Spong Hill is an Anglo-Saxon burial site located in Norfolk.

The main excavation of the site was carried out between the 1960s and the 1980s. The site contains 2441 burials and 2400 artefacts. Of the artefacts recovered, Spong Man has to be the greatest find, although other items range from gaming pieces to brooches and even a sword.

Cremation Urns

The cremation urns contain Germanic symbols such as the Woden's Cross (Sun Cross) which can clearly be seen in the image below. Fylfots, animals and runes also feature. A three-dimensional figure which was fittingly named "Spong Man" sits on top of one of the lids. There are only two three-dimensional figures from this period in Europe, Spong Man being one of them. Three of the urns are also inscribed with the term Alu.
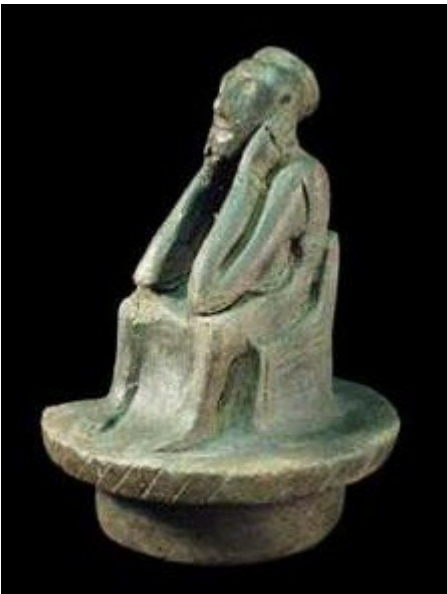

ALU

Alu is a runic word that appears on three of the cremation urns in England as well as on a stone in Norway and an amulet in Sweden to name but a few. Alu translates to Ale, but it is likely that it has a far greater meaning, maybe even magical. It appears Alu presents more questions than answers.

Spong Man

This Anglo-Saxon figure is thought to date from around 500-600AD.

It was found at Spong Hill in Norfolk.

Spong Man is one of a kind, unique in north-western Europe. It is a ceramic sculpture, approximately 14cm high and brownish grey in colour. Very little is known about Spong Man. Experts can't even be sure he is male. The figure is believed to be the lid of a pagan funerary urn.

Spong Manis sitting on a chair with his elbows on his knees, cupping his face in his hands. His face is tilted upwards and he seems to be wearing a round, flat hat. His arms and body have been broken and repaired.

The chair is decorated with carved lines and rests on a hollow circular base. The rim of this base is carved with diagonal lines. - Source [Norfolk Museums](#)

References

[Museums, Libraries and Archives Council](#)
[Norfolk Museums & Archaeology Service](#)
[Sping Hill Images](#)

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