Parham Woods	D	SO	Parham Woods, Storrington
Sun 19/03/17	SAX SE League Event	B	SAX	Millbank, Sevenoaks
Fri 24/03/17	SAX KNC	D	SAX	Ightham, Borough Green
Sat 25/03/17	SAX KOL	D	SAX	Scotney Castle, Lamberhurst
Sun 26/03/17	SO District Event	C	SO	Tilgate, Crawley
Sat 01/04/17	DFOK NW Kent 2	D	DFOK	Shorne Wood Country Park, Gravesend
Sat 08/04/17	DFOK Kent Orienteering League 8	D	DFOK	Whitehorse, Meopham
Fri 14/04/17	Jan Kjellstrom Orienteering Festival - Sprint (UKOL)	A	SEOA	Brunel University ,Uxbridge
Sat 15/04/17	Jan Kjellstrom Orienteering Festival (UKOL) Middle Distance	A	SEOA	Ambersham, Midhurst
Sun 16/04/17	Jan Kjellstrom Orienteering Festival (UKOL) Long Distance	A	SEOA	St Leonards and Holmbush, Horsham
Mon 17/04/17	Jan Kjellstrom Orienteering Festival Relays	A	SEOA	Pippingford Park, Forest Row
Sat 22/04/17	SO Trail Challenge	D	SO	Seven Sisters CP, Eastbourne
Sun 23/04/17	SE Middle Distance Champs - NOTE NEW DATE	C	SLOW	Wimbledon Common,
Sun 30/04/17	SAX District Event and Yvette Baker Trophy Heat	C	SAX	Knole Park, Sevenoaks
Sat 06/05/17	British Long Championships (UKOL)	A	LOC	High Dam, Newby Bridge, Lake District
Sun 07/05/17	British Relay Championships	A	LOC	Summer House Knott, Newby Bridge, Lake District
Sat 13/05/17	Southdowns weekend 1/3 Middle Distance Event,	C	SO	Angmering, Arundel
Sat 13/05/17	Southdowns Weekend 2/3. Urban event	C	SO	Chichester,
Sat 13/05/17	DFOK NW Kent 3	D	DFOK	Jeskyns, Gravesend
Sun 14/05/17	Southdowns Weekend 3/3. SE League	B	SO	Arundel Estate,
Sat 20/05/17	SAX KOL	D	SAX	Millbank, tbc
Sun 21/05/17	SOS Urban	B	SOS	Colchester,
Sat 27/05/17	Springtime in Shropshire Day 1	B	HOC	Long Mynd, Church Stretton
Sun 28/05/17	Springtime in Shropshire Day 2 (UKOL) Long Distance	B	HOC	Caer Caradoc and Hope Bowdler, Church Stretton
Mon 29/05/17	Springtime in Shropshire Day 3 (UKOL) Long Distance	B	HOC	Brampton Bryan, Knighton

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.

DIFFERENT ORIENTEERING FORMATS

CRIB CHALLENGE 27 December 2016

James Davis, past member of Saxons put on a novelty Christmas street orienteering event where participants had to visit churches to find nativity scenes as well as the lanes and streets of the shopping area of Sevenoaks to spot shops with nativity scenes.

Richard Purkis managed to persuade the cousins visiting for Christmas, that a run round Sevenoaks (and Seal and Otford) was a good idea. He easily won the event. The 3 Purkis extended family groups were the only participants who went round on foot. Apparently others did it by bike or by car - surely that is cheating.



Rowan and her cousins were never going to travel as far as Richard because nearly all the churches were offering refreshments and it seemed churlish to refuse after they had gone to so much trouble. They all commented on the fit young man in shorts who had raced in, got his sheet signed, glanced at the nativity scene and raced off without even a chocolate biscuit- that's keen for you. My favourite scene was knitted mice, pictured above.

Rowan Purkis

SAXONS OUT AND ABOUT

Southern Night Orienteering Champs at Rams Combe, Quantock Hills 26/11/2016 (incorporating Army Inter-Corps Championships)

Only one Saxons attended the Southern Night Championships. Sarah Howes was 5th out of 42 on the women's 3.4km green course which placed her 2nd on the W55 course.

Other KNC participants successful at the Championships, also benefitting from regular KNC attendance, were Chris Hooker (SO) 2/7 in M55 and Ian Ditchfield (MV) 2/8 in M60.

Sarah Howes

Kent Night Cup 10 Kings Hill 24/11/2016

Lots of Saxons turned up for KNC 10 in the “spaghetti style” road and alleyway network of Kings Hill. Who said street O was easy? The bonus controls tempted some, but for all but the very fastest, it seemed like ignoring the bonuses was the best strategy.

The Medway Valley is being developed with other similar housing estates, also with complex roads and some with nice country parks and open areas in the middle. With such complexity these areas don't have to be very big to give a good challenge. So in future years we could look forward to events in Leybourne Chase, Holborough Lakes and Peters Village.

Leading Saxons were Alison Howe W40 and Adam Corrie M35

Sean Cronin

IGHTHAM SAX 27 Nov 2016

Planned by Richard Field, Organised by Richard Whitaker. Controller pre-day was Doug Deeks but he couldn't attend on the day so on the day controllers were Jerry Purkis and Mike Solomon. The weather was quite pleasant – overcast but mild and dry and the ground was relatively dry underfoot. 47 Saxons turned up and ran.

Everything ran smoothly on the day but the high attendance meant that car parking hit full capacity. We filled the bottom of the pub car park, all the lay-by, all the car park down Styants Bottom Road and some places by the church. We got to the stage when we literally couldn't fit in any more cars and were beginning to panic but we just made it! I am sure that there were more cars than runners!!!! Need to watch this in future as cars turning up and nowhere to park them would be a problem. High turnout was because there were no other O events in SE that weekend.

Best Saxons results

Brown	Dave Pickup	M45	11/26			
Blue	Mark Glaisher	M65	13/73		Alison Howe	W40 17/73
Green	Simon Greenwood	M60	2/49		Jean Fitzgerald	W60 17/49
Light Green	Steve Elliot	M55	1/13		Joan Mills	W70 5/13
Orange	Henry Taylor	M12	1/12			
Yellow	William Prior	M10	1/5		Holly Howes	W10 4/5

Richard Whitaker

SN Local Event Esher Common 03/12/2016

Four Saxons travelled to Esher Common for this event. Of 25 participants on the 5.7km Short blue course, Mark Glaisher was 4th, Bodhan Rainzcuk was 5th and Sarah Howes was 10th.

Marion Bond also successfully completed the light green course.

Sara Howes

KNC 13 Blean 15/12/16

Kent Night Cup 13 in Blean Woods was held in perfect conditions with crisp dry leaves underfoot, a bright moon in the sky and keen enthusiastic competitors. The controls nestled in depressions, stood behind thickets, balanced on platforms and perched on fence corners. How anybody found them all in the correct order within an hour is amazing. 2nd Club member and former Newsletter Editor; Mark Purkis found them all in 37 minutes - unbelievable.

Best Saxons were Brendon Howe and Alan Hickling
Heather Brown

Deangate KNC 17 19/1/17

This was the first event at the Sports Complex using a new map. Some ingenuity was needed to provide an hour's run for the faster competitors, so the competition had both Score and Line elements. My estimated optimum route was 9.2km and 130m climb - it is fast terrain! Having the Mass Start near the centre of the map meant there were 7 different 1st controls, spreading the field out. Well done Chris Hooker (SO) and Alison as the overall M and W winners; 37 took part, and it was pleasing that more than 2/3rds of the competitors were able to stay for the après-O. Dave Pickup 3/37 and Brendon Howe 4/37 deserve a mention

Mark Glaisher

Perry Wood KOL Saturday 21/1/17

Attendees at Saturday's KOL event at Perry Wood were treated with the nicest of winter weather available: cold, sunny, clear and still. This made for great running around the woods and hills without the mud that often abounds. The excellent weather brought out the hordes and we had over 100 racers. This caused pandemonium in the small car park though, but thanks to Andrew and Matthew Derrick's excellent Tetris skills, everyone was accommodated.

The arrival of unannounced masses (46 said they were coming, 104 raced!) caused a little map shortage on Blue, Orange and Yellow maps despite exceeding print run numbers from all prior KOLs this season. Thanks to all those who were generous enough to allow their map to be handed on. In fact, we were so busy we even ran out of printer paper at download. Despite these hiccups everyone seemed to have a great time; perhaps they were diverted by the home-made sausage rolls, hot beverages and camaraderie on offer in the event tent?

Perry Wood saw over half a dozen newcomers trying orienteering and sampling Saxons' hospitality for the first time (thanks to everyone who made them feel welcome). Hello to: Karen Ransley, Caroline Barton, Karen Longley, Wendy Wiseman, Tina and Natasha Woollard and Azina Hoyle. I'm sure that some of them will even be back ☺

Best Saxons results:-

Blue	Dave Pickup	M45	5/28		Sam Prior	W35	23rd	
Light Green	Jean Fitzgerald	W60	7/35		Michael Cameron	M16	10th	
Orange	Toby Prior	M12	6/18		Thea Kapsalis Jessica Taylor	W14 W16	9 th =	
Yellow	Charlie Mackins	M10	2/20		Kasie Chapman	W10	5 th	
Score	Joseph Derrick	M14	2/5					

There are pictures from the event on page 18

Brendon Howe

29 January - Berkshire Orienteers – Concorde Chase

13 Saxons went to the biggest event in the BKO calendar the annual Concorde Chase,. Editor does not know why it is called this- is there some form of “chasing” . Perhaps someone can enlighten us for next time.

Good Performances by Mark Glaisher on Short Blue and Henry Taylor on Light Green

Thanks to Nick Barrable of Compass Sport for the photos below



Scotney Castle KNC 2/2/2017

A rather cool and windy evening, with the occasional light shower, greeted the 28 who took part. This was the first use of the whole Estate for a KNC, allowing a straightforward 22 control score format. An early decision for competitors was whether to try for a circuit of the area, encircling the central OOB part. Half the people tried this. Winner Chris Hooker managed 20 in his anti-clockwise tour, and Alison Howe was the leading Saxon and Ladies winner, with a clockwise 15. Other good scores were :- Sean Cronin M50 7/28 15 pts, Steve Waite M65 9/28 14 pts, and Heather Brown W65 18/28 10 Pts

Planner/Organiser Mark Glaisher

Hindleap Sunday Series Level C event 12 February 2017

We had 200 competitors turn up on a really cold, wet and windy day. Sleet at times even but everyone came back from their run with a smile (well except for a few who couldn't find some controls). Due to it being half term we were lacking a few of our Junior members, 6 that I know of, so probably more that I don't.

David Kingdon planned the courses and the reports were that they were excellent, so thank you David. Unfortunately I didn't get the chance to run so sadly I don't even know how the terrain was except seeing the very muddy shoes afterwards.

We had tea/coffee and biscuits for those who wanted to stay and chat afterwards and even a 'creche' for the 'Kingdon' family. Lovely to see them all.

To those who helped to make the day a success a really BIG THANKYOU.

Saxons Male, Female and Junior best results out of 32 taking part were:

Brown - Simon Deeks M45 19/30,

Blue - Mark Glaisher M65 25/77

Green - Joanne Hickling W50 5/43 & Peter Martin M65 13th

L Green - Ffion Bricknell W14 4/11, Tony Connellan M75, 7th & Joan Mills W70 8th

Orange- A special mention to the Druce/ Flynn Family who, after a few score events, went out on their first Line course and no one told them they had to find the controls in a set order.

Yellow - Joel Sibley M12 2/13 & Hannah Sibley W10

Beryl Pring

Organiser on the day

Some photos from the day



Précis of the 20 January 2017 Committee Meeting

- New 'Saxons Shield' inter-club competition included in 19 March Millbank Level B event
- Fixtures and Mapping Meeting imminent (2018 'B' venue; new/revisited areas vs fixtures)
- Summer Series planned for 2017
- New sub-committee for Summer Series re. Course ideas/promotion/advertising/newcomers
- The Mote Park New Year's Day event was publicised on the BBC website 'Get Inspired'
- Orienteering for schools support: follow-up on recently-mapped school grounds is proposed
- Clubmark re-accreditation complete
- Saxons are competing in the CompassSport Trophy at Ashridge 12 March
- JK Relay – estimated that 50 helpers will be required from SAX, SO, DFOK...
- Event Registration form revised to include relevant Medical Details (ICE)
- Committee roles are being reviewed, and will be updated on the website
- Volunteer coordinator required – job spec. to be circulated
- Mapped areas – proposed that a small extract/thumbprint for each is shown on the website
- Concern with non-BO members taking part in > 3 events to be raised with SEOA (Insurance)
- Participation records to be held for 5 years (Insurance req't). Non-BO members in logbook
- 2 replacement tables are being purchased for event registration; chairs will be assessed
- Club meal proposed, in spring
- Next Meeting 10th March

SAX QUIZ ANSWERS

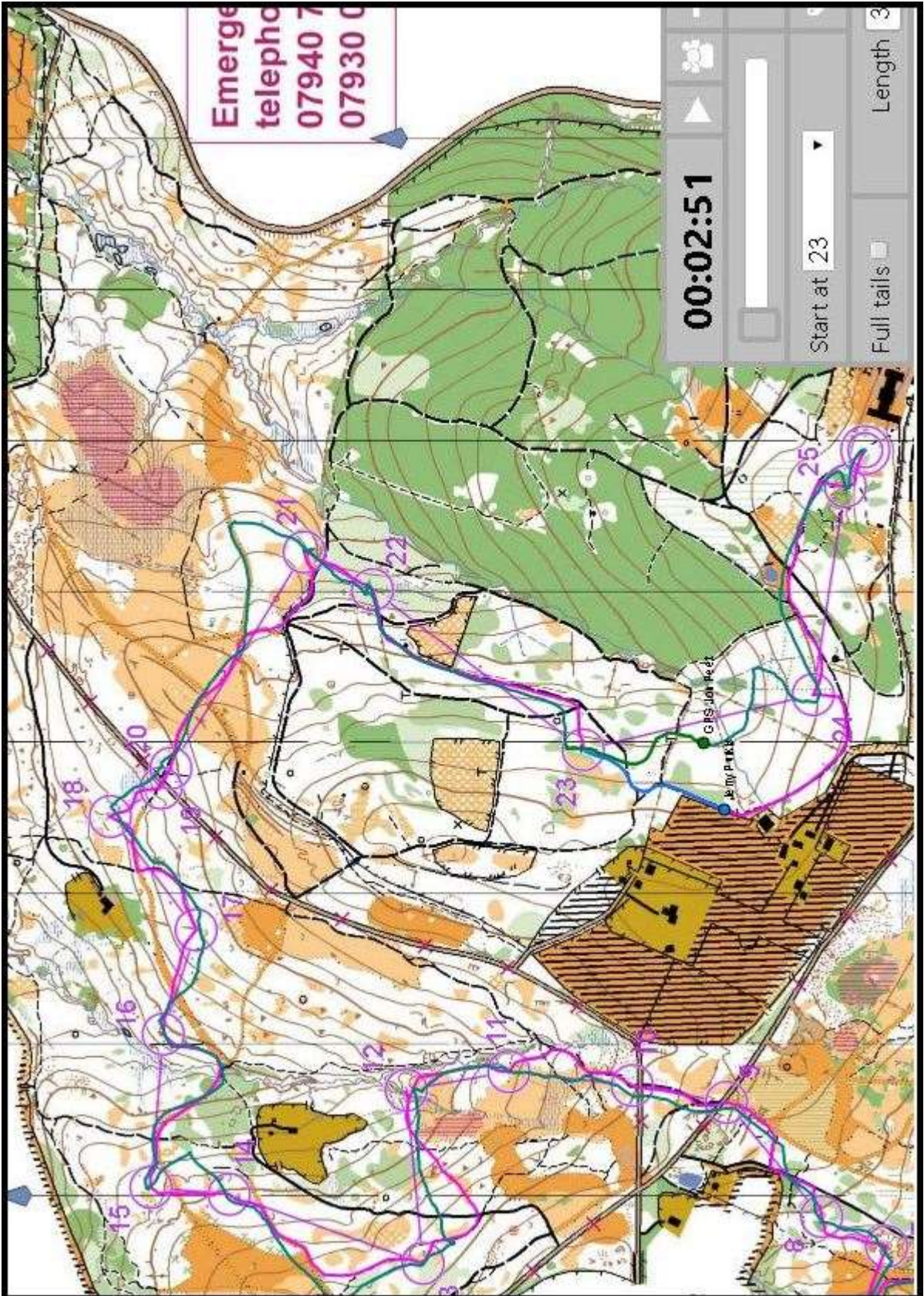
Page 5 -- Click on a button next to the symbols; then click on a selection at the right.

			<input type="checkbox"/>	fence, ruined, SW end	
1	43		<input type="checkbox"/>	ruin, overgrown, S corner (inside)	<input checked="" type="checkbox"/> bare rock, 5 by 7 meters
2	78		<input type="checkbox"/>	path junction	<input checked="" type="checkbox"/> fence, ruined, SW end
3	57		<input type="checkbox"/>	re-entrant, shallow, upper part	<input checked="" type="checkbox"/> fence-powerline crossing
4	65		<input type="checkbox"/>	bare rock, 5 by 7 meters	<input checked="" type="checkbox"/> path junction
5	55		<input type="checkbox"/>	fence-powerline crossing	<input checked="" type="checkbox"/> re-entrant, shallow, upper part
6	72		<input type="checkbox"/>	stone wall, SW corner (outside)	<input checked="" type="checkbox"/> ruin, overgrown, S corner (inside)
			<input type="checkbox"/>		<input checked="" type="checkbox"/> stone wall, SW corner (outside)

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

See website for faces

		e-mail «@saxon-oc.org»	
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Andrew Derrick	Committee Member		
Doug Deeks	Auditor		



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.