



# ORIENTEERING CANADA

Published by the Canadian Orienteering Federation

Box 62052, Convent Glen P.O.

Orleans, Ontario, K1C 7H8

E-MAIL [canadianorienteering@rogers.com](mailto:canadianorienteering@rogers.com)

Tel: (613) 830-1147

FAX: (613) 830-0456

## OFFICIAL NEWSLETTER OF THE CANADIAN ORIENTEERING FEDERATION

Vol. 33 , No. 3, Fall 2004, published October 2004

ISSN 0227-6658

### CONTENTS

Mapper Service	1
WMOC Volunteers welcomed	1
2004 Annual General Meeting	3-4
Jim Lee – COF President	4
Canadian Orienteering Championships	5- 6
Canadian Championships Results	7-12
COF DROPS	11
2004 World Championships	13-16
Cherie's World Championships	17
IOF News	17
Sass Peepre Junior Camp	18-19
2004 World Cup	19
Calgary Orienteers Feast on Reality Dinner	20-22
Sale Items	23
Member Benefits & Contacts	24

### MAPPER SERVICE

#### **1 Mapping projects – Help Wanted**

Provincial associations and member clubs seeking mapping assistance can advertise their needs at this location. The following information must be provided.

Map name; nearest city or town; province; size of area to be mapped (in sq. km); terrain type; contact person for additional information; base map information; compensation; room and board; contract details; etc.

#### **2 Mappers - Available for projects**

Mappers seeking work on mapping projects can advertise their availability at this location. The following information is to be provided:

Dates available for work; previous O mapping experience; maps produced (map names); computerized mapping knowledge (OCAD). Contact information – name and email address.

**A 4 page World Masters Orienteering Championships pamphlet is inserted in the mailed copy of this issue.**

### WMOC 2005 Volunteers welcomed

Have you decided to enter the World Masters Orienteering Championships next July? Twelve hundred to 2000 participants are expected for events from July 22 to 30. In addition the intrepid BAREBONES club is staging events at three different venues in the previous week. Plus the COC's are in interior BC the previous weekend – Aug 15-17.

IF you want to do more than compete, or if you just want to spend an exciting week or two with the best people in the world, why not volunteer to help? For each of the four major WMOC events, over 250 jobs have been identified. Only 60 to 80 require orienteering experience. Most subscribers to this newsletter will already have some idea of the types of work that must get done. Everything from monitoring toilet paper supply to vetting elite course.

Other jobs are related to vehicular traffic management, spectator traffic control, multiple start crews, infrastructure setup, maintenance, take down and transport, loading and unloading equipment vans, posting and recovering signs. Calm cool and collected orienteers are needed as 'Mothers' at each of three starts – all problems and questions will be diverted to them. Maybe you excel at the art of operating sound and video systems? How about a sit-down job handing out refreshments at the finish? Another much needed skill is Go-fer for any of the supervisors.

Email Garry Atchison at [volunteerwmoc2005@hotmail.com](mailto:volunteerwmoc2005@hotmail.com) or phone (780) 481-8270.

Don't miss out on the biggest orienteering event ever staged in North America!

Garry Atchison, Volunteer data collector  
World Masters Orienteering Championships  
7 Wahstao Cres., Edmonton, AB, T5T 2W9

# **2004 ANNUAL GENERAL MEETING**

The AGM of the Canadian Orienteering Federation was held on July 16, 2004, at the Sport Yukon Centre, Whitehorse.

## **FUTURE EVENTS:**

- 1) **COC 2005 – (BC).** Mapping underway. Good interest by competitors at WMOC 2004 in attending COC 2005 as part of WMOC 2005 package.
- 2) **WMOC 2005 – (Edmonton).** 3 maps completed; course ribbons hung; controllers; Bill Anderson, Don Ross, Jack Lee, checking courses this summer/fall; promotion done at WMOC 2004; efforts being made to recruit volunteers from outside orienteering.
- 3) **COC 2006.** No applications received as of AGM.
- 4) **NAOC 2006.** Bid submitted by Golden Horseshoe OC to host event on Thanksgiving weekend. Not interested in summer date. GHO suggestion – Organize COC and NAOC as one event on Thanksgiving weekend.  
November 1 established as date for associations to submit applications to the COF. Decision on applications to be taken after November 1.
- 5) **COC 2007.** No applications received as of AGM. Western associations have organized last five COC's plus 2002 NAOC and APOC.

## **MOTIONS**

Three Motions submitted by ONB (Stig Skarborn & Harold McQuade), were withdrawn and were not discussed by the AGM. COF president, Ray St-Laurent explained that some items by their nature can be handled by the board as part of their general responsibilities and are not really AGM motions. The three motions are included in this report for information purposes.

**MOTION 1** WHEREAS it is extremely difficult to obtain qualified mappers for new projects and for existing map updates. IT IS MOVED THAT the COF start a listing service on their web site, and additionally publish once per year in Orienteering Canada the national requirements for mappers. To be listed on the COF website the provincial associations are to provide the following information. Map Name, nearest major centre, province, area to be mapped in sq. km, terrain type, contact for further information, e-mail address of contact. It will be up to the contact to provide map information, arrange for compensation, room and board, etc.

**Motion Withdrawn**

Note: This item has been posted on the COF website: [www.orienteering.ca](http://www.orienteering.ca) - Classified.

**MOTION 2** WHEREAS the officiating Level 1 and 2, clinic slide sets are not as in tune with the times as a suitable PowerPoint presentation would be, IT IS MOVED that COF develop PowerPoint presentations for these courses.

**Motion Withdrawn**

Note: The COF board will ensure that the requested PowerPoint presentations will be developed.

**MOTION 3** WHEREAS the NCCP Level 1 and 2 clinic slide sets do not reflect the new coaching system and are not suitable for computerized presentation, IT IS MOVED that COF develop PowerPoint presentations for these courses reflecting the recently introduced new coaching system.

**Motion Withdrawn**

Note: PowerPoint presentations will be developed by Coaching committee – Action – T. de St Croix.

**MOTION 4** Submitted by COF board  
COC Eligibility - Competition Rule 11.2.1.

Winners of Canadian Orienteering Championships awards shall be only those who are full members of the provincial associations and who are:

- 1) Canadian citizens or
- 2) Permanent Residents as defined by the Dept. Citizenship & Immigration

All medal winners must be prepared to submit proof of eligibility.

**Carried Unanimously**

Note: Organizers are encouraged to recognize non-eligible winners with appropriate awards

**MOTION 5** Submitted by AOA  
(D.Bayly/R Monk & J Winn)

COC Eligibility – Competition Rule 11.2.1

That the eligibility rules for the (COC) Canadian Orienteering Championships be changed to state: “Canadian citizens, landed immigrants or Canadian residents for 24 months prior to the Championships, who agree not to compete for championship titles in another country during the current calendar year”.

**Defeated - For = 4 Opposed = 9**

**MOTION 6** Submitted by AOA  
(Andree Powers/Jonathon Winn)

Single Day Championships – Categories M/W 20-34

That the COC adopt single day championships for the M 20-34 and W 20-34 categories (elite classes) in the same disciplines as the International Orienteering Federation Championship standards.

The 2005 Canadian Championship organizer may opt not to organize single day championships given the short notice such that this motion shall be considered a rule change starting in 2006. However, we hope they will offer different course lengths for the two day classic to fall in line with the IOF middle and long distance event for the elite classes.

**Carried - For = 11 Abstentions = 2**

**MOTION 7** COC Levies: Submitted by OABC  
That the COC levy at the Canadian Orienteering Championships and attendant qualifying events be capped at \$5 competitor/day for senior competitors and \$2.59/day for junior competitors”.

**Defeated - For = 5 Opposed = 7 Abstentions = 1**

**Financial Reports** - Presented by Sheldon Friesen –  
VP Finance

**MOTION 8** Financial Statements April 2003 – March 2004 - accepted as presented. **Unanimous**

**MOTION 9** Projected Budget for fiscal period April 2005 – March 2006 – accepted as presented.

**Unanimous**

## **ELECTION OF OFFICERS**

**Directors:** Two Director positions to be filled.  
Charlotte MacNaughton (Alberta) and Hans Fransson (Ontario) were elected.

**President:** There were no nominations for the position.

Constitution stipulates that the COF president can only serve 2 two years terms. R. St-Laurent has completed two 2-year terms and ineligible for re-election.

R. St-Laurent advised:

- 1) Constitution does not cover the eventuality of no nominations for the position or of the position being “vacant”.
- 2) Past President has voting privileges.
- 3) Identify a president to serve a 1 year term until the next AGM.

**MOTION:** C. Fox/P. McNeil:

For Ray St-Laurent to stay on as a president with presidential responsibility. High priority given to find a solution for president as soon as possible for ratification by board and association presidents. **Unanimous**

## **JIM LEE –** **COF PRESIDENT FOR 1 YEAR**

Jim Lee, Hartney, Manitoba, was solicited to serve as COF president until the 2005 AGM and after consideration accepted.

COF board members and association presidents unani-  
mously approved the selection of Mr. Lee to serve a 1 year  
term as COF president.

Jim is one of the most respected members of COF and one  
of our most experienced officials. Jim, and fellow Hartney  
Gouger Jack Forsyth, have been involved in the  
organization of more Canadian championships than any  
other two members.

Sincere thanks to Mr. Lee for coming to the rescue of COF  
in a time of need.

## **JIM LEE – PROFILE**

### **National**

COF board member	1986 – 1997
Standards Committee Chair	1986 – 1991
Vice President Finance	1991 – 1997

### **Provincial**

Manitoba Orienteering Association member for 30 years.  
MOA board member for over 20 years including two terms  
as president.

### **Technical**

Official	Level 4 certification
Course Planner	COC 1982, 1988, 1992, 1997, 2001
Controller	COC 1987, 1996, 1997, NAOC 2002
Course Conductor	Officials Clinics – Level 1, 2, 3
Mapping	MOA maps for COC’s and WCOC’s

# 2004 CANADIAN CHAMPIONSHIPS

One of the more important aspects of the COC is that members get to visit locations they may never have otherwise visited. Some may have vacationed at Fundy National Park, New Brunswick or the National Capital Region, but not many would spend vacations visiting Hartney, Manitoba; Logan Lake, BC; Smoky Lake, Alberta; or Grand Falls, New Brunswick.

This year was a bit different with many having thought of visiting Yukon but never doing so because of difficulty in getting there other than by air travel. COC 2004 provided a reason for many to finally visit the Land of the Midnight Sun. By all accounts everyone had a most enjoyable vacation with additional bonuses of wonderful weather and excellent orienteering.

Orienteering was only one of the attractions to making the trip to Whitehorse. The opportunity to visit legendary and mythical locations of the Klondike Gold Rush captured in prose and verse by Robert Service was almost as big an attraction as the COC and made for an irresistible combination.

On “off-days” visiting orienteers ventured near and far in efforts to soak up as much of the gold rush atmosphere as possible. One day I spent a few hours stumbling and clambering along a section of the Chilkoot Pass Trail and concluded it would be much easier to travel in winter when frozen and snow covered – then again, maybe not.

There was one heavy rainfall at the end of the Short event and a lighter one on the evening of the banquet and Short distance awards, otherwise the weather was ideal.

## **COC Organization**

All events were of a high standard. Good maps, excellent terrain, challenging courses, near perfect weather, meet sites within easy reach of downtown Whitehorse. It would have been quite possible for “out-of-town” competitors to have rented bicycles rather than automobiles and biked to the venues. Something to think about for next time the COC’s are held in Whitehorse – hopefully not too long.

The three COC areas were excellent – probably the best set of COC areas to date.

**COC Short - Long Lake.** Somewhat similar to that of the Manitoba Sandhills: soft underfoot, good visibility, numerous depressions, re-entrants, valleys, hills, knolls but more forest covered.

**Classic Day 1 - War Eagle.** Thicker forests and rock features, offered more variety and is the area most favoured by John Rance, COC Controller.

**Classic Day 2 - Chadburn Lake.** Sandy soil, low ground cover, intricate contour detail, good running terrain. The Finish area was situated on the banks of the Yukon River with the fast flowing waters and bright sunshine presenting a beautiful backdrop for the awards ceremonies.

Complete results are included with this issue. COC Split times and results of other events held during the week are available from the Yukon OA website: [www.icefield.yk.ca](http://www.icefield.yk.ca)

**National Team selection.** The F/M20- 34 races were used to select the final two spots for men and women to our team to compete in the 2004 World Championships. Pam James, Sandy Hott Johansen, Nick Duca, Mike Waddington, had previously been selected based upon results of the 2004 North American Championships.

**F20-34 - Day 1.** Pippa McNeil, Cherie Mahoney and Louise Oram were in a battle for the two available spots and within 2 ½ minutes of one another after the first day.

**Day 2.** Pippa beat Cherie by some 5 minutes and ensured a spot. A major error by Louise late in the course knocked her out of contention and gave Cherie the 4<sup>th</sup> spot.

For the fourth consecutive year Pam James won both the Short and Classic titles and by sufficient margins that she may well add a few more doubles to the streak. Pam had relatively comfortable margins over her closest challengers in each race. Second most consistent was Pippa McNeil. Cherie and Louise each had one poor race, which for Louise happened to be one used for national team selection.

**M20-34 - Day 1.** In the battle for the title of Canadian champion, Mike Waddington, led Lehel Fenyo by just over 2 minutes with Mike Smith another minutes behind in 3<sup>rd</sup> place. Day 2. Mike S reversed the tables beating Mike W by over 5 minutes to win overall by a margin of 1.17. Lehel Fenyo was third just 31 seconds ahead of Wil Smith. Mike and Wil Smith captured the two spots remaining on our world championships men’s team

A high number of mishaps resulted in several WOC team contenders ‘self-destructing’ and not completing the two days. This made it easy for Mike and Wil to capture the final two positions.

Although eligible to win a Canadian championship medal, Lehel Fenyo is ineligible for national team election.

**Puzzling Statistic.** Results show a larger than expected number of mp's (mis-punched. Was this due to competitor inexperience with electronic punching, fault with system, competitor carelessness?

### Double Winners of Canadian Titles

F15-16 – Justine Scheck (YOA)  
F17-19 - Sarah Brandeth (FWOC)  
F20 – Pam James (GHO)  
F35 – Gabrielle Savard (FWOC)  
F45 – Jane Brandeth (FWOC)  
F55- Luella Smith (Falcons)

M12 – Logan Roots (YOA)  
M35 – Ted de St Croix (GVOC)  
M45 – Robert Gilchrist (EOOC)

**Old Acquaintances.** The COC is about more than just the orienteering. It is also about meeting new people, making new friends and renewing friendships with others you have not seen for several years. It had been close to 20 years since I last saw Charlie Roots and Juri Peepre. Both have been living in Whitehorse for a number of years. Charlie, Juri and sons Logan and Alex competed in the COC. Logan won M12 Short and Classic; Juri was 3<sup>rd</sup> in M45-54 in the Classic. Good to see both still involved and “passing the torch” to the next generation.

**Junior Camp.** Mention of “passing the torch” provides an easy transition to the success of the Junior Camp in recent years. The last three camps have seen a huge increase in the number of juniors attending. Camp Director, Kitty Jones, informs that 54 juniors attended this year plus 33 adult volunteers in a variety of support duties.

One camp coach is of the opinion that the Junior Camp is now the major reason why many family groups attend the COC. If the COC was not held during the summer months there would not be a Junior Camp and overall attendance would be significantly less. The last time a COC was held outside the summer period – COC 2001, Carberry, Manitoba, only 20 juniors competed and only 25 competed in the 2004 NAOC - Cleveland, Ohio, in May.

Junior Camps were introduced in the late 80's as a way of recognizing Alex “Sass” Peepre, one of the founders of orienteering in Canada. One of the juniors at the 2004 camp

was Alex Peepre, grandson of the late Alex “Sass” Peepre and the third generation of the family to be involved in orienteering in this country.

### Downtown Whitehorse Closures for National Team Fundraiser

A Fundraising event in support of the national team was held in downtown Whitehorse during the week. The event was basically short sprint race through the downtown area with “manned” control points. Permission was granted to “close-off” sections of a main thoroughfare for start and finish and barricades set up to restrict traffic. The event raised over \$1000.00 for the national team and hopefully also raised some awareness of the sport of orienteering. It demonstrates the level of support sports groups in smaller towns and cities receive that would never be considered in major cities.

### CONGRATULATIONS AND THANKS

The YOA, members of the COC Organizing committee are to be congratulated on organizing excellent championships. The major officials of the various events did a magnificent job:

Meet Directors: **Barbara Scheck** (Short & Day 2 Classic);  
**Afan Jones** (Day 1 Classic).  
Course Planners: **Ross Burnett** (Short & Day 2 Classic);  
**Forest Pearson** (Day 1 Classic).  
Timing – all events: **Richard Obreiter & Erik Blake**  
Registration: **Erik Blake**  
Controller: Special thanks to **John Rance** (GVOC),  
Controller - COC Short and Classic.

Midnight Sun Relay: Meet Director - Brent Langbakk  
Course Planner – Pippa McNeil  
Controller – Cord Hamilton

**Barebones event: Adrian Zissos, Charlotte MacNaughton, James Baker and other FWOC members** for organizing the 3 day Barebones event that set off the COC week.

**Others:** It is always difficult to name all of the volunteers and background helpers who contribute to the overall success but without whom the event could turn into a nightmare rather than a pleasant memory. To this group of “unsung heroes” I extend sincere thanks for a job well done.

### Looking Ahead to COC 2005 – Williams Lake, BC

It is now time to turn attention to COC 2005, and another community not noted by most as a “must visit”. Based upon the wonderful COC's organized in other smaller centres this one in all likelihood will provide more memorable orienteering experiences.

# CANADIAN CHAMPIONSHIPS JULY 15-18

## Classic

<u>Class F12</u>	Club	Day 1	Day 2	Total
Danika Ouellette	Falcons	15.36	22.12	37.18
Kendra Murray	YOA	17.18	24.05	41.23
Molly Kemp	Ottawa	18.23	23.39	42.02
Dana Breseman	USA	18.24	25.57	46.21
Holly Bull	USA	29.33	24.11	59.32
Pia Blake	YOA	28.32	31.00	59.32
Molly Jarvis	FWOC	34.10	31.28	65.38
Kerstin Burnett	YOA	29.55	36.11	66.06
Katie McLean	FWOC	30.09	46.37	76.46
Nicole Jarvis	FWOC	42.27	82.17	124.44
Lyndsey Innes	Gators	mp	23.19	
Dahria Beatty	YOA	mp	20.37	

## Class F13-14

Tori Owen	FWOC	19.07	24.32	43.39
Rhiannon Jones	YOA	29.50	22.20	52.10
Emily Ross	Falcons	26.31	27.50	54.21
Erin Banham	EOOC	34.19	40.21	74.40
Daphne Tuzlak	YOA	32.40	42.24	75.04

## F15-16

Justine Scheck	YOA	41.30	44.23	85.53
Emily Nishikawa	YOA	58.10	52.30	110.40
Emily Kemp	Ottawa	54.13	62.59	117.12
Natasha Ouellette	Falcons	46.47	79.01	125.48
Kelsey Breseman	USA	53.16	89.57	143.13
Caitlin Goeres	CdeB	62.48	81.41	144.29
Sarah McKenna	YOA	79.58	76.29	156.27

## F17-19

Mette Hjerrild	USA	44.23	59.35	103.58
Sarah Brandeth	FWOC	56.01	64.05	120.06
Meghan Rance	GVOC	78.53	76.35	155.28
Jennie Anderson	Ottawa	85.09	137.33	213.42
Carol Ross	Falcons	mp	mp	

## F20-34

Pam James	GHO	55.16	76.40	131.56
Pia Lindberg	HVO	55.33	76.31	132.04
Pippa McNeil	YOA	60.05	79.57	140.02
Cherie Mahoney	Ottawa	61.16	85.08	146.24
Pia Kivisakk	USA	57.52	89.18	147.10
Louise Oram	GVOC	62.37	101.00	163.37
Marta Green	GVOC	79.40	99.07	178.47
Charlotte MacNaughton	FWOC	87.08	105.51	192.59
Sara Nielsen	YOA	106.04	103.23	209.27
Abbigail May	USA	95.01	143.09	238.10
Anita O'Brien	Falcons	76.10	mp	
Jennifer Joliff	USA	105.48	mp	
Katherine Scheck	YOA	82.11	dns	
Marie-Catherine Bruno	GVOC	76.07	dns	

## F35-44

Club	Day 1	Day 2	Total	
Gabrielle Savard	FWOC	58.14	69.12	127.26
Eileen Breseman	USA	68.34	85.03	153.37
Andree Powers	GVOC	71.15	84.40	155.55
Annette Van Tyghem	Gators	80.35	85.07	165.42
Sabine Schewiger	YOA	92.48	94.14	187.02
Philippa Hocking	FWOC	98.12	110.50	209.02
Starr Waddington	GHO	114.22	155.45	270.07
Brigitta Ouellette	Falcons	mp	mp	

## F45-54

Jane Rowlands	FWOC	49.18	57.05	106.23
Marion Owen	FWOC	53.35	61.00	114.35
Karen McKenna	YOA	60.27	55.11	115.38
Muriel Gamey	MOA	61.22	58.03	119.25
Maria Brander	Switzerland	59.34	62.04	161.38
Kitty Jones	FWOC	62.34	61.56	123.30
Robyn Rennie	GVOC	61.13	67.53	129.06
Angela Pearson	EOOC	63.44	65.45	129.29
Karen Lachance	GVOC	64.33	78.50	143.23
Mary-Lou Hogg	EOOC	70.57	76.48	147.45
Christin Lundgren	FWOC	65.03	85.49	150.52
Anita Brattland	USA	75.03	78.58	154.01
Maureen de St Croix	GVOC	61.56	93.30	155.26
Marianne Pedersen	USA	80.01	81.32	161.33
Violet Van Hees	YOA	78.35	88.35	167.10
Karen Tippet	Ottawa	77.19	90.12	167.31
Sarah Locke	YOA	95.33	76.43	172.16
Vera Eames	FCO	85.17	93.03	178.20
Kim Kasperski	EOOC	89.23	104.54	194.17
Kathrin Mueller	GVOC	69.29	136.04	205.29
Jennifer Hamilton	CdeB	89.23	129.24	208.47
Sherry Haley	EOOC	122.26	111.40	234.06
Wendy Nixon	YOA	135.47	135.10	270.57
Ardis Dull	USA	mp	76.37	
Donna Fluegel	USA	mp	92.11	
Laura Querengesser	EOOC	mp	124.34	

## F55-64

Luella Smith	Falcons	48.51	41.09	90.00
Gloria Rankin	Ottawa	47.24	51.58	99.22
Frances Vyse	SAGE	55.49	47.02	102.51
Diana Hocking	VICO	81.47	48.31	130.18
Marilyn Edmunds	EOOC	84.57	72.16	157.13
Robyn Davies	New Zealand	96.50	81.04	157.04
Betsy Hawes	USA	94.04	80.52	154.56
Barbara St-Laurent	Foxes	148.25	114.20	262.45
Lois Lund	EOOC	159.17	138.10	297.27
Barbara Phillips	YOA	mp	58.21	

## F65

Gillian Bailey	VICO	58.38	63.31	122.11
Nesta Leduc	YOA	73.22	60.34	133.56

<u>F65 continued</u>	Club	Day 1	Day 2	Total
Pat de St Croix	Ottawa	75.14	60.10	135.24
Shirley Donald	KOC	68.57	82.35	151.32
Jean MacNaughton	FWOC	119.13	121.39	240.52
Gloria Charlow	Ramblers	77.26	166.25	243.51

### M12

Logan Roots	YOA	10.49	19.21	19.21
Malcolm Newson	FWOC	14.41	19.55	34.36
Lars Hjerrild	USA	16.59	20.58	37.57
Cotie Schellenberg	MOA	19.48	28.36	48.24
Dylan Innes	Gators	mp	22.57	

### M13-14

Colin Abbott	YOA	22.04	19.49	41.53
Damian Konotopetz	MOA	24.12	20.42	44.54
Lee Hawkings	YOA	21.12	24.22	45.34
Jeremie Ouellette	Falcons	20.52	25.44	46.36
Michael Abbott	YOA	20.27	28.14	48.51
Graeme Rennie	GVOC	24.27	28.32	52.59
Owen Newson	FWOC	28.12	22.51	60.03
Alex Peepre	YOA	32.58	30.55	63.53
Nansen Murray	YOA	37.31	30.27	67.58
Jeffrey McLean	FWOC	34.10	38.44	72.54
Logan Bull	YOA	31.22	45.11	76.33
Tyler Hertel	USA	60.35	dns	

### M15-16

Dougal Owen	FWOC	42.48	36.59	79.47
Robbie Anderson	Ottawa	36.17	54.55	91.12
Benoit Phelan	Falcons	46.41	52.37	87.18
Ryan Breseman	USA	53.42	55.29	99.11
Per Hjerrild	USA	40.17	73.46	114.03
Eric Kemp	Ottawa	61.56	82.37	144.33
Fraser Ross	Falcons	78.53	78.26	157.19
Scott Newson	FWOC	45.22	mp	
Colin Banham	EOOC	96.53	mp	
Mike Fraughton	YOA	46.22	mp	
Kyle Hertel	USA	76.05	dns	

### M17-19

Steven Graupner	CdeB	56.02	53.49	109.51
Scott Foubister	SAGE	57.31	54.09	111.40
Carl Lundgren	FWOC	50.57	63.29	114.28
Patrick Goeres	CdeB	45.48	72.11	117.59
Mathew Hryciuk	EOOC	57.21	60.45	118.06
Thomas Graupner	CdeB	66.40	118.43	185.23
Darius Konotopetz	CdeB	95.39	98.44	194.23

### M20-34

Magnus Johansson	GVOC	50.17	102.36	152.53
Mike Smith	Falcons	51.25	104.47	156.12
Mike Waddington	GHO	48.07	109.22	157.29
Lehel Fenyo	GVOC	50.10	114.51	165.01
Wil Smith	Falcons	52.35	112.57	165.32

<u>M20-34 continued</u>	Club	Day 1	Day 2	Total
Brian May	USA	50.53	116.34	167.27
Robin Foubister	SAGE	58.09	121.10	179.19
Ian Moore	USA	64.02	124.36	188.38
Eddie Bergeron	USA	53.36	142.33	198.09
Ted Good	USA	58.14	159.16	217.30
Christian Piller	VICO	70.15	150.37	220.52
Kevin Matrosovs	SAGE	79.45	157.02	236.47
Ian Steele	YOA	91.42	175.12	266.54
Boris Granovskiy	USA	52.16	mp	
Jon Torrance	Ottawa	58.10	mp	
Jean-Francois Rolden	YOA	118.00	mp	
Alex Whalley	Foxes	104.16	mp	
Vladimir Gusiatsnikov	USA	67.16	mp	
Domonyik Szaboics	GVOC	75.49	mp	
Mark Adams	GHO	54.06	mp	
Brent Langbakk	YOA	mp	mp	
Scott Nguyen	YOA	121.54	dnf	

### M35-44

Ted de St Croix	GVOC	46.23	64.58	111.13
Per-Anders Edh	USA	53.24	80.25	123.49
Adrian Zissos	FWOC	58.18	77.32	135.50
Mark McMillan	GVOC	63.26	80.45	144.1
Eugene Mlynczyk	UKR	61.03	89.08	150.11
Jeff Watson	USA	67.25	85.38	153.03
Jan P Ingebrgtsen	USA	69.12	84.59	154.11
Bill Jarvis	FWOC	69.14	87.36	156.50
Mark Gibbard	USA	77.38	91.08	168.46
Randy Kemp	Ottawa	92.27	110.21	202.48
Don Riddle	SZOC	97.37	110.09	207.46
Mike Minium	USA	95.36	114.55	210.31
Dmitry Siderov	USA	111.13	118.30	229.43
Jim Green	USA	104.46	133.17	238.03
Raymund Chung	TOC	96.42	146.46	243.28
Daniel Hurley	YOA	116.57	175.38	292.35
Stu Banham	EOOC	130.44	174.42	305.26
Scott Drumm	USA	185.48	163.57	349.45
James Baker	FWOC	59.13	mp	
David Smale	UK	64.18	mp	
Serge Ouellette	Falcons	128.57	mp	
Miles Tindal	FWOC	72.23	mp	

### M45-54

Jene Kjaergaard	USA	48.05	55.39	93.44
Robert Gilchrist	EOOC	52.45	59.15	111.59
Juri Peepre	YOA	56.47	62.11	118.58
Steve Gregg	USA	53.39	74.32	128.11
Andreas Ackeret	Switzerland	58.46	71.52	130.38
Rick Breseman	USA	60.47	73.57	134.44
Larry Konotopetz	CdeB	73.42	65.08	138.50
Bruce Rennie	GVOC	64.37	75.44	140.21
Charlie Roots	YOA	58.41	82.15	140.56
Don Roe	CdeB	65.25	86.12	151.37
David Ross	Falcons	66.07	88.16	152.23
Donald Ross	TOC	71.07	83.57	155.04

<u>M45-54 continued</u>	Club	Day 1	Day 2	Total
Clarence Kort	FWOC	94.42	62.49	157.31
Donald Watson	Ottawa	79.33	85.24	164.57
David Graupner	CdeB	79.02	87.13	166.15
Mike Poulsen	USA	77.07	94.56	172.05
Jim Hawkings	YOA	108.09	82.15	190.24
Doug Innes	Gators	76.46	114.07	190.53
Patrick Connors	CdeB	84.01	108.39	194.40
Mark Lund	EOOC	97.41	116.34	214.15
John McLean	FWOC	106.52	149.55	256.47
Harold McQuade	Falcons	111.34	192.41	304.15
Ray St-Laurent	Foxes	156.32	180.01	336.33
Mike Gladdish	YOA	82.54	mp	

**M55-64**

Gord Hunter	Ottawa	43.16	53.21	96.37
Bill Anderson	Ottawa	47.26	55.04	102.30
George Pugh	GVOC	55.00	52.22	107.22
Alan Vyse	SAGE	54.27	58.24	112.51
Hugh Connolly	TOC	54.42	58.37	113.19
Greg Yarkie	EOOC	51.19	65.26	116.45
Orlyn Skrien	USA	66.21	71.50	137.11
Gary McCausland	USA	62.09	83.24	145.33
John Davies	New Zealand	76.27	74.58	151.25
Sheldon Friesen	CdeB	73.57	79.26	153.23
Terry Edgett	Falcons	82.06	73.17	159.23
Murray Foubister	SAGE	86.05	78.20	166.25
Eugene Granovskiy	USA	76.35	89.59	166.34
Stig Skarborn	Foxes	74.54	97.09	172.03
Bud Laird	USA	91.26	87.56	179.22
Garry Atchison	EOOC	103.00	94.20	197.20
Robert Mastico	GVOC	85.05	121.12	206.17
Lars Fossum	YOA	72.10	mp	
Geraint Edmunds	EOOC	51.11	mp	
Bill Meldrum	Ottawa	mp	68.56	
Andy Newson	FWOC	mp	157.13	
Jeff Eames	FCO	mp	dns	
Jim Newnham	YOA	108.24		

**M65**

Alex Kerr	GVOC	40.14	34.47	75.01
Malcolm Mclvor	Ottawa	45.08	34.57	80.05
George Hawes	USA	44.57	39.36	84.33
Don Fraser	New Zealand	54.13	49.38	103.51
Leigh Bailey	VICO	67.40	38.36	106.16
Dick de St Croix	Ottawa	64.34	56.28	121.02
Don Scott	EOOC	74.31	63.47	138.18
John Charlow	Ramblers	81.16	65.31	146.47
Martin Hocking	VICO	85.11	72.26	157.37
Jack Lee	GHO	mp	43.56	
Alex Schwager	Switzerland	mp	39.50	

**F-2**

Lois Kemp	Ottawa	mp	121.32	
Rowena Townsley	FWOC		35.50	

<u>F-3</u>	Club	Day 1	Day 2	Total
Diane Fox	GVOC	68.55	95.23	164.18
Julie Haley	EOOC	79.09	122.53	202.02
Joan McLean	FWOC	98.23	151.04	241.27
Deb Kiemele	YOA	123.46	146.45	270.31
Maureen McCorry	CdeB	117.19	164.25	281.44
Lene Nielsen	YOA	229.16	83.38	312.54
Loraine Lee	GHO	dnf	mp	

**F-4**

Susan Tinevez	YOA	76.31	86.31	163.02
Bobbie Ross	Falcons	128.21	123.49	252.10
Marie Thomas	YOA	115.39	mp	
Jennifer Crozier	YOA	dns	51.55	
Jennifer Fenton	GVOC	51.33	dns	

**F-3**

Laurie Thomas	FWOC	72.09	91.50	163.59
Georgie Pearson	YOA	mp	74.50	

**F-6**

Carol Ross	FWOC			114.04
------------	------	--	--	--------

**M-2**

Gerry Irving	Ottawa	38.15	29.30	67.45
--------------	--------	-------	-------	-------

**M-3**

Greg Bull	YOA	76.53	136.58	213.51
-----------	-----	-------	--------	--------

**M-4**

Charlie Fox	GVOC	46.37	43.35	90.12
Bruce McLean	YOA	49.04	78.44	137.48
Chris Armstrong	YOA	115.38	mp	

**M-5**

Steve Fluegel	USA	93.02	107.39	200.41
Barry McCashin	EOOC	91.00	122.52	213.52

**M-6**

Gabriel Mastico	GVOC	79.06	178.49	257.55
-----------------	------	-------	--------	--------



## SHORT DISTANCE

<u>F12</u>		2.2 km	
1	Lyndsey Innes	Gators	14.54
2	Dahria Beatty	YOA	15.47
3	Kendra Murray	YOA	16.23
4	Dana Breseman	USA	19.08
5	Danika Ouellette	Falcons	19.10
6	Holly Bull	YOA	20.07
7	Molly Kemp	Ottawa	26.42
8	Pia Blake	YOA	26.57
9	Nicole Jarvis	FWOC	27.19
10	Kerstin Burnett	YOA	34.07

<u>F13-14</u>		2.1 km	
1	Emily Ross	Falcons	18.31
2	Rhiannon Jones	YOA	19.17
3	Tori Owen	FWOC	22.27
4	Erin Banham	EOOC	45.11
5	Jane Bell	YOA	62.56

<u>F15-16</u>		2.3 km	
1	Justine Scheck	YOA	22.22
2	Emily Nishikawa	YOA	23.25
3	Natasha Ouellette	Falcons	36.00
4	Emily Kemp	Ottawa	41.59
5	Sarah McKenna	YOA	52.07
6	Kelsey Breseman	USA	56.14
	Caitlin Goeres	CdeB	dnf

<u>F17-19</u>		2.5 km	
1	Mette Hjerrild	USA	31.16
2	Sarah Brandeth	FWOC	32.51
3	Carol Ross	Falcons	57.23
4	Jennie Anderson	Ottawa	60.26

<u>F20-34</u>		3.3 km	
1	Pam James	GHO	31.52
2	Louise Oram	GVOC	34.32
3	Pippa McNeil	YOA	37.07
4	Marta Green	GVOC	37.33
5	Pia Kivisakk	USA	38.46
6	Anita O'Brien	Falcons	43.02
7	Katherine Scheck	YOA	43.52
8	Charlotte MacNaughton	FWOC	45.53
9	Lina Lindberg	USA	48.55
10	Jennifer Joliff	USA	49.07
11	Abbigail May	USA	50.54
12	Cherie Mahoney	Ottawa	53.34
13	Sara Nielsen	YOA	59.32
14	Donna Fluegel	USA	85.49
15	Angela Pearson	EOOC	97.55
	Marie-Catherine Bruno	GVOC	mp

<u>F35-44</u>		2.6 km	
1	Gabrielle Savard	FWOC	30.48
2	Eileen Breseman	USA	41.31

<u>F35-44 continues</u>			
3	Starr Waddington	GHO	68.24
4	Annette Van Tyghem	Gators	69.24
5	Andree Powers	FWOC	74.12
6	Brigitta Ouellette	Falcons	78.27
	Philippa Hocking	FWOC	mp
	Sabine Schweiger	YOA	mp
	Jennifer Fenton	GVOC	mp

<u>F45-54</u>		2.5 km	
1	Jane Rowlands	FWOC	35.24
2	Robyn Rennie	GVOC	37.43
3	Kitty Jones	FWOC	39.53
4	Sarah Locke	YOA	44.43
5	Karen Lachance	GVOC	46.24
6	Marion Owen	FWOC	47.08
7	Marie Brander	Switzerland	49.47
8	Marianne Pedersen	USA	50.41
9	Karen McKenna	YOA	51.45
10	Kim Kasperski	EOOC	55.03
11	Vera Eames	FCO	56.52
12	Christin Lundgren	FWOC	57.58
13	Kathrin Mueller	USA	61.16
14	Ardis Dull	USA	65.52
15	Mary-Lou Hogg	EOOC	67.43
16	Sherry Haley	EOOC	90.12
17	Karen Tippett	Ottawa	94.34
18	Violet Van Hees	YOA	100.48
	Muriel Gamey	MOA	mp
	Jennifer Hamilton	CdeB	mp

<u>F55-64</u>		1.9 km	
1	Luella Smith	Falcons	27.12
2	Frances Vyse	SAGE	33.19
3	Gloria Rankin	Ottawa	33.37
4	Barbara Phillips	YOA	34.21
5	Diana Hocking	VICO	36.40
6	Marilyn Edmunds	EOOC	44.04
7	Betsy Hawes	USA	50.49
8	Robyn Davies		52.22
	Barbara St-Laurent	Foxes	mp

<u>F65</u>		1.9 km	
1	Shirley Donald	KOC	36.05
2	Gillian Bailey	VICO	40.03
3	Gloria Charlow	Ramblers	40.53
4	Pat de St Croix	Ottawa	46.49
5	Nesta Leduc	YOA	51.46
6	Jean MacNaughton	FWOC	83.49

<u>M12</u>		2.2 km	
1	Logan Roots	YOA	12.12
2	Dylan Innes	Gators	13.54
3	Malcolm Newson	FWOC	16.03
4	Cotie Schellenberg	CdeB	18.08
5	Lars Hjerrild	USA	18.15

<b>M13-14</b>		<b>2.1 km</b>	
1	Damien Konotopetz	CdeB	14.34
2	Graeme Rennie	GVOC	16.39
3	Michael Abbott	YOA	17.08
4	Alex Peepre	YOA	18.42
5	Owen Newson	FWOC	19.03
6	Nansen Murray	YOA	21.09
7	Jeremie Ouellette	Falcons	21.19
8	Jeffrey McLean	FWOC	21.51
9	Tyler Hertel	USA	26.29
10	Logan Bull	YOA	29.08
11	Colin Abbott	YOA	31.01

<b>M15-16</b>		<b>2.3 km</b>	
1	Kyle Hertel	USA	24.38
2	Benoit Phelan	Falcons	25.39
3	Dougal Owen	FWOC	25.58
4	Per Hjerrild	USA	27.24
5	Ryan Breseman	USA	28.14
6	Robbie Anderson	Ottawa	29.58
7	Scott Newson	FWOC	34.11
8	Fraser Ross	Falcons	36.37
9	Eric Kemp	Ottawa	54.28
10	Mike Fraughton	YOA	64.52
11	Colin Banham	EOOC	102.35

<b>M17-19</b>		<b>2.6 km</b>	
1	Patrick Goeres	CdeB	23.33
2	Scott Foubister	SAGE	26.20
3	Mathew Hryciuk	EOOC	29.09
4	Carl Lundgren	FWOC	48.46
5	Thomas Graupner	CdeB	78.39
6	Darius Konotopetz	CdeB	87.55

<b>M20-34</b>		<b>4.2 km</b>	
1	Mike Waddington	GHO	30.44
2	Lehel Fenyo	GVOC	33.08
3	Mike Smith	Falcons	33.16
4	Brian May	USA	33.41
5	Mark Adams	GHO	35.49
6	Wil Smith	Falcons	36.11
7	Magnus Johansson	GVOC	36.34
8	Boris Granovitskiy	USA	37.35
9	Robin Foubister	SAGE	37.59
10	Brent Langbakk	YOA	39.00
11	Forest Pearson	YOA	40.52
12	Ted Good	USA	43.10
13	Jon Torrance	Ottawa	45.08
14	Eddie Bergeron	USA	46.34
15	Szabolcs Domonyik	GVOC	48.19
16	Christian Piller	VICO	51.02
17	Steven Graupner	CdeB	67.17
18	Adam Scheck	YOA	68.59
19	Ian Steele	GVOC	73.57
20	Kevin Matrososov	SAGE	75.48
21	Ian Moore	USA	76.16
22	Jean-Francois Roldan	YOA	85.11

<b>M20-34 continued</b>			
	Alex Whalley	Foxes	mp
	Scott Nguyen	YOA	mp

<b>M 35-44</b>		<b>3.3 km</b>	
1	Ted de St Croix	GVOC	25.48
2	James Baker	FWOC	30.38
3	Adrian Zissos	FWOC	32.13
4	Mark McMillan	GVOC	34.44
5	Eugene Mlynczyk	UKR	37.42
6	Jeff Watson	USA	37.50
7	Per-Anders Edh	USA	40.57
8	Miles Tindal	FWOC	41.40
9	Jan P Ingebritgsen	USA	42.14
10	Mike Minium	USA	46.11
11	Randy Kemp	Ottawa	47.15
12	David Smale	USA	50.11
13	Bill Jarvis	FWOC	50.39
14	Don Riddle	SZOC	54.59
15	Jim Green	USA	87.08
16	Raymund Chung	TOC	96.29
17	Scott Drumm	USA	102.10
18	Daniel Hurley	YOA	103.17
	Serge Ouellette	Falcons	mp
	Stu Banham	EOOC	mp

<b>M45-54</b>		<b>2.6 km</b>	
1	Robert Gilchrist	EOOC	27.25
2	Clarence Kort	FWOC	31.34
3	Donald Watson	Ottawa	33.26
4	Jens Kjaergaard	USA	33.39
5	Steve Gregg	USA	35.34
6	Don Roe	CdeB	36.45
7	Donald Ross	TOC	38.26
8	Andreas Ackeret	Switzerland	39.10
9	David Graupner	CdeB	39.14
10	Juri Peepre	YOA	39.38
11	Bruce Rennie	GVOC	42.01
12	Rick Breseman	USA	45.33
13	Doug Innes	Gators	48.51
14	Larry Konotopetz	CdeB	50.18
15	Mike Poulsen	USA	53.24
16	David Ross	Falcons	60.22
17	John McLean	FWOC	61.63
18	Bruce McLean	YOA	77.57
19	Ray St-Laurent	Foxes	99.38

<b>M55-64</b>		<b>2.5 km</b>	
1	Geraint Edmunds	EOOC	29.41
2	Bill Anderson	Ottawa	33.11
3	Gord Hunter	Ottawa	36.14
4	Alan Vyse	SAGE	38.02
5	Lars Fossum	YOA	39.26
6	Sheldon Friesen	CdeB	39.55
7	George Pugh	GVOC	40.32
8	Hugh Connolly	TOC	41.44
9	Bill Meldrum	Ottawa	44.05

# COF DROPS

## M55-64 continued

10	Terry Edgett	Falcons	44.52
11	Stig Skarborn	Foxes	59.14
12	Orlyn Skrien	USA	64.53
13	Eugene Granovskiy	USA	70.31
14	Murray Foubister	SAGE	75.47
15	Greg Yarkie	EOOC	77.22
16	Robert Mastico	GVOC	77.37
17	John Davies	NZ	101.37
	Jeff Eames	FCO	mp
	Jim Newnham	YOA	mp

## M55-64

### 1.9 km

1	Leigh Bailey	VICO	28.55
2	Alex Kerr	GVOC	29.52
3	Scott Donald	KOC	33.14
4	Don Fraser	Nelson	34.14
5	Jack Lee	GHO	34.51
6	Alex Schwager	Switzerland	39.06
7	Dick de St Croix	Ottawa	39.34
8	George Hawes	USA	39.58
9	Malcolm Mclvor	Ottawa	41.57
10	Martin Hocking	VICO	46.49
11	Don Scott	EOOC	47.38
12	John Charlow	Ramblers	50.51

## F-1

### 2.2 km

1	Molly Jarvis	FWOC	62.33
---	--------------	------	-------

## F-2

### 2.1 km

1	Lois Kemp	Ottawa	67.22
---	-----------	--------	-------

## F-3

### 2.3 km

1	Diane Fox	GVOC	46.38
2	Julie Haley	EOOC	59.04
3	Lene Nielsen	YOA	59.53
4	Joan McLean	FWOC	60.52
5	Lorraine lee	GHO	71.20
6	Ev Pasichnyk	YOA	82.13
	Deb Kiemele	YOA	mp

## F-4

### 1.9 km

1	Susan Tinevez	YOA	37.36
2	Jennifer Crozier	YOA	43.06
3	Fumiko Miyahara	YOA	51.26
	Bobbie Ross	Falcons	mp
	Marie Thomas	YOA	disq

## F-5

### 1.9 km

1	Georgi Pearson	YOA	58.39
---	----------------	-----	-------

## M-2

### 2.1 km

1	Gerry Irving	Ottawa	20.17
---	--------------	--------	-------

## M-4

### 1.9 km

1	Charlie Fox	GVOC	26.55
	Chris Almstrom	YOA	disq

## 1. CANADIANS AT 2004 US CHAMPIONSHIPS

The location of the 2003 US Long championships: Telemark, Wisconsin, October 16-17, made it difficult for COF members to attend. Fourteen MOA members plus Alex Kerr (BC) and Wil and Katarina Smith (ONB) competed with several wins and many fine performances.

M14	1	Damian Konotopetz
M18	2	Darius Konotopetz
	6	Thomas Graupner
M21	11	Wil Smith
	15	Patrick Goeres
	26	Steven Graupner
	27	Tim Lee
M45	8	Don Roe
	15	Dave Graupner
M55	5	Larry Konotopetz
M65	1	Alex Kerr
D21	1	Katarina Smith
D50	4	Jennifer Hamilton
D55	5	Marion Loewen
D60	3	Lois Watts
	6	Pat Lee

Special mention of the 15<sup>th</sup> and 26<sup>th</sup> places by Patrick Goeres and Steven Graupner. Steven is only 16 and Patrick 18. As they are ineligible to win US championship awards they decided to compete in M21 to gain experience. Patrick only started orienteering in 2003. Look for big things from these two youngsters in the future.

Reports are that the championship terrain and forest were excellent and well worth the long drive.

## 2. WESTERN ORIENTEERS BARNSTORMING IN THE EAST

Several western orienteers took a swing through Eastern Canada in October and competed in several events.

Nesta Leduc (Yukon), Don Riddle, Don Scott and Mary Lou Hogg, Alberta, competed in the Ontario championships in Ganaraska and Quebec Championships at Lac Philippe in the Gatineau Park.

Nesta's orienteering sojourn included the Western Canadian Championships at Elk Island Park, Alberta and the Quebec Championships.

Don Riddle, made a hat trick of championships by competing in three provincial championships on three successive weekends. Manitoba, Ontario and Quebec.

Don Scott and Mary Lou Hogg skipped the Western's in favour of the Ontario Championships and followed up by taking in the Quebec event the next weekend.

### **3. WMOC CONTROLLERS 'ON THE JOB'**

Course planning and controlling for 2005 WMOC is well underway. Course ribbons have been hung and vetting has already taken place. The IOF Event Advisor, Dick Carmichael (UK), and two of the three COF controllers; Bill Anderson (Ottawa) and Jack Lee (Hamilton), recently visited the various competition areas to check maps and planned courses. Reports are that Dick Carmichael was pleased with the areas, courses, and progress made to date.

He was not quite so satisfied with the Elk Island venue of the Western Canadian Championships. Reports are that the woods were very thick with very limited visibility.

### **4. 3 GENERATIONS OF KEMP FAMILY COMPETE IN COC**

Four years ago Ottawa scout leader, Randy Kemp, decided to introduce orienteering as an activity to his troop. Over the next two years he became a regular at local area meets and got more involved in the sport. In 2003 he brought son Eric and daughters, Emily and Molly who soon became as hooked as their dad. Last fall, another branch was added to the Kemp family orienteering tree in the person of Randy's mother, Lois.

Lois took to orienteering like a duck takes to water and this year decided to compete in the COC. Her first COC was not without difficulties. The family flew to Calgary and picked up a van to drive to Whitehorse. In Canmore, Lois was bitten by a dog necessitating medical treatment and anti rabies shots. A few dog bites and a bandaged leg were not about to stop her from competing in the COC and in true "Unsinkable Molly Brown" fashion competed. Lois forego competing in the Barebones and other pre-meets to allow her leg to heal for the main events.

In a recent conversation, Lois mentioned that she would like to get a thumb compass with magnifier. Where there's a will there's a way

p.s. Randy's wife, Judy, and 6 year old Ian, have started orienteering – lengthening and strengthening two of the family tree branches.

### **5. CANADIAN PARTICIPATION IN NEW O-WORLD RECORD, 120 CONTROLS ON ONE COURSE**

This item came from Foothills Wanderers O club stalwart,

Olav Nipen. Although now back in Norway, Olav regularly forwards interesting items of orienteering trivia to increase our knowledge.

A new world record was successfully completed at Larvik in Norway one October 16. 35 participants from Norway, UK and Canada completed a course with 120 controls. Jim Baker (from Foothills Wanderers OC) contributed from Canada. Partly Canadian trained Matthew Nipen (15 years) was surely the youngest runner to complete the course, and Olav (50 years) was one of the oldest. The event was held in an extremely demanding and detailed terrain. The course was not more than 12 km, but only one runner did it in less than 2 hours, and we spent 3 hours working with the important exercise of in and out of controls, again, and again, and again. It was a very interesting exercise on how long you were able to fully concentrate (for me I was OK for 90 controls, but after that my head was really, really tired). I think this will be a yearly event in Norway from now on, and Matthew and Olav will try to do this event as long as we are able to.

The previous record holder was Thierry Gueorgiou (French Middle Distance double world champion) with 115 controls. The organizers got a nice e-mail from him that wished us good luck with the event., and for giving him high motivation to challenge us next winter.

The event got top publicity, and the prime Norwegian TV channel (equivalent to CBC) attended the race, and has promised to show it at the evening news today.

The organizer website is: <http://www.larvokok.no> You may find info, results, pictures and map there. One of the runners has already posted the map at: <http://www.oysteinsorensen.tk/> see at <http://home.no/oyss/Kart/postplukklarvik.jpg>

### **6. ONTARIO CHAMPIONSHIPS – JUNIOR RE-UNION**

Many of the juniors who attended the National Junior Camp during COC week made the trip to the Ontario Championships at Ganaraksa on Thanksgiving Weekend, including:

Sarah Brandeth (Calgary); Patrick Goeres (Winnipeg); Carol, Fraser, Emily Ross, Benoit Phelan, Natasha Ouellette (Moncton); Robbie and Jennifer Anderson, Eric, Emily, Molly Kemp (Ottawa); Katy, Lyndsey and Dylan Innes.

Most of the juniors stayed in cabins at the Ganaraska Forest Centre – meet site for the championships. Friendships developed at junior camps are extremely important and something juniors look forward rather than being with parents on out of town trips.

# 2004 WORLD ORIENTEERING CHAMPIONSHIPS

Teams from 38 nations competed in the 2004 WOC held Sept. 12 – 19 near Vasteras, Sweden. The championships consisted of four events for Men and four for Women: Sprint, Middle, Long, Relay. Nations could enter 3 runners in each event. Relay teams consisted of three runners. Three Qualification races were held for Sprint, Middle and Long with the top 15 in each race advancing to the Finals.

## Canadian team:

**Men:** Nick Duca (Guelph Gators); Mike & Wil Smith (Falcons); Mike Waddington (Golden Horseshoe).

**Women:** Pam James (Golden Horseshoe); Sandy Hott Johansen (Falcons); Cherie Mahoney (Ottawa); Pippa McNeil (Whitehorse)

**Team Official:** Charlotte MacNaughton (Foothills Wanderers)

## Sprint - Qualification

Men – 3 heats of 35 – approx length 2.7 km

Heat 1	1 <sup>st</sup>	12.01.0	23	Mike Smith	14.03.0
Heat 2	1 <sup>st</sup>	11.38.5	13	Nick Duca	12.58.1
Heat 3	1 <sup>st</sup>	11.40.4	31	Wil Smith	15.46.6

Women – 3 heats of 27 – approx length 2.3 km

Heat 1	1 <sup>st</sup>	11.07.2	13	Sandy Hott Johansen	13.30.7
Heat 2	1 <sup>st</sup>	11.21.9	16	Pam James	14.05.4
Heat 3	1 <sup>st</sup>	11.47.6	16	Pippa McNeil	14.36.3

Nick Duca and Sandy Hott Johansen qualified for the finals  
Brian May (USA) qualified for the final – 14<sup>th</sup> in Heat 1 (13.24.2)

## Sprint – Finals

**Men** Course length 3060 metres

1	Niclas Jonasson	Sweden	13.06.5
2 (tie)	Hakan Eriksson	Sweden	13.09.0
2 (tie)	Yuri Omeltchenko	Ukraine	13.09.0
40	Nick Duca	Canada	15.24.3
41	Brian May	USA	15.38.3

**Women** – Course length 2560 metres

1	Simone Niggli-Luder	Switzerland	12.32.2
2	Karolina Hojsgaard	Sweden	13.01.1
3	Elisabeth Ingvaldsen	Norway	13.19.5
30	Sandy Hott Johansen	Canada	15.08.2

Simone Niggli-Luder continued her streak of WOC

victories by winning her 5<sup>th</sup> consecutive gold medal. Her winning margin of 31.1 seconds is huge in the Sprint event where single digit seconds and 10<sup>th</sup> of seconds is the norm.

The Men's race was much closer with only 3.5 seconds separating the first five places, including a 2<sup>nd</sup> place "tie". Prior to the WOC, 2003 champion, Jamie Stevenson (Britain), announced he would not defend the title and save his efforts for the middle and long. The sprint event does not meet his criteria for orienteering – competition in forest areas and making route choice decisions that affect the outcome.

## Long distance Qualification

**Men** – 3 heats of 35 runners – approx. length - 11 km.

Heat 1	1 <sup>st</sup>	62.16.6	22	Wil Smith	75.18.3
Heat 2	1 <sup>st</sup>	60.03.9	21	Nick Duca	76.34.5
Heat 3	1 <sup>st</sup>	61.13.9	20	Mike Smith	74.16.7

**Women** – 3 heats of 25 runners - approx. length - 6.8 km

Heat 1	1 <sup>st</sup>	43.34.5	18	Sandy Hott Johansen	58.36.5
Heat 2	1 <sup>st</sup>	45.52.5	15	Cherie Mahoney	63.10.8
Heat 3	1 <sup>st</sup>	45.23.4		No Canadian entered	

Cherie Mahoney qualified for the Final

## Long distance Finals

**Men** – Course length – 17710 metres

1	Bjornar Valstad	Norway	105.25.3
2	Mattias Karlsson	Sweden	105.57.2
3	Holger Hott Johansen	Norway	107.00.5

**Women** – Course length - 11020 metres

1	Karolina Hojsgaard	Sweden	82.25.4
2	Hanne Staff	Norway	83.26.5
3	Marika Mikkola	Finland	83.51.6
41	Cherie Mahoney	Canada	121.55.7

Karolina Hojsgaard upgraded her Sprint silver medal to a Long distance gold, winning by just over 1 minute ahead of former champion, Hanne Staff. Defending champion, Niggli-Luder finished 4<sup>th</sup>, ending her gold medal streak at 5.

Bjornar Valstad went one better than wife, Hanne Staff, in winning his second WOC Long distance title. Of interest to Canadians: Holger Hott Johansen's 3<sup>rd</sup> place – his first WOC Individual medal.

## Middle distance

**Men** – 3 heats of 36 runners - approx. length - 4.7 km

Heat 1	1 <sup>st</sup>	26.17.6	25	Wil Smith	40.26.1
Heat 2	1 <sup>st</sup>	25.24.0	25	Nick Duca	37.36.7
Heat 3	1 <sup>st</sup>	25.56.6	27	Mike Waddington	43.02.9

**Women** – 3 heats of 28 runners – approx. length – 3.9 km

Heat 1	1 <sup>st</sup>	25.23.6	18	Pippa McNeil	38.24.9
Heat 2	1 <sup>st</sup>	24.09.4	24	Pam James	48.38.7
Heat 3	1 <sup>st</sup>	25.12.0	80	Sandy Hott Johansen	30.43.1

Sandy Hott Johansen qualified for the Final

## Finals – Middle distance

**Men** – Course length 6300 metres

1	Thierry Gueorgiou	France	32.45.9
2	Valentin Novikov	Russia	33.07.1
3	Anders Nordberg	Norway	33.12.3

**Women** – Course length 5260 metres

1	Hanne Staff	Norway	33.03.1
2	Tanya Ryabkina	Russia	33.14.9
3	Heli Jukkola	Finland	33.30.3
41	Sandy Hott Johansen	Canada	47.25.1

Hanne Staff added another chapter to her glorious career by winning the Middle distance – her 11<sup>th</sup> WOC medal.

Thierry Gueorgiou successfully defended the Middle distance title albeit with a winning margin considerably less than his ‘best ever orienteering performance’ of last year. Valentin Novikov, 4<sup>th</sup> in the Long final, had another strong race to take silver.

## Relays –

### Norwegian men and Swedish women sprint to gold

Both relay races came down to which team had the fastest sprinter from the last control to the Finish line – the previous 208 minutes (men) and 153 minutes (women) overshadowed by the final few seconds sprints to determine which team won gold, silver and bronze. All the good work in the forest boiled down to Finish chute dashes.

**Men** – 33 teams - Course legs approx. 8 kms

1	Norway	128.08.5
2	Russia	128.12.4
3	Sweden	128.12.9
23	Canada	164.47.2
25	USA	168.23.0

At the end of Leg 1, Sweden, Russia, Norway, Finland were within 3.9 seconds. There was little change after leg 2 - only 8.7 separating the first 3 with Finland dropping back slightly. The three teams came to the last control still together and in a frantic sprint to the line Norway edged ahead to win by 4 seconds with Russia finishing second one step ahead of Sweden.

### Canadian team

Leg 1	26 <sup>th</sup>	Nick Duca	52.55.4	
Leg 2	22 <sup>nd</sup>	Mike Smith	53.04.4	(21 <sup>st</sup> on leg)
Leg 3	23 <sup>rd</sup>	Mike Waddington	58.57.4	(26 <sup>th</sup> on leg)

**Women** – 24 teams – Course legs approx. 6 km

Only 2.4 seconds separated Sweden, Finland and Norway at the end of Leg 1. At the end of Leg 2, Finland led Sweden by 56.6 seconds with Norway 3<sup>rd</sup> but almost 3 minutes behind. The 3<sup>rd</sup> Finnish runner made an error near the finish and reached the last control just a few steps ahead of Swedish anchor, Karolina Hojsgaard. The newly crowned Long distance champion “outkicked” the Finn to bring home the gold for the host nation.

1	Sweden	113.41.0
2	Finland	113.43.4
3	Norway	115.34.6
18	Canada	152.44.6
21	USA	171.02.4

### Canadian team

Leg 1	18 <sup>th</sup>	Sandy Hott Johansen	45.44.2	
Leg 2	17 <sup>th</sup>	Pam James	51.07.6	(17 <sup>th</sup> on leg)
Leg 3	18 <sup>th</sup>	Pippa McNeil	5.52.1	(17 <sup>th</sup> on leg)

A goal of Canadian and US WOC teams is to beat the other in the WOC relays and earn “bragging rights” until the next WOC. In recent years the US has had slightly better of the duels – but not this year.

### Golden Retirement for Norwegian Superstars

Earlier this year the husband and wife combo of Bjornar Valstad and Hanne Staff announced their retirement from international competition at the end of the 2004 season. Never in their wildest dreams could they have imagine leaving as co-world champions with Bjornar winning two gold medals (Long and Relay) and Hanne with gold in Middle, silver in Long and bronze in Relay.

Hanne will close out her international career after the 2004 World Cup final races in Germany in October but will

continue to compete for her club (Baekkelagets) in major relay events.

Bjornar is re-considering whether to retire or continue for one more year. With the WOC now an annual event it is tempting to go one more time to try and defend a title but it is equally tempting to retire as world champion. Problems, problems – what to do?

### **IOF O-zine (On-line Newsletter) interviews with champions**

The October issue of O-zine included interviews with several WOC champions. The interviews were conducted by O-zine editor, Erik Borg. The following were extracted from the more lengthy originals.

#### **A Great Ending**

Hanne Staff is the greatest orienteering medallist of all time with a fantastic total of 12 World Championships medals. In Vasteras when she took the first (and last) lap of honour of her orienteering career, she was applauded ecstatically. Her husband, Bjornar Valstad, now has ten WOC medals. His career does not necessarily need to end here.

Hanne's victory in the middle distance was her third individual World Championship title when she ran a lap of honour in front of more than 6,000 spectators, she was met by outstretched hands, enthusiastic celebrations and many hugs. The Norwegian orienteering star is well liked by everyone. She always has a friendly word. She always has time to write autographs. She always shows concern and interest for others. She never says anything negative about anyone, but she also has her tough side. This comes out when she is competing in a race.

- There is nobody I would rather have as a friend than Hanne. She is also the person I would least like to have as an enemy. In a competition she is determined and ruthless, says Anders Garderud, the Norwegian national team coach.

#### **'Retired' three years ago - now the queen of the World Championships**

Gold, gold and silver. Karolina Hojsgaard became the Queen of the World Orienteering Championships three years after retiring from international orienteering.

With gold in the long distance and in the relay, and silver in the sprint distance, Karolina was the best competitor at the

2004 World Championships. In Switzerland in 2003 she won two silver medals. In total she has won five medals from five WOC starts.

Karolina was uncertain at the beginning of the long race, but managed to calm herself down and then the "flow" in her orienteering came. When she arrived at the spectator control she heard that she was in the fight for the gold medal. She was in third place just 13 seconds behind Marika Mikkola (Finland) and Hanne Staff only one second in front of her.

"Hearing that I was in the fight for gold was a big inspiration for me. Before the spectator control I had no idea of my position"

She ran fast and technically well in the final part of the course. In the first part she had lost one and a half minutes on a route choice. She had thought mistakenly that there would be an unmarked path along the edge of the lake – there was not. .

"For me the gold medal in the long distance was bigger than the relay gold. I had been focusing on the long distance the whole year. The long distance was emotionally the greatest thing I have experienced in my sports career. It felt even better as my family, most of my relatives, and many of my work colleagues and club members were present"

#### **Gueorgiou always the best**

Just like at the European Championships in July and the World Championships in Switzerland last year, it was Thierry Gueorgiou who won the middle distance titles.

And just like normal he ran as near perfect a race as it is possible to run.

"I only had very small mistakes, maybe ten seconds in total. It was a good run".

In practice it was a fantastic run and it is particularly impressive that he always performs well each time he runs a middle distance race.

"The first gold medal in Switzerland was very special, but it is also something special to beat all the Scandinavian runner sin their home terrain".

#### **Happy with one gold medal**

In 2003, Simone Niggli-Luder won everything. In 2004 the result was one gold medal of four possible.

- “I am happy that I managed to win a title at this year’s World Championships too. I have now won a gold medal at three WOC’s in a row. Of course I tried to win more, but I got three top six place, and I believe it is also good for the sport that it can be seen that it is not so easy to win”.
- Simone’s gold medal came on the first day of the finals when she won the sprint race by a margin of 29 seconds ahead of Swede Karolina Hojsgaard. After this victory Simone was the favourite in the long distance final, but she had major problems at the second control when a branch dislodged one of her contact lens.
- “It took me about two and a half minutes to get it back in the right place again. If I hadn’t had problems with my contact lens, I think I could at least been in contention for a medal”.
- In the middle distance final, Simone finished sixth after making mistakes in the early part of the course.

### Canadian Team Performance

Goals for smaller nations are very different from the larger ones. Larger nations expect all their runners to qualify for the finals and to be possible medal winners. For smaller nations just having runners qualifying for the finals is a goal.

Using the ‘qualifying for the finals’ measurement, this year rates as our best since qualification races were introduced. Our athletes qualified for four finals in four different events: Women – Sprint, Middle, Long; Men – Sprint. This exceeded expectations and the athletes are to be congratulated.

Sandy Hott Johansen qualified for both the Middle and Short finals, one up from 2003 when she qualified for the Long. Nick Duca qualified for the Sprint final – in 2003 he qualified for the Long final. Sandy and Nick are responsible for 5 of 6 finals positions won by our athletes in the last 2 WOC’s. Cherie Mahoney was the other team member who qualified for a final – Long distance

Cherie writes of her surprise at qualifying and ecstatic she got to compete in a WOC final and mentions her luck in being in the easiest qualification race. She made the best of her good fortune and ran a sound race in the final..

Pam James and Pippa McNeil came close to qualifying for the Sprint final - Pam missing by .14 seconds and Pippa by .30 seconds. Them qualifying would have given Canada three

runners in a final and established a high benchmark for future teams to aim at.

Sandy’s 30<sup>th</sup> in the Sprint and 41<sup>st</sup> in the Middle combined with Cherie’s 43 is the best performance by our women’s team to date.

Our men did not achieve the results they would have liked. Nick qualified for the Sprint but would have preferred it to have one of the other events.

Another goal for Canadian teams is to beat the USA in the Relays. In recent WOC’s the US teams have had the edge over Canadian teams. Not this year. Our men’s team beat the US team by 3 ½ minutes finishing 23<sup>rd</sup> to the USA 25<sup>th</sup>. Our women’s team placed 18<sup>th</sup> of 24 with the USA almost 18 minutes behind in 21<sup>st</sup>. All three of our women beat their US opponent on their relay leg.

For Cherie and Pippa this was their best of the three WOC’s they have competed in. Both credit their improved performances to staying focused and keeping errors to reasonable loss of time. For Pippa, her performances were a continuance of those at the COC’s – just sound runs.

Overall a good performance by our team and one we can hopefully build upon for future WOC’s.

### 2004 WORLD RANKING FINAL

#### Men

1	Valentin Novikov	Russia	5321
2	Thierry Geuorgiou	France	5276
3	Holger Hott Johansen	Norway	5231
4	Emil Wingstedt	Sweden	5221
5	Jarkko Huovila	Finland	5186
6	Mats Halden	Finland	5184
7	Johan Nasman	Sweden	5169
8	Pasi Ikonen	Finland	5166
9	Anders Nordberg	Norway	5127
10	Mats Troeng	Sweden	5115

#### Women

1	Simone Niggli-Luder	Switzerland	5625
2	Heli Jukkola	Finland	5554
3	Jenny Johansson	Sweden	5544
4	Hanne Staff	Norway	5497
5	Marika Mikkola	Finland	5411
6	Karolina Hojsgaard	Sweden	5396
7	Tanya Ryabkina	Russia	5394
8	Minna Kauppi	Finland	5344
9	Emma Engstrand	Sweden	5315
10	Dana Brozkova	Czech Rep	5218



---

# **CHERIE'S WORLD CHAMPIONSHIP**

**taken from a letter posted on the Ottawa OC website**

The World Orienteering Championship started with qualification for the Long distance event. There are four events: Long distance (long and physical course), middle distance (more technical), sprint distance (winning time of approx. 12 minutes, easy orienteering), and the relay event. The Canadian team consisted of 4 men and 4 women, but only 3 run each event with the top ranked given priority. I was scheduled to run the long distance event.

The qualification on Sunday went well for me. The terrain was very tough, both physically and technically. My goal was to be under 10 min/km which I hit, running the 6.8 km course in 62 minutes. I made a few mistakes, but probably only a total of about 3 minutes so it was a good race for me. I really enjoyed it. It was tough running the whole way (no trail running at all), but the technical areas had excellent visibility, so it wasn't really that hard as far as orienteering technique goes.

The top 15 in each of the 3 qualification heats qualify for the finals. In my previous World Champs I have never qualified for a final. Most of those in the finals are either European or Australian and for those from other countries, it is often a goal just to qualify. I really did not think I had a chance to qualify for the final, but I got lucky as the times in my heat were longer than the other heats. I came 15<sup>th</sup> in my heat (out of 26) although my time was about 8 minutes slower than the 15<sup>th</sup> position in the other two heats. Nonetheless, I qualified for the World champs final and I was ecstatic.

The problem however, was that I going to have to actually run the final! I was not training with the final in mind as I thought it was out of my reach. The final was described by the course setter as something like, "the toughest course physically you will run this year", and this was meant for the Europeans which meant what for me? To add to this, it had rained a lot in the days prior to the championships and the course setter was expecting the winning times to be even longer due to the wet ground and deep marshes.

The course was 11 km with 475 m of climb. 90% of the course was in terrain that involved a high-leg lift every single step. It was tough physically, but I felt good and kept going. The course was also difficult technically, with half the controls in very detailed terrain. I am pleased with my race. I made a few little mistakes, but probably no more than 6 minutes overall. It was difficult to keep focused throughout the whole course, especially near the end when I

was so tired. I finished the course in 2 hours and 2 minutes, approx. 11 min/km. The winner finished in 82 minutes. I finished in 42<sup>nd</sup> position (out of 45). I'm happy with this as it was incredible for me to even get a spot in the final.

I enjoyed running these two races. It is a bit nerve-wracking running World Champs as it is a very serious event for many. It is also hard to ignore the guard beside the control, tv cameras, announcer, and spectators. I tried to enjoy the races, as I orienteer much better when I am having fun out there and I was able to keep my nerves under control. I particularly enjoyed running the final because I felt it was an honour to be able to run the same race as the world's best (even though many of them whizzed by me in the woods).

## **IOF NEWS**

### **1. AKE JACOBSON - NEW IOF PRESIDENT**

The XX11 General Assembly witnessed a change of IOF President as Sue Harvey, President since 1994, was not standing for re-election. The former Senior Vice-President, Ake Jacobson, Sweden, was elected President of the IOF for the Congress period 2004-2006. Sue Harvey was appointed IOF Honorary President for life.

#### **It all started with chocolate.**

When 11 year old Ake Jacobson won his very first orienteering race, he won a chocolate bar and was hooked on the sport from then on. Since then, the new IOF President has accumulated vast experience at all levels of the sport.

From 1973 to 1976 Ake was the Secretary General of the Swedish Orienteering Federation (SOFT). He was also the President of SOFT from 1986 to 1994. Prior to this he had extensive of orienteering administration at club level.

He became a member of the IOF Council in 1988 and has been a Vice-President from 1992 to 2004.

### **2. IOF CONGRESS RATIFY 4 NEW MEMBER NATIONS**

Columbia, Liechtenstein and Turkey were ratified as full members and Puerto Rico to associate membership. These applications had previously been provisionally approved by the IOF Council. The IOF now has 63 members.

# **2004 SASS PEEPRE** **NATIONAL JUNIOR TRAINING CAMP**

**JULY 12-15, 2004, AT WHITEHORSE, YUKON**

by Kitty Jones

The second largest national junior camp ever held in Canada! In Whitehorse! (which is not exactly easy to get to, or near other orienteering strongholds in Canada). Original estimates were 30 people, but the final total was 54 kids and 33 adults (including part time helpers). Why? I think there were 2 reasons for the unexpectedly large numbers:

- 1) A significant number of local Whitehorse families joined in. There is a high proportion of the population keen on outdoor activities, and orienteering seems to appeal to them.
- 2) A remarkable number of orienteering families made the effort to travel to Whitehorse. There was a genuine enthusiasm for exploring this wonderful corner of Canada.

### **Interesting stats:**

Youngest participant = age 7; oldest participant = age 19  
Ages 7-12: 10 girls, 4 boys  
Ages 13-15: 7 girls, 16 boys  
Ages 16-19: 4 girls, 9 boys  
Participants: Yukon – 17; Alberta – 13; Ont – 7; Man – 6; NB – 5; BC – 3; USA – 3  
Adults: AB – 10; Yukon – 6; BC – 5; Ont – 5; NB – 4; Man – 2; NS – 1; USA – 1

### **Key ingredients to a great camp:**

**FUN:** A traditional skit night, with plenty of laughs. An afternoon swim at the new Whitehorse indoor swimming pool. Free time in the gym in between activities.

**ORIENTEERING:** 5 training sessions for most people, and 6 for those who chose to revisit the COC Short site with Ted on the last morning. Several consecutive days of orienteering, focusing on skill improvement, does wonders for one's enjoyment of the sport.

**FOOD:** Maureen and her helpers worked miracles in the school kitchen making wonderful meals for us all. Thank you, thank you!! Good food makes all the difference to our spirits.

**ACCOMMODATION:** Each year is different. This time we stayed at a high class elementary school which even had showers! A multi-purpose room served as headquarters, cafeteria, and sleeping area for coaches. Kids slept and hung out in the gym. A large lobby offered alternative space for

small group activities. Since the school was located on an orienteering map, the first training session was held right out the door. All other training sessions were within 15 minutes drive from the school.

**TRANSPORT:** Three rental vans and various personal cars were used to transport everyone.

### **Extra bonuses:**

**VOLUNTEERING OPPORTUNITY:** A large number of juniors assisted the Whitehorse O Club with the National Team fundraiser event in downtown Whitehorse on Thursday morning. They manned all the controls, cheering the participants as they raced through the event. Volunteering is a crucial part of being an orienteer, not to mention being a good citizen. Thanks to all these willing helpers.

**COACHING DEVELOPMENT:** Many of our coaches have not played this role much. A junior camp is an ideal place to get the feel of coaching, and discover that it is fun, rewarding and a great way to improve one's own O skills. A BIG THANK-YOU to all the coaches, cooks and participants.

<b>Coaches (19)</b>		<b>Organizers</b>	
Ted de St Croix	BC (Head Coach)	Kitty Jones	AB (Coordinator)
Bill Anderson	ON (Van driver)	Jennifer Hamilton	MN (Registrar)
Marta Green	BC		
Pam James	NS		
		<b>Cooks &amp; helpers</b>	
Magnus Johanssen	BC	Maureen de St Croix	BC (Head Cook)
Bill Jarvis	AB	Garry Atchison	AB
Randy Kemp	ON (Van driver)	Cheryl Atchison	AB
Larry Konotopetz	MB (Van driver)	Susan Tinevez	YK
Clarence Kort	AB	Karen McKenna	YK
Andy Newson	AB		
Louise Oram	BC	<b>Night Duty</b>	
Andree Powers	AB	Doug Innes	ON
Bobby Ross	NB	Sarah Locke	YK
David Ross	NB	John McLean	AB
Gabrielle Savard	AB	Joan McLean	AB
Mike Smith	NB	David Murray	YK
Wil Smith	NB	Juri Peepre	YK
Annette Van Tyghem	ON		
Boris Granovskiy	USA	<b>Control Hangers</b>	
		Anita O'Brien	
<b>Local Contact:</b>	Phaedra Beatty	Jon Torrance	

## **2005 SASS PEEPRE JUNIOR TRAINING CAMP**

We hope to organise a camp next summer in conjunction with the series of orienteering events in BC and Alberta in July 2005. Once a plan is made, all participants at the 2004 camp will be informed. Further details will appear in a COF newsletter. If you are interested in either helping out or participating, contact me at kittyjones@shaw.ca or (403) 282-5235.

## **2004 WORLD CUP**

The World Cup. A series of races held in conjunction with other major competitions. World Cup 2004 races: European Championships, Denmark; World Championships, Sweden; World Cup Finals, Germany. The event format is the same as the WOC: Sprint, Middle, Long. 3 Sprints, 3 Middle, 3 Long. – 9 races in total.

Each race consists of Qualification and Finals. Top 50 advance to Final. Points are awarded based on finish position. Best four point scores determine overall World Cup rankings.

The World Cup is really a European Cup. Non-Europeans can't afford to travel to Europe several times each year to compete in races they have little chance of winning. A poll conducted by the IOF Event Committee concluded the World Cup should be discontinued – too many major events; too expensive. The World Cup will be discontinued after 2006.

**WOMEN:** Going into the final 3 races Simone Niggli-Luder (Switzerland) was first with 150 points; Hanne Staff (Norway) second - 145 points; Karolina Hojsgaard (Sweden), third -129 points.

**MEN:** Thierry Gueorgiou (France) was first with 136 points, Emil Wingstedt (Sweden) second - 132 points; Holger Hott Johansen (Norway) third –110. Another six runners were within 10 points back.

### **Sprint**

**WOMEN:** World and European Sprint Champion, Niggli-Luder finished first 21 seconds ahead of Hojsgaard with Emma Engstrand (Sweden) a further 18 seconds back.

The win gave Simone the maximum 200 points from 4 races of six held.

**MEN:** Oystein Kvaal Osterbo (Norway) won by 13 seconds over Daniel Hubmann (Switzerland) and Mikkel Lund (Denmark). Wingstedt placed 13<sup>th</sup> and moved into a tie for the overall lead with Gueorgiou – both with 160 points.

### **Middle**

**WOMEN:** Engstrand won and moved into second overall 24 points behind Niggli-Luder who finished 5<sup>th</sup>. Tatyana Ryabkina (Russia ) was second and moved into third overall. Only a major disaster in the Long race could keep Niggli-Luder from overall victory. Hanne Staff who had previously been Niggli-Luder's closest challenger finished 23rd.

**MEN:** Drama before the race started. The two overall leaders withdrew. Wingstedt due to illness and Gueorgiou due to injury. This was an unfortunate turn of events as it had appeared one of them would win the overall title.

The race was won by Mats Troeng (Sweden) with Hubmann second and Jarkko Huovila (Finland ) third. With the withdrawal of Gueorgiou and Wingstedt , Norwegians, Holger Hott Johansen and Oystein Kvaal Osterbo now held the two top spots with three others still close.

### **SIMONE NIGGLI-LUDERS AND HOLGER HOTT JOHANSEN – WORLD CUP CHAMPIONS**

The two leaders in the overall standings before the final, Niggli-Luders and Hott Johansen finished the season in style, winning the Long Distance final races by clear margins.

Simone's win was particularly emphatic: 4.43 ahead of second place Ryabkina and 10:05 ahead of Karen Schmalfeld (Germany) in third. Simone finished 35 points ahead of Tatyana for the overall World Cup title with Karolina Hojsgaard (Sweden) third.

Holger won the men's race by 1:27 seconds ahead of Mats Haldin (Finland). Andrey Khramov (Russia ) was third and second overall in the standings. Kvaal Osterbo placed third overall. .

Hott Johansen's best World Cup result of the season before his victory in this race was his bronze medal in the WOC long distance. He ran consistently throughout the season and emphasized his strength over long distance by winning the World Cup final.

---

# **CALGARY ORIENTEERS FEAST ON REALITY**

## **TV DINNER - BY BILL JARVIS**

---

Here is the condensed version of how 2 orienteers from Calgary became the 1<sup>st</sup> ever winners of the Bell City Chase National Championships (Sept 17-18, 2004). The race was billed as a “real-life version of [TV’s] Survivor, Fear Factor and The Amazing Race rolled into one”. A 1-hour highlights show from the race will air in late November, 2004 on Global TV (Canada) and on a selected specialty channel. First place prize was a pair of one-year leases on Volvo XC70s and the Bell Mobility devices that were used in the race. For more information refer to: [www.BellCityChase.com](http://www.BellCityChase.com).

### **Prequel**

Before going to the National Championships (“the Finals”), you must win 1 of 7 regional qualifiers. In Toronto there were 350 teams, in Calgary 150, so given the many elements of luck in this race, it is arguably harder to win at home than at the Finals. Team Big Map Attack was formed about 10 days before the race when both Bill Jarvis and Tory Meyer were scouring for partners at a Foothills Wanderers O event in Calgary. We had researched the format and realized that it starts with a short scavenger hunt diversion followed by a much longer urban Score-O, involving running, transit and mystery challenges. The chosen strategy was to be hyper-resourceful in completing the scavenger hunt, then take some time to plan an optimal route to the required 10 of 15 ChasePoints (basically control points with mystery challenges at them) ...taking care to avoid locations with likely bottlenecks or difficult tasks.

We do an excellent job of hassling the public to empty their pockets searching for 1960s pennies, Flames logos and taxi receipts, and we are among the first dozen teams to complete the Scavenger Hunt. We are handed a sheet with Haiku-like descriptions of 15 ChasePoints and we take 5 minutes to plot 11 of them, hoping that our support team will solve the others while we are racing. We choose a less obvious counter-clockwise route and are the first team to arrive at our #1 and #2 ChasePoints. The rest of the race goes uncannily smooth and we can gauge from the expressions on the race officials that we are doing quite well. About 80 minutes into the race, Andree Powers (our main telephone support person) comes up with the location of a key ChasePoint when we are a mere 200 meters away from it (required dialing #CHASE on a Bell Mobility phone ...not (yet) a common item in Telus country). It will save us about 20 minutes of travel to an outlier ChasePoint later in the

race and if we had done the route clockwise, we would have been long past this location. In the end, we win by 21 minutes, posting the fastest time of any regional race, a fact that is completely irrelevant because unlike other cities, our race involved no transit and we only had to run about 8Kms.

### **The Lead-up**

Bell City Chase officials do an excellent job of keeping the location of the Finals a big secret ...even going as far as promising that there will be hints in their emails, but giving us nothing but red herrings. Team Calgary (our new official name) has spent a lot of time researching Quebec City, to the extent that Bill actually read the entire guide “Quebecois for Dummies”. Just in case, we set up a list of contacts in all of the major centres in Canada where a regional race was not held ...this work will pay off big time!

On Wednesday we receive a courier package telling us that we fly out Thursday morning heading for Vancouver, BC. We are pretty sure that this is just a staging site, and Bill spends the rest of the day refining his contact list to cities that are in BC. Another hint is that we are only allowed 25 lbs of luggage, which we discover is a standard limitation on floatplanes ...so our top guesses for our final destination are Whistler and Victoria.

### **The Finals (Day 1):**

We are dropped into Victoria via floatplane with nothing but our backpack and some clothes in it. No maps, no money, and no idea what is about to happen. We are handed a Blackberry wireless device and told to expect an email shortly.

**Stage 1:** We receive the email. It is a 6 location Scavenger Hunt – actually a Score-O where we are given the names of the landmarks. It is mandatory to visit all locations and we will be handed some useful items when we get to each. Use of public transit was allowed, including the Gorge Inlet Ferry. We forward the list to our support team (long time orienteers Andree Powers in Calgary and Nancy Craig in Victoria) and head to our first location, which is the Empress Hotel right in front of us. Meanwhile the support team has plotted our optimal route, including which buses to take. At various locations we receive transit passes, a first aid kit, a Volvo key fob, a room key card, and a compass. At the Bell

Mobility store we receive a cell phone with a note to call #CHASE and the resulting voice message there was that we were to bring the items to the Mayor of Victoria. Team Calgary had already called #CHASE on their Blackberry so was on top of that. Team Calgary in 3<sup>rd</sup>.

**Stage 2:** The Mayor sends us an email to go to a specific M&M meat shop and receive a box of frozen burgers to be delivered to a certain street corner. At that corner were instructions to completely build a gas BBQ then sell burgers and Snapple to the public until we raised enough money to buy a specific grocery list and then bring those groceries to the Mustard Seed food bank. 4<sup>th</sup> place Ottawa (professional marketers) joined us after about 20 minutes and the 2 teams work together as per the instructions. We sold our quota in short order to Victoria's lunch crowd, divvied the money and rushed to the nearest grocery store where we meet Montreal and Halifax who were short some cash so were busy substituting no-name for brand name wherever they could. All 4 teams ended up on the same bus to the Mustard Seed. Team Calgary is in 4-way tie for 1<sup>st</sup>.

**Stage 3:** We are instructed to download a mapping application to our phone that shows our current position and our end position. We are to navigate to that position. The mapping function fails part way through, so we go on map memory and surprisingly find the checkpoint on the wrong side of the park, but right along our route. Team Calgary removes the horseshoes from their backend and sit in 3<sup>rd</sup>.

**Stage 4:** We receive a note to find our Volvo in the nearby parking lot and drive to a ritzy private school about an hour out of town. There the headmaster instructs us to complete 4 of the following 5 activities: 1) (mandatory) swim 400m to a buoy in lake, dive down 2m and get 2 paddles, swim another 400m to next buoy, un-tether a canoe and paddle 800m back to the dock; 2) shed a tear without being physically hurt by your partner; 3) haul a monster BC log 30m along a muddy trough and back using ropes nailed onto it; 4) score a point against the school tennis or squash champion; 5) score 15000 points on an electronic trivia game. We make at least 5 wrong turns as the school is just off our map and we try to navigate using conflicting and misremembered directions. We perform badly at all of the activities but trivia, and completely fail to shed a tear (go figure). We receive puzzle pieces for completion of each activity. Team Calgary in 5<sup>th</sup>.

**Stage 5:** We solve the jigsaw puzzle and it shows a location in Victoria's Chinatown so we drive there to find it. We get there and are tied back-to-back with duct tape, then one

partner is blindfolded and the other is gagged. We are given verbal instructions to find the statue of Sir John A at city hall. We get there, and on his back is a message to "Pay the ransom of \$1 to the bartender at Swan's Pub" ...wherever that is? The gagged partner grabs a pedestrian and drags them to the statue to read the message and point out the right direction. We also panhandle a looney from him. As we get to the pub, the gagged partner smells beer and in his haste inadvertently walks his blindfolded partner into a brick wall. This is the end point of day one and the bartender hands us 2 pints of glorious locally brewed wheat beer. Team Calgary in 5<sup>th</sup>.

### **The Finals (Day 2):**

**Stage 0:** 2AM – we are surprised to be woken up in our rooms (with cameras rolling of course) and told to meet in 15 minutes at a specific meeting room. We get there and play the Bell City Chase version of the "Newlywed Game". 10 questions on how well you know your partner, such as: "Which team member from any other team would your team mate want to spend the night with?" Teams with the most right answers (actually a 3-way tie) got 10 minutes deducted from their start time for Day 2 and teams with the least right answers got 10 minutes added (that would be us of course!). Start times are finally announced, and Team Calgary has dropped to 6<sup>th</sup> place due to time credits given to Toronto and Edmonton for the bogus cell phone map location on Day 1. We are 53 minutes behind the leaders from Ottawa and only 6 minutes ahead of Edmonton. The Extra team is in last place. They are a team of sisters from Halifax who got into the race by random draw but who are none-the-less holding their own.

**Stage 1:** We are instructed to go to the James Bay Firehouse where we enter the "Confined Space Simulator" (a pitch-dark labyrinth with some very tight spots – which would have really sucked if you were claustrophobic). We convince Toronto to work with us in the simulator using well-known Hasher techniques of shouting "On-On" whenever someone finds the right way. Team Calgary tied for 5<sup>th</sup> with Toronto.

**Stage 2:** We are handed a list of 20 scavenger hunt items, which we must take pictures of 18 of them with our Bell camera phone. These are things like: "One team-mate wearing a pair of ice-skates" and "Both team-mates wearing blazers and ties". We convince Toronto to work with us for this stage, despite being pegged by Toronto earlier that morning (at the Newlywed Game) as the one team they would least like to see finish the race (this may be hard to

believe, but one of us must have said something insensitive). Bill installs an earbud into the mobile phone and keeps Nancy on the line for most of the next hour (heck we're not paying for airtime) and she masterfully navigates us by remote control through downtown Victoria as we efficiently collect our items. Toronto just beats us to the camera download station because we jump on a bus that turns the wrong way. Team Calgary in 6<sup>th</sup> but have closed the gap with the leaders to within 25 minutes.

**Stage 3:** We are instructed to pick an un-occupied table at one of 4 nearby street corners and, with the help of the public, eat all of the contents of that table. The only thing that suits Tory is the lettuce and a bagel so she recruits the public and Bill proceeds to eat the pancake syrup, peanut butter, giant cockroaches, raisins, corn bran cereal, superworms, marshmallows, tall can of catfood, among other things. It becomes apparent to Tory that Bill can't eat all \$200 worth of groceries himself, and that we are at one of the worst locations for pedestrian traffic so she devises a plan to leave the table and go recruit the homeless people of Victoria. We get a ruling and are allowed to go as long as both of us stay together – it is the critical moment of the race! We meet many candidates in our chosen demographic on our way to a shelter called Street Links, and we serendipitously pass a Salvation Army building where many wonderful Down&Outers are eager to hear about our predicament and said they would come even though they had just had a full meal upstairs. The manager at Street Links agrees to make the rounds to recruit his people as well. The Sally Anne gang actually do show up and become an integral part of the Team Calgary Eating Machine, as do several members of the Victorienteers. We crush the competition and leave in 1<sup>st</sup> place.

**Stage 4:** We are faced with a 50m rappel down from Western Canada's largest crane at the Esquimalt Graving Docks. Each team has 1 hour to complete the task or their race is over. Tory is first to go and halfway down her gear fails. A safety rope lowers her to a boat below. Bill is next (first time rappelling ever) and looks like a veteran SWAT member as he speeds down the rope. Truth be told, he wanted to get as close to the water as soon as possible in case his gear fails too. There is a 10m drop into the ocean at the end of the rope. All teams complete the task and Team Calgary is still in first, with a 13 minute lead over 2<sup>nd</sup> place Ottawa, and 3 teams tied for 3<sup>rd</sup>, 6 more minutes back.

**Stage 5:** We are instructed to go to Craig Flower Park in Saanich. We run the 2 Km there and see all kinds of race officials, volunteers, camera crews and media, but not one will speak to us. We start a panicky run around looking for somewhere else in the park that we are supposed to go,

totally ignoring a row of 8 tandem Kayaks lined up on the beach. Finally Tory stops in her tracks and tells Bill she is going to quit the race right now if we don't go back to the beach. We go and luckily discover a small card (same colour as the boat) that instructs us to kayak 7 Km down the Gorge Inlet to the Empress Hotel and then sprint the final 50m to the finish line. We embark on the most intense episode of the race, not feeling particularly confident given that Bill has never been in a real kayak before and that at least 2 teams just behind us are expert paddlers. By some miracle, those 2 teams don't take the time to deploy their steering rudder. We later heard rumours that Ottawa might have gotten to within 500m of us early in the race but that they crashed into some rocks and never quite got it back. We win by less than a minute over Ottawa and Halifax who were only 3 seconds apart and had absolutely nothing left to give by the end. Bill feels like a relative slacker as he sips his champagne while observing flailing athletes on the ground in front of him.

### Why We Won

1. Because we are Orienteers of course! Our excellent support team were orienteers, and fluid navigation plus quick decision-making was key, especially in the Calgary race. Having our remote navigator speak our language was a great advantage as well.
2. Because we complemented each other's skills – Bill (male) was technical, a great schemer in the pre-planning stages, yet stupid like a dog in certain race situations. Tory (female) was resourceful, AR experienced, and a smart judge of the team's limitations. Both of us were marginally fit but highly competitive.
3. Because we planned and executed our plan well. While other teams trained 10-16 hrs per week, Bill ate some crickets and set up support networks. While other teams worked on their upper body strength, Tory was watching reality TV shows and anticipating how she would react in certain scary situations.
4. Because this was a made for TV race and we expected that the producers would want to keep it close. We knew we could not win it on physical abilities, so our strategy was to keep ourselves in the hunt and grab opportunities to out-think our opponents ...it was our only chance.

### What's Next?

The Bell City Chase plans to expand to 2 or 3 more cities in 2005. Tory and Bill have been given free entry to the race of their choice and hope to defend their National title. As Bill says, "It's a lot easier for us to improve our fitness than for the other teams to get smarter."

**AVAILABLE FROM THE COF OFFICE**

(Prices are subject to change without notice)

- |  |  |
|--|--|
| 1. <u>'A' Meet Organizing Manual</u> (revised 1999) \$ 10.00         | 7. <u>Level III Coaching Certification Manual</u> \$ 25.00                                     |
| 2. <u>'B' Meet Organizing Manual</u> (revised 1999) \$ 10.00         | 8. <u>COF Competition Rules</u> \$ 3.00  |
| 3. <u>Level I Coaching Certification Manual</u> \$ 15.00             | 9. <u>Armchair Orienteering</u> - Practical Guide to Map Reading by Winnie Stott \$ 15.00      |
| 4. <u>Niveau I Manuel de Certification des Entraîneurs</u> \$ 15.00  | 10. <u>Armchair Orienteering II</u> - A Practical Guide to Route Planning by W. Stott \$ 15.00 |
| 5. <u>Level II Coaching Certification Manual</u> \$ 15.00            |  |
| 6. <u>Niveau II Manuel de Certification des Entraîneurs</u> \$ 15.00 |  |

Postage: 1 - 3 items = \$ 2.00 each item  
 Postage: 4+ items = Actual amount charged

**ORDER FORM**

NAME: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_  
 POSTALCODE: \_\_\_\_\_ TEL: \_\_\_\_\_

Send your order prepaid to:  
**CANADIAN ORIENTEERING FEDERATION**  
**Box 62052, Convent Glen P. O.**  
**Orleans, Ontario K1C 7H8**

Telephone: 613 830-1147 FAX: 613 830-0456  
 Make cheque/money order payable to:  
**CANADIAN ORIENTEERING FEDERATION**

Qty	Description	Price	Total	Quan

**Have you considered making donation?**  
 COF will issue official donation receipts for \$10 and over:  
 AMOUNT OF DONATION.....

**SUB TOTAL** \_\_\_\_\_  
**SHIPPING & HANDLING** \_\_\_\_\_  
**TOTAL** \_\_\_\_\_

# MEMBER BENEFITS FROM COF

- ORIENTEERING CANADA - 1 year subscription.
- Liability insurance coverage.
- Eligible to participate in COF programmes - National Coaching Certification Program (NCCP); Officials Certification Program.
- Eligible to win awards at Canadian, North American and Asia Pacific Orienteering Championships.
- Eligible to compete in orienteering events in other international orienteering federation member nations.
- Eligible to receive lower entry rates where offered to members.
- Junior age members eligible to participate in Junior Participation Program.
- Eligible for selection to High Performance Program (HPP) - Senior and Junior Tiers.
- Eligible for selection to National Teams to World Championships and other international events.
- National team members are eligible to receive financial support to World Orienteering Championships - Senior & Junior.
- Existence of a national federation and office is a major factor for Provincial/Territorial Associations to receive funding from provincial governments for: administration, staff, travel grants, athlete grants, programmes, etc.

## CANADIAN ORIENTEERING FEDERATION ADDRESSES

### BOARD OF DIRECTORS

President .....	Jim Lee .....	Box 132, Hartney, Manitoba, R0M 0X0 .....	jblee@mts.net
Vice President .....	Ray St-Laurent .....	17 Wallace Lane, Hanwell, NB, E3C 1M6 .....	raystl@nbnet.nb.ca
Finance .....	Sheldon Friesen .....	Suite 1053, 20 Fort Street, Winnipeg, Manitoba, R3C 4L3 .....	
National Coach .....	Ted de St. Croix .....	2445 124 B Street, Surrey, BC, V4A 3N5 .....	tdestcroix@telus.net
Director .....	Helen Howard .....	13 Caribou Cr., Kirkland, QC, H9J 2H7 .....	helen.howard@sympatico.ca
Director .....	Michael Smith .....	721 Carney St., Prince George, BC, V2M 2K5 .....	quenton_cassidy@hotmail.co
Director .....	Charlotte MacNaughton .....	712 5A St. NW, Calgary, AB, T2N 1R4 .....	charlotte@barebones.ca
Director .....	Hans Fransson .....	102-100 Beddoe Dr., Hamilton, ON, L8P 4Z2 .....	hans.fransson@cogeco.ca

### PROVINCIAL / TERRITORIAL ASSOCIATIONS

Nova Scotia, OANS Office .....	Glenn Johnston .....	5516 Spring Garden Road, 4th floor, Halifax, NS, B3J 1G6 .....	oans@chebucto.ns.ca
Nova Scotia, President: .....	Greg Nix .....	Box 212, 68 Pleasant Cove Rd., Pugwash, NS, B0K 1L0 .....	nixga@yahoo.ca
New Brunswick, President: .....	Harold McQuade .....	21 Rosemere Court, Moncton, NB, E1C 9W2 .....	rosemere@nbnet.nb.ca
Quebec, President: .....	Elisa Rietzschel .....	3515 Chartrand, Terrebonne, QC, J6Y 1A4 .....	jerrydrouin@sympatico.ca
Ontario, OO Office: .....		2163 Third Sideroad, Campbellville, Ontario, L0P 1B0 .....	admin@orienteering.on.ca
Ontario, President: .....	Annete Van Tyghem .....	2163 Third Sideroad, Campbellville, Ontario, L0P 1B0 .....	annette@orienteering.on.ca
Manitoba, MOA Office: .....	Don Roe .....	200 Main Street, Winnipeg, Manitoba, R3C 4M2 .....	moa@mts.mb.ca
Manitoba, President: .....	Muriel Gamey .....	Box 1565 Neepawa, Manitoba, R0J 1H0 .....	mgamey@bpsd.mb.ca
Alberta, AOA Office: .....	Bill Jarvis .....	818 16th Ave. NW, Calgary, Alberta, T2M 0K1 .....	orienteering@shaw.ca
Alberta, President: .....	Jonathon Winn .....	54 Tuscany Meadows Hts NW, Calgary, AB, T3L 2L8 .....	Teresanjon@hotmail.com
British Columbia, President .....	Alex Kerr .....	PO Box 1333, Whistler, BC, V0N 1B0 .....	zanderkerr@telus.net
Yukon, President: .....	Pippa McNeil .....	8A Tabor Cres., Whitehorse, YK, Y1A 5R2 .....	Pippa.McNeil@ec.gc.ca

#### NATIONAL OFFICE:

Mailing Address:

Executive Director: **Colin Kirk**  
Canadian Orienteering Federation, Box 62052,  
Convent Glen P.O., Orleans, Ontario, K1C 7H8  
**TEL: 613-830-1147 FAX: 613-830-0456**  
**E-MAIL canadianorienteering@rogers.com**

**SUBSCRIPTION RATES:** Non COF members - \$12.00 per year. Overseas/ USA subscribers send a Postal Money Order or a Bank Draft in Canadian funds payable to the Canadian Orienteering Federation.

**ADVERTISING RATES - PER ISSUE:** Outside back cover \$150.00; Inside back cover \$100.00; Inside full page \$75.00; One-half page \$50.00; One-third page \$35.00; Business card size \$20.00.