



## Editor's Column

Our editorial office is flooded with race reports, baby blessings, members' memories, and old-timers' offal. Thank you!

It was so much, that it all fits onto a single page. And I only had to add 5 ads...

The best response has been to my request for washing machine recommendations. I have now narrowed it down to a model from Fisher & Paykal (Wayne Patrick), Bosch (Viv Barraclough, Jenny Costigan), or the cheapest available (Darrell High). I don't like the looks of AEG, so I may have to settle for Bosch.

For the next issue, I am planning to piece together an article on the history of DrongO. I only have a sketchy draft so far, but with your help, we can fill in all the blanks. How do you remember it?

*Eric Roller*

### History of DrongO

For this lead article in the next issue, please send your view of the events and as many anecdotes as you can remember ... or else risk being remembered by someone else!

## VM-08: Ouoc-Cuoc: 2-0

*Oxford won in tough terrain. JOK reclaimed the beer trophy.*

A detailed pre-race analysis made Oxford the clear favourites. Counting the people who had their own SportIdent chips, OUOC was leading by 15 : 7. Considering that none of the SI-hire people made it into the top-10 of the A-races, CUOC was particularly hard hit with over 50% of their runners lacking their own "brick".

All participants could enjoy a variety of top-class Swedish terrain, albeit with snow cover during the week and on the VM race day. It certainly was tough to run in the snow on Friday, but as everybody discovered at the snow-free Måsen relay on Monday, Swedish forests aren't necessarily much faster without snow. The VM relay on Saturday was the notable exception, except that it was exceptionally hilly.

The organising duo, Boris (Harvard) and Rob (JOK), set perfect courses and predicted the winning times to within a minute (ignoring the visiting Swedish elite runner who ran the men's course faster than an elk on speed). The winners on the A-courses were hard pressed but delivered top results: Joe Mercer and Helen Gardner, both OUOC and both the only students who broke Mach-60-minutes. Soon afterwards it became clear that Oxford was also in the lead for both trophies. And even sooner,

it became clear that an open fire was a sure recipe for success for the organisers.

In the evening, Rob Hart flashed his credit card at the take-away pizza place, picking up an order for 50 pizzas. None of those pizzas survived the night.

As DrongO missed the entry requirements for the beer race by five people, there were only three boats in contention for the JOK trophy. The race was decided by a mobile phone-photo-finish with JOK in the lead by the closest margin possible.

The rest of the evening was quite civilised, even the drinking games and the Macarena-dancing were easy by DrongO standards.

I would have loved to see more DrongO faces, but given that my own VM-travel-track-record is below par, I have little reason to complain. We just have to try a little harder to attend.

*Eric Roller*

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## VM RESULTS 2008, LUNSEN, UPPSALA, SWEDEN

FRIDAY, 28 MARCH

	OUOC	CUOC	Guests	JOK	DrongO
<b>Mens' A</b> 8.5 km 17 ctrl			<b>Mens' A</b> 8.5 km 17 ctrl		
1 Joe Mercer	59:30		1 David Andersson	51:51	
2 Ben Stevens		1:01:56	2 Eric Roller		58:58
3 Matt Lyle	1:11:11		3 Ed Catmur	1:03:21	
4 James McMillan	1:17:45		4 Lena Eliasson	1:07:17	
5 Chris Williamson		1:17:54	5 Jon Marsden	1:18:27	
6 Chris Embrey	1:30:28		6 Per Forsberg	1:30:51	
7 Graeme Ambler		1:31:54	7 Ollie O'Brien	1:31:32	
8 Ian Webb	1:34:20		8 Tim Beale	1:33:22	
9 Adam Bennett		1:42:00	9 Ian Cumpstey	1:41:36	
10 Chris Millard	1:48:42		10 Anthony Covey-Crump	1:44:13	
11 Huw Grange		2:21:15	11 Mark Collis		1:47:37
12 Yuki Tamura		3:28:11	12 Peter Huzan	1:52:55	
<b>Men's Varsity Match</b>	<b>4:58:54</b>	<b>5:33:44</b>	13 Mike Garvin	2:24:54	
<b>Women's A</b> 6.7 km 17 ctrl			14 Ben Holland		2:27:39
1 Helen Gardner	59:24		15 Stephen Granger-Bevan	2:53:35	
2 Anne Edwards	1:05:00		Julian Dent	disq.	
3 Kat Orekhova	1:09:24		<b>Women's A</b> 6.7 km 17 ctrl		
4 Ruth Holmes	1:11:16		1 Ann Roller		1:13:31
5 Victoria Stevens		1:14:58	2 Anne Osborne	1:40:04	
6 Alison Crocker	1:15:45		3 Pauline Sinclair	2:04:16	
7 Anya Crocker		1:45:53	Heather Walton	disq.	
8 Clare Sutherland		1:50:44	Lina Bäckström	disq.	
9 Olivia Thorne		2:06:06	<b>Men's B</b> 6.7 km 17 ctrl		
10 Emma Yeoman		2:29:27	1 Rob Lewis	1:13:10	
Sarah Lilley		DNF	2 Simon Thomas		1:38:33
<b>Women's VM</b>	<b>3:13:48</b>	<b>4:51:35</b>	3 Tim Smith	2:14:16	
<b>Men's B</b> 6.7 km 17 ctrl			<b>Women's B</b> 4.7 km 14 ctrl		
1 Benjamin Grandey	1:13:56		1 Anna Skarbek	1:22:48	
2 Chris Wroe	1:37:33		2 Christine Jones	1:40:31	
3 Scott Collier	1:45:41				
4 Andrew Crosby		2:02:06			
5 Roberto Zanchi		2:36:13			
<b>Women's B</b> 4.7 km 14 ctrl					
1 Lucy Pearce	1:53:46				
Cerys Manning	disq				

# Varsity Match Highlights

*Memories of a week of orienteering in Sweden.*

**Most memorable:** walking on the frozen lake between the finish and the spectator control (OOB for competitors).

**Most difficult training:** night-orienteering without paths.

**Best food:** Mark Collis' grilled salmon and Rob Hart's home-made cakes.

**Best performance:** Joe Mercer and Helen Gardner.

**Best forest:** Måsen relay.

**Most forest exposure:** Yuki Tamura with 25 min/km.

**Most distinguished:** Peter Huzan who attended his 9<sup>th</sup> VM.

**Worst food:** Take-away Pizza for the VM dinner.

**Most controls:** VM relay where the long course had 24 controls for 6 km.

**Weirdest Experience:** Micro orienteering "DX Deluxe".

**Most absent:** DrongO.

**Biggest cock-up:** Two Swedish girls setting up two start boxes for a 3-minute call-up.

**Biggest embarrassment:** CUOC not returning the men's trophy.

**Worst local PR cock-up:** The local newspaper with a lead picture on the cover page but forgetting to print the accompanying article. The article is finally printed on the following day where JOK's mascot is told to be a "flying elephant".

**Worst race coverage:** The article in the Swedish orienteering magazine where the organisers are named but no mentioning of who won the race!

**Most unnecessary injury:** Jon Marsden who should have known better not to run with a previously injured knee.

**Biggest loser:** Dan Marston who did not attend the VM but made the long journey from Oslo for the Måsen relay ... where his team then got disqualified.

## HOW DO I SUBSCRIBE?

Simple, keep your email address up-to-date on the [DrongO members' list](#):

[www.drongo.org.uk](http://www.drongo.org.uk)  
(click on mailing list "information page").

Today's issue of the newsletter was sponsored by the letter "J"

## IDENTIFY THIS DRONGO:

Hint: Long and Slim.



# A DrongO wins JK

*The editor was at the scene when it happened*

It is a little known fact that the ranks of JK winners includes DrongO members. Spectators of last year's race were witnessing a close fight between Ann Roller and Lucy Wiegand, with Ann claiming the highly sought-after W35L-trophy (a piece of rock, bubble-gummed to a wooden block).

This year, spectators saw nothing due to the snow storm. It took many hours before people realised that Eric Roller had sneaked out with the M35L trophy. Our editor caught up with him and got this interview:

"How was your race?" — "Not very good. When I messed up no. 11, I was really fed up and decided to stop and tie my shoe laces; my fingers were frozen; it took ages!"

"You're an M40. How come you ran M35L?" — "I got so close last year, but twisted my ankle. This year, I just had to get my revenge. Besides, have you seen who is on M40? I would not have made the top-ten there."

"Our DrongO members would love to hear how you prepared for this race. What is your secret?" — "Ahmmm ... organ size? ... I think I shall write an article about that for your newsletter."

"Will you come to Newcastle for the JK in 2009?" — "I guess so ... I have to return the trophy."

ENTRY FORM

# Your Dream Varsity Match 2009

Next year, it's our turn to organise the Varsity Match. Since we have been in Sweden this year, it must be placed somewhere on the Britain isles. The choice is yours. And, no, not living in the U.K. is not a valid excuse (not since Matt Mahr showed that you can do it in Wales despite living in the Netherlands).

Print this form, fill it in and send it to the VM organiser. Closing Date is the 30<sup>th</sup> June. The winning organiser must contact the editor to claim her/his prize. All winners will be announced in the next issue of the newsletter. Previous VM organisers may also apply but preference is given to recent graduates.

**VARSIY MATCH 2009:**

Dream Organiser: .....

Planner (if different): .....

Dream Venue: .....

Dream Dinner: .....

Evening Entertainment: .....

Dream Dance Music: .....

**DRONGO BEER RACE DREAM TEAM:**

Cox: .....

Stroke: .....

2: .....

3: .....

4: .....

5: .....

6: .....

7: .....

8: .....

# Bits & Pieces from DrongO Members

*Next issue: 15 pages of washing machine recommendations.*

**Paul Curzon** reports that he hasn't "orienteered for several years, mainly due to bad asthma and a bad knee", but he hopes "to get back to it one day, possibly in the 4x4 wheelchair category". He says that his "body is basically disintegrating bit by bit" [we call that 'ageing', Ed.].

...this calls for a health ad:

## Troubled by asthma? Struck by hay fever?

Come to where the air is clean & fresh (and ice-cold).

### Come to Sweden!

Dr Roller confirms: *"I have had asthma in England, but here in Sweden I have no such ails. Also, the season for hay fever is much shorter and less intense"*.

For more information, visit our website at [www.sweden.se](http://www.sweden.se) or [www.visitsweden.com](http://www.visitsweden.com).

**Chris Thorne** is enjoying his retirement, so much so that he is: "struggling to beat (any of) my competitors (M70) in the few events I attempt these days. My latest debacle was to get lost in a collection (perhaps there is a collective term for them - confusion, maybe) of pingo's, in a Norfolk wood last month. Roll on M75, where I may be more competitive!"

[And a pingo is: 'a conical hill or an arctic mound'. Ed.]

**Chris Morley** sends his apologies for not attending the Varsity Match as he was in Italy at the time.

**Viv Barraclough** reports "some minor victories in the winter mountain bike-o season

for [her]self and [her husband] Will." She can't report any orienteering results right now as she is "too fat to run again as [she is] expecting baby number 3 in August." Congratulations!

**Blanka and Mark** are entered for the spectator races for the **WOC2008** in the Czech Republic (see [calendar](#)).

Blanka: "Is anyone else planning on going and wanting to meet up sometime during the week? The second entry deadline (entries at 700Kc) is coming up on **15th May**. If you want to arrive in Prague a couple of days ahead of the event, and do a bit of sightseeing I might be able to help with accommodation there if there aren't too many people. Get in touch if you're planning on going!"

## Size Matters

New study finds correlation between male "organ" size and running performance

Finally, the truth is revealed in the sauna after training: out of every 4 top male orienteers, three are well "endowed" (and one always wears a towel). However, none of them was carrying a calibre that would force him to get a licence for carrying a concealed weapon; too much doesn't help either. Nevertheless, if improved performance is your goal, you should check your equipment and consider "quality training" and "alternative exercises".

## Get the Drong-O-kit

Demand has been hot!  
Only a few tops left!

Made by Trimtex, the new DrongO O-tops are a must have for anyone. However, due to popular demand, the fat-waist sizes are out of stock. One of the 2 medium or 1 small tops that are left could be yours for only £32.

*"I say, that's a damn good reason to loose some weight"*, says Mark.

Get in touch with Blanka at [drongorguk](mailto:drongorguk).

Oh, yes, this ad (excl. Mark's comment) is not a joke.

'Hats off' to our most regular contributor, **Nigel Whiteoak**, who has run in the [Blodslitet](#) "which was a bit different. Chris Marsh and I are planning to run again in the OMM later in the year if anyone else is interested. Chris is also running in the Capricorn."

Nigel Whiteoak may soon leave his post as the "official press contact to the government office of C. Marsh." Applications to the position can be sent to Nr. 11, Downing St., London, BMW1 3VW.

**Darrell High**, Alison and Heather have recently moved to Switzerland. He claims it is for his work, but we are fairly sure that it is due to Swiss chocolate. They "rented a house on an O map so no excuses for not training!"



DLOG<sup>1</sup>: RANTS FROM A GRUMPY OLD FELLOW

On two separate occasions in my life, I have met people who claimed that one doesn't need shampoo to wash ones hair - all you need is water. They explained that your body is adequate in supplying the nutrients that your hair needs (but they conceded that when you make the switch, it takes a few weeks for you hair to adapt to the new regime).

I should add that both of them had short hair, and that it looked just fine. However, I still thought they were complete nutters.

I never dared trying it, but I could not forget the idea either. From then onwards, over the course of many years, every single time I washed my hair, I was reminded about it: do I really need shampoo?

And you know, hair is already dead. Only the roots are alive. Any vitamins in your shampoo is rinsed off. So, if shampoo is really so good for your hair, why are there still so many bald people out there?

And for conditioner I can only say: "I don't use it and I don't need it".

With shampoo, I have the impression, that we may have succumbed to product marketing and peer pressure: everybody uses it, so it must be a good thing.

Even worse is shower gel.

It may be easy to use and it smells good, but you never manage to apply all of it as it keeps dripping on the floor.

And I particularly hate the wasteful packaging.

So what is wrong with an ordinary bar of soap? It is cheap and works well. But it also breaks when it is small ... and you constantly drop it.

Real men use soap.

Actually, let's be correct: Real men use baby soap.

Real women too.

Real people don't buy the high-profit items at eye-level in the supermarket isles. Real people buy the soap near the bottom.

Real people don't use a hair dryer either.

And really, really hard people (like me) use soap from top to toe and from "hair" to heel.

## YOU KNOW YOU ARE A SERIOUS ORIENTEER WHEN...

- You don't know your PB for the mile/10k/half-marathon;
- You have an orienteering sticker on your car;
- You hate Peter Leverington;
- You have at least three o-tops;
- You have a SportIdent6 card;
- You have the map for the next major competition on your desk at work;
- You think compasses are for wimps;
- You do not re-locate on line features out of principle;
- Your car is always covered in mud, both inside and outside;
- You keep a training log;
- You actually do train;
- You don't run on the tarmac but on the grass next to it;
- You run intervals more than once a week;
- Your o-shoes last only one year;
- Some of your toe-nails have turned blue or have fallen off;
- You have shaved your ankles;
- You know what RunOway is and use it;
- You have asked Thierry Gueorgiou for photo or an autograph;
- You solved the OL-sudoku in the last issue;

## NEXT ISSUE:

## YOU KNOW ARE OVER-DOING ORIENTEERING WHEN...

<sup>1</sup> Dlog. noun. A log of an old Drongo member. Origin: a shortening of Drongo Log. Derivatives: Dlogger.

## EVENT CALENDAR

In case you were looking for some exceptional orienteering events, especially in the company of other DrongOs, then you should consider one of the races below.

Let us know if you were also planning to attend or if your favourite race is missing from the list.

### HARVESTER RELAY 17-18 MAY HENLEY-ON-THAMES (TVOC)

*Over-night relay. Not to be mistaken with Jukola.*

### JUKOLA 14-15 JUNE TAMPERE, FINLAND

*The world's greatest relay. Last year: 13,178 runners. 7 men over night (only about 3 hours of darkness). There is also a day-time women's relay (4 in a team). JOK has been there several times. One day Drongo will go there...*

### WORLD MASTERS 28 JUNE - 5 JULY PORTUGAL

*World-class sand-dune orienteering for those of you who are 35 and older and still fit into their O-gear. Need new clothes? Buy the new Drongo gear!*

### WOC 2008 14-19 JULY OLOMOUC, CZECH REP.

*6 days of races on the same terrain or similar as the world orienteering champs. Olympic village-style accommodation on the newly constructed university campus. Next entry deadline: 15 May !!!*

Att. Collis, Sengerová

### O-RINGEN 21-25 JULY SÄLEN, DALARNA, SWEDEN

*The last time "5-dagars" was in Dalarna, they set the record with 23,000 attendants. This time it is in the Swedish fells (think: Lake District) with cosy lodging in skiing cottages. 18,000 have already entered. A once-in-a-lifetime opportunity...*

Att: Roller

### CROESO 3-9 AUGUST SOUTH WALES

*Mostly mouth-watering, complex open limestone or open moorland, e.g. from BOC'07.*

Att: Wiegand

### PURPLE THISTLE 23-24 AUGUST OBAN, SCOTLAND

*High quality orienteering, great atmosphere and enjoyment for all. Races on Kerrera and Creag Mhic Chailein and a sprint in Oban.*

### OMM #41 25/26 OCTOBER 2008 NORTHERN ENGLAND

*Formerly known as the Karrimor or KIMM. Free car parking, free Fri-night camping, free refreshments on completion on Sunday — how can you resist?*

Att. Marsh+Whiteoak

### XXIX MOVENEZIA MID NOVEMBER VENICE, ITALY

*Technically a park-O, but in reality the best street-O on the planet. Imagine: a maze of alleys, little bridges and no cars. One of those once-in-a-lifetime-type of events and a personal favourite<sup>2</sup>. Also great food.*

### JK 2009 10-13 APRIL 2009 NEWCASTLE

### WORLD MASTERS 2009 10-17 OCT 2009 SYDNEY, AUSTRALIA

*Mark it in your calendar now.*

## OL SUDOKU

#2

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<sup>2</sup> In case you cared, I once raced head-to-head against [Janne Salmi](#) (WOC 1997 champion) there... Ed.