

Next Issue  
May 13<sup>th</sup>

# A Load of Old Quoccs



DRONGO - THE ORIENTEERING CLUB FOR CAMBRIDGE UNIVERSITY ALUMNI

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www.drongo.org.uk

## Editor's Column

I would have liked to include your news item, but since you didn't send one, I had to make it up. Don't like the unpleasant accounts on page 2? Tough!

You may know that we recently moved house. So, once you account for work, family, house, and training, there is little time left for other business like this newsletter — let alone looking for spelling mistakes. One good thing about moving, however, is that you end up rummaging through your stuff and discover long forgotten treasures. I stumbled upon a number of old CUOC newsletters with classic items that I shall reprint. See page 3.

This time of year, I am often fed up with winter and long for proper orienteering with neither three layers of clothes nor a head torch. It is thus no surprise to start thinking about summer. Hence I have compiled a list of multi-day events on page 5.

We are planning to come to Scotland. But what about the first international Spanish 5 days?

Can't decide...

*Eric Roller*

## 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").

## Varsity Match 2009

### Epping Forest

This years VM will be held on 25/26th of April in Hertfordshire. We are told it will be Epping Forest.

However, there still appears to be a lack of DrongOs for the organisational front: permissions

& entries, accommodation & social, food & help on the day.

Please step forward and email Adam Bennet (CUOC Men's Captain) [rab206@cam.ac.uk](mailto:rab206@cam.ac.uk).

## Bits & Pieces

### News from DrongOs around the globe

EDMUND WARD

"Having fulfilled my Japanese ambition of running the half-marathon course up Mt Fuji (in 5 hours... the record is an impressive 2:45), I returned to the UK for a brief spell. In January 2009 I am heading for Australia, to spend a year living (and hopefully working) in Sydney."

CHRIS MORLEY

... has been spotted directing cars at the [Town & Country race in Croxton Heath](#) (Thetford).

JENNY (AND DAVE) PEEL

Their baby son Oscar was born at the end of November (so not quite in time for the last newsletter edition).

CATH?

Pregnant, yes?

BLANKA SENGER

(The "ová" ending apparently only means that she is female).

The future Mrs Mark Collis has finished on top of the [NopeSport Urban League](#) (together with Jo Halliday).

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# Concocted News

*Not quite accurate news from DrongOs around the globe*

KAREN VINES

... has started her own business and is now hard at work marketing her own brand of detergent: SunShine. Not only is it a washing powder, it is also a mud repellent and therefore ideal for orienteering clothes. She has apparently been field-testing it for many years.

VIV BARACLOUGH (KAYE)

... has cut off and sold her hair on eBay. Will (her husband) also told us that she donated the profits to her local day care centre. Unfortunately, however, ...

TIM WIEGAND

... was not able to place the winning bid for Viv's hair and he is therefore still looking for volunteers to donate towards his cause. Based on estimations with the fully virtual, real-time, 3-D computer simulation model of his head, he still needs 5 pounds and 3 ounces of hair to cover his patch. He prefers brown hair, but since there is a nation-wide shortage, red or green hair is also welcome.

IDENTIFY THIS DRONGO:

Hint: Older than he looks.



MATT MAHR

... has left SLOW and is now starting his own club: FAST.

MARK COLLIS

... tried to become FAST's first member, but was not admitted as he didn't meet the minimum speed criteria.

ERIC ROLLER

... has been seen fraternising with JOK members, i.e. not Järfälla OK (Sweden). Apparently, he is negotiating terms of merging the remains of DrongO with Oxford's Jesus OK.

ALISTAIR HINDLE

... has been terribly busy finalising the patent and trademark application of ...

NIGEL WHITEOAK

... who has invented a revolutionary snow cannon. Recent trial runs in his flat in Richmond were so successful that the Sports Council is now placing a bid to hold the 2018 Olympic Winter Games in London.

CHRIS MARSH

... has been working in his spare time as professional advisor to the election task force of the Grey Party. We are told that he is currently visiting the Orkney islands in the search of a suitable female candidate.

ANDY VARLEY

... is currently in custody in the United States awaiting trial for the alleged manipulation of 23 voting machines in the states of Kentucky and Missouri.

YOU ARE A TYPICAL DRONGO WHEN...

- you still haven't paid the DrongO membership fee;
- you never contributed a story to this newsletter;
- you still have your o-shoes that you bought as a student;
- you only run local races and only when the weather is good;
- you still use the sunshine o-top (which is in perfect "Kazza" condition);
- you don't know what a PB is;
- you think a heart rate monitor is a type of x-ray;
- you haven't noticed yet that you have lost your compass;
- you use chocolate for carbo-loading;
- your weight has doubled since college;
- you ask where the master maps are;
- you still own a Casio 30-lap wrist watch, but you have forgotten how to use it;
- your favourite event is the Alc-O;
- you remember the good old days on "rec.sport.orienteering";
- you think "KIMM" is an attractive woman, and "doing KIMM" is ...;
- you think "SI" is a TV crime show;
- you think "Rengly" was much better than "EMIT";
- you never considered going to the O-Ringen since you hate wrestling;

A BLAST FROM THE PAST

This is the front cover of Nigel Whiteoak's last act as a newsletter editor in 1994. You no longer get this artistic style with today's computer publishing. The girl in the photo is Lucy Wilson outside the CUSU minibus — back in the days when bright Lycra tights were popular. Sorry for violating your copyright, Nigel.

**A LOAD OF OLD**

**FREE**

**SALIVA**

**FAST SETTING THUMB COMPASS**  
-Only with the last edition of A.L.O.O.C.

NO FREE COMPASS?  
Tough shit - your newsagent's obviously nicked it!

THE FINAL ISSUE MAY 1994

COSH, HOW DOES ONE GET ONE'S BLOKS? THESE PURPLE C-TIGHTS AREN'T WORKING.

Please Note: The contents of this newsletter are strictly copyright. If anyone copies any of it to put into their own inferior magazines, I'll rip there balls off, even if they are 'right-on' squaddies with poofy permed haircuts. NW

## EFFECTIVE INTERVAL TRAINING

Eric Roller

How can a 40-year-old win the Varsity Match<sup>1</sup>, come in first in the VM Relay, and win the M35 JK-trophy? All within two weeks.

The answer is effective training. What else?

O.K. Not making mistakes helps too.

Many good training suggestion have been made. Here's another one: Run interval sessions of 4 x 4 min at or above 95% of your maximum heart rate pace<sup>2</sup>, with 3 min pauses where you keep your heart rate above 75%. Next, do at least 2 such sessions per week, the more the better. Don't do 5 intervals and don't run 5 min, just do 4 x 4 min. Otherwise you will just be too tired for the next session.

## NEW TO INTERVALS?

If you have never done any high-intensity activities like intervals, then you should be well-prepared before you start. Having your health checked by a (sports) doctor is always a good idea! Please don't take unnecessary risks.

You will need a watch with a heart rate monitor, ideally one with an interval timer (like the [RS200 from Polar](#) that I have). You also need to determine what your maximum heart rate is. You can estimate it with " $210 - 0.8 * \text{age}$ ", but it is still more accurate to work it out the hard and proven way. A good watch will record your HRmax.

Running 4 x 4 min may seem like a simple workout, but the key is to run multiple such sessions every week. If you no longer are a young and invincible student, you should aim for 2 per week, occasionally three. Not more. If you did too many, your body will quickly set your limits. Otherwise boredom will. Or your spouse. The hard part is to do it *every week*. Illness is the only acceptable excuse — vacation is not.

According to a study with the Norwegian cross country skiing team, each 4 x 4 min session will increase your VO<sub>2</sub>max by 0.25%, but the closer you get to your limit, it will require 2 sessions a week to stay on top (read: you loose 0.5% every week). Hence if you do 2 sessions every week, plus a race at the weekend and your VO<sub>2</sub>max will improve.

VO<sub>2</sub>WHAT?

VO<sub>2</sub>max is a the maximum volume of oxygen that your body can take in. It is an established physical fitness measurement since the oxygen update directly relates to how much (aerobic) energy your body can burn, i.e. how fast you can run, ski, cycle, etc. [See wikipedia for more info.](#)

To prove the theory, we ran an experiment in our club where 8 volunteers, including myself, were put through a 4 x 4 min interval training schedule. I may add that all of us were already well trained when we started out. We ran VO<sub>2</sub>max tests at the beginning and again after 8 weeks. For a such a test, you basically run on a treadmill, wired up to the system. Each minute, the inclination of the treadmill is raised such that it becomes progressively harder. Then you simply run until you drop. That typically takes 6 to 9 minutes of which only the last 8 minutes are painful.

After 8 weeks, we could see an overall improvement of our VO<sub>2</sub>max levels by 3-4%. That might not seem much, but consider this: when we ran the treadmill tests the second time, we all started off faster, and when we reached the oxygen uptake levels that caused us to stop at the last test, each of us could run for at least another minute!

Need more proof? How about: after 5 months of intervals, I improved my half marathon PB by 2 minutes and passed the 10k mark in a new 10k-PB-time.

By the way, Polar watches have a gimmick that lets you calculate your fitness index. For me, that number has been 4 to 5 units below my tested VO<sub>2</sub>max. The index wasn't accurate, but at least it was consistent and correctly showed the trend.

So, where's the catch? Well, there is none. Except maybe that it is really hard work. Even if you do many sessions, it doesn't become easier to run intervals - they still hurt, but you kind of get used to the pain. I also found out that there is a danger to neglect the rest of the training. Intervals alone will not do the trick. You still need a solid foundation or else your body will hit the breaks. So don't forget your easy runs, your long runs, or alternative exercises.

<sup>1</sup> VM'2008 results. Let's not count Swedish elite guest runners, shall we.

<sup>2</sup> It typically takes one minute for your pulse to reach the 95% level. So, strictly speaking, only 3 of those 4 min are actually within the "target heart rate zone".



DLOG<sup>3</sup>: RANTS FROM A GRUMPY OLD FELLOW**TODAY: RANKING LISTS**

The purpose of a ranking list is to determine, in an impartial, accurate and fair way, who is currently best, second best, a.s.o. Unfortunately, none of the systems I have come across meet these requirements.

For example, here's a tell-tale sign that a ranking system is crap: I remember winning an H35L in a min-per-km time that was more than 2 minutes faster than the winning min/km time on H35. However, as there were more people on H35, better ranking points were awarded there. This is when I lost confidence in that particular ranking system and I have ignored it ever since.

Obviously, a better ranking system is needed.

**Problem 1: Ranking points should be up-to-date.**

All of the ranking systems out there are flawed in that they do not show who is best *now*. Instead they show *was* best over the last 12 months. This mistake is then continued (*ad finitum*.) by using those old ranking points as a basis for the calculations of the next race.

**Problem 2: All events should be treated equally.**

The next flaw is that selected events like WOC are artificially amplified. Totally unjustified scaling factors are applied to results of these events. This favours a selected few elite competitors who were best at sucking up to the team selectors and punishes everyone else.

**Problem 3: Ranking points should be based on all courses.**

All ranking systems suffer from being unable to compare results across age or gender classes. Even worse are large events where multiple courses have been set up for a single age class (e.g. M21E1 and M21E2) and where different ranking points are then calculated for each course.

**Problem 4: Ranking points should take everybody's result into account.**

Most systems award new points relative to an ideal race result per class. This ideal time is calculated from the results of the best n (ranked) competitors, typically the best 3. As a consequence, no points are awarded for classes with too few competitors. Instead, an ideal result should be calculated from the results of all finishers in all classes.

Even better would be a system that were able to convert race results into ranking points without knowing people's previous ranks.

**The solution**

Problems 3 and 4 are the easy ones: just take everybody's min/km time and calculate points based on that. However, this would only be fair for courses with a similar level of technical and physical difficulty. Since we will never be able to introduce a fair scaling factor, we may need to exclude B-courses.

Problem 1 can be solved by iteration. Once a new ranking is calculated, we re-insert those new results to the beginning of

the calculations and start over. Then we do that again. And again and again until the ranking points converge and do no longer change. Thanks to using computers, this task can be done quickly and elegantly.

In fact we can go one step further: We can start *without* any old ranking points. For the first iteration, everybody starts out with the same ranking. If the system is fair, then even if the number of iterations is different, the final result should be exactly the same!

The crux is problem 2. How can you compare results from the BEOC where only the elite compete against results from JK where all age classes are present? If you looked at the min/km times of those races, you would see significant differences in the distribution spectrum. The solution is to be able to predict what the results for all the other age classes would have looked like if they also had run at BEOC. In other words, results from elite races cannot be processed on their own. Instead, we must make an estimation of an ordinary race time distribution.

I realise that I have lost most of you on that last point, especially since you haven't seen the distribution graphs of these race results. Once I get time to implement the system, I will make these graphs available online.

<sup>3</sup> Dlog. noun. A log of an old Drongo member. Origin: a shortening of Drongo Log. Derivatives: Dlogger.

EVENT CALENDAR

Getting ready for the summer, I shall suggest a selection of luscious multi-day events.

**TAKAS** 19-22 JUNE 2009

**LITHUANIA**

Beach forest on the *Curonian Spit*, a small strip of land on the outside of the Curonian Lagoon. In fact, an UNESCO World Heritage site. Once you see it on the map, you'll know why you have to go.



**IDRE O-WEEK** 21-25 JUNE 2009

**IDRE FJÄLL, DALARNA, SWEDEN**

One of my personal favourites (and planning to go): An ultra-long race, a sprint race, and then a 3-day competition on open open mountain tops in the vicinity of Sweden's prime ski resort. Check out the maps! Not enough? You can even try out OL-biathlon.

**3 SKÅNINGAROCH I DANSK** 26-28 JUNE 2009

**SOUTHERN SWEDEN & DENMARK**

Four sprint/medium distance races with 48 hours.

**DOLOMITES 5 DAYS** 6-11 JULY 2009

**TRENTINO, ITALY**

One of the most awaited events. This time in conjunction with JWOC.

**O-RINGEN** 18-24 JULY 2009

**EKSJÖ, SMÅLAND, SWEDEN**

A classic. This year, everything is local; all competition areas fit onto a single (albeit huge) map.

**OO CUP** 22-26 JULY 2009

**SLOVENIA**

Check out the *map samples* to make our mouth water!

**SCOTTISH 6 DAYS** 2-8 AUGUST 2009

**TAY, SCOTTLAND**

Six high-quality races in the countryside near Perth. They've got it all: difficult forests, open moorland and two days on the beach!

**CZECH 5 DAYS** 5-9 AUGUST 2009

**NOVÝ BOR, BOHEMIA, CZ**

They promise: "The difficult terrains with sandstone rocks and boulders with an usual central-european forest." Also, if you won WMOC 1998, you get a free entry!

**SPANISH 5 DAYS** 11-16 AUGUST 2009

This is the first 5-day event in Spain and it looks great. If you can spare 2 minutes, go on their web site and watch the video. The panoramic shots gave me goose bumps.



OL SUDOKU

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