



SAXALERT

SAX NOTICES

NEW PERMANENT ORIENTEERING COURSE!!!

**New POC open at Milton Creek Country Park,
Sittingbourne—see p.21 for details**

BRITISH ORIENTEERING MEMBERSHIP RENEWALS

Please ensure you renew your membership by Friday 14th
December 2018 if you intend to enter events online or
attend events on or after the 1st January 2019.

https://www.britishorienteering.org.uk/renew_membership

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EDITORIAL



Orienteering in the Snow: By Anneli Salo - Own work, CC BY-SA 3.0, <https://commons.wikimedia.org/w/index.php?curid=14430879>

As I write this, the leaves have fallen from the trees, temperatures are dropping, the nights are drawing in, and summer is already a rapidly receding memory. Yes, winter is upon us which means that the seasons, they are a-chaa-aa-aanging (with apologies to Bob Dylan).

And with them the changing seasons have brought the revival of orienteering fixtures after the usual summer slump, and a change of SaxAlert Editor. Having guest-edited the two issues that she said she

would – 179 and 180 – Heather has passed the SaxAlert baton on to me for the next two.

Heather has done a fantastic job in putting the last two issues together. She had to rapidly step into Rowan's shoes earlier in the year, when Rowan and Jerry's move to the Lake District suddenly became a reality. Rowan as editor was always going to be a difficult act to follow, and Heather rose to the challenge with great success. In so doing, Heather has set another high bar for me to meet. You'll have to judge for yourselves whether I achieve it across this and issue 182.

This also means that we will need another guest editor for me to hand over to by the end of March. Please consider volunteering. It would be a great shame for such an excellent publication to disappear, even temporarily, because of a lack of interest. The work could be carried out by more than one person: a typesetter and an editor, for example. It's an interesting and immensely satisfying role that could also develop skills useful for you at work.

Please give this serious thought over the coming weeks.

Finally, thanks to all our contributors for this issue. This is the first time I have put together a magazine of this complexity, and your response has been great. Please keep it coming guys – it's you who make the magazine what it is. Let's maintain the standard and aim for some more awards!

Graham Denney

CONGRATULATIONS

The following all at the SE Long Distance Championships at Holmbury Hill on 11 Nov:

W16 Bronze Ffion Bricknell; W45 Bronze Alison Howe; W55 Bronze Sarah Howes; W70 Silver Beryl Pring; M12 Silver Ben Cronin; M14 Silver Henry Taylor, Bronze Matthew Taylor; M45 Silver Simon Deeks; M65 Bronze Mark Glaisher; M75 Bronze Jeremy Oldershaw.

Ffion Bricknell and Jeremy Oldershaw—medal winners at the British Middle Championships on 02 Sep

BRITISH ORIENTEERING PERFORMANCE AWARDS

Well done to the following:

Ben Cronin	Racing Challenge: Silver Award ★★★	01/10/18
Charlie Pickin	Racing Challenge: Bronze Award ★★★★★	25/09/18
	Navigation Challenge ★★★★★	25/09/18
Christina Pogson	Navigation Challenge ★★	25/09/18
Gaby Roch	Racing Challenge: Bronze Award ★★★★★	25/09/18
Holly Howe	Racing Challenge: Silver Award ★★	25/09/18
	Racing Challenge: Bronze Award ★★	25/09/18
Judith Armitt	Racing Challenge: Silver Award ★★★★★	25/09/18
	Racing Challenge: Bronze Award ★★★★★★	01/10/18
Lara Pickin	Navigation Challenge ★★★	25/09/18
Steven Elliott	Racing Challenge: Bronze Award ★★★★★★	14/10/18
Stuart Williams	Racing Challenge: Gold Award ★★★★★★	25/09/18
Toby Prior	Racing Challenge: Bronze Award ★★★★★	25/09/18

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

The number of stars indicate the technical difficulty- 2*=Yellow, 3* = Orange,

4* = Light Green, 5* = Short Green – Black

You get a Gold racing award if your time is less than the course length x 12.5 mins. Silver x 15mins and Bronze x 20 mins

CHAIRMAN'S CHAT



At the AGM on Saturday 24 November at Lorenden School I was re-elected as Chairman so you will continue to read chats from me for a while. The business of accepting the club accounts and hearing reports from the various officers was over in an hour and the committee was elected with no change from last year. Check out who's who on the contact page of the website.

Although his is not strictly a committee post, Tony Connellan, our junior co-ordinator, retired from the role at the AGM. Tony has had a pivotal role in developing the Saxons Junior Squad and the Junior Development plan, and he and Heather Brown have manned the Junior tent at KOLs heroically, shadowing juniors and giving advice, sometimes at the loss of a run themselves. Sam Prior has agreed to take on this important position in the club and I wish her success in bringing more juniors into orienteering.

After careful scrutiny of results for the 2017/18 season Alan Hickling calculated the winner of the Anita Kingdon Memorial Trophy for 'most improved orienteer' and the winner is Joseph Derrick. He is the second junior to receive the award, and will be presented with the trophy at an appropriate event in the near future.

After the business meeting Alison and Brendon Howe planned a 'crossword O' event around the school grounds and adjacent woodlands. There was a handicap adjustment for speed, with the slowest participants having more time to visit the controls and collect letters for their crossword. I observed and it looked like great fun. Winners were Alan Hickling (senior) and Austin Howe (junior).

The run was followed by a buffet organised by Beryl Pring, with time to look at Turkish O maps (courtesy of Peter Martin) and to see how some members have aged by looking at pics in the 100th edition of SaxAlert! If you haven't been to a Saxons AGM, I suggest you give it a go next year. It's a necessary

part of the club's management but is also a friendly, fun and sociable event.

Moving on from the AGM, we have a newly qualified coach to join the small band of Saxons coaches. Brendon Howe undertook his final assessment at our training day on 10 November at Ightham where over 20 members turned up to learn more about contours and compass work. The other club coaches are Heather Brown, Sean Cronin and me. We are hoping to organise more regular training events next year.

We are now well into the 2018/19 season with 3 KOLs and 9 KNCs a Sunday event and the SE Score Champs behind us. We've also had a successful coaching day.

Looking forward: in March we return to Enchanted Place, part of Ashdown Forest for our level B National event, which is also the SE CompassSport Cup elimination round. The final next year is at Pippingford Park (also Ashdown Forest) in October, so get the dates in your diaries. In September we are hosting the Peter Palmer Junior Relays at Michael Hall School and Hindleap, in collaboration with SO. This is a relay that starts early morning in the dark and enables juniors to get a feel for this type of relay event. We will be needing volunteers to help so please step forward before your arms are twisted! We also have a level B National Urban event at King's Hill in the fixtures list together with the normal Saturday, Sunday and night events, so it looks like a busy year orienteering ahead.

Jean Fitzgerald

FUTURE EVENTS

If you want to receive a weekly e-mail of orienteering events coming up you can subscribe [here](#) or visit the website **oevents.info**

I have downloaded the following information from the British Orienteering events diary. It was correct at the time of download, please check the BO or club websites for details.

Date	Event	Level*	Club	Location
Sun 09/12/18	CHIG Mitre SE League Event	National	CHIG	Epping NW
Sun 09/12/18	SOS Colour coded & ESSOL	Regional	SOS	The Brooks, Braintree
Tue 11/12/18	MV Street O	Local	MV	Ashtead
Tue 11/12/18	Street O Series	Local	SLOW	West Hampstead
Thu 13/12/18	Wessex Night League	Local	SOC	Romsey town centre
Thu 13/12/18	KNC 12	Local	SAX	Angley Wood, Cranbrook
Sat 15/12/18	GO Christmas Combo event	Local	GO	Newlands Corner, Guildford
Sat 15/12/18	BKO Winter Saturday Series	Local	BKO	Burghfield Common, Mortimer
Thu 20/12/18	KNC 13	Local	SAX	Ightham, Sevenoaks
Sat 22/12/18	Brighton City Race	Regional	SO	Brighton city centre
Wed 26/12/18	WIM Boxing Day Canter	Local	WIM	Moors Valley Country Park (east side), Ringwood
Wed 26/12/18	LOK Boxing Day Score Event	Local	LOK	Trent Park, Cockfosters

Date	Event	Level*	Club	Location
Thu 27/12/18	SO Xmas Score	Local	SO	Stanmer Park, Falmer, Brighton
Sun 30/12/18	SN Wellington College	Regional	SN	Wellington College, Wokingham
Tue 01/01/19	New Year's Day Score	Local	SARUM	Foxbury, Wellow
Tue 01/01/19	BKO New Year's Day Score	Local	BKO	Whiteknights, Reading
Tue 01/01/19	SAX local event	Local	SAX	Trosley CP, Vigo
Thu 03/01/19	KNC 14	Local	SO	Tilgate
Sat 05/01/19	SOG A7	Local	SO	Sullington Warren, near Storrington
Sat 05/01/19	HH Regional	Regional	HH	Mardley, Stevenage
Sat 05/01/19	TVOC Saturday Series	Local	TVOC	Kings Wood, High Wycombe
Sun 06/01/19	NWO Four Colour Event	Local	NWO	Fyfield Down, Marlborough
Sun 06/01/19	Bedfords Park	Regional	HAVOC	Bedfords Park, Romford
Tue 08/01/19	Street O Series	Local	SLOW	Ealing
Thu 10/01/19	KNC 15	Local	SAX	Milton Creek CP & Sittingbourne
Sun 13/01/19	SE League Event	National	DFOK	Chelwood, Forest Row
Tue 15/01/19	MV Street O	Local	MV	Leatherhead

Date	Event	Level*	Club	Location
Thu 17/01/19	KNC 16	Local	DFOK	Leybourne & Leybourne Lakes
Sat 19/01/19	SN Saturday Series - Event 4	Local	SN	Merrist Wood, Guildford
Sat 19/01/19	SOG A8	Local	SO	Millennium Wood, Cuckfield
Sat 19/01/19	KOL 5	Local	SAX	Hargate, nr Tunbridge Wells
Tue 22/01/19	Night O Series	Local	SLOW	Barnes Common
Thu 24/01/19	KNC 17	Local	MV	St Leonard's Forest
Sat 26/01/19	SOG A9	Local	SO	Chailey Common (south), A272 east of Haywards Heath
Sun 27/01/19	Sunday Series	Regional	SAX	King's Wood, Challock
Thu 31/01/19	KNC 18	Local	SAX	Hemsted, Cranbrook
Sat 02/02/19	NWO Four Colour Event	Local	NWO	Copse Wood, Marlborough
Sat 02/02/19	HH Saturday League & Youth League	Local	HH	Chipperfield, Hemel Hempstead
Sun 03/02/19	WIM Regional	Regional	WIM	Godshill, New Forest
Thu 07/02/19	KNC 19	Local	SAX	Blean, Canterbury

Key to table

Local: Low key local events put on by clubs primarily for their own members and newcomers. Generally a limited number of courses are available.

Regional: These generally have six courses available of different lengths

and technical difficulty. They are aimed at club members plus participants from other local clubs and generally attract larger numbers of entries.

National: High status events that aim to attract orienteers from around the country. Generally they use the best terrain that can be found within a particular club's mapped areas. There may be 10 or more 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.

Major: For elite and club orienteers. Best terrain possible is used. Age based courses but there are colour coded courses suitable for newcomers and the less competitive, so you can enter with your less keen family members and still have a fun day out. The Club often takes a tent so we can all meet up.

SE League: Shaded in the table above. These events are held on the best areas in the South East. You collect points for your Club and for yourself.

KNC: 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. Lots of Juniors compete and collect points for their school.

SOG: Southdowns Orienteers Saturday series.

JK: The annual multi day Easter competition that moves round the country every year.

WELCOME TO NEW MEMBERS

Senior: Nichola Carter, Jill Stephens and Karen Ransley

Junior: Thomas Bates

Family: Penny, Chloe and Samuel Godman; Lisa and Adam Fulcher

Welcome to the club! We hope to see you at local events very soon. Please make yourselves known to the organisers and the 'Can I help you?' volunteers at our events. Also our Junior Co-ordinators look forward to meeting new Juniors.

JUNIOR MATTERS

Hucking Saturday 20th October

Ffion, with all the experience which she is gaining in so many events did well on the Blue course here coming in 7th place out of a small field of just 12 runners. It's good to see how much Ffion has improved over the year with her SEJS training sessions, which have obviously paid dividends, and the number of events further afield which has helped gain experience of different types of terrain and how to manage the challenges which they present.

Five Saxon juniors competed on the Lt. Green course. Michael Cameron led the group, coming in at 7th out of a big course entry of 35, followed by Elsa who was 8th. Our younger members on this course followed with Joseph Derrick 12th, then Toby Prior 24th, Matthew 30th – all learning fast and getting more confident each time they run.

Ben Cronin and Joshua Linsell ran orange finishing in 2nd and 6th place. Well done boys!

And then so many Saxons on the yellow course; - Kasie, Isabel, Oliver, James, William, Amber, Caylan, Rebecca, Christina and Tom.

You had no bad weather to get in the way of a good day's orienteering so I hope that you all enjoyed yourselves. It is an area where your speed counted a lot and you could run so fast over those wide open spaces.

Milton Creek Country Park 17th November

Although I was away for this event I spotted the junior names among the results and I hope that you enjoyed the event.



On the Blue course I see that Ffion was just piped by Neil, so no doubt there was some discussion in the evening as to how that happened and how that might have been different!

On the Lt. Green course Austin joined a large field of 30 runners and came way up in 12th place. I'm sure you were pleased with that position Austin.

Ben come first in the orange group running in well ahead of the next competitor and again should be pleased with such a good result.

On the Yellow course Kasie, Tom, Holly, Christina, Caylan, Eva and Erin made up over half of the entered competitors. Well done to you all. Keep up the wonderful exercise that it gives you and soon we'll see your names on the longer courses, which are just a little bit more difficult, but it's amazing how quickly you learn the techniques!



Tony Connellan

JUNIORS' PERSPECTIVES

Brothers Harry and Jasper Pickin started orienteering earlier this year, at our Eridge Park event. They clearly enjoyed themselves, as they have been back a number of times since, and wanted to share their enthusiasm (and sibling rivalry!) with the rest of us:

Eridge Deer Park Orienteering

Eridge was mine and my brother's first orienteering event, we couldn't wait. Since we were an adventurous family it sounded super exciting as well as being told about a few too many mountain marathon events by our dad making us even more excited (if that was even possible). The first thing I remember was the sun shining proudly in the light blue sky. Once we had collected our dibber we went to the near by café to fuel up on energy.

We then jogged through to the start before waiting to begin after the people before us had been given a minute, we started. With the help of our mum and dad we found all the controls (after doing a few more events I can say this was definitely beginners luck). I can remember overtaking a few people between each control it felt so good dibbing a control every time we found one as our hard work paid off. Once the finish was in sight we sprinted as fast as we possibly could before collapsing on the ground out of breath. We then ambled through the wood to the marquee discussing all that had gone on.

Once we reached the marquee we figured we could do the orange before seeing the time and realising there was one minute before the entry closed; we then raced down the hill 50 metres through the lush forest to the start.

The orange had the same events and by the end of the day we were sure to join the Saxons. We were counting the days till the next event.

Jasper Pickin aged 11

Dunorlan Park

The first thing I remember was the torrenting merciless rain along with the bitter wind, whipping through my jacket on the average English day. I was doing the yellow course against my twin brother Jasper. The race was on.

The first control was relatively simple, follow the path up a small hill and then you were there. They were all as straightforward as the first one in till 6. The problem was the sheer number of controls in the one small place. So I started to look carefully at my map but couldn't work it out so I started of looking at every single one... Eventually I found it! The neighbouring control was attached to a bench on the side of the hill on which the ice-cream parlour was perched hosting scenic views of the lake.

Number 8 well let's just say it took me a while even though when I was running over to the top right hand corner of the park I literally ran the other side of the thicket it was on. It wasn't until I had practically embraced defeat that I trudged past it. The other controls wound me round the lake with a couple causing me a bit of trouble but nothing catastrophic like the last one.

After a couple more controls I realised that I was on the last one! (except for the finish) I thought I saw a short cut but I was terribly wrong. I went flying like a bullet into the bog, damn. After leaping out as hastily as I could I ran half-heartedly to the next control, were was it? I couldn't find it anywhere. After stepping in the bog previously I gave up. I started to make my way back to the marquee when I saw an orangey white object stuck into the ground,



Jasper and Harry on Jack's Rake on Pavey Ark in the Lake District

the control! After ecstatically dishing the control I started to go like lightning to the finish. I had done it! Now for the bigger question: had I beaten my brother or had I conceded defeat?

Nooooooooooooo, I had lost.

Harry Pickin

COACH'S CORNER

Street Orienteering at Night

With the Kent Night Cup now well underway, our mind turns to the vagaries of Street racing. In this missive I will discuss some of the tricks we can employ to achieve our best outcome.

About 40% of KNC races this year are street events. These are always in a Score format, and some will include novelty elements such as different scores for each checkpoint, bonuses for taking CPs in a particular order, or the more common 90s and 100s. Regardless of the scoring system, the mass start is sure to get your adrenaline pumping.

Although some orienteers are a little dismissive of Street O believing it not to be 'proper orienteering' there are definitely some techniques you can practise on the streets that will actually help you to improve in the woods.

My Top Ten Street Orienteering Tips and Skills:

1. **Don't Rush Off** - Don't get caught up in the mass start excitement. Take 30 seconds to look at the map and make a plan.
2. **Identify Route Choice Obstacles** - Identify the big obstacles. In a Street Race these are likely to be major roads, railways and rivers. All of these only have a couple of crossing points, so you will need to plan your route around them.
3. **Know Your Limits** - Know how far you can run in an hour. Well planned Street O Score maps have more CPs than most can actually get in the time. Don't bite off more than you can chew!
4. **Don't Be Late** - This should perhaps have been my No. 1 Tip. Being late is a definite no no. Penalties for lateness are severe and never

warrant just getting that extra CP. For example - at the recent Maidstone Street O we scored 10 points per CP with 10 points per minute or part minute for time lost. One nameless runner would have placed third with 17 CPs but was just over two minutes late. The loss of 30 points pushed her back to 9th place. You get the double whammy of penalty points and coming lower on the score sheet than those that came in on time, courtesy of your 60+ minute finish time (same score + longer time = Ouch!)

5. **Check the Contours** - When considering your route, have a thought for the contours on the map. Often they are at 10m intervals. Route choices that avoid too many ups and downs, but a little more distance might prove beneficial. If you are a fast runner, just ignore the contours.
6. **Process Flow** - This is a great transfer skill you can practise on the streets for use in the woods. This is the planning of the upcoming leg before completion of the existing leg. I so often see novices scream to a CP, punch it, then stand about planning their route to the next CP. The streets are a great opportunity to practise running and reading a map as there's much less to trip over. Also, the exit route from a CP is much more obvious - Left, right, straight on, back.
7. **Cross Early** - If you know you need to cross the road to turn right at the T Junction, don't leave it to the last few metres before doing so.
 - If there's a deluge of traffic you'll be stood on the curb like a lemon!
 - Also, street maps are generally not the most detailed products; so often that extra bit of path that cuts off the corner, or that grass verge is not shown. If you're on the right side of the road to take advantage it will save you a few seconds.
 - I find crossing early also helps me remember which direction I have to go next. This frees my brain to think about squirrels, kebabs and tip #10. [Or a squirrel kebab perhaps. Yum. – Ed.]
8. **Take the Shortest Line** - If the road curls around to the left, stay on the left hand side as you'll save metres of extra running. Yes, I know this goes against the 'cross early' tip; you'll just have to weigh up the options....
9. **Leave some CPs for the End** - This tip is my secret weapon, so I'm

not sure why I'm passing it on. Most courses will have a number of CPs close to the start/finish. Don't collect these at the beginning, save them for the way back. Seek your CPs further afield and only pick up the close ones if you have time at the end. A quick look at the score sheet of any street O will show runners who have come home with more than five minutes spare saying "I ran out of check points!" This is all due to them being too conservative and coming back too soon rather than push on for that extra CP. Leaving the close ones trains one to be braver knowing there's something left on the table near the finish if you've got time.



Remember—process flow, cross early, take the shortest line. Oh, and this would be a good place to beware of lampposts. Thanks to Peter Martin—see his *Dervish Daze* article on pp40-43

10. **Beware of Lamp Posts** - Don't run into them whilst reading the map in an attempt to improve your process flow. They hurt a lot and you look pretty silly. I managed it right outside Tesco in Leybourne a couple of years ago to hoots of derision from passers-by!

Brendon Howe

ORIENTEERING TRAINING DAY AT OLDBURY HILL 12th November 2018

Thirty eager participants attended the Orienteering training day at Oldbury Hill on Saturday 10th November. Despite heavy overnight rain and strong winds, the woods were calm and pleasant for the session.

A great mix of age groups and abilities were represented: 12 – 80, Novice to advanced.

Morning exercises included compass work, distance estimation via pacing and sighting, as well as contouring. The sighting game showed just how accurately we can judge distance. In the first group session Maddie Pitcher came within 2cm of estimating 50m up a steep hill and earned herself a fantastic prize (well actually, it was a few jelly babies and marshmallows in a

bag).

After a well earned lunch in the Crown Point, the group moved to one of my favourite little orienteering areas in Kent. I've nicknamed this 'Negative Feature Heaven' for the intricacy and number of below-the-ground features in such a small area (see map below).

Depending on skill level we looked at a number of capabilities including process flow, anti-distraction techniques and map to ground visualisation.

Given the interest in coaching, we hope to arrange further sessions soon. If there is any O-skill you'd like to practice, please drop me or Jean a line.

Jean and Brendon

LETTER FROM THE LAKES

I can't believe we've been here six months and apologise for not writing before. It was lovely to see some of you enjoying the Lakes in the summer at Lakes 5 and coming to the BBQ in our new tiny garden in Crook near Kendal. We joined Lakeland Orienteering Club (LOC) after the Harvester night relay event in Crawley in June, which was our last run as Saxons and another good opportunity to catch up with friends.

LOC is a big club, not as big as Southdowns, but with 217 members it's twice as big as Saxons. It has lots of Juniors mostly in the M/W12 & 14 age category (37 boys and 41 girls) because Ulverston High School has a very high profile orienteering club. We noticed during their summer evening events that lots of teenagers would turn up. Jerry is still on the BOF circulation list for Development matters and was interested to see a report of the numbers of events and activities put on by all the Clubs. In 2018 up to 17 Oct, Saxons had put on 23 events to LOC's 33 which considering Saxons has half the number of members, means Saxons is putting on more events per member.

The biggest difference in the two clubs however comes in the number of "Activities" put on by the two clubs. An Activity is non-competitive session that has some orienteering content: for example training or Saxons summer Bike-O events. Clubs with a Clubmark award are supposed to put about 10-12 Activities during the year. In 2018 to 17 Oct, Saxons had put on 5 Activity sessions whereas LOC has put on 67. I can hear you saying, how on earth can LOC put on that many activity sessions? The answer is "The Tuesday

Run". The Tuesday Run format is an enjoyable and fairly easy way to put on some more activities to make sure you meet that Clubmark target.

The Tuesday Run

Every Tuesday morning, LOC members lucky enough not to have to go to work can go on a training run followed by lunch in the pub. The runs are very well attended with about 30 members turning up. The session has 5 different length routes between 4km and 14km for both walkers and runners. The organiser has had to recce the area and all the routes, prepare the maps marked with the routes which will be on public footpaths or across open access land (no permissions needed) and sort out pre-orders for lunch in the pub. There are no controls to put out or collect, the challenge is following the map. Everyone starts at the same time. Small groups form of runners at the same speed and because they are chatting, junctions are often missed - hence the orienteering challenge. We are using 1:25,000 maps and at speed it's easy to end up on the wrong footpath. It's really good for fitness training because it makes you run without stopping. LOC puts on a Tuesday run every day of the year except Christmas or if the date clashes with Lakes 5, so you can see that possibly 50 of LOC's yearly total activities are training runs on OS maps.



Jerry Purkis leading the way on a Tuesday Run



Rowan's Lakes & Tarns challenge-swimming in Blea Tarn, Langdale

Jerry is enjoying walking all the footpaths in our area planning some Tuesday runs. He is busy planning a night event round Kendal and Local day event on a really technical forestry fell area. He has also already bagged 165 out of 214 Wainwrights peaks. I on the other hand had a replacement hip in September followed by complications and am still on crutches. I have set myself a Lakes and Tarns challenge and have so far visited 13, 6 of which I swum in during the lovely hot summer.

Rowan Purkis

ONE PERSON, ONE MAP: PART 1

I'm partly responsible for initiating a series of events that have caused a few changes to how we run our events, so I thought I'd explain what happened.

As Saxons publicity officer, I have been busy promoting our events in the past year, particularly using Facebook. Things have been going reasonably well, with some events seeing decent numbers of non-members trying orienteering and coming back for further events.

One thing that was immediately obvious is that most of these non-members want to compete in groups. For example at the Challock KOL event in February 76 people competed in 25 groups. It makes sense to me why people go in groups. Many are families with parents accompanying children to an interesting new activity or just because it's a great thing to do as a family. For newcomer adults, competing in a group will seem natural to many. Orienteering might be a good day out for a group of friends, or a group might normally run together at a running club for example. Why split up at the bit that's the most fun?

I've been injured the last few months, so this has given me the chance to wonder into the forest and see these new groups in action. They mostly seem to be enjoying themselves, but one problem was immediately obvious – the map. Nearly all groups had just one map. The result is that only one person was actually orienteering. In family groups it was typically a parent with the children and other parent not really engaged. The situation was summed up when I heard one parent say "I'm getting the hang of it now". That's great of course, but the other 3 in the group still had no idea, and (unlike the adult with the map) much less chance of "getting the bug".

"Why didn't they just ask to buy an extra map?" you might ask. My observation is that newcomers don't know what they need. Never having experienced the sport, they wouldn't think it was necessary to have a map each, or even think it was possible to ask for extra ones. Many don't realise it's theirs to keep and (for example) hand it back at download assuming the club needs the map for future events.

Last season we generally charged groups the same as an individual. Many members of these groups have commented that they are more than happy to pay more, especially when they see the work needed and level of equipment involved in orienteering. This leads to an obvious answer.

Charge more for groups, and give everyone in a group a map each whether

or not they ask for it.

So this is what the Saxons committee would like to see at future Saxons events.

This gives an immediate challenge about estimating map numbers. Based on what I've seen this year organisers should assume that the average group size is 3, and that there will be up to 25 groups mostly doing yellow or orange courses. This means some big numbers for map ordering, but everyone on the committee is fine with this, so go ahead and. At some events they'll be needed, and some they won't. The key thing is that this approach maximizes the chances of people returning for a second event, and won't cost the club any more money. A printed map I believe costs around 30p, and any unused can be recycled as the backs for KNC maps.

To give an idea of the kind of numbers used, assuming 15 groups on yellow and 10 on orange (about the maximum we've seen so far). We would need around 75 maps on a KOL yellow course (assuming 30 non groups attend) and 50 on orange (assuming 20 non groups attend).

If you're on registration or the start, we really need you to remember to please give everyone a map each, even if they don't ask for it, even the smallest children :-)

The relatively simple change lead to a discussion about what a group is and how much to charge. It turns out it's not so straightforward and needs a SaxAlert article all on its own.

Sean Cronin

[Part 2 of Sean's article on what a group is and how much to charge will be printed in the next issue—Ed.]



One person, one map: Ben Cronin gives a perfect example of what his father is expounding, at Dunorlan Park

NEWS

New Permanent Orienteering Course

A new Permanent Orienteering course (POC) is now open at Milton Creek Country Park, Sittingbourne. The Park has been mapped by Simon Blanchflower and the course has been planned by Graham Thomas. The park is not very big but has a fishing lake, children's play park as well as a couple of walking trails. Also lots of activities happen there and information can be obtained from Friends of Milton Creek Country Park Facebook page www.miltoncreek.co.uk

Maps can be downloaded from the British Orienteering POC website for Free. Entrance to the park is from Green Porch Close ME10 2HA with limited parking.

If you use any of our Permanent courses and find a problem please do not hesitate to let me know so I can inform the relevant authorities.

Beryl Pring, POC Officer

LEAGUES

South East League Results 2017-18

The following club and individual results have been kindly provided by Philip Gristwood, SE League Coordinator. The qualifying events this year were: Wormley; Ash Ranges; Limpsfield; South Ashdown; Egypt Woods & Burnham Beeches; Eridge; and Worthlodge.

Club Results:

Club	This Year	Last Year	Club's Total Points	Runs	Club's Avg Score per Run*
BAOC	1	1			
HAVOC	2	9			
SLOW	3	3			
SO	4	6			
SN	5	2			

Club	This Year	Last Year	Club's Total Points	Runs	Club's Avg Score per Run*
HH	6	5			
GO	7	4			
SAX	8	7	6736	135	49.9
DFOK	9	12			
MV	10	8			
LOK	11	10			
RAFO	12	11			
CHIG	13	13			
*: Calculated as Club's Total Points divided by number of Runs					

Top 20 Individual Saxons' Results:

60 Saxons competed in at least one of the SE League events this year. Unfortunately there isn't space to print them all, so here are the top 20. The full list of individual results should be available on the Saxons website soon.

Name	Pos	Age Class	Points	Runs	Ave Points
Mark Glaisher	1	M65	510.8	5	102.2
Peter Martin	2	M65	400.1	4	100.0
Alison Howe	3	W45	372.2	4	93.1
Sarah Howes	4	W55	364.5	4	91.1
John Van Rooyen	5	M65	170.6	2	85.3
Ffion Bricknell	6	W14	84.7	1	84.7
Heather Brown	7	W65	82.8	1	82.8
Jean Fitzgerald	8	W65	78.4	1	78.4
Brendon Howe	9	M45	227.3	3	75.8
Mel Taylor	10	M50	226.1	3	75.4
Mike Solomon	11	M70	73.7	1	73.7
David Pickup	12	M45	147.3	2	73.7
Simon Blanchflower	13	M60	72.4	1	72.4
William Prior	14	M10	72.0	1	72.0

Name	Pos	Age Class	Points	Runs	Ave Points
Jeremy Oldershaw	15	M75/80	496.3	7	70.9
Beryl Pring	16	W70	270.4	4	67.6
Mike Perry	17	M70	134.6	2	67.3
Simon Greenwood	18	M60	329.0	5	65.8
Henry Taylor	19	M14	194.7	3	64.9
Robin Kingman	20	M65	64.7	1	64.7

Planned SE League Events 2018/2019:

Date	Host Club	Venue
11-Nov-18	LOK	Holmbury (SE Long Champs)
09-Dec-18	CHIG	Epping NW
16-Dec-18	SN	Wellington College
13-Jan-19	DFOK	Chelwood
20-Jan-19	GO	Great Common
10-Feb-19	MV	Headley Heath (Middle dist.)
24-Feb-19	HH	Ashridge N
19-May-19	SO	West Angmering

UK Orienteering League—2019 Schedule

The schedule of UKOL 2019 events below is believed to be confirmed.

However please check the 2019 schedule web page at [http://](http://www.ukorienteeringleague.org.uk/page/402)

www.ukorienteeringleague.org.uk/page/402 regularly for any changes.

Date	Title and Format	Host	Venue	Location
23/02/19	British Night Championships	MAROC	Muir of Dinnet	Ballater
24/02/19	CompassSport Scottish Orienteering League 1	MAROC	Birsemore	Aboyne
09/03/19	Northern Championships Weekend Urban	SYO		Sheffield

Date	Title and Format	Host	Venue	Location
10/03/19	Northern Championships Weekend	SYO	Wharnccliffe Woods	Sheffield
30/03/19	NGOC Southern Champs Weekend Event	NGOC	Knockalls Inclosure (West)	Monmouth
31/03/19	Mike Nelson BOK Trot & Southern Championships	BOK	Moseley Green West & Cannop Ponds South	Coleford
19/04/19	JK – Sprint		Aldershot Garrison	Aldershot
20/04/19	JK – Individual 1		Windmill Hill	Frimley
21/04/19	JK – Individual 2		Cold Ash	Newbury
05/05/19	British Orienteering Championships	AIRE	Kilnsey North & Arncliffe	Grassington
25/05/19	Scottish Orienteering Championships – Individual	SOLWAY	Dalbeattie Forest	Dalbeattie – Dumfries & Galloway
26/05/19	Midlands Champs / Springtime in Shropshire Day 2	HOC	Brown Cleve	Bridgnorth
27/05/19	Springtime in Shropshire Day 3 Middle	HOC	The Wrekin	Telford
08/06/19	Sprint & Urban Weekend WMOA Urban League 3	OD	Warwick University	Coventry
09/06/19	Sprint & Urban Weekend WMOA Urban League 4	OD	City of Coventry	Coventry
29/07/19	Scottish Six Days – Strathearn 2019 – Day 2	STAG	Edinchip	Lochearnhead
03/08/19	Scottish Six Days – Strathearn 2019 – Day 6	STAG	Grandtully	Grandtully

Date	Title and Format	Host	Venue	Location
03/11/19	November Classic	SOC	Castle Malwood	Southampton

UKOL 2018 Individual League—Saxons Results

Final Saxons results after all 24 events in the 2018 League have taken place. For full details including individual scores per event, please visit: http://www.ukorienteeringleague.org.uk/index.php?pg=individualleague&filter_club=108&class=All&

Pos.	Name	Age Class	Total Score
1	Jeremy Oldershaw	M80	332
2	Beryl Pring	W70	286
3	Simon Greenwood	M60	226
4	Alison Howe	W45	214
5	Mark Glaisher	M65	208
6	Graham Thomas	M55	183
7	Sarah Howes	W55	174
8	David Thomas	M21	153
9	Doug Deeks	M80	131
10	Brendon Howe	M45	113
11	Jean Fitzgerald	W65	111
=12	Peter Martin	M65	104
=12	Catherine Slade	W40	104
14	John Van Rooyen	M65	103
15	Alan Hickling	M50	99
16	Simon Blanchflower	M60	81
17	Simon Deeks	M45	66
18	Mike Solomon	M70	51
19	Stephen Waite	M65	47
20	Mel Taylor	M50	32

Pos.	Name	Age Class	Total Score
21	Mike Perry	M70	31
22	Roger Pring	M70	17
23	Graham Denney	M45	9

SAXONS OUT & ABOUT

Saxons At Home

Sunday Series—Blean, Sunday 20th May

Mount Ephraim estate car park makes a great assembly area, the only problem being the long walk to the start in the woods. On this occasion we were lucky with the weather so the walk through the orchards was much appreciated. The woods were at their best and Brendon's courses challenged and rewarded everyone.

We had almost 100 registered competitors and an additional 30 accompanying people, most of whom also took an additional map so were clearly taking part too. Let's hope some come to future events.

Simon Blanchflower

The best performing Saxons were:

Blean	Name	Age Class	Position/out of how many?
Brown	David Pickup	M45	3/13
Blue	Sam Prior	W40	7/20
Green	Mike Solomon	M70	1/25
Light Green	Adam Austen	M21	1/6
Orange	Austin Howe	M12	2/11
Yellow	William Prior	M10	2/19

Pluckley Cycle-O, Sunday 22nd July

Nineteen people turned up for the third bike photo O event of the summer.

Richard Field and Brendon Howe/Cat Edwards visited 15 of the 23 controls in 2.5 hours. All 23 controls were visited at least once.

Richard's route was C, F, B, G, K, Q, N, T, L, W, S, I, D, R, H – total distance

covered (measured by Garmin) was 48.6 km with 350m climb. Richard says that having talked to Brendon after the event, he realised he could have done better by picking up controls U, M, V, A between C and F – missing out Q, L, W and adding P, so he could have done 17 controls in a shorter distance (the difference was less than 1km) and with only about 20m more climbing.

BBQ Event, Saturday 11th August

The BBQ event is one that features both Novelty and Handicap elements. I had a look through some articles in CompassSport for a novelty format, and came across one that mentioned an event where the map had East and West swapped round. I sensed an air of disquiet when this was revealed to competitors just before the Start!

As it turned out, no one had to resort to opening a ‘get out of jail’ map with the correct alignment, and I think everyone enjoyed the 45 minute run in Kilindown Wood. The weather couldn’t have been better.

The best performing Saxons were:

BBQ	Name	Age Class	Position/out of how many?
Score	Simon Blanchflower	M60	1/18
Score	Richard Field	M55	2/18
Score	Tony Connellan	M75	3/18
Score	Heather Brown	W65	6/18

Summer Series—Betteshanger 23rd September

The forecast was for very heavy rain and it was not wrong so we were happy that anyone came. In the circumstances we got permission to have the registration in the visitors centre/cafe which so people enjoyed a cup of coffee while waiting for the start and stayed around afterwards for a prize giving ceremony (Dave’s 3-D printed cups were most valued). We had 12 people on the 60 min score course and 9 on the 45 min version (both including some groups). A good number of the non-members had been to one or two Sax events before (Blean, Canterbury) so it is really good that they are returning.



Among the non-members were a Norwegian orienteering family from GJO-

VARD club, hope to see them again.

Simon Blanchflower

The best performing Saxons were:

Betteshanger	Name	Age Class	Position, out of how many?
60 min score	Brendon Howe	M45	1 st , max points in 50 minutes
45 min score	Roger Pring	M70	2nd

KOL2—Hucking, Saturday 20th September

The second KOL of the season was planned and organised by DFOK at Hucking Woodland Trust Land. The weather was perfect and the 38 Saxon members that went along enjoyed the bouncy turf, woodland tracks and unique wooden sculptures. A welcome visit to the Hook and Hatchet pub completed a good morning.



“Oi, come back with my map!”

Heather Brown

The best performing Saxons were:

KOL2	Name (Seniors)	Position/out of how many?	Name (Juniors)	Position/out of how many?
Blue	Dave Pickup	1/12	Ffion Bricknell	7/12
Lt Green	Dave Kingdon	2/34	Michael Cameron	7/34
Orange			Ben Cronin	2/7
Yellow			Casie Chapman	2/18

Kent Night Cup 2018-19 Season: KNC1—Kilndown, Thursday 27th September

It was a fine evening for this inaugural event of the KNC 2018-19 series. This was the first time a KNC has used just the woodland to the East of the Scotney Castle Estate. Although the area is fairly small, the hilly terrain, the use of some controls that needed fine navigation and the slowing effects of

the remaining summer vegetation meant that a 60 minute score event could be fitted in comfortably.

The 36 taking part included 20 Saxons and 4 first-timers, making this a good start to the series. No one managed to visit all 20 controls, nevertheless Brendon Howe managed 19 and Alison Howe 16, coming first and second.

Mark Glaisher Planner/Organiser

The best performing Saxons were:

KNC1	Name	Age Class	Position, out of how many?
Score	Brendon Howe	M45	1/36
Score	Alison Howe	W45	2/36
Score	Sarah Howes	W55	5/36
Score	Simon Blanchflower	M60	6/36

KNC4—Tudeley & Pembury, Thursday 18th October



The mysterious Control 92 on KNC4—the woods have grown up around this trailer, so how long has it been there?!

This KNC season's fourth event attracted 34 participants on a dry but cold night near Pembury. It was three years since we had last used the RSPB woods at Tudeley and Pembury, and a number of map updates were required due to clearance works. However the recent completion of the A21 widening freed up the southwest of the area, which had been occupied by the Highways Agency during the roadworks. We were now able to make use of

nearly the entire map. It proved to be challenging for everybody: a combination of extensive deadfall, undergrowth and low branches slowing down the faster runners, and the technical complexity of the landscape making navigation tricky in places – particularly to the northeast. This was reflected in the results, with nobody clearing more than 15 out of 20 controls, achieved by Chris Hooker and Neil Crickmore, both of SO. There was also a wide spread of age groups: there certainly wasn't an obvious advantage in being young and fast in this event, so perhaps the terrain was a leveller in terms of speed. Nonetheless, the challenge was widely appreciated by those who took part, and this puts Tudeley and Pembury firmly back on the map for more events in the future.

Graham Denney

The best performing Saxons were:

KNC4	Name	Age Class	Position, out of how many?
Score	Brendon Howe	M45	3/32
Score	Steve Waite	M65	5/32
Score	Alan Hickling	M50	7/32
Score	Alison Howe	W45	10/32
Score	Graham Thomas	M55	13/32
Score	Sarah Howes	W55	15/32
Score	Andrew Derrick	M45	16/32
Score	Sam Prior	W40	17/32

KNC5—King’s Wood, Challock, Thursday 25th October

We used Challock Village Hall for the first time as the car park so a 10 minute walk to the start.

There were at least 8 people who couldn't reach us because of motorway problems so numbers were down but for those who came I think everyone enjoyed starting and finishing somewhere different. Chris Hooker came first, he had come across country and avoided motorways. Nick Barrable was 2nd and Adam Conway 3rd. First Saxon was Dave Pickup who was 4th.

We had 4 non members, 2 juniors (Ffion Bricknell (shadowed by Neil) and Adam Conway (GO)) Nick Barrable and family (including baby Lara, I looked after her, 14 Saxon members, 1 SO, 1 MV and 2 DFOK.

The Red Lion at Badlesmere was used for après 'O' and prize giving. A big thank you to Brendon Howe for standing in at the last minute to assist me.

Beryl Pring

The best performing Saxons were:

KNC5	Name	Age Class	Position, out of how many?
Score	Dave Pickup	M45	4/26
Score	Adam Corrie	M35	7/26
Score	Andrew Derrick	M45	8/26
Score	Alan Hickling	M50	9/26
Score	Graham Thomas	M55	10/26
Score	Graham Denney	M45	12/26

SE Score Championships—Knole Park, Sunday 28th October

After the long, settled, late Summer the onset of more autumnal weather came as something of a shock but fortunately the showers became less frequent and lighter by early afternoon. The feedback from finishers was that everyone enjoyed the course. There were 29 controls and two competitors managed to visit them all scoring the maximum of 290 points. Saxon's star performer, coming 4th overall was Henry Taylor. Henry visited 17 controls on the 40 minute course and with the x1.5 handicap adjustment his total score was 255 points – a phenomenal result for an M14.



Non-competitive stag at Knole Park

The Championship was won by SLOW with a team total of 2410 point followed by Southdown (2280) and Saxons (2195). SLOW retained the trophy.

Many thanks to Simon Greenwood who planned and to Andrew Evans (DFOK) who controlled. My personal thanks goes to Alan Hickling who wrote a special programme which automatically applied the running up adjustment to determine the 12 best scores per club.

Richard Whitaker

The best performing Saxons were:

SE Scores	Name	Age Class	Position, out of how
40 minute	Henry Taylor	M14	4/119 (after x1.5 adjustment)
60 minute	Mel Taylor	M50	9/119
60 minute	Dave Pickup	M45	14/119
60 Minute	Alison Howe	W45	16/119

KOL 3—Milton Creek Country Park, Sittingbourne, Saturday 17th November

This was the first ever event at Milton Creek Country Park. As a small and mostly open area it was fairly easy for the more experienced orienteer, but there were plenty of interesting features for control site. It was an excellent area for new and inexperienced orienteers and many did the Light Green course as their first event. Several people commented they had already done the permanent course, so this seems to be quietly successful. We had 90



Yup, this must be the right place!

competitors, almost exactly half BO members, half non-members. 63 were seniors and 27 were juniors. 20 people were the 'others' in a group.

Sean Cronin

The best performing Saxons were:

KOL3	Name	Age	Position, out of how
Yellow	Kasie Chapman	W10	2/12
Yellow	Tom Bates	M10	3/12
Orange	Ben Cronin	M12	1/11
Light Green	Robin Kingman	M65	3/30
Blue	Dave Pickup	M45	1/17
Blue	Alison Howe	W45	3/17

KNC 9—Hindleap South, Thursday 22nd November

The most westerly of the Saxons KNC rounds, Hindleap is a bit of a trek for some of the regulars. Even so, attendance was good, with representation from SO and a number of newcomers. On the night it was cool, but dry, fortunately. Route choice in the heathland terrain can be tricky, as some quite tussocky areas off the paths and rides slow progress. I was fairly confident that no one would visit the 20 controls in 60 mins. but was confounded by M16 Stanley Heap who did 'beat the Planner' and visited them all in 56:33 – Well Done!

Mark Glaisher

The best performing Saxons were:

KNC9	Name	Age Class	Position, out of how many?
Score	Alison Howe	W45	5/39
Score	Steve Waite	M65	8/39
Score	Ffion Bricknell	W14	18/39

Saxons AGM Fun Event—Lorenden Trustlands, Saturday 24th November

16 brave souls tackled the Crossword Score Event at the AGM Fun Event held at Lorenden Trustlands on 24th November 2018. Competitors had 5 minutes to complete the crossword task before heading out to collect as many correct words as they could. Competitors were allocated a handicapped time to complete the score event, and normal KNC penalty system for late finishers applied.

In spite of being allocated the shortest time of 23 minutes, Alan Hickling romped home to victory, with a winning word combination of *Exit*, *Thumb*, *Map*, *Pit*, and *LIDAR*. In joint second place were Graham Thomas, Austin Howe, and Sam Prior, each with a total of 16 points. Graham had the most time in hand relative to his handicap allowance, with Sam timing her effort to perfection with just 1 second in hand. 3rd was a tremendous effort from Ruben and Mike Solomon, scoring 14 points.

The wooden spoon award goes to Roger Pring who happily ran around for 31 and a half minutes with his letter combination being LEXNAKSDR! Had to be in the right order Dad!

The most used words were *Map*, (8 times), *Pit*, (7 times) and *Thumb*, (6 times). The only word not attempted was *Saxon*!

Hope you all had fun.

Alison Howe

[See p.45 for the full results and the crossword so you can pit your wits against Saxons' finest cruciverbalists! - Ed.]

Saxons Further Afield

SLOW MTB orienteering event—Mogador, Sunday 14th August

I planned and organised a bike-O event for Saxons earlier in the summer, and became a member of BMBO – the national governing body for Mountain Bike Orienteering - in order to register the event. Having joined BMBO, I looked at the Events list to see whether there were any other events coming up that I could attend. “Kent Valley” sounded hopeful but turned out to be in the Lake District, so that left only the SLOW MTB Score Series 2018 – event 3 was coming up, at Mogador (near Reigate) so I thought I would give it a try.

Pre-entry was pretty easy – send an email to the organiser – and on the day I completed my entry just like any other orienteering event with EOD. The map was an OS map at 1:25,000 scale, with navigation along bridleways, tracks and minor roads. The format was a 2 hour score event with staggered start times – so I was able to start as soon as a slot became available.

I didn't really know how many of the controls I would be able to cover, so I planned on being within a reasonable distance of the Finish with half an hour to go. I roughly plotted a route that would keep me on the more interesting looking parts of the map, starting with Walton Heath and then onto Colley Hill. Next I headed west along the North Downs as far as Headley Heath – familiar from foot-O, the main difference with bike-O being that my routes and control sites were now all along tracks, rather than in the depth of the heathland and woodland. There were some steep climbs along the way but I avoided the ones that had been helpfully marked on the map as being “extremely steep”. It was then time to head for home via Walton on the Hill and Banstead Heath. I didn't quite get my timing right, and arrived a few minutes late at the Finish.



Milton Creek CP in
the mist

The controls were contactless SI units but there were no control flags – this caused me a few problems until I realised that the control descriptions were detailed enough to pinpoint the control if I was in the right place (for example, “third fence post on the left”). I guess this was so that the SI units were less likely to be noticed by non-competitors. Navigation was pretty straightforward but I did find it a challenge to keep the map folded (so it didn't flap around) and at the same time showing enough of the area to allow me to plan my route. It was also tricky to keep a compass handy while using the gears and brakes. I found that wearing a cycling jersey (with three pockets on the back) was a good idea.

I picked up 13 controls and covered about 24km (mainly off-road) in the 2 hours, gaining (and losing) about 400m of elevation. I noticed that a clear majority of riders finished a few minutes late, so I wasn't the only one to try and squeeze in “just one more” control. Apart from finishing late, I was pretty happy with my performance – though like many Score events I found that I could have chosen a better route when I reflected on it afterwards.

It wasn't too muddy, and although I was on my mountain bike, I could have managed on any bike as long as the tyres were not too slick and skinny.

Obviously, there was no guarantee that it wouldn't be muddy before we set out!

I finished 16th out of 53 entries, and I would have needed to have been about 50% faster to keep up with the winners. I think I am right in claiming the title of first (= only) Saxon. I am definitely interested in the next event, scheduled for the Surrey Hills on 18 November.

Richard Field

British Sprint & Middle Distance Championships—Sat/Sun 1st & 2nd September

I went to my first British Championships on 1st/2nd September. The Sprint race on Saturday was held in the University of Bath. I personally made three big mistakes in the morning heats starting with #1 (not going far enough) then #3 and #7 went in totally the wrong direction (I did manage to relocate



Having fun at
Betteshanger...

but lost a lot of time, I think I was a bit nervous and because our map was 1.3000 and on A3, I just got so confused whilst trying to refold it, I came last 16 mins behind the winner, who actually did the race in 14 mins, I did actually tie for first on the run in so didn't totally feel bad. In the afternoon, in the W70B Final I did much better and came 3rd with 4 fastest legs only 3 mins behind the leader. The area was really good and running amongst the accommodation blocks where there were lots of alleys all looking the same made it good fun as well as technical. The central campus building was on two levels although controls were only on the upper level, this made interesting route choices for a lot of competitors, luckily not for me

as we didn't have a control there in the afternoon. The Finish was in the Sports arena where there was a vast viewing area and so could see team members and friends finishing.

We spent the night in the Wookey Hole Hotel near Wells which was only 5 miles from Stockhill where the Middle Champs were being held on the Sunday. Very pleasant and we shared the hotel with the Sprint Champion Jonathan Crickmore and family, Simon Greenwood and no doubt countless other competitors.

The area is a Forestry Commission wood, mostly coniferous and runnable. It was full of old lead mine workings so loads of pits, depressions some small

but some very large, long gullies and rock outcrops. I took it slow at the start and told myself to keep in touch with the map and make sure not to lose concentration. This worked quite well although I found #3 before #2 but the rest of the controls were fine. The last two controls were on a slope and over very rough tussocky grass so I lost some time there, overall though I had a good run finishing in 7th place and beating the 2nd ranked W70 into the bargain. I don't often get a chance to blow my own trumpet but that was Kudos.

The club did well with Jeremy Oldershaw finishing in 1st in M80 and Ffion Bricknell coming a creditable 3rd in W14 and her very first championship. Mark Glaisher and Sarah Howes finished in the top ten in their respective races.

Beryl Pring

Head-to-head at the Caddihoe Chase—Sat/Sun 22nd & 23rd September

When I started orienteering I loved the combination of map reading and getting out into the woods. By comparing routes with others I was soon cutting down on ten-minute 'errors' and also enjoying the physical challenges. Later I began to recognise the names of people appearing near me in results – a spur to try harder even if I didn't ever meet them! Over the years, through conversations in car parks and food queues, I've gradually got to know people in my age class from all over the country.



Peter chasing Tim Sands to the first control on Day 2... [Photo: Steve Rush, BOK]

The format of orienteering events generally avoids head-to-head racing and only since trying parkruns – which are not races - have I frequently had the experience of running alongside other people. Some years ago I took part in the Caddihoe Chase, an annual weekend event hosted by clubs in the South West, which entails a chasing start so that the first person to reach the Finish on the second day is the winner. On that occasion it was held on Dartmoor and as well as the huge moorland vistas I vividly recall Andy Parkinson (SO) passing me on the long uphill run to the second day Finish.

For 2018 the Caddihoe was organised by SARUM on the eastern fringes of Salisbury Plain. On the cold and blustery first morning my warm-up run from the car park proved insufficient and I struggled in the long grass straight uphill from the Start. Once in the woods I chose a poor route through

brambles giving me an excuse to slow down and get my breath back.

Perham Down proved to be a patchwork of open hillsides and dense woods. On the long hill down to #6 I re-folded the map and saw that most of the remaining legs ran counter to the contours. For me, the pattern continued: walk up hill, hurtle down, duck and weave slowly in the undergrowth. At Download my printout showed my time as 43:03 and also stated: Chasing start time is 11:43:03.



...and heading towards the last control on Day 2—Peter chasing John Simmons of BOK. [Photo: Steve Rush, BOK]

The following morning I drove to Sidbury Hill through torrential rain wondering if I was doing the right thing. With just enough time to check the Perham results – 4th in my class - I rushed up the hill to the minus-10 Start box. The rain stopped. It was a punching start, timed to the second. Tim Sands (BOK) started just 19 seconds ahead of me, with John Simmons (BOK) 2 minutes and Axel Blomquist (BAOC) 6 minutes ahead.

I struggled up the first hill but was determined not to let Tim get away. He appeared to have decided to use paths to approach the control from the closest attack point. I decided to risk cutting in more directly and was rewarded by arriving at there first. I ran hard to #2 but he caught me at #3 when I found a pit but the control wasn't in it before spotting the right one in the shadows.

Thereafter it was nip and tuck for several controls, mostly taking different routes but arriving together. Leaving #8 I strayed from my bearing and didn't see Tim but as I left #9 Axel appeared. I ran hard but missed #10 – another pit – and lost another minute relocating. Momentarily I saw Tim across the valley and guessed he was 90 seconds ahead but no sign of Axel. A path ran near #11. I decided to dive in through the trees early rather than be spotted by Axel, but then leaving it got confused by parallel tracks and ran up a hill off route. It didn't feel right.

I checked the map and re-orientated but as I aimed down towards a fence crossing Axel and John appeared. I crossed the fence about 20 seconds later and chased after them to the control. Then I followed for a couple of hundred metres before even checking the map for #13. They chose different lines but converged ahead of me just as Tim was leaving the control. The three of them ran nose to tail down the hill to #14 with me in (very) hot

pursuit.

For the last few controls the map suggested that the navigation would be fairly straightforward. Leaving #15 I passed Tim and caught John but then, choosing a more direct route than the others, was snarled up in rough vegetation and saw all three run through the control 20 seconds ahead of me. They ran off in a line so I decided to risk a more direct route through more rough high grass. I caught them just before #17 then we all legged it through trees to the Finish. Axel won by 3 seconds, with John and I joint second and Tim just behind.

For the excitement of a head-to-head race, look out for next year's Caddihoe Chase.

Peter Martin

Saxons' successes at Holmbury Hill—Sunday 11th November

10 Saxons captured podium places at the SE Long Distance Championships. It proved to be quite a nice November day on the North Downs, and Saxons made the most of it, with good results across the age spectrum:-

W16 Bronze Ffion Bricknell; W45 Bronze Alison Howe; W55 Bronze Sarah Howes; W70 Silver Beryl Pring; M12 Silver Ben Cronin; M14 Silver Henry Taylor, Bronze Matthew Taylor; M45 Silver Simon Deeks; M65 Bronze Mark Glaisher; M75 Bronze Jeremy Oldershaw.

Mark Glaisher



Four of our podium winners at Holmbury Hill:
from L to R: Mark Glaisher, Jeremy
Oldershaw, Sarah Howes and Ffion Bricknell

Photo courtesy Neil Bricknell

Saxons Abroaaaaad!

Saxons at the O-ringen—Sweden



A couple of questions, first! What's the photo on the left got to do with the O-ringen? On the right, what's this about?

The O-ringen is a 5 day orienteering event that takes place in Sweden every year. Looking at a map of the country, with its sparse population and extensive forests, you would think almost anywhere would be suitable. When considering the infrastructure required for 16,000 competitors each day, and the need for the best terrain, it means that there are sometimes repeat visits.

This year the venue was the High Coast, by the western shore of the Gulf of Bothnia, about 500km north of Stockholm. The nearby forests last featured in the O-ringen in the 1990s. Sarah Howes and I were the Saxons taking part. Taking advantage of the integrated aspects of the competition (accommodation, transportation, catering etc.), we flew to Sweden with our camping gear. We enjoyed the challenges of the training and competition days, and it was nice to swim in the lakes afterwards, on a couple of occasions. The terrain for Day 1: Forest (mainly runnable), contours, bare rock and boulders, marshes (mostly dry), very few paths. Day 2: see Day 1, etc.

For this year's event [there's a nice 4 minute video clip of Day 3*](#) that is a fine representation. The clip gives a good clue about this article's heading. There were 8 separate Starts, and at the Finish a dedicated run-in lane for each Start. These 8 Starts had different commercial sponsors: SIA ice cream for Sarah (M/W 40-55) and ORMSALVA liniment for me (M/W 60-80)!

As to the photographs; the first is an oil-fired water



heater that supplies the outdoor showers at each event. These were a unfamiliar to me, but a really worthwhile feature in the hot weather. In a field, two areas each about 25m square were screened off, and along one side were about 60 shower heads. The heater moves from one venue to another on the back of a lorry.

The right hand photo shows the power arrangements for those of us on the campsite who didn't have an electrical hook up. There was a warning that this was not suitable for kettles; however I spotted portable cool boxes, shavers, and torches as well as phones, tablets & powerbanks being recharged. No one seemed too concerned about leaving their phone there unattended.

The maps, courses and overall organisation were great. The O-ringen is definitely one for your O bucket list!

Mark Glaisher

[*: For a shortened version of the full link to the Facebook video, please see <https://bit.ly/2NZURc9>. Ed.]

Dervish Daze—The Istanbul 5 Days

We arrived in Istanbul by boat in warm early evening darkness. As we settled into a restaurant, musicians appeared and struck up a wandering rhythmic melody and then, dressed in a wide white robe, a dervish started whirling. The austere spinning dance contrasted with the joyful people all around eating, chatting and puffing on hubbly-bubbles. Would the orienteering bring such happy contrasts or would I end up going round and round in a mindless trance?

The order of events through the five days didn't seem too taxing: middle; sprint; middle; long; and then on Day 5 a 'supersprint' in the Grand Bazaar. Transport was to be laid on from the Old City beginning, on the first day, from just the other side of the Blue Mosque to where we had found an apartment.

The first event was an hour's drive north in Fatih Forest. The assembly area set the tone for the week – friendly, relaxed and multi-national with a helpful event team and competitors from about 25 countries.

The course notes warned of deep gullies, 60 metre slopes and thorny bushes. I set off in the



Peter on Day 1 in Fatih Forest

balmy sunshine and was soon sweating profusely. Fast runnable beechwoods were separated by steep jungles in which direct progress through detailed ground features was slow and troublesome but I quickly learnt to spot and avoid the bright green stems of the vicious thorns. With only a couple of one minute mistakes I was round in 40 minutes and surprised to find I had won M65 by a quarter of an hour. Most of the several hundred competitors were under 40 with only small numbers in some of the upper age classes and I found I was directly competing with a Finn, a Swede, and Frenchman and a Brit.

Day 2 was across the Bosphorus in a seaside park an hour to the south east, a 1:5000 map and, for me, a 3.3k course. My first ever orienteering in Asia started well – first control on the side of a two-metre high hill, then a fence, a building, a wall and I was moving at speed. Inset on the map was a maze at



Top to bottom above:

Day 4: Peter on the podium

Day 5: Grand Bazaar super-sprint podium

Day 4: Event team on the podium—what a good idea!

1:750 which we had to enter after control 12 but I couldn't make sense of it and ran around until I could find a way in.

I could see the tops of competitors' head bobbing about above the high hedges and tried several dead ends foolishly thinking that it was just a random process of trial and error that was required. With tight bends it was necessary to go slowly to avoid collisions. I spotted a control kite through a hedge and eventually worked my way around to it - but it wasn't one of mine. After some more blind alley mindless dervishing I found another one. It was my #16. Suddenly I had a fix on the map and carefully navigated the winding paths to arrive at #13 at the edge of the maze and where in fact I had first arrived!

Thereafter it all made sense but my splits showed my dizzy spell had wasted a quarter of my time and I finished a minute behind the winner – Stephen Peacock from Southern Navigators.

For Day 3 we travelled by chartered boat to car-free Büyükada, one of the Prince's Islands, then walked to assembly in a waterside sports centre. The course notes warned of horse-drawn carriages in the urban sections and thorny bushes in the pine forest. The course provided fantastic vistas across the sea to the distant city, beautiful green glades with

steep crags in the forest and intense floral colours in the gardens – one of the best ever orienteering courses for me; and more so when I found I had won.

While my wife opted out of another bus trip to a forest, preferring to visit the Museum of Innocence, I was looking forward to the long course on Day 4. Being only 4.2k but with 230m of climb I assumed it was going to be tough. So it proved. The terrain was bigger than Day 1 but I somehow lacked mental sharpness, making mistake after mistake, all the while getting more and more tired. Although I was able to speed up for the last three legs my printout showed that I had taken 75 minutes and completely missed controls #3 and #15.

It turned out that the first four days as a whole were treated as a points competition and despite that Day 4 disqualification I just sneaked onto the top of the podium. The organisers also assembled the whole helper team for photos on the podium – a supportive practice I think it would be good to adopt in the UK.

The Grand Bazaar is closed on a Sunday but on 4th November it was the venue for the supersprint with an A4 1:1500 map. We had visited part of the Bazaar a few days earlier and enjoyed the eclectic sights and smells of spices, foods, carpets and gifts on sale. With the stalls closed the decorative columns and arches receded invitingly into the distance. A spectator area allowed a good view of a banner maze constructed for the occasion. Upper level control sites were to be shown with green circles, others with the usual purple. The course was great fun with hidden passages and tucked away staircases that demanded very careful scrutiny of the map. Running from headtorch darkness into brilliant sunlit courtyards and from wide avenues into the maze (inset at 1:300) required instant adjustments but with just two small mistakes I came away thrilled with another class win.

The old centre of Istanbul is absolutely fascinating with ancient mosques, sights of the sea and the vastness of the city stretching out all around. The



Part of Peter's Day 2 map showing the maze in the Orhangazi. The main map is at 1:5000 scale, the maze is 1:750!

event team did a brilliant job, the venues were varied and it was a joy to rub shoulders with competitors from so many different countries. This was the 15th running of the Istanbul 5 Days www.ist5days.com Do go if you get the chance! And if you do, be mentally prepared for the labyrinth or, like me, you might get dizzy as a dervish.

Peter Martin

Istanbul 5 Days 2019 will be 24-29 October. For KNC addicts there is also a Winter O Cup www.winterocup.com 30 January – 3 February 2019 which will comprise 5 forest events plus 5 night sprints!

Saxons Alternate Rankings to 31st October

Most improved orienteers 2017-2018

At the AGM, Joseph Derrick was announced as the most improved orienteer over the past 12 months. The top three are shown above with the award based on average points scored per event comparing 2018 with 2017.

	2018					2017			
Name	Age Class	Sum	Top-12	Runs	Avg	Pts	Runs	Pos	Avg
Joseph Derrick	M14	289	289	6	48.17	254	9	57	28.22
Rob Sibley	M65	752	752	11	68.36	583	13	37	48.58
Gill Sinclair	W45	387	387	8	48.38	214	7	63	30.57
	Pts Change	Change in Avg							
Joseph Derrick	35	19.95							
Rob Sibley	169	19.78							
Gill Sinclair	173	17.81							

Club Rankings Summary:

Peter is back as top Saxon with Sarah keeping her spot as top lady. Ffion climbs another 6 places up the rankings and David Kingdon, and Grahams Thomas & Denney move into the top 20.

Pos	Prev Pos	Name	Age Class	Top-12	Runs
1	(1)	Peter Martin	M65	1198	20
2	(1)	Sarah Howes	W55	1182	19
3	(4)	Alison Howe	W45	1170	21
4	(3)	Mark Glaisher	M65	1169	23
5	(5)	Beryl Pring	W70	1135	29
6	(5)	Alan Hickling	M50	1119	27
7	(8)	Jeremy Oldershaw	M80	1098	24
8	(7)	Brendon Howe	M45	1089	22
9	(10)	Simon Greenwood	M60	1042	26
10	(9)	Simon Blanchflower	M60	1041	17
11	(11)	Dave Pickup	M45	1002	15
12	(17)	Doug Deeks	M80	915	14
13	(19)	Ffion Bricknell	W14	892	15
14	(29)	David Kingdon	M65	886	13
15	(20)	John Van Rooyen	M65	877	10
16	(16)	Bohdan Rainczuk	M55	872	12
17	(14)	Simon Deeks	M45	868	13
18	(22)	Graham Thomas	M55	851	13
19	(12)	Jean Fitzgerald	W65	848	11
20	(25)	Graham Denney	M45	844	27

[Thanks to Alan Hickling for waving his statistical wand and collating these figures—Ed.]



The lake at Milton Creek CP (mind the anglers!)

AGM FUN EVENT

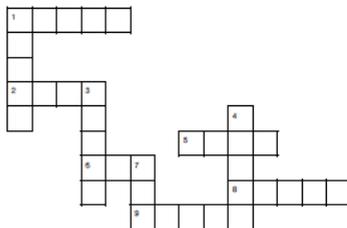
Here are the AGM Fun Event full results and the crossword as promised earlier—the clues should all be familiar to you! I have been firmly told by Alison however that the answer to 5 Across is not ‘Sainsbury’s bag’...

AGM Fun Event: Full Results:

Pos.	Name	Handicap Time	Actual Time	Time Left/ Over	Score	Penalty	Total	Words
1	Alan Hickling	00:23:00	00:23:23	00:00:23	21	1	20	Exit, Thumb, Map, Pit, LIDAR
2	Graham Thomas	00:27:30	00:25:53	00:01:37	16		16	Flag, Exit, Thumb, Map
3	Austin Howe	00:30:00	00:29:28	00:00:32	16		16	LIDAR, Flag, Map, Exit
4	Sam Prior	00:30:00	00:29:59	00:00:01	16		16	Pit, Torch, Thumb, Map
5	Ruben & Mike Solomon	00:35:00	00:35:27	00:00:27	15	1	14	LIDAR, Map, Pit, Flag
6	Lisa Blair	00:30:00	00:23:21	00:06:39	13		13	Marsh, Thumb, Map
7	William & Aaron Prior	00:35:00	00:30:04	00:04:56	12		12	Flag, Thumb, Map
8	Rob Sibley	00:32:30	00:33:11	00:00:41	13	1	12	LIDAR, Lakes, Pit
9	Holly & Alison Howe	00:35:00	00:30:48	00:04:12	11		11	Pit, Thumb, Map
10	Simon Blanchflower	00:25:00	00:24:09	00:00:51			11	Map, Pit, Torch

[Apologies for turning the table through 90 degrees and splitting it over 2 pages— it's the only way it will fit! - Ed.]

Pos.	Name	Handicap Time	Actual Time	Time Left/ Over	Score	Penalty	Total	Words
11	Toby Prior	00:30:00	00:28:57	00:01:03	9		9	LIDAR, Exit
12	Bohdan Rainczuk	00:30:00	00:30:29	00:00:29	10	1	9	Marsh, Torch
13	Peter Martin	00:25:00	00:24:45	00:00:15	8		8	Lakes, Map
14	Heather Brown	00:32:30	00:34:23	00:01:53	10	2	8	Marsh, Torch
15	Fiona Wilson	00:32:30	00:29:56	00:02:34	7		7	Pit, Exit
16	Roger Pring	00:32:30	00:31:03	00:01:27	0		0	



Across

- 1 Data to help mappers (5)
- 2 How you leave a control (4)
- 5 Orange and White identifier (4)
- 6 Representation of the terrain (3)
- 8 Anglo - ? (5)
- 9 Lights your way (5)

Down

- 1 Five days of racing in NW England (5)
- 3 Use this to track progress; A type of compass (5)
- 4 Boggy ground (5)
- 7 Deep hole (3)



Autumn leaves on an old charcoal burner's oven at Tudeley Woods

CLUB COMMITTEE & OFFICERS

WHO DOES WHAT Contact List

		e-mail «@saxons-oc.org»
Simon Greenwood	President	
Jean Fitzgerald	Chairman Fixtures	fixtures <i>or</i> 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
Alison Howe	Development	development
Heather Brown	Coaching	coaching
Brendon Howe	Team Captain	team.captain
Mark Glaisher	Club Printing KNC Coordinator	knc
Sean Cronin	Publicity	publicity
Alan Hickling	Statistics KOL Coordinator Equipment	kol
Graham Denney (temporary)	SaxAlert Editor	saxalert
Mike Solomon	Minutes	
Alison Howe	Saxons Clothing Junior Kit	clothing
Sam Prior	Welfare Officer Junior Coordinator	junior-coordinator
Andrew Derrick	Committee Member	andrew
Doug Deeks	Auditor	



Mist on the
marshes...Milton Creek
Country Park



At The End: running in on the Finish control at KNC3 at Hucking on 11th October



Peaceful scene: control 56 relaxing and taking in the view at Mote Park

When I saw this roadname on the Winchester City Urban, somehow I knew it was all going to go OK!



Right, pay attention Saxons! Your King is buried here! Well...he might be. Graves of King Alfred, his Queen and son, at Hyde in Winchester. Possibly.

Taken on the November Classic weekend.



Distant runners at the SE Score Champs in Knole Park

Credits:

Cover photo: Sarah Howes running in at the O-Ringen, taken by Mark Glaisher

Other photo credits: Charlie Pickin, Sean Cronin, Mark Glaisher, Peter Martin, Heather Brown, Neil Bricknell, Rowan Purkis, Graham Denney, Steve Rush

Thanks to contributors to this issue: Jean Fitzgerald, Harry and Jasper Pickin, Brendon Howe, Beryl Pring, Rowan Purkis, Heather Brown, Tony Connellan, Sean Cronin, Simon Blanchflower, Richard Field. Apologies to anybody inadvertently missed off this list.

SAXALERT is the official journal of Saxons Orienteering Club.

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