

NEXT
ISSUE...
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A Load of Old Cuocs



DRONGO – The Orienteering Club for Cambridge University Alumni

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Editorial



Your guest editor at the Park Wood introductory event

Welcome to the May 2012 edition of the DrongO newsletter. A lot has happened in our lives since the last newsletter with the arrival of Emma Tereza Collis so this issue is a bit of a last minute effort snatched together in the odd spare moment, with much one-handed typing involved. She's adorable, and we look forward to introducing our little Wo to you at some events.

As pre-empted by an e-mail not long ago, I am therefore on the lookout for a new editor to cover the 2012-13 period before Ben Windsor, soon to graduate, takes over. Please do get in touch and volunteer!

As in the last two years, we'll hold the AGM in the form of an e-AGM. This will happen between 1st and 31st August and a notice is in the newsletter. Do consider standing for the position of Captain, Treasurer and Secretary!

A roundup of the season's British Champs results are included, please let me know if I am omitting some DrongOes... Apart from Matthias Mahr who has already been featured on CompassSport, are any of you affected by the decision to bar non-British citizens from winning medals? Would you like to write an article on that topic next time?

Send your pictures, event reports, puzzles, musings, gossip and whatever else you can think of to news AT drongo.org.uk ...

Varsity Match 2013 announced!

The next time Varsity is once again organised by DrongO. I am pleased to announce we have an organising team!

A huge thank you to Rachael Rothman for offering to organise and plan the 2013 Varsity Match with the help from Alex, Mark Bown and her brothers Ian and Alan. Thank you, guys! More details to follow...

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Varsity Match 2012

Chris Williamson reports on a great sunny weekend in the south-east of England...

The setting for the 2012 Varsity Match was the picturesque Burnham Beeches – a fast beech forest not far from Slough. First point of interest for most was the new babies Collis and Millard out and about early on in their orienteering careers.



Long, fast and technical courses, expertly planned by Ruth Holmes and Tim Beale, challenged all runners physically and mentally. A spectator loop and handily placed café, along with some decent weather maintained spectator interest throughout the afternoon.

Results-wise, as reported by CUOC on the Cambridge University Sport website, “Cambridge took its largest squad since 1986 to the 2012 Orienteering Varsity Match in Burnham

Beeches, Buckinghamshire, allowing a full B-team competition to take place for the first time in years. It was a weekend of mixed fortunes for Cambridge. The Cambridge Women comprehensively beat Oxford by some 76 minutes, locking out the podium positions in the process. Oxford currently have a very strong men’s squad including several members of the GB team, and Cambridge have been unlucky with injuries resulting in a defeat for the Men’s A team. Thankfully the Men’s



B team restored honour to Cambridge and recorded a convincing win by 109 minutes, giving Cambridge an unofficial 2-1 victory over the Varsity Weekend.” In the individual race, Mairead Roche (Cambridge) and Peter Hodkinson (Oxford) managed to retain their titles.

In the alumni race, DrongO fielded one of the biggest teams in the recent years, and it was 4 men and 2 women to count, with JOK taking the trophy home – DrongO will get there soon enough. The alumni trophies were also taken home by JOK members, with the women’s trophy going to Rachael Holmes who pipped DrongO’s Anya Crocker to the post by just over 1 minute, and the men’s trophy going to James McMillan who CUOC failed to select for their team despite him being on a one year course in Cambridge.



The evening’s entertainment centred around Hedgerley Village Hall where a muted beer race was once again won by JOK. The pub in the village provided food and drink for many on into the evening, with many of the alumni outshining an embarrassing number of the current students with their staying power.



Sunday's relays moved to the outskirts of Watford and Whippendell Woods. An interesting format saw 5 legs of long, medium, medium, short, short shared between 3 runners,

with a frenzied pace set. Courses once again were well-planned and required maximum concentration at speed.

Overall an excellent weekend of well-planned courses that was enjoyed thoroughly. As always, I hope to see more DrongOs at next year's Varsity. Full results: http://www.jok.org.uk/varsity_match/2012

British Night Champs 25th Feb

There was a good spattering of DrongOes in attendance at this year's British Night Championships held in the New Forest. I hope I have spotted everyone in the results!

M21L

Mark Bown 1st
Alex Rothman 3rd

W21L

Rachael Rothman 2nd to Helen Bridle by 40 sec



The open men's class podium with winner Mark Bown (middle) and third-placed Alex Rothman (right). (Photo: Rob Lines)

W40L

Jenny Peel 1st



The W40 podium with winner Jenny Peel (right). (Photo: Rob Lines)

M50L

Neil Crickmore 3rd

W50L

Susan Crickmore 3rd

M55L

Dave Kingham 2nd
Charles Daniel 15th

W55L

Jean Payne 5th

CUOC's British Uni Championships

Over the last few newsletters, I've been bugging you to volunteer to come and help CUOC organise their BUCS event in the Lake District. Many of you did, and thank you for that, it was much appreciated by CUOC. In the absence of my own undercover reporter, I have been given permission to reproduce CUOC's (David Maliphant's) write-up of the weekend so read on for what happened. All photos courtesy of Ian Buxton.



March 17-18 2012: 16 CUOC athletes and some very kind drivers travelled to the Lake District for the annual BUCS British University Orienteering Championships, organised by CUOC for apparently the first time in our 41 year history. On reflection, this is probably because while the rolling "hills" of East Anglia are not up to the job of hosting BUCS, organising an event 250 miles away from Cambridge is something of a logistical challenge. It's hard enough just getting a squad up there, but the club's drivers, parents and alumni came good and enabled a 400% increase in CUOC turn out from last year. And luckily for us, an elite team of organisers (Ben, Matthew and Lucy, our high profile signing from EUOC) rose to the challenge of putting on BUCS with a little help from local clubs LOC and SROC and our alumni friends in DrongO.

A sunny Saturday morning saw the "Getting CUOC to the Lakes, mk7" plan finish bang on schedule and the traditional game of "how can we

get this CUOC tent to stand up" began. With the event set up to Lucy's approval and LOCs "No Go No Whistle" signs spell-checked, the event began. Loughrigg is a steep and intricate open fell, to all intents and purposes the exact opposite to the flatlands of Thetford Forest that much of our team have had to train on. Nevertheless, CUOC had some good results, particularly in the Women's where Mairead Rocke and Katrin Harding claimed 4th and 9th position respectively. Three runners from each of the A courses count towards the overall score, so for Cambridge this was...

Men's A

- 21st Matthew Vokes 67:14
- 33rd David Maliphant 73:31
- 38th Mark Salmon 76:38

Women's A

- 4th Mairead Rocke 42:27
- 9th Katrin Harding 47:23
- 24th Andy Strakova 58:56

After the event, the organisational mantle passed from Lucy Fryer to Ben Windsor, overall coordinator and social organiser. A mad dash to the very nice Victory Hall followed to open it up

for accommodation, followed by a trip to Coronation Hall in Ulverston to set up the social. Both halls were considerably more luxurious than your average village hall, but Coronation Hall turned out to be a fully equipped theatre, beautifully decorated in Cambridge Blue - a perfect setting for orienteers to tuck into the enormous buffet (future BUCS organisers take note - order food for more people than you have



coming to satisfy hungry orienteers!) and dance the night away in the ceilidh. At the prize giving, it became clear that Cambridge were in fourth as in recent years, but were trailing Oxford by a solitary point. CUOC were unable to repeat the success of Varsity in the beer Boat Race, but yet again, this was mostly because we

were following the rules unlike some universities COUGHsheffieldCOUGH. Hamish's [*this year's social secretary, which equals to Harriet, Mark and Steph - ed.*] awesome music selection played out the rest of the evening, and the evening ended with the great Nicola Manfredi's *You and Me* after only a little captainly persuasion.

Day two of BUCS is a relay, which this year was held at the very sunny Bigland Estate. Last year we only managed one team, this year we had five! The terrain was a mixture of grassy fell and intricate, marshy forest with plenty of opportunity for errors in such a fast and furious relay format. The start/finish area was particularly exciting as runners could be tracked all the way to the top of the hill as they ran out of the start and for the last 3-4 minutes of their course as they came into the finish. CUOC had some great runs, with Katrin, Andy and Mairead bringing the Women's 1st team into 5th place and the first team that wasn't Edinburgh or Sheffield. The second team of Harriet, Lucy and Steph was

11th. The men's race was won by Oxford, who were promptly disqualified for crossing a wall. Unfortunately, the CUOC men's first team of Mark, Matthew (competing while organising - nice one!) and Ben were also disqualified due a mathematical sequencing error in the arithmetic progression of control sites on the last leg. Luckily the second team of Hallvard, Henrik and David M finished in 12th and only a small mistake on the last leg away from the top ten. Tom, Tin and David W were close behind in 14th. This wasn't quite good enough to get significantly ahead of Oxford in the preliminary results, BUT because Oxford weren't able to field a women's team, their final score depended on how many women's teams managed to finish the course. So it was that we all nervously awaited the arrival of the University of East Anglia into the finish as the time ticked towards courses closing time. When their last runner had downloaded, it became apparent that they hadn't finished the course so Oxford were still ahead. Still, we consoled ourselves with a close 4th, packed up the event and went home. It wasn't until we got to Ben's house, had dinner and Matthew checked his email that we realised that another team had finished just before UEA, and this team had finished the course correctly giving Oxford an additional point and moving CUOC into 3rd! Not quite the close racing we were hoping for, but a nailbiting finish none the less.



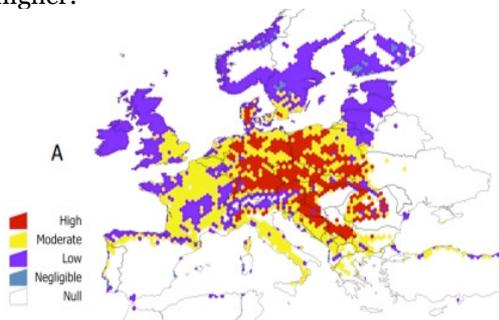
Thank you to our drivers Emily, Adam, Richard and Dan & Lenka Straka and to all involved with organising the weekend - especially LOC and SROC, and Ben, Lucy and Matthew!

Stay safe whilst orienteering: know your tick borne infections

As a resident of a part of the USA where ticks and tick-borne diseases are prevalent, Ann Marie Cody writes about what you should look out for.

While we like to view orienteering is a fun sport that the whole family can enjoy, there are significant dangers lurking in the bushes that everyone should be aware of. Ankle-twisting holes, sharp thorns, and poisonous plants might come to mind first, but in fact the greatest threat to our wellbeing as orienteers might be posed by a miniscule critter: the tick. That's right—this eight-legged arachnid that loves to latch onto humans can carry quite a variety of diseases, some of which may be debilitating. The best way to avoid them is knowledge and prevention. Here are a few vital facts to know about tick-borne diseases (TBI):

***The most common TBI is lyme borreliosis,** known in the USA as Lyme disease. It is caused by the borrelia bacteria, various strains of which exist in both Europe and North America. The prevalence of this bacteria in ticks varies dramatically with geography, season, and tick species, so in some places your chance of contracting borreliosis following a bite are near 100%, while elsewhere it may be 1%. The map below indicates the relative risk for different locations in Europe. In the northeastern U.S. (where I come from), it is even higher!



***There are a variety of other, less common, TBI** such as babesia (malaria-like parasite common in the northeast U.S.), bartonella (causes “cat scratch fever”), and tularemia. Tick-borne encephalitis is also prevalent in central Europe, the Baltics and Russia, and can be avoided by obtaining vaccinations prior to running in the forest. Many TBI cause high fevers and flu-like symptoms at the onset. Lyme disease is famous for causing joint pain and bullseye-shaped rashes in the U.S., but the strains of borrelia present in Europe are thought to causes predominantly cognitive symptoms. Serious complications may develop from any of these diseases if early treatment is not obtained.

***What is the best way to prevent infection in a tick-infested area?** If possible, avoid running through high grass and thick shrubbery (yes, this may be impossible in orienteering). Wear clothing that covers up most of your skin, and choose light colors that make ticks easy to identify. After orienteering, search your entire body for ticks, some of which can literally be the size of a poppy seed! Be aware that they love to crawl upward and hide in places like your hair. If you are concerned that ticks may be trying to hitch a ride into your household, throw your clothes into a dryer upon returning home. The heat will kill them off.

***What to do if you find a tick attached to you:** Find a pair of tweezers and firmly pull the tick out by its head. Do not attempt to burn, suffocate, or smash the tick, as this may cause it to transmit infection to you. Save the tick in a jar in case you fall ill and want to submit it to a health authority for species identification and disease testing. Word on the street is that a tick must be attached for at least 24 hours to transmit infection, so the sooner you remove it, the lower the risk.

***What to do if you develop symptoms of sickness after orienteering:** If a tick has transmitted an infection to you, it may take a few weeks to fall ill. Be suspicious if you contract a strange “flu” without respiratory symptoms or have uncharacteristic rashes or pain. If you orienteered in an area far from home, your local doctor may not think to test you for a TBI; make sure to tell him/her where you've been and that you may be at risk. Be aware that blood tests may be unable to detect infection initially, as it takes time to build up an antibody response. If you strongly suspect borreliosis, then you may have luck in asking for a round of antibiotics.

The bottom line: Before orienteering in an unfamiliar place, research which TBI are prevalent in the area, what type of ticks carry them, and what their common symptoms are. Practice prevention by searching for ticks on your body after orienteering. Stay vigilant... and continue to enjoy yourself in the forest!

For more information, visit websites such as <http://www.lymediseaseaction.org.uk/about-ticks/>

York: Sprint/Middle Champs

This year the British Sprint and Middle distance championships too place in York. The editor was absent, but Adam Leaf, the roving reporter on the ground, tells us about the weekend.

British Sprint & Middle Championships – York Weekend, March 24th-25th 2012

As someone who thought events in Yorkshire meant finding the tracks between various shades of green it came as pleasant surprise to have a university campus for the sprint with the middle race on an predominantly flat, open army training area.

Indeed, with Sprint and Middle growing in status and level of interest, the York weekend promised a busy weekend of great orienteering and certainly delivered, with a good field of elite and non-elite competitors.

Sprint – York University

York University is modern and lies a couple of miles out of the historic city. It is collegiate, but within a campus – so no navigation through hoards of tourists between historic buildings, but lots of funny shaped modern buildings connected by walkways and shrubbery, with a long thin lake in the middle to provide a bit of route choice.

The day started off foggy (I did think at point I should have packed a head torch!), but visibility had improved by the first starts and it was positively sunny by the time the finals took place. The heats took place to the North of an excellent assembly area with the run-in along the university athletics track. My only gripes were the lack of catering at assembly, and a long gap between heats and finals – long enough to do most of the sights in York if you didn't want to watch the elite finals. Here Chris Smithard beat Oli Johnson in the Elite Men's race by 6 s, and Helen Bridle lost out to Catherine Taylor by an even smaller margin of 2s. All of which goes to show why this is such an exciting format.

Congratulations particularly to the M50 DRONGOs Quentin Harding and Neil Crickmore - who took 1st and 2nd place, and Jenny Peel who won W40.. Other well-placed DRONGOs: of note in the A Finals were:

M35 Mathias Mahr 4th
M40 Colin Smith 7th
M50 Kevin Harding 10th
M55 Dave Kingham 9th, Charles Daniel 19th
M60 Don McKerrow 5th

W50 Alison Harding 4th, Jane Halliday 5th, Susan Crickmore 12th

Middle – Strensall Common

Sunday was another foggy morning, but suddenly the sun came out as we hit the York bypass and headed a few miles North of the city to a farm shop and army area. A great assembly field bathed in sunshine was the backdrop for a fast and furious middle race. In my opinion, it was less technically difficult than I would have expected but there was opportunity to make errors if you took your eye off the ball or map. Maybe if the fog had stayed around it would have been more interesting, but visibility was almost too good across the open common, with occasional trees and copses acting as big signposts. That said, it provided an exciting day's competition, with Oli Johnson getting his revenge in the Men's Elite and Linnea Gustafsson winning in the Women's. Quentin Harding and Jenny Peel pulled off the double in M50 and W40 respectively – congratulations to them. Other DRONGO results were:

M21E: Ben Stevens 22nd, Alex Rothman 34th
M40: Colin Smith 4th, Alistair Hindle 8th
M45: Nigel Bunn 28th
M50: Quentin Harding GOLD, Neil Crickmore 4th, Kevin Harding 12th, Adam Leaf 41st
M55: Dave Kingham 8th, CharlesDaniel 13th, David Hanstock 49th
M60: 14th Don McKerrow
W21E: Rachael Rothman 5th
W35: Cath Wilson BRONZE
W40: Jenny Peel GOLD
W45: Alison Smith 16th, Barbara Tebbutt 53rd
W50: Alison Harding 4th, Susan Crickmore 21st
W55: Fiona Hanstock 26th, Jean Payne 27th

Overall it was a great weekend, well worth the haul up the A1. I think the growth in both Sprint and Middle has enhanced orienteering and provided new challenges compared to classic long distance forest orienteering. Well done to EBOR for a well-organised weekend in two interesting areas, enhanced by the spring sunshine.

Results roundup: JK and British

The JK in Scotland and the British Champs in the Lake District were attended by a large number of DrongOs (unsurprisingly). I've not managed to get anyone to write a report, so at least here is what I've managed to gather from my results trawls. A huge number of great performances from amongst the DrongO ranks – congratulations to all concerned!

JK Sprint

M21E (84 finishers)

Ben Stevens 22nd
 Alex Rothman 26th
 Alan Elder 58th
 Alistair Hindle 64th
M35 (28 finishers)
 Matthias Mahr BRONZE
M40 (55)
 Ricky Baxter 40th
M45 (85)
 Colin Smith 15th

M50 (108)

Quentin Harding GOLD
 Neil Crickmore SILVER
 Kevin Harding 18th
 Adam Leaf 72nd
M55 (85)
 Charles Daniel 16th
 David Kingham 27th
 David Hanstock 72nd
M60 (74)
 Don McKerrow 8th
W21E (53)

Rachael Rothman 6th

W35 (17)

Ruth Shedden 5th
W40 (33)
 Jenny Peel SILVER
W45 (88)
 Alison Smith 52nd
W50 (55)
 Jane Halliday BRONZE
 Alison Harding 7th
 Sue Crickmore 12th
W55 (56)
 Fiona Hanstock 36th

JK Individual

M21E (of 55)

Ben Stevens 26th
M21L (of 12)
 Alan Elder GOLD
M35L (of 19)
 Matthias Mahr 4th
 Gavin Hurley 18th
M40L (of 40)
 Simon Bourne SILVER
M45L (of 82)
 Colin Smith 12th
 Nigel Bunn 15th

M50L (of 84)

Quentin Harding SILVER
 Kevin Harding 12th
 Peter Haynes 36th
 Neil Gostick 60th
 Adam Leaf 67th
M55L (of 73)
 David Kingham 5th
 Charlie Daniel 16th
M55S (of 26)
 David Hanstock 16th
M60L (of 72)
 Don McKerrow 12th
W21E (of 39)
 Rachael Rothman 5th
 Elspeth Ingleby 34th

W21L (of 18)

Nicola Robertson 15th
 Alison Ingleby 16th
W35S (of 6)
 Ruth Shedden GOLD
W40L (of 22)
 Jenny Peel SILVER
W45L (of 56)
 Alison Smith 35th
W50L (of 43)
 Alison Harding 17th
 Mary Ockenden 22nd
 Jane Halliday 23rd
 Susan Crickmore 27th
W55S (of 17)
 Fiona Hanstock 11th

British Champs

M21E (35 finishers)

Ben Stevens 13th
 Alex Rothman 27th
M40L (28)
 Ricky Baxter 23rd
M45L (59)
 Ian Buxton 42nd

M50L (58)

Quentin Harding GOLD
 Peter Haynes 19th
 Neil Gostick 41st
M55L (65)
 David Kingham 11th
M55S (20)
 Colin Duckworth 16th
M60L (58)
 Don McKerrow 25th

W40L (15)

Jenny Peel GOLD
W45S (21)
 Barbara Tebbutt 20th
W50L (37)
 Alison Harding BRONZE
 Mary Ockenden 10th
W55L (44)
 Jean Payne 33rd
W55S (11)
 Fiona Hanstock SILVER

DrongO e-AGM – 1st to 31st August 2012

The DrongO e-AGM will take place between 1st and 31st August 2012. You can send nominations, motions, comments, votes, etc. to agm@drongo.org.uk and throughout the AGM period the Chair or Secretary will group contributions and forward them to the main mailing list.

Agenda

1. Acceptance of 2011 minutes as a true record of the meeting
2. Acceptance of 2011-12 accounts
3. Election of committee (Captain, Secretary, Treasurer)
4. Proposals received/AOB

Members' news

DAVID COTTINGHAM is a home owner in Milton. Other than that, he says, not much has changed. He tries “to get along to local O events (and generally slowly make my way round the long course). Still working for Citrix and enjoying it.”

BLANKA and MARK COLLIS are the proud parents of Emma Tereza, who arrived on the 3rd March, in time to attend the Varsity Match when a week old. She's already been round a green and light green course at two other events and has acted as assistant planner to Blanka at another one!



Mark and Emma Collis at TVOC's Saturday Series event at Park Wood.

Baby boom is obviously in progress as two weeks later, on 17th March, Greta Magdalena Yeoman Holland made an appearance – congratulations to **BEN and EMMA HOLLAND** on her arrival. She is also a seasoned orienteer already, with her first race being the Huntingdon urban race...



Ben, Emma and Greta discuss route choice...

WAYNE PATRICK and Monica will be heading to Dunedin, looks like they've tired of the North Island...

GAVIN HURLEY is a new member of DrongO that has been found. He says, “*I was a*

pretty inactive member of CUOC” but he has started his comeback to orienteering with some pretty tough terrain in Scotland at the JK!

HANNAH BRICE has also recently bought a house so is spending much time doing DIY. What spare time isn't spent on DIY is taken up by cycling training as she will be doing a bike rike from Oxford to Paris in 3 days in aid of Helen and Douglas house.

DUNCAN BOOTH has recently made an appearance on BBC Oxford, discussing electric cars and talking about the talking about the Chevrolet Volt he's buying.

RACHAEL ROTHMAN is freshly back from the European Orienteering Championships in Sweden, where she finished 39th in the long distance final.