



# SAXALERT

# SAX NOTICES

## BRITISH ORIENTEERING MEMBERSHIP

Don't forget to rejoin Saxons this year. Go to your British Orienteering account on their website. Click on Renew your membership and you will find all the relevant information.

Any problems let a member of the Committee know and they will be pleased to help.

[https://www.britishorienteering.org.uk/renew\\_membership](https://www.britishorienteering.org.uk/renew_membership)

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# EDITORIAL



A busy O-club: registration and download at the SAX Regional event at King's Wood Challock. [Photo: Sean Cronin]

**W**ell, 2019 is barely 3 months old and already it is proving to be a busy year for orienteering and SaxAlert material. To think that after the last bumper issue I was worried there'd be enough for this one!

Saxons have been active on all fronts already in 2019. The annual KNC series is currently hurtling towards its finale in Knole Park - the last of 26 weekly events since September. When you realise what that actually means in terms of consistent planning and organisation, you begin to understand just

what an asset we as a club have in the Kent Night Cup. But that's not all. In addition Saxons have organised KOLs, regional events and a heat of the Compass Sport Cup. But as individuals we have been active well beyond our club boundaries. One of the privileges of being SaxAlert editor is that collating reports from our members enables me to gain an overview of our wider activities. And widespread they are indeed. In just the last 3-4 months we have participated in every regional event in the South East League, not to mention a creditable clutch of races and competitions further afield, including abroad.

Even better, not content with orienteering in the physical world, Neil Bricknell has ventured deep into cyberspace (cyb-O-space, perhaps) - and returned to tell the tale, as you can read on page 22. Back in the land of all-too-real mud and brambles, we retain our contacts with far-flung former members through Rowan's '*Letter From the Lakes*' and Bill Griffiths' '*Letter From Yorkshire*'.

What a busy (not-so) little club we are. We may not boast a team of elite runners, or regularly come top in major competitions, but I'd like to think we are a very content club by virtue of our constant activity. '*Forward momentum*' would seem to be the motto here - and if the first few months of the year are anything to go by, there is no shortage of that in Saxons. Here's to the rest of 2019 and beyond - long may it continue.



Moving at the speed of night...competitors on KNC10 - High Brooms. [Photo: Sean Cronin]

**Graham Denney**

# CONGRATULATIONS

**Ffion Bricknell—selected to run for England in the Interland Cup, in France on 9-10 March.**

## BRITISH ORIENTEERING PERFORMANCE AWARDS

**Well done to the following:**

Austin Howe	Racing Challenge: Bronze Award	★★★★	05/02/2019
	Navigation Challenge	★★★★	05/02/2019
Ben Cronin	Racing Challenge: Gold Award	★★★★	26/01/2019
Charlie Pickin	Racing Challenge: Silver Award	★★★★	07/03/2019
Ffion Bricknell	Racing Challenge: Gold Award	★★★★★	21/11/2018
Gaby Roch	Racing Challenge: Bronze Award	★★★★★	26/02/2019
Henry Taylor	Navigation Challenge	★★★★★	11/02/2019
Holly Howe	Racing Challenge: Gold Award	★	21/11/2018
	Racing Challenge: Gold Award	★	21/11/2018
Joseph Derrick	Navigation Challenge	★★★★★	05/02/2019
Matthew Taylor	Navigation Challenge	★★★★★	11/02/2019
Neil Bricknell	Racing Challenge: Silver Award	★★★★★	21/11/2018
	Racing Challenge: Gold Award	★★★★★	26/02/2019
Sean Cronin	Navigation Challenge	★★★★	12/11/2018
Steven Elliott	Racing Challenge: Gold Award	★★★★★	26/01/2019
	Racing Challenge: Silver Award	★★★★★	26/01/2019

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



**W**e are nearly at the end of the 2018/19 Kent Night Cup series so if you haven't been to a KNC you're running out of time to try night orienteering for another season. We have a regular band of 30-40 people at most events and 20 or so of them normally retire to a nearby pub after the one-hour score course to discuss routes and mistakes. It's a friendly way to get to know some of the club members that you might not ordinarily meet so don't miss a chance to try it out. Beginners are always welcome.

For retired (or semi-retired) members there is a league run by the British Army Orienteering Club which some of you might be interested in. The events are on Wednesday mornings and a range of courses are available. Military League South is the one we take part in and most of the events are around the Surrey Hills army lands, although some are further afield. These events attract some orienteers from Bristol and South Wales! A group of Saxons (including me) attend the closer events and there is an opportunity to car share for anyone interested in joining us. Please let me know if you would like to be added to the circulation list for these trips. Details of the events are on the BAOC website- they are not included in the BO event listings.

For newer members; would you like some basic orienteering coaching? Brendon is aiming to run a brief basic skills training session before the Saxons Kent Orienteering League events on Saturday mornings. Please let Brendon know if you would like to take part in this initiative. We also intend to run some more coaching days in the coming months. If you have particular skills you would like to practise please let me know.

On the coaching front, if you haven't looked at the 'Get Up To Speed: Orienteering Skills Videos' produced by South London Orienteers available on YouTube they are worth viewing both for relative beginners and more experienced orienteers. There is a link to these on our website on the 'newcomers' tab.

With Easter on the horizon, the closing date for entry to the JK Orienteering Festival is rapidly approaching. This year the JK is being hosted by SCOA so the events are relatively close to Saxons territory. You don't have to enter the age class courses or every day, as on the Saturday and Sunday there are white, yellow, orange and light green courses available. It's a good opportunity to experience the atmosphere of a big event with club tents and banners and

orienteering traders present. I hope to see many of you there.

**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](http://oevents.info). **Alternatively, check out Neil Bricknell's article on p. 22...**

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
Thu 21/03/19	KNC25	Local	DFOK	Brasted Chart
Sat 23/03/19	KOL7	Local	SAX	Blean
Sun 24/03/19	DFOK Regional Event	Regional	DFOK	Balcombe
Thu 28/03/19	KNC26	Local	SAX	Knole Park
Sun 07/04/19	SLOW Urban Event	Regional	SLOW	Kingston-upon-Thames
Sun 14/04/19	Thorndon North	Regional	HAVOC	Thorndon Country Park North (Brentwood)
Fri 19/04/19	JK2019: Sprint	Major	SCOA/ BAOC	Aldershot Garrison
Sat 20/04/19	JK2019: Individual 1 (Middle Dist.)	Major	SCOA/ SN	Windmill Hill
Sun 21/04/19	JK2019: Individual 2 (Long Dist.)	Major	SCOA/ BKO	Cold Ash
Mon 22/04/19	JK2019: Relay	Major	SCOA/ NA	Minley

<b>Date</b>	<b>Event</b>	<b>Level</b>	<b>Club</b>	<b>Location</b>
Sat 27/04/19	KOL8	Local	DFOK	Lullingstone
Sun 28/04/19	Sunday Series	Regional	SAX	Ightham
Sun 12/05/19	South East Relays	Regional	LOK	Addington Hills (Croydon)
Sun 12/05/19	SOS Maldon Urban	Regional	SOS	Maldon Town & Prom Park
Sun 12/05/19	MBO Score 2019 #2	Regional	SLOW	Surrey Hills
Sat 18/05/19	KOL9	Local	SAX	Knole Park
Sat 18/05/19	Sunny Sussex Weekend Day 1: Middle Dist.	Regional	SO	Rewell Quarry
Sat 18/05/19	Sunny Sussex Weekend Day 1: Short Urban (early eve.)	Regional	SO	Arundel
Sun 19/05/19	Sunny Sussex Weekend Day 2: SE	National	SO	Angmering Park West (Arundel)
Sun 02/06/19	SE Sprint Champs	Regional	MV	Tbc
Sun 09/06/19	Sunday Series	Regional	SAX	Blean
Sun 09/06/19	Surrey Hills Race		SLOW	Dorking
Sat 15/06/19	Junior Orienteering Festival	Local	DFOK	Foots Cray Meadows
Sat 29/06/19	KOL10	Local	DFOK	Jeskyns Community Woodlands

Date	Event	Level	Club	Location
Sun 07/07/19	SN Urban Event	Regional	SN	Tbc
Sun 28/07/19- Sat 03/08/19	Scottish Six Days	National	MAROC, ECKO, ESOC, CLYDE, TAY, GRAMP	Strathearn
Sun 25/08/19	MV Urban Event	National	MV	Epsom
Sun 08/09/19	Peter Palmer Junior Relays	National	SAX	Tbc
Fri 20/09/19	City of London Race Day 1	Regional	LOK	King's Cross
Sat 21/09/19	City of London Race Day 2	National	SLOW	Limehouse & Isle of Dogs
Sun 22/09/19	City of London Race Day 3	National	DFOK	Greenwich Park
Sun 29/09/19	Weald Park	Regional	HAVOC	Weald Park (Brentwood)

### 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:** Nicky Bedford, and Renate and Brian Henry

**Junior:** Reuben Ward (Mike Solomon's grandson)

**Family:** James and Joshua Davis

**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.

***We welcomed Karen Ransley to the club in the last issue.***

*In response to my request for new members to tell us a bit about themselves, she explains her unusual orienteering background, which might inspire a few of us to try the sport on rather more than the normal two feet!*



Reuben Ward

"Hi Graham,

Please find attached some photos with my usual orienteering partner, carrying the full TREC kit. On-foot orienteering is refreshingly light on mandatory equipment :-)

"I started competing at TREC (orienteering on horseback using a standard



1:25000 OS explorer map) about 6 years ago, both individually and as a pair up to Level 2a (includes grids & bearings sections). This winter, I decided that on-foot night orienteering may be helpful for keeping my eye in, practicing relocating and to encourage myself to get a bit fitter. I headed to Kings Wood for the first time on the basis that I had Traceured (TREC route plotted) there for Chilham TREC & knew the area pretty well. All of my pacing and timings so far have been worked out for my horse, not much use on foot on the night &

not having much of a gauge for how long it would take me to cover distances or locate controls I was back quite early. I have thoroughly enjoyed night-o, with many occasions to practice relocating, micro-nav, check my map memory and have fun figuring out optimum routes. Roll on the summer when I can see whether it has helped with the TREC nav!"



*Many thanks Karen for your fascinating perspective on a rather different type of orienteering. If any other members also have interesting orienteering backgrounds, please email the Editor!*

*Also joining recently were the Pickin family, who tell us a bit about themselves here:*



Hi, we are the Pickins. We joined the Saxons last year after coming along to the event at Eridge. We'd been thinking of giving orienteering a go for a while and then Martin Brice, a former member, suggested that one. It was a good one for us to start with, as it was a few minutes away from home, and a nice sunny day, but we all knew immediately that we would enjoy orienteering. So much so, that we did a

second different course that same day! The second event we did at Ightham was on a drab rainy day, but we still thought it was great.

As a family we enjoy a lot of outdoor activities including climbing and mountain biking. In the past Lara and I did the Saunders Lakeland Mountain Marathon 6

or 7 times. Now I think about it, that was also Martin Brice's doing, he has a lot to answer for! I loved those events but was delighted to find that Orienteering gives most of the good bits, but without the 750 mile drive and the misery of the overnight camp!! I also did a Mountain Bike Mountain Marathon in N Yorks, a good challenge, and great to combine so many fun things, but a long way to go for two days...

We are still learning a lot but we are keen, and are looking forward to taking part in plenty more events. The Saxons club has been very friendly and we are all very grateful for the warm welcome.

**Charlie, Lara, Harry and Jasper (and Pepper the dog, who particularly enjoys dog-friendly events).**

*Question: I have seas without water, coasts without sand, towns without people, and mountains without land. What am I? [Answer p. 17].*

## SEOA BADGES

### Send off for your free colour course badge!

You can get a fabric colour coded badge to sew on your track suit or O top, sponsored by the South East Orienteering Association, if you beat the par time three times, on any qualifying colour-coded course. Three qualifications at the same colour get you a badge - there is no time limit on when you can get them.



Par time is set at 150% of the winner's time, or within the top 50% of competitors, whichever is greater, except for the White course, where you only have to complete the course three times to qualify.

To obtain your badge, please send details of your qualifying results (organising club, event, course and orienteer's name) plus a stamped addressed envelope, to Anne Power, 6 Mallard Close, New Barnet, Herts EN5 1DH, or email Anne from the SEOA website Contacts page (<https://www.seoa.org.uk/contacts>). There is no charge for these badges, and Seniors and Juniors alike are eligible for them!

## JUNIOR MATTERS

**W**ow! You have all clearly been having fantastic runs – the KOL League table standings after the latest Beacon Wood event speak for themselves! I'm sure we'll be scooping a fine collection of medals at the KOL Final at Jeskyns on the 29th June... Hopefully the weather will be as fine as it was last summer – and we can all get some good pictures, and enjoy a cake or two as we share orienteering highlights.

It's fantastic to see many of you have stepped up to the more challenging courses – and had amazing success (as is evident in the results). It has been lovely to watch over the last years as our juniors grow in confidence, and use their developing skills to achieve great things – and often beating me in races now! Anyone wondering if they might be ready to step up, please remember that there are lots of opportunities for training/advice – do come speak to myself or any of the coaches, and we can work out a training plan. Another nice way to do this is to try some (or all - if you've had extra Weetabix!) of the next course after you have completed your usual run.

We have a great line up of events over the summer – including the Junior Orienteering Festival at Foots Cray Meadows on 15th June, which is sure to be one not to miss. The JOF caters to all skill levels, and could be a great opportunity to bring along your friends that might be curious to try orienteering – safe in the knowledge that there are plenty of helpers out on the course to give advice too! The courses are run by academic year – although more experienced orienteers can choose to run on a harder course if they prefer. A picnic with your orienteering friends is a nice way to await the results and medal ceremony.

In September the Peter Palmer Junior Relay is coming to Michael Hall School in East Grinstead. It would be great to get in at least one Saxons Junior team for this, especially as it is in our area this year. For anyone not familiar with the Peter Palmer, it is a team relay race with the first legs starting in the dark - however most of the legs are run in the daylight! There is sure to be a lot of excitement – teams stay in the school hall together, catching some sleep before getting ready for their run leg. There are different length/difficulty legs, to allow a wide range of juniors to take part (M/F/12 upwards). Please do contact me if you are interested in finding out more.

It's been great to see new members joining us – remember to let Alison Howe know your t-shirt size, to ensure you can have your Saxons Junior top. The club loans the tops to our junior members – when you have grown out of your

top, simply bring it back to swap for your next size. It's great to see you all sporting the team colours as you're all speeding around the woods.

Happy Orienteering!

**Sam Prior**

## JUNIORS' PERSPECTIVES

*Not content with scaling vertiginous heights in our last issue, the Pickin brothers—Harry and Jasper—have continued their exploration of what orienteering has to offer. Shortly before Christmas, with no organised events on offer, they took their father Charlie to Bedgebury to try out the rather good POC there. The photos really tell the story:*



[Photos: Charlie Pickin]

## COACH'S CORNER

**O**ver the next few SaxAlert issues I hope to cover some of the 'tools of the trade' that newcomers, juniors and novices might employ in developing their orienteering potential.

### TOPCAR - Super Mnemonic

As a new orienteer, I found it hard to manage all of the skills and techniques that I was practising. Knowing what technique to use, when and why felt overwhelming sometimes and usually resulted in me stumbling around in the bushes cursing my skill-lessness.

However, life became a little simpler when the kind chaps at Longmoor Camp

Army Orienteering Course (good orienteering course also open to civilians) explained how the TOPCAR mnemonic could help set some structure around my races.

**TOPCAR** stands for: **Thumb - Orientation - Plan - Control - Attack Point - Route**. This helps me to focus on the key actions required to navigate a course successfully.

## **T is for Thumb - Your secret weapon!**

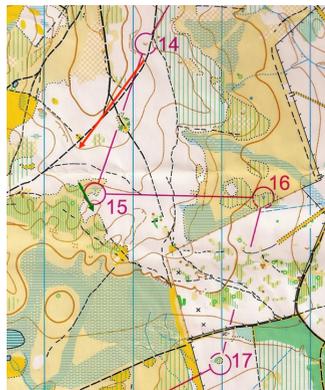
I always tell junior orienteers that their thumb is their 'secret orienteering weapon'. This usually gets blank looks until I explain that orienteers use their thumb to chart their progress along the map, moving it each time they come to a recognisable feature on the ground.

Take this excerpt from a recent November Classic race at Burley in the New Forest as an example...

My route plan to get CP14 to 15 is to take the path adjacent to 14 and follow it until I reach the path junction and clearing (see red arrow) before taking a bearing towards CP15 (Green arrow).

With an appropriately folded map, I will move my thumb along my route each time I get to a major feature. In this instance, Minor Path Junction Right, Path Crossing, Path junction Right, Clearing, Path, Veg Boundary, CP15.

That All seems moderately straightforward I hear you say, "but why? you utter."



Thumbing has two big benefits: it helps you not get lost, and speeds up your map reading. I'll explain...

When we orienteer we do not look at the map constantly as some times we are running or finding our way through tricky terrain. To make good progress we need to look at the map quickly and for short periods. Thumbing ensures we don't lose our place when we bring the map up to check our progress.

Next time you practice or take part in an event, try running both with and without thumbing and you'll see how much quicker your map reading becomes when thumbing and how you are more positive of your location on the map.

## A Word on Folding the Map

We can only successfully Thumb the map if it is suitably folded to allow us to reach. Most maps are A4 size, though some can be up to A3, so unless you have a 20cm long thumb, you are going to need to fold. Orienteers using thumb compasses may use its tip to mark progress; still, folding will be required.

Everyone seems to have their own folding preferences and, ultimately, you need to find a system that works for you. There are a few 'rules' however:

- Fold neatly - Map edges should run parallel with the Northing Lines of the map. This ensures compass work is accurate
- Ensure you can see at least the whole leg to your next CP
- Regularly refold the map so you can see (and start to plan) future legs
- Fold to a size that you can manage in one hand and can Thumb successfully
- Refold your map only when you know exactly where you are. It is possible to lose contact with the map if you've failed to thumb key features whilst concentrating on a re-fold. A good time to re-fold might be when following a line feature (e.g. path, river, veg boundary) as your route is simpler then.

Next Issue, **O is for Orientation...**

**Brendon Howe**

## LETTER FROM THE LAKES

**I**'m writing this in January, there is snow on the high fells but not enough to stop the Tuesday Run. (see last time). 35 of us braved the forecast of snow showers today. Jerry ran about 13km, I staggered round 4km still on crutches. Then a fine lunch in the Old Kings Head in the historic market town of Broughton in Furness. I am pretty sure I have been to the town in the dim distant past for a Lakes 5, it is delightful.

Jerry attended the LOC Club Championships on Sunday. There were three courses, Blue, Green and a Junior course. Everyone is given a handicapped start time within a 30 minute start window with the aim that everyone finishes at about the same time. Jerry was the 3rd starter on the Blue course; they've worked out that he's not fast over open Lake District fell! He was pleased not to

be not overtaken until about 2/3 of the way round. The winner is the first man and woman back on each course. It was noted that the winner of the Men's Blue course was the guy who set the handicap!! The event was free and included pie and chips afterwards. I didn't attend. I was not sure they would know how to handicap the crutches.

The Kent Night Cup will be well underway. LOC put on 5 Night Urban and 7 Night Terrain events. Our northerly sister club West Cumberland OC, put on 16 Night Series events and NWOA have a Night League of 6 events over the winter put on by 6 different clubs in the NW. So you can see lots of opportunity for Jerry to keep up his night O skills. I have told him about the Northern Night Champs in Ilkley on 16 Feb and he has bought himself a new torch. He does say however that's its significantly more difficult up here.

Our son Richard (some of you will remember him as a Saxons Junior) came to stay over Christmas. He's now living and working in Edinburgh and has joined Edinburgh South OC. He had a go at one of the two semi-permanent O courses put out for six weeks over Christmas in the Lake District. I've not see anything like it before so I asked Richard to write something for you.

We are planning to come to your Ashdown Forest event in March –see you all then.

**Rowan Purkis**

## **WINTER CHOC-O**

While I spent Christmas in the Lake District this year, I was made aware of two "semi-permanent" Long Orienteering Courses open for anyone. Semi-permanent in that the controls are put out for about 6 weeks.

Both courses shared the same format: You get given an OS grid reference of the first control and once you find that you will be given the grid reference of the second control and so on until you find the last control and the prizes. One course was set up the West Cumberland Orienteering Club on Clough Head that was advertised as 11km. I went along and tried the other course which was set up by the Northern Fell Runners in the Uldale Fells and advertised as 16km.

Being able to plot the next coordinate on a map is crucial to completing this challenge. For the WCOC challenge they provided specially modified orienteering maps to download. For the challenge I was doing however, all the website advertised was that all the controls are found on the OL4 OS Explorer Map. Since I didn't want to take that whole map with me, I printed off snippets covering the area of the Uldale Fells.

Parking was recommended at Longlands then, as explained, the first control was provided: Fence West Side 271352 so I identified the enclosure illustrated on the map snippet below and set off and found a stake providing the next grid reference without any difficulty.

All the controls had to be on features identifiable on the 1:25000 OS Maps; summits / enclosures / streams etc. These features were easy to identify on the ground however finding the stake was sometimes challenging.



Given the nature of the terrain, often the leg was quite long and incorporated route choice whether to go round a hill or over it. You may also have to plan how you would attack the control if it was hidden on a steep slope such as this one. Overall the legs were anywhere between 1/2km and 2km



As pictured the controls were on stakes wrapped with reflective tape so in theory you could have done this at night.

This provided good mountain marathon practice but there is no reason it must be exclusive to remote areas. With the right permissions there is no reason a similar format can't be used for a large area such as Ashdown Forest or Challock for example, and

with good promotion this can be another way to attract newcomers to the sport as well as providing a challenge for the more experienced runners. Don't forget this course was put on by a fell running club, not an orienteering club.

And for those of you wondering, it took me 2 hours 18 minutes to successfully find all 11 controls. At the last control there was a box of chocolates hidden under a rock as well as a log book to sign. Signing the log book is the only way they know how many people did the course. I covered 16km with 654m of elevation. I only had to get my phone out for two controls where the control was in a section where my map printing had not overlapped.

**Richard Purkis M21 – formerly Saxons- now ESOC ( Edinburgh South)**

*Answer to Question on p.11: A map.*

*Contributed by our President, Simon Greenwood*

# LETTER FROM YORKSHIRE

*Not to be outdone by his Cumbrian neighbours, former Saxon Bill Griffiths kindly gives us the view from the other side of the Pennines.*

**N**ow your esteemed SaxAlert editor asked me at (one of my rare visits to the deep south) the Brighton City Race last December if I would write this. So (thanks Graham) here goes.

Well its 14 years now since we left Hawkhurst and Saxons (after nearly 25 years as a member of SAX) and moved to Allerston in North Yorkshire. It was (with hindsight) partly a job move – I was redundant and the best job offer was in Malton. But it was also a move to a better life! Neither Pauline or I had ever hankered after a move to the Lake District or Peak District – like so many people we know. And although orienteering in North Yorkshire is nothing much to write home about, there seemed plenty of other benefits of living in the North York Moors.

Not just the forest and the moors mind you. But the villages in the Vale of Pickering and the Howardian Hills, When the job in Malton fizzled out in less than 2½ years we were still sold on the area and had no plans to move. Low costs – housing and everything else, amazingly friendly people, no hassle on the roads or anywhere else. I soon found another job to tie me over till retirement!

The orienteering was a definite disappointment. EBOR – the local Club was going nowhere and doing very little and my attempts to change that on the committee and as a volunteer organiser and planner were frustrating and unfruitful. Today, it's a Club that seems very focused on people and events in and close to the City of York (30 miles away from our home), it seems to work closely with runners (park runners), puts on lots of urban events and hardly any forest ones, does very little mapping or sports development, has few/no juniors and



"Typical North Yorkshire terrain"

(frankly) has little to offer the hardened traditional orienteer. Fortunately there are other Clubs around that put on excellent events (CLOK, AIRE and HALO for a start) – although they involve a bit of a journey on Sunday mornings. But hey – I was quite happy to drive up the A21 and along the M25 for orienteering around Guildford and Dorking on Sundays for over 25 years.

So I have settled into doing a lot of orienteering mapping. I am not interested in making money from it, I just enjoy doing it and am happy that it leads to happy

orienteers at Saturday or Sunday events.

I had a fascinating contrast recently – doing a map of the wonderfully complex and interesting Kings Hill (near West Malling) for Saxons and the equally large and interesting community of Eastfield in North Yorkshire. Eastfield is about 15 miles from Allerston and slightly smaller than King’s Hill, but the comparison doesn’t stop there. Eastfield is one of the largest council estates in North Yorkshire and both



King's Hill

depressed and a little downtrodden. Kings Hill is the opposite. You can buy a 3 bedroom semi in Eastfield for £75k – you’d be looking for £500k for the same in King’s Hill. The two photos attempt to show the comparison – not very well. But I am sure that both of them will support an excellent urban O-event. I will let you know if/when the Eastfield event happens – it’s not yet scheduled! Kings Hill is planned by SAX for early October.



Eastfield

It’s great to read (from afar) about SAX events. It’s great to read about events in familiar forest locations such as Blean, Knole Park and “An Enchanted Place” (being an old fogey, it will always be “500 Acre Wood” to me). But where are Lullingstone, Hargate Forest and Lesnes Abbey? I am sure they are wonderful places – it’s just I have never been to them! And what happened to Hastings Country Park, Bedgebury, Battle Great Wood, Brede High Wood and Darwell. (HCP and Darwell were two areas I was keen to develop when I lived in Hawkhurst – just never happened) I am sure the SAX committee are well aware and in control of all these terrains – but from so far away in Yorkshire I sometimes wonder!



I doubt whether we would ever move back to Kent. Nothing wrong with the county – it’s just that North Yorkshire is nicer. I promise that I’ll try to make the next letter from Yorkshire a bit more about orienteering!

**Bill Griffiths**

# EQUIPMENT REVIEW - GPS WATCHES

## Out with the Old - TomTom Multisport Runner

**A**fter four years' regular use my old TomTom Multisport GPS watch had been circling the drain for some time now. I'd been having a lot of trouble getting the watch to charge due to a problem with the charging cradle. The control button occasionally chose not to work in the rain, and a fall during the JK cracked the screen, so I made my mind up to search for a replacement.



I'd been pretty pleased with my TomTom. It seemed to keep pretty accurate GPS plots of my meanderings through the woods, the wrist-based heart rate monitor was effective and it was simple to use.

Unfortunately, battery life was woeful and getting worse over time; towards the end I was getting no more than 3 hours on a full charge. This was fine for a normal orienteering race, but was nowhere sufficient for OMM or Rogain events where day long battery life is a minimum requirement. Getting a GPS fix was also troublesome sometimes, particularly when in a geographically different area from a previous run.

In essence, I was looking for a replacement that took the best bits of the TomTom without the downsides.

After quite a bit of research, both online and speaking with friends, I opted to buy a Garmin Forerunner 935.

## Garmin Forerunner 935

### Upsides

One of the big drivers in my choice of the 935 was the battery life. It will operate in GPS tracking mode for up to 60 hours, and for over a fortnight in general watch and heart rate monitoring use. It will also track via GPS and GLONASS, making for more accurate tracking and faster 'fix time'.

I was also excited to try the dynamic running analysis captured via the additional RD Pod. This little gizmo clips to the back of your shorts and measures things like: ground contact time, vertical oscillation, stride length, and other gait analysis metrics in real time. Whilst this is not particularly useful for race environments, it is an invaluable training aid (particularly if you're a bit of an anorak!) and can help to improve running efficiency and pace.

The Forerunner 935 includes a built in barometer and altimeter. I've not tried the

altimeter in a race environment as this would be cheating, but I have found it a great training aid when practicing on-the-fly assessments of height gain or loss. (Incidentally, any GPS watch is great for distance assessment exercises during O training; give it a go)



The ability to customise the watch face, and design your own activity specific data screens is a useful feature. I've set up different data sets for Orienteering, Trail Running and Night O.

The Garmin website is a great resource and convenient location for the mass of data gathered. In addition to interrogating past runs, the website allows the creation of courses. These can then be downloaded to the watch. I've found this useful when running in an unfamiliar area; I will interrogate the website mapping system for suitable running routes and can create a custom route based on my running preferences. Once downloaded to the watch its a bit like having a SatNav on your wrist.

Strava users will love the ability to download segments to the watch. The 935 will then warn you of upcoming segments, navigate you along them and tell you how you're performing as you run.

## Downsides

The downside of all this customisability and plethora of data gathered is that the watch is more complicated to use. My TomTom took about 10 minutes to master. I'm still getting to grips with all the functionality of the Garmin after 3 months. That said, managing the basics took just a couple of minutes.

The 'Elephant in the Room' however is the price. At £400 its not a snip. Compared to the £100 price tag on a new TomTom Runner, it looks pretty excessive. In its defence it is very capable of pretty much any sport related requirement you throw at it, plus it delivers all of the functionality you might expect of a 'lifestyle' watch (such as the AppleWatch), with a direct Bluetooth link to your phone for Calendar, Calls, Messaging, Weather feeds, Music and many other 'widgets'.

## Conclusion

If you're looking for a watch to plot your orienteering race route and upload to Routegadget, then the Garmin Forerunner 935 is not the watch for you. There are much cheaper, simpler options on the market. The 935 offers so much more than this basic requirement, so if you're running, swimming, hiking, skiing or cycling outdoors and you are looking for a tool for navigation, motivation and metric collection/analysis, then this could be just the watch for you.

**POSITIVES - DOES EVERYTHING, GREAT BATTERY LIFE**

**NEGATIVES - VERY EXPENSIVE, COMPLICATED TO MASTER ALL THE FUNCTIONALITY**

**O SCORE - 3/5**

**Brendon Howe**

## **ORIENTEERING EVENTS ORGANISER— EVENT-O**

*Our very own Neil Bricknell has recently been slaving away over a hot computer to create something that many of us will find rather useful...*

**I** don't know about you, but since starting to travel around the country to bigger orienteering events, I've found it difficult to get the British Orienteering website to filter the events to ones I'm interested in. In addition, I have to regularly go back to the site and repeat the same searches.

So, as a software engineer, I decided to write an App for my iPhone that would download all the events in the British Orienteering database and display them in a diary format. What started as a simple program for my own personal use then started to grow into something I thought would be useful to others. With the change in target audience, from private app to something useful for the orienteering community, I set about adding more features:

- Filter local and regional level events by club and/or orienteering region.
- Calculate approximate mileage to the event (by road not as the crow flies).
- Provide links to BOF and Club websites for the event.
- Mark events as 'favourite' so they are highlighted on the main calendar.

With Event-O now complete and available, for **free**, on the Apple AppStore I have written this short tutorial on how to get the most out of it. Unfortunately, however it is only available for the iPhone.

### **Installation**

Each time you run Event-O the Calendar is displayed showing the current month with today's date highlighted. On the first run, after installation, you may well be



presented with a calendar with few or no events shown. Like this:

Not very interesting or useful!

The reason there is nothing shown, is because no regions or clubs have been selected to be of interest and there are no National, Major or International events in the remaining days of the month.

## Regions & Clubs

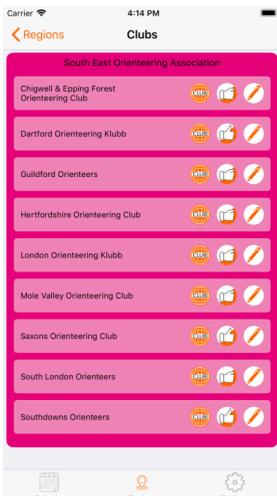
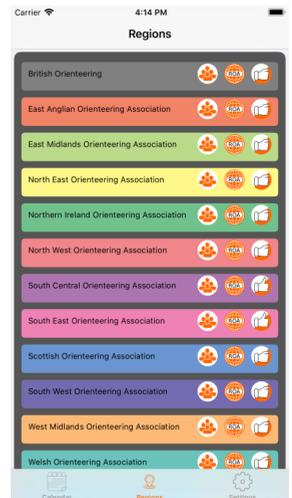
One of the main objectives of the app was to display Local and Regional events of interest along with all National, Major and International events. Filtering the Local and Regional events helps remove the clutter from the calendar.

Selecting the Regions tab, at the bottom of the display, will show the British orienteering regions.

Alongside each region are 3 buttons to:

- Display clubs with in region
- Link to the regional website
- Mark region as favourite

Marking a region as a favourite will cause any Regional events within that region to be displayed on the calendar.



The clubs button lists all the clubs within the region.

Against each club there are 3 buttons that:

- Link to the club website
- Mark club as favourite
- Edit club details (club name and website URL)

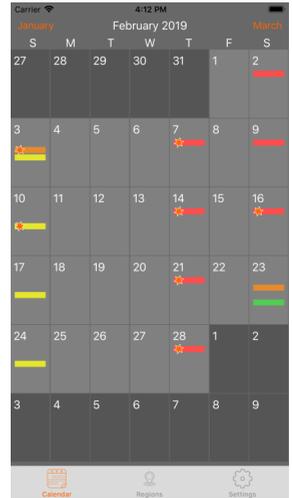
Marking a club as favourite will cause any Local or Regional events by that club to be displayed on the calendar.

# Calendar & Events

Once the Regions and Clubs of interest have been marked as favourite the calendar shows more useful information.

The calendar displays the different levels of events available on each day using the following colour code:

- Local – Red
- Regional – Orange
- National – Yellow
- Major – Green
- International - Blue



Local and Regional events are filtered using the regions and clubs marked of interest (favourite).

National, Major and International events are always shown.

A star on the coloured bar it means that an event has been marked as favourite.

To scroll through the calendar, you can either swipe left and right or click the month in the top left and right of the display.

Selecting a day with coloured bars shows the events on that day.

Local and regional events are filtered to the clubs and regions of interest.



National, Major and International events are always displayed.

Events are grouped by level, using the same colour scheme as the calendar.

Each event has 6 buttons:

- Link to event on BOF website
- Open Maps to display the approximate location
- Mark as favourite (display star on calendar)
- Add/remove event to iPhone calendar
- Link to event club website

- Recalculated approximate mileage

Mileage to an event is calculated using the road distance from the postcode entered on the Settings page to the event's postcode. This is only for use as a guide and should not be used for navigation. Please refer to the club website and the event details as postcodes are not particularly accurate.

Swiping left and right takes you to the next day with events, avoiding the need to go back to the calendar each time.

## On Holiday?

If at any point you want to see all the events happening across the country, i.e. when away on holiday, you can simply double tap the calendar to remove the local and regional filter. Double tapping again toggles back to filtering the events.

Likewise, when viewing the events of a particular day a double tap will temporarily remove the event filter.

### Neil Bricknell

*[Thanks for having a great idea Neil and pursuing it to produce something of genuine value to the orienteering community. We can also report that Neil will soon be making 'Droids happy as the app will shortly be available for Android smartphones too. NB: the screenshots may be clearer in the PDF version of SaxAlert—Ed.]*

# ONE PERSON ONE MAP PART 2— THE MONEY

*[Part 1 of Sean's article was published in the last issue. Here he concludes by explaining how the money side of the recent changes works—Ed.]*

**S**o we've established that most of the newcomers seem to be in groups, they need a map each and we're happy to charge groups a bit more than individuals (and feedback is that groups are quite happy to pay a bit more too). Seems straightforward enough.

Well, opening up the subject of fees at events lead to some other ideas at the most recent committee minutes. We had a long, long debate, but ultimately it was productive and came up with these principles.

- 1) To simplify things (for organisers and for publicity), the committee agreed

to remove the separate hire charge for dibbers, everyone gets a dibber if they need one, dibber hire is included in the price (since we know that most members have a dibber and most non-members don't).

- 2) We want to ensure that for individual runs, there is always a consistent differential of £2 between the non British Orienteering member fee and the member fee (so we can sell the simple message “join an orienteering club and save on entry fees”, and because we have received feedback that non-members are generally happy to pay a bit more).
- 3) Parent(s) shadowing juniors are not a group. The junior pays the single junior fee, and the parent shadowing should get an extra map for free and is not considered part of the competition. I've written a definition of shadowing for the website for the purposes of these fees, but it's basically where the adult is only there to help the child. Walking a 4 year round is shadowing even if the 4 year old only occasionally looks at the map and punches. As is jogging with a 7 year old side by side, as is hanging back 300 metres from a 10 year old almost ready to run independently.
- 4) To simplify things, we're not going to continue offering reduced fees for adults on yellow and orange courses.
- 5) Two or more juniors can't be in a group for group fees. Juniors can run in an all junior group but each must have a separate dibber and be registered separately. This is partly to get round the anomaly of a group fee being more than 2 X junior fees, and because (at least for the younger juniors) junior groups have a tendency not to stay together, so individual registration for juniors improves safety.
- 6) A group must have at least one adult, but can be any size. A group must have 1 dibber and one map per person.



Right, you 'orrible lot—you 'eard the man: one person, one map each—don't be greedy!

[Photo: Sean Cronin]

So (drumroll) here are the new fees agreed at the last committee meeting (non British Orienteering member fee in brackets).

- KNC: Adult £4 (£6), Junior £3 (£5), Group £10.
- KOL: Adult £5 (£7), Junior £3 (£5). Group £10.
- Regional/Sunday Series pre-entry: Adult £8 (£10), Junior £3 (£5). Groups can't pre enter.

- Sunday Series EOD: Adult £10 (£12), Junior £3 (£5), Group £15.

Sean Cronin

## LEAGUES

### South East League Results 2018-19:

Club Results (after Ashridge North, 24/02/19—7 events):

Position	Club	Match Points	Position Change
<b>Division 1: Total after 7 events</b>			
1	SO	43	
2	SLOW	39	
3	HH	36	
4	SN	27	
5	GO	19	
=6	MV	16	
=6	SAX	16	Up 1
<b>Division 2: Total after 7 events</b>			
1	DFOK	36	
2	LOK	30	Up 1
3	BAOC	28	Down 1
4	HAVOC	27	
=5	CHIG	13	
=5	RAFO	13	Up 1

#### Comments from Phil Gristwood, SEL Co-Ordinator:

A very good win for HH at their own event, and SO did exceptionally well far from home to get 2nd place and further increase their lead in the 1st Division.

LOK just managed to win in the 2nd Division bringing them up a place overall.

As usual at Ashridge running speeds and hence scores were very high with 55

people beating their target speed. The top 5 were:

Axel Blomquist	BAOC	M65	129.9
Sarah Brown	SLOW	W65	129.4
Peter Martin	SAX	M70	126.4
Janet Rosen	HH	W60	125.9
Sarah Howes	SAX	W60	123.7

**Top 20 Individual Saxons' Results for the League to date:**

<b>Age Class</b>	<b>Name</b>	<b>Position in Age Class</b>	<b>Best 5</b>
M16	Henry Taylor	3	197
	Matthew Taylor	5	193
M50	Neil Bricknell	3	350
	Simon Deeks	7	283
	Graham Denney	9	273
M55	Alan Hickling	12	286
	Mel Taylor	19	188
M60	Simon Greenwood	9	194
M65	Mark Glaisher	5	293
	Richard Whitaker	12	263
	David Kingdon	13	263
M70	John Van Rooyen	9	292
	Peter Martin	10	282
	Roger Pring	17	179
M80	Jeremy Oldershaw	1	398

M80 cont'd	Doug Deeks	2	299
W16	Ffion Bricknell	1	395
W40	Lisa Blair	7	99
W60	Sarah Howes	1	399
W70	Beryl Pring	2	200

### **Planned SE League Events 2018/19:**

There is now just one more event remaining in this year's SE League: Angmering Park West on 19th May.

### **Provisional SE League Events 2019/2020:**

<b>Date</b>	<b>Club</b>	<b>Location</b>
17/11/19	SN	tba
24/11/19	SLOW	Hankley Common (incl. SE Long Champs)
08/12/19	CHIG	Epping East (Middle Distance)
19/01/20	DFOK	Cobham & W Kent Downs
02/02/20	GO	Woolbeding
16/02/20	MV	Balcombe
01/03/20	HH	Egypt Woods (incl. Interland)
29/03/20	SAX	King's Wood Challock
17/05/20	SO	Friston (Sunny Sussex Weekend)

### **UK Orienteering League—2019 Schedule:**

<b>Date</b>	<b>Title and Format</b>	<b>Host</b>	<b>Venue</b>	<b>Location</b>
23/02/19	British Night Champion-	MAROC	Muir of Dinnet	Ballater
24/02/19	CompassSport Scottish Orienteering League 1	MAROC	Birsemore	Aboyne
09/03/19	Northern Champion-	SYO		Sheffield

<b>Date</b>	<b>Title and Format</b>	<b>Host</b>	<b>Venue</b>	<b>Location</b>
10/03/19	Northern Championships Weekend	SYO	Wharncliffe 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 Clee	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

<b>Date</b>	<b>Title and Format</b>	<b>Host</b>	<b>Venue</b>	<b>Location</b>
03/08/19	Scottish Six Days – Strathearn 2019 – Day 6	STAG	Grandtully	Grandtully
17/08/19	Race the Castles in Yorkshire	SYO	Mam Tor	Castleton
18/08/19	Race the Castles / EM League	LOG		Lincoln
14/09/19	British Sprint Champs	LEI		Loughborough Uni
15/09/19	British Middle Distance Champs	DVO		Chinley
02/11/19	Chichester City Race	SO		Chichester
03/11/19	November Classic	SOC	Castle Malwood	Southampton

There are no individual Saxons results for the 2019 UKOL League yet—only 2 events have taken place, both in Scotland, and no Saxons took part.

## **SAXONS OUT & ABOUT**

### **Saxons At Home**

#### **KNC 7—Perry Wood, Thursday 8th November**

Perry Wood was in fine form for KNC7 on 8th November. The clear, cool night was punctuated by the occasional howl of neighbouring dogs as 33 intrepid night O fans headed off into the woods. A mixture of easier and more difficult controls kept people on their toes, (or hands and knees in one incidence as Sean Cronin described scrabbling about on the floor under Rhododendron bushes trying to find CP101!).

A few competitors were undone by a tricky veg boundary spur combination (CP104) and a dry ditch that wouldn't stay still (CP98). Only a few people strayed off the map at CP96 into someone's back garden to be harangued by the homeowner. No one died, most people came back smiling.

#### **Brendon Howe**

The best performing Saxons were:

<b>KNC7</b>	<b>Name</b>	<b>Age Class</b>	<b>Position, out of how many?</b>
Score	Dave Pickup	M45	4/33
Score	Steve Waite	M65	7/33
Score	Simon Blanchflower	M60	9/33
Score	Sarah Howes	W55	10/33
Score	Mark Glaisher	M65	11/33
Score	Andrew Derrick	M45	13/33

### **KNC12—Angley Wood, Thursday 13th December**

This was the first of this season's KNC rounds where there was a winter chill in the air; the temperature was just above freezing. This didn't deter people from coming – 34 in total (some took part as pairs), and about half of them Saxons.

I was fortunate to have the maps and results from previous events there, and planned the course accordingly. With the max score being 15/20 I hadn't taken into account the difficulty of some of my control sites at night, and the slow going due to ongoing forestry works. These caused the tracks to be rather muddy, and resulted in windblow where cleared areas exposed weaker trees at the margin.

Thanks to the farmer we were fortunate to have use of parking at the western side of the wood – I think it made a nice change to have the start there.

#### **Mark Glaisher**

The best performing Saxons were:

<b>KNC12</b>	<b>Name</b>	<b>Age Class</b>	<b>Position, out of how many?</b>
Score	Brendon Howe	M45	2/32
Score	Simon Blanchflower	M60	3/32
Score	Alison Howe	W45	7/32

### **KNC13—Ightham, Thursday 20th December**

Using the wooded area owned by National Trust either side of quiet lane for such a variation of ages, technical skills and physical ability was in our minds when we approached this event fully knowing that with Christmas a few days

away spirits and numbers attending could be high as schools had finished for the holiday so more younger people might also enter. 41 competitors set out plus one bravely testing out his knee, after recent surgery.

Dumb-bells, we decided, was the solution, but for some these might also be the problem unless they were of great variation in length. One of them was as long as the area would allow, just a fraction under a kilometre and then the next two longest were not too far behind. Additionally the long ascent from the lane towards the east was another handicapping element, but all part and parcel of the energetic evening,

It is always good to see, at the start of score event, competitors setting off in all directions and in this case five first controls encouraged this situation, although 96 and 98 were the most popular. The longest dumb bell was selected by just one challenger to start with. “Get that one out of the way and it’s downhill all the way after that” might have been the strategy here!

The Crown Point Pub proved to be a good venue for the post-race prize giving and Secret Santa and that rounded off a lovely evening. Thank you to everybody who helped us on the evening and prior to the event and of course to all those happy runners on the night.

### **Tony and Heather**

The best performing Saxons were:

<b>KNC13</b>	<b>Name</b>	<b>Age Class</b>	<b>Position, out of how many?</b>
Score	David Thomas	M21	4/41
Score	Alison Howe	W45	9/41

### **New Year’s Day Score Event—Trottscliffe Country Park, Tuesday 1st January**

Weather—dry mild day.

29 Saxons entered. Thanks to all volunteers and to Brendon for coaching all the newcomers at the start.

Great turnout from newcomers to the sport. Sorry for the big queue at the start, something I had not expected. Positive feedback from runners and walkers.

### **Bohdan Rainczuk**

The best performing Saxons were:

<b>NYD Score</b>	<b>Name</b>	<b>Age Class</b>	<b>Position, out of how many?</b>
45 min	Anne Poole & Mandy Lewis	W50	3/47
	Steve Waite	M70	5/47
	Claire Smith	W21	8/47
	Holly Howe	W10	11/47
	Adam Fulcher	M55	23/47
	Lisa Fulcher	W45	25/47
60 min	Brendon Howe	M50	3/53
	Simon Evans	M35	8/53
	Samuel Fuller	M21	9/53
	Paul Bowen	M55	13/53
	Dave Pickup	M45	14/53
	Joanne Hickling	W50	15/53
	Ffion Bricknell	W16	16/53
	Keith Fuller	M50	18/53

### **KNC15—Milton Creek Country Park, Thursday 10th January**

A nice mix of parkland and urban for this round, and the first use of Simon Blanchflower's new map, which drew praise from everyone. Thanks, Graham (Thomas) for Organising & Planning, and Simon for the map and post-event results processing.

#### **Mark Glaisher (Planner/Organiser: Graham Thomas)**

The best performing Saxons were:

<b>KNC15</b>	<b>Name</b>	<b>Age Class</b>	<b>Position, out of how many?</b>
Score	Alison Howe	W45	2/31
Score	Brendon Howe	M50	3/31
Score	Dave Pickup	M45	6/31
Score	Simon Blanchflower	M65	7/31

Score	Andrew Derrick	M45	8/31
Score	Alan Hickling	M55	9/31
Score	Sarah Howes	W60	12/31

### KNC18—Hemsted, Thursday 31st January

19 hardy souls braved the freezing conditions for a challenge set by Tom Dobra (BOK). The controls were placed in most niceish bits of forest available to ensure everyone wasn't running on muddy, partially frozen tracks all evening. Brendon Howe achieved 14 controls, but was a minute late back, although he still retained the win outright. Thank you to the small army of control collectors, not all of whom were used in the end, who ensured we cleared away fast and were toasty and warm in the pub just before the heavy snow arrived. In all, about 13 people made it to the pub, which has to be a record proportion for a mid-term KNC.



Due to the snow, KNC18 had an unconventional start...

### Tom Dobra

The best performing Saxons were:

KNC18	Name	Age Class	Position, out of how many?
Score	Brendon Howe	M50	1/19
Score	Mark Glaisher	M65	4/19
Score	Alan Hickling	M55	5/19
Score	Alison Howe	W45	7/19
Score	Steve Waite	M70	8/19
Score	Andrew Derrick	M45	9/19
Score	Sarah Howes	W60	10/19

### Saxons Regional Event—King's Wood Challock, Sunday 3rd February

The weather gods were very kind and served up an excellent sunny, cold day to show King's Wood at its finest. There was still snow and ice in some sheltered

areas. This proved tricky for a couple of competitors including Andrew Derrek who managed to gash his hand doing a superfluous cartwheel whilst out on the Brown course. Being tough, he refused any first aid.

We had about 130 competitors of which 50 or so were non members. This caused a little confusion at the start, which was 900m away from Registration. Splitting the start around a 90 degree bend added further confusion. Throw in a few howling CaniX dogs to the mix and things took on pandemonic proportions which took some time to settle. Well done to everyone who helped manage the start!

Due to a double booking by The Forestry Commission, the local dog rescue team was also in the woods training its dogs to find the injured and lost. Helpfully, they had chosen a part of the woods that clashed with the longer courses; despite Richard Field's (Planner) best efforts they were not to be persuaded to move elsewhere. Despite the clash, I believe that neither group was inconvenienced by the other. Luckily they were not called upon to find any missing orienteers, not even the novice M12 who insisted on doing the Blue, despite Ken Fox's best efforts to dissuade him, taking 70 minutes without finding a single control apart from the finish. Hopefully, he will be back with his family and will be persuaded to work up through the colours.

At course close it was time for Mark Glaisher, Fiona Wilson, Mike Solomon, Nick Betts and myself to trawl the woods to collect the controls (including the Finish control that a Poodle had pee'd on (See Sean Cronin's Facebook pictures)) before Simon Blanchflower undertook a bit of control admin by checking battery levels ahead of the upcoming Compass Sport Cup event on 17th March.

A quick check of Alison's 'resource plan' showed 16 helpers on duty that day; in addition, there were quite few other ad-hoc helpers stepping in where they saw something could be done. Thank you all. Without your help it would be impossible for events to run smoothly, if at all.

For any of you that've not helped at an event before, why not give it a try? You never know, you might enjoy it! The CSC on the 17th March is a perfect opportunity as this major event, which Saxons is organising, will need plenty of helpers.

## **Brendon Howe**

The best performing Saxons were:

<b>Saxons Regional King's Wood</b>	<b>Name</b>	<b>Age Class</b>	<b>Position, out of how many?</b>
Brown	Brendon Howe	M50	5th
Blue	Simon Blanchflower	M60	8th
Green	Alison Howe	W45	1st
Lt Green	Austin Howe	M14	2nd
Orange	Ben Cronin	M14	3rd
Yellow	William Prior	M10	2nd

### **KNC19—Blean, Thursday 7th February**

This was the first time that we have approached the Blean wood from the east side using road-side parking. This allowed for a start by the stream in the very best part of the wood where 35 people set off having been warned that, due to forestry clearance, parts of the area had changed since their last visit. Heavy rain over the previous night made the woods quite wet but it was a lovely clear, dry night. Everyone got at least a few controls and nobody got them all though Tom Dobra (BOK) managed all but one. A few newcomers struggled with the time limit but eventually all were safely gathered in before we departed for the pub

### **Simon Blanchflower**

The best performing Saxons were:

<b>KNC19</b>	<b>Name</b>	<b>Age Class</b>	<b>Position, out of how many?</b>
Score	Alan Hickling	M55	2/29
Score	Alison Howe	W45	5/29
Score	Andrew Derrick	M45	6/29
Score	Mark Glaisher	M65	9/29
Score	Steve Waite	M70	10/29
Score	Samantha Prior	W40	11/29
Score	Ffion Bricknell	W16	12/29

## **KOL6—Beacon Wood, Saturday 16th February**

As one travels towards London on the A2 there comes a point where one can turn right to the exciting shopping centre at Bluewater or left to Beacon Wood Country Park which is a fairly new park on an old site.

During the time of Elizabeth I this area was a high rounded hill which was the site for a warning beacon. Later the area was covered with orchards but in the 20thC the underlying clay was excavated, turned into slurry and pumped along a 3km pipeline to the coast near Greenhithe. The excavations caused pits, depressions, ridges and lakes which made this small area of 70 acres suitable for interesting orienteering courses.

37 Saxons turned off the A2 away from Bluewater to find the historic park now managed by local dedicated volunteers who were busy reinstating litter bins on the day of the KOL. Thanks to DFOK for the four courses that criss-crossed the area visiting nearly every possible swamp and pit.

### **Heather Brown**

The best performing Saxons were:

<b>KOL Beacon Wood</b>	<b>Name</b>	<b>Age Class</b>	<b>Position, out of how many?</b>
Blue	Dave Pickup	M45	2/19
	Ffion Bricknell	W16	6/19
Lt Green	Bohdan Rainczuk	M55	2/25
	Beryl Pring	W70	11/25
Orange	Ben Cronin	M14	3/14
	Nicky Bedford	W55	8/14
Yellow	Kasie Chapman	W11	2/19

## **KNC22 - Tunbridge Wells Common, Thursday 28th February**

Tunbridge Wells Common was remapped in the Autumn by Peel Land Surveys in Sprint format, and this was the first use of the new map. The area is quite small (fits on A4 at 1:5000), with fast going. At the initial planning stage consideration was given to including another nearby Common or the town itself – another time, perhaps?

The format adopted (10 control Score – 90s & 100s – printed on one side, 10 control Line - with the option to miss controls out - on the other) meant that only a couple of people managed to get all the controls. Checking the Results it was good to find people had understood the Rules! There were 4 ways to start: Score 90s, Score 100s, Line Clockwise and Line ACW, and it was nice to see there was no clear favourite. Planner & Organiser Graham Denney was busy abroad, just ahead of the event, so I took over at the final stages and on the day.

### **Mark Glaisher**

The best performing Saxons were:

<b>KNC22</b>	<b>Name</b>	<b>Age Class</b>	<b>Position, out of how many?</b>
Score	Brendon Howe	M50	2/30
Score	Sam Prior	W40	9/30 & first Lady
Score	Josh Davis	M18	20/30 & first Junior

### **KNC24—Rochester, Thursday 14th March**

The weather stayed dry for the event and we had a few newcomer groups. I was rushed off my feet so thanks to Mark Glaisher for helping with registration. Hopefully everybody enjoyed their run on a new area. Shame that one of the locals decided to vandalise a control, which affected some runners.

### **Bohdan Rainczuk**

The best performing Saxons were:

<b>KNC24</b>	<b>Name</b>	<b>Age Class</b>	<b>Position, out of how many?</b>
Score	Brendon Howe	M50	1/35
Score	Alison Howe	W45	2/35 & first Lady
Score	Ffion Bricknell	W16	25/35 & first Junior

## **Saxons Further Afield**

### **SE League—Chelwood, 13th January**

30 Saxons travelled to the Ashdown Forest at Chelwood Vachery for the first SE League event of 2019. The weather was kind for a January day and although a bit muddy to the start the event area was quite dry and runnable.

There were quite a few top ten finishers, notably Harry Pickin 1st on Yellow with his brother coming in a short way behind in 5th. Ffion Bricknell 4th on Green, Henry Taylor 8th on Blue and Doug Deeks 2nd on Short Green. Three of us apparently beat our target speed for our age groups – Sarah Howes, Peter Martin and Beryl Pring (personally scoring her highest ever ranking points). As a club we got 1620 points and came 4th in Div 1, beating Guildford, Mole Valley and Southern Navigators to move us up above Mole Valley to 6th place overall after 4 events.

Check out the SEOA website to find out when and where the next SE League events are and try and come along.

## **Beryl Pring**

### **BAOC Hankley Common—23rd January**

It must be four or five years since I last went to a Wednesday BAOB event and after today's event at Hankley Common I wonder why I have left it so long before repeating the experience. Mark Glaisher acts as a co-ordinator to arrange shared transport so that Saxon members lucky enough not to go to work every day can travel together to the Army areas off the A3.

On January 23rd nine Saxons went to Hankley Common to run one of the five courses on offer. None of us did the Brown course but Mark G, Graham D, Sarah and Richard Whitaker did the Blue course (7km) while Jean, Beryl, David K, Roger and Heather took part in the Lt Green course (5km).

It was a lovely cold day so our feet broke the ice on the puddles with freezing water brushing off the bracken and gorse. The sandy soil slipped beneath our feet as we climbed up the steep slopes and branches whipped us as we ran through the pine forests; typical orienteering experiences. We passed a heavy concrete wall, tank defences and a tented camping area; not typical in our woods in Kent. It was all good fun.

Why not ask Mark Glaisher to put you on the mailing list and join the regulars on a mid-week run.

## **Heather Brown**

### **SE League—Headley Heath, 10th February**

The weather forecast for the South East League event at Headley Heath (High Ashurst) wasn't great as rain had been forecast for most of the day. Having headed off to the kit drop with an array of running tops and waterproofs I was pleased to see most of it wasn't needed. The rain had abated so we were able to dump our waterproofs and Saxons jackets.

It was quite a walk to the start, along forest tracks which were now quite muddy from the earlier competitors. My start time was 11:41, dad's was slightly earlier at 11:29.

Today, there were 3 other girls from the South East Junior Squad I would be competing against. I would need to run hard and maintain focus as against these girls any small mistakes would be costly. It could be anyone's race, but I expected Scarlet would win.

From the initial taped route to the start flag, I tried to orientate myself and took the path to the left. However, when I hit the ride I, for some reason, turned right. Realising my mistake, I quickly turned around and headed north until I found the gully and depression on the right. Following the gully to the control on the vegetation boundary.

Number 2 was not far away, running along the path I managed to drop into the control at the right point. Although the vegetation on the map was slow run, it looked like there was a way through, so rather than using the paths I took a more direct line picking up the path to number 3.

The route to number 4 was more obvious, down the path, left towards the distinctive tree and to the depression straight ahead at the bend.

Controls 5 and 6 were relatively quick finds. However, 6 to 7 to 8 were a maze of paths and gorse bushes which I was fortunately able to navigate through quickly. The route to 9 was short and straight forward.

Heading off for number 10 I saw my dad in front and was determined to get to it before him. The route from path junction was either through the Vegetation Slow Run or slight further using the path. Dad had decided to use the path, he doesn't like vegetation, so I took the direct route. My route proved to be the better choice with us reaching the control a practically the same time.

At this point I left dad behind, picking up the final 3 control with ease. The first part of the course had been relatively flat, but these final controls were spread across 2 large re-entrants with a climb to the finish, with dad coming in about 5 minutes after me.

I thought the course was good, a selection of short and longer legs using many ground features, sometimes with paths or other route choices.

I was pleased to achieve 2nd place overall. As predicted Scarlet won. Congratulations!

**Ffion Bricknell**

# Saxons Abroaaaad!

## Interland Cup 2019

The Interland Cup is England's only international competition outside the British Isles. England competes against 4 other teams from Netherlands, France and 2 from Belgium.

I was very surprised one Saturday morning when Dad asked me if I wanted to compete in the Interland Cup as I hadn't run in enough of the selection races. Earlier in the year we (me, Mum and Dad) had discussed if I wanted to do the selection races, but I had decided that as, at the time, I was only a W14 I wouldn't be competitive against the older girls running the longer W16 courses, added to which some of the races were a considerable distance away.



In the end I ran 2 of the required 3 from 5 races: the November Classic and the CHIG Mitre SE League Event, in both of which I came 3rd in the W16 class.

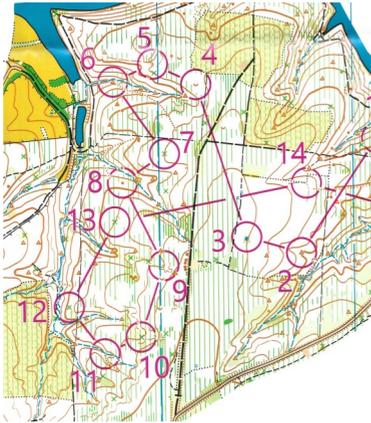
It turned out that 2 of the girls that had been selected in the W16 class had dropped out as they preferred to run the in Northern Championships, a British section race, which was taking part on the same day as Interland.

Personally, I was hoping to do the section races for the Deeside camp this year, but this is looking less likely as I didn't attend the Northern Champs due to Interland selection and the Southern Champs has been cancelled. That just leaves 2 days of the JK in April and the British Long Distance race at the start of May. Still, I always have next year!

Attending Interland isn't free, however. Each participant is required to make a contribution to the cost of attending. I am therefore extremely grateful to Saxons to their generous contribution and the grant received from the South East Orienteering Association.

The Interland Cup race took place on Sunday 10th March in the foothills of the Ardennes in Saint-Michel forest on the Belgian border, approximately 150 miles from Calais. To get there we would traveling by coach, fortunately for Dad I was to be picked up early (7:30am) on the Saturday from the hotel just off the M26 near Wrotham, a 20 minute journey from home.

Waiting at the hotel for the coach to arrive I was quite tired. Having double and triple checked that I had my passport, at Dad's insistence; I boarded the coach



with the others. Most of the other competitors were already aboard including other girls I know from SEJS.

We travelled down to Folkestone to take the Channel Tunnel to France and then on through to Val Joly for a local 'training' event. On the way we stopped at the small town of Mauberge. A few of the girls and I decided to walk into the town, however soon realised we didn't know the way. A great start for a team of orienteers.

When the coach arrived at Val Joly I changed into my orienteering shoes and organised the rest of my kit before heading down to registration to get my race number. I must say I will not complain at the porta-loos we have at events in Great Britain. Here they were literally wooden boxes with a hole cut in the top and a plastic bag beneath, with a bucket of sawdust and a cup to sprinkle over the unmentionable when you were done.

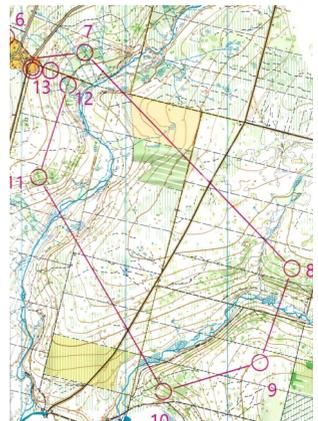
The race went ok, I didn't push too hard as I wanted to save energy for the main event tomorrow. The terrain was not too dissimilar to what I'm used to in England, though I did find differences in their mapping. At one point I was expecting to see a vegetation boundary marked on the map where the trees changed, but it was marked.

I completed the course in 44 minutes but unfortunately my SIAC didn't register at one of the controls so I was disqualified. At least it happened on the training race and not at tomorrow's event.

The accommodation for the night was not far away at an adventure centre in Val Joly. My room slept 4, me and 3 other of the England W17 girls. We headed down to dinner, where we confused the starter, which looked like spaghetti hoops (Mum and Dad think it was minestrone soup) for the main meal. We weren't expecting a full 3 course meal. The main course was spaghetti bolognaise with a dessert of apple pie.

Some of the girls went to the sprint night event, whilst me and another girl had decided to rest and cheer the others through the run in. Time for some sleep...

The following morning a jog around the



accommodation had been organised, starting at 6am. I elected to stay in bed until it was time for breakfast at 7am. Breakfast was a selection of breads and cereal with orange juice.

The coach headed off at about 8am to the main event! I headed to the start ready for my start time of 9:47am. The start was the usual 4-minute call up. Unfortunately, I was directed to the wrong control descriptor, though I didn't know it at the time.

Heading off for the first control, I followed the path and then the contours into the control. Getting to the control I cross-checked the number with my control descriptor. They didn't match! It was quite obvious to me I was in the correct place. Double checking the control descriptor again, I then realised that I had picked up the M17 version. Fortunately, the descriptions were also printed on the map so was able to continue, though had lost precious time.

Some of the legs were very long. Straight line distances for the longest legs: 3-4 was approximately 1.6K, 7-8 was 1.5k and 10-11 1.2k. Added to which there were several river crossings. Not streams that could be easily jumped across, like at Blean, but rivers that need to be waded across, with the water coming above the knee at times. I think I did 6 river crossings in total.

The expected winning time for the 7.5k course had been 45 minutes, I completed the course in 1 hour 36 minutes. The winning time turned out slower than expected at 1 hour 12 minutes. Overall, I thought my navigation and route choice was fine, I was just lacking in overall speed over this distance. In the end I ended up running over 10k, something I'm not yet used to.

After all the competitors had finished we waited for the results to be calculated...

In the end England won, with the England Junior squad coming second missing first place by 1 point.

Overall a great experience in some foreign land, even though it was similar to the races I'm used to, except for the river crossings. I hope to qualify again next year.

**Ffion Bricknell**



## Mediterranean Open Championships—Malta

An advert and listing in CompassSport showed a Mediterranean Open Championship taking place over three days in Malta so a holiday was booked and I entered as a new M70.



[Photos: top and middle—  
Peter Martin; bottom—  
CompassSport Magazine]

Malta comprises three islands with a combined area of less than a tenth of Kent and much more sunshine, attracting about 300 people from elites to people even older than me for the event. The courses were sprint/middle length on A4 maps. Stage 1 was at Buskett Gardens close to the south coast. From the Start lane it appeared to be a dense and jungle-like valley but on starting proved a mix of ornamental gardens, orange groves, fields and patches of wood with - as I found to my cost - uncrossable stone walls everywhere. After the first three controls I started thinking I had got the hang of it, checking the thick black lines carefully before selecting a route, much like on an urban course. Nevertheless I messed up on consecutive legs in the middle of the course, running at least a wall-bound 'k' extra before feeling wound up and finishing fast.

Stages 2 and 3, on the following days, were in adjacent areas in the Three Cities just across the Grand Harbour from Valletta. Steep hills, stepped alleys, stone arches and hidden corners demanded careful navigation and after a smooth run on the Saturday I lost it on the Sunday by taking a wrong turning and then taking a couple of minutes running confused around cobbled alleys.

For some reason the Stage 1 results were excluded from the overall title results so I ended up disappointed with a silver medal; but my prize for Stage 2 was an excellent bottle of wine.

This Park World Tour event was expensive but great fun, the newly created maps could spur future events and it was certainly interesting watching the elite winners being presented with €750 prizes!

**Peter Martin**

# Saxons Alternate Rankings

## Club Rankings Summary: End of Year 2018

Pos	Prev Pos	Name	Age class	Top-12	Runs
1	(1)	Peter Martin	M65	1200	25
2	(3)	Alison Howe	W45	1173	22
3	(2)	Sarah Howes	W55	1163	21
4	(4)	Mark Glaisher	M65	1161	24
5	(6)	Alan Hickling	M50	1149	34
6	(5)	Beryl Pring	W70	1138	31
7	(7)	Jeremy Oldershaw	M80	1119	27
8	(8)	Brendon Howe	M45	1096	22
9	(9)	Simon Greenwood	M60	1071	31
10	(10)	Simon Blanchflower	M60	1024	15
11	(11)	Dave Pickup	M45	1020	16
12	(19)	Jean Fitzgerald	W65	945	13
13	(12)	Doug Deeks	M80	936	16
14	(13)	Ffion Bricknell	W14	930	17
15	(14)	David Kingdon	M65	928	18
16	(17)	Simon Deeks	M45	910	16
17	(15)	John Van Rooyen	M65	877	10
18	(16)	Bohdan Rainczuk	M55	855	13
19	(20)	Graham Denney	M45	823	31
20	(21)	Roger Pring	M70	806	27

*[Thanks as ever to the Harry Potter of orienteering statistics, Alan Hickling, for conjuring up the club summary—Ed.]*

# CLUB COMMITTEE & OFFICERS

## WHO DOES WHAT Contact List

		e-mail «@saxons-oc.org»
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
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	

### **Credits:**

**Cover photo:** Andrew Derrick in action at King's Wood, taken by Sean Cronin.

**Other photo credits:** Charlie Pickin, Sean Cronin, Beryl Pring, Peter Martin, CompassSport Magazine, Neil Bricknell, Rowan Purkis, Richard Purkis, Karen Ransley, Bill Griffiths.

**Thanks to contributors to this issue:** Simon Blanchflower, Ffion Bricknell, Neil Bricknell, Heather Brown, Tony Connellan, Sean Cronin, Tom Dobra, Jean Fitzgerald, Mark Glaisher, Bill Griffiths, Brendon Howe, Peter Martin, Charlie Pickin, Beryl Pring, Sam Prior, Rowan Purkis, Richard Purkis, Bohdan Rainczuk & Karen Ransley. Apologies to anybody inadvertently missed off this list.



A pleasant mid-POC distraction: Harry and Jasper Pickin (and Pepper the dog!) at Bedgebury. [Photo: Charlie Pickin]



SE Individual League winners 2018—Beryl Pring & Jeremy Oldershaw [Photo: Beryl Pring]



KNC start—somewhere...anybody recognise the event?



Ben Cronin in action at the Darent Country Park KOL, 1st Feb. [Photo: Sean Cronin]



KNC10 High Brooms—the torrential rain stopped just in time! [Photo: Sean Cronin]

**SAXALERT is the official journal of Saxons Orienteering Club.**

**Views and opinions expressed in SAXALERT are those of the individual contributors and do not necessarily reflect the views of the editors, the club committee or Saxons Orienteering Club.**