



# SAXALERT

# SAX NOTICES

## **Annual General Meeting**

The AGM will be held in November. New committee members are always welcomed. The committee meets 6 times a year, usually on a Friday.

## **Orienteering Foundation Coaching Day**

The Orienteering Foundation will be holding a Lakes Coaching Day at Haverthwaite Heights on Saturday 23 November 2019.

## **Compass Sport Cup Final**

Your club needs you!

Saxons made it to the final this year, which takes place on Sunday 20 October at Pippingford Park. The more members, particularly juniors, that take part the better our chances.

# EDITORIAL

So, the generation of the award-winning Saxon's magazine has fallen into my lap; at least for this addition and hopefully for many more.

As memories of last season's orienteering fades and summer orienteering events finish its time to start looking forward. The new season is just about to start locally with KOL and KNC competitions and our diary is quickly filling with events for the year.

Looking at the Saxon's website news page it's great to see how far and wide members are willing to travel for their orienteering fix. Not only around the UK but also further afield to Malta and Latvia.

The magazine, however, is only as good as you make it. It is made interesting from the variety of articles received from the members sharing their experiences. So please keep those articles coming.

Also, remember to email me with your achievements too, so you can get a mention in the Congratulations page.

Neil

# CONGRATULATIONS

## **Mediterranean Open Championships – Malta**

Peter Martin (M70) Silver

## **SE Relays**

Hurricanes (Alan Hickling, Brendon Howe, Austin Howe) Silver

Tornadoes (Alison Howe, Sarah Howes, Ffion Bricknell) Bronze

## **SO Sunny Sussex Weekend**

Beryl Pring (W65-75) Gold

Jeremy Oldershaw (M80+) Gold

Ffion Bricknell (W16) Silver

Thomas Bates (M10) Bronze

Doug Deeks (M80+) Bronze

## **Springtime in Shropshire (3 days of orienteering)**

Ffion Bricknell (W16) (4th, 6th, 3rd) Silver

Alison Howe (W45) (5th, 7th, 1st) Silver

## **SE Sprints**

Sarah Howes Gold

Ffion Bricknell Gold

Jeremy Oldershaw Silver

## **Coventry O Weekend**

Ffion Bricknell (Sprint) Bronze

Ffion Bricknell (Urban) Silver

# BRITISH ORIENTEERING PERFORMANCE AWARDS

<b>Anne Poole</b>	Racing Challenge: Silver Award *****	12/05/2019
	Racing Challenge: Bronze Award *****	12/05/2019
<b>Austin Howe</b>	Racing Challenge: Gold Award *****	12/05/2019
	Racing Challenge: Silver Award *****	12/05/2019
<b>Brian Henry</b>	Racing Challenge: Bronze Award *****	14/07/2019
	Navigation Challenge *****	14/07/2019
<b>Eglantine Betts</b>	Racing Challenge: Bronze Award *****	19/03/2019
<b>Gaby Roch</b>	Racing Challenge: Silver Award *****	20/05/2019
<b>Henry Taylor</b>	Racing Challenge: Gold Award *****	14/07/2019
	Racing Challenge: Silver Award *****	14/07/2019
	Racing Challenge: Bronze Award *****	14/07/2019
<b>Karen Ransley</b>	Navigation Challenge *****	30/04/2019
	Navigation Challenge *****	14/07/2019
<b>Marion Bond</b>	Racing Challenge: Silver Award *****	20/05/2019
<b>Matthew Taylor</b>	Racing Challenge: Gold Award *****	14/07/2019
	Racing Challenge: Silver Award *****	14/07/2019
	Racing Challenge: Bronze Award *****	14/07/2019
<b>Peter Martin</b>	Racing Challenge: Silver Award *****	12/05/2019
	Racing Challenge: Bronze Award *****	12/05/2019
	Navigation Challenge *****	12/05/2019
<b>Sarah Reith</b>	Navigation Challenge *****	11/06/2019
<b>Thomas Bates</b>	Racing Challenge: Gold Award **	20/05/2019
	Racing Challenge: Silver Award **	20/05/2019
	Racing Challenge: Bronze Award **	20/05/2019
	Navigation Challenge **	20/05/2019

## CHAIRMAN'S CHAT

Well summer's over and we've had the last of our Summer Series events. Now it's the new season, so after your 'rest' its time to get back to the serious business of orienteering. By the time you read this our first major event of this season will have been and gone. This is the Peter Palmer Junior Relays on 8 September. For those of you without juniors this event probably didn't feature in your consciousness apart from possibly saying 'what's that'. Well 'that' is a relay competition for juniors of 12 and over. The major competition starts at 05.00 in the dark and there are six legs, so the later and possibly younger juniors get to run in daylight. The 'daybreak' event is a separate competition starting at around 6.30 with 4 legs and all run in daylight. Legs are planned to be suitable for all above yellow standard. The juniors all get to stay together overnight to add to the atmosphere. This is a great opportunity for juniors to get something of the feel that seniors get with the Harvester relays (and if you don't know what they are it will be something for a future feature!). Twelve clubs are taking part in the competition including Saxons so we should be able to get a write up for the next SaxAlert from one of the competitors.

The nights are drawing in so the first KNC (Kent Night Cup) event will be on 26 September at Haysden. Get your headtorches ready. If you haven't been to a night event do come and try it. The events are 60 min score courses so if you can't find a control just move on to the next one. You do need a decent headtorch though. After the run there is a social pub visit either for food or just a drink.

The first KOL event (Kent Orienteering League) is on Saturday 5 October, hosted by DFOK at Shorne, followed by our National Urban event at King's Hill, West Malling. Graham Dennehy is organising this one, so if you could help please get in touch with him.

On Sunday 20 October the final of the CompassSport Cup will be held at Pipingford Park, organised by MV. Saxons have qualified to take part in this event (only the second time in history) so do put this date in your diary and let Brendon Howe know that you are available.

Our first Regional Sunday event is on 10 November at one of our most interesting areas, Eridge Old Park near Tunbridge Wells. Also in November, it's time for Saxons AGM. This year the event will be held on Saturday 30th in the conference room at Trosley Country Park (adjacent to the café and loos). Further details will be available closer to the time but please put this date in your diary and come and support your club. After the business meeting there will be some form of novelty event and a free buffet.

Finally, don't forget if you've orienteered somewhere interesting/done really well/done something really silly do think about writing something for Saxalert, and if you have images also consider adding a new item to the website. Website offers to me please.

Jean

# FUTURE EVENTS

If you want to receive a weekly e-mail of orienteering events coming up, you can subscribe at [oevents.info](http://oevents.info)

I have downloaded the list of SEOA event by local clubs up until the end of the year from the British Orienteering events diary. It was correct at the time of download, please check the BO or club websites for details. Alternatively, you can download the Event-O app (iPhone and Android) to get live data on all orienteering events registered with BO.

Date	Event	Location	Club	
08/09/19	Peter Palmer Junior Team Relays	Hindleap Warren	SAX	N
20/09/19	LOK City of London Race Friday	Kings Cross	LOK	R
22/09/19	DFOK City of London Race 3	Greenwich	DFOK	R
26/09/19	KNC1	Haysden CP	SAX	L
05/10/19	DFOK KOL 1	Shorne Country Park	DFOK	L
06/10/19	SAX Urban event	Kings Hill West Malling	SAX	N
10/10/19	KNC 3	Faversham Streets	SAX	L
12/10/19	KOL 2	Tunbridge Wells Common	SAX	L
13/10/19	SO R event	Rewell	SO	R
17/10/19	KNC 4	Hargate	SAX	L
20/10/19	CompassSport Cup Final	Pippingford Park	MV	M
24/10/19	KNC 5	Mote Park & Maidstone South	SAX	L
27/10/19	GO Autumn Amble	Chobham Common	GO	R
02/11/19	Chichester City Race (UKOL)	Chichester	SO	N
10/11/19	SAX R	Eridge	SAX	R
14/11/19	KNC 8	Seal Chart	SAX	L
16/11/19	DFOK KOL 3	Brasted Chart	DFOK	L
17/11/19	SN SE League Event		SN	N
21/11/19	KNC 9	Scotney Castle Estate	SAX	L
23/11/19	SE Night Champs	Squerryes Estate	DFOK	R
28/11/19	KNC 10	Vigo & Trosley CP	SAX	L
01/12/19	SO R event		SO	R
07/12/19	GO L Event	Newlands Corner	GO	L
07/12/19	KOL 4	Perry Wood	SAX	L
12/12/19	KNC 12	Hindleap North	SAX	L
14/12/19	SO Brighton City Race	Brighton	SO	R
15/12/19	South East Families & Veterans	Headley Heath	MV	R
19/12/19	KNC 13	Kings Hill	SAX	L
26/12/19	LOK Boxing Day Score Event	Trent Park	LOK	L
29/12/19	SO Xmas Score		SO	L
01/01/20	SAX New Year Score Event	Mote Park	SAX	L

## Key to table

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

**Regional (R):** 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 (N):** 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 (M):** 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.

## KENT NIGHT CUP (KNC)

The Kent Night Cup 2019-20 kicks off with at Haysden Country Park, near Tonbridge on 26th September. It's a nice place to start if you would like to try Night orienteering!

This is the first of 26 informal events which take place every Thursday evening during the winter. For those who have been to a few orienteering events and would like to have a go at Planning one, a KNC round is a good opportunity.

KNC events use the Score format over 60 minutes. Simply find as many controls as you can within the time limit then join the others in the pub for food/refreshment and to discuss route choice. See the website for details.

At the time of writing organisers are still required for the following 5 events:

14/Nov Seal Chart nr. Sevenoaks (western part of the Ightham map)

21/Nov Scotney Castle Estate nr. Lamberhurst

12/Dec Hindleap Warren nr. Forest Row

20/Feb Addington Hills nr. Croydon 20th February

27/Feb 'The Enchanted Place' nr. Crowborough

Volunteers are much appreciated and score maximum points for the event. Help, and advice is always available. If you think it's too difficult, then read Neil's article on his experiences of organising an event at Mote Park.

If you aren't able to organise and event, then I hope you will be able to make it to some Night Cup events this season.

Mark.

# KENT ORIENTEERING LEAGUE (KOL)

Kent Orienteering league is a monthly competition organised between Saxons and Dartford orienteering clubs. This first event is the 14 September at Hucking Estate.

As the time of writing organisers are still required for the following 2 events:

7/Dec Perry Wood  
1/Feb Scotney Castle Estate

If you can run one of these events, then please contact Alan.

## COACHES CORNER

You will recall in the last SaxAlert issue I introduced the mnemonic TOPCAR as a 'tool of the trade' that newcomers, juniors and novices might employ in developing their orienteering potential. TOPCAR stands for: Thumb - Orientation - Plan - Control - Attack Point - Route.

Last time we looked at Thumb, this time we're going to look at Orientation.

Orientation means getting the map to point in the same direction as the terrain around you. There are essentially two ways to do this:

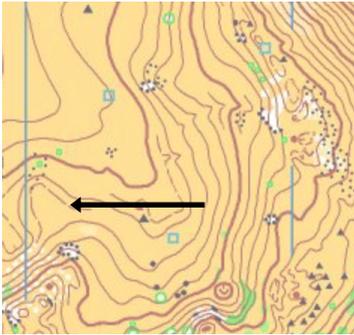
- by matching the terrain around you to the map
- by using a compass

For juniors, trying to master a compass as well as the many other facets of orienteering can be overwhelming. Those that do grasp the concept often rely solely on the compass at the expense of reading the terrain, which proves detrimental as they progress. In such cases, juniors are encouraged to set the map according to the features they see around them: the relative position of the lake, footpath, hill, building or forest.

Take this excerpt from Dunorlan Park... The relative positions of the lake, the cafe and the major trackways make it easy to set the map.



My daughter, Holly, has been happily navigating by visual map orientation for over a year now and will get round white and simple yellow courses without too much difficulty. She is happy initially setting the map, but will occasionally make an error in failing to re-set her map when turning a corner. More about this critical aspect of Orientation below....



As orienteers progress, the terrain they navigate becomes more complicated and often less obvious. This is where a compass is imperative. Take this excerpt from Swiss O Week 2019: there are a few clues we could use to set the map visually, the contours, a couple of clumps of trees perhaps. However, this is likely to be time-consuming and inaccurate.

Setting the map North using a compass takes a matter of a second or two and provides absolute certainty that the map is pointing the right way. To do this, line the Red needle on your compass to the Northing lines on the map (shown here in Blue)

A wise man once told me that there are two things in orienteering that never change: Contours and where North is. Whilst vegetation can change over time, paths come and go, water features change according to the season, North is pretty much in the same place as it was last year (Yes, the relationship between grid and magnetic north does vary over time, but this would only be an issue if you were using an out of date map).

So, we can orientate a map. The BIG TRICK however, is to continue pointing the map the right way throughout the race!

For simple junior courses where visual orientation is being used, getting the orienteer to rotate their map at each turn so the map is always point North can be a challenge. In the thrill of the race, this vital task is oft forgotten. A drill I use to cement this requirement is to get them to place their map on the floor at the path junction as they arrive, set themselves in the direction they need to go next, and finally pick up the map again before heading to their next control.

The skill of keeping the map correctly orientated soon becomes second nature, particularly when navigating along line features, with orienteers always 'running up the map' (i.e. heading up the map page away from your body) adjusting the map at each thumbed feature.

Validating this process with a compass will avoid calamity. A thumb compass is particularly useful as it will be constantly on the map, so its a simple exercise to double-check your map is still pointing the right way.

So, we have looked at how we orientate a map and keep it pointing the right way and how we mark progress along our route by thumbing the map. Next time we consider P for Plan.

## JUNIOR MATTERS

The final of the KOL took place on the 29 June on a very hot day. Well done to all the juniors who took part throughout the year. It's almost time to get your running shoes on again for this year's competition which starts on the 5 October at Shorne Country Park.

The senior school league was won by City Academy, followed by The Urswick School and Rochester Grammar School closely behind in 3rd.

The clear winners in the junior school competition was Lordswood School.

In the individual competition on the Yellow course the top 5 places were all Saxons' juniors: Caylan Uddin, Isabel Hobbs, Kasie Chapman, James Gaylor and Amber Hobbs.

On the Orange course Ben Cronin took 2nd place.

On the Light Green course Austin Howe came 3rd in the junior boys' class and Elsa Burdett was 1st in the junior women's competition.

Ffion Bricknell, as the only female junior, competing on the short blue course came 2nd against the adult women.



## NEWS

### **Mote Park Summer Series (Dipping one's toe into event organising)**

It was with some hesitation that I accepted Sean's enquiry about organising a Summer Series orienteering event. My original suggestion was that I shadow someone else to learn the ropes. Brendon and Alison were party to the conversation and agreed that this was a great idea. Initially I thought that this would be easy, Brendon and Alison could do all the work whilst I watched and learnt as they proceeded through each stage of the process. Brendon had his own ideas however; I would take ownership of event and they would be on hand to help and guide as required. Damn!

After some discussion of the various locations and dates available we opted for Mote Park on the 14 July.

Where to start? Brendon and Alison had created a checklist of activities to be performed along with appropriate contact names:

Land permission – Dave

BOF registration – Jean

Map up to date – Simon

The list goes on... So, with checklist in hand (on computer) I started trying to hit them off one by one, emailing Brendon many times and allocating some of the tasks to him and Alison. Management is after all the art of delegation.

Now to plan the course. Fortunately, this was going to be a Score event, so had none of the additional complications of ensuring course length and difficulty requirements were achieved. Just had to try and make it long enough that the fastest runners would feel stretched and at the same time have enough controls that were easy to find for beginners.

With an old map in hand Ffion and I made our first trip to Mote Park to try and find some new locations that maybe hadn't been used before. One of the locations was a spring to the north of the map, just right of the small lake. We found the spring but decided that this was a grotty location obviously used by the local youth with discarded beer cans everywhere. Scrub that one! We spent the next couple of hours walking around the north and west side of the map confirming and discarding locations as we went.

After our initial foray we learnt that the eastern side of the map would not be available due to the Ramblin Man concert being held on the weekend of the 20 July. We believed this would excluded us from using the two main fields near the sports centre. Events on the 14th would also prevent us from using the main car park and forced us to move the start and finish from near the café to the north west car park near the park and ride.

Our second visit concentrated on the southern part of the map, parking in the NW carpark we found a suitable location for registration and the start/finish and then proceeded to find locations for the rest of the controls, including one on the pavilion and along SE path near the ruins.

We now set about creating the event in Condes, made slightly more difficult as I don't have a PC so had to revert to using my oldest daughter's laptop, when I could prise it away from her.

As the date of the event approached the rest of the task from the checklist were slowly ticked off. However, permission to use Mote Park was proving difficult. There was some confusion as to exactly which areas were out of bounds. With emails bouncing back and forth between us and the council it wasn't until the last week that we were informed the whole eastern side of the map would not be usable. There were two control in this area which now had to be found new locations. A third trip to the park was required.

With all the locations established, Ffion and I set about adding some bonus points in the form of dumbbells. Without these we felt that the most experienced and fast runners would compete the course too easily as route choice becomes a lot simpler and the course is just a run around the lake. A dumbbell consists of 2 controls linked together, indicated by a line on the map. Extra points are earned if these two controls are done in order without visiting any other control in between.

On the eve of the event everything seemed in place. We had the controls, gripples, signs whilst Brendon and Alison had the computer, marquee and other paraphernalia. Mark and Sean had agreed on map numbers and the maps had been printed. I printed a couple of maps for Ffion and me to use in the morning and Ffion checked the controls. It was at this point we realised we had the wrong set of controls. The map had been setup with the 90s and 100s and we had the wrong set. Panic!!! A quick phone call to Brendon and the correct set were located. Fortunately, we only had a minor detour on Sunday morning to collect them. Sorry Jean for the early wakeup call.

Sunday morning was warm. Ffion and I got to the park just after 8am and set about placing the controls. Taking the first 10 we did the north and west side of the map returning to the car after about an hour where we found the team of volunteers had already set up the marquee, tables etc. Ffion and I picked up the next set and headed

off again. We had about an hour until the course was due to open and these controls were the other side of the park. We put the first 5 out together and then split up for the last few. We were all done and back at registration with 15 minutes to spare.

With Mark advising on filling in of the registration forms, Beryl taking the money and Alison logging the entries there were already several groups of people waiting to start. Roger was manning the start and Brendon was giving some advice on reading the map to some beginners, so I was ready for a sit down. It was great to have so many helpers on the day which allowed everyone who also wanted a run to get one. As Alison, Roger and Beryl went off Mark, Sean and Simon stepped up to help.

By the time registration closed at 12 we had a total of 70 competitors, including those in groups (45 entries). Only 29 of which were BOF members, meaning we had 41 'beginners', who I guess heard about the event via Facebook. We even had an experienced couple from New Zealand take part.

The general feedback from those I had chance to talk to, experienced or beginner, was that they enjoyed the event. Of the experienced runners only 2 managed to complete course and complete all 3 dumbbells, however one of those was 46 seconds late back so lost vital points.

I would just like to say a big thank you to all those who volunteered to help on the day and those in the background that sorted out stuff behind the scenes. Without you the event would not have gone ahead.

Based upon our assumed success, Ffion and I have now volunteered to organise one of the KNC events.

Neil

## **Scottish Six Days**

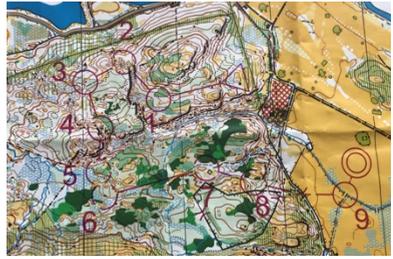
Eleven Saxons travelled to Strathearn, Perthshire for the 22nd Scottish Six Days.

Technically more challenging than the South East but really enjoyable (most of the time).

Day 1 - Auchingarrich was a mix of plantation forest with an intricate network of rides; technically detailed open hillside and some faster running on the fields, with woodland on the valley floor. Very tough for a first day, made a couple of minor errors. Went slow to keep in touch with the map, fell over twice and ended up with a big bruise on my shin.

Day 2 - Edinchip was open common land and mixed ancient woodland with a commercial forestry plantation. Had a good run but lost a lot of time trying to find a shallow enough crossing point on a stream (there was one marked on the map which I didn't notice until I had finished)

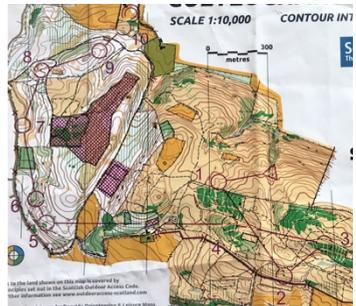
Day 3 - Dundurn a very technical area with complex contour detail and a mix of forest types, virtually no linear features, and lots of marsh. Dreadful day for a 1.8km course I did 3.18km.



Day 4 - Culteuchar a mix of open moorland and heather. Numerous broken walls, fences, footpaths and ditches. It was great being able to run on the open ground. Had a good run and was 5th W70 with a championship time, first ever.

Day 5 - Craig a Barns was complex, with forest, crags, fallen trees and bracken. Some semi-open land, some runnable and some with deep heather. Worst day of the six, Found CP1 fine then it went all wrong even missing CP4 altogether. It was a nice area I just couldn't connect with the map at all.

Day 6 - Grandtully was fairly flat, woodland with a few marshy bits, finishing into an open area. I felt I had done well until I saw the winning time of 19.01, mine was 31.18.



On the middle Wednesday there was a day off but for those of us who wanted something different there was a sprint in Macrosty Park, Crieff or a Trail -O in the gardens of Drummond Castle. I opted for the sprint and it was really good fun. 16 CPs on a two-sided map. There was a super children's area at the top with the café adjacent. Not a big park but well laid out with a stream running through and a small bandstand.

Overall it was a good week, and everyone enjoyed it especially as we didn't get wet at any of the events. Jeremy Oldershaw was the only one to come away with a prize, coming 3rd overall in M80.

Beryl Pring

## Letter from The Lakes

Its six months since I put pen to paper and as I bask in the hot Lakes sunshine, I have a list of things to tell you. In no particular order

Portugal O Meet. As always, a great event in February/ March when your spirits need lifting. This year we were on the coast on sand dunes for one weekend and inland near Crato the next. Sadly, no Saxons this year but lots from DFOK and other club regulars we see every year. It's always a carnival atmosphere and loads to do outside the orienteering. I selected the "Easy Short" course described as a course for adults who just want a walk in the woods because I was still on crutches and used them to great advantage to get parking next to the arena every day. Some of you will know Michael White M80 from MVOC. He goes to this event every year with his wife Jane, who broke her ankle at Hemsted Woods one year I remember. Breaking her ankle has made her a nervous orienteer and the Easy Short is enough for her. She was delighted this year to beat me every day. I was pleased to give her some competition. One nugget I wanted to pass on was the use of overhead wires as a handrail. They obviously have to be mapped but can lead to some extra route choice when planning Orange and Yellow courses across open ground. The other tip for anyone planning to attend for the first time is to book your accommodation early and make sure you get there days before the events starts so that you can do the training events and get your head round the terrain. I was pleased to bump into a French woman also on crutches. I saw her most days and we waved crutches at each other. This proves how inclusive orienteering is. In how many athletics club events, could you participate on crutches?!!!

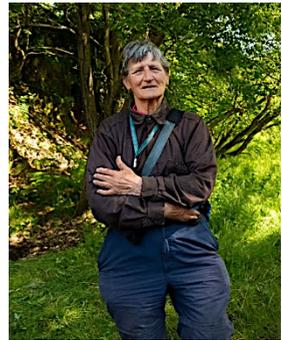


More on handrails - Carrying on the thought from the overhead wires handrail idea, reminds me of the happy and sad faces LOC use when setting courses over technical fell areas with few paths. They have to use ditches and marsh edges as hand rails and to give the Juniors confidence make good use of happy faces on ditches that had dried up.



Rewarding the volunteers. LOC do this and I saw NATO doing the same during the Newcastle Urban the other weekend. They have created vouchers printed on the back of left-over maps and laminated, that can be used to pay for entry to events, club clothing etc. I received 3 x £2 vouchers for helping on registration. You get a similar number for helping at the start or car parking. Jerry received 6 x £2 vouchers for planning a Level D. Event. He would get 8 vouchers for a Level C and 10 for a level B. You can give them to anyone from any club who helps at your event.

Summer Events - We have enjoyed the LOC Wednesday summer evening series - 6 with 2 long (1km+) legs to practice route choice and then 5 technical middle-distance type events, the last one was on sand dunes in the sun. Not dissimilar to Portugal but by this time I had discarded the crutches. The usual format is one course with a short cut to a create short option plus an Orange for juniors. Our neighbouring club WCOC is putting on Long O this weekend (July 14), with courses of 17.5, 12.5 and 8km.



Former Saxons we have bumped into. We run with Jackie Chapman (formerly Bird) on a Tuesday. She left Saxons in the 80s for SLOW and moved to the Lakes in 2006. We bumped into Marguerite (Margot) Pennell (pictured) on the top of Lingmoor Fell during Jerry's last Wainwright party. She was a member of Hastings Competeers and says hello to Doug Deeks.

Scottish 6 Days.



Really good to catch up with Saxons who made the long trip from Kent to Perth. Jerry and I were not at full strength. My hip has not yet fully recovered but I managed 3 out of the 6 events on the Light Green course without walking poles. Jerry's heart has started fluttering again, so he downgraded to the Green course and walked round every day. I must say the big advantage of the colour coded courses is the open start; no stress of start times and they are half the price to enter. Son Richard was there, frequently wearing his Saxons top and running M21E. He did well coming 16th overall but the elites had to do all 6 days to qualify. Some of them had been at O Ringen in Sweden and missed the first 2 days. This photo of Richard was taken by Wendy Carlyle AIRE.

Rowan Purkis (Saxons 2004 – 2018)

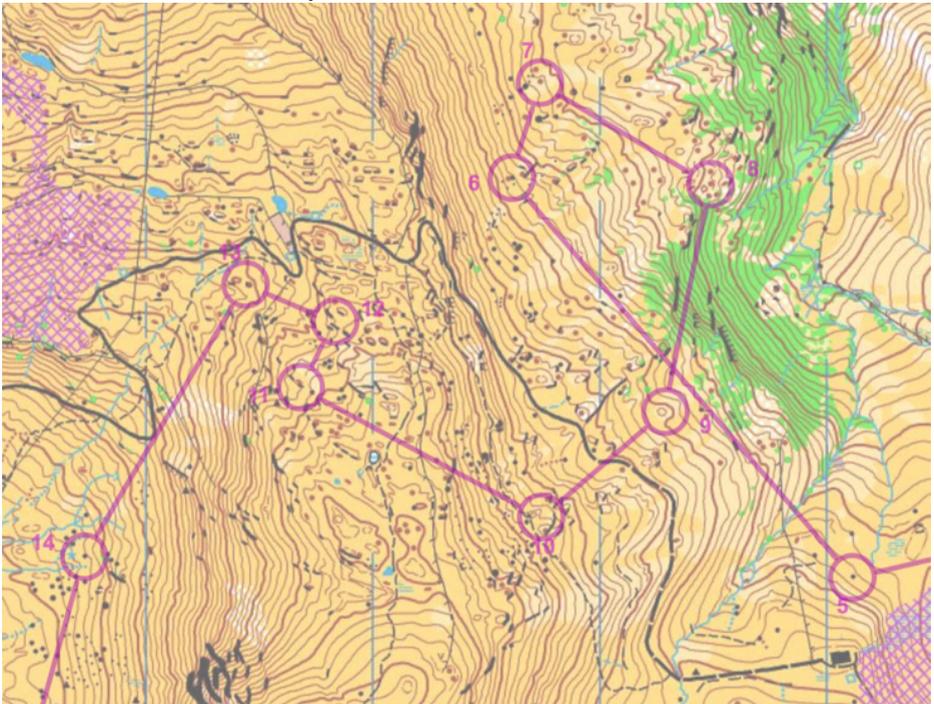
### **The Howe's in Switzerland**

On Friday 2 August, we rolled into Gstaad full of excitement for the 2019 Swiss O Week. The competition on Day 1 was the Gstaad Urban Sprint, so a chance to flex the leg muscles, and ease in gently to the orienteering competition. Gstaad had really embraced the SOW with flags in most stores and restaurants, and with the Sprint finishing in the central square, the town had a real festival air. A cheeky little course with the longer courses starting up the hill in the 5 star Palace Hotel grounds. Brendon and I had our first 3 controls close together in an ornamental garden. This got me nicely disoriented before I could regather my wits on a couple of longer legs. Dodge around the car park, the tennis centre and back via the outdoor swimming pool before a great route choice leg to get back down into Gstaad proper. Central Gstaad is pedestrianised with water features, walled gardens and many ramps and stairwell providing lots of good control sites before a frantic sprint to the finish, (remembering to pick the correct finishing

lane - there are 3 depending on your course!). Everyone back safely, no major errors, and lots of fun had - Check!

Days 2 and 3 were both mountain stages from the Col du Pillon being a Long and Middle Distance challenge. Significantly cooler than Gstaad, and feeling the effects of altitude, Day 2 was a tough stage. The first part of the race took in high alpine grasslands with crag and contour detail on steep slopes before climbing up (and up and up) over a steep shoulder and running through grassy meadows. The final section headed into a steep sided wooded area before arriving for a circuit of the lake and the final 'sprint' up a short steep incline and into the finish. I say 'sprint' as after 65 minutes of effort I was barely moving. Overall a pleasing effort for me with no major mistakes, (albeit a tortuously slow pace), although the mountain took its toll leaving me with considerably less skin on my shins than when I started. Brendon started strongly, managing the physical terrain well, but half way through a tricky downhill traverse to a bolder forced him to relocate to the prior control costing him a lot of extra climb, and even more time. Austin started his campaign solidly - his course length almost the same as mine, although he lost some time looking for his 3rd control, overshooting a stream, and ending up much higher in the valley. Holly was running solo in the D10 category and was understandably nervous with most of the other competitors being 1 or 2 years older than her. A wrong map pick up caused some considerable delay and confusion, and an encounter with some livestock on her course added to the delays, but 1 hour later she sprinted into the finish.

Section of H50 course on Day 2

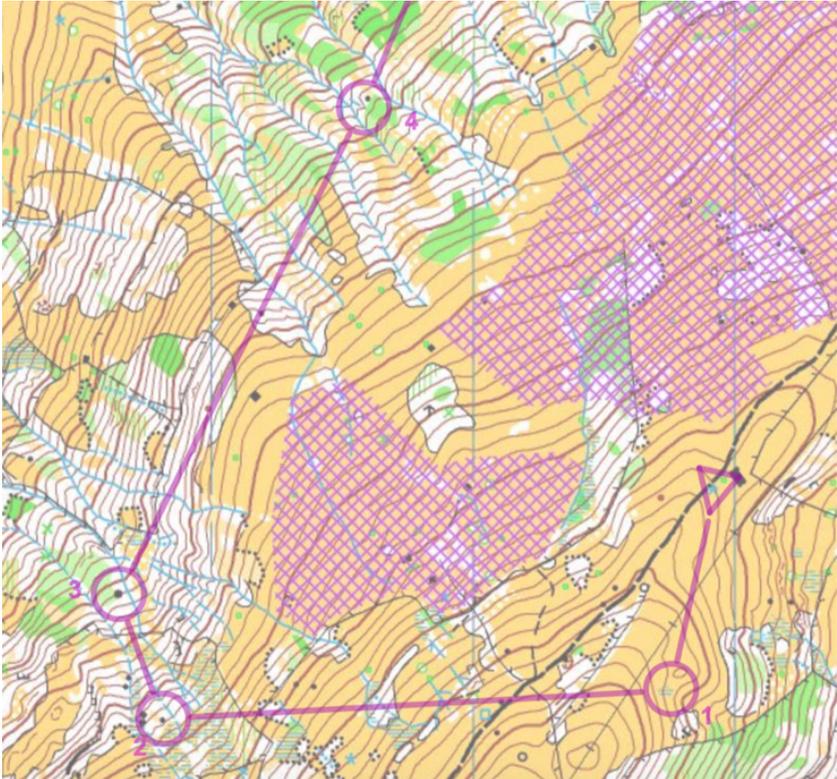


Day 3 was middle distance with the same finish as Day 2, but using the lower wooded slopes. Plenty of contour detail, some streams and negative features plus a few longer but faster path options made it a very different experience to Day 2. The woodland was also quite green which added to the challenge, although much more forgiving than brambly Kent green. Control 1 for me went straight into a very rocky and green piece of forest. I was starting later, so had hoped for some elephant tracks, but found myself scrambling and fighting through very unforgiving terrain very slowly. After several minutes of slow progress, I started to question where I was and where I was going. I must have strayed far from the intended target. Getting ever more frantic and frustrated to have messed up control 1, I suddenly dropped over a bolder and onto my control. Phew. The terrain got easier to pass through thereafter and reading the complex contours and route choice became the main challenge. A few smaller errors, and more struggling with climb, but a decent outing, even if the winning time on my course was 20 minutes quicker than me! Holly had been persuaded to race again, and that the problems of the day before would not be repeated. However, just after her first control, the path went through a small section of pasture and became indistinguishable from multiple elephant tracks, all heading into the rocky and difficult woodland I encountered finding my first control. Holly bravely headed straight in, and spent some time finding a few controls in the grot before retreating and going up and around the wood as her course had intended. So, another hour out on the course, but she remained in good humour and made it back safely!

Day 4 Assembly was accessed by a chair lift climbing up into the cloud. Fortunately, it was sunny at the top, and accessed high alpine pastures. Brendon had a great run on Day 4 getting his highest finish (#), Austin completed his course in under an hour, and Holly also finished well inside the hours posted her highest woodland finish of #26. So all good I hear you say. Well, this is where the wheels started to come off for me I'm afraid. A costly mistake into control 2 on a very very steep slope, (minus 6 minutes) and another 4 minutes lost at control 6, (looking at GPS trace I must have gone within 1m of the control without looking at it), meant my lowest finish of the week so far.

Day 5 was another middle distance - a great wooded area on steep slopes with fast and accurate Orienteering required. Tough but fun. Day 6 was a mixed woodland and ski run area with a very long section of steep woods punctuated with multiple streams. A really good contouring challenge, and very costly if you got it wrong with very little to relocate on if you were at the wrong height for your control. Predicatably I had a long leg on this slope but lost count of the streams and lost too much height, so had my worst leg of the week here at 27 minutes. The finish was also a bit of a mud fest after some heavy rain overnight and all morning, but a great finish to the week!

## Tricky control 4 on D45 course on Day 6



Pros: Overall, 5 stars. Organisation was superb with transportation provided on local transport including buses, trains and cable cars. Assembly areas had great facilities including crèche and childcare, 0 retail opportunities and a massive food tent, (Bradwurst and chips were very popular). Most importantly, the areas were demanding, provided a variety of terrain and technical /navigational challenges and courses were well planned, if a bit exhausting!

Cons: The cost of the week is considerably more than a UK equivalent, and living expenses equally so. The distance to the start was sometimes rather long, (on Day 2, the shorter technical courses start was 2.5k and 400m climb from assembly - Mum and Dad would have not enjoyed that!), and the least technical courses, (D/H10), were more yellow than white standard which is something to bear in mind if you have youngsters. Parents cannot get split starts either, the Swiss solution being the D/H10 category start is open and a crèche is provided, but it did make logistics slightly more challenging.

Would we go again? Absolutely. 2021 Arosa here we come!

Alison Howe

## WMOC 2019 Latvia 6 – 12th July



Some reckoned these forested sand dunes were the best terrain they had ever orienteered in!

The World Masters Orienteering Championships is an annual competition. This time it was held in the vicinity of Riga, Latvia and included Sprint, Middle and Long Distance events. Although the WMOC classes go from M/W 35 upwards, there are also public races for younger age categories. Anyone can enter – there's no qualification hurdle.

With a location convenient for the Scandinavian O countries, this prestigious competition proved popular with 3700 entries. There was a UK contingent of 182 including 4 Saxons. Sarah Howes, Simon Blanchflower, Alan Hickling and your correspondent were attracted by the chance to orienteer and sightsee in an unfamiliar part of Europe. A nice feature was that the Organisers provided infrastructure that included transport from the city centre to the events, which were all within 35km of Riga.

**Sprints:** This comprised a Model event, Qualification and the Finals, all based in the city. Your qualification position determined which of the 4 Finals you took part in, and all four of us made the A or B Final. These Finals took place entirely in the Old Town, with its narrow passageways, some covered and with short flights of steps, and iconic buildings such as the Cathedral. Our best placing was Sarah Howes, 23/220 in W60.

**Middle:** Bumbukalns forest was large enough to accommodate Model, Qualification and the Finals. The quality of the terrain and map was very good, having been used for the Elite World Championships last year. A particularly appealing feature was the contour variety across the area (2.5m contour interval). In some places there were no contours within a 300m square, just point features; in others there were 15m high ridges in the sand with intricate details. All this in a white (runnable) forest with hardly any green on the map, and few paths! Skilful course planning meant one had to carefully but speedily assess how fast one dared go. Mixed fortunes for the Saxons equipe, with Sarah 48/81 W60A; Mark 13/80 M65B; Simon 11/74 M65D; Alan started late, having been delayed on public transport.



**Long:** Garezeri forest is on the coast – indeed the Baltic Sea formed the NW boundary of the map. Just inland was a sand dune about 800m wide that went SW to NE right across the map. The competition was on this part – no flat areas at all! The route to the

Start was along the beach – hard walking in soft sand – but the race was entirely in the forest. Sarah 61/84 W60A; Alan 5/67 M55C; Mark 10/74 M65B; Simon 5/58 M65D.

In summary, we all enjoyed the trip. Plenty of orienteering opportunities with 8 events (including an indoor stadium + athletics arena venue\*) and nice sightseeing and concerts in a city new to all of us.

WMOC 2020 is in Kosice, Slovakia – the second largest city and European Capital of Culture 2013. Website <https://www.wmoc2020.sk/> is up and running.

Mark Glaisher

\*There's not room here to explain how it took me 31mins to complete a 2 minute leg!

## **Brockhill Park**

The weather was fine for Saxons' first Orienteering Academy and Summer Series Race at Brockhill Country Park. Thanks to Simon Blanchflower's updated map and support from the local ranger, we were able to access this area for the first time in years.

Twenty-one new recruits turned up for our inaugural Orienteering Academy, a two hour zero-to-hero training course for newcomers aimed at giving them the basic skills they need to orienteer. Skills stations covered the likes of: map orientation, thumbing, pacing, map features, scale and basic compass skills and were well received by the participants.

After a short break, fifty orienteers took flight in one of two score races around the park. A 45 minute score for newcomers and juniors set them a target of 30 controls in any order. Austin came close with 29 controls having not spotted a nearby CP on his run in. Close on his heels were the Pullen brothers (newcomers) untarnished by the Folkestone Park Run they'd just competed.

The 60 minute score required the fastest runners to complete three circuits of the park in order to obtain all of the controls and meet the race criteria/rules. Four competitors were able to clear the course, with Alan leading the charge with over 7 minutes in hand.

Competitors hung about to receive the rush of sugar based prizes at the hastily convened prize giving.

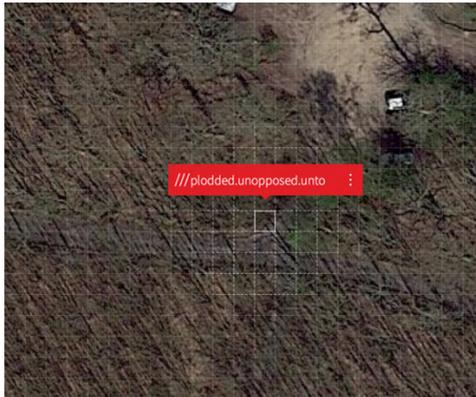
Brendon

## **what3words**

Have you heard of this fantastic innovative way of specifying a location?

what3words was founded by Chris Sheldrick back in 2013 and basically breaks the world down in to 3m x 3m squares, with each square being 'addressed' by 3 unique words.

For example: The entrance to Perry Wood car park is:



With postcodes not generally being accurate enough in rural areas when specifying orienteering locations and parking, this is a great addition.

Quiz: What are these popular orienteering locations:

back.store.study

stunning.crumples.acre

plots.resist.risky (Hint: This 2019 event used this for parking. The actual arena is to the north).

Next time you are organising an event add the what3word (w3w) location to the information.

An App is available for both Android and Apple devices which will both tell you the 3 words of your location and enable you to lookup locations.

Full article can be found on the BBC News:

<https://www.bbc.co.uk/news/uk-england-49319760>

what3words website: [what3words.com](https://www.what3words.com)

# Coffee Time

## O-Search

S C I M L R J Z K N U I S Q H E F A D P  
O O C G F C D F O F Y F U D K C D K N S  
H E W A Q I M I E Z S S D O N T T S Z E  
F E J C B L S T Z A C O M P A S S I K Q  
G R G B E S A E W A T K N O V S T P D R  
D S E N E L I D F S M U B O M Y T O Q L  
O R L R I E E M P J B Q R V Q L T P B N  
Y U P N R R J D S H X N Y E B L N P P M  
F E V C W S E L L O N K V Y V U I M S V  
D X I I Y B O E R Z T H O N Y G O C S H  
H U X W G C P F T J M G V A N R P O O K  
B J S I D R K J T N V D Y F H N K N W M  
L L G Y L M J I K H E Y Y W N T C T B E  
Z E E R T E V I T C N I T S I D A O I Q  
R W Y G K Q G Z X U E H R Z W M T U C M  
N G A A I L J F N W H Y T O B I T R L A  
H L Q T R Z C D L A Z O D N D J A C P E  
F L I Q F K Q M O B C H V F S I K U K C  
U Z G S P S W R O O E N Y Q G G A A S L  
X A Z D S E B O V D N H M Z S R P T D O

ATTACKPOINT  
DEPRESSION  
DITCH  
GULLY

COMPASS  
DIBBER  
FEATURE  
KNOLL

CONTOUR  
DISTINCTIVETREE  
FLAG  
ORIENTEERING

# Members Recipes

After the Summer BBQ I was asked if we could include a recipe section. So here it is!

This edition's recipe is courtesy of Karen Bricknell. If you have a recipe you would like to share, then please email it for inclusion in the next edition.

## Ban 'O' ffee Pie

### Ingredients

250g digestive biscuits

100g butter

397g tin of condensed milk

2 bananas

300ml double cream

Small amount of grated chocolate/crumbled flake to decorate

### Method

Place the digestives in a freezer bag and roll with a rolling pin to crush into crumbs. Meanwhile, melt the butter in a saucepan big enough to hold the butter and crushed digestives.

Once melted add the crushed digestives to the melted butter and stir until they are coated in the butter. Put the digestive mixture into the flan dish and press down with the back of a metal spoon to form a base.

Meanwhile, stand the can of condensed milk in a saucepan and fill with water until the top of the can is just covered, bring the water to the boil and then leave on a rolling boil for 1.5 hours. Check every 15-20 minutes and top up the water level with boiling water as and when needed.

After 1.5 hours take the can out of the boiling water. Carefully open the condensed milk with a tin opener, as the hot "caramel" may start to ooze from the tin at first so mind your fingers.

Take the set base out of the fridge. Empty the toffee mixture into a bowl and whisk until the mixture is smooth and silky. Then pour the mixture on top of the base and refrigerate for a few hours or until cool and set.

Once set, slice the bananas and place on top of the pie. Then whisk the cream until thick and place on top of the bananas.

Grate/crumble the chocolate/flake on top to decorate.

NB: I usually do these last three steps as near to serving as possible to stop the bananas going to soft.

# CLUB COMMITTEE & OFFICERS

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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
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Doug Deeks	Auditor	

## Credits:

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Other photo credits: Rowan Purkis, Alison Howe, Mark Glaisher

Thanks to contributors to this issue: Alison Howe, Brendon Howe, Rowan Purkis, Beryl Pring, Mark Glaisher, Neil Bricknell





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.