

PUNCHLINE

Dandenong Ranges Orienteering Club Inc

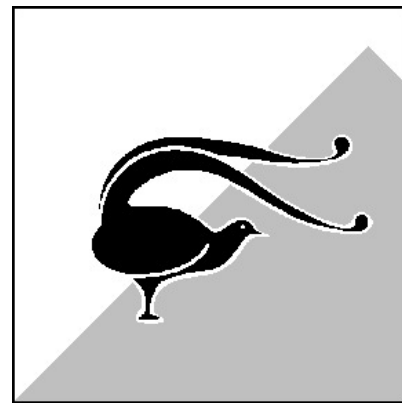
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Incorporated Association Registered Number A0003225B ABN 76 002 329 218

NEWSLETTER

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September 2007

DROC Solid Performance at Relays

All four of our Relay teams put in great performances once again. See the Results page for a report.

Summer Diary Dates

We wouldn't want anyone to be bored, or to have to resort to weeding the garden, over the summer months! Add these events to your calendar -

SUNDAY NOVEMBER 18 - VICTORIAN SPRINT DISTANCE CHAMPIONSHIPS, MONASH UNIVERSITY - see details inside - BE THERE!

SUNDAY DECEMBER 9 - MILLERS MEANDER - DONVALE TO DIAMOND CREEK - a social bike ride along sealed bike paths via the Mullum Creek and Eltham. BYO picnic. Start time and location to be advised - contact Debbie for more information.

WEDNESDAY DECEMBER 19 - CHRISTMAS BBQ at Williston Park, Camberwell (after the event). Look for details in December Punchline.

SATURDAY/SUNDAY FEBRUARY 9 AND 10 2008 - BEACH-O WEEKEND

Sun, sand, surf, and socialising (oh, and there'll be a couple of fun orienteering events too), at Inverloch and San Remo. Stay overnight, bring picnics, visit the penguins! Full details in December Punchline.

AND - THE ANNUAL GENERAL MEETING - THURSDAY OCTOBER 18, AT MOUNT STREET NEIGHBOURHOOD HOUSE, 7.30PM.

After the usual brief formalities, we'll be using our brand new data projector to show your favourite photos in cinema-like glory! Put together a short slide show of digital photos, and bring them along on a USB stick or CD. It will be a Magical Mystery Tour. Contact Ian Dodd.

PREZ SEZ - Peter Hobbs

Winter is finally over and the smell of blossom, grass cuttings and AFL finals is in the air. It's a little like coming out of a dark tunnel. The cold season seemed to bring with it no shortage of dramas. For starters, it seems that many of us, including yours truly, fell victim to a nasty virus that has been circulating. 'Mega cold' accurately describes my experience. It began as a run-of-the-mill cold displaying all the usual symptoms, but the difference with this critter was that it did not get better after three or four days. It got worse. After four days off work including my late withdrawal from the Ringwood Wilds event it was discovered that I had a virus that would take a large box of antibiotics and two months of feeling tired to conquer.

My return some weeks later to Wednesday night orienteering occurred at the Wantirna South event. This was undoubtedly the coldest darkest night of the season, not to mention the sleet-like rain and the muddied, dark Stud Road stretch that always seems to feature on that map. Then there was the Camberwell Central map - sneakily scaled at 1:12,000. I fell for the oldest trick in the book - not paying attention to the scale and getting caught too far away from the finish. I can manage most things, but not having to run 2km in 5 minutes to finish in time. Then there was the Koolunga event. I left home early, optimistic of arriving at 6:40pm, only to have the unpleasant surprise of having some joker crash into the back of my stationary car at the Huntingdale Rd / Ferntree Gully Rd intersection! My night was not totally ruined though - I was able to make it to Ferntree Gully by 7:40pm and complete a nice little circuit of 13 controls by 8:15pm. It's a good thing I never looked at the results for that night as I would have lost 75 points! Surely a record. Of course, I was unable to get to events for two weeks whilst my car was getting fixed. I missed the Doncaster event, but had the ingenious idea of catching the route 700 bus from Chadstone, near where I live, to the Bennettswood event. I was pleasantly surprised to find that it took only 15 minutes and there was a bus stop directly opposite the start location. I may be the first person ever to catch a bus to an event. The Maroondah Triangle event must go down as one of the hilliest. Several competitors were heard commenting that beginning the descent down 'those hills' was akin to launching into space because the night sky was all that could be seen ahead. Then there was the Mulgrave event. Again, totally fooled by the oldest trick in the book. A 1:11,000 scale and I just wasn't able to cover the required 3km in the final 5 minutes of the event.

So there's a recap of my drama filled winter. I am sure we all have a similarly unique set of tales. Why not tell us all about yours?

Looking ahead to spring and summer, DROC is organising some major events and this presents an excellent opportunity for newer members to try out some different types of events. For starters there is the Monash University 'sprint' event in November. One of the club's statesman members, Peter Dalwood, has produced a high quality and large scale map offering a range of courses. For those of you who haven't tried one of these events, I can highly recommend them. Navigating your way around a university is a little like navigating your way around Venice - its fun, different, there are lots of nooks and crannies and it's very rewarding when you find your destination. DROC will also be organising a social event at San Remo during February. A bit of sun, a bit of beach time, a bit of orienteeringwhat a treat. DROC is also playing a major role in organising the Victorian (bush) Club Relays in March 2008. Why not try a bush event?

Not long now until the summer series where we can put those long sleeved tops away, dispense with those gloves and beanies, cease having to bring heavy coats and jackets to events and finally see where we are going!

Happy orienteering.

AGM, Thursday October 18 2007

Time: 7.30pm

Place: Mount Street Neighbourhood House (Melway 71D2)
Mount St, Glen Waverley

All members are invited to come along to the AGM.

Bring your favourite photos to show on our brand new data projector (please have digital photos on a USB stick, CD or DVD, arranged in viewing order).

Please bring a small plate for supper.

Victorian Sprint Championships and Campus Challenge, Monash University

Sunday November 18 will mark DROC's return to running a Championship event, our first for some years. The enclosed flyer gives you all the details, plus an entry form. If you haven't tried a sprint distance event before, this is your chance. You don't have to be a turbo-charged runner, just enjoy the challenge of navigating on a truly wonderful map. The Campus Challenge (free with your Sprint entry) will round out your day. We want as many entrants as possible, across all age groups, to show everyone that our Park and Street orienteers are right up there with the best.



We'll also need some on-the-day assistance with starts and finishes. If you can lend a hand, please contact course setter Peter Dalwood, or event organiser Ian Dodd.

Summer Series starts soon

Your new Summer Series fixture is enclosed and once again there will be no excuses for staying home on those long hot summer evenings. There are the usual Monday-Thursday series, plus the popular Saturday mountain bike events. DROC has plenty of events to run and we already have course setters for most of them. We only have ONE vacancy left for Glenfern Run (Mon Feb 4). Contact Debbie Dodd asap to if you would like to set it. Please pass on your appreciation once again to Marta for pulling all the fixture information together.

Tracking your run - by Phil Torode

After each run I look at a website called gmap-pedometer, at www.gmap-pedometer.com. Or you could simply type gmap into Google and it will come up. This site is quite good to plot where you went as you can undo any plotting at any stage if you make a mistake or want to try another route. Once the site is accessed, use the + and - scale to simply zoom out to obtain the world map then double click to centre the

point you want and keep zooming in and centreing until you have the area you travelled in. Then simply press recording to start plotting and undo to change route. You will find the distance adjusts itself as you keep plotting. I found this site great to look into what I could have done or where I went wrong or maybe I should have gone this way.

Oxfam Trailwalkers - DROC will contribute \$75 towards entry fees for each club member who enters the Oxfam Trailwalker. Please provide a copy of your entry to treasurer Peter Dalwood.

WHO'S DOING WHAT - MEMBER NEWS

There are still a few 2007 membership fees unpaid - if this is YOU, please forward your fee to Debbie asap, at PO Box 5020, Laburnum 3130, or see me at an event.

NEW MEMBERS

Please welcome our newest members Jo Ferry and Ian Collins. Jo has been a regular at streetO for the past few years, competing in power walkers and doing very well. Ian and his family started orienteering more recently, and have also dabbled in some bushO and rogaining. Ian is teaming up with Ian D for the Maxi 3 hour.

OTHER NEWS

From Judy and Rob Fennessy - "We have been a bit scarce this year, mainly because we are expecting our 1st bub, just 4 days before Leonie and Jared Ortlipp are expecting theirs! We live an easy walking distance from each other which could prove very handy and social. My movement is becoming somewhat limited with some rapid growth of bub over recent weeks. I have been well otherwise, after the 14th week, until which time good old morning sickness was present 24 hours a day! In March, during this time we did however travel to NZ and complete the Abel Tasman 4 day walk, as well as the 1 day Mt Ruapehu Volcano walk on the north island. No more major holidays planned, just a bit of painting and general preparation for bub's arrival in late October".

Mark and Jill have been extremely busy with their daughter Emily's wedding. Jill made the dress, including all the intricate beadwork. Now she's back to knitting booties as their next grandchild is due in December.

The Millers are heading back to Europe for some more French cycling, with their bike group the Whitehorse Cyclists. Their photos appeared in the Leader paper a couple of months ago as they trained for the tour. After the biking, they'll tour Spain, Portugal, and return to Paris. A quick email message has come in: "We are currently in Chenonceaux and have just spent a couple of hours exploring the chateau. Cycled to Amboise and back this morning and visited the chateau there; yesterday was a long day 94 km from Chinon to

here; no time for visiting chateaux. Previously we cycled from Tours to Chinon - spent two nights there and visited a marvellous chateau at Villandry on the way from Tours. Two days in Paris where we visited the Musee Quai D'Orsay - an amazing place in an old railway station. We are riding Cross hybrid bikes - 24 speed - and very comfortable. There is a queue for the computer so will have to close. The French keyboard is hard to cope with as lots of things are in different places."
- Allan and Pat

Rebel Sport Update

Rebel Sport have introduced NEW plastic member cards into all Rebel Sport stores. As part of this change from the existing paper cards, when you next visit any Rebel Sport store, please produce your current paper card in exchange for a new personal MVP card. This official card will then entitle you to the 5% discount, applicable to all full-priced merchandise at any Rebel Sport store but cannot be used on goods that are on sale, for gift card purchases or in conjunction with any other offer. Each DROC household is entitled to two Rebel cards. If you need a replacement card, please let me know.

NEW CLUB JACKETS FOR SALE

After spending a week in freezing Dubbo, we realised our fleece jackets weren't quite up to extreme weather. So we've ordered a new improved model. The design and colours are the same, but the new jacket has a rainproof shell and fleece lining. It has the lyrebird logo on the front, and a small lyrebird and the word "Orienteering" across the shoulders, for added impact. The jackets are zip front, with pockets, and sit low on the hips, perfect to keep you warm and toasty in all conditions. They are a real bargain at just \$60. Sizes range from XS to 2XL. See our Clubwear Specialist, Peter Yeates Available from early October.

CLUB CONTACTS

For information about, or assistance with EVENTS (first event vouchers, transport, equipment loan, newcomer information kits, informal coaching etc) contact:

Ian Dodd tel: 9878 9168 email: debiandodd@inet.net.au, or
Peter Yeates tel: 9725 4612 email: yeatespi@aol.com

For CLUB CLOTHING (running and bike tops, and fleece jackets and vests) contact:

Peter Yeates tel: 9725 4612 email: yeatespi@aol.com

For MAPS AND COURSE SETTING enquiries, contact:

Pam King tel: 5968 3076 email: pamela.king@haileybury.vic.edu.au

For MEMBERSHIP and NEWSLETTER enquiries, contact:

Debbie Dodd tel: 9878 9168 email: debiandodd@inet.net.au

Why are orienteers stabbing themselves with foreign objects?

I don't want to put anyone off our sport with tales of pain and suffering, but there's been a trend over the past few months, of orienteers puncturing themselves. Bryan Ackerley (ARDF) fell and injured his knee at a night event in Croydon. Bruce Arthur (MFR) punctured his foot with a sharp stick in the bush. Jim Russell (Bendigo) jabbed his armpit with a stick during a long distance event at Daylesford. Now Ian Dodd has fallen on his elbow while running through a car park at night, ending up with a glass fragment lodged under the skin. A seemingly minor injury resulted in a day at Box Hill Hospital, a general anaesthetic, a large bandage, stitches, a sling, antibiotics, and no running allowed for two weeks.

None of these accidents caused long term damage, although all required the expense and

inconvenience of hospital treatment. Help was at hand in each case - we have excellent first aid kits, qualified first aiders, and willing volunteers to transport people to medical facilities. I guess the message is to take care out there, especially at night on the streets. Make sure you have a good torch with fresh batteries. Slow down a little in rougher or poorly lit areas. If you are injured but can get yourself back to the start, do so as quickly as possible and report to the organiser. He or she will have the first aid kit handy. If you need someone to patch you up, drive you home, or contact family members, just ask. Clean and dress the wound as soon as practicable. And get checked out as soon as you can by a doctor (you never know when a foreign body is lurking in your elbow

The Art of Faffing

You may have noticed the term “faffing” creeping into the vocabulary of various DROC members, and wondered “what do they mean?” If I use the word in the following sentences “he faffed around for so long getting ready that he missed the start”, or “she was faffing in the wrong gully and lost 10 minutes”, you will see that it refers to time-wasting behaviour.

Now as I share my life with the Master, nay, Legend of Faffing, in all its variant forms, I am well qualified on this topic. The beauty of the word is that it may be spelled in so many ways. One “F” or two? Perhaps a “PH”? Here is a quick Faffapedia to get you started.

FAFF - physical faffing, probably the most common sort. Misplacing things, going back inside the house three or four times to fetch miscellaneous objects, etc. Includes navigational faffing.

PHAFF - psychological phaffing - distraction, indecision, procrastination

FAPH - faphing while operating a motor vehicle (probably while trying to park at street 0)

FAFFE - culinary faffeing - should I chop the vegetables first or boil the water? Or perhaps dice the chicken? Or maybe measure the rice?

PFAFF - mechanical pfaffing - how do I put this object together? What have I done with the allen key? Oh, you mean it came with instructions?

Ffaf - musical ffafing

፳፻፲ - faffing front of the mirror!

VICTORIAN CLUB RELAYS

All four teams performed extremely well at the recent Relays in Bendigo. We entered the “Three Petes” - Yeates, Grover and Dalwood - into the hotly contested group 4. They moved steadily through the large field with three great runs, all extremely consistent, finishing 4th of 12 teams and missing a place by less than one minute. The “DROC Dead Gorgeous” girls - Louise, Pam and Debbie - were given a run for their money by rivals Bayside, but drew ahead to be the first all-Women’s team across the line in group 5 (behind 3 male teams). Louise was the 3rd fastest female in the group.

But it was our Mixed teams who dominated the final results in group 7. President Pete had a blistering run on the Long leg, followed by Past Pres Ian, who in spite of his arm injury, ran the fastest Medium leg of the day. Past Past Pres Wally, in anchor position, brought the guys home in first place by a very comfortable margin. Denise ran well on her Long leg, handing over to Gary who made short work of the Medium leg, then Ilze flew across the line in 3rd - a great result for both teams. None of our 16 runners made an error, proving again that consistency is key.

Thanks to all who took part, and made the day a great social event as well. We also took note of the brilliant setup by Bendigo’s Jim Russell, making for exciting spectating. Next March we’ll be hoping to do the same. We’d like to see some more members make it along, especially as some of the regular teams may be unable to compete due to organisational duties. Relays cater for all standards, and we always have a great deal of fun barracking for each other (and sledging the other teams!) Please think about making a trip to Castlemaine next Labor Day weekend, to fly the DROC flag.

OTHER RESULTS

Iceberg Series:

A Course Div 2 - Colin Pearce 1st
A4 - Mark Besley 2nd

A3 - Ray Howe 1st, Ian Greenwood 3rd

A5 - Dale Howe 1st, Tina Smith 2nd, Keran Challenger 3rd

B Course Div 1 - Marta Salek 1st, Ian Dodd 2nd
B4 - David Payne 1st, Ian James 2nd

B3 - Peter Dalwood 1st

C Course Div 1 - Peter Kovassy 2nd

PW Div 1 - Greg Cavill 3rd
PW3 - Stan Gurman 2nd

PW2 - Debbie Dodd 1st, Pat Miller 3rd

PW4 - Sue Gurman 1st, Wally Cavill 2nd, Joe Leibowitz 3rd

Joe also won a Melway in the Course setters draw.

State Series Orienteering:

With three more events to go, Debbie Dodd and Allan Miller are on top of their respective age groups in the State Series, and Pat Miller is in 2nd. Pam King is locked in a tight battle, currently sitting in 3rd but only a few points behind the leader. Peter Yeates is also tussling for 3rd in a very close contest. Rockhopper - we are still well ahead of our 2006 position, but it's going to be tough to improve on our current 8th place.

Rogaines:

- Snogaine - Peter Grover and Denise Pike 1st Mixed; Ainslie Cummins and Peter Chen 2nd X
- June 6 hr (Sat)- Tony Bird (with Jeremy Dover) 2nd overall; Allan and Pat Miller 1st Ultravets; Louise Hall (with Margi Freemantle) 3rd Womens; Tina Smith (with Bev Trease) 2nd WV; (Sun) - Ainslie Cummins 3rd W
- July 8 hr - Denise Pike and Peter Grover 2nd XSV

Australian Rogaine Championships, Alice Springs

Quite a few DROC members headed to the middle of the country to take part in the Australian Rogaine Championships, and taking the opportunity for a holiday. Pat and Allan took the fly-in, fly-out approach and were the first ones home, bringing back the very unusual map and stories of beautiful but tough countryside. Peter Dalwood visited all the highlights of central Australia, and celebrated his 60th birthday with family in Adelaide. He said "The contours weren't the problem - it was the scree, rocks, spinifex, camels, sun and sand you had to negotiate in order to cross the contours!"

Sue and Stan, after finishing the rogaine, headed north for Darwin, then took the Ghan back, via Katherine Gorge. Tina and Vic explored the Eastern and Western McDonnell Ranges. Other DROC members who competed were Karen, Gary and Daniel. All reports were that the countryside was spectacular and the event fantastic. Karen wrote a great story about her experience in the September VRA newsletter.

A Tale of Two Holidays (by the editor)

As I write from our lovely new second storey home office (yes the renos are finally over), the sun is shining, flowers blooming, birds singing, and spring is finally here. It was such a long cold winter, but we were lucky enough to escape Melbourne twice during July and August. The two trips couldn't have been more different. Why am I telling you about them? Because they happen to be in the locations of the two biggest orienteering events in Australia for 2008 - the Australian Easter Carnival in March in Dubbo, and the Australian Championships Carnival in September, in Maryborough, Qld.

Dubbo in July was the scene of the Junior World Orienteering Championships (JWOC), held for the first time in Australia. Apart from a great secondary carnival of events for us non-juniors, it was a wonderful opportunity to watch the world's best under-21's do their thing, and to get a sneak preview at the granite areas that will be used for next Easter. It also gave the DROC Social Subcommittee a chance to scout out the best accommodation (be warned - it's booking fast).

<http://aus3days2008.orienteering.asn.au/> has details.

Dubbo in July was also COLD. More than cold. It was absolutely freezing. We lived in our club fleece jackets (people kept telling us how good we looked). We needed club beanies, gloves, scarves, and thermals (fleece jocks would have been great). We went to the famous Dubbo Zoo to watch the JWOC sprints. What a fantastic map! If you go to the Easter 3-Days next year you may get a chance to run on it. The JWOC competitors had to mix it with the spectators, the bemused public, and the even more bemused animals. The meerkat on sentry duty just couldn't keep up with the action!

The rest of the events were held on a large property 30km south of town. It was wonderful terrain - huge rock outcrops with big gullies and saddles to navigate by, and large open areas perfect for fast running and brilliant spectating. Can't wait to get out there again at Easter.

Ian provided some excitement when he pulled a hamstring - the first aid people were very happy that they could put him on their brand new golf buggy contraption to transport him to the car. They took photos of the whole thing. Ian recovered well enough to complete his course in the AusChamps four days later. No podium finishes this time, but heaps of fun trying!

When we arrived home, Melbourne's 12 degree temperatures seemed balmy. But we had something better to look forward to. My parents are "grey nomads" - they escape every winter to places north, then they ring me with weather reports. This year Mum turned 70 while they were in Hervey Bay, just up the road from Maryborough. Dad hatched a secret plan to fly me, Ian, my brother and his partner, to arrive on the birthday and surprise Mum. Our arms needed no twisting at all! It worked a treat. We arrived and decorated the caravan, then hid inside till they arrived. Mum couldn't believe it.

Next day we went whale watching. Imagine a smooth, sparkling sea, sun shining, a gentle breeze, and pods of magnificent humpback whales surrounding the boat, splashing, rolling over, flipping their tails and generally putting on a show. They seem to love the attention. It was a privilege to be able to watch them, and the best day out I've had in ages.

Next year's AusChamps will give participants plenty of time for whale watching (it will be the middle of the season), and visits to Fraser Island. Hervey Bay has heaps of accommodation ranging from camping and cabins to apartments and houses (we checked out a few - I can pass on some suggestions). Maryborough, the event center, is a historic city with many beautiful "Queenslander" homes along the river, and large shady parks. It will be a great venue for the sprint races. Go to www.oq.asn.au/2008austchamps for more info.

If you are thinking about your 2008 holidays, think about either or both of these events, and join the DROC party.

Eastern Europe - Travel Tale by Phil Torode (part 1)

About 5 weeks were enjoyed with my good mate Ros touring Europe. You could say we saw nothing as we were always on the run. This trip was organized quite late, we both wanted to see a bit of the old east communist country and I wanted to go Peugeot for a few days. This trip took in driving an old car and then train travel for the second half. More of the train travel next story/month hopefully.

Flew to Paris, train to Auxerre region in mid France, then we drove a 1957 Peugeot for 3 days & 900 kms to l'aventure Peugeot's Slovenia gathering of the 'Old Timers' as they called them. About 130 old cars were there, youngest was about late 70s.

There was no orienteering anywhere as we traveled but at each city we stopped at I kept thinking about how a street 'O' would go there. I suppose we could have looked to see what was on. Each day Ros & I strode out in our runners to look over the city or town and I would say, "I could run a great street O in this place".

The 3 day drive across the top of Italy and through the many tunnels and expensive toll ways was pretty but uneventful, except for a Peugeot we saw on fire on a tollway. And the roadhouse food was quite good really, nothing like your fries here, huge assortment of fresh foods and lots of different cheese and really nice thinly sliced meat on fresh salad rolls, or salad bars and self serve hot foods.

The Mont Blanc tunnel cost nearly \$50 to travel 12km through the mountain from Switzerland to Italy but saved 140km of mountain roads. With more time the long way over would be fantastic. We stopped to look at glaciers and an unusual Swiss fire truck which was double ended to avoid turning around on mountain tracks.

Three days were spent in Ljubljana for the Peugeot function and each day Ros & I managed to navigate ourselves around with the local map. Through the centre runs the Ljubljanica river, which is also called The River of Seven Names, as the lower reaches of a karst river on its way towards Ljubljana disappears underground a number of times and springs up again at different places, every time under a different name.

Ljubljana is a lovely colorful city to see where everyone will try to help you, it was judged the most honest city around recently, a population of just under 200,000 and the university Mecca for Slovenia, about 1/3rd students. Ros & I would certainly recommend a trip taking in this part of Europe and horse meat is on the menu at many restaurants but free from horse flu.

After Slovenia the old timer performed beautifully transporting us back through Italy, into France then Geneva, via Prato where Monash Uni has a campus, just 14 km north of Florence, and Florence for a couple of days, another low contour flat city, also with a river (Fiume Arno).

I noticed motor scooters of course, now that I own one. In Florence there are recharge points for small electric vehicles and scooters. Florence would be OK for orienteering but a bit flat with too much traffic. I think a scooter would run you down before you finished any course and the gelato and food shops offer too much distraction to finish a course. Small vehicles & scooters really do have control on the roads and lanes around Florence. Parking a car cost about a 1/3rd our accommodation cost per night. Walking was the best way to see Florence and easy to follow the map even with distractions of old buildings, motor scooters, Italian women and fantastic food. The lines to the usual tourist attractions were too long unless a place in the queue was pre booked so we traveled out of town to see the sights by suburban bus.

Then we traveled across to the north east Italian coast and up through La Spezia, Genoa and Inland to Chambery through another long expensive tunnel from Italy into France. The drive to the coast took us through endless tree nurseries and stone mason yards. We stopped for coffee in a La Spezia then lunch later on in a small villa, Felizzano near Alessandria for an Italian picture shoot to feature our car in an historic car mag.

All the local blokes came out of a café to see and talk cars. We couldn't speak Italian, they no English, but I told them all about the car some how. They introduced us to a fantastic lunch in the local hotel for 20 euros with wine for two. After staggering on through the alps to Chambery in France to recover from lunch, another walk and small dinner this night was all we needed, before driving to Geneva next morning to give the car back to its owner. Geneva was full of traffic and hard to travel through after rural France & Italy so didn't impress us, but we only spend an hour or so there before boarding a train back east, through the Swiss alps for the best part of the trip - onto the trains - next issue's story.