

NEXT  
ISSUE...  
MAY 2012

# *A Load of Old Cuocs*



DRONGO – The Orienteering Club for Cambridge University Alumni

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[www.drongo.org.uk](http://www.drongo.org.uk)

## Editorial



Your editor at the  
London Ultrasprint  
event (by Ian Buxton)

*Happy New Year, all the best for 2012 and the forthcoming season, and welcome to the February version of the DrongO newsletter.*

*In this edition of the newsletter, you can read something about what the current CUOC lot (and therefore the future crop of DrongO members!) have been up to from CUOC's women's captain Andy Straková, you'll be introduced to a new family of DrongO members and you can read something about the first CUOC SprintO to be held in Oxford...*

*As you read this, the last lot of preparations will be going ahead for the Burnham Beeches Varsity Match (10<sup>th</sup> March) in the SE of England – don't forget to get your entries in to Ruth Holmes (rholmes03ATgmail.com) if you haven't done so already – and for CUOC's turn at hosting the University champs in the Lake District – thanks to those of you helping out. I hope to report on the in the next newsletter – volunteer reporters would be welcome!*

*Next issue will be out in May 2012, I look forward to receiving your news, stories and pictures on [newsATdrongo.org.uk](http://newsATdrongo.org.uk).*

## DrongO and CUOC in the Great Britain squad

Congratulations to DrongO member Rachael Rothman for being selected to be part of the Elite Performance Squad and current CUOCers Mairead Rocke and Matthew Halliday for being part of the Elite Development Squad for the current season.



Rachael Rothman at the World Champs in 2011 © WorldofO.com, see <http://runners.worldofO.com/rachaelrothman.html>

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## Coming up soon...

*The Varsity Match is imminent, with entries closing just over a week after you read this newsletter. Then CUOC are organising BUCS in the Lakes, and there is a summer tour planned by the OUOC/CUOC students and some JOKers that includes competing at Jukola in the forest adjacent to Helsinki airport, followed by competition at the Tallinn O Week just across the sea...*

Don't forget to enter the **2012 Varsity Match** which will be on Burnham Beeches (Slough) on 10<sup>th</sup> March, followed by the relays in Whippendell Woods on the Sunday. Accommodation will be provided in Hedgerley memorial hall on Saturday night and the usual fun and games will be organised. Says the organiser, "Burnham Beeches is looking really good - fast but tricky, so will provide excellent racing, and there will be a few surprises thrown into the planning too!



The Varsity Match organizer speeding through the lovely Burnham Beeches forest.

"Start times will be 10am - 11:15 for guests with Varsity Match competitors following until 13:00. There are also a small number of start slots available for guests to run

after the Varsity Match (ie 13:30 start time) so please get in touch with [Ruth] if you require this for split starts etc."

Courses available are Men's A (~11km), Women's A/Men's B (~8km), Novice course (5km orange/light green standard).

Please send your entries in to Ruth Holmes ([rholes03@gmail.com](mailto:rholes03@gmail.com)) by February 28<sup>th</sup>, stating your name, club, course and SI card number. - I hope to see many DrongOs there.

CUOC are organising **BUCS (the University Champs)** on 17<sup>th</sup>/18<sup>th</sup> March in the Lake District. A number of DrongOs are involved in the organization - if you're not and are able to come along and help, do get in touch with Ben Windsor on [bjw44@cam.ac.uk](mailto:bjw44@cam.ac.uk).

CUOC and OUOC, together with some JOK presence, are planning a summer training/competition tour to Jukola on 16<sup>th</sup>/17<sup>th</sup> June (<http://www.jukola.com/2012/en/>) followed by the Tallinn O Week just a jump across the Baltic Sea from 18<sup>th</sup>-23<sup>rd</sup> June (<http://sk100.ee/2012/owee/>). If you're interested in joining the tour, contact Ben Windsor on [bjw44@cam.ac.uk](mailto:bjw44@cam.ac.uk) for details.

# DrongO meet up at the JK/British

*The JK is nearly upon us again. Last year in Northern Ireland, DrongO members had a nice pleasant pub meet one evening, and I wonder if a repeat is on the cards?*

It looks like there's a good spattering of DrongOs on the entry list for the JK in Scotland this year, and there might be takers for a get-together. Is anyone who is going willing to volunteer to pick an evening, locate and book a pub? If you are, let me know on [blanka@drongo.org.uk](mailto:blanka@drongo.org.uk) or, even better, email the club mailing list directly on [members@drongo.org.uk](mailto:members@drongo.org.uk) to round up potential attendees...

Likewise, there is potential for a DrongO dinner in the Lake District after the British Champs and before the relays – anyone going who'd like to propose and book a venue?



**DrongO dinner at JK2011 in Northern Ireland.**

## DrongO directions

*What should DrongO be doing?*

Last year I e-mailed to see if there was enough interest in continuing DrongO as an official club (with committee, AGM and constitution) within BOF. The overwhelming response was along the lines of "Yes, please keep up the work of keeping DrongO going but unfortunately I don't really have time to help..."

Since then, apart from a big push for the 40<sup>th</sup> anniversary dinner, a small group of people have been organising DrongO related things. The ideas are coming from a small group of people so I wanted to ask the general membership what they would like DrongO to be doing?

In no particular order, have a think about some of the following and do send your thoughts to your editor/captain on [blanka@drongo.org.uk](mailto:blanka@drongo.org.uk)...

*Do you read the newsletter? Is its frequency just about right? How do we get more people to contribute? How do we find an editor beyond my fill-in efforts?*

*Does the e-AGM format work? Should we try and have an annual dinner (associated with an event?) or will people not travel to that)? Are the*

*lunches/dinners at major events the right sort of format?*

*Should we organise shared accommodation at big events à la JOK? Again, like JOK, should there be another weekend get-together beyond Varsity for training/walking/similar to meet up? And how do we get people to organise this?*

*And on the note of the VM, how do we encourage people to volunteer to organise? It would be also nice to see more people from DrongO at Varsity just to compete, how do we go about doing that?*

I am pretty hopeful that the current lot of CUOCers (see article elsewhere in the newsletter!) will be as keen when they leave CUOC and may get involved with DrongO too, but there seems to be a huge group who've left in the last 5-10 years who seem to have vanished from the scene altogether – what do you guys in particular expect from DrongO and can you help make it happen? And of course not to leave out the others, the 90s, 80s and 70s members, are there things the club could be doing that would encourage you to be more involved, even if it's just about running at Varsity?

# What's happening in CUOC?

*Andy Straková, current CUOC women's captain, reports on what the students have been up to in the recent weeks.*

So "What's happening in CUOC???" you may ask...

A lot!!! ☺ (As Ben pointed out, last term CUOC organised/attended something on 41 days out of 69!!!! ☺)

To start off with the non-running (but still orienteering related and very important!!) social side – we keep working hard on our goal to go round all the colleges' formals. Last week we went to Churchill (and even had a special CUOC sign!), in two weeks our next target is Corpus Christi.



Inspired by DrongO members and their 'old' CUOC times, we also re-established the tradition of weekly CUOC lunches – held in Ben's kitchen. Although it's just the core of the club coming to these lunches, we keep persuading everyone else to come, too!!! (You can always drop in on Monday lunchtime if you happen to be in Cambridge!!! ☺)

This Friday is the famous Dinner crawl with 10 courses being served and we will follow a route from the Engineering department via Newnham, different Clare rooms, to the city centre and finish off in one of the Jesus houses. We will hopefully do enough walking/running!!! (To be able to eat all the food! ☺)

Finally, onto the important bit, which is training for Varsity, of course. We want to BEAT Oxford!!!!!!!!!! We are expecting a good turnout for both Varsity as well as BUCS (which is

organised by CUOC – main organisers are Ben, Matthew and Lucy [*Windsor, Vokes and Fryer – ed.*]) and we also hope for a good DrongO turn out, too!!! ☺ To improve our technique (is this even possible in areas around Cambridge?? ☺) we have a clubnight joined with local club WAOC



and we go to events most weekends. If there isn't an event, then Matthew Vokes (good work

Matt!!! ☺) plans a training session in a nearby area. One of them was running in 20 centimetres of snow! ☺

Most importantly, I hope that all CUOCers – old and many new ones, too - hopefully enjoy all these activities and we look forward to seeing many of you at Varsity!!! ☺



GO CUOC!!!!!!!!!!

On behalf all CUOCers

*Andy Straková (women's captain)*

*[It certainly sounds like CUOC have been keeping themselves busy and we wish them all the very best for the upcoming Varsity, BUCS and other competitions and look forward to cheering them on at some of these events! – ed.]*

## Varsity Match rules

Scott Collier (JOK) has been trying to write down the Varsity Match rules that have been unwritten for many years. The document has been circulated around the DrongO list to be OK'ed in time for the 2012 event – if you'd like to send in comments and corrections, this is just a reminder to please do so ASAP to [sjcollierATgmail.com](mailto:sjcollierATgmail.com).

## O tops

The Noname tops that we ordered in 2010 have sold quite well, with only one (medium sized long sleeved) left. You can see the top modelled by Blanka Collis in the attached photo from the September London City race (the back has the funky 'DrongO' lettering on it as well). If enough people are interested (at least five orders needed), we will place another order, sticking with the same design.

The tops ended up being about £35 (including the freight/exchange rate cost split between the tops) and are available in sizes ranging from XXS to XXL (plus an even smaller 120/130 and a 140/150). If you're unsure on sizes, the Noname tops are a bit tighter than your generic T-shirt, so better to err on the side of larger than smaller. For your info last time we ordered nothing smaller than M and Blanka's in an M top in the picture.

Can you email [blankaATdrongo.org.uk](mailto:blankaATdrongo.org.uk) if you're interested in ordering an O top, an order will be placed when a big enough number has been reached.

## Varsity Match 2013

Volunteers for organising would be very welcome, and as I have been involved in the last 3 of them, I would particularly welcome seeing somebody else step forward to the challenge! It doesn't have to be too strenuous and it is usually not a problem to find DrongO helpers for 'on the day' tasks. Make my day and please put yourself forward on [blankaATdrongo.org.uk](mailto:blankaATdrongo.org.uk), it would be especially nice to hear from some of the more recent leavers too!

## Forest Challenge

NGOC's 'Forest Challenge' orienteering game seems quite fun and can be recommended to others who might be interested in light-hearted O-themed entertainment, with the added bonus of proceeds going to charity (the map that comes supplied with the game appears distinctly East Anglian from the number – or lack thereof - of contours!). Details on

<http://www.ngocweb.com/wpngoc-dv/2011/12/04/forest-challenge/>



Noname tops – do you want one?

# Members' news

Great news from Bradford area as congratulations are to **ROLF** and **JULIA CROOK** on the arrival of Samuel Crook in late November. *"He weighed 3.34 kg. He's doing well and keeping us up all night,"* said Rolf. *"We've been out of orienteering for a while, but we do eventually intend to get back into O, so we might see you then."*

**VIV BARRACLOUGH** says there isn't much news, but mentions that she enjoyed an event planned by **DAVE BOWMAN** at Middleton Park in Leeds recently. That's all! She's also "Just trying to plan my "club nights" for the summer, moving around parks in Huddersfield. Publicity Pandemonium! But orienteers like going to pastures new don't they?" Anyone up near Huddersfield to join in on the club nights?

**MARK COLLIS** is busy co-ordinating the Oxford Street Orienteering series in its second season, based on London's series, and numbers have been encouragingly up on

last year. If you find yourself in Oxford, do have a look at [oss.markandblanka.com](http://oss.markandblanka.com) to check if an event isn't happening.

Welcome to **ANGUS** and **AMANDA DUDLEY** (plus family) who have recently joined the club (Amanda was at New Hall in the early 1990s when reading for a PhD in Cambridge). After many years of non-orienteering, they've had outings to some East Anglian O events, in particular Epping Forest. Says Angus, *"Epping Forest was just as I remembered it from the British Champs (or possibly the Southern Champs) back in the 1980's. I think it was one of my last events before exam revision took over and I got a weekend job to pay for my other hobbies. All I remember of that event was constant rain and being beaten by most of my compatriots. Not a good way to go. We had a much better event last week."*

Also welcome to **JACKIE BUTCHER** (now in SYO) who has recently joint the mailing

list, so hope to see you at some DrongO gatherings soon.

**SIMON THOMAS** is still living "down under" in Australia. "I am on one year contracts, first one was renewed last August, so nearly halfway through the second one," he says. At this rate he'll become an Ozzie in no time at all!

**VACLAV POTESIL** has successfully completed his PhD in Oxford and is now dithering about where to go next. California, Czech Republic and a number of other places appear to be options. He was spotted at a North Oxford location looking somewhat tired not too long ago...



## Back Oing in East Anglia after 20+ years

*Unlike most of us, who are members of other open clubs and DrongO as an extra, the Dudleys have decided to plunge straight for DrongO. Angus introduces his and his family's route into DrongO and the sport of orienteering...*

My name is Angus Dudley and together with my wife Amanda and two daughters Elizabeth and Catherine joined your club recently. For the ladies in the family orienteering is a completely new enterprise however I am returning to the scene after a break of some 27 years (save for one entry to the Scottish Championships around 1991 as a bet).

I met my wife while we were reading for our first degrees in London before Amanda moved to read her PhD in pharmacology at Cambridge, New Hall. I think the process was more akin to imbibing though. We married shortly afterwards and after several moves ended up back in the locality of Cambridge where we now reside.

My sister was introduced to orienteering through her school mathematics teacher when she was about 10. Being a strong cross-country runner she progressed well and was soon competing further afield than the local schools events. That meant my father was enlisted as the club taxi driver and I ended up tagging along too. It seemed silly for dad and I to just sit in the car waiting, so we both started to enter events too. This led to the whole family joining our local club which was Walton Chasers in Stafford. The club chairman was none other than Peter Palmer who was one of the founding fathers of the sport in the UK together with David Hale and Chris Brasher (of Sweatshop and London Marathon fame). Peter Palmer was reading for a Diploma in Teaching at Cambridge at the time they launched the sport in the UK.

I don't have particularly fond memories of my early orienteering career, most weekends seeming to be muddy and miserable. I competed in the shadow of the clubs "A team" that was Stephen Palmer, David Peel, Andrew Kitchin and David Bentley. They were actually quite an inspiration and were all first class orienteers. When the opportunity came to earn some money with a part time job I was off. However I think

the excuse I sold my parents was "it is either 'O' events or 'O' levels".

My parents continued their membership of Walton Chasers club for the next 25 years. My father was quite successful and spent some time on various orienteering committees and steering groups. He even had a spell as a coach for the England junior squad and was part of the group that introduced "cycle-o" to Walton Chasers. His failing health meant he was no longer able to compete and two years ago my parents decided to move to Huntingdon to be nearer to all the grandchildren.



My mother is still a regular competitor and has just won the East Anglian championships (W70) for the third time. Amazing for someone who still cannot tell the difference between a re-entrant and a spur, even after 30 years. My sister, who lives only a short distance away, started orienteering with her children about 5 years ago. It seemed almost inevitable that we should do the same so we tried the colour coded event at Wimpole Hall near Cambridge last year. My eldest daughter Elizabeth (9) was fast straight out of the box and recently became the W10 East Anglian champ. Catherine (7) is still a bit too young and her gyroscopes keep toppling but she still enjoys it. While they are both happy and we can keep orienteering as a "family day out" we shall keep coming. Amanda acts as sweeper and shadows the girls round. Hopefully when their confidence increases she will be able to enjoy the odd event or two. As for me, let's just say that 27 years is a long time to NOT run. Now, where's that ice pack?

*Angus Dudley*

## A darker shade of SprintO

*In autumn 2011, CUOC were busy organizing the City Race, soon followed by the upcoming University Champs so it came to OUOC to organise the SprintO, with Shotover the venue of choice. Mark Collis was organising a TVOC event on the same area on the same day (might there have been some tagging along with permissions on the part of OUOC?!?), and he reports on the event.*

I've been to plenty of SprintOs in my time (the 1995 version in Epping being my first proper introduction to CUOC), but never one quite so close to home nor as far from Cambridge as this year's. With CUOC stretched by organising BUCS and unable to put on the event, their rivals from OUOC stepped in with a replacement, held at Shotover on the eastern edge of Oxford.

In true student fashion the organisation was left until the last minute and was way outside the Council's timescales for getting permission, but they were in luck on two counts - firstly that TVOC already had permission for a local event at Shotover for the same day, and secondly that I was the organiser/planner for said event so was happy to 'add' the SprintO to the existing permission without asking too many awkward questions about the AlcO to add to the risk assessment form...

On the day the two events coexisted nicely, as we had avoided using the same control sites and could brief runners with an Emit card to ignore any SI controls they might spot and vice versa! Due to the relatively small number of entrants the format was more of a chasing start than knockout (though the exact formula isn't particularly clear from the results) with the final having three loops. The top man after the prologue was Ralph Street (ShUOC), with the women being led by Julia Blomquist (BAOC). Though I didn't see much of this bit due to having another event to organise at the same time, by the time the final started most of our controls had been collected in and I set off to try to get a run myself, handicapped slightly by not actually knowing where the start was...

By the time I got there the race was well under way, but it wasn't too late to join in - and I promptly missed the first control having not

adjusted to the different map scale from that I'd been using earlier in the day! The rest of the course was OK (well it should have been given my prior knowledge of the area) and I did get a bit of head-to-head racing with people on their second loop. On finishing I learnt that both Ralph and Julia had maintained their leads to win overall - then it was time to move into an out-of-the-way re-entrant for the usual AlcO carnage, this year with added ties and bike helmets for some reason. I think Ralph won this as well, though he was pushed surprisingly hard by Helen Hanstock, while Alan Cherry blew a promising position on the final drink...



CUOC's AlcO team © CUOC

As usual the evening didn't end in the forest, and we all ate in hall at Exeter College before adjourning to a college bar or two. ShUOC could be kept under control as there was only one of them, so OUOC probably didn't get banned from anywhere either. It was good to see the SprintO alive and well and I hope that CUOC are able to take it on again next year, though it would be nice if a wider range of universities came. Socialising with students is also a good way to make me feel old, almost as much as becoming an M35 this year...

*Mark Collis*