

Next Issue  
Nov 4<sup>th</sup>

# A Load of Old Cuocs



DRONGO - THE ORIENTEERING CLUB FOR CAMBRIDGE UNIVERSITY ALUMNI

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www.drongo.org.uk

## Editor's Column

This issue is packed with news from DrongOs from all around the globe. In fact, I had to cut out some less urgent material to make space (and to keep the file size reasonable). Great!

Not so great is the progress on the members' address list. In fact, it is a disgrace. This means two actions for you: take a look at the back and send me your updates. Next, send me the names of the people you are missing.

Finally, I am experimenting with "new media" and wonder if something like [Twitter](#) or [Twibe](#) could help us getting to know each other better. My handle is "[rolleric](#)".

*Eric Roller*

## Oxford Wins VM Trophies

*Quick summary by Blanka Senger and Anja Crocker*

For the JOK/DrongO members who weren't there, Oxford won both team trophies, the individual trophies were won by Ben Stevens (Cambridge) and Liz Bridge (Oxford). Cambridge did dominate the Men's B race though and for the first time since 2003, DrongO won the JOK vs DrongO trophy. (Some more details on the total times are also on the [DrongO website](#)).

[Still waiting for Matt's report on the men's race. ;-) Ed]

In the women's race, steady consistent running proved to be key as few (if any) ladies managed a clean run. Oxford postgraduate Liz Bridge recorded a comfortable victory in her first varsity match,

finishing almost three minutes ahead of Ruth Holmes (OUOC) and Anya Crocker (DrongO). With Oxford runners taking the next three places, it meant a comprehensive OUOC victory in the team competition by over an hour.

### 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").

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*Confusion at the relay start?*

*[I could be wrong, but is the new CUOC O-top modelled after the Nigel's infamous Saliva logo? See page 3 in the last newsletter. Ed.]*

# Varsity Match Highlights

Compiled by Blanka Senger

**Most relaxing:** sitting in the open area around the Individual finish, sunbathing, watching finishers come in and eating ice cream.

**Best food:** Mark Collis' home-made pizzas.

**Best performance:** Ben Stevens (Mark Bown beat him by 9 seconds but he \*had\* put out some of the controls...) and Liz Bridge. And Ed Nicholas whose team, made up of Ed Nicholas, Ed Nicholas and Ed Nicholas, finished 2nd in the relays.

**Best run-in:** Adam Bennett (10 seconds) and Sarah Lilley (16 seconds). Adam ran so fast on the run-in that his performance was almost immediately followed by a trip to A&E because of an asthma attack.

**Biggest surprise:** DrongO winning the JOK vs. DrongO trophy for the first time since 2003 (though Jon Marsden was overheard saying that he would have predicted those results).

**Grown up baby:** Sarah Lilley – “This is like being a baby in a baby trolley!” whilst making the table storage trolley move around the hall.

**Vaguest mapping:** thickets and ditches on the Northaw Great Wood map.

**Most scientific:** SGB<sup>1</sup> explaining the chemistry of past Varsity Matches based on random Brownian motion, whilst trying to input enough energy to activate some kind of reaction.

**Biggest disappointment:** Joe Mercer, winner of the men's race last year, missing out on being an Oxford scorer by 14 seconds.

**Most (un)organised:** The local council for sending a map with the out of bounds areas on Friday – it's probably \*still\* in the post somewhere...

**Most forest exposure:** Graeme Salter with 19min/km.

**Most interesting dress sense:** Fred Lyon in his golden lycra. “No one in their right mind should wear this,” Anne Edwards was heard to say.

**Best beer race reputation:** Mark Collis who got asked by both CUOC \*and\* JOK to drink for their team. (He chose wisely: although neither team won – Oxford did – the CUOC team finished second). “There have been times when the beer race was actually competitive,” he was musing afterwards.

**Most chilled out drinker:** Simon Thomas who drank his beer race pint very very leisurely.

**Worst PR:** the response of British Orienteering who were sent an event report by Sunday evening and who said that “I'm sorry but I am not able to publish the report on the website. We simply do not have the staff resources to publish all event reports and therefore we only publish National events on the website.”

**Biggest misunderstanding:** SGB thinking that a dog was trying to bite him when all it probably wanted was a nice pat (according to its owner)...

[and finally:

**Most distinguished:** Peter Huzan who attended his 10<sup>th</sup> VM ... and counting.

Ed.]

## DRONGO ON FACEBOOK

Blanka has started a Facebook DrongO group called 'DrongO (ex-CUOC) orienteering' - please now!

## IDENTIFY THIS DRONGO:

Hint: A DrongO

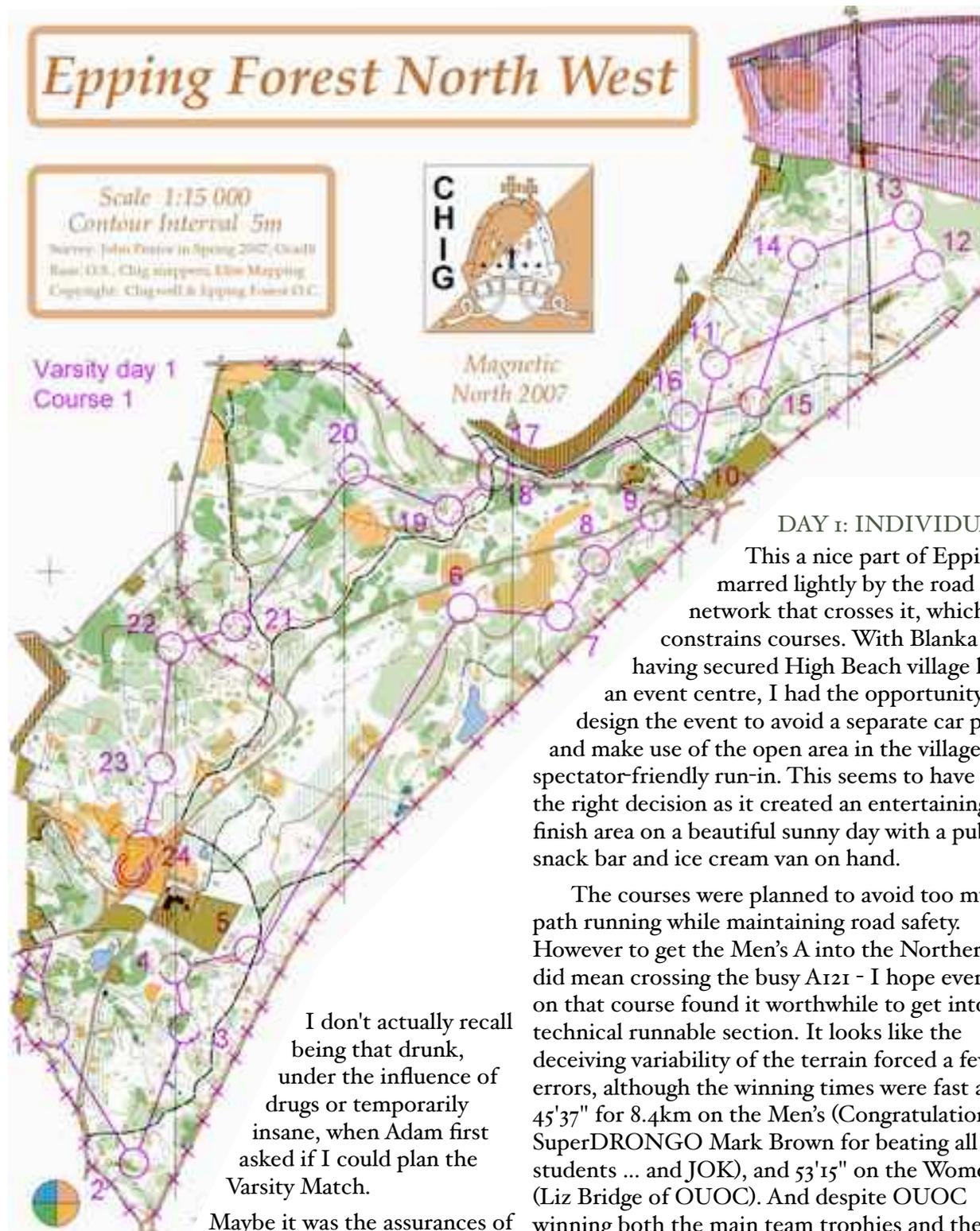


<sup>1</sup> Stephen Granger-Bevan

	OUOC	CUOC	Guests	JOK	DrongO
<b>Men's A</b> 8.425 km 24 ctrl					
1 Ben Stevens		45:56			
2 James McMillan	54:06				
3 Chris Embrey	54:37				
4 Ian Webb	56:15				
5 Matt Lyle	57:42				
6 Joe Mercer	57:56				
7 Chris Williamson		1:00:28			
8 Adam Bennett		1:00:33			
9 Graeme Ambler		1:09:35			
10 Scott Collier		1:10:02			
11 Ed Dickins		1:13:28			
12 Andy Collier		1:30:52			
<b>Men's Varsity Match</b>	<b>3:42:40</b>	<b>3:56:32</b>			
<b>Women's A</b> 6.65 km 18 ctrl					
1 Liz Bridge	53:15				
2 Ruth Holmes	56:08				
4 Jenn Thornton	57:35				
5 Ali Crocker	58:35				
6 Anne Edwards	1:01:30				
7 Vicky Stevens		1:02:13			
11 Sarah Lilley		1:18:55			
12 Clare Sutherland		1:26:51			
<b>Women's VM</b>	<b>2:46:58</b>	<b>3:47:59</b>			
<b>"Men's B"</b> 6.65 km 18 ctrl					
1 Gerard Higgins		1:01:37			
3 Fred Lyon		1:21:44			
4 Hanna Tuomisto	1:22:06				
5 Huw Grange		1:31:36			
6 Lucy Pearce	1:31:38				
7 Donald Evans		1:32:35			
8 Seba Perez	1:35:07				
9 Norbert Linke	1:36:12				
11 Andy Crosby		1:42:02			
12 Graeme Salter	2:06:03				
David Irons		mp			
<b>Women's B</b> 3.675 km 11 ctrl					
1 Cerys Manning	1:04:45				
2 Rachel Deegan	1:12:39				
Christine Currie	disq.				
<b>Men's A</b> 8.5 km 17 ctrl					
1 Mark Bown					45:47
2 Alan Elder					52:34
3 Matthias Mahr					52:50
4 Dave Currie				56:35	
5 Phil Marsland				1:02:04	
6 Hedley Proctor				1:02:39	
7 Jon Marsden				1:03:57	
8 John Embrey				1:07:16	
9 Mike Garvin				1:09:38	
10 Richard Bean	1:09:54				
11 Ollie O'Brien				1:10:15	
12 Chris Wroe				1:15:12	
13 Pete Huzan				1:15:47	
14 Stephen Granger-Bevan				1:16:38	
15 Tim Beale	1:20:46				
16 Mark Collis					1:28:31
<b>Men's B</b> 6.65 km 18 ctrl					
1 Simon Thomas					1:05:45
2 Tim Smith				1:40:54	
<b>Women's A</b> 6.65 km 18 ctrl					
1 Anya Crocker					56:29
2 Anne Osborne				1:06:32	
3 Blanka Sengerová					1:09:39
4 Ruth King				1:12:34	
5 Nicky Morris				1:29:11	
6 Christine Jones				1:37:55	
7 Pauline Sinclair				1:56:30	

## VARSITY MATCH PLANNER'S REPORT

Adam Leaf

*Men's A course*

## DAY 1: INDIVIDUAL

This is a nice part of Epping, marred lightly by the road network that crosses it, which constrains courses. With Blanka having secured High Beach village hall as an event centre, I had the opportunity to design the event to avoid a separate car park and make use of the open area in the village for a spectator-friendly run-in. This seems to have been the right decision as it created an entertaining finish area on a beautiful sunny day with a pub, snack bar and ice cream van on hand.

The courses were planned to avoid too much path running while maintaining road safety. However to get the Men's A into the Northern area did mean crossing the busy A121 - I hope everyone on that course found it worthwhile to get into a technical runnable section. It looks like the deceiving variability of the terrain forced a few errors, although the winning times were fast at 45'37" for 8.4km on the Men's (Congratulations to SuperDRONGO Mark Brown for beating all the students ... and JOK), and 53'15" on the Women's (Liz Bridge of OUOC). And despite OUOC winning both the main team trophies and the individual Women's, CUOC won the Men's individual (Ben Stevens) as well as the B team and individual. The biggest success was left to DRONGO who (amazingly) beat JOK!

I don't actually recall being that drunk, under the influence of drugs or temporarily insane, when Adam first asked if I could plan the Varsity Match.

Maybe it was the assurances of 'not needing to do much'? So sometime in the middle of January I found I'd agreed to plan - with the stipulation we use areas close to my home in Hertford. This led to choosing areas - Epping NW for the individual and Northaw Great Wood for the relays.

## VARSITY MATCH PLANNER'S REPORT (CONT.)

## DAY 2: RELAY - NORTHAW GREAT WOOD

Thank goodness nobody sees this as a serious event! Having only got the map at the beginning of April, and having no time to visit the area in advance due to the JK, I used the trusty technique of armchair planning, hoping that most of the features I used last time I planned there were still in the same place. So with fun being the key component I wanted to give you some nice running through my favourite area in Hertfordshire, with a spectator control to make things more exciting. Then a week before I discovered some extra Out of Bounds areas due to woodcock nesting - with a restriction on certain rides; and on the Thursday

before I found this extended to the adjacent forest (the local council assume no-one strays from the rides), so I had to replan the long course.

Once again the weather helped create the right atmosphere, and I hope everyone enjoyed their runs, dodging the OOB areas. The previous evening must have been relatively tame with both CUOC and OUOC arriving a good 20 minutes before the mass start. Finally, an observation: wearing a shirt with a flying pig on it leaves you open to attack by dogs and their owners.

So thanks to all the DRONGO's who helped out on the day, and it would be good to see a few more of you next time.

## Beer Race

*By Mark Collis*

For some reason, Eric decided to ask me, out of all of the attending DrongOs, for a report on the beer race... My reputation clearly goes before me, because earlier in the evening I was asked both by CUOC and JOK to drink for them in the absence of enough DrongO members to make up a team ourselves! Needless to say, despite my recent geographical transfer to the dark side, I chose to remain loyal to the light blues and lined up at about number 3, just behind the other ringer, Simon.



To be honest, I don't remember a great deal about the race itself once we had started, other than a feeling that all of the three teams seemed to be progressing really rather slowly - perhaps an outside observer would have been in a better position to take notes!

It wasn't really much of a contest, with Oxford being the clear leaders throughout and comfortable winners. While I don't think anyone took the Cambridge splits so I don't know whether I was on form or should have been apologising, Oxford's winning time was 1 minute 49 seconds, or about 13 seconds per pint.



# Bits & Pieces

*News from DrongOs around the globe*

## CAMBRIDGE CITY RACE 17 OCTOBER

You certainly heard that the sprint race has been postponed due to a sprinkling of snow. The new date is 17th Oct. CUOC has announced that "this date was chosen as the first which didn't clash with the busy spring orienteering calendar [sic.], exam season in Cambridge or summer tourists in colleges. [They] will transfer all entries to the new date [but if you can't, ] please email the organisers on [cityrace@cuoc.org.uk](mailto:cityrace@cuoc.org.uk) for a refund.

Refunds will be by cheque, [not including] the payment processing charged by Fabian4 (5.75%) or postage costs. An additional 2% of the entry fee will be retained to cover non-recoverable expenses."

## NIALL INVERARITY

... is now working in living in Australia, the distance being his excuse for non-appearance at the Varsity Match.

Niall says "I'm a hydrogeologist with Rio Tinto, working at their Iron Ore operations in the Pilbara region of Western Australia. My work is largely based around mine de-watering, but involves a bit of environmental monitoring as well. We're moving into Autumn here at the minute and our field programs are getting into full swing. My role involves a lot of drill rig supervision out in the bush, which is great fun. We generally fly up here from Perth, work 8 days, then fly back for a 6-day break, sometimes with a couple of days in the office to help with planning and modelling activities."

## JENNY COSTIGAN

Congratulations are due for getting married (28th March). We should now look out for Jenny Barrett, the new W21 at orienteering events.

## BLANKA SENGER(OVA)

... has passed her viva and has been offered a postdoc in ... Oxford. The soon to be married couple has moved there at Easter.

## CATHERINE WILSON

More congratulations are due to the mother of Daniel Mark Wilson who was born on 12th March.



Cath writes: "He's been given an early introduction to orienteering and has already been four events in his 7 weeks of life (though hasn't yet made it out of the assembly field on any of them!) [...] I'm slowly trying to get back into running, though got soundly beaten by half of the W14s who shared my light green course at Graythwaite..so I have a bit of work to do there!"

## (KIM &) RICHARD BAXTER

... are also expecting a baby.

## MARTIN GREEN

... has rediscovered DrongO. He is currently running for MDOC.

## BUCS (A.K.A. BUSA)

... has been attracting a number of our fellow members. **Anya Crocker** scored a win against the current CUOC captain Clare Sutherland in the individual race. In the guest races, **Matt Mahr**, **Nigel Whiteoak** and **Chris Marsh**, the latter two sporting the vintage sunshine CUOC tops.



*Pirate theme at the BUSA party.*

A first at BUCS/BUSA, at least in recent years, is that the 1st/2nd place in the overall standings was not taken by Edinburgh/Sheffield or Sheffield/Edinburgh, because the strength of Oxford's women's team managed to put them into second place overall. Good on them although it did not bode well for the Varsity Match.

## MATT MAHR

... is now working as head of e-commerce and customer management for Eurostar, which is why we think that he may make sudden appearances on the continent.

## TREVOR HOEY

... is currently running for FVO, sometimes even JOK, and is playing with the idea of running at a future VM.

## CANTABS ABROAD: SWEDEN

*Eric Roller on night orienteering in Sweden.*

You might think we do tons of orienteering in Sweden. Well, yes we do, but quite often we don't. Take winter, for instance. While this is the most active season in Britain, it is the complete opposite in Sweden. Here, where we have "proper winter", there are no races from November to mid-March. We make up for that with a lot of training: circuits, intervals, night-O, and 2h on a map on Sundays (even in the snow).

Winter is also the time when everybody starts talking about "tiomila" ([www.tiomila.se](http://www.tiomila.se)), without question Sweden's most prestigious relay race. It is held every year in Spring, usually late April. The women's relay consists of 5 (day time<sup>2</sup>) legs. For the men, however, the relay starts at about 9 p.m. and comprises 10 legs. It continues all night until about 7 a.m. when the winning team comes into the finish.

Much like [O-Ringen](#), the honour of arranging tiomila is awarded to a different club every year, but up until lately, this only ever included parties from the regions around Stockholm and (lake) Mälaren. This year was a notable exception with tiomila moving as far South as Skåne (latitude of Denmark). It was clear that this year should be special.

From the view of a Stockholm club, however, that meant that we had the unfamiliar prospect of travelling 600 km to the event. That made it even more difficult to find runners willing to stand in at short notice. And none of us was looking forward to spending many hours on a cramped coach.

Salvation came from a group of orienteers at [alternativet.nu](http://alternativet.nu) who had a great idea: they chartered an entire train from Stockholm to Perstorp. Not only were we able to sleep on the train for the outward journey, we could even use it as our main accommodation for the whole weekend. Better still, we also had a restaurant carriage where we could get breakfast, snacks and dinner!

Tiomila is all about night orienteering (at least for men). This means that behind the scenes one needs to organise where people sleep and when and who wakes whom. With the use to mobile phones, this has become much easier. And apart from the



ad-hoc FM radio station that broadcasts all night, wireless technology has made it possible to check the online results from the comfort of your bed or sleeping bag. Nevertheless, we often sleep miles away from the event centre and still need to get to the start in time. Thanks to an all-night bus service, this was also easily solved.

Much of the weekly winter sauna talk is about the new head torches that people have assembled using high-power LEDs or xenon car light systems. I was lucky enough to be able to borrow one of those lamps and can confirm the most common symptom: once you have used one of these, you cannot go back!

So, how did it go for my team? We got disqualified, twice! First, our 3<sup>rd</sup>-leg-runner sprinted into the finish and ran past the finish unit together with 20 other people who did not see it. This was partly the organisers' fault for not putting it up visibly enough, which is why we got re-instated later on. I ran the 7<sup>th</sup> leg, the last night leg (while we were still disq.). Finally, on the last forest control, our last-leg-runner was careless enough not to check the control code. Otherwise we would have been in the top-60 of the 350 teams.



*I took the train to tiomila 2009*



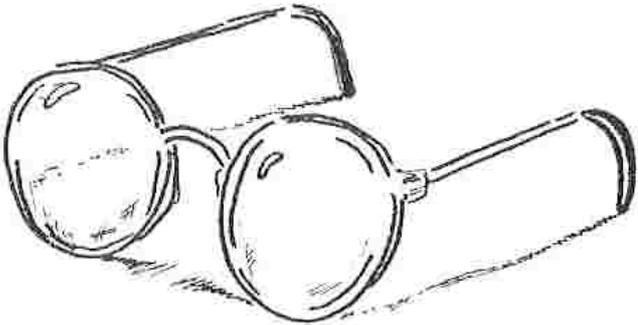
*Orienteering in Sweden, but not as you know it..*

<sup>2</sup> There are plans to change the women's relay such that the last two legs will be night legs.

A BLAST FROM THE PAST

Another one of Nigel Whiteoak's classic "oltrasport" ads (I retyped the text for better readability). The joke is based on one of the phrases that Lucy Wilson kept using all the time. Sorry Lucy!

# Wilsonspecs™



**oltrasport** 

Have you ever got near a control site, not knowing which side of the feature the flag is hung? Fear not! Wilsonspecs™, available from Oltrasport, allow you to see both sides of everything. Developed with the help of top W19, Lucy Wilson, CUOC ladies captain.

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