

NEXT
ISSUE...
FEB 2012

A Load of Old Quoc's



DRONGO – The Orienteering Club for Cambridge University Alumni

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Editorial

Welcome, after some months, to the fresh edition of your very own DrongO newsletter.

As you will see, something hasn't quite gone to plan, and this is the second "stop-gap" newsletter coming from me. I would urge those who have been approached about taking on the position to please email me back. And I would urge everyone else to think about taking on the editor's role. Please?

With a Varsity Match in SE England, a pre-Christmas training tour in the Lakes coming up and a CUOC-organised BUCS, it looks like plenty of events for DrongOs to get involved in so I look forward to seeing you at some of them!

Some of you may have seen this already, but I loved CUOC's new trailer about orienteering for freshers, which you can watch on YouTube:

<http://www.youtube.com/watch?v=cAqoqwTKhek>

Next issue will be out in February 2012, I look forward to receiving your news and pictures on newsATdrongo.org.uk.

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Invitation to compete in 2012 Varsity Match

Ruth Holmes and Tim Beale (JOK)

"On behalf of JOK I am delighted to invite you to the 2012 Varsity match.

Next year it will take place on the 10th of March at Burnham Beeches, near Slough in Berkshire. For those who haven't run on Burnham Beeches before, it is a very runnable forest with plenty of thicket and contour detail - so should make for exciting racing! The Varsity Match and guests course start times will be in the afternoon of Saturday 10th March and will be followed by the usual celebratory dinner, prizegiving and party. Accommodation will be provided for all who want it and there will be a fun mixed team relay nearby on Sunday 11th of March.

More details nearer the time – but for now – please add to your club's diaries."

I look forward to seeing many DrongO members there!!! Captain Blanka.



The Varsity alumni trophies – who will be awarded them after the inaugural winners Blanka Collis (DrongO) and Ed Catmur (JOK)?

Coming up this season

A pre-Christmas training tour with CUOC and OUOC, Varsity on Burnham Beeches, a CUOC-organised University Champs in the Lake District, an exciting DrongO season ahead...

Plans for the **Christmas training tour** are well under way. The CUOC/OUOC joint tour is taking place from 3rd-11th December, with a joint British Universities training weekend on 3rd/4th December on Cannock Chase, followed by transfer to the Lake District (accommodation will be Almond Lodge by Ullswater). There will be 5 days of training on various Lake District areas, followed by the Tour Championships on Saturday 11th and an O event at Hawse End near Keswick and travel back.

You can join in for all or part of the tour, please contact Ben Windsor (bjw44ATcam.ac.uk) if you are keen to come and haven't already told him.

The **2012 Varsity Match** will be on Burnham Beeches (Slough) on 10th March – I hope many DrongOs will be able to make it!

BUCS (the University Champs) is being organised by CUOC this year on 17th/18th March in the “vicinity of Cambridge”, on lovely maps in the Lake District. CUOC are looking for help on the day and will appreciate any DrongOs able to come. JOK will also be involved and Jon Marsden is sorting out some bunkhouse accommodation for DrongO/JOK members who are not keen on floorspace in Ulverston Victoria High. If you would like to stay there, please contact jonATjonm.org.

OMM results

Last month saw the regular fixture of the autumn calendar, the OMM, this year once again in Scotland . As usual, there was a decent spattering of DrongOs in attendance, including some very good results...

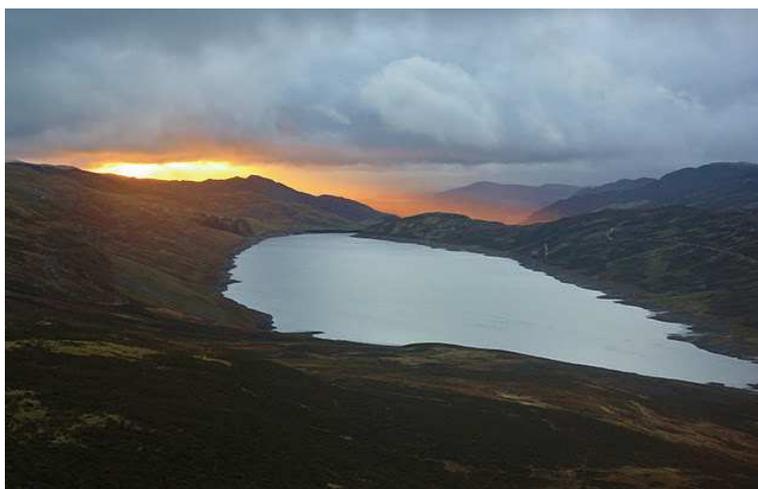
Ash & Mark Bown **2nd** on the A class

Ian Jones (with Steve Hinshelwood) **7th** on Long Score

Lucy Wiegand (with Richard Sullivan) **51st** on Medium Score
Chris Marsh & Nigel Whiteoak **76th** on Medium Score

Alison & Elspeth Ingleby **18th** on the Short Score

*Were you there? Did I miss you out?
Would you like to write about it for the next newsletter?*



A picturesque scene to tempt all of us to enter the next OMM? (from theomm.com)

The 2nd Cambridge City Race

Mark Collis returns to run around Cambridge and reflects on the second edition of the Cambridge City Race...

I was one of quite a few DrongOs that returned to Cambridge in October for the second Cambridge City Race. The date certainly avoided any chance of a repeat of the postponement due to snow and ice of its predecessor, and it turned out to be a beautiful autumn day.

I ran early, starting on the familiar meadows of Coe Fen with my first control being beside the even more familiar bowling green in Pembroke (it would have been visible from my first year room!). This was followed by a spiral of relatively short legs centred on the Downing Site, before a longer leg heading to the far side of Parker's Piece. About half-way round the course I was quite surprised to find a control in a tiny park tucked away behind the Round Church that I had never been to before!

The next section of the course worked its way through the colleges along the river, though mostly in the gardens as the convoluted route through John's for which permission had been obtained was sadly not a sensible route choice. The final group of controls were all on Coe Fen, which made for quite a contrast with the urban nature of the rest of the course. While I hadn't made any significant mistakes (knowing Cambridge far too well), fast and flat has never suited my distinct lack of running speed and I was a long way down on the winning time of 48:32 (by fellow DrongO Alex Rothman).

I was helping on the late shift at enquiries, which was fairly quiet as most people with questions had already had them answered by then.

However, a few runners raised concerns at download on the other side of the room about rivals crossing an uncrossable stream towards the end (and someone else asked where they could get changed having got wet and muddy crossing said stream...). Following a conversation with the controller I was reassigned to marshal the stream, and while I was there I had to turn back no less than 20 people who don't understand ISSOM!

Thanks to everyone in CUOC who helped to put the race on, in particular the organising team of David Maliphant, Ben Windsor and Andy Strakova - everything looked very professional and seemed to run smoothly. The City Race is here to stay, so if you haven't tried it yet put the next one in your diaries now (if they stretch that far - it's registered for 26th October 2013).

DrongO results

M Open

1st Alex Rothman (of 68 finishers)
12th Matthias Mahr
46th Ben Holland
52nd David Cottingham
57th Mark Collis

W Open

3rd Rachael Rothman
33rd Emma Holland

M40+

3rd Neil Crickmore (of 59 finishers)
17th Ian Buxton
30th Iain Tebbutt
33rd Kevin Harding
48th Adam Leaf

W40+

4th Alison Harding (of 40 finishers)
8th Sue Harding
19th Susan Crickmore
25th Barbara Tebbutt

M55+

16th Mike Bickle (of 68 finishers)
58th David Hanstock

W55+

8th Jean Payne (of 31 finishers)
20th Fiona Hanstock

Varsity Match rules

Scott Collier (JOK), in his thesis procrastination moments, has been trying to write down the Varsity Match rules that have been unwritten for many years. The document is currently in draft stage and will be circulated around the DrongO list to be OK'ed in time for the 2012 event – if you'd like to see the draft and be included on the e-mail conversation about its development, please let me know (blankaATdrongo.org.uk)

Varsity Match results archive

Ben Stevens has put in a lot of effort into updating the Varsity Match results archive, and this is available on <http://new.drongo.org.uk/Varsity/VarsityArchive.aspx>, with a head-to-head feature to compare yourself to any other competitor. Try it out and please let us know if you have detailed results from any of the missing years (28th November 1973 Ivinghoe Woods, Buckinghamshire; 12th March 1975 Great Wood North, London; 25th April 1987 Rheola, Swansea; 14th March 1992 Bentley Woods, Coventry; 17th March 1996 Franchard, Fontainebleau, France). Thanks to Stephen Wilson (JOK) for supplying a number of missing full sets of results.

O tops

There are two O tops left, one older Trimtex S sized one (£20), and one long-sleeved Noname M sized one (£35.90), contact blankaATdrongo.org.uk to get it. More might be ordered in future of the same design when enough people graduate to warrant a new batch...

JK2011 result

Apologies for missing her out in my results' round-up, but Ruth Shedden (née Hollinger) was the winner of the W21S class in Northern Ireland.



Ruth Shedden receives her JK trophy with 5-month old Rory in tow, and introduces him to the string course early on (photos from Ruth Shedden).

Varsity Match 2013

Volunteers for organising would be very welcome, we'd love to be able to announce an organiser at the 2012 event so please put yourself forward on blankaATdrongo.org.uk!

Members' news

Congratulations to **ALEX** and **RACHAEL** who became **MR and MRS ROTHMAN** on 1st July at Bolsover Castle. BOF found the name change difficult to deal with when reporting on the World Champs results and kept referring to both a Rachael Elder and Rachael Rothman... As alluded to, **RACHAEL ELDER (now ROTHMAN)** represented Great Britain at the World Orienteering Championships in France this summer, qualifying for both the middle and long finals and finishing 19th and 29th in the events, respectively.



© Jenny Johnson

ROBIN CHRYSTIE has gone back to research - more interesting, esp. when experimenting with flames and lasers, and travelling to conferences! He's now to be found at KAUST in Saudi Arabia.



© Robin Chrystie

EMMA POOLEY is continuing with her cycling career, having finished in bronze medal position in the time trial of the recent World Cycling Champs in Copenhagen (and 69th in the road race).

JULIA BLEASDALE, another ex-orienteer, won the women's 5000m at this year's UK Athletics Champs/World Champs trials (Source: CompassSport).

WAYNE PATRICK continues to enjoy his travels, having spent a few days exploring Chinese science earlier in the year. "*The science was a bit ropey, but the country itself was amazing,*" he says. Any new collaborations started then? Wayne also, together with wife Monica, was planning on doing a 12-hour rogaine in June. "*Yes, it's in the middle of winter, and yes, it snowed last year*". Glad to hear he manages to find alternatives to the KIMM/OMM! Entries open soon for the World Rogaining Champs 2012 in the Czech Republic – can we look forward to some entries from New Zealand? On the science front, **WAYNE** is also one of the 2011 Rutherford Discovery fellows of the Royal Society of New Zealand:

<http://www.royalsociety.org.nz/programmes/funds/rutherford-discovery/news/#2011-fellows>

Congratulations!



© Royal Society of New Zealand

DOUG MONRO has started a new business: <http://www.estateagenttoday.co.uk/news/features/Ex-Zoopla-man-sets-up-on-new-search-portal>.

ERIC ROLLER sends an update on his training: "*After having run twice-weekly interval sessions for nearly four years, I started noticing overtraining symptoms and am now enjoying a well-deserved break. I still believe that interval training is worthwhile, but I had to concede that it is not necessary to do it all year round. Just do it in the 6-9 weeks before that all-important competition.*" Little Jamie Roller will be one year old in November and Eric will be on parental leave until Christmas, looking after him. "*At the same time, I'll be looking for a new job, hopefully still within Sweden...*"

MARK FOXWELL has changed jobs and will be selling his house in Loughborough. "*It will take a few months to work out how much time I have for Orienteering outside of the occasional Saturday morning.*"

ROSEMARY DYER has left Northern Ireland and veterinary practice for Oxfordshire, where she is spending this year training to be a pilot.



© Ard Jan Ottevanger

PHIL M'CAW and **HANNAH BRICE** have been found again. Phil was member in the 1980s, having been 6th in Men's B in 84/85, Magdalene. "My name is misspelt, been meaning to correct for years!" he says of the results on the website. Hannah used to be a member of CUH&H but is now in Oxford and looking for an extra

twist to her running so will be joining CUOC for their Christmas tour in the Lakes.

VICKY STEVENS is now in Caltech, doing a PhD. I wonder if she'll come across **ANN MARIE CODY** at some Californian events?

RUTH SHEDDEN (née HOLLINGER) was selected to represent Great Britain at the European Mountain Bike Orienteering Champs in Russia this September.



© Mark Stodgell

VIV BARRACLOUGH tells us that there's "lots going on in the Barraclough household, not much of interest to the wider world though! (Unless you want an account of Seth's spelling test, Luke's gymnastic antics or Joseph's runny nose)." Viv says that they managed to get 13 orienteers; all DrongOs and offspring, in their kitchen after the Storthes Hall Woods event in October. They will also be moving, hopefully, up the hill, to a smaller kitchen but better view of the Woods! Viv has moved EPOC's club night to its winter base in Newsome High School. She reminisces to her CUOC days: "All those wacky training sessions we did in Cambridge have given me plenty of ideas!"

DrongO at the Scottish 6 Days (31st July-6th August)

Lots of DrongO orienteers made it a holiday and made an appearance at the biannual Scottish 6 Days, with some pretty good results in the overall scoring.

M21E (out of 49)

- Mark Bown 11th (10th Day 5)
- Ben Stevens 13th (8th Day 6)

M21L (56)

- Alistair Hindle 51st

W21L (37)

- Cath Wilson 9th
- Anya Crocker 12th

W35L (33)

Catherine Isherwood 20th

W40L (51)

- Heather Monro WON
- Jenny Peel 5th
- Lucy Wiegand 9th
- Ann Roller 16th

M40L (77)

- Eric Roller 6th
- Colin Smith 16th
- Neil Conway 20th

M40S (56)

- Tim Wiegand 18th

M45L (111)

- Nigel Bunn 9th
- Ian Jones 51st
- Trevor Hoey 71st

M45S (94)

- Adam Leaf 79th

W45S (75)

- Barbara Tebbutt 50th

M50L (128)

- Charles Daniel 67th
- ### W50L (85)
- Mary Ockenden 22nd
 - Allyson Foord 45th

M55L (126)

- Don McKerrow 40th

M55S (79)

- David Hanstock 48th

W55S (41)

- Fiona Hanstock 7th

DrongO at the London City Race (10th Sept)

The UK orienteering season began again after the summer lull with the 4th London City Race. Well planned and based on the Barbican, the courses took in both intricate orienteering and some of the iconic London sights. And to top it all, there were some great results from DrongOs at the event - here is a round-up of them.

M Open (186 finishers)

- Ben Stevens 11th
- Alex Rothman 21st
- Matthias Mahr 26th
- Adam Bennett 33rd
- Chris Williamson 75th
- Mark Collis 135th
- Ben Holland 138th
- David Cottingham 164th

W Open (85 finishers)

- Rachael Rothman WON
- Ali Ingleby 7th
- Vicky Stevens 39th

W Short (54 finishers)

- Blanka Collis WON
- Emma Holland 26th

M Vets (111 finishers)

- Neil Crickmore 11th
- Ian Buxton 36th
- Adam Leaf 66th
- Mark Foxwell 74th

W Vets (59 finishers)

- Jenny Peel WON
- Susan Crickmore 21st

M Supervets (136 finishers)

- Peter Haynes 17th
- Don McKerrow 20th
- Colin Duckworth 123rd

W Supervets (64 finishers)

- Jean Payne 31st

The City Race was followed by a Ultrasprint on a 1:1250 map, with a mini-maze include, in

Regent's Park, with first four in each class to qualify for a mass start final. Congratulations to **Ian Buxton** for being one of those to qualify and finishing 3rd in Men's Vets overall!



DrongO at the London City Race (by Ollie O'Brien)

SUN, SEA AND MUGS – WHITE ROSE 2011

David Bowman, our very own correspondent from the North of England, reports on the White Rose...

Ah, the White Rose! That mainstay of the summer orienteering calendar... Times were when no self-respecting CUOC orienteer would miss the chance to spend a few glorious days at the end of August near the Yorkshire coast, orienteering by day and living it up on the campsite by night. Indeed, the fixtures page of the CUOC newsletter, Easter Term 1995, proclaimed “Aug Bank Holiday – White Rose – CUOC posse in full effect”. The previous year, Lucy Wilson had written a full report on the White Rose for the newsletter, ending rather enigmatically “...a good time would appear to have been had by all”. DrongO put a team (me, Loz Colyer, Eric & Ann Roller, I think) in the WR 1997 relay and won. Fast forward to 2011, and not a single mention of CUOC on the results list – not even a hint of squaddies running for their Scandinavian club. You’d have thought there’d still be plenty of interest in such an orienteering feast (7 different races over 3 days this year) on challenging terrain, plus the favourable odds of coming home with at least one famous White Rose mug, but alas...

Fortunately, a few hardy DrongOs kept the Cambridge flag flying in 2011 and filled their kitchen cupboards with some valuable china-ware. The weekend was based in moors and forests inland from Robin Hoods Bay, with a great campsite that didn’t get too muddy or windy (compare WR 2010 when the wind blew the portaloos over and snapped the poles of the Bowman tent on the last night, forcing us to seek refuge in my parents’ caravan...) On Day 1 of the classic event, we were bussed to the starts and basically ran back to the campsite. Open moorland was followed by thick forest and some tricky “chessboard” blocks of experimental planting. My race was marred by a misplaced control (later voided from the courses) which I spent 20 mins hunting for and left me in a bad mood for the last part of the course. But the few other entrants on M35 had taken even longer, so I still led the pack. I had an early start on Day 2 and sometimes felt I was the first one to step in

some thick parts of the forest since the trees were planted, but I had a storming run to win overall. The night score race would have been more fun if my light hadn’t died part way round. As for the hill race and the sprint – I skipped these to take the family down to Scarborough for the obligatory “White Rose shower” ie. a dip in the sea.

Spotted in the forest and around the campsite at the 2011 WR were:

Lucy Wiegand (4th overall on W40L; 2nd veteran women night race)
 Tim Wiegand (7th overall on M40L)
 Neil Conway* (1st overall on M40L)
 David Bowman (1st overall M35L; 3rd senior men night race)

The WR has always been a family event and it’s no surprise that DrongO spouses and children wanted a piece of the action too. Notable mug-winners were:

Wiegand family (Lucy, Tim & son Adam) – 3rd on Family Relay
 Adam Wiegand (3rd overall on M10A)
 Eve Conway (3rd overall W10A)
 Marion Bowman (3rd overall W40S)

I hope this has stirred a few happy memories from the times when you wouldn’t miss the White Rose for the world. And I hope to see many more DrongOs at next year’s event!

**I have a feeling Neil hasn’t declared himself a DrongO yet. But I am sure it is the same person who was reported top of CUOC ranking list in March 1990 and wrote an entertaining article for a CUOC newsletter about completing the 3 UK peaks by hitchhiking.*

Minutes of DrongO AGM 2011

Held as an e-AGM via members@drongo.org.uk

1st – 31st August 2011

Present: anyone who was on the members@drongo.org.uk mailing list at the time, with votes received from Viv Barraclough (née Kaye), Jenny Barrett (née Costigan), David Bowman, Mark Bown, Ian Bratt, Ian Buxton, Blanka Collis (née Sengerová), Mark Collis, Loz Colyer, Wayne Patrick, Ben Stevens, Chris Thorne and Lucy Wiegand (née Partridge).

1. Minutes of the last meeting

The minutes of the 2010 AGM held between 1st and 15th October were accepted as a true record of the proceedings (13 votes for, none against and no abstentions).

2. Acceptance of accounts

The accounts for the financial year from July 2010 to June 2011 were accepted (12 votes for, none against and 1 abstention).

3. Captain's report

Blanka Collis provided the following report on the past year:

“The 2010-11 year has been a busy one for DrongO. For the first time ever, we now appear to exist in BOF's books as a club with a committee, and I thank Mark Bown and Mark Collis for taking on the roles of treasurer and secretary, respectively. I am also really grateful to Ben Stevens who, despite changing allegiance to the dark blues for his PhD years, has enthusiastically taken on the job of creating and maintaining a DrongO website, which has made us a little bit more visible. I am still actively looking for a newsletter editor, with people having been approached and replies being keenly awaited.

On the note of the newsletter, a huge thank you to Eric Roller for doing such a great job of the newsletter for 3 years until January, finishing off with a fantastic bumper issue for the 40th anniversary newsletter.

The 40th anniversary dinner at St John's College in January, organised with the help of CUOC committee members Ben Windsor and Huw Grange, was a great success, with a spread of matriculation years attending, going all the way from the 1970s to the 2010s. It was nice to meet some of the current students and we heard a little about CUOC in the 1970s from one of the early members, Colin Duckworth, and about CUOC in the 2010s from captain Ben Windsor. You will be pleased to know that hearing all about the sociable lunches from the early days, the current crop of enthusiastic CUOC members decided to re-adopt the tradition after a 10 year gap. I sincerely hope that the current enthusiasm of CUOCers will last into their DrongO years and we can significantly youthen (or youngify) the DrongO committee over the next few years!

In March/early April, the Cambridge/Oxford focussed competition of the year took place in the Czech Republic, with a DrongO-organised Varsity Match in the rocky sandstone terrain around Doksy. The organisation was helped by the contacts that Petr Luksan had from his Czech orienteering days, and most of the on-the-ground work was done by Radek Novotny, a

Czech national O team manager. The race itself was preceded by several days of training, with a total of about 30 people attending overall. The DrongO contingent was a little select, with only three of us there (JOK wouldn't let us count Ben Stevens and Vaclav Potesil as they were running for OUOC!), but the CUOC contingent outnumbered OUOC by far, which should bode well for future years in both CUOC and DrongO. Results-wise, JOK retained the JOK-DrongO team trophy, with the two individual alumni trophies awarded in their inaugural year to Edward Catmur (JOK) and Blanka Collis (DrongO). The student race was dominated by Cambridge on the women's side (Mairead Roche individual winner, Cambridge team winners) and by Oxford on the men's side (Peter Hodgkinson and Oxford men were winners).

At the JK in Northern Ireland, some DrongO members and friends met up for a pub dinner, which was a nice sociable occasion, enjoyed by all who attended. Most recently, the CUOC/DrongO link has grown, with some DrongO members seen at the CUOC post-exam training weekend in Norway.

DrongO members have not been just socialising over the year, they have also been competing, with some great results at the big events (JK and the various British Champs). This included two silvers (Rachael Elder and Jenny Peel) and two bronzes (Quentin Harding and Alison Harding) at the British near Sheffield, two golds (Quentin Harding and Jenny Peel) and a bronze (Rachael Elder) at the JK Sprint, and a win in the overall JK results (Jenny Peel). As the events happen, I have tried to highlight other DrongO results on the website but it is sometimes difficult to spot DrongOs hiding under other clubs' pseudonyms (particularly if they're female and have changed their names since their CUOC days!) - if you do spot any DrongOs in event results that I don't, then do highlight them to me for future reference. Finally, congratulations to Rachael Elder who has been selected to represent Great Britain at the World Champs in France later this month. To finish off, I'd like to draw your attention to three dates looking forward to the coming year. On 22nd October 2011, the 2nd Cambridge City Race is taking place, promising to be a great event and I would encourage you to make the effort to support CUOC and attend. Secondly, the Varsity Match in 2012 will be on Burnham Beeches (near Slough) over the weekend of 10th/11th March, and it would be great to see a good DrongO turnout at an event within easy reach of many parts of the UK. And finally, CUOC are organising the British Uni Champs 2012 in the Lake District on 17th/18th March and have kindly asked for support from DrongO (and JOK, I believe) in terms of on-the-day help - do consider coming, especially if you live within a reasonable distance of the Lakes, it will be much appreciated by the students, and I am sure it will be possible to get some helper runs.

For now, enjoy your orienteering and see you in the forest somewhere!"

4. Election of officers (Captain, Secretary and Treasurer)

The current Captain, Blanka Collis, was re-elected (12 votes for, none against and 1 abstention).

The current Secretary, Mark Collis, was re-elected (12 votes for, none against and 1 abstention).

The current Treasurer, Mark Bown, was re-elected (12 votes for, none against and 1 abstention).

Ben Stevens continues as a committee member as Webmaster.

There are two further places available on the committee should anyone wish to be considered during the year. A volunteer for Newsletter Editor would be particularly welcome.

5. Any other business

There being no further proposals to consider, the floor was opened for any other business. Wayne Patrick offered to organise a Varsity Match in New Zealand...

Ian Bratt offered some local knowledge: "If anybody is considering coming to the Big Five event in South Africa in January 2012, they are most welcome to contact me directly if the need any assistance planning their trip."

Ben Stevens suggested that "perhaps we can encourage people to send in news to put on the website, although this might take something away from the newsletter?" Blanka's response supported this: "I agree and would definitely encourage people to send contributions to the news section of the website. The newsletter gets only published three times a year so the website is a more timely way of getting the news out, and I don't think it will take away from the newsletter."

Loz Colyer "Would just like to say well done to everyone that has helped make Drongo a better, more official club, especially those that are offering to stand for committee posts and take on the work involved. Nice one!"

Blanka reported that the club has been invited to send up to two delegates to the British Orienteering Club and Association conference on Saturday 15th October. Anyone who wishes to attend should express their interest by 19th September.

Minuted by Mark Collis, DrongO Secretary, 11/9/2011