

SAXALERT



SAX NOTICES

Roles in the club that need to be filled due to people moving away/ standing down

- Development Officer
- Junior Coordinator
- Sax Alert Editor
- Volunteer Coordinator
- Schools League results officer
- Safety Course Provider-/ coach
- SI / Auto download trained

If you might be willing to take on any of the roles please speak to Jean Fitzgerald in the first instance

Fun Orienteering Trail Walk - Sunday 13th August

Start and Finish at St Georges Church, Gravesend

Starts between 11.30am and 1.30pm

Open to WI members, families and friends and Saxons.

Cost £9 to include ploughman's and cakes

Why not come along? Just let me (Heather Brown) know well in advance so we make enough cakes!

Remaining Saxons summer event:
Brockhill Park, Hythe Saturday 2 September 2017

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Guest Editorial

“What does elite orienteering have to do with me?”

You might be asking this question having recently seen requests to help fund the GB team compete



at the World Orienteering Championships (WOC) in July. Why is the general orienteering membership being asked to help fund the elite runners in our sport; those incredibly talented sportspeople who attain a standard of orienteering that the vast majority of us only dream about? Sport England funding for British Orienteering has reduced by 53.4% for the period 2017-2021 vs the 2013-2017 cycle, and funding for talent programme has been reduced by more than two thirds to £266,000. When this budget is compared with that of other national teams: Denmark (£440,000) and Sweden (£700,000), it is clear that our team is fighting an uphill battle. As of April, the team no longer has a Talent and Performance manager.

To compound this uncertainty, the athletes were only made aware of a £6,000 shortfall to compete at WOC at the beginning of May (8 weeks prior to the event). Sarah Brown, the mother of Ralph Street (SLOW) put out a crowd funding request using “My Donate”¹. Through the generosity of clubs and individuals the donations have exceeded the target but donations are still welcome.

Donations page: <https://mydonate.bt.com/fundraisers/fuelgbwoc>

This is a great time to be talking about elite orienteering, it is currently the peak of the elite orienteering calendar: Tio Mila 29-30/04, World Cup Round 1 24-28/05, Jukola 17-18/06, and the World Orienteering Champs (WOC) 30/06-07/07. Our elite athletes have trained 12-14 hours a week, every week, for the last year, with the aim of performing their very best at WOC. Even with the Sport England monies the GB athletes still pay a significant personal contribution to their costs, in 2015 and 2016 the total personal contributions were £54,200 and £65,600 respectively.

What are the benefits of elite orienteering to Saxons?

- **Promote participation** - People new to orienteering, and particularly juniors find elites inspiring. As a junior I remember being in awe (and still am) of how the elites could run so fast and make so few mistakes, giving me something to aspire to. By being role-models, they also enable young orienteers to see the wide range of opportunities in orienteering, making friends, developing skills, and visiting new places, and having fun!
- **Improve the standard of orienteering** - The fastest way to learn is being taught by someone with the experience, and elite athletes do know a lot about orienteering technique, training, diet, sports science. I myself have learnt a huge amount during my time at the University of Edinburgh and 6 months in Halden. Elites are always willing to answer questions and share their knowledge, raising the quality of orienteering as a whole.
- **Elites often want/will give something back** - At times, it can seem that elite sport is quite selfish. Your training inconveniences other around you, and you often receive grants and other bursaries without having to give much (if anything) back. But elite athletes aren't selfish people, and do want to give back to those that gave them money/time, they do this either in their off season or after retiring from elite sport.

¹ the BT sponsored equivalent of “Just Giving” that charges fund raisers much lower fees.

- **Brings publicity to the sport** - Increased publicity for orienteering will lead to increased participation. The quality of publicity at recent WOCs has greatly improved however there is still a lot to do. How many of BOF's 11,000 members could tell you when any of these elite races are? Let alone the general public
- **Entertainment** - Have a look at the recent WOC coverage and see for yourself if it's exciting, I think it is. I tested it on a couple of my non-orienteering friends; one thought it was interesting, the other wasn't so impressed. Clearly a small test but some promise there! (link below)



- **We want them to do well.** - In 2015 the World Orienteering Championships were held in Scotland at the same time as the Scottish 6 Days events. With cameramen out in the woods and athletes carrying GPS trackers you could watch the progress of the runners on giant screens erected in the event centre. It was interesting and exciting. I particularly remember the relays because at one point GB were in 2nd place (proof is on the screen). We were all shouting and cheering. We all felt good because team GB was doing well. We felt sorry for the teams from Hong Kong and China who did terribly. This year WOC took place in Estonia and many British orienteers went out to take part in the parallel event that is put on for the ordinary masses of the orienteering population. They went to cheer team GB on. It is very exciting. We want to them to do well. They can only do that with support including financial support.

Future outlook

The current talent funding is guaranteed until the end of March 2021, however since this is only a third of the funding of the previous 4 year cycle, the current financial set-up of the squad is not sustainable. Until now the squad has had just enough money to get by without much fundraising; however this is no longer the case. So far there have been two separate campaigns, JWOC 2016 and WOC 2017, purely to raise money for that one competition week. Going forward a clear, coordinated fundraising strategy for all squads (junior and senior) is needed, detailing why the money is needed, where it is being spent, and can keep you updated with the athlete's progress towards achieving their goals. Clubs are being asked for ideas and suggestions. Money raised is funnelled through the charity -The Orienteering Foundation.

Would you support Saxons making a donation?

Mark Purkis M21 EUOC/Halden/Saxons.

Links

WOC Live coverage: <https://liveorienteering.com/#/event?id=4867>

The Orienteering Foundation <https://www.orienteeringfoundation.org.uk/> Speak to Andrew Evans DFOK. He is a trustee.

Front Cover- Saxons go to Belgium. Photo thanks to Sarah Howes.

NEW SAX

We are delighted to Welcome Larry Baker M40 from Hastings

Larry has been to quite a few events this year; University of Kent, Millbank and Knole Park and maybe more.

New members- please identify yourself to Registration as a new member and you will be introduced to other club members. If you have any questions please send them to the newsletter editor to use as art of our newcomer series.

Wearing a Saxons running top will also identify newcomers as club members. I can still remember wearing one as a newcomer, to an event in Wimbledon and was surprised to find other Saxons members, I had never met before come up and say hello.

Newcomer FAQs. We started running this feature in the December 2016 edition but I have not had any questions this time. If you can access Google Drive, you will be able to read past copies of SaxAlert at:-

<https://drive.google.com/open?id=OBzINESAK1C4ReIIUMOhPWEM3ZTQ>

Last time I asked for everyone with a GPS watch to send me their verdict on it- would you recommend it to others, if yes why, how much did it cost? Are you about to buy another one? If yes which one and why. Not a single member has sent in anything- does that mean no one has a GPS watch?

SAXONS RUNNING KIT

Alison Howe is the keeper of the Saxons kit- tops in long and short sleeves, 2 types of jackets, running pants and buffs. .

Alison says “The kit box comes with me to most events, but given time of year, please send an e-mail if you want to get hold of some kit so we can arrange the when and how more easily! “

Alison Howe - 07976841078 or [alison.howe12\[at\]gmail.com](mailto:alison.howe12[at]gmail.com)



CONGRATULATIONS

BRITISH ORIENTEERING PERFORMANCE AWARDS

Well done to the following:-

Beryl Pring	Racing Challenge: Bronze Award ★★★★★	26/05/2017
Bohdan Rainczuk	Racing Challenge: Silver Award ★★★★★	25/06/2017
	Racing Challenge: Bronze Award ★★★★★	25/06/2017
Elsa Burdett	Racing Challenge: Silver Award ★★★★★	25/06/2017
Graham Denney	Racing Challenge: Bronze Award ★★★★★	25/06/2017
	Navigation Challenge ★★★★★	26/05/2017
Henry Taylor	Racing Challenge: Gold Award ★★★★★	26/05/2017
Philip Norris	Racing Challenge: Silver Award ★★★★★	25/06/2017
Robin Kingman	Racing Challenge: Silver Award ★★★★★	25/06/2017
	Racing Challenge: Bronze Award ★★★★★	26/05/2017
	Navigation Challenge ★★★★★	26/05/2017
Sarah Howes	Racing Challenge: Silver Award ★★★★★	26/05/2017
	Racing Challenge: Bronze Award ★★★★★	26/05/2017
	Navigation Challenge ★★★★★	26/05/2017

- If you are missing these awards make sure you put your BOF number on your registration form, especially if you are hiring a dibber.
- A note also that we must give the courses their full name when we upload the results otherwise the BOF computer may not recognise the course as qualifying

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

Chairman's Chat



With the Summer Series in full swing and the nights drawing in we'll soon be thinking about taking part in the KNC, won't we? I'm a fairly recent convert to the running around in the dark sort of orienteering but it is good fun. The only extra kit you need is a decent head-torch, so if you haven't got one ask around for advice and get it sorted.

Saxons 'new' website has been in operation for some time and I think it has proved very easy to use, giving us all the info we need to get out and orienteer in the south east. If anyone has any suggestions for things to be added/alterd/removed from the site please do get in touch. If you're getting bored seeing the same people on the front page it's because they are the only ones submitting news. We want to keep the site looking fresh and appealing so it would be really good if any of you who have been orienteering, mountain marathoning, mountain bike orienteering or any other form of orienteering (or doing anything remotely connected with orienteering) anywhere interesting (regardless of your results!) could send in some images and a small report for the 'News' page. Please send to me and I'll post them up.

It was suggested (by the editor) that I might like to explain why I drive around the country to take part in loads of multi day events. I'm going to the Scottish 6 Days at the end of July, to the White Rose (in Yorkshire) at the end of August and to the Caddihoe (in Cornwall) at the beginning of September. I expect I'll also go to the November Classic (New Forest) in November. Explaining why is a bit tricky! Apart from the actual orienteering, which is generally more technically demanding the further north in UK you go, so doesn't actually play to my strengths and is a bit of a (big) challenge, I really enjoy getting out into areas that I might not otherwise visit. So mountain slopes with great views, I think, make it worth the trip to Scotland. Yorkshire and Cornwall are two of my favourite holiday destinations, so that explains the White Rose and the Caddihoe, with sand dune orienteering around Hayle in Cornwall an added bonus; also I have ancestors from Hayle so can do some family history research while I'm there.

The November Classic is a bit of a habit-I've been going for years. The other thing about the larger events though is socialising with other club members. At the Scottish (or in Wales or the Lakes on the years the Scottish isn't on), we take the club banner and tent as a shelter and a place to meet up, and normally organise a meal out or a BBQ depending on where everyone is staying, so it's a really friendly holiday atmosphere with a bit of competition thrown in. Also as the events are held in interesting areas of the UK there are plenty of opportunities for some sightseeing too (or whiskey tasting in Scotland). I hope this persuades you I'm not totally mad and perhaps it will encourage some of you to venture further afield.

At the AGM this year we will be losing two stalwarts of the club committee; both Jerry Purkis, our Development Officer, and Tony Connellan, our Junior Co-ordinator, are stepping down.

Jerry has done a great job over the years, getting the documentation together to enable us to obtain ClubMark status for the club, and subsequently going through it all again to get the accreditation renewed, and Tony (assisted by Heather Brown) has increased the number of juniors taking part in out KOLs and really developed the Saxons Junior Squad by organising a junior tent and Saxons Junior Squad tops. It will be a hard thing to follow in their footsteps, but getting people to continue

the good work is really important for the development of the club. If you feel you might be able to take on either of these roles (or share a role with someone else) please get in touch.

Jean

TEAM CAPTAINS NOTICES- FROM MARK GLAISHER

SE Relays 18th June Capite Woods near Horsham



Richard Field SAX on the far right at the start of the Open race.
Photo Alan Hickling

Saxons hosted the South East Relays last year, and it was Southdowns turn this time. The venue was well to the west, and looking at a 1:10 000 map of a previous event, the area didn't look that promising. There are two areas of woodland (with that in the S looking particularly overgrown/green), separated by fields. This is one of the more informal Relays, with basically 3 races: Open, Handicap and Junior, and only 4 courses: Short Blue, Green, Orange & Yellow. The Handicap points (based on Age & M/W) are rather too generous for Saxons – some clubs managed to include an M21/35 runner. We had 2 Open teams and 1 Handicap this year.

The event was held during that period of really hot sunny weather – 26-28 deg C, and with the Arena being in one of the fields, those clubs without a tent were at the shady woodland fringe. The Event Details mentioned a 1:7 500 map scale, so we wondered how big the map would be. The first runner back (from GO, in one of their many Junior teams) had only an A4 map, and it quickly became obvious that the race area was the woodland to the N plus a small area of fields. Those returning were very complimentary about the planning (by Chris Jepson). To accommodate courses up to 6km she had used butterfly loops on both the Short Blue and Green. These loops were taken in different order to provide gaffling. Many commented that they weren't aware of running through the same, good bit of woodland more than once.

The whole event ran efficiently, thanks to Southdowns; and Simon Greenwood presented the prizes.

Saxons teams :-

Team name	Lap	Runner	Age	Position
SAX Go for Gold- Open Class	1 S. Blue	Richard Field	M50	9/16
	2 Green	Simon Greenwood	M60	
	3 S. Blue	Sarah Howes	W55	

SAX Treasure – Open Class	1 S. Blue	David Kingdon	M65	12/16
	2 Green	Jean Fitzgerald	W60	
	3 S. Blue	Nick Betts	M50	

SAX Aspirants- Handicap Class	1. Green	Peter Martin	M65	6/13
	2. Orange	Mark Glaisher	M65	
	3. S. Blue	Alan Hickling	M50	

**A reminder of CompassSport Trophy - Saxons in the Final for the first time!
Final: 22nd October**

The Final is at Virtuous Lady (the name of an old copper mine!), Yelverton, Devon on the 22nd October, where we will be competing against SARUM, CLARO, SUFFOC, LOG, INT, MOR, GRAMP, BASOC, WCH, SROC, WIM and KERNO.

To celebrate this, the Committee has decided to support participation by contributing £25 per person taking part (seniors and juniors) for entry, accommodation etc.

It should be possible to car-share. Please get in touch with me (unless you have already done so) about the possibility of staying in shared residential centre accommodation.

More details at

<https://www.devonorienteeing.co.uk/events/compass-sport-cup-final>

Mark Glaisher

TONY CONNELLAN'S JUNIOR PAGES



With the end of May approaching so was the end of the 2016/17 series of the KOL which always proves to be popular with Saxon Juniors and also attracts some good competition from neighbouring clubs that we can use to spur us on to do our very best. On 20th May I saw that the weather was warming up in Kent so I expected to see lots of our young members on the results list when I logged in from the shelter of a wartime museum on a very wet and windy day as I cycling into thick mist on the island of Hoy in the Orkney Islands.

Milbank and Whitley Woods is a good place to orienteer and the challenges set by the planners can always turn out to be very interesting. Well James Ford, I guessed must have entered a 'Park Run' in Maidstone before going on to the KOL and having warmed up with a near personal best contended with 28 other orienteers on the blue course and at just over an hour came in at 9th place surrounded on the results list by some very experienced more mature competitors. I also noticed another M18 Saxon in 14th place, but the man I know with that name is a few years older than 18! Well done again James another good result for you.

I'm sure that Ffion Bricknell was also pleased with her performance especially as she was very close to her father's time over the same course. Ffion was the only young Saxon on the Light Green course as I expect all others of the age were at home with their heads in books revising for their GCSE's. Fortunately those little tests are a thing of the past and all forgotten for a few weeks.

There were 15 entrants on the orange course and all three of our young Saxons came in the top half with Finlay and Toby taking the top two spots. Austin wasn't far behind finishing in a respectable time and in 6th place. As usual the yellow course was dominated by Saxon Juniors. Ben Cronin had a really good run and came first, and was over 2 minutes ahead of the 2nd placed competitor. From 3rd place onwards good fun was had by our Saxons; Alfie, Kasie, Luke, Abigail, William, Joshua, Eric, Abigail and Jake.

It was only three weeks before we were all back together again at **Lesnes Abbey Woods** for the final meeting of the KOL series which culminates with the prize giving and the awarding of highly valued medals which you've all tried so hard to win. It was a very hot day and after the runs there were so many picnics being enjoyed whilst we waited for the results. James must have been pleased with his effort as he completed the blue course and gained 3rd place out of 21 very experienced orienteers. Another very good run James and I expect you had completed the 'Park Run' again before coming to Lesnes Woods. Having missed the event at Milbank, Elsa, Michael and Ffion were back together running the Light Green course. Close times were recorded and Elsa led Michael and Ffion back with not too many minutes between them. Next year promises a lot of exciting competition between you three and I'm looking forward to it! There were only two Saxon Juniors running the orange course, Toby and Austin did very well as usual and perhaps next season it would be good if you were joined by a few yellow runners moving up to give you some more competition to spur you on to even greater heights. Once again the Yellow course was dominated by Saxon Juniors. Of the 14 runners 10 were members of our club. Rebecca Ledger came in 1st place followed closely by Abigail, Kasie, William, Charlie, Luke, Ben, Brooke and Alfie.

After a rest and some picnicking we were ready for the prize giving. Light Green was a treasure for our junior girls with Elsa, Ffion and Eglantine taking the first three medal places and then Michael being awarded the 2nd place for boys. The final Orange scores gave Austin a well-deserved 3rd place

just behind two lads much older and taller than him so next year it could be your neck that the winner's medal is around. That would be good Austin. The yellow course, usually dominated by our Saxon Juniors, threw up some lovely results. The first 12 places were all taken by our boys and girls. Medal winners for this colour course were Ben, Charlie Alfie, Kasie, Abigail A and Abigail W.

Finally came a really exciting moment when we waited for the top junior on the Blue course. We really knew who was going to get that medal. Someone who did park runs first on Saturday mornings and then quietly got on with the job of doing his best on the hardest course of the day - James Ford- the only junior who competed with all the other experienced orienteers. So on to the podium he jumped, all by himself, to get his medal.



James Ford wins the Junior Men cup



Saxons medalists at the Kent Orienteering Festival

The **Junior Orienteering Festival** was held on a beautifully warm day at **Lullingstone Country Park**. Unfortunately only 6 Saxon Juniors could make the event, but nevertheless every one of those six managed to win a medal. Well done to Kasie Chapman, Ffion Bricknell, Elsa Burdett, Toby Prior, Luke Evans and William Prior. Additionally we were offered face painting, cakes and treats for any pets that we owned.

A tip for our young orienteers – tie your shoelaces up in a double knot and leave your coat at the start. Finally never give up.

See you all on September 23rd at Hucking for the first KOL of the 2017/18 season.

Tony Connellan

COLLECT THE SET OF COLOUR COURSE BADGES

Full details were given in the last edition of how to claim a coloured fabric badge to show what level of colour coded course you have mastered. You do not have to be a junior to claim a badge!!

The rules are that you can claim a badge if you beat the par time three times, on any colour-coded course. Three qualifications at the same colour get you a badge - there is no time limit on when you can get them.

Par time is set at the winner's time plus 50%, or to include half the runners, whichever is greater, except for the White course, where you only have to complete the course three times to qualify. There was an example in the last edition -

To obtain your badge, send a print out of the three sets of results to Anne Power, 6 Mallard Close, New Barnet, Herts EN5 1DH. Tel: 0208 449 5984, email: powerbarnet@btinternet.com.

There is no charge, but you must enclose a stamped addressed envelope.

RECIPE

Lemmy Findlay' Banana Bread

I have had this recipe for 25 years and it never fails. Really good for using up those brown bananas. Makes 2 loaves.

4 ripe bananas, mashed in a large bowl	1.5 lbs self-raising wholemeal flour or plain wholemeal with a couple of teaspoons of baking powder.
6oz sugar	
4oz margarine or butter	
½ pt. milk	1 tsp mixed spice
2 eggs whisked	1 tsp vanilla essence

Heat the oven to 170°C. Place a roasting tin with water in to warm on the bottom shelf. Put 2 loaf tins on the middle shelf to warm

1. Melt the sugar, marg or butter and milk in a saucepan, stirring until melted. Take off the heat to cool.
2. Add the sifted flour with the mixed spice to the mashed bananas and add the vanilla essence. Add the whisked eggs and stir well
3. Add the cooled butter/sugar mixture and mix again- it will start to froth.
4. Carefully grease and line the warm tins
5. Spoon the mixture into the tins and bake in the oven for about 1 hour increasing the temperature to 190°C for the last 15 mins.

Rowan Purkis

Letters to the Editor

Dear Editor, I hope members will not mind if we plug this charity sponsorship bike challenge.

Prudential Ride London-Surrey 100

Building on some Saxons Wednesday cycle rides and a recent cycle tour, Sarah Howes and I are both attempting this 100 mile cycle outing, and are fundraising for the Alzheimer's Society. If you are able to support us with a bit of sponsorship for this, please, it would be much appreciated. The link is here:-

<http://uk.virginmoneygiving.com>

Scroll down to 'What's your friend's name' and enter Mark Glaisher, to see the details.

Mark Glaisher and Sarah Howes

Dear Editor

In the last edition of SaxAlert, Sean Cronin provided a report on the KNC final at Ightham back in March and remarked – I believe, tongue-in-cheek – that the 'treasurer will be happy' at the exact number of maps being printed for the event.

With respect to previous treasurers, I'd like to say that the current treasurer is not worried at all about the cost of maps for an event. After all, what is an orienteering event without a map? Answer: not an orienteering event. In my view, the map is the most important element of an event and overprinting is, and should be, inevitable. Ever since the sport began, it's been impossible to gauge the right number of maps to print for an event.

A few years ago, the club's funds had been getting a bit low and at that time it had been felt that savings could be made by printing fewer maps. However I'm pleased to say that this is no longer the case and indeed the club's finances are very healthy indeed with around £16,000 in the bank. Your committee has a full programme of map re-surveys and updates scheduled over the coming years to support the events planned for the forthcoming season and beyond but would always welcome (sensible!) ideas for what we could spend club funds on.

Most of our maps are printed 'in house' using the club's printer at relatively low cost and unused maps can generally be recycled by printing on the reverse. So for all planners or organisers wondering how many maps to print for an event, I'd encourage you to ensure plenty of maps are printed and don't worry about overprinting maps.

Like many others, I don't like waste but you simply can't put a value on someone's disappointment if they turn up for an event and then can't take part due to the lack of a map.

Sarah Howes

Treasurer

Dear Editor.

You asked for articles about places where we run. I was inspired by Lesnes Abbey and offer the following

Orienteering: The Back Story by Graham Denney

It's now just over a year since I returned to orienteering after a far-too-long break of over 20 years. It has been a very interesting year for me in the sport, and has reminded me just how addictive it can be. But it's not just the courses, and a (hopefully) steady progression in ability, speed and times that has made it a great 12 months or so in orienteering for me. It's also the event locations.

As orienteers we really are very privileged. Thanks to the dedication of our event organisers – at all levels from club to regional, national and international – we are able to run in a wide variety of different and interesting places. A good number of these are usually off-limits to the general public, which for me, and I suspect many others, just serves to enhance the attraction of the sport. Even in publicly-accessible locations, by virtue of the way orienteering courses work, we get to see areas most people normally don't (possibly because they're usually buried in several feet of brambles and nettles...)

What makes these places and orienteering in general even more fascinating and addictive for me is the history behind them. As orienteers we run over terrain that has seen all kinds of human activity from the most recent right back to the start of the last Ice Age*². Unfortunately we usually move perhaps too fast to appreciate the heritage we are unknowingly experiencing. As a keen amateur historian and volunteer archaeologist, this has led me to realise that there is plenty of scope for writing about the areas we orienteer on. Certainly there seems to be no shortage of material. I call this the 'back story' – that which lies behind the events we take part in and their locations. My intention by writing these back stories is to help us all gain a deeper appreciation of our orienteering landscapes, and hence get more out of our sport. I hope, of course, that you also find it entertaining. In future articles I will delve back in time to locations that have hosted events earlier in the last 12 months or so. However as we have just come to the end of this year's KOL, it seems appropriate to start with the most recent location (at time of writing) – Lesnes Abbey Woods.

Lesnes Abbey Woods – KOL Saturday 10th June 2017

Well into suburban southeast London, surrounded by housing and within eyesore-sight of the tower blocks of Thamesmead, there quietly lies a wonderful and ancient oasis of green amongst all the concrete: Lesnes Abbey Woods – last Saturday's location for the final KOL event of the season. It's one of those places that has you going 'I never knew somewhere like this existed!' It certainly amazed me. Walking up from the parking area on the main road, the hill hides the site until you are on it – and then the antiquity and serenity of it hit you all at once. This really is an incredible place, an all-too-rare survivor of what this area really used to be like before it was swallowed up by the sprawling metropolis.

A wide and green open space greets you, enclosing and protecting the fragile remains of a once-large abbey. Behind the modern visitor centre a formal garden leads to parkland and extensive ancient woodland spreading up the hills behind. A varied, sometimes demanding terrain – excellent orienteering territory.

The estate of Lesnes first appears to enter the history books after the Norman Conquest. Granted initially to Bishop Odo of Bayeux – half-brother of William the Conqueror who fought with him at

² *: And, yes, I can qualify that statement. Anybody who has run the POC at Lullingstone is running on a site and in a valley – the Darenth Valley – which has been occupied for 10,000 years. Likewise, Knole Park has evidence of Neolithic tracks and possibly even farming. The hillfort at Oldbury Hill (Ightham) was built in the 1st century BC, but the rock shelters there date to the Middle Palaeolithic – an almost unimaginable date range of around 100,000 – 30,000 BC. And those are just sites local to one small area of Kent. Orienteering really does take you places – in time as well as space

the Battle of Hastings – it is recorded in the Domesday Book as Loignes. Odo died in 1097 on the way to Palestine with the First Crusade, although it is unclear what happened to Lesnes after his death. It may already have been taken from him, as he lost much of his property throughout the country after being tried in 1076 for fraud against the Crown and the Church.

The Abbey itself owed its origins to another historical character of shady repute, Richard de Luci. Although Chief Justiciar of England, he was implicated in the murder of Thomas Becket in 1170, and his founding of the abbey in 1178 may have been penance for this. He died just the following year, and was buried at the Abbey, which was dedicated to St Mary and St Thomas the Martyr. Shortly after de Luci's death, the Abbey produced a beautifully illuminated book of masses called a missal. Not only still in existence but incredibly also still complete after eight centuries, the Lesnes Abbey Missal is now in the Victoria & Albert Museum's National Art Library.

The next major event of interest at Lesnes occurred in 1381. A local rebellion connected with the larger Peasants' Revolt attacked the Abbey, compelled the Abbot at swordpoint to promise support for their cause, then headed to Maidstone to join Wat Tyler's main force, which marched on London – and, as history recalls, to its ultimate doom.

Throughout its existence the Abbey constantly faced major financial problems. The root cause was that it

was



always a costly estate to maintain. The Abbey's lands were considerably larger than they appear today, stretching right down to the Thames about 3km away, across marshlands. Draining the marshes and keeping up the embankments also constantly drained the Abbey's coffers, and this is probably why it remained a relatively small establishment (perhaps this made it unpopular to join as a monk).

By 1525 it must have been a tiny body, as Cardinal Wolsey was able to suppress it using a licence permitting closure of monasteries with fewer than 7 monks – a tiny number really. Only the Abbott's Lodging survived the subsequent destruction of its buildings in the Dissolution of the Monasteries from 1534. The site then passed through the hands of several nobles and merchants before, in 1633, passing to Christ's Hospital. The estate was turned into farmland, which may explain its astonishing survival in suburban southeast London, as well as that of the woods. Until quite late in the 20th century of course there would have been no statutory protection for any of the lands here. We are incredibly fortunate indeed not only that there is anything worthwhile still here, but that it is so extensive.

Today, at 88 hectares Lesnes Abbey Woods is the second largest park in the London Borough of Bexley (who also own and maintain it – and a very good job of it they do too). It is a designated

Natural England Local Nature Reserve (LNR) and Site of Special Scientific Interest (SSSI) for biological and geological reasons.

There is a quite startling range of habitats here, especially considering its location. There is ancient woodland, coppice, open parkland, wetlands, hedgerows and heathland. The last three in particular have become increasingly rare right across the UK for many years – heathland loss in the south of England goes back over a century and a half, for example – so to find examples of all these in one relatively small area makes it very precious indeed.

These habitats support a wide range of flora and fauna, much of which is likewise rare. The annual spring daffodil crop here is one of the most significant in southeast England; there are also plenty of wildflowers including wood anemones and bluebells in their own seasons. A thorough biodiversity survey recently found 292 plant species plus 59 types of fungi; 906 insect species (including stag beetles); 46 species of birds (including redwings and fieldfares, which are on the IUCN Red List of Threatened Species); 12 mammal species (including bats – yes, they are mammals!); and newts. Quite a list for such a small area.

But Lesnes Abbey Woods is clearly not content to stop just at that. It is also geologically rich in fossils, specifically those from around 54.5mn years ago in the Eocene epoch. In fact the Reserve has its own Fossil Bank where anybody can actually dig for fossils. What a great idea – just ask the Rangers at the visitor centre for permission first. Shark teeth and seashells are the most common fossils uncovered.

Archaeologically there are a number of interesting features that hint at the antiquity of the site. In the woods there are some Bronze Age features including a tumulus, and a fishpond belonging to the Abbey. The Abbey ruins themselves are extensive, having been excavated in the first half of the 20th century to reveal much of the cloisters, the sacristy, chapter house and church, and more mundane buildings such as the refectory, kitchen, infirmary, dorter (the monks' dormitory) and reredorter (the loos!)

Amongst all the biological diversity, you may have noticed a mulberry tree, fenced off to protect it, standing alone near the top of the hill to one side of the Abbey ruins. This is a tree with an interesting pedigree.

In the early 1600s, King James I wanted to establish a silk industry throughout the country, to generate income for the royal coffers but also to break the French monopoly on silk production in Europe.

The Romans originally brought the mulberry to England but as the techniques of silk manufacturing were still unknown in the West at that time, they used it for medicinal purposes – the leaves (for mouth, lungs and trachea diseases) and the bark of the roots (which was employed as late as the 1600s to flush out tapeworms – a lovely thought!)

The Tudors loved the rich berries of the mulberry, with Henry VIII planting one at his manor in Chelsea. In fact there remain today a number of Mulberry Walks, Ways, Closes and Courts throughout London. Sericulture – the breeding of silkworms to produce silk – started in England when one of the Cambridge Colleges tried to go into silk farming on a large scale to stave off financial disaster, probably in the 1500s. A small cottage industry



subsequently developed, but was never particularly successful. This may however have given James I his idea for expanding the industry to a truly national scale.

Accordingly the King's agents purchased 10,000 mulberry trees from across Europe. James I planted his own mulberry garden of four acres just north of where Buckingham Palace stands today (it didn't exist then), and appointed his own Ground Force, the King's Mulberry Men, to care for it. James also promulgated a law forcing landowners 'to purchase and plant mulberry trees at the rate of six shillings per thousand' in an attempt to jumpstart the English silk industry.

Unfortunately it was doomed to failure – because of one simple mistake, as the signboard by the Lesnes Mulberry tells us: James' agents had purchased black mulberries.

Silkworms prefer white mulberry leaves – not exclusively, but presumably enough in this case to make a significant difference. Naturally the project rapidly failed, and has largely vanished from the annals of history, leaving behind a few ancient scattered specimens as faint reminders of this fascinating aspect of our past.

The Lesnes Mulberry is one of these: a direct descendant of the originals that James I ordered planted here around the ruins of the abbey. Others can also be found at Chastleton House (Oxfordshire), Charlecote Park (Warwickshire), and Charlton House (London).

But was it all really just a simple mistake? There are those who say that the French deliberately misled James and his agents into purchasing the wrong species of mulberry in order to prevent the British silk industry ever getting off the ground. Given the state of 17th century European politics, it's an intriguing possibility...

But it wasn't very long before Britain got its own back. In 1685 Louis XIV abruptly terminated religious tolerance in France, by repealing the Edict of Nantes. In order to escape the ensuing religious persecution, thousands of Protestant Huguenots fled France. A large group of silk weavers originally from Lyon set up home and shop in London's Spitalfields, continued their trade and – for a while at least – the British silk industry enjoyed its heyday.

Today, Lesnes Abbey Woods is a peaceful place (apart from the curses of dozens of orienteers struggling to find obscure controls!) that belies its place in our turbulent history. It's worth a visit just to contemplate that – and also to dig for fossils. All in all, it has to be said that it wasn't just Saturday's wonderful weather but the stunning setting for the event that made this a great location to finish the KOL series at. Truly has Lesnes Abbey Woods been described as '...a hidden treasure in the heart of suburban London...'

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Graham Denney

credit also to Graham for the photos in his article

COACHES CORNER

How to avoid injuries?

1. STRENGTH AND CONDITIONING Orienteering is a physical sport over rough terrain. Being strong is the best way to avoid injury.

Here is a quote from Jonathon Crickmore (Southdowns Orienteers) who is currently studying in Edinburgh where being part of the “Winning Students” programme means that he is required to go to the gym.

“In the past I was sceptical of gym work because I’m a long distance runner and I didn’t see the need to be strong. But I am sure it’s the main reason I haven’t got injured this year”

The following is a comment from Nick Barrable on the Saxons Facebook page to a query about ankle injuries

Your body is essentially a chain so really it’s about getting everything stronger and more flexible/supple. Often your ankle gets the brunt as a weak link. You need to be doing a general strength and conditioning session at least once a week, ideally two if you can manage it. Like a circuit session or a Body Pump session - a good hour - something that will work your entire body, using your body weight or free weights. Don't bother with using any weights machine in a gym - these just work a muscle in isolation and ignore the 'chain' principle.

Former Saxon Richard Purkis had a hip flexor injury that prevented him running for nearly a year. He rested for 5 months and just walked round courses. It did not get any better so on the advice of a physiotherapist Richard started concentrated gym work every day after work; (the strength & conditioning). After a month the hip was better.

2. CROSS TRAINING

Cross training means engaging in two or more sports or types of exercise in order to improve fitness or performance in one's main sport. For orienteers this means going cycling and swimming. Richard Purkis joined a triathlon club to improve his swimming, cycling which has increased his all over strength and is now running much injury free. Richard says the advantage of cross training is that you can exercise every day without getting injured. In his case the triathlon club meet at his local swimming pool at 6:00am, 2 to 3 times a week so he can swim before he goes to work.

3. STRETCHING

Below is a repeat of an article written in 2012 by Saxons member Nigel Hills – Sports Massage Therapist?

The benefits of stretching exercises for orienteers.

I suspect that a majority of club members don't have a stretching routine, a regular routine does require time set aside and an idea of which exercises to choose.

The object of stretching is to improve and maintain flexibility by lengthening muscles and associated soft tissues, this in turn allows joints to have improved range of movement. Tight muscles and poor flexibility on the other hand can be a major factor in the cause of muscle and joint pain.

Normal action is lost when muscles are tight and stiff, leading to a reduction of performance and in movement control and also a reduction in blood flow through the muscle, leading to early muscle fatigue and longer injury recovery time. Undertaking a regular program of stretching will result in the muscles that are being stretched growing longer and an improved range of motion.

Static stretching is recommended as the safest type and least likely to cause injury, stretch muscles that are warm, i.e. after your run, not before and **don't bounce** into the stretch.

Nigel says it is **very important to hold each stretch for between 10 and 20 seconds**. If you hold the stretch for less than 10 seconds the muscle will just ping back like an elastic band; - a waste of time no stretching will have taken place

Orienteer's program.

This is a selection of stretches concentrating on the legs and buttocks that can easily be done after your run that do not involve lying on the ground

1) Hip Abductor stretch.

Stand feet together, put hands on hips for balance or hold onto tree, move hips to one side while your torso moves in the other. You should feel the stretch on the outside of the hip, hold for at least 10 seconds. Change stretch to other side.

2) I.T. Band stretch.

Standing, cross one leg over the other, lean towards rear foot and feel the stretch, hold the side of the car if needed, hold for at least 10 seconds. Swap legs over, repeat.

3) Calf stretch Gastrocnemius.

Facing a wall (or large tree trunk) feet apart, lean on forward on to wall until you feel the stretch in your calf, do not lift heels or bend knees. Hold for at least 10 seconds.

4) Calf stretch Soleus.

Still facing the wall (or tree), place one foot in front of the other and bend both knees, lean forward keeping heels on the floor, hold for at least 10 seconds.

5) Quad stretch.

Hold a tree for balance, bend one leg back and grasp foot, pull towards the buttocks, stretching the quads, don't arch your back or flex your hip, hold for at least 10 seconds, swap legs and repeat.

Nigel Hills sports therapist.

Finally Doing a **Yoga or Tai Chi class** on a regular basis, will really help with stretching and maintaining flexibility

SAXONS RANKING TABLE to JUNE 2017

Pos	Prev.Pos	Name	Age class	Top-12	Runs
1	(1)	Mark Glaisher	M65	1200	21
1	(1)	Peter Martin	M65	1200	32
3	(4)	<i>Alison Howe</i>	<i>W45</i>	<i>1174</i>	<i>24</i>
4	(3)	<i>Sarah Howes</i>	<i>W55</i>	<i>1144</i>	<i>18</i>
5	(5)	Alan Hickling	M50	1106	33
6	(13)	Brendon Howe	M45	1060	21
7	(7)	<i>Beryl Pring</i>	<i>W70</i>	<i>1049</i>	<i>20</i>
8	(6)	John Van Rooyen	M65	1043	18
9	(8)	<i>Heather Brown</i>	<i>W65</i>	<i>1034</i>	<i>16</i>
10	(10)	Dave Pickup	M45	1031	28
11	(9)	<i>Jean Fitzgerald</i>	<i>W60</i>	<i>999</i>	<i>22</i>
12	(14)	Simon Blanchflower	M60	968	15
13	(16)	David Kingdon	M65	961	22
14	(12)	<i>Joanne Hickling</i>	<i>W50</i>	<i>955</i>	<i>12</i>
15	(15)	Jeremy Oldershaw	M75	947	27
16	(17)	Simon Greenwood	M60	935	29
17	(21)	Jerry Purkis	M60	926	24
18	(18)	Doug Deeks	M75	904	19
19	(25)	Bohdan Rainczuk	M55	900	14
20	(19)	Mike Perry	M70	898	18

Peter Martin and Mark Glaisher still cannot be separated at the top of the table based on their best 12 scores in the last 12 months. Mark comes out on top if you go to score number 13.

Alison Howe has taken over the position of top lady with 3 best Saxon performances in the 9 events held in the last two months.



Editor's note- the table also shows Saxons most keen orienteers in the "Runs " column.

The top 3 are Alan (33) followed by Peter Martin(32) and then Simon Greenwood (29).

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

SAX QUIZ - KENT 5

You will be pleased to learn that I have finally exhausted the list of 125 questions on Kent that I found on the internet.

1. Who is depicted on the village sign on Bearsted Green?
2. In which village did Charles Darwin write his 'Origin of Species'?
3. Which Kent castle was bought in 1903 by an American millionaire William Waldorf Astor?
4. Which village still exhibits an equestrian novelty called a Quintain pole on its village green?
5. Son of a Canterbury cobbler he became a major Elizabethan dramatist, who was he?
6. What are Lathes and Hundreds?
7. King Stephen was buried in 1154 at an Abbey he founded, where was it?
8. Mayors of which town wear all black ceremonial gowns In memory of a 15th century Mayor murdered by French raiders
9. Who succeeded Saxon Earl Godwin?
10. Where would you find the 'Church on the lawn'?
11. From 1934 to 1957 Lullingstone castle was famous for the production of what?
12. What bird takes its name from a Kent town?
13. Where is Kent's and England's tallest windmill (smock not new wind vane type mill)?
14. Which Queen of England's family home was at Hever Castle?
15. What, according to tradition, is the characteristic of the Nailbourne Stream in the Elham valley?
16. On October 9th 1934 King George V revived a lapsed title to bestow on his fourth son Prince George, what was that title?
17. What was the fortified home of Sir John Oldcastle who was executed as a Lollard in 1417?
18. What is the castle now owned by the National Trust at Lamberhurst?
19. Who described the garden at Sissinghurst castle as 'Sleeping Beauty's Garden'?
20. In which town is preserved one of George Stephenson's first railway engines, the Invicta?
21. Which famous author had a brother who inherited Godmersham Park, near Canterbury?
22. Where was England's first gunpowder factory
23. Which Stour-side town was mentioned in 'Complete Angler' by Isaac Walton for it's rare trout?
24. Which world war one field marshal lived at Broom Park near Canterbury?
25. Where were the Ashes first lodged when they were brought to England from Australia in 1881 ?
26. Where can you see a brick wall built almost entirely by a future Prime Minister

Answers on page 37

South East League results

	Mill Bank Woods 19 March. SAX	Rewell Woods 14 May SO
JM	102	91
M21/35		
M40/45	282	135
M50/55	306	60
M60-85	818	276
JW	6	48
W21/35		
W40/45	139	83
W50/55	229	
W60-85	319	71
String/Other		
Total	2202	764

You can see what difference it makes if we host the event. We only managed 674 points at Rewell Woods although this was enough to put us in 3rd place after SO and GO. SO were hosting and amassed 3495 points.

This is the end of the SE season for Clubs. SAX ended up in 4th place overall behind SO, HH, SLOW. SN, DFOK (who were 5th =) and GO(7th) are relegated to Division 2. MV, LOK and CHIG are promoted to Division 1.

Planned events for 2017/18

19-Nov-17	CHIG	Wormley Woods
17-Dec-17	SN	Ash Ranges?
? -18	SAX	Eridge?
14-Jan-18	DFOK	Westerham
11-Feb-18	MV	South Ashdown
25-Feb-18	HH	Egypt Woods /Burnham
13-May-18	SO	Worth Lodge Forest

Thanks to Phil Gristwood MVOC for keeping the results

DIFFERENT ORIENTEERING FORMATS THE BIGGEST OVERNIGHT ORIENTEERING RELAY RACE IN THE WORLD

Jukola 17th-18th June

Location: Joensuu Finland, 480km NE of Helsinki

This year, there were over 16,000 competitors in both Jukola and Venla (women only teams), predominantly Finnish. There were 4 British Jukola teams and 4 British Venla teams (EUOC and BOK)

25 students from Edinburgh University made the trip to Finland, flying out to Helsinki on the Monday and then spending 1 week training in and around Tampere. On the Friday, we drove 5 hours to Joensuu. Driving in Finland isn't particularly exciting, trees lakes and fields on repeat, the scenery hardly changes at all!

The Finnish army set up about 300 military tents for foreign teams to stay in over the weekend. They are supposed to sleep 16, however with people coming and going through the night during Jukola we hoped we would all fit in!

On Saturday morning, the event really got going, with most of the competitors arriving throughout the morning, ready for the start of the women's relay, Venla, at 2pm. Weather was fantastic for spectators at this point, clear blue skies and approaching 25degrees, but it was quite tough for the women. The church bell marked the start of the race and they set off down the main road – which had been closed by the army. The great thing about Jukola/Venla is that you have competitors of all ages and abilities in the same race, young teenagers, through to grandparents and world class athletes. Out of 1182 Venla teams of 4 women, the British teams placed 138 (EUOC), 239 (BOK), 471 (BOK), 943 (BOK). Many other Brits were running as members of overseas clubs.

The event arena was in the town of Eno, taking over much of the southern part of the town.

Residents were told by the organisers that if they could rent their houses out to teams they would be able to make a great profit from just the weekend, with some houses going for well over €2000 for the 3 days.

Jukola commenced at the ringing of the church bell at 11pm, sending over 1300 teams into the forest. Joensuu is very far north, and as a result the sun was only just setting as the race started. With sunrise only 4 hours later, it hardly has any time to get dark before getting light again. I was running leg 3, starting at 01:45, even then, at the dead of night, you didn't need a torch to see, only to read the map clearly. With 7 legs through the night, there is plenty of room for errors and time wasting at change over. This happened for us, leg 7 runner Matt Fellbaum was still asleep when Michael Adams finished leg 6. Since our tents are about 1mile from the arena, this cost us 25minutes and 30 places.

British team placings were: 128 EUOC, 285 BOK, 350 EUOC, 1104 BOK.

After barely 2 hours sleep, we then began the 8 hour drive to Turku, only losing one car along the way (they got arrested climbing into Russia but that is another story) and then the overnight ferry to Sweden (That's the team on the ferry (minus the ones who got arrested in Finland)..Next year it is only 1 hour from Helsinki, much easier to get there! Could Saxons field a team?

Mark Purkis M21 EUOC



A SELECTION OF FUTURE EVENTS

Sun 23/07/17	MV GLOSS Event	D	MV	Morden Park
Tue 25/07/17	Park Race Series, race 9	D	SLOW	<u>Brockwell Park</u> , Herne Hill
Tue 25/07/17	Poynings Trail Run	Activity	SO	<u>Saddlescombe Farm</u> , Sussex
Sun 30 Jul – Sat 5 Aug	Scottish 6 Days -	B	MAROC	Deeside
Sun 20/08/17	SN Urban event	C	SN	Farnborough, Surrey
Sat- Mon 26/27/28 Aug	White Rose Weekend	B	EBOR	Helmsley, N Yorks.
Sun 27/08/17	MV Urban event	C	MV	Epsom
Sat 02/09/17	Saxons Summer Series	D	SAX	<u>Brockhill Country Park</u> , Hythe, Kent
Sun 03/09/17	SE Sprint Champs	C	SO	Sussex University, Brighton
Fri 08/09/17	London Orienteering weekend	C	SLOW	Wapping.
Sat 09/09/17	SLOW City of London Race	B	SLOW	London
Sun 10/09/17	LOK Ultra-sprint	C	LOK	Victoria Park. Hackney
Sat 7 & Sn 16 & 17 /09/17	Dales Weekend	B	AIRE	Settle, Yorkshire
Thu 21/09/17	SAX Kent Night Cup	D	SAX	Bewl, tbc
Sat 23/09/17	DFOK KOL 1	D	DFOK	Hucking, tbc
Sat & Sun 23/24 Sept 17	Junior Inter Regional Championships	B	SN / GO	Winterfold / Guildford,
Sat 30/09/17	British Sprint Championships (UKOL)	A		Campbell Park, Milton Keynes

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.

- 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.
- GLOSS- a summer series put in by Clubs inside the M25.
- **Level D:** Low key local events put on by clubs primarily for their own members and newcomers.
- **Level C.** These generally have six courses available of different lengths and technical difficulty. They are aimed at club members plus participants from other clubs.. BOF member who run in these events and above get ranking points which generate performance awards
- **Level B.** National- These are more ‘high status’ events that aim to attract orienteers from around the country. There may be 10 or more colour courses available. Serious orienteers

enter a course specified for their age class, so they compete directly with their peers, but you can decide to enter a different course if you wish.

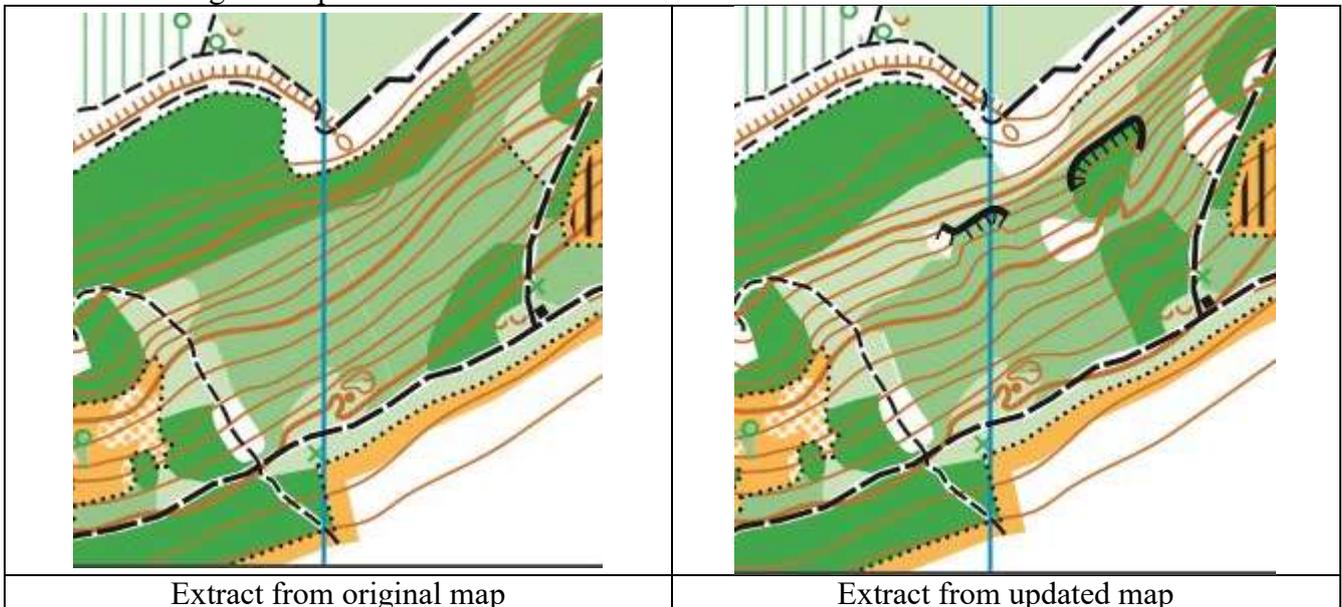
- **Level A:** Major most prestigious level events on the very best areas. but often courses for newcomers on offer

ATTENTION ALL KENT NIGHT CUP RUNNERS

Important update to White Horse Woods Map.

Whilst geocaching in White Horse Woods during a KOL earlier this year, I discovered a dangerous 30' cliff. I alerted Neil Speers who went with Andy Pitcher DFOK to the remap the escarpment.

Below are extracts of the original and the newly updated map showing two dangerous cliffs. Beware when traversing the slope in the dark.



Rowan Purkis with thanks to Neil Speers for map extracts

Cycling in Shetland and Orkney

Having cycled the length and breadth of mainland Britain including the Outer Hebridean islands of Lewis, Harris, Berneray, Uist and Barra we felt the call of the most northerly islands – the Shetlands which we hadn't visited in the past.

Finding good routes and enjoying our cycling on the islands was never an issue as the roads were few and the surfaces were the best we'd ever ridden on. Traffic is light and motorists unbelievably considerate.

So the roads and traffic were never a problem, but there had to be an undisclosed challenge. There was – it was the wind, rain and temperature. Temperatures ranged from 8°C to a high of 13°C so it certainly wasn't too hot. The ferry from Aberdeen took us to Lerwick where we were based for a couple of days conveniently placed roughly central in Mainland so we cycled out in all directions and back each day.

Sumburgh Head is a headland where puffins nest in great numbers, so it was wonderful to see them at really close quarters and be amazed that they are so



small and nowhere as big as penguins as we had suspected from all the photographs which we'd seen. It was somewhere along this route that we passed the 60° N sign so we were as far north as Bergen and St Petersburg. Cycling across an airport runway and seeing so many seals basking on the beaches added were highlights of the day.

Going to the most northerly point of the British Isles via the islands of Yell and Unst with two ferry links was the next objective. We struggled 54 miles northwards in the face of a strong north wind and driving rain regularly calling in at convenient life-saving bus shelters. We

returned two days later via a magnificent coast road, but the wind had turned 180° as well.

Muckle Flugga and its lighthouse mark this most northerly point and the sun popped through as we gazed out to some bird covered rocks and were surrounded by countless gulls and the Great Skuas indicated their annoyance of our intrusion by dive bombing us and showing other signs of displeasure. However it was worth all the effort as we can now say we've been to the most northerly road, tea-room, pub, shop, post box, lamp post, etc. in the British Isles.

We stayed in Youth Hostels and outdoor centres every night and only had to resort to a B & B once. They were all excellent and in amazing locations. We met other travellers from all over the world and enjoyed some local Shetland food cooked by a lady who was writing an article for the magazine of the shop "Iceland".

The ferries were always on time and the crews took pity on us cold, wet cyclists by once inviting us on to the bridge to get dry and warm or on another occasion carrying our bikes on to a smaller boat as we looked exhausted. We probably were!

Shetland and Orkney offer real adventure and we realise that there are so many more small islands, joined by little ferries which seem to be calling us back and it's possible that the call might get stronger and louder when we plan for 2018

Heather and Tony
Photos- Heather

SAXONS OUT AND ABOUT

The British Long and Relay Championships – The Lake District 6 & 7 May 2017.

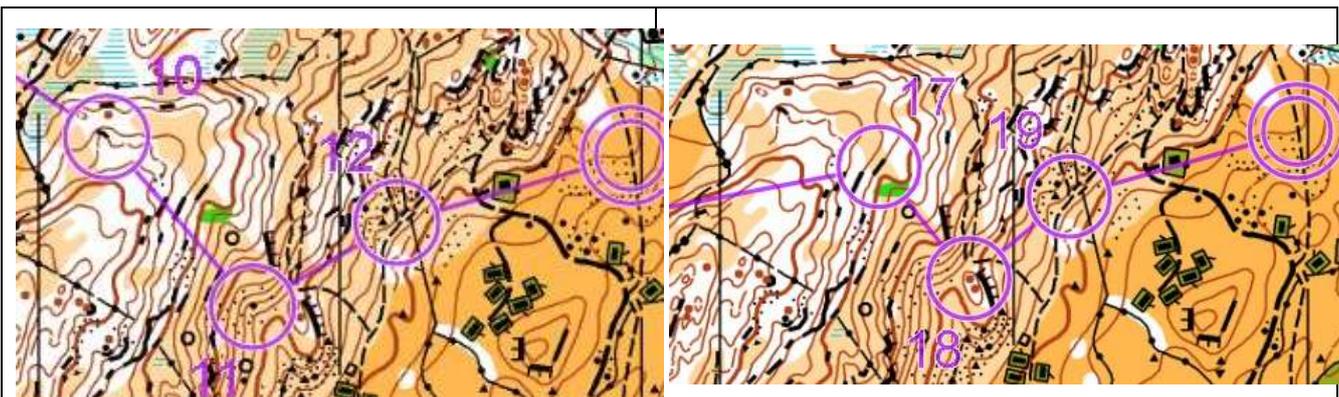
This event is very expensive and difficult to justify attending unless you are very good and likely to get a medal (not me), very keen and go to anything (not me either) up for a weekend away (often), or using it as an excuse to get the family together (that was us). Orienteering events are very good for that (getting the family together) because everyone can have a go even at the “British Championships”. The expense - between £25 & £30 depending on when you entered unless you were a junior of student (£12.50 - £16), or unless you did a colour coded course (up to Light Green) £12 for seniors and £6 for juniors. In the Lakes a TD 5 course means TD5. Even a TD4 course is harder than a lot of the TD5 courses in Kent. 6 Saxons made the trip



Jerry Purkis nearing the Finish

Saturday - Long Distance- High Dam:

- Best results were Mark Glaisher 8/48 in M65. Sarah Howes managed to finish in the top half which is very good given that the “very keen” make up a large proportion of attendees. I did the Light Green and took a friend round as an introduction to orienteering. . My brother & sister in law over from Yorkshire also did the Light Green but just couldn’t find point 11 in the same area as Jerry Purkis out on M60L for 155 minutes including 30 mins looking for his no 17. See map extracts on the next page.



Light Green course point 11 is in the same area as M60L point 17 which Jerry Purkis could not find. The maps also show how technical the area is. These 2 points were much easier to find if you adopted the “go round” rather than “up and over” technique.



Relay Day at Summer House Knott. The Saxon Queens beat the Saxon Kings because one of the Saxon Kings omitted to punch one of the easy controls on the path. His excuse was that he thought it too easy to be on his course. The arena was fantastic for a Relay with the waiting pen having a magnificent view of the run in

Rowan Purkis

May 13&14 West Sussex Orienteering Weekend- SO- a very enjoyable if tiring 3 events in 2 days

Event 1- Saturday Middle Distance – East Angmering . A good attendance from Saxons. 15 did the middle distance plus Richard Purkis 2nd club member. . The longer courses section on a steep slope with some confusing bushes where time was lost by some. Best results

Brown	Richard Purkis	M21	1/42	Blue	Brendon Howe	M45	9/66
Green	Peter Martin	M65	7/74		Alison Howe	W45	15 th and 1 st lady

Event 2- Saturday evening- Urban round Chichester.

11 Saxons took part. The courses were quite long, this was an Urban race, not a Sprint but lots of fun. Some confusing sections around a high walled park where you had to be careful to check if you needed to be high or low. One control where reaching over to dib was too tempting was voided after honest orienteers admitted to cheating on download.

MO	Richard Purkis	M21	3/16		MUV	Peter Martin	M65	4/20
MV	Brendon Howe	M45	5=/ 39		WV	Alison Howe	W45	1/ 23
MHV	Jeremy Oldershaw	M75	2/3					

Event 3 Sunday – Rewell Woods- Level B, South East League and South East Long Championships

Bluebells were still out. Lots of paths in a grid and a long steep slope with controls in a line where you had to think hard as to whether it would be better to contour along or ascend to the path and descend again. 17 Saxons. Best results

Sh Brown	Brendon Howe	M45	4/33		Sh	John van Rooyen	M65	2/38
Lt Green	Henry Taylor	M14	1/12		Blue	Alison Howe	W45	3/38 & 1 st W

The event was both the last event in the SE League for 2016/17 – see separate page and also the S E Long Championships in which Saxons managed a very respectable medal haul:-

Sh Brown	M45	Brendon Howe	1st	Sh Blue	M65	John van Rooyen	2nd
		Dave Pickup	2nd			Peter Martin	3rd
	M50	Mel Taylor	3rd		W45	Alison Howe	1st
Sh Green	M75	Jeremy Oldershaw	1st	Lt Green	M14	Henry Taylor	1st
		Doug Deeks	2nd			Matthew Taylor	3rd
	W70	Beryl Pring	1st	Orange	M12	Austin Howe	3rd



Howe/ Pring family medalists



Taylor Family medalists

20th May - Kent Orienteering League Mill Bank Woods- SAX

44 Saxons enjoyed bright sunshine and braved a hail shower. ,
 Planned by Jean Fitzgerald and organised by David Kingdon

Blue	Brendon Howe	M45	1/29	Light Green	Sarah Howes	W55	2/22
	Alison Howe	W45	8/29		Rob Kingman	M65	3/22
	James Ford	M18	9/29		Ffion Bricknell	W14	14/22
Orange	Finlay Corrie	M10	1/15	Yellow	Ben Cronin	M12	1/14
					Kasie Chapman	W9	4/14

27-29 May Bank Holiday - Springtime in Shropshire – WRE, HOC and MWOC



Only 4 Saxons (Jerry & Rowan Purkis, David Kingdon and Ian Wilson) but lots from SO and DFOK. This is a popular biennial event. Some regulars attend every

time. Chris Hooker from SO said this was his 7th?. I have never been before,. The Shropshire countryside was awesome, I will go again.

Day 1 Long Mind. (HOC) Level B

Bleak open moorland with heather and very deep valleys. Long Mind seems to have its own micro-climate, we experienced, cold with a howling gale which the rest of the country basked in hot sunshine. On some routes you have the choice of down and up or round but Richard Purkis’s Black course had a killing descent and ascent that could not be avoided.

<p>Rowan’s Green course leg 3-4. Pretty sure the best route was round the top</p>	<p>Richards Black course leg 8 – 9. No choice but to descend and climb. Look at all those contours!!!</p>



Day 2 Nash Woods WRE (Mid Wales OC area) (UKOL event)

Mixed woodland with a good path network but complex contours and very steep sections. . A ridge runs west to east; Wales on the north side and England in the south

Day 3 Brampton Bryan (HOC) (UKOL event)

Brampton Bryan Park lies on Pedwardine Hill, which at its highest point is over 300 metres (1000 feet) above sea level. It has national importance as a wood pasture, ranking alongside sites such as the New Forest, Windsor Great Park and Sherwood Forest. Brampton Bryan is an enjoyable mixture of open parkland and (extremely) mixed but generally runnable woodland on a network of steep sided valleys and rolling hilltops.



In the parking field with rolling Shropshire hills in the back ground



Jerry the pirate, queues for food before his trip to the first aid tent after his tussle with a rabbit hole

We stayed in Ludlow; a beautiful medieval walled town. The walls date from the 1200s and were built to keep the Welsh out. Well worth a visit if you have not been there.

Sun4 June 2017- University of Kent, SAX

We had a huge turnout for a lovely sunny day running around the UKC campus, including many new faces



Left to Right
 Sam Prior – Organiser,
 Jerry Purkis –
 administering first aid to
 Roger Pring (seated with
 knees showing) who
 walked to a tree), Dave
 Pickup , standing-
 Planner and Nick Betts
 on Download.

Dave Pickup- Planner and Sam Prior Organiser

Best Saxons results

Brown	Sean Cronin	M5	6/10	Lt Green	Joseph Derrick	M1	1/4
Blue	Brendon Howe	M4	1/23	Orange	Austin Howe	M1	1/
	Alison Howe	W4	4/23		Barbara Hutton	W5	6/
Green	Simon Greenwood	M6	7/20	Yellow	William Prior	M8	2/
	Gill Sinclair	W4	14/2		Eva Gladden	W1	8/
				Score	Tony Connellan	M7	3/

Sat 10 June Final KOL at Lesnes Abbey DFOK.

Graham Denney went to Lesnes Abbey and was so inspired by the area that he wrote an article for SaxAlert and also had an inspired run coming 13/21 on the Blue beating quite a few longer standing more experienced members. Well done and thank you Graham.

37 Saxons turned up at Lesnes Abbey. Best Saxons Results

Blue	Alison Howe	W45	2/21	Light Green	Stuart Williams	M40	1/33
	James Ford	M18	3/21		Sarah Howes	W55	4/32
	Brendon Howe	M45	5/21		Elsa Burdett	W16	11/32
Yellow	Rebecca Ledger	W10	1/14	Orange	Michael Cameron	M16	15/32
	William Prior	W8	4/14		Toby Prior	M12	3/8

City Academy won the Secondary Schools Cup

Lordswood won the Primary School Cup.

Photos of the overall series medalists are on the back cover. Thank you Heather Brown for the photos.

Sun 18 June Summer Series Whinless Downs

Phil Norris ? on Whinless Downs.
Photo Sean Cronin



A fair turnout considering the other attractions on offer on a very sunny Father's Day. We were pleased that in addition to some SAX/DFOK regulars there were some local families due to the White Cliffs Countryside Partnership publicity. We met a couple of orienteers from LOST, a western Australian club, who were staying with family in Folkestone.

We were very pleased to see Bernard Wilson who come for a walk round. Bernard produced the first O map of the area in

1993 which, with just a couple of updates, has been in continuous use for the WCCP POC ever since until Simon's update (still based on the original) this year.

Simon Blanchflower

Best Saxons results

A Bonus score	Brendon Howe	M	1/	B Simple score	Ben Cronin	M	3/
A Bonus score	Graham Denney	M	3/	B simple score	Austin Howe	M	4/

TAKAS 20th-23rd June - : Šiauliai Lithuania

Estimate of about 500 runners mainly Lithuanian and Belarussian, 4 Brits

If you have ever been to a continental multi-day event, TAKAS had a similar great atmosphere. A large event campsite, where throughout the 4-days many social events take place. Live music in the event arena each day and a family friendly atmosphere. The 4 days included a middle, sprint, long, finishing with a chasing start middle.

We drove from Vilnius, visiting the impressive Trakai Castle on the way, getting to Šiauliai the evening before the first race. Šiauliai is close to Lithuania's "Hill of Crosses" a fascinating place of pilgrimage for Christians, with over 100,000 crosses. The forest races took place in Kurtuvėnų regional park, a mixed forest with intricate sand dune based contour detail, berry bushes and hard packed earth underfoot – an exciting mix!

In the elite races, there was prize money for the first 3 runners, €300 for 1st place. We didn't know our competitors so thought that we might have a chance of reaching the podium. After 3 days, my girlfriend Charlotte Watson W21 (EUOC/ WCOC) was 1 minute behind first, and with a strong run thought she might be able to overtake the leader. I was unfortunately well behind the leaders and out of the running. Charlotte ran a strong final race and won, the 1st prize, which was a definite highlight of the trip! We think they put the Union Jack up just for her.



The city of Šiauliai is Lithuania's 4th largest city, and home to many interesting museums , including a chocolate museum where we learnt about the history of chocolate making, but also chocolate making in the local area and during the soviet period.

After the competition ended we spend a few days in the coastal city of Klaipeda, an interesting change from the Soviet area of Lithuania. Klaipeda still has a strong German presence with many of the road signs and information in German. We

took the ferry across onto the Curonian Spit, an impressive 98km spit running from the Russian enclave of Kaliningrad to Kalipeda. We found a map from World of O, and did some orienteering training. The terrain is some of the best sand dune



terrain I've ever been on, very complex contour detail, great visibility and runnability.

I wouldn't hesitate to return to the TAKAS 4-days, great orienteering, great atmosphere, and very cheap! .

Mark Purkis

And photos- by Mark Purkis

OMM LITE Surrey Hills 1/2 July 2017

The weather was kind, although maybe a bit hot for running a long way. Two teams from Saxons took part in the short score competition - Alison and Brendon; and Andrew, Lisa and Sam.

For those unfamiliar with the OMM short score course format - you are given a list of active controls for the day, and your team have to plan a strategy & route to collect the highest score in the time allowed (5hrs on day 1, another 4hrs on day 2).

Having collected 440 points on day 1 and 340 points on day 2, Brendon and Alison aced the event – taking 1st position on the short score in overall, and in the mixed and veteran categories!

Andrew, Lisa and Sam also did well, collecting 220 points on day 1 (25th/41) and 220 points on day 2 (15th/40) to finish mid table overall (20th out of the 40 teams that completed the two days).

The OMM events are great fun and everyone is very welcoming – a wide range of abilities take part, from walkers to ultra marathon runners. The OMM Lite is a more comfortable version of the OMM – as in the Lite you camp next to your car... and can therefore bring more creature comforts! Many competitors bring their families, and the kids seemed to have great fun running around the camp waiting to pamper their weary parents on their return (!)



Lisa Blair, Andrew Derrick and Sam Prior ran wearing their Saxons tops



Brendon and Alison Howe won short score, mixed vets and vets.

Sam Prior (write up) with contribution from all the runners and Beryl Pring (photos)

Summary Minutes of Saxons Committee Meeting, 12 May 2017

- Discussion of how to distribute Committee meeting minutes to members now website is public. Summary minutes will be published in SaxAlert. Full minutes will not be on website but will be made available to members on request.
- Saxons meal out arranged for 16 June (and enjoyed by all who attended)
- Volunteer Coordinator post still vacant. It is a ClubMark requirement. Role description unclear.
- Profile of the Orienteering Foundation to be raised- request from Andrew Evans DFOK who is a trustee.
- Fixtures Report: - British Champs 2020 in the SE, area to be agreed. Compass Sport Cup Final 2019. SAX level B event 2017/18 season is to be at Eridge but due to date clashes with a level A in the North we have had to do downgrade to level C. It will still be a South East Individual League event, therefore should not impact attendance. Saxons will be organising the CompassSport Cup round in 2019 and the SE Score Champs in 2018. Continuing parking issues at Scotney are restricting its use.
- Mapping Officer's Report. Dave Peel has resurveyed Eridge. New agreement with the estate is to use only between Oct and April (incl) and to have a licence for 2 years with 3 events each year. We hope to be able to hold 2 major events there in this period to recoup costs of access and mapping. Kings Wood Challock; now needed for middle distance event in October as part of Whitstable Orienteering Weekend. Andy Pitcher to resurvey. Cobtree Manor Park being considered for KNC venue
- Club to renew Auto-download licence
- Team Captain's Report: Saxons were second at the CompassSport Cup event at Ashridge in the Trophy. The final will be on 22 Oct in Devon. Currently 23 Saxons signed up to take part. MG has organised mass accommodation for 16 which is now nearly full. Club will pay £25 towards expenses for all taking part. Saxons had 7 teams in the JK relays at Pippingford Park and 2 in the British Champs relays in the Lakes. SE relays on 18 June at Capite Wood to be organised by SO.
- Junior Development:- Tony Connellan has notified the club that he wishes to stand down as Junior Co-ordinator at the AGM in 2017
- Honorary Membership: Club considering implementing "honorary "membership for certain longstanding older members who have contributed a lot to the club. This concept is already part of our Constitution but has never been implemented.
- Committee considered the government consultation paper on preserving free use of local authority managed public open spaces for events such as Park Runs. Club will make a response. Individuals are invited to make their own response. <https://www.gov.uk/government/consultations/running-free-consultation-on-preserving-the-free-use-of-public-parks> Consultation closes 5 July.
- The Club laptop (at least 7 years old) has been giving problems. Club to buy a higher spec one to replace.
- Jerry Purkis will stand down as Development Officer at the AGM in view of plans to move to Cumbria. SaxAlert editor will stand down when they move.
- Date of AGM: Dates suggested were 11 or 18 Nov at Swattenden
- BOF have produced a document outlining the problems of falling government funding for orienteering. This has an impact of funding for National Squads. Committee to consider options and whether Club can commit to assisting.

Dates of next meetings:14th July, Alison Howe to host; 8th September.

All members are welcome to attend Committee meetings. Contact Beryl Pring to confirm location and date if you want to attend.

SAX QUIZ ANSWERS

- | | | |
|--------------------------------|---|---|
| 1. Alfred Mynn - the cricketer | 11. Silk | 21. Jane Austen |
| 2. Downe | 12. The Orpington chicken. | 22. Oare, Faversham |
| 3. Hever Castle | 13. Cranbrook | 23. Fordwich (formerly Fordidge) near Canterbury |
| 4. Offham | 14. Anne Boleyn | 24. Kitchener, |
| 5. Christopher Marlowe | 15. It only flows once in every seven years | 25. At the home of Ivo Bligh; first English test captain to bring home the Ashes. He lived at Cobham Hall near Gravesend. |
| 6. Divisions of land | 16. Duke of Kent | 26. Chartwell |
| 7. Faversham | 17. Cooling Castle, Hoo peninsula | |
| 8. Sandwich | 18. Scotney Castle | |
| 9. Harold | 19. Vita Sackville-West | |
| 10. Lullingstone | 20. Canterbury | |



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

Alan Hickling, Beryl Pring, Dave Pickup, Graham Denney, Heather Brown, Jean Fitzgerald, Mark Glaisher, Mark Purkis, Neil Speers (DFOK), Nigel Hills, Sam Prior, Sarah Howes, Simon Blanchflower, Tony Connellan,

And photo credits to

Alan Hickling, Beryl Pring, Graham Denney, Heather Brown and Mark Purkis where noted. Tara Taylor- photo of the Taylor family

Most other photos by Editor.

Front cover- unknown orienteer, maybe Bill Griffiths

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See website for faces

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Andrew Derrick	Committee Member		
Doug Deeks	Auditor		

KENT ORIENTEERING LEAGUE AND SCHOOLS CUP 2016/17 FINALISTS



Primary Schools Cup winners
Lords wood School



Blue Course overall finalists
Brendon & Alison Howe 1st man and lady
Dave Pickup and Lisa Blair 2nd man and lady



Light Green course overall senior medalists- Rob Kingman, Heather Brown and Beryl Pring



Light Green Course overall Junior medalists



Yellow Course winners

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.