



Late Summer 2018

# SAXALERT

Edition 180

## CLUB NOTICES

Kent Orienteering League called the KOL. This is a series of 10 events held usually once a month on Saturday mornings between September and June. The locations are woods, parks, country parks and forests. Five events are planned and organised by Saxons and five are organised by Dartford Orienteering Club.

This year we start off the series with an event at Dunorlan Park Tunbridge Wells on September 22<sup>nd</sup>. DFOK will host the final in June 2019

Competitors can earn points for themselves and for their school so at the final medals and cups are awarded. Co-ordinator Alan Hickling

Kent Night Cup called the KNC. This is a series of 24 events held on Thursday evenings between the end of September and the end of March. Full details on the website.

Sunday Series . These events are held during the year on Sundays.

Annual General Meeting Held in November. New committee members always welcomed and the committee meets six times a year usually on a Friday evening.



Breaking News British Championships

Ffion Bricknell was awarded a Bronze Medal for 3rd in W14 (including 3 fastest leg times) and Jeremy Oldershaw Gold for winning M80. Well Done!

Thanks to contributors to this edition Sarah Howes, Ffion Bricknell, Alison Howe, Jeremy Oldershaw, Neil Bricknell, Brendan Howe, Mark Glaisher and others. Photo credits to Martin Tadburn, Heather Brown, Karen Bricknell.



## Editorial

If you study the Mole Valley Calendar or the British Orienteering website you will see that opportunities exist for members to orienteer in Europe or across the world at all times throughout the year. Indeed our Chair Jean and Alan Hickling travelled to Copenhagen to take part in the World Championships and Sarah and Mark enjoyed the forests of Finland and Sweden.

On my recent trekking expedition in Greenland I went into the town of Ilulissat and there on the town noticeboard I spotted a notice with the distinctive orange and white orienteering sign. Unable to read or speak Greenlandic I had to resort to the internet to discover that there is an orienteering event run annually in the town. The Artic Midnight Orienteering event is held in the last weekend in June in this northern Greenland town and in 2018 besides many Greenlandic competitors there were three members of Bristol Orienteering club who took part. So now I have another reason to return to the land of icebergs, mosquitoes, space and silence.

I make no apologies for including six different accounts of people's experiences at the Lakes 6 day event. It is like the story of six blind men describing an elephant when each account differs vastly. Here too the accounts contrast strongly as they depict members experiences and emotions during their time in the Lake District; from the euphoria of standing in central position on the podium to the misery of giving up and returning through the wet mist to the start on Day One.

It is anticipated that Graham Denney will be editor for the Autumn edition so do keep sending all your orienteering and travel stories to Saxalert ensuring that each edition is interesting and fun to read.

Heather Brown



Chairman's Chat

### **Chairman's chat**

So we are nearly at the end of the 2017/18 orienteering season. We still have a couple of the 'Summer Series' events to go but the new season starts in earnest with the first KOL at Dunorlan Park (provisionally set for 22 September – a circus trumped us on our initial date!), the first Sunday event at Mote Park on 30 September and for all the night owls the first KNC on 27 September (so a busy end to September!). I hope to see you all out and raring to go. As you know Saxons puts on many events which means we need lots of volunteers to organise and plan them, and it would be really good to see some of our newer members having a go. But don't let me put off our more established members - all volunteers are welcome. If you might be interested please get in touch with me to discuss.

During the summer I went to my first World Masters Orienteering Championships which this year was held in Denmark. WMOC is for orienteers in age classes 35 and over (any standard), and it was great to see the older competitors (there were several M90s) being cheered down the run in. Alan Hickling and I were the only representatives from Saxons; no medals were won but it was a really enjoyable event with good courses and a great atmosphere. There were also opportunities for sightseeing, with the sprint final being held around Christiansborg in the centre of Copenhagen. Next year the WMOC is being held in Latvia. If it's as good as Denmark and you are in the required age category I'd encourage you to check it out (preliminary details: <http://wmoc2019.lv>).

Not content with the WMOC I went to the Lakes 5 days (I understand there are several reviews of this elsewhere in SaxAlert so no more about that here, except we had a very convivial BBQ at the new Purkis residence). I also went to the White Rose in North Yorkshire where a sprint event took place in and around Helmsley Castle (courtesy of English Heritage) with the major challenge being trying to spot the optimal way in and out of the castle through the ramparts.

Earlier this year orienteering clubs were asked if they would be able to help raise money to enable elite orienteers to attend some of the major International orienteering competitions. There is very little funding available for these athletes and they generally have to find their own funding to be able to compete. Some of you may not be particularly interested in the fate of elite orienteering but Saxons committee members discussed this at some length. Our feeling was, that for orienteering to continue and develop as a sport in the UK, we need the

positive impact and high visibility of our athletes competing and succeeding on the international stage. We therefore made a donation from club funds to the Orienteering Foundation for this purpose. The Orienteering Foundation is a registered UK charity, independent of British Orienteering, which supports athletes and projects in orienteering through fund-raising activities. If you are interesting in finding out more about this charity please see their website ([www.orienteeringfoundation.org.uk](http://www.orienteeringfoundation.org.uk)). Elsewhere in SaxAlert is a message of thanks from one of the athletes who benefitted from this fund-raising effort.



And finally, we are intending to run a club coaching day on 10 November. We will send details out once they are finalised, but if there is any technique in particular you would like to see included please let me know.

Jean

### Welcome to new members

**No new members this summer but here is a photo of Harry and Jasper Pickin both M11 from Groombridge who joined earlier in the year. They have been to a few events this summer and did well with their Dad at the fun summer event. Look**

**out for them and their parents**

Some of our younger possible members



## Team News – Harvester 2018

This year's Harvester race took place in Tilgate Forest on the night of the 23<sup>rd</sup> and 24<sup>th</sup> June, and was celebrating its 40<sup>th</sup> anniversary. We were able to enter three teams with 17 intrepid Saxons braving the dark, the early morning mists and camping in the woods.

We fielded one women's team, to compete in the women's handicap B race. The five women team did well, finishing just out of the medal positions, coming 5<sup>th</sup>. The seven man A race team competing for the small clubs trophy was disqualified for a mispunch on the run in CP. Team Sax yBeasts was not alone, with three other teams of the 13 team strong competition suffering the same ignominy. Our third team, Sax Appeal came a creditable 14<sup>th</sup> in the mixed handicap B race.

It was great to see a bit of a party atmosphere in the camp area in the run up to the start of the race. Although some teams were taking things seriously, the Saxons Massive seemed hell bent on a good time, with some even sampling the odd tipple with dinner.



As usual, the clubs had some fun with the team names. Captains are required to use their club names within the team name. Some uninspired choices were: SLOW BG, and DFOKers1. By comparison, Sax You All Healing and SAX yBeasts, were inspired choices, even if I do say so myself. If you have any suggestions for cool team name themes using the SAX lettering, please do let me know...

As a newcomer to Team Relays I have been struck by how much fun they are. It's a wonderful opportunity to interact with team mates and really to feel part of the racing even when you're not out on the course. We spend so much time in local events competing against each other, it's a refreshing change to be on the same side once in a while.

If you've not taken part in a team event before, please give it a go. If you'd like to know more, drop me a line, or answer my clarion calls for participants at the next team event.

Brendon Howe

[team.captain@saxons-oc.org](mailto:team.captain@saxons-oc.org)



## **Junior Matters**

By the time you read this edition of Saxalert the summer break will be behind you. No doubt you had some time away from home, hopefully lots of swimming, running and resting after a long summer term at school. Are you changing school this coming term? For one of you it's off to university and deep study. Did you do some GCSE's or 'A' levels? Well the weather in UK was really extraordinary so no reason not to get outdoors and enjoy all the things that you can't do indoors and at the same time keep really fit and healthy for the coming Autumn which offers some exciting orienteering events

With the popular Kent Orienteering Events all planned It's time to really consider whether you should move up to competing in more challenging courses. Your skills will really improve if you do and think how pleased with yourself you will be if you do better, after a while, than some of the more mature club members. After all, you are older this season than last year, so perhaps your time has come. Don't forget that there are members in the club who are trainers and coaches and are there to help you become very good at the sport. I shall certainly be encouraging you to be brave and have a go. You will definitely get better and enjoy this improvement in your skills. As juniors your name will be on the results list with more experienced runners and that means prizes and medals after all!

The final of the Kent Orienteering League was held at Haysden Country Park on 9<sup>th</sup> of June. It was a very warm day so not just runners for the Saxon event but many other visitors were enjoying the park, many being taken for a walk with their dogs which had to skipped round as the park was almost reaching saturation point.

This was the last chance to have a good run, both for each individual and for the school you attended.

James Ford was the only junior on the blue course and finished the season with a 10<sup>th</sup> out of 14 place. Four more ran the Light Green with Henry and Matthew claiming 1<sup>st</sup> and 2<sup>nd</sup> with Michael 10<sup>th</sup> and Ffion 16<sup>th</sup>.

Unusually Austin was the only Saxon junior running the orange course, but he was surrounded by other speedsters coming 11<sup>th</sup> out of 15. But as always we had a huge number of young and keen yellow course runners and here are the results

Harry and Jasper Pickin 2/34	Isabel Hobbs 5/34	Noah Gilmartin 11/34	Christina Pogson 18/34
Ben Cronin 3/34	Caylen Uddin 7/34	Amber Hobbs 12/34	Holly Howe 20/34
Luke Evans 4/34	Kasie Chapman 8/34	William Prior 15/34	Eric Pogson 27/34

Then after all the complicated statistics were juggled we waited for the final season's totals and results;-



Top Saxon on Blue course for the year was James Ford

On the Lt Green course top two girls were Ffion Bricknell and Elsa Burdett. Michael Cameron was 2<sup>nd</sup> with Toby Prior. Then on the orange course Austin was 2<sup>nd</sup> boy and Toby Prior was 4<sup>th</sup> [I wonder how many of you can work out how Toby did this. Light Green and Orange!] On Yellow course Isabel Hobbs was 2<sup>nd</sup> Girl with Kasie Chapman right behind her in 3<sup>rd</sup>. Ben Cronin was 1<sup>st</sup> yellow boy with Caylen Uddin 2<sup>nd</sup> and James Gaylor in 3<sup>rd</sup>

The final awards for juniors were the schools' cups which was a repeat of last year where both City Academy and Lordswood Junior School retained the cups which they had kept polished over the year.

Well done to all of you! There was a lot of good running and decision making during the year and I hope that coming to KOLs is just one orienteering series which you take part in and you look at what's on at other times and places seeing that there are other events which are calling out for you to join in

I always keep my eye on how well you do at events which I haven't attended and spotted how well Austin, Ben, Matthew, Joseph and Holly did in the 45 minute score course at Perry Wood. A great combination of speed and accuracy is needed to be so high up the results list. Then I saw the results of the special urban event around the streets and alleyways of Canterbury and was so pleased to see that William, Matthew, Toby, Joseph and Austin joined in and Austin even ran two courses. I suspect he must have had an energy bar in between races.

Our own special Junior Orienteering Festival had to take place in the Half-term holiday so although the numbers of entrants were down there were Saxon juniors stepping forward in each colour class to claim the winners' medals. It was a good place to have the event and the weather was just perfect and the novel relay race was just fun!

I'm looking forward to seeing you all soon and firstly to talk about the holiday adventures, of course, but then about all the events which are coming up in which you will be taking part and enjoying our fun and healthy sport

See you on 22<sup>nd</sup> September for the first KOL at Dunorlan Park. Always keep your eye on the website as sometimes we are forced to make changes to place or time

Tony Connellan

Tim Lund has created an unusual and interesting GPX route around Oxford. It's quite a challenge for you young things.

<http://www.oxfordmail.co.uk/news/16402898.oxfords-most-scenic-run-has-first-finisher/>

Harold is the Captain of Chigwell OC. He was running using a GPX route I'd created, and some cue sheets, and made a handful of navigational errors. Quite a challenge working out the best cues, so I hope to improve them.

Tim Lund

Saxalert Quiz.: What are these warning road signs?

In which countries are they found?



1



2



3



4



\_\_\_\_\_ 5



6



7



8

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**Our club made a £500 donation to the Orienteering Foundation to help support our elite athletes . This is a thank you in response from one of the athletes**

I would like to thank you for your club's donation to the Orienteering Foundation. Over the years, many orienteers have been supported by the Orienteering Foundation with grants towards junior coaching camps, regional training tours, pre-competition training for World Schools. They have also funded coaching courses to develop more junior coaches. All the athletes in the present GB team have been supported directly and indirectly by the Orienteering Foundation as they supported the summer appeal to help all the team pay for

travel and accommodation at the World Championships (WOC) in Latvia, and they also helped several of the athletes with funding to go to the European Championships in Switzerland, an event that provided both physical and mental training for most of the WOC team.

The World Championships was a great event with some good performances from the team, and some near misses, but that is something we all know in orienteering. Kris Jones reflected on his 10<sup>th</sup> position in the Sprint with an air of disappointment as he knows he is running at world class speed but he felt he 'tried too hard' and made a couple of costly navigational errors. He made up for this in the sprint relay by running 30 seconds quicker than all the other men, but Britain just missed out on a podium place with a 7<sup>th</sup> position.

In the individual women's sprint Alice Leake pulled out a great performance coming 8<sup>th</sup>. Alice has been doing a lot to improve her running speeds this year by working with her local athletics club, Leeds City AC, and she is now planning ahead for the next World Championship Sprint in 2020. In the forest event, Megan Carter-Davies had a good race coming 20<sup>th</sup>, commenting that she had been helped by doing some pre-race terrain training in Latvia.

My individual discipline at WOC was the men's middle race (5.9K). I had been very focused with my preparation and so very disappointed to make a minute's error on control 1. I was cross but used this to push hard for the remainder of the race and not let my concentration waver for a second. I was pleased with 13<sup>th</sup> place in 34.57 but of course ruing the minute lost. In my final event, the men's relay, GB were up with the leaders for the whole of the 100 minutes or so, (each leg about 5.7K, 300m climb) and it was down to me to try for a medal place on the very last control. I was racing in a pack but just couldn't get passed and came in 6<sup>th</sup>, 37 seconds behind gold.

We all really value the support and interest from everyone at home. We hope our experiences and successes can help promote orienteering and inspire others to take up the sport. For more details of all the WOC races and follow the progress of British athletes in future competitions, go to [www.ontheredline.org.uk](http://www.ontheredline.org.uk)

Ralph Street

## Incentive Awards up till end of June 2018

<b>Member</b>	<b>BOF No. Club</b>	<b>Certificates</b>	<b>Awarded</b>
Ben Cronin	131070 SAX	Racing Challenge: Bronze Award ***	21/05/2018
		Navigation Challenge ***	21/05/2018
Bohdan Rainczuk	443321 SAX	Racing Challenge: Gold Award ****	04/06/2018
Danni Peters	111671 SAX	Navigation Challenge ***	21/05/2018
Elsa Burdett	453838 SAX	Racing Challenge: Gold Award ****	20/05/2018
Ffion Bricknell	861287 SAX	Racing Challenge: Silver Award *****	04/05/2018
		Racing Challenge: Bronze Award *****	04/05/2018
		Navigation Challenge *****	04/05/2018
Gaby Roch	155094 SAX	Navigation Challenge *****	14/05/2018
		Navigation Challenge ****	20/05/2018
Heather Brown	414682 SAX	Racing Challenge: Gold Award ****	20/05/2018
Holly Howe	166579 SAX	Racing Challenge: Bronze Award *	14/05/2018
		Navigation Challenge *	14/05/2018
Kasie Chapman	803441 SAX	Racing Challenge: Silver Award **	04/06/2018
Neil Bricknell	163547 SAX	Racing Challenge: Gold Award ****	04/06/2018
		Racing Challenge: Bronze Award *****	04/05/2018
		Navigation Challenge *****	04/05/2018
Philip Norris	310021 SAX	Racing Challenge: Gold Award ****	20/05/2018
Rob Sibley	454121 SAX	Racing Challenge: Gold Award ****	20/05/2018
Roger Pring	172692 SAX	Racing Challenge: Silver Award *****	14/05/2018
Sarah Howes	277422 SAX	Racing Challenge: Gold Award ****	04/06/2018
Sarah Reith	138986 SAX	Navigation Challenge ***	21/05/2018

## Coaches Corner.

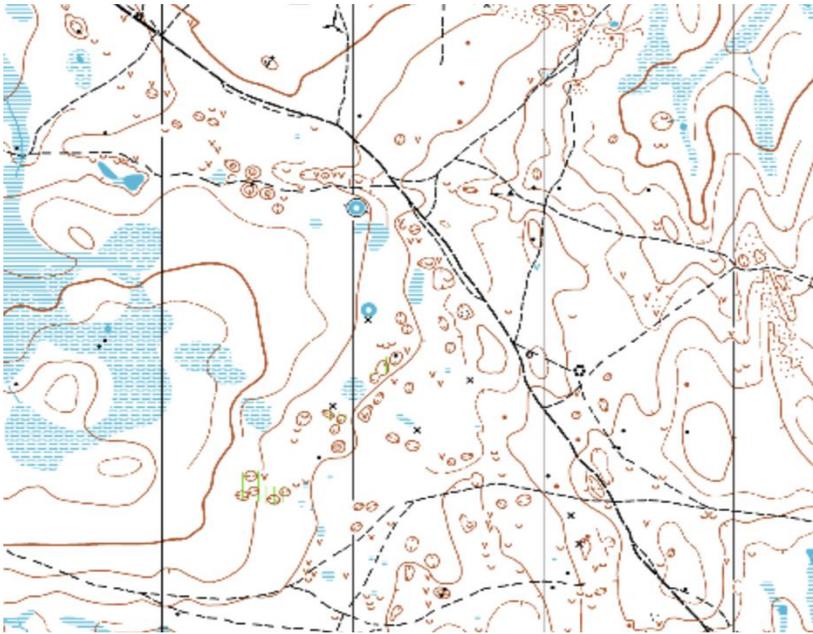
### Techniques and Errors

Like the rest of the Saxons massive that attended, I really enjoyed my week of orienteering at the Lakes 5 Days this August. I generally had a good run of things, punctuated with a couple of poor legs (see below) that kept me off the top step of the podium.

As a newcomer to the Lakes and its terrain, I was pretty fearful of getting lost. As a result, I spent quite a bit of time thinking though the techniques I would need for each race. Day Four - Askham Fell - presented an interesting challenge.

Askham is an undulating area of rough open ground with minimal line features. It is punctuated with myriad negative features (pits and depressions) making it difficult to spot

your CP until you're almost on top of it. Clever course planning had ensured that the mostly sketchy paths were unsuitable route choices.



It was clear that compass work and distance estimation would be key techniques and that running direct would be the order of the day.

For me, distance estimation would be a mixture of pacing and assessing overall

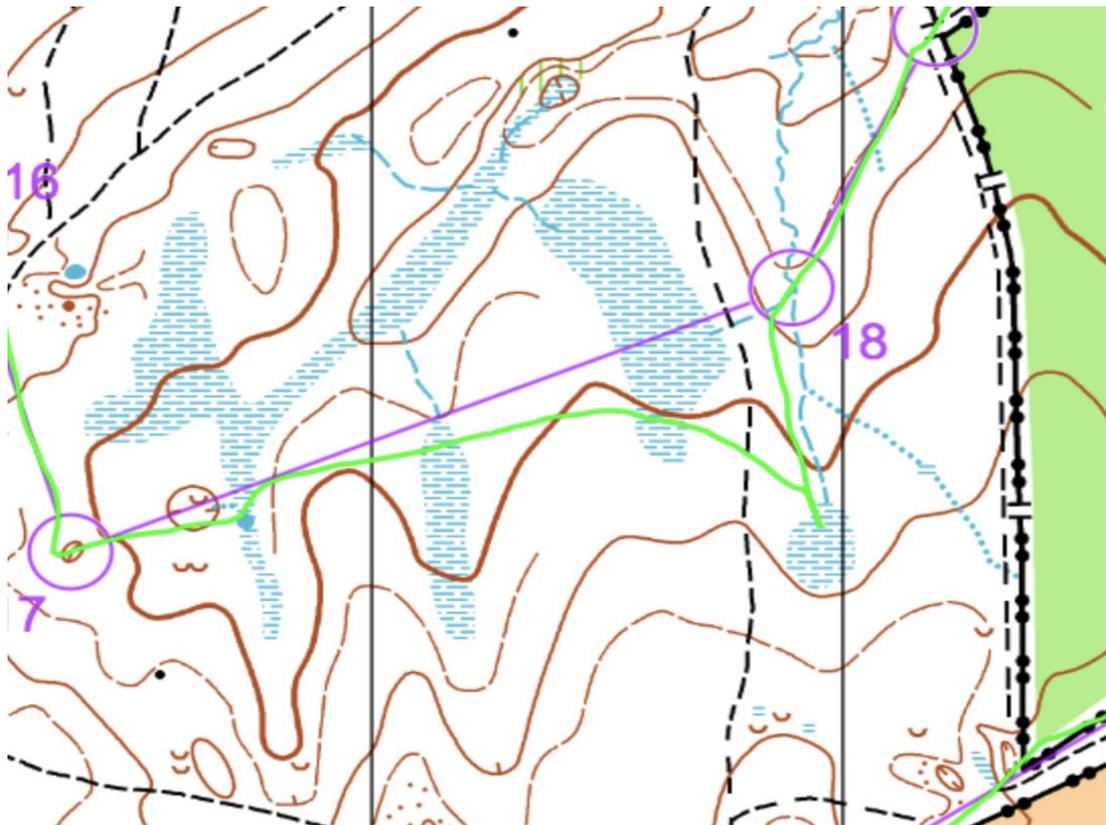
leg distance visually in real time. Given the open nature of the fell, it was possible to measure the upcoming leg and assess the total distance by identifying approximately where the feature should be. This was then backed up with pacing.

With distance sorted, the next challenge was to make sure I was running in the correct direction. I made special attention to taking very accurate compass bearings. normally, one would 'sight' a bearing on a nearby feature then repeat the process until one arrives at the control. At Askham there were no obvious local features to sight on. Instead I chose to sight features on adjacent hills; this might be a farm cottage, forest edge, col, hilltop, or band of different coloured vegetation.

This long distance sighting really simplified each leg. Providing I kept running towards my sighted feature and maintained my pacing count, I hit the Controls dead on. For comfort, I would thumb key 'en route' features, but this didn't really seem necessary. The simplification freed me up to plan the next leg and so process flow improved.

This sighting technique is fine providing you stick to it. Below is my route to CP18, which didn't go so well.

Here,  
I had



sighted my route on the forest behind the control. I identified a spot along the forest to aim towards. I probably should have aimed off, but had chosen to try to hit the CP dead on. As I ran towards my CP I started drifting to the right; another CP was positioned on the marsh and I had become distracted by the number of competitors running towards it. I had forgotten my plan and had been seduced by the runners moving quicker on easier ground to my right.

On arriving at the indistinct marsh, I suddenly became aware that I was a long way from my target sighting point on the forest and was heading towards the wrong forest corner. It was a simple matter of running the stream line feature to hit the control, but the time was already lost.

Remember: Think a plan, Make a plan, Do a plan!

Brendan Howe

## **SAXONS OUT AND ABOUT**

**Saturday 26<sup>th</sup> May**

This year the Junior Orienteering Festival was organised by Saxons so Junior Co-ordinator Tony and Jean Fitzgerald Planner chose the wonderful site of Bethany School thanks to Dave Kingdom's links with the school. The weather was perfect, the helpers top quality and the

Juniors enthusiastic, polite and happy. It was a lovely morning which included line courses, a maze, team relay won by Cheetah team and refreshments. At the end the first boy and first girl on each course were given a special medal and then every entrant received a medal and World Orienteering Day Diploma.

Thanks to the large team of adult helpers everything went well on the day.

Heather Brown

### Best Saxon Results

Lt Green Ffion Bricknell W14 ¼

Orange Austin Howe M12 1/5

Yellow Ben Cronin M12 1/7

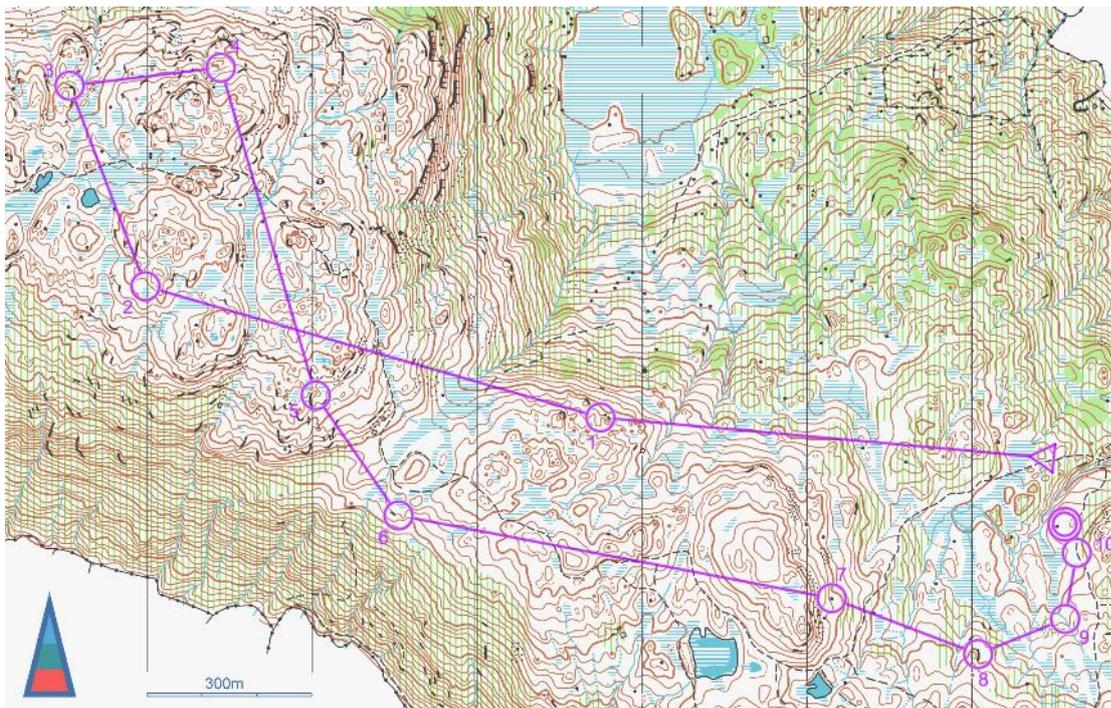
White Hannah Sibley W8 3/13

### SAXONS FURTHER AFIELD

#### **Lakes 5 Days 2018**

This was our first time to the Lake District competition as 4 years ago I don't think I was even orienteering, though Ffion was already happily running around the woods.

#### **Day 1 - Silver How - M50S**



After all the hot weather we had experienced in the past few weeks Grasmere was cool and wet. Ffion and I donned our Saxon's jackets and waterproofs ready for the climb to the start. My wife, Karen, and son, Lewis, decided they would come for a walk and wait for us at the finish. A decision I think Lewis later regretted and something I am constantly reminded of.

The start was a 2.3k walk with a 240m climb something I hadn't been expecting. By the time we reached the top I was already soaked through.

My start time couldn't have come soon enough and I was off and running, but not for long. I started to make my way to the first control trying to stay in contact with the map and look for features to navigate by. This terrain was totally new to me having only previously run in wooded or urban areas and the lack of visibility wasn't helping.

I pressed on... Eventually I thought I recognized the correct features and saw the control. Inspired by my success I trudged up the hill only to be greeted with disappointment. It wasn't mine! Now I'm lost. I obviously don't know where I am and have nowhere close by to relocate to. Had I gone too far or gone too far to the right maybe? For the next 20 minutes I wondered around looking at features and trying to determine where I was. Eventually I stumbled upon my control. Success!

It was at this point I decided enough was enough. It had taken over 30 minutes to find this control and my route now took me even further away from both the start and the finish. I was clearly out of my depth. It was now time to head for the finish. Hopefully Ffion had had more success than me, finished her course, and the three of them had returned to the car.

As I return to the finish a very wet wife and son greeted me. I think they were even wetter than I was. Ffion hadn't finished yet so we waited. A short time later Beryl Pring arrived having completed her course successfully. Lewis wisely decided to walk back to the car with Beryl.

A while later Ffion finished and we started our decent to the car. The route back took us over, what I assume had been, a small stream. However this was now quite significant. Still, we couldn't get any wetter so we trudged through it, the water coming half way up our shins.

Returning to the car after downloading we quickly changed and heading back to base. In orienteering terms not a very successful day.

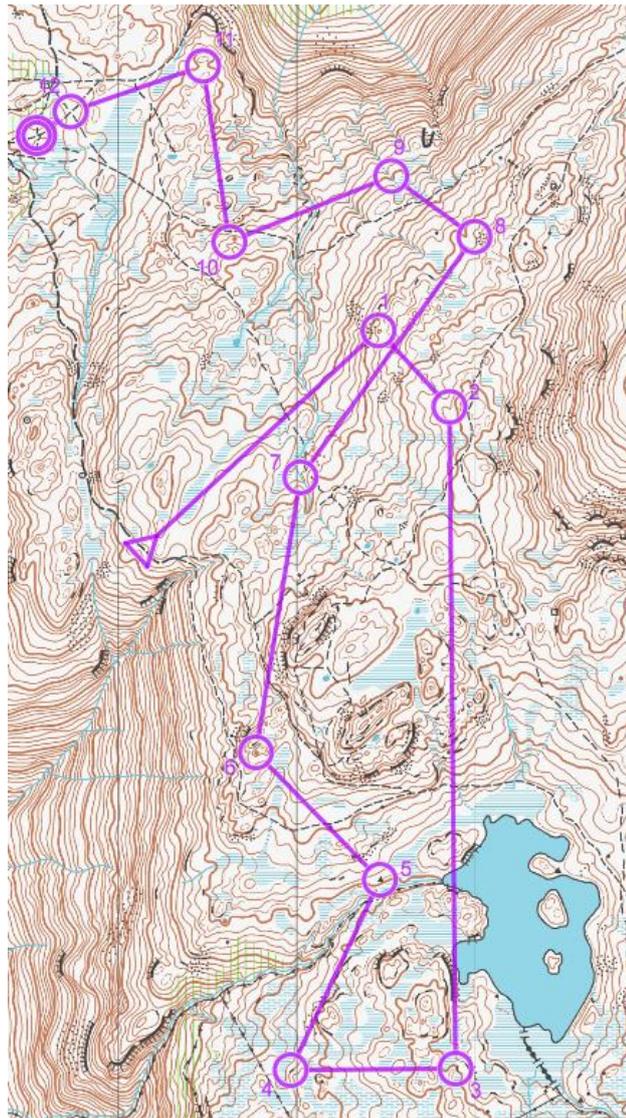
## **Day 2 - Angle Tarn Pikes - M50S**

After a disastrous first day I had trepidations about what today would hold. The weather was at least dry. Today's start was a 2.5k walk with a 280m climb. Karen and Lewis elected not to walk up to the start but go and visit the local Aira Force waterfall.

Looking at the map at the start I was thinking today was going to be another aborted run. The terrain was similar to yesterday, no trees and no paths to follow. Maybe I should change my course choice to something easier for the rest of the week.

From the start kite I took a bearing to the first control and climbed the first hill. Reaching the top I could see the small cliff, approximately 600m away, that marked its location. Spurred on and ran down the valley keeping my bearing and then walked up the hill again to the control.

Inspired by how easily I had found this control I continued. The leg to the 3rd control was 1200m to the south side of the tarn. I stuck to the path until I could see the lake and then made my way to the control.



The rest of the event was spent successfully navigating all the controls, unfortunately not without a couple of small navigation errors. However I soon realized my mistakes and was able to relocate.

By the time I finished Ffion had already make her way back down to download, taking the bag and the water with her.

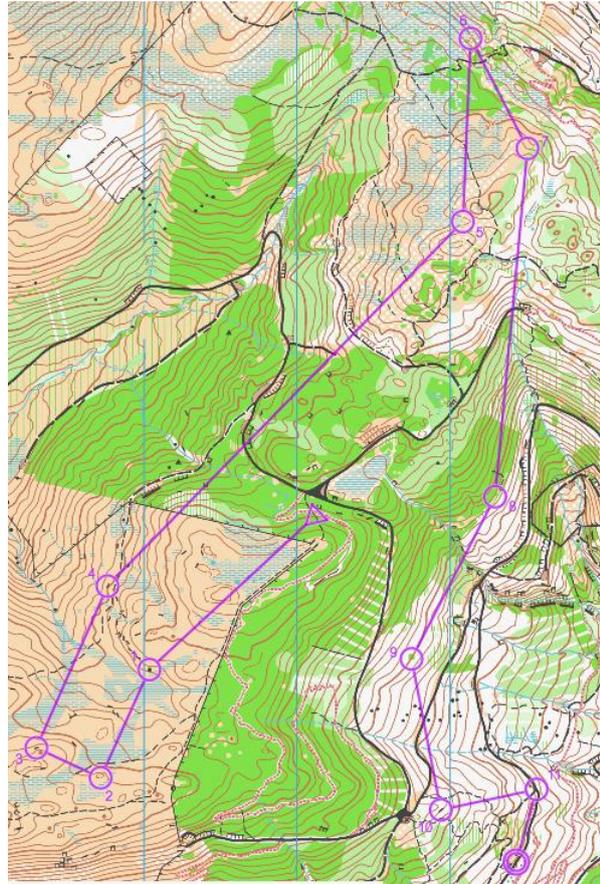
Although my time was one of the slowest I was pleased I had managed to complete the course without missing any controls.

**Day 3 - Whinlatter - M50S**

Ffion and I left the assembly area a bit late, not realizing there was a climb to the start, although it was not as steep or long as the previous days. Ffion had to run the last 300m to make her start time, I had an extra 18 minutes so was able to stroll up with Brendon and still have time to spare.

Looking at the map, this seemed more familiar territory. Woodland and distinctive paths with some open rough ground.

However, my route to the first control was a failure. I overran the control, passing within meters of it. I then proceeded to visit controls 2 and 3 before realizing they were mine. Once at number 3 I spotted number one on the opposite rise. Begrudgingly I head back to number one before completing the circuit to 3 again.



I slowly progress around the controls, running where I could and walking up the various inclines.

I was particularly pleased with my route choice to number 6. Approaching it from a 'S' bend in the path and hitting it straight away. Another competitor commented that she had been looking for the same control for some time.

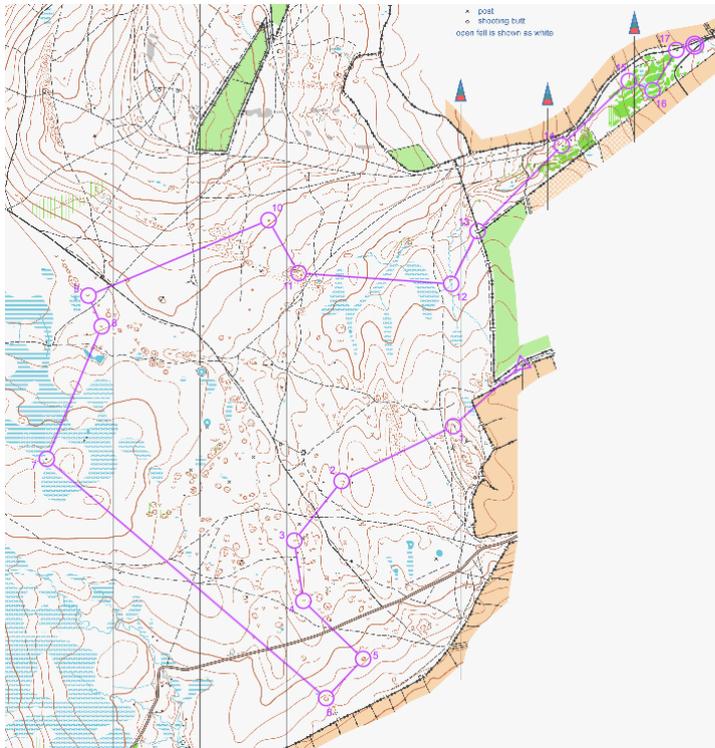
Number 8 was a different matter altogether. Having headed south from number 7 until the path stream junction I followed the stream until reaching the road. Here I tried to follow the contour round to the control but failed miserably, dropping down the hillside. I really need to learn the different between forest run and forest fight on the map. Had I remember the control would have been a quick find. Now, having gone too far I double back and climbed up to the control.

The Saxon's team had camped by the finish and cheered my on as I ran in. I think they may have been waiting a while as I had been out there for just under 2 hours. Still I had completed the course successfully. Maybe I can Orienteer after all, even if a bit slowly.

#### **Day 4 - Askham Fell -M50S**

Today the warmer weather had returned. Karen and Lewis decided to venture out for a walk and find a geocache somewhere on the fell. Having walked with us up to the start they proceeded through the start onto the fell. A slightly over zealous marshal questioning quite

abruptly 'what did they think they were doing?' Then apologizing when Karen pointed out she was nothing to do with the orienteering and was simply going to a walk.



Today's map looked difficult. None of the distinctive crags of previous days, no woodland and just a few paths. The area was, however, splattered with numerous depressions of various sizes. This will be fun I thought. Trying to find the right depression amongst so many. Keeping a bearing was going to be important.

I took my time at each control. Selecting my bearing and then heading off, hopefully in the right direction. All over the fell you could see competitors running across the fell the disappearing down a hole only to emerge again a few seconds later. Avoiding getting distracted I maintained my own heading. Annoyingly I discovered another gentleman doing the same course simply walking between the controls each time reaching the next one before me whilst I had spent time ensuring my route. Eventually my pace won out and I overtook him at number 5.

Only really 1 mistake on this course, at number 12. This time I let others lead me astray. I was looking for a stream junction and thought I was on the correct bearing to where there were others standing. I reach the stream and saw a control to the left but dismissed it as the others were slightly to the right. After a couple of minutes I realized the control I had previously dismissed was the one I wanted.

A final run in and 3 courses complete successfully.

Karen commented at the end that maybe sitting at one of the depressions watch us idiots run around may not have been a good idea as some competitors thought they were at control.

### Day 5 - Dale Park - M50S

The final day and the rain had returned, though it was still quite warm. I wasn't sure what to make of this. Only a 2.6k course but with a 135m elevation gain.

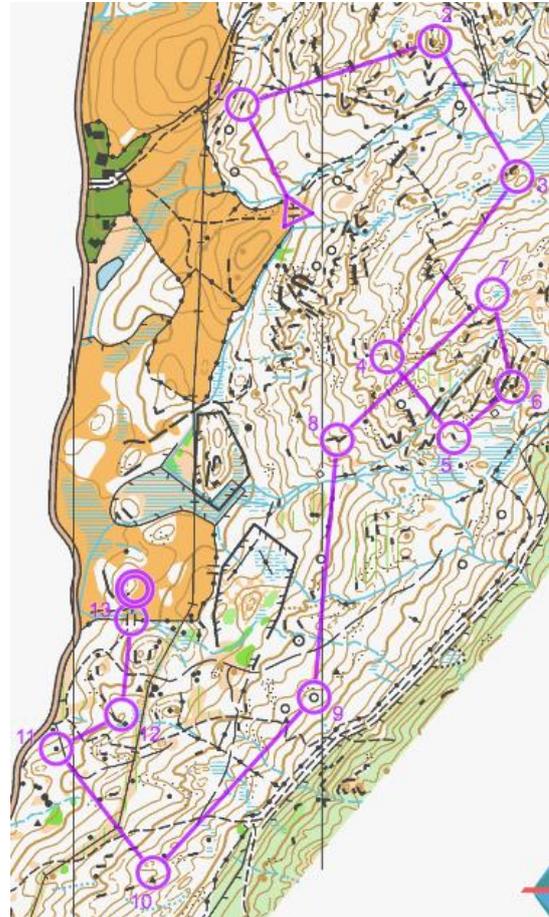
The map had a high contour detail with lots of cliffs on steep wooded slope. This was going to be another challenging day.

Our start time was quite late, after 1pm, by which time the rain had abated.

I took my time, slow and methodical. However my route to number 2 was wrong and put me 100m north east of my control at the corner of a wall. Still I knew where I was and where I needed to be.

The rest of the course proceeded reasonably well finding each control, eventually

Running into the finish for the final time with Karen, Lewis and Ffion cheering me on. I think so they could now get something to eat.



All in All and enjoyable week of orienteering. We will be back next time. Although I wasn't fast I have learnt a lot. Hopefully I can put some of it in to practice back in lovely flat Kent.

Thanks to Karen and Lewis for supporting us, in what must have been a bit boring and wet at times.

Neil Bricknell

Lakes 5 Days. Sunday 29<sup>th</sup> July to Friday August 3<sup>rd</sup>, 2018.

The Lakes 5 days is held every fourth year to fit in with the Scottish and Welsh multi day summer events. And this was the 6th that I have attended. I was M60 that first time and there wasn't even an M80 class. Please remember that this article is written by an M80 so the views of younger runners may not be the same. And because I won my class perhaps my specs have a rosy tint about them

The Lakeland clubs managed to have 4 distinctly different areas made into five in reality, by the incessant rain on Day 1 which made that event a struggle against the elements as well as the terrain. We had two events (Days 1 and 2) on the high fells with a total of 4.8k distance

and 520m of climb just to get to the starts. Day 3 was in steep commercial forest, with hard tracks, Day 4 on fast open fellside and sheep pasture and Day 5 in very intricate wooded forest with few paths.

Now to comments on the individual days. When I say that my courses on the first two days totalled 5.0k with 240m of climb you can see why I mentioned the getting to start figures earlier. On Day 1, believe it or not there were a couple of paths that were a great help in the conditions and I made one 4 minute error aiming at the wrong small outcrop of rocks about 80m south of the right one. However raising my head in the prevailing conditions, I spotted the correct one. Overall an adequate performance in appalling conditions but in the end I was amazed to come first. Day 2 the terrain was similar but because conditions were much better I managed to make two bad errors costing 8 minutes! The first leg was 600m across open fell and I hit the control spot on, good start but my head went wrong 5 to 6 as I changed my route choice (usually fatal) and as 6 was a crag and I was coming from above it, if you're not quite on the right bearing it is too easy to miss it, and so it proved. But 6 to 7 was an easy leg but when I crossed a track into a sunken area I turned right for my spur only to find a crag, with a control, in its place. I just hadn't gone far enough!

The highlight of Day 3 for some was the magical mystery tour on the coach as our driver appeared to get lost and the 20-minute journey turned into a 50 minute one and some of us missed our starts. And on the return trip we met a low loader with a digger on board and the driver had to reverse a big coach about 1k to find a place where the vehicles could pass! However, the courses were complete contrast with trees and tracks! I made the classic error of seeing a control (in a re-entrant) and diverting uphill to look at it though mine was on a boulder and downhill – cost me 1½ minutes.

Day 4 was even more of a contrast. The sun shone, the ground was dry, and the courses were mainly point and run on the bearing. And the terrain was such that you could run. Yet I managed to lose 3 minutes by pointing at the wrong feature and having to double back on myself.

Day 5 was yet another wet day but the later starters didn't have the rain just soggy wet conditions in the forest. Dale Park is part of the Graythwaite Estate and I have bad memories of previous events. The map scale was 1:7500 and I blame that for me overshooting my No 3 and costing me 4 minutes. I had even passed below the control but I was looking for "Between the crags" whereas the actual control description was "Re-entrant". Moral - always read your control descriptions!!

The results are calculated on the best 4 out of 5 so you can drop your worst day (Day 2 for me). After the first Day when I lead by 5 points I was second until the last day, to a Swiss competitor. The final day sorts out the points when everyone can drop the bad day and hopefully up their tally with a good run. I was worried about losing my second place to someone having a good run and pushing me down. As it happened I had a pretty good run, the Swiss guy had a bad one and a runner from Quantock had an absolute blinder and nearly pipped me at the post – but we pushed the Swiss guy down to third. 4729 – 4711 - 4705 points respectively, so a pretty close-run thing.

I didn't realise I had won until another M80 from TVOC told me the final results were up and I should go and have a look. I would add that I am not a consistent orienteer. I have good days and bad days – rarely 4 good ones and an average one as on this occasion.

Jeremy Oldershaw

### Another perspective of Orienteering in the Lakes 6 Day

This was the first trip to the Lakes for the Howe family, and what a baptism of fire Day 1 turned out to be. Low cloud, heavy rain, wind, and all this after a 2.5k slog up hill to the start. Days 1 and 2 were on open fell ridges, and represented a very different navigational challenge compared to the Kent forests. Limited paths meant reading the contour information was critical, although crags and linear marshes proved helpful navigational aids, particularly on long legs. Day 3 was a different challenge again. Steep forested area, although most courses visited some open fell again. Whilst there were more paths, not all were obvious, and the heather underfoot in the open sections made the going very physical. Day 4 was my best result, bringing me my first win in a national event. Open fell again, but much lower than days 1 and 2, so much less contour information, significant heather to travel through, and pretty much all controls were in the myriad of negative features, mainly pits, depressions and some broken ground. The advice I'd gleaned was that the key to success here was to take accurate bearings, and use the open terrain to sight an obvious feature along the route, or even on an opposite hillside if available rather than focusing on the compass dial for the whole leg. More important for me regardless of terrain was to avoid rushing and to plan and execute each leg without concern about the overall result, (see Dartboard editor report of WMOC success). My biggest time losses often come because I have not properly planned a leg or if I am rushing which causes me to miss the best route, miss my attack point, or to just wing it. The Day 5 middle was another step change in terrain with intricate contours along a steep sided wooded area. This was nearly another great outing, marred by a 6 minute error into control 4 where I doubted my navigation, so left the control circle to find a few other controls not on my course!

Day 4: Askham Fell. Nice long run out to control flag and then along a wall gave me plenty of time to set compass for control 1. A short leg to help get into the map compared to days 1 and 2 where leg 1 crossed the map, ran around a big depression on route giving strong attack point. Long leg 2, took bearing and used the corner of a field on opposite hillside to help keep me on track. Was tough going through heather, and my bearing was a little to the right of control. Came down a slight spur to correct, and was relieved to find the control. Off to 3, was again a little right of the control, and terrain was obscured by short bracken. 4-5 followed line of depressions to the track. 5-7 straight forward, 7-8 terrain was pretty tough with small bracken and heather making slower going, but spotted marsh area ahead of the thicker marked bracken around control 9. 9-10 was another hard slog, but kept on track and was pleased to hit straight into control. 12-13 was tough in the heat climbing up towards the wooded area. Was beginning to doubt my line as seemed to be getting too

close to the woods, when finally came over a crest in the hill and into the control. Phew. Controls 14 and 15 followed more visible re-entrant and rocky ground before run over to 16 where i was pulled right by a number of orienteers visiting a nearby depression. Straight forward hard running through to the final series of controls. Gorse was accurately mapped, but had to concentrated again on 21 to make sure i was between the right gorse banks. Overall had managed to keep focused throughout whole race, and was delighted to find the more consistent approach had left me in 1st place.

Alison Howe

### Lakes 5 Days A Young Person's Personal Account by Ffion

#### Day1: Silver Howe

Not the greatest start to the week, it started off with terrible rain and a huge slog to the top of the 'mountain'. Time to run, finally, despite the rain I got off to a good start until number 3 where I went completely wrong. After being put back on track by a stranger/friend I slowly but surely found my control, I was soaked. I looked down the mountain and scared myself due to the height, but decided to try one more control, which turn out to be even worse than the last. Right, time to go back. So found a path and headed back to base. By the time I reached the finish my parents were just about to give up and walk down without me.

#### Day 2: Angle Tarn Pikes

Ah, a slightly better day today not as rainy and could see more than 50m in front. Completed the course today with just a couple mistakes. I was given the choice of whether to wait for my dad or head down. I headed down taking the bag as we had planned, so he knew I'd finished and gone to download. Something dad later regretted as it meant I took the water as well. However overall a more successful day.

#### Day 3: Whinlatter

Today was more like Kent but on a hill. Just barely making my start time, due to an unexpected climb to the start. Anyway, set off all well and good until #5 where my control was at the end of a cliff. As I approach I saw the cliff and walked along the top of it. It got too dangerous so decided to go around the other way. However, I managed to miss the cliff the control was on and spent 8 minutes trying to find it again. After eventually spotting it, I continued on and returned successfully. This time I had no choice but to wait and wait for my dad as he took 2 hours, luckily I had phone service today. Headed back on the bus and grabbed my favourite cake from a stall, yum yum.

#### Day4: Askham Fell

Today was my best day of all. All rough open ground with broken and heather, but easy to run though with my long legs. Almost every control involved taking a bearing. So it was a case of offsetting and looking for a waypoint before the control. Expecting it to take me around 45 minutes, I was surprised when I came in in only 34 minutes. Went to download and did better than I thought being only 4 mins from the leader. After a long wait for official results turned out I got a Championship time and 8th out of around 25 participants. A very successful day



Day 5: Dale Park (my 14<sup>th</sup> birthday)

Today was a different kind of tough terrain, cliffs, rocks and stoney ground very easy to lose your way of which I did around control 7. I just couldn't figure out where I was, so I found a control and asked a lovely lady where we were. I wasn't too far off my control but at least I got there in the end. At the next control I was stood within meter but couldn't see due to the boulder, should have paid more attention to control description. A race to the finish was in sight, seen in this photo taken amazingly by the photographer.

Ffion Bricknell

### Lakes 5 Days. An overview by Beryl Pring

As you may be aware from our website, some of us did quite well this year. Jeremy Oldershaw especially coming first in M80, no mean feat in the terrains we experienced

Day one – Silver Howe, Grasmere, was a broad lumpy ridge at 400m with a wealth of rock and contour detail. The terrain was very runnable, with patches of bracken, these were a severe impediment to progress and were best avoided. The longer courses visited Blea Rigg, which was higher (up to 530m) and more rugged. Paths were few and far between so both the white and yellow courses followed taped routes at times. Part of the yellow course even followed a stream. We all had to wear cagouls because of the inclement weather. Best score of the day was Jeremy with a win.

Day two – Angle Tarn Pikes, high and exposed open fell with generally good runability. A 2.5km walk with a 280m climb to the start was a killer but we were rewarded with excellent views of Patterdale and Ullswater. Weather was a bit kinder, just a really strong cooling wind. Brendon had the best score with 3rd place on M45S

Day 3 – Whinlatter, was a steep working forest of varying runnability, and surrounding areas of open fell (which my course didn't visit). The ridge tops offered moderately complex contour detail with some areas of heather. After the open fells it was quite a shock to the system and I for one made a real hash in places, not reading the map properly. Most of us were bused in from Cockermouth due to not being enough parking at the Visitor Centre. The first two or three buses had problems and our bus took 50 mins instead of the intended 20 mins, some of us had allowed plenty of time but even then some missed start times. This was quickly taken care of and I don't think many had to wait long. Best results Jeremy and Brendon, both 2nd in their age class.

Day 4 – Askham Fell, was a large open area. Underlying limestone meant there was little surface water and lots of sizeable sink holes, pits and depressions. Surface vegetation varied from smooth grass to runnable tussocks and low heather. There was also bracken across the area and many paths, confusing at times. Alison shone by coming 1st in W45L with Brendon and Jeremy 2nd in their age class again.

Day 5 – Dale Park, a delightful but really difficult area of largely runnable, (although I didn't see that bit!) steep oak woodland, with lots of intricate contours and rocks. The longer courses had climbs in excess of 5%. Courses 1 to 4 also visited an adjoining coniferous woodland. There were areas of slower vegetation, particularly bracken, though this had been cut back at control sites and on some legs on courses 15, 16 and 17. Course 17 was technically harder than a normal td1 course. Competitors had to follow streams, walls and fences, as well as paths and tracks. Approaching the finish, competitors on both courses 16 and 17 had to follow the route of an overhead power line as there was no line feature on the ground. Holly did really well and came 4th on White, Jeremy was 2nd yet again, Alison 3rd and Brendon 4th in their age groups.

Overall everyone had an 'exciting' time, I was really chuffed to make 6th overall with the likes of Carol McNeill, Sue Hands and Liz Godfree in my age class of W70L.

Well done to all of Saxons who took part and to Jerry and Rowan for hosting the BBQ at their new home, which is really lovely.

Beryl Pring

## **Saxons even Further Afield**

### **JUKOLA 2018**

Standing on the start line for the Venla relay with 1600+ other ladies about to run 600m along a stony disused airfield and into a Finnish forest full of depressions up to 40 metres deep will always be one of my most treasured memories. My team number was 471 being the finish position of the second BOK team from the year before; I looked left and right along my start line and quickly concluded that no-one else was wearing orienteering glasses and everyone else was way younger. No surprise there – I'd already worked out that there'd be plenty of ladies coming past me on the run out.

I remember music playing loudly, with a strong pulsing beat, as the countdown took place with announcements every minute in Finnish then Swedish then English, telling us to get on the right line for our groups of 20, then to make sure we were in the right order within that 20, then that maps were about to be given out, then the final minute before the gun sounded. The excitement was tangible! Then we were off, into the afternoon heat and dust of the 600m run out. I had a huge smile on my face – one of those times when it feels so good to be alive!

The Venla 4 person relay is sort of the women's version of the 7 person Jukola relay and starts at 2pm on the Saturday afternoon with Jukola starting at 11pm the same evening, just a few minutes after sunset. 2018 saw the 71<sup>st</sup> Jukola relay take place with 1892 teams and the 41<sup>st</sup> Venla relay with 1618 teams, records in both cases.

My daughter, Clare, started going to Jukola 3 years earlier and has always come back with great stories so I'd been wanting to go for a while and this year got the opportunity to join the BOK group that she was going with. As I was going all that way I thought I might as well take the opportunity to run in both relays – something that only women can do. It turned out that only some 400 or so are mad enough to do both!

Our first destination on arriving in Finland on Wednesday 13 June was to go straight from the airport to a local orienteering event in woods near the family home of Tommi Grover, a half-British/half-Finnish member of BOK. Then it was onto Tommi's home for pizza and micro-O in his garden followed by sauna and overnight camping.

After breakfast the next day, we drove about 1½ hours to Asikkala (not far from the Jukola area of Lahti-Hollola) to the house of a friend of Tommi's cousin and were welcomed by the owners, Helinä & Veli-Pekka, to set up camp under the trees in their huge beautiful garden. The afternoon quickly passed with another training session in the nearby woods. No need in Finland to obtain land permission for informal training such as this. Our early evening meal had been arranged, a few minutes' walk away, at the canteen of the local agricultural college and after that we were taken over a little rise to a lovely lake and settled into a beautiful lakeside sauna complete with lounge, kitchen and separate men & women's saunas plus TV for the football fans, as Jukola wasn't the only huge sporting event on this week. I have to confess to wimping out of the jumping-in-the-lake bit between saunas! The evening concluded with Veli-Pekka barbecuing sausages, lakeside, before we returned to our tents.

The following day we got to sample some of the huge depressions that would be typical of the forest being used for the relays as we went to one of the seven (I think) official Jukola training areas. These had been open since the end of the preceding year's Jukola. Then back to the agricultural college and lake for more food, sauna, beer, sausages – the Finns seem to have life worked out perfectly!

Saturday morning - the day of the relays – arrived and we packed our bags and headed for the event along with some 20,000 people. No need to pack our tents though as hundreds of army tents are provided around the event arena for clubs to hire for the weekend. The arena was vast with huge screens like you'd get at a concert, a massive change over area,

lots of O traders, lots of food traders, water points, massive open-air showers and, being Finland, ubiquitous massive saunas.

Then it was off to the start and warm up area. Clare was running first leg for the first BOK team, with me running first leg for the second BOK team so it was a real pleasure to warm up together, jogging up and down what would shortly become the run out lined with hundreds of spectators.

If you like to be on your own when orienteering, then you may think that Venla & Jukola may not be the thing for you because of the huge numbers but don't let that put you off. It was certainly like no other orienteering event I'd ever done and was great fun! I still had to do my own navigation but the fact that other people were heading the same way, sometimes only inches in front of you, and elephant tracks quickly developed, definitely made navigating in technical terrain much easier and quicker. I was surprised to finish my 6.2km course in 66 mins and pretty pleased with 815<sup>th</sup> out of 1577. Unfortunately, though, oxygen debt and the effects of the heat then took over and my biggest mistake occurred between finishing my run and handing over to our second leg runner as I picked up the wrong map for her thereby disqualifying our team. I didn't realise until it was too late and felt terrible about this but everyone enjoyed their runs and the whole experience so much and we weren't a competitive team anyway so I wasn't too much in disgrace. (And BOK had 2 teams disqualified for mispunching the year before).

The BOK first Venla team finished in 3h54'24", third British team and a brilliant 299th overall.

Then it was shower, sauna, food, a bit of rest, a look round the traders and suddenly the sun was setting and it was time for the Jukola relay to start. The sunset was beautiful pink and orange and the arena was very hazy, adding to the atmosphere, although it could have been all that dust – there'd been no rain in Finland for some 6-7 weeks. More and more orienteering team kits were appearing and thousands of spectators were crowding all the way along both sides of the 600m run out once again, watching everyone from the elite to the once-a-year orienteers warm up side by side. Before long they were called up to the start lines and a few minutes later a mass of some 1900 headlights came thundering down the run-out in a cloud of orange dust accompanied by the enthusiastic cheers of the crowd. And then they were gone!

We watched the action on the big screens for a while and then I headed off for some rest/sleep as I wasn't due to be running my 8.6km leg (the shortest leg) until around 6am. After a few hours of 'sleep' I was in the changeover pen and then off into the forest again. The course was completely different from earlier, of course, and went into more technical areas but it did help to have been out in the forest once already. Definitely more on my own and doing my own thing this time so inevitably some time lost on a couple of controls but I still absolutely enjoyed the experience. I handed over, with the right team map this time, in 1hour 55mins, quite pleased as I'd had a target time of 2 hours in mind. Glad I'd taken an energy bar with me!

The results:

	Starting position	Finish position	Overall time
Team 1*	285	493	12h12'20"
Team 2**	1488	924	13h58'32"
Team 3***	1104	1579	19h01'11"

\*Ex-Saxons Richard Purkis ran 3<sup>rd</sup> leg

\*\* I ran leg 5 and Clare ran leg 6

\*\*\* Mass starts for legs 6 & 7 does mean that we weren't still there at 6pm!

Special mentions – and this might give you some inspiration:

John Parfitt and Ted MacDonald - both M75s and ran 8.7km legs

Carolyn Thraves who'd only been to a handful of orienteering events before going to Finland and took on the 10.7km leg!

Also a name to watch for the future – 15 year old Jim Bailey who ran the 102<sup>nd</sup> fastest time on his 8.7km leg.

An excellent few days in Finland at amazing events! Should be on everyone's bucket list!

**Sarah Howes**

### Forthcoming Events

When	Where	Type of event
Saturday 15 <sup>th</sup> September	City of London Race	SLOW National
Saturday 22 <sup>nd</sup> September	Dunorlan Park Tun Wells	KOL
Sunday 23 <sup>rd</sup> September	Bettshanger Deal	Summer Series
Thursday 27 <sup>th</sup> September	Kilndown Forest	KNC
Sunday 30 <sup>th</sup> September	Mote Park Maidstone	Sunday Series
Thursday 4 <sup>th</sup> October	Maidstone	KNC
Saturday 20 <sup>th</sup> October	Hucking Maidstone	KOL
Sunday 28 <sup>th</sup> October	Sevenoaks	SE Score Champs

Sunday 11 <sup>th</sup> November	Holmbury Hill	SE League
Saturday 17 <sup>th</sup> November	Milton Creek Sittingbourne	KOL
Sunday 25 <sup>th</sup> November	Hindleap and Devils Dyke	Southern Champs
Saturday 1 <sup>st</sup> December	Darenth Country Park	KOL

Details of even more events are on the club website, other local orienteering websites and if you want to plan a trip abroad then Mole Valley have a list of exciting places that you can plan a visit to.

### Extracts from Minutes of Saxons Committee Meeting of 29<sup>th</sup> July 2018

Sorry these are not available but be reassured that your committee have been working very hard at planning the coming season. Join them at their next meeting on Friday 21<sup>st</sup> September or at the AGM in November.

### Saxons alternate rankings to 31<sup>st</sup> July

Thank you to Alan for your creativity in working out this ranking

Pos	Th	Name	Age class	Top-12	Runs
1	(1)				
2	(2)	Sarah Howes	W55	1200	22
3	(4)	Peter Martin	M65	1197	22
4	(3)	Alison Howe	W45	1176	26
5	(6)	Mark Glaisher	M65	1173	25
6	(5)	Beryl Pring	W70	1134	28
6	(5)	Brendon Howe	M45	1122	28

7	(7)	Alan Hickling	M50	1119	33
8	(9)	Simon Blanchflower	M60	1047	17
9	(11)	Jeremy Oldershaw	M80	1045	23
10	(10)	Simon Greenwood	M60	1038	25
11	(13)	Dave Pickup	M45	1016	16
12	(12)	Jean Fitzgerald	W65	999	16
13	(14)	Robin Kingman	M65	959	12
14	(17)	Simon Deeks	M45	923	17
15	(24)	Heather Brown	W65	922	11
16	(16)	Bohdan Rainczuk	M55	921	14
17	(18)	Doug Deeks	M80	920	15
18	(15)	Jerry Purkis	M60	914	15
19	(8)	John Van Rooyen	M65	891	10
20	(19)	Ffion Bricknell	W14	871	14

Summary:

Sarah Howes and Peter Martin keep their places at 1 and 2. Alison overtakes Mark to move into the top 3 and there is a minor shuffling of the pack behind, John van Rooyen drops to 19<sup>th</sup> despite being (as far as I can find) the only Saxon to make the long trip to Balmoral for the British Championships and by default gaining 100 points.

#### Answers to Quiz

1. Snow Sledges Greenland
2. Falling rocks UK
3. Kudu South Africa
4. Texters about
5. Trams UK
6. Safe Height UK This usually has a height written underneath
7. The Elderly are active New Zealand
8. Slippery for Cyclists Ireland.

## Club Committee & Officers

### WHO DOES WHAT contact list

Simon Greenwood	President		
Jean Fitzgerald	Chairman Fixtures	fixtures or chairman	
Sarah Howes	Treasurer	treasurer	
Beryl Pring	Secretary and Permanent O Courses	secretary	
Fiona Wilson	Membership	membership	
David Kingdon	Land Access	landaccess	
Simon Blanchflower	Mapping	mapping	
Vacant	Development	development	
Heather Brown	Coaching		
Brendon Howe	Team Captain	brendon.howe46@gmail.com	
Mark Glaisher	Club Printing KNC coordinator		
Sean Cronin	Publicity	publicity	
Alan Hickling	Statistics KOL coordinator Equipment		
Graham Denney/ Heather Brown)	SaxAlert	saxalert	
Cate Slade	Social Secretary	Cate[AT]telegraphroad.com	
Mike Solomon	Minutes		
Alison Howe	Saxons Clothing Junior Kit	alison.howe12[at]gmail.com	
Tony Connellan	Junior Coordinator		
Sam Prior	Welfare Officer		
Andrew Derrick	Committee Member		
Doug Deeks	Auditor		



Alison Howe celebrates being top lady on the Short Blue courses in the KOL 2017/18 series. Other medal and cup winners also show their delight. Alan Hickling as KOL co-ordinator applauds while Tony Connellan sneaked into picture as being medal presenter.



Winners of KOL Lt Green

Course

**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 the Saxons Club**