



ORIENTEERING CANADA

Published by the Canadian Orienteering Federation
Box 62052, Convent Glen P.O.
Orleans, Ontario, K1C 7H8
E-MAIL ckirk@ottawaonline.com

Tel: (613) 830-1147

FAX: (613) 830-0456

OFFICIAL NEWSLETTER OF THE CANADIAN ORIENTEERING FEDERATION

Vol. 30 No. 2 SUMMER 2001, published, August 2001

ISSN 0227-6658

CONTENTS

1	Front Cover
2	Presidents Podium
2	AGM Forum
3-4	2001 AGM Motions
5-6	Western Junior Camp
7-9	Training Corner
9	Fall "A" Meet Schedule
10	WOC Team Selection
11-12	Athlete Profiles
13-16	WOC Report
17-20	WOC Results
21-22	2001 World Games
22	Duca's Dash to the wire
23	Items for Sale
24	Contact Names

New Website item -

Trail of Triumphs - Canadian Champions

This new addition to the COF website lists Canadian Champions in every category by year. Note the additions of new and increase in number of categories from the early years to the present.

To visit Trail of Triumphs, "log-on" to the COF website: Click on 'About the COF' then Trail of Triumphs. Click on a year to view the champions.

COC 2001 REMINDER

The 2001 Canadian Orienteering Championships take place at Carberry, Manitoba, Oct. 6-8. Registration forms and meet information can be obtained from:

*www.orienteering.mb.ca
or MOA office: Tel. (204) 025-5706
or Spring 2001 O-Canada*

ORIENTEERING FEDERATION **AUSTRALIA MEET SPORT** **FUNDING CRITERIA**

In April the Australian Prime Minister announced a new funding plan that will see the government invest an additional \$161.6 million over the next 4 years as part of an initiative to boost participation at the grass roots level and back the ability of sporting achievers. The increase will bring the Governments total sports funding over the next four years to a record \$547 million.

The initial 4 year funding commitment represents the first step in a 10-year plan for Australian sport - Backing Australia's Sporting Ability - A More Active Australia.

Sponsorship under the Sports Excellence Program will be based on the achievements of elite competitors over the past decade.

The OFA submitted its High Performance Strategic Plan and met with Sport Commission officials to discuss goals. The agreed major outcomes for the period 2001-2005 included: Men's and Women's teams finishing in the top 6 in relay competitions and individuals who win a medal, by WOC 2005 (Japan).

In a two week period in August both criteria were met by Australian orienteers. First, an excellent 6th in the WOC Men's relay; second, a magnificent victory by Grant Bluett in the World Games.

These performances improved the 2005 goals by 4 years and will ensure Government funding support for OFA for at least the next four years. Congratulations to OFA and their national team.

PRESIDENT'S PODIUM

by Ray St-Laurent

It is middle of our orienteering year. The National Team will soon be off to Finland for the World Orienteering Championships. This provides an opportunity to discover how team members compare with the best in the rest of the world. To some extent it also provides insight into the general level of competitive orienteering in Canada. Go team go.

Finland is synonymous for beauty and success. When one sees a hardwood floor gleaming magnificently, it is natural to exclaim, What a finish. The champion is the fastest to finish. The last one to finish is the least successful. Conversely the tag of DNF, Did Not Finish, denotes failure. I hope our national team withstands the psychological stress from this aggressively, competitive society.

The Sass Peepre Junior Training camp has just completed in British Columbia. It will be fascinating to see how many of its participants in appear on future national teams.

Orienteering has the disadvantage of being very difficult to train alone. You can develop running skills but it is hard to perform orienteering specific training by yourself. It's like being limited to using a seesaw for equestrian training: there are useful aspects but it not complete.

It would be great to be able set up a practice course on an orienteering map by circling a few features on it and then running the course. As you ran, a device would continually record where you were and you would press a button when you thought you reached a circled feature. The data collected allows your precise route to be determined and your speed at every point along that route.

We are close to realizing a practical system with these features. Handheld sized GPS units can continually report data, typically to a 3 meter accuracy. A small Australian device called the Data Logger can be plugged into most GPS units. It continually logs position and time as well as having a button to mark when a feature is reached.

After a run, the data can be uploaded to a PC to chart the route taken. A complete system requires software to overlay the route over the map and to indicate the speeds along the route. Perhaps the route could be colour-coded to indicate speed.

This system would be a great aid for solo development as well as for trainers and coaches.

It could highlight skill areas that need more effort such as control picking or it can illustrate types of terrain where it is safe for a particular individual to be less cautious and run faster.

But this software has yet to be written. This brings us back to the importance of coaching and mentoring. Kitty Jones had an article in the previous Orienteering Canada soliciting ideas and mentors to raise orienteering skills. Please help.

On a totally different subject, our website now contains the list of motions as well as a discussion forum for the upcoming AGM. As new motions are received from the associations, they will be added. Changes to motions will also be displayed. There is also a compendium of motions from previous meetings.

The list of new motions includes one for a more reality-based determination of provincial/territorial affiliation fees. The rationale for this was discussed in the previous President's Podium. The discussion forum has some background on the significance of this motion and the limits of its significance. Please look at it and comment as you see fit. Happy trails.

New Website item -

AGM Forum

Motions submitted by the COF Board to the 2001 AGM, October 5, are available for review and discussion from the COF [website: www.orienteering.ca](http://www.orienteering.ca). The motions are included in this issue, pages 3-4. Each motion is followed by:

- a) Click here to Review Discussions on motion
- b) Click here to submit for discussion on Motion.

Motions received from provincial/territorial associations will be posted to the AGM Forum.

2001 ANNUAL GENERAL MEETING

The 2001 Annual General Meeting will take place in Brandon, Manitoba, Friday, October 5 (day preceding the Canadian Championships). Associations will be advised of AGM location and time as soon as these are finalized. The information will also be posted on the COF web site.

AGM motions submitted from the COF Board of Directors.

MOTION 1 Constitution Change. Whereas circumstances could arise at any time to prevent the president from completing his/her term, section 4.04 of the constitution shall be changed:

From: 4.04 Vice President – During the absence or disability of the President, his duties shall be performed and his powers exercised by a vice-president designated by the board. A vice-president shall have such powers and duties as the board or the President may prescribe.

To: 4.04 Executive Vice-President – During the absence or disability of the President, his duties shall be performed and his powers exercised by the executive vice-president designated by the board after board elections are completed. The Executive Vice-President shall be an elected member of the board.

MOTION 2 Whereas the importance of athlete development is recognized, all provincial/territorial associations holds at least one event annually in which the proceeds are contributed to the High Performance Program Fund.

MOTION 3 Whereas National Team support is contained within the High Performance Program and whereas it has not been the practice of all provincial/territorial associations to hold annual events to contribute to the National Team Fund, the requirement is removed for each association to have an annual National Team fund-raising event.

MOTION 4 Whereas it is increasingly difficult to update existing trophies and whereas the organizers have no way of controlling trophies being brought back from previous winners and whereas many of the trophies get scratched or are in non-presentable state, be it resolved that COF discontinue the presentation of trophies or plaques at Canadian Championships.

The following
6 MOTIONS - 5, 6, 7, 8, 9, 10,

are members of a block of motions introduced by the board relating to changing the affiliation fee determination from being based entirely on the number of Full Members to a methodology based on Full Membership Fees as well as Participation Levies. The total amount received by the COF should not change.

Any Affiliation Fee formula, current or proposed, is simply to a method to obtain the budgeted funds agreed to at the annual general meeting. It does not mean that individual associations must use the same methodology to get funds from their own constituents. For example, if an association holds a lottery to obtain the entire funds required by the COF, that is essentially none of COF's concern.

MOTION 5

Affiliation Fees Sharing.

To more accurately reflect the current state of orienteering in Canada it is moved that the Annual Association Affiliation Fee be changed from the present formula based entirely on the number of Full Members to a formula whereby 50% is obtained from Full Membership Fees and 50% from Participation Levies.

MOTION 6

Full Member Fees.

The total number of full members reported by associations as of December 31 each year shall be divided into the value represented by 50% of the Association Affiliation quantity of the COF Budget approved at the COF Annual General Meeting. This calculation will determine the Per Member Fee (PMF).

$$\text{PMF} \times \text{Number of Full COF members reported by associations} = \text{Membership Fee portion of Association Affiliation.}$$

Note: This is the same process currently used to calculate Affiliation Fees except 50% rather than 100% of the Association Affiliation quantity is used.

MOTION 7

Participation Days.

The total number of participation days of qualifying events held within each Association’s jurisdiction shall be used to calculate Participation Levies. A qualifying event is any orienteering event organized by the Association or one of its clubs which is open to the general public or which is for the benefit of its members. Participation numbers exclude COC and NAOC related events and private events put on for other organizations, schools, companies, corporations, etc.

One person day of orienteering represent one unit of participation. A Wayfaring Group shall be counted as a single unit. Participation levies assigned for a year shall be based on events held in the previous calendar year.

MOTION 8

Trial Period

To provide an opportunity for all parties to become familiar with a participation based levy system, it is moved that there is a one year trial period before adopting the new Affiliation Fee system. During the trial period the previous, Full Membership only, system will be used to determine Affiliation Fees. However data will be gathered and values calculated as if the new system were in effect. The new system shall become effective the following calendar year.

MOTION 9

Tier Based Levies

Participation levies will be based on the participation tier for each Association. There will be seven participation tiers:

0	to	350
501	to	750
751	to	1000
1001	to	2000
2001	to	3000
>3000		

The tier membership value is determined by the following procedure:

- 1 Determine 50% of total of all affiliation fees. Call that PSUM.
- 2 Divide PSUM by total participation orienteering days. Call that PRATE.

- 3 Multiply PRATE by the midpoint of each tier to get the tier levies. For the lowest tier, the tier levy is 0. For the highest tier, beyond 3000, use 3500 as the midpoint.
- 4 Using the 2000 year as an example, the total affiliation fee budget was \$18000. Full memberships would contribute \$9000 (PSUM). Use a value of 12800 for the total participation orienteering days. The corresponding PRATE is \$0.7031. Calculating for each tier produces:

0	to	350	\$0.00
351	to	500	\$298.83
501	to	750	\$439.45
751	to	1000	\$615.23
1001	to	2000	\$1054.69
2001	to	3000	\$1757.81
>3000			\$2460.94

The COF board will assign Associations to the appropriate Tiers based upon data supplied by the Associations or in the absence of data, by the COF Board’s best estimation. The COF will base its calculations on reported meet results. If an Association disagrees with the estimate of the Board and can provide the data needed to demonstrate a change of Tier, they may appeal to the Board for an adjustment of the levy.

MOTION 10

Flat Rate Levies

Participation levies will be determined by multiplying the participation rate, PRATE, by the participation orienteering days for each Association. The value of PRATE is determined by the following procedure: 1 Determine 50% of total of all affiliation fees. Call that PSUM. 2 Divide PSUM by total participation orienteering days. Call that PRATE. Using the 2000 year as an example, the total affiliation fee budget was \$18000. Full memberships would contribute \$9000 (PSUM). Use a value of 12800 for the total participation orienteering days. The corresponding PRATE is \$0.7031.

The number of participation orienteering days for each association will be provided by each association or, in the absence of data, by the COF Board’s best estimation. The COF will base its calculations on reported meet results. If an Association disagrees with the estimate of the Board and can provide the data needed to demonstrate a change, they may appeal to the Board for an adjustment of the levy.

2001 SASS PEEPRE **WESTERN JUNIOR TRAINING CAMP**

July 2-5, 2001, at Cranbrook, BC

by Kitty Jones

By all accounts, this camp was a resounding success. Here are my thoughts on why it went so well.

Coach: Junior Ratio: Look at the list of participants below, and you will see that we had 14 adults and 20 participants (plus 3 youngsters). If you are any good at math, you can figure out that some kids had one-on-one coaching. Mostly, it was one-on-two. What a great ratio!

Coaches' Experience: If you are any good at orienteering history, you might notice that about 6 (I think) coaches were National Team members in the past. Also, if you add up all the 11 coaches' total years of orienteering experience, you will get over 180 years of orienteering experience! WOW! You will also see that 5 coaches came from USA and 6 coaches came from Canada. We shared tips on coaching, compared notes on current teaching methods and resources in both countries, and helped each other come up with ideas for the camp. Western North American O Coaches are great!

10-12 Year Old Group: This age group has not been given the opportunity to attend a regional junior training camp before, to my knowledge. Notice that the majority of participants fell into this category. It helped that several of these kids had a parent helping at the camp in some capacity. This age group requires a lot more supervision and TLC than the 13-18 year old group; we needed the high adult:junior ratio. I am pleased to say that all the coaches were impressed with the enthusiasm and intelligence of all the kids, and as a result, most of the coaches enjoyed themselves more than they expected.

Strengthening relations between western Canada and western USA: Exactly half the participants came from USA and half from Canada. By the end of the camp, many across-the-border friendships had been made. It makes sense to join forces across the border, regionally, because the travel distances and costs are less than when you try to join forces sea-to-sea within either country.

FUN: We made sure everyone had fun, in spite of the 30-36 degree C heat. We spent one afternoon swimming at Premier Lake. We had a Wacky Hair Day when we used lots of gel

and hair decorations. Marion found that she had been chatting to a policeman with her hair in 4 ponytails pointing in 4 different directions; she had forgotten what she looked like and wondered why he looked at her funny! We prepared some hilarious skits for the last evening – some wonderful talent among the juniors. I laughed so hard, I had tears running down my cheeks. To wind up the camp, we had a fun 2-man relay, where coaches and experienced kids were paired up with less experienced kids. Strategy won the day there – and I heard that the winning strategy was suggested by an 11-year-old “almost-beginner”.

FOOD: We had 3 talented and enthusiastic cooks who worked miracles in the tiny kitchens making wonderful meals for us all. Thank you, thank you!! Good food makes all the difference to our spirits. (I heard that someone did forget to make their lunch once – but I guess that's part of learning to look after yourself away from home!)

A BIG THANK-YOU to all the coaches, cooks and participants. Everyone was so good-natured and easy to get along with, it made the whole camp a pleasure for everyone! Let's do it again!!

2001 SASS PEEPRE
WESTERN JUNIOR TRAINING CAMP

Coaches (11)

Ted de St Croix	Ontario, Sweden & BC	Head Coach, Older Group
Kitty Jones	Calgary	Camp Coordinator
Eileen Breseman	USA	Co-Head Coach, Younger Group
Rick Breseman	USA	Co-Head Coach, Younger Group
Alaric Fish	just back from Japan	
Marion Owen	Calgary	
Frank Skorina	USA	
Jack Lee	BC, Ontario	
Jim Webster	AOA (Calgary)	
Eric Bone	USA	
Bill Cusworth	USA	

Older Group (8: 4 boys, 4 girls)

Erica Lay	Victoria	15
Morgan Lay	Victoria	13
Lauren Wolfe	USA	15
Louise Oram	Vancouver	17
Robin Foubister	Kamloops	15
Carl Lundgren	Calgary	13
Thomas Nipen	Calgary	17
Matthew Nipen	Calgary	12

Younger Group (12: 3 girls, 9 boys)

Kelsey Breseman	USA	10
Tori Owen	Calgary	10
Janine Hornby	Ontario	10
Ryan Snyder	Edmonton	10
Owen Newson	Calgary	10
Ben Arnold	Calgary	11
Scott Newson	Calgary	12
Dougal Owen	Calgary	12
Simon Lay	Victoria	11
Ryan Breseman	USA	11
Erik Skorina	USA	10
Matt Skorina	USA	8.5

Cooks

Christin Lundgren	Calgary	Zoe Arnold	Calgary	8
Susanne Arnold	Calgary	Dana Breseman	USA	7
Lorraine Rivers	BC, ON	Russell Skorina	USA	4.5

Younger Siblings

2002 SASS PEEPRE JUNIOR TRAINING CAMP

This will be held July 1-4, 2002, in the Calgary area. It will lead into the APOC events being hosted by Alberta July 6-14. It will give juniors a chance to brush up on orienteering skills as well as an opportunity to kick-start new friendships among fellow competitors. We guarantee that your orienteering performance and social life will both flourish during APOC, after the junior camp!

Kitty Jones will be the Camp Coordinator and Ted de St Croix has offered to help coach. More details will be in the next COF newsletter. If you are interested in either helping out or participating, contact me at kittyjones@home.com or (403) 282-5235.

SOME EVALUATION COMMENTS AFTER WESTERN JUNIOR TRAINING CAMP, JULY 2-5, 2001

1. The ending relay brought older and younger juniors together as partners (stewards). It would be nice to see that sort of partnering (mentoring) going on earlier in the camp...integrate older and younger kids within first 24 hours.
2. Perhaps more specific physical training suggestions/ techniques – hillwork, sprints
3. Great kids! Great co-coaches!
4. Increase participation so more kids can have this experience.
5. More down time for under 12 age group.
6. Maybe some of the exercises could have been shortened/ lengthened and made a bit harder/easier to fit the wide variety of speeds & abilities.
7. Use an overhead projector for indoor sessions.
8. Try to get the older group to organize games for everyone during free time.
9. The “control description” relay might have worked better by integrating teams rather than the handicap system.
10. A camp without a TV might be a bonus, but maybe some kids need “veg-out” time.
11. More whole group sessions...the amount of free time was just right...my favorite part was the relay.
12. Next time have more theory sessions...great to have 2 groups of kids...I liked trying harder controls and courses.
13. I thought the coaches were just amazing; they really tried hard to make us better orienteers and always gave us advice.
14. Have more separation by ability level...better juniors should run longer courses.
15. This camp was awesome...thanks for all the countless hours you coaches put in. It's really great to see that you have the patience to keep this sport going.
16. We should figure out ways for job sharing...maybe we have to set our own courses for other juniors so you guys don't have to get up so early.
17. I enjoyed working with the instructors and doing lots of fun stuff.
18. Add running before breakfast.
19. The camp should be longer with more indoor map and skill talks because last night we had one and it helped a lot.
20. Having a coach per 2 people was GREAT.
21. I enjoyed the mix of ages and skills.

TRAINING CORNER: HAVING AN ORIENTEERING SYSTEM

by Ted de St Croix

Ted de St Croix, 13 times Canadian Men's Elite Champion, was the Master Coach at the Alberta Association's Annual Spring Training Camp.

Tips from the Spring Camp

My approach to orienteering is to systematize everything. Everything is analyzed into a system which during the training camp, made it seem like my entire life was as a system (not so, you should see the floor of my bedroom). It's no wonder, being a software developer, systems come easily, I guess. Many of these systems have been learned by trial and error and from other coaches.

We developed the following orienteering systems during the training camp.

Start System

- O Speed, how fast should I be running?
- Control Taking System
- Refocus Plan
- Relocation System
- Safe Route System
- Race plan (putting it all together)

All of these, plus other concepts, can be used to build your very own "Orienteering System". This is not a computerized event administration system, but a system of tasks and techniques that you execute in a certain order, automatically sometimes, when you orienteer. We discussed how to train these systems mentally when you do not have the chance to practice them in the field. There is nothing like training with out breaking into a sweat (although mental training aspirants do sometimes start to sweat a little if they really get into it).

I will briefly list the main points I think about in the above systems.

Start System:

The start system is performed for every race in order to minimize surprises.

- 20-40 minute warm-up.
- Observe the terrain on the way to the start, try to determine the terrain type.
- Check the north arrow on the compass to enable immediate map-orientation upon picking it up.

- While in the start chute, observe the previous starters to look for ways out of the start.
- Look for the main features in and around the start area.

O Speed - How fast should I be running?

There is one very simple rule we call the golden rule for orienteering - "Never run faster than you know exactly where you are on the map". If there is one thing you want to think about before and during all orienteering races it is this. The golden rule came to Canada with Knut Nord, a former National Coach who went on to become one of Sweden's most successful women's team coaches.

Control Taking System

The control taking system is needed to ensure you flow through the transition between legs. Most people tend to stop and get disoriented starting out to the next control.

At the attack point, read the control description.

- From the attack point, (there is always an attack point), approach the feature using precision orienteering slowing down if necessary.
- When the control flag or feature is sighted, slow down and prepare for the next leg by refolding the map (1 fold, thumb distance parallel to the direction of travel) and prepare to punch the control.
- Punch the control and take note of the number (control code).
- Reorient the map with the compass and begin precision map reading again as you reorient towards the next control. When map contact is regained, check the control code. (Some people check the code before or when they punch which is an option).
- Slowly gain speed as map contact and rough orienteering take over.

Refocus Plan

The refocus plan is a plan of attack that you use when you lose concentration. The plan involves techniques to get back concentration and hopefully keep it.

- First you must accept that you have lost concentration and it is time to get into refocus mode.
- Say or think of your key word (or queue word or gesture) that triggers the refocus response.
- The refocus response is a set of specific tasks, these can be:

- Accept that you are unconcentrated
- Orient map with compass (people are great at “twisting contours”).
- Relocate if necessary (see relocation system).
- Approach the leg anew and start slowly (never rush in orienteering) until confidence is regained and map contact is confirmed.

Obviously much more can and needs to be written about loss of concentration during orienteering events. All mistakes can probably be attributed to loss of concentration especially for experienced orienteers.

Golden Rule: *“Never run faster than you know exactly where you are on the map”*

Relocation System

The relocation system is a set of time limited tasks designed to optimize rediscovery of map location.

- Stop, admit that you are lost, take a deep breath (or 3). Mindless wandering and panic scurrying about only makes things worse.
- First 15 seconds, look all around in the terrain for a distinct feature or features that might be recognizable on the map. A hill in a group of hills is not recognizable but a hill with a boulder on it is.
- If that fails, for the next 10 seconds, try to recreate the terrain in your mind from the last known position.
- If that fails, next 30 seconds, climb and attempt relocation after having looked around for a distinct feature. Many people lose sight of the terrain in thick bush but instead of proceeding out of the bush to better visibility, they will stop and stare at their map unsure of what to do.
- If that fails, bail out to the closest linear catching feature following a compass bearing. If you are only part way from the control you can proceed in the direction of the control on a precision compass bearing and only if there is a linear catching feature in front of you.

Safe Route System

The Safe Route System is not something that was formalized at the training camp but is something to consider in your bag of systems. If I want to have a good race devoid of those nagging small mistakes, I will mentally prepare for a safe route for **every leg**.

- One main map fold so I can slide my thumb as I map read ahead.
- Orient the map with the compass or take a bearing.
- Map read ahead with the thumb solidly gripping the map.

- Safe route choice with a good attack point., preferably from above unless attacking a cliff foot:
 - attack from above or
 - extend the control or
 - aim off
- Proceed cautiously checking the direction and map before gradually speeding up to race speed .
- Remember the Golden Rule of Orienteering.
- Control taking system.
- Refocus plan

Race Plan

The Race Plan is designed to eliminate those mistakes that occur on a regular basis. People who always miss the first control (too excited), the third control (lose concentration easily) or miss the last few controls (fatigue or excitement) need a Race Plan. This probably includes everybody because those who don’t make the above mistakes probably have a race plan.

Here is a typical Race Plan

Start

- See Start System

First few controls

- Always take a careful bearing, run slower than normal, consciously select a good attack point, chose a safe route, double check the map, map read ahead.

Middle section of the course

- Always use an attack point, map read ahead, O-speed system, use your refocus plan if you find your mind getting tired, bored or thinking of things other than the map and terrain in front of you. (Ever wonder why people who have made maps still make mistakes?)

Last section of the course

- Map read ahead, run slower than normal, use your refocus plan when you start thinking about the outcome of the race (you have no control over the outcome of the results, so why bother even trying. No use basking in a win when you have not won yet).

Last control

- Wait until you have finished punching before sprinting and make sure you have a good grip on your map and control card. Many races have been lost at the last control by carelessness. My former club members in Sweden

love to tell the story of the guy who sprinted past some other teams in a big relay and then lost his map when a team mate, standing at the sideline, gave him a high-5 knocking the map to the ground.

Finish area

- Walk calmly toward the map hand-in, do not spit on anybody or fall to the ground or complain wildly about misplaced controls. In a highly excited state of mind, people make poor judgements that can take a long time to get over.
- Leave the finish area immediately and go for a warm-down jog to calm your excitement and heart-rate.

In closing I wish to express my sincere gratitude to the camp participants for their enthusiasm in the hot sun. I truly enjoyed myself and hope to come back next year, or in the fall, or in the winter.

Elements of the Orienteering System

- Start System
- O-Speed
- Control Taking system
- Refocus Plan
- Relocation System
- Safe Route System
- Race Plan

Editor's Note: This article was published in the July 2001 issue of 'Legends' - the Alberta Orienteering Association newsletter and permission given to COF to re-print in O Canada..

2001 SANCTIONED 'A' MEETS SCHEDULE

Date	Event	Location	Contact	Tel/e-mail
Aug. 29-30	BC Champs	Lac Le Jeune (Kamloops region)	George Pugh	(604) 261-1075 gpugh@telus.net
Sept. 1-3	Alberta Champs	Sulphur Springs	Jim Webster	(403) 297-2724 orienteering@home.com
Sept. 15-16	Edmonton OC	Wahstao (Smoky Lake)	Marilyn Edmunds	(780) 455-1966 edmundsM@powersurfr.com
Sept. 30	Autumn Amble	Fundy National Park	Luella Smith	(506) 887-2030 Smithwe@nbnet.nb.ca
Oct. 6-8	Canadian Champs	Carberry, Manitoba	Jack Forsyth	(204) 858-2283 jaforsyt@snug.mb.ca
Oct. 13-14	Ontario Champs	Uxbridge	Boon Tan	(416) 363-7779 samseng@sympatico.ca

CANADIAN WOC TEAM SELECTION

Phase 1 – Pre-selection - COC 2000

Criteria: Two men and two women to be pre-selected. Athletes selected must have a total time within 135% of total of “Best time” of Classic Day 1 + Classic Day 2 + Short.

Mike Smith, Michael Fellows, Sandy Smith, Cherie Mahoney met the criteria and were selected to the team.

Phase 2 – Final selection - 2001 Ottawa Inter-Club

Criteria: Up to two men and two women to be selected. Athletes selected must have total time within 135% of total of “Best time” of Day 1 + “Best time” of Day 2.

Results

Men

1	Nick Duca	73.20*	28.55	102.15
2	Mike Fellows	81.01	28.12*	109.13
3	Brian Graham	80.01	32.56	112.57
4	Mike Smith	84.42	30.36	115.18
5	Francis Falardeau	82.59	36.42	119.41
6	Benoit Letourneau	91.53	34.32	126.25
7	Wil Smith	92.03	34.23	125.26
8	Mike Iles	92.11	37.18	129.26

Total of Best Time Day 1* + Best Time Day 2* = 101.32
135% of 101.32 = 136.47

8 runners finished within the 136.47 criteria

Women

1	Pam James	84.43*	28.06*	110.49
2	Marketa Graham	103.36	35.15	138.51
3	Cherie Mahoney	96.35	46.32	143.07
4	Marta Green	104.26	39.15	143.41
5	Lumi Duca	109.32	37.14	146.46

Total of Best Time Day 1* + Best Time Day 2* = 110.49
135% of 110.49 = 149.10

5 runners finished within the 149.10 criteria.

- a) Nick Duca, Brian Graham, Pam James and Marketa Graham were named to team.
- b) Francis Falardeau and Benoit Letourneau were named 1st and 2nd alternates for the Men’s team and Marta Green and Lumi Duca 1st and 2nd alternates for the women’s team.

Declines and Replacements.

- a) Brian and Marketa Graham “declined” (Brian had previously advised they were “retired”). The positions were offered to 1st alternates, Francis Falardeau and Marta Green.
- b) Francis and Marta declined. Francis due to lack of training and fitness. Marta from an injury sustained during the winter that had not completely healed. The positions were offered to 2nd alternates, Benoit Letourneau and Lumi Duca.
- c) Benoit also declined. He had worked in Sweden for the previous year and came home to compete in the selection event with the view of making our WOC team. Unfortunately, within two weeks of returning to Sweden he was advised his contract was being terminated and he had to return to Canada to find employment. Lumi accepted.
- d) Wil Smith, although not named an alternate, was the next ranked in the Selection event and was offered the position and accepted.

Our WOC team was now finalized.

Women:

Sandy Hott Johansen and Cherie Mahoney (pre-selected), Pam James and Lumi Duca (Ottawa selection event).

Men:

Mike Smith and Mike Fellows (pre-selected), Nick Duca and Wil Smith (Ottawa selection event).

All team members met the 135% selection criteria.

THE CANADIAN ORIENTEERING WORLD CHAMPIONSHIPS TEAM

ATHLETE PROFILES - PART 2

The following four athletes were selected to our WOC team based upon results from the final selection races in Ottawa in May.

Pam James

(With RCMP officer/ONB member, Paul Looker)

Born: 1966

Home: Halifax, Nova Scotia

Education: Degree in Geology, Dalhousie University

Work: Anything that enables training and competing in orienteering

Objectives: Keep participating in orienteering as long as possible

Best Results: Placed 10th in World Cup event in Norway, one of best ever results by a Canadian woman. Six times COC Classic champion and three times Short champion. Several North American Championship titles, 1998 World Rogaine champion with Catherine Hagen and runner-up in 2000. Won first national age category championship at age of 12.

Training: Works with Canadian, Bob Kaill, (who lives in Sweden), as coach via internet. Competes as often as possible at major events in US and Europe.

Wil Smith

Born: 1973

Home: Waterside, New Brunswick

Education: Medical Student

Objectives: Orienteering Objectives. Would love to be able to spend more time training and racing - looking forward to completion of school so this can be a realistic goal. Aiming for top-3 finishes in Canadian/ North American Champs in next full season of racing. For WOC would be quite satisfied to qualify in Short or Classic, and have team in top 15 at relay

Best results: *1st 1998 COC Short, 4th in Classic. 4th in Short and Classic at 1996 and 2000 COC's.*

Training: Heavily dependent on which medical rotation I am in; low mileage in surgery and internal medicine, higher mileage in lighter workload rotations. Best weeks around 100-120 km, mainly on trails. Not much good map training and/or racing available in Halifax area. Doing more cross-training on mountain bike recently, aiming for adding Adventure Racing to the schedule to fill in the gaps when there are no orienteering races available.

Favourite Terrain: Tough and technical - Scandinavian-style, particularly Norway. Also enjoy Harriman State Park (WOC 1993 maps) and Pawtuckaway (WC1992 final).

Lumi Duca

<u>Born:</u>	1968 in Romania
<u>Home:</u>	Waterloo, Ontario
<u>Work:</u>	Metallurgist at Fischer Canada, Stainless Steel Tubing Inc.
<u>Objectives:</u>	Have a good race in WOC 2001 relay and qualify for finals in individual races.

Best Results: In Canada, 4th in 2000 COC Classic, 3rd in 1999 COC Short, 3rd in 1998 USA Championships - Long distance,. Competed in 1997 WOC for Romania and in 1995 and 1997 World Cup events.

Training: 3-4 times/week running on trasils or roads for approx. 45 minute; speed work once a week (track). Long runs on weekends. If possible - Orienteering competitions.

Nick (Ovidiu) Duca

<u>Born:</u>	1966 - Romania
<u>Home:</u>	Waterloo, Ontario
<u>Work:</u>	Metallurgical Technician at LTV Copperweld
<u>Objectives:</u>	If Finland. The best result possible in relay and competing in finals in individual races.
<u>Best Results:</u>	1999 Canadian champion - Short distance, 2 nd in 2000 North American championships, 60 th in World Cup 1996 Final. Competed for Romania in 1991, 1993, 1995, 1997 and 1999 WOC.
<u>Training:</u>	Orienteering since 1978. Typical training consists of running on roads or trails, speed work once a week (on track if possible), and 2-3 times a month out in the forest. Participation in most of local and not so local O-events.

2001 WORLD CHAMPIONSHIPS

The 2001 World Orienteering Championships (WOC) were held at Tampere, Finland - WOC 1979 was also held in the Tampere region.

As expected the Scandinavian nations dominated the events with host nation, Finland, winning the most medals over-all - 3 gold, 4 silver and 1 bronze. The Norwegian team, with two gold, 2 silver, 3 bronze were second best. Sweden, with 1 gold, 2 silver and 2 bronze. Swedish runners won 1 gold, 2 silver and 2 bronze. Two Swiss women won the first ever WOC gold medals for their nation and the Czech Republic Men's relay team placed 3rd to round out the medal winners.

The best of the "Non-European" nations was the Australia n team with several fine performances. They qualified all four men and women for the Classic finals, placing 3 men in the top 30; 4 men and 2 women for the Short finals and also placed 6th in the Men's relay.

North American runners were "shut out" in these championships, with no Canadian or US runners qualifying for the Classic or Short finals. With the exception of the Australians the gap between the top European nations has widened. The recent IOF decision to hold annual world championships commencing in 2004 may well widen the gap even more.

The Canadian team members are our current best athletes: Sandy Hott Johansen, Cherie Mahoney, Mike Smith and Mike Fellows are the 2000 COC champions in Classic and Short. Pam James and Nick Duca were 1999 COC champions and clear winners of our final selection event. There is no question that they did not perform to the best of their ability, it is simply that the top nations have enormous advantages in numbers and depth of talent available.

Gold medal winners, Simone Luder (Switzerland), Jorgen Rostrup (Norway) and Pasi Ikonen (Finland, are in their early 20's with a host of equally talented juniors ready to challenge for their national team spots. This is not the case in Canada with very few juniors ready to challenge for team spots. Until this situation is remedied our WOC fortunes will continue to be skimpt. The proposed IOF WOC Pre-qualification formula will further reduce the opportunities for lesser nations to develop top level competitors.

1 NEW SPRINT EVENT = FIRST EVER WOC GOLD FOR SWITZERLAND

The Sprint event was introduced as a vehicle to bring orienteering to the media, TV and the general public. Short courses, fast running and highly visible to spectators are the main ingredients. Sprint courses were introduced two years ago as Park World Tour (PWT) events, held in parks in major cities and offering cash prizes. They were instantly popular with top elite runners as they provided additional promotional and income opportunities. A proposal to include a Sprint event in the WOC programme was approved at the 2000 IOF Congress.

There were no qualification races for the Sprint - it was strictly a Final. The majority of the Sprint competitors were pre-selected based upon PWT 2000 rankings. Nations who did not have any runners 'pre-selected' were granted spots for one man and one woman. The Canadian runners were Sandy Hott Johansen and Nick Duca.

With course lengths of 2.66 km (men) and 2.24 km (women) and estimated winning times of 10-12 minutes, there was no room for error, or stopping to tie a shoe lace. There were 49 runners in the men's race and 45 in the women's.

Women's race. Pre-race favourite was Vroni Konig-Salmi (Switzerland) with team mate, Simone Luder and Reeta Kolkkala (Finland). Konig-Salmi, had won seven consecutive Sprint/PWT races preceding the WOC and with a time of 10.54.9 extended her winning streak to eight and a 5.6 margin over Johanna Asklof (Finland) with Luder 3rd.

The new champion has been a member of the Swiss team since 1989 and has placed in the top 10 in several WOC's, with her best being a 5th. She has also won WOC relay medals but this was her first individual medal. Konig-Salmi is married to Finnish team member and WOC 1997 Short champion, Janne Salmi, and has lived in Finland since their marriage 3 years ago. It is interesting that after 12 years competing in the WOC and nearing the end of her career that she has had such outstanding success in the Sprint events.

Sandy Hott Johansen was 38th, one position behind Pavlina Brautigam (USA).

Men's race. Pre-race favourites were Yuri Omelchenko (Ukraine), Pasi Ikonen (Finland), Jorgen Olsson (Sweden) and Jorgen Rostrup (Norway). In a bit of an upset, Jimmy Birklin (Sweden) took the gold with Ikonen and Olsson 2nd and 3rd. Omelchenko and Rostrup were 15th and 19th.

Birklin's time of 10.55.9 was 10.2 ahead of Ikonen and considered a surprising large winning margin. Sprint races are normally won by 10ths of seconds rather than by 10 seconds. Birklin's gold medal came four years after him being responsible for the Swedish relay team being DSQ'd when almost assured of the gold medals. Leading by over 7 minutes at the start of the 4th leg, Birklin went from control 3 to 5, completely missing #4 which was covered by the way he had folded his map.

Nick Duca was 45th in a time of 14.22.3. Eric Bone (USA) was 40th in 13.15.4.

There has not yet been any reports as to the success of this new format.

2 CLASSIC - QUALIFICATIONS - CANADIANS "SHUT-OUT"

There were two qualification heats for men and two for women. The top 30 in each heat qualified for the finals the next day. There were 69 runners in each of the men's heats and 54 runners in each of the women's heats. Course lengths: Men - 8.8 km Women - 5.8 km.

Men - Heat 1

1.	Tobias Andersson (Sweden)	53.18
30.	Final qualifying place	64.19
53.	Nick Duca	81.06
57.	Wil Smith	83.21

Men - Heat 2

1.	Mats Troeng (Sweden)	53.22
30.	Final qualifying place	62.15
43.	Mike Smith	69.11
48.	Mike Fellows	72.14

Women - Heat 1

1.	Yvonne Baker (Britain)	42.58
30.	Final qualifying place	54.54
35.	Sandy Hott Johansen	58.30
40.	Cherie Mahoney	61.47

Women - Heat 2

1.	Emma Engstrand (Sweden)	41.23
30.	Final qualifying place	54.23
48.	Pam James	70.40
50.	Lumi Duca	81.00

No USA runners qualified for the Finals. Australia qualified four men and four women.

3 CLASSIC - FINALS - GOLD MEDAL PERFORMANCES BY ROSTRUP AND LUDER

For the past few years the royal couple of international orienteering have been Norwegians, Bjornar Valstad and Hanne Staff. Both have won numerous World Championships and World Cup events and consistently ranked number 1 in the world. The main contenders to their thrones are Jorgen Rostrup (Norway) and Simone Luder (Switzerland).

Rostrup was earmarked as the next Norwegian "superstar" to follow in the footsteps of the great Age Hadler, Egil Johansen, Oyvind Thon, Petter Thoresen and Bjornar Valstad. He won double gold in the 1998 Junior WOC and followed by winning the 1999 WOC Short while still only 20. In 2000 he moved to Finland to prepare for WOC 2001 and earlier this year won both the Classic and Short at the Nordic Championships. He was installed as favourite to win both Classic and Short at the WOC and his rating were upgraded from "next superstar" to "best ever". He rewarded his supporters by winning the WOC Classic with Jani Lakanen (Finland) in 2nd place and Carl Henrik Bjorseth (Norway - 2nd in WOC 1999) 3rd and defending champion Classic champion, Valstad, 4th.

In an impressive display of superiority and depth, five Norwegians and four Finns were in the top 12. Norway were permitted a 5th spot as Valstad was defending champion.

Top Non-Europeans were Australians, Grant Bluett - 17th and Troy de Haas - 20th.

Simone Luder placed 15th in WOC 1999 - Short (she did not compete in the Classic). She burst through in the 2000 World Cup series, winning several events and battling Hanne Staff for top spot throughout the year. In the final standings she placed second to Staff - 8912 points for Staff against 8899 for Luder. Like Rostrup, she moved to Finland to train and compete in preparation for WOC 2001.

Her winning margin was a slender 3 seconds over a young Finnish runner, Marika Mikkola with Reeta Kolkkala, (Finland) 3rd. Hanne Staff placed 6th.

With WOC 2003 in Switzerland, Luder and Konig-Salmi will be among early favourites to repeat.

The top 10 positions were filled by 4 Finns, 3 Swedes, 2 Swiss, 1 Norwegian.

4 RELAYS - DOUBLE GOLD FOR HOST NATION

Based upon their successes in the Sprint and Classic the host nation were optimistic for at least one gold medal performance in the relays, with the women's team the more probable.

The Norwegian Men's team did not include Classic champion, Rostrup. He had also not been a member of the 1999 gold medal team, although he had won the Short. It was reported that he does not like relay events and had advised prior to the WOC that he did not wish to be considered for the team regardless of any success in other events. A nice luxury for Norway to have. Another surprise was that of Yvette Baker not being on the British women's team.

The relay format was:

Men:

Legs 1 & 2 - medium length; legs 3 & 4 - shorter length.

Women :

Legs 1 & 2 - shorter length; legs 3 & 4 - medium length.

Canadian team running order:

Women:

Sandy Hott Johansen, Cherie Mahoney, Pam James, Lumi Duca.

Men:

Mike Smith, Nick Duca, Wil Smith, Mike Fellows

34 teams started in the Men's relay - 29 finished .

Men:

After two legs the Australian team led by a slight margin over Finland with Sweden in 3rd place. Australia had their

two best runners on the first legs and dropped back to 4th on leg 3. Finland took a clear lead on leg 3 with Norway moving into second but 2 minutes in arrears of Finland. The last leg was a glory leg for the 4th Finnish runner, Janne Salmi. He relates his concerns, emotions and joy in the website he shares with wife, Vroni:

Norway, with Bjornar Valstad, running the anchor leg finished second but was never a serious threat - each of the four Finnish runners had better times than their Norwegian counter parts.

The Czech Republic team got steady performances from all four runners to finish a somewhat surprising 3rd. As in WOC 1997, catastrophe struck the Swedish team and again in the person of Jimmy Birklin. Running the 4th leg and contending for 3rd place, Birklin suffered a serious hamstring injury and had to abandon the race. He may want to consider Jorgen Rostrup's position on relays and avoid in future.

The Canadian team finished 26th, one place behind the USA - a reverse from 1999 when we beat them by 1 place. (24th & 25th).

Our positions by leg: Mike Smith - 23rd , Nick Duca - 28, Wil Smith - 28, Mike Fellows - 26.

Mike started leg 4 with a 10 minutes lead over the final USA runner, Mike Eglinski, and slightly increased the margin over the first 3/4 of the leg. A 10 minute error on the 3rd last control allowed the USA team to get ahead and with just two short controls remaining there was not enough time/ distance left for Mike to catch up.

Women:

Four teams were bunched close together at the end of the first leg, after which the home team, Finland, pulled steadily ahead to win with a comfortable 4 minute margin over Sweden and Norway. These teams finished in the exact same time but Sweden was awarded 2nd by the slimmest of margins.

The Canadian team finished 17th and the USA 18th. In WOC 1999 our team finished 18th and the USA team 20th . Our 1999 margin over the Us team was 23 minutes. This time the margin was 17 minutes.

Our positions by leg: Sandy Hott Johansen - 17th, Lumi Duca - 19th, Cherie Mahoney - 18th, Pam James - 17th.

5 SHORT DISTANCE - QUALIFICATION

Four qualification heats with for Men and Women with the top 15 in each qualifying for the Finals. There were 35 runners in each of the Men's heats and 27 runners in each of the Women's

heats. Course length were: Men - 4.0 km; Women - 3.5 km

While a good performance in the qualification heats is a matter of life and death for competitors from smaller nations they are equally important for the top ranked runners. Start order in the Final is determined by finish position in the heats. First place finishers of heats get the last four start positions, the four runner-ups receive start positions 5-8, etc. - a reverse "chase start".

There is no holding something in reserve for the final as in the Classic heats.

No Canadians qualified for the finals. Pam James, Sandy Hott Johansen, Nick Duca and Mike Smith, were 2 - 21/2 out of the final qualifying position.

Men:

Heat 1	1	Pasi Ikonen	Finland	21.57
	21	Nick Duca		30.03
Heat 2	1	Carsten Jorgensen	Denmark	23.42
	30	Wil Smith		35.06
Heat 3	1	Valentin Novikov	Russia	23.10
	25	Mike Smith		30.45
Heat 4	1	Jorgen Rostrup	Norway	22.28
	27	Michael Fellows		31.43

Women

Heat 1	1	Gunilla Svard	Sweden	24.19
	18	Pam James		35.15
Heat 2	1	Anette Granstedt	Sweden	22.36
	18	Sandy Hott Johansen		36.41
Heat 3	1	Vroni Konig-Salmi	Switzerland	24.11
	21	Cherie Mahoney		43.05
Heat 4	1	Simone Luder	Switzerland	24.28
	25	Lumi Duca		47.24

1995 Short champion, Yuri Omelchenko (Ukraine), failed to qualify, finishing 20th in Heat 3. He had been tipped as a probable medalist.

1999 champion, Yvette Baker, (Britain) did not defend her

title. Sprint champion, Jimmy Birklin, was unable to compete due to the injury suffered in the relay.

6 SHORT - FINALS - GOLD MEDAL PERFORMANCES BY STAFF AND IKONEN

Men: Pre-race favourites were heat winners, Pasi Ikonen, Jorgen Rostrup and Carsten Jorgensen.

Ikonen justified his support with a 21 second victory over Tore Sandvik with defending champion, Rostrup, a further 13 seconds behind in the bronze medal position. Two other Finnish runners, Jani Lakanen and Juha Peltola were 4th and 5th and another, Janne Salmi, in 10th to give the host nation 4 in the top 10. Ikonen is only 21 and Rostrup 23 and WOC 2001 could well be the start of a memorable head to head rivalry for number one position in Men's competition.

As was the case with most of the WOC races, the top 10 positions were dominated by Scandinavians: 4 Finns, 4 Norwegians, a Swede and a Dane. Parity is still a long way away in orienteering.

Women: Pre-race favourites included Sprint champion, Vroni Konig-Salmi, Classic champion, Simone Luder, the ever present threat, Hanne Staff, Gunilla Svard (Sweden) and home crowd favourite Reeta Mari Kolkkala.

Jenny Johansson (Sweden), had an excellent run and posted a time that would be tough to beat. Split times from the course advised that Staff was having a great run and had edged ahead of the other late starters. She completed the course .13 ahead of Johansson then waited as, one by one, the pursuers came up short. The last with a chance, Luder, but a slight error in the latter portion of the course ended her challenge and the queen of women's orienteering, Hanne Staff, ascended her throne once more.

Summary: WOC 2001 may have been the best ever from many aspects. The best orienteers won most of the titles: Jorgen Rostrup, Hanne Staff, Simone Luder, Vroni Konig-Salmi are the cream of the current crop. The not only won titles but contended in every race they competed in. The Finnish relay teams were favoured to win gold in at least one race but sent the home crowd into a frenzy by taking gold in both - and both by reasonably comfortable margins.

A new young star emerged in the person of Pasi Ikonen and an older 'star' Vroni Konig-Salmi, won gold in the Sprint. Although a member of the Swiss team, Konig-Salmi is married to Finnish superstar, Janne Salmi, and lives in Finland. The Australian team had several fine performances to raise the hopes of the 'Non-European' nations. Most of the awards went to the Scandinavian teams and this is as it should be - the best should win, but good performances by others help raise standards and goals for the lesser nations for the future.

WOC 2001 CLASSIC DISTANCE FINAL

MEN : 14,4 km (Started: 59, DNF: 0, DQ: 1)

Rank	Name	Nation	Time
1.	Jörgen Rostrup	NOR	1.29.43
2.	Jani Lakanen	FIN	1.30.17
3.	Carl Henrik Björseth	NOR	1.31.58
4.	Björn Valstad	NOR	1.32.52
5.	Fredrik Löwegren	SWE	1.33.18
6.	Janne Salmi	FIN	1.33.50
7.	Valentin Novikov	RUS	1.33.59
8.	Thomas Buehrer	SUI	1.34.13
9.	Mats Haldin	FIN	1.34.48
10.	Jarkko Huovila	FIN	1.35.23
11.	Bernt Björnsgaard	NOR	1.36.10
12.	Oystein Kristiansen	NOR	1.37.05
13.	Robert Banach	POL	1.37.22
14.	Alexei Pavilaynen	RUS	1.37.45
15.	Christoph Plattner	SUI	1.38.18
16.	Donatus Schnyder	SUI	1.39.23
17.	Grant Bluett	AUS	1.39.25
18.	Stephen Palmer	GBR	1.39.29
19.	Thomas Asp	SWE	1.39.49
20.	Troy de_Haas	AUS	1.39.51
21.	Olle Käerner	EST	1.39.55
22.	Michal Jedlicka	CZE	1.40.15
23.	Michal Horacek	CZE	1.40.27
24.	Maxim Davydov	RUS	1.41.20
25.	Denis Steinemann	SUI	1.41.56
26.	Tom Quayle	AUS	1.42.47
27.	Mats Troeng	SWE	1.42.48
28.	Mikhail Mamleev	RUS	1.44.53
29.	Vladimir Lucan	CZE	1.45.03
30.	Girts Linins	LAT	1.45.04
31.	Vyacheslav Mukhidinov	UKR	1.45.35
32.	Tobias Andersson	SWE	1.45.36
33.	Troels Nielsen	DEN	1.45.41
34.	Marian Davidik	SVK	1.46.02
35.	Radek Novotny	CZE	1.46.36
36.	Mads Ingvarnsen	DEN	1.46.52
37.	Jamie Stevenson	GBR	1.47.42
38.	Jozef Wallner	SVK	1.48.19
39.	Jonn Are Myhren	NED	1.49.09
40.	Carsten Jörgensen	DEN	1.49.28
41.	Oskars Zernis	LAT	1.49.53
42.	Oli Johnson	GBR	1.52.15
43.	Gabor Domonyik	HUN	1.52.25
44.	Rob Walter	AUS	1.52.59
45.	Girts Vegeris	LAT	1.53.23
46.	John Feehan	IRL	1.54.40
47.	Allan Mogensen	DEN	1.54.48
48.	Ingo Horst	GER	1.55.46
49.	Fabien Pasquasy	BEL	1.55.49
50.	Nerijus Sulcys	LTU	1.57.28
51.	Liutauras Bilevicius	LTU	1.58.20
52.	Svajunas Ambrazas	LTU	1.58.43
53.	Robert Dittman	GER	2.04.56
54.	Christian Mohn	AUT	2.05.13
55.	Carlo Rigoni	ITA	2.06.51
56.	Shin Murakoshi	JPN	2.09.03
57.	Nikolay Dimitrov	BUL	2.16.17
58.	Jacek Nowak	POL	2.18.44
	Alistair Landels	NZL	DQ

WOMEN : 9,7 km (Started: 60, DNF: 2, DQ: 1)

Rank	Name	Nation	Time
1.	Simone Luder	SUI	1.14.57
2.	Marika Mikkola	FIN	1.15.00
3.	Reeta Kolkkala	FIN	1.15.43
4.	Anette Granstedt	SWE	1.16.17
5.	Johanna Asklöf	FIN	1.16.23
6.	Hanne Staff	NOR	1.17.07
7.	Liisa Anttila	FIN	1.17.28
8.	Katarina Allberg	SWE	1.18.18
9.	Cecilia Nilsson	SWE	1.18.30
10.	Vroni König-Salmi	SUI	1.20.14
11.	Yvette Baker	GBR	1.20.57
12.	Sabrina Meister	SUI	1.21.40
13.	Karin Schmalfeld	GER	1.21.59
14.	Birgitte Husebye	NOR	1.22.12
15.	Heather Monro	GBR	1.22.39
16.	Elisabeth Ingvaldsen	NOR	1.22.50
17.	Karina Nordrum	NOR	1.23.20
18.	Katalin Olah	HUN	1.24.03
18.	Kirsi Boström	FIN	1.24.03
20.	Tatiana Pereljaeva	RUS	1.24.27
21.	Emma Engstrand	SWE	1.24.49
22.	Barbara Baczek	POL	1.25.29
23.	Brigitte Wolf	SUI	1.25.39
24.	Eva Jurenikova	CZE	1.26.35
25.	Helene Hausner	DEN	1.28.33
26.	Anna Gornicka	POL	1.28.50
27.	Renate Fauner	ITA	1.28.51
28.	Maret Vaher	EST	1.28.58
29.	Zsuzsa Fey	ROM	1.28.59
30.	Juliette Soulard	FRA	1.29.12
31.	Tina Olm-Junegard	EST	1.29.30
32.	Maria M Höyer	DEN	1.29.46
33.	Frauke Schmitt-Gran	GER	1.30.18
34.	Natasha Key	AUS	1.30.40
35.	Inga Dambe	LAT	1.31.10
36.	Nina Vinnytska	UKR	1.31.51
37.	Tania Robinson	NZL	1.31.53
38.	Tracy Bluett	AUS	1.33.12
39.	Laure Coupat	FRA	1.33.44
40.	Küllli Kaljus	EST	1.34.22
41.	Yvonne Fjordside	DEN	1.34.45
42.	Natalia Toman	RUS	1.35.05
43.	Elisabeth Hohenwarter	AUT	1.35.16
44.	Jo Allison	AUS	1.35.28
44.	Anke Xylander	GER	1.35.28
46.	Zuzana Macuchova	CZE	1.35.29
47.	Laura Scaravonati	ITA	1.36.20
48.	Zdenka Stara	CZE	1.36.53
49.	Jolanta Razaitiene	LTU	1.37.59
50.	Anna Garin	ESP	1.38.07
51.	Giedre Voveriene	LTU	1.38.44
52.	Kathryn Ewels	AUS	1.39.10
53.	Katarina Libantova	SVK	1.39.41
54.	Jenny Whitehead	GBR	1.40.49
55.	Vendula Klechova	CZE	1.40.58
56.	Ieva Susta	LAT	1.41.08
57.	Vilma Rudzenskaite	LTU	1.41.34
	Lucie Böhm	AUT	DNF
	Elo Saue	EST	DNF
	Jenny James	GBR	DQ

WOC 2001 SHORT DISTANCE FINAL

MEN : 4,1 km

(Started: 60, DNF: 0, DQ: 0)

Rank	Name	Nation	Time
1.	Pasi Ikonen	FIN	23.41
2.	Tore Sandvik	NOR	24.02
3.	Jörgen Rostrup	NOR	24.15
4.	Jani Lakanen	FIN	24.42
5.	Juha Peltola	FIN	24.53
6.	Mats Troeng	SWE	25.05
7.	Carsten Jörgensen	DEN	25.07
8.	Carl Henrik Björseth	NOR	25.08
9.	Kjetil Björlo	NOR	25.16
10.	Janne Salmi	FIN	25.29
11.	Thomas Buehrer	SUI	25.34
12.	Robert Banach	POL	25.38
13.	Marius Mazulis	LTU	25.48
14.	Matthias Gilgien	SUI	26.16
15.	Valentin Novikov	RUS	26.17
16.	Håkan Eriksson	SWE	26.21
17.	Jörgen Olsson	SWE	26.27
18.	Vladimir Lucan	CZE	26.30
18.	Thierry Gueorgiou	FRA	26.30
20.	Urs Altorfer	SUI	26.33
21.	Vladimir Alexeev	RUS	26.37
22.	Fredrik Löwegren	SWE	26.57
23.	Mikhail Mamleev	RUS	27.09
24.	Björnar Valstad	NOR	27.18
25.	Matthias Niggli	SUI	27.21
26.	Erik Aibast	EST	27.32
27.	Girts Vegeris	LAT	27.44
28.	Janusz Porzycz	POL	27.57
29.	Serguei Detkov	RUS	28.19
30.	Grant Bluett	AUS	28.40
31.	Olle Kärner	EST	28.44
32.	Rudolf Ropek	CZE	28.53
33.	Michal Jedlicka	CZE	28.54
34.	Jamie Stevenson	GBR	28.57
35.	Stephen Palmer	GBR	28.58
36.	John Feehan	IRL	29.11
37.	Nerijus Sulcys	LTU	29.21
38.	Troy de Haas	AUS	29.32
39.	Liutauras Bilevicius	LTU	29.44
40.	Carlo Rigoni	ITA	29.47
41.	David Peel	GBR	29.57
42.	Jan Zazgornik	AUT	30.08
43.	Dave Shepherd	AUS	30.33
44.	Nikolay Dimitrov	BUL	31.14
45.	Gabor Domonyik	HUN	31.24
46.	Girts Linins	LAT	31.30
47.	Maciej Grabowski	POL	31.56
48.	Tom Herremans	BEL	32.04
49.	Marian Davidik	SVK	32.05
50.	Jozef Wallner	SVK	32.25
51.	Mads Ingvaldsen	DEN	32.55
52.	Martins Sirmais	LAT	33.21
53.	Fabrice Erdinger	FRA	33.27
54.	Allan Mogensen	DEN	33.32
55.	Dmitry Mironov	BLR	33.56
56.	Steven Hale	GBR	35.00
57.	Vitaliy Gavrylenko	UKR	35.15
58.	Daniele Pagliari	ITA	36.07
59.	Tom Quayle	AUS	37.07
60.	Petar Delic	CRO	37.30

WOMEN : 3,6 km

(Started: 60, DNF: 0, DQ: 0)

Rank	Name	Nation	Time
1.	Hanne Staff	NOR	25.41
2.	Jenny Johansson	SWE	25.54
3.	Gunilla Svärd	SWE	25.58
4.	Simone Luder	SUI	26.27
5.	Reeta Kolkkala	FIN	26.33
6.	Johanna Asklöf	FIN	26.41
7.	Anniina Paronen	FIN	26.43
8.	Vroni König-Salmi	SUI	27.08
9.	Karin Schmalfeld	GER	27.12
10.	Frauke Schmitt-Gran	GER	27.13
11.	Karina Nordrum	NOR	27.18
12.	Tatiana Pereliaeva	RUS	27.24
13.	Küllli Kaljus	EST	28.05
13.	Kaethi Widler	SUI	28.05
15.	Eva Jurenikova	CZE	28.07
16.	Maria Sandström	SWE	28.25
17.	Heather Monro	GBR	28.27
18.	Lucie Böhm	AUT	28.43
19.	Annika Viilo	FIN	28.59
20.	Anu Annus	EST	29.07
21.	Anna Garin	ESP	29.33
22.	Birgitte Husebye	NOR	29.36
23.	Vilma Rudzenskaite	LTU	29.38
24.	Laura Scaravonati	ITA	29.47
25.	Zuzana Macuchova	CZE	29.53
26.	Regula Hulliger	SUI	30.13
27.	Jenny James	GBR	30.18
28.	Zsuzsa Fey	ROM	30.20
29.	Ingunn Fristad	NOR	30.29
30.	Kim Buckley	GBR	30.41
31.	Natasha Key	AUS	30.55
32.	Barbara Baczek	POL	31.07
33.	Olga Belozerova	RUS	31.22
34.	Tracy Bluett	AUS	31.29
35.	Andrea Eisl	AUT	31.35
35.	Laure Coupat	FRA	31.35
37.	Encarna Maturana	ESP	31.56
38.	Vendula Klechova	CZE	31.57
39.	Irina Mikhalko	RUS	32.03
40.	Jenny Whitehead	GBR	32.24
40.	Mariya Spasyuk	UKR	32.24
42.	Diana Vosyliute	LTU	32.35
43.	Elisa Dresen	GER	32.40
44.	Nina Vinnytska	UKR	32.54
45.	Ieva Sargautyte	LTU	33.40
46.	Renate Fauner	ITA	33.44
47.	Nataliya Potopalska	UKR	33.50
48.	Olena Zabrodska	UKR	33.53
49.	Giedre Voveriene	LTU	34.11
50.	Rachel Smith	NZL	34.16
51.	Anna Gornicka-Antonowicz	POL	34.48
52.	Anette Granstedt	SWE	35.29
53.	Elo Saue	EST	36.01
54.	Maret Vaher	EST	36.52
55.	Dorthe Skovlyst	DEN	38.18
56.	Ieva Susta	LAT	38.21
57.	Inga Dambe	LAT	38.25
58.	Katalin Olah	HUN	39.15
59.	Helene Hausner	DEN	39.31
60.	Youlia Siedina	RUS	40.34

WOC 2001 SPRINT

MEN: 2.66 km – 49 Started

Rank	Name	Nation	Time
1	Jimmy Birkin	Sweden	10.55.9
2	Pasi Ikonen	Finland	11.06.1
3	Jorgen Olsson	Sweden	11.09.7
4	Juha Peltola	Finland	11.10.1
5	Jamie Stevenson	Britain	11.18.0
6	Mikhail Mamleev	Russia	11.19.8
7	Kjetil Bjorlo	Norway	11.20.7
8	Petteri Laitinen	Finland	11.23.6
9	Rudolf Ropek	Czech Rep	11.27.7
10	Marian Davidik	Slovakia	11.31.6
11	Grant Bluett	Australia	11.32.2
12	Carsten Jorgensen	Denmark	11.33.3
13	Thierry Gueorgiou	France	11.33.3
14	Tore Sandvik	Norway	11.36.6
15	Yuri Omelchenko	Ukraine	11.36.8
16	Allan Mogensen	Denmark	11.37.4
17	Thomas Buhner	Switzerland	11.40.7
18	Matthias Gilgien	Switzerland	11.41.5
19	Jorgen Rostrup	Norway	11.44.5
20	Hakan Eriksson	Sweden	11.45.8
21	Svanjunas Ambrazas	Lithuania	11.46.6
22	Steven Hale	Britain	11.50.4
23	Vladimir Lucan	Czech Rep	12.00.7
24	Lars Hommen	Germany	12.08.2
25	Maxim Davydov	Russia	12.09.6
26	Tihomir Salopek	Croatia	12.13.9
27	Robert Banach	Poland	12.15.2
28	Janis Ozolins	Latvia	12.19.7
29	John Are Myhren	Netherlands	12.26.2
30	Carlo Riconi	Italy	12.26.3
31	Tom Herremans	Belgium	12.26.9
32	Mati Tilt	Estonia	12.37.5
33	Gabor Domonyik	Hungary	12.42.4
34	Rob Jessop	New Zealand	12.43.8
35	Matthies Niggli	Switzerland	12.47.0
36	Jurgen Egger	Austria	12.48.0
37	Edgaras Voveris	Lithuania	12.58.4
38	Erik Aibast	Estonia	13.00.3
39	Masato Yasui	Japan	13.02.5
40	Eric Bone	USA	13.15.4
41	Marcus Pinker	Ireland	13.38.2
42	Martin Terry	South Africa	13.45.1
43	Teodor Dimitrov	Bulgaria	13.56.3
44	Dmitry Mikhalkin	Belarus	14.17.7
45	Nick Duca	Canada	14.22.3
46	Daniel Griff	Israel	14.31.4
47	Javier Gomez	Spain	15.13.3
48	Valery Nalobin	Kazakhstan	15.36.4
49	Li Feilong	China	16.55.9

WOMEN: 2.24 km – 45 Started

Rank	Name	Nation	Time
1	Vroni Konig-Salmi	Switzerland	10.54.9
2	Johanna Asklof	Finland	11.00.5
3	Simone Luder	Switzerland	11.01.9
4	Jenny Johansson	Sweden	11.05.4
5	Reeta Kolkkala	Finland	11.09.5
6	Marie Romanens	Switzerland	11.19.7
7	Hanne Staff	Norway	11.28.9
8	Gunilla Svard	Sweden	11.34.9
9	Liisa Antilla	Finland	11.39.6
10	Lucie Bohm	Austria	11.43.9
11	Linda Antonsen	Norway	11.50.0
12	Birgitte Husebye	Norway	11.52.2
13	Sarah Rollins	Britain	11.52.4
14	Zuzana Macuchova	Czech Rep	11.54.9
15	Natasha Key	Australia	11.57.7
16	Kulli Kaljus	Estonia	12.00.3
17	Karin Schmalfeld	Germany	12.06.6
18	Dorthe Skovlyst	Denmark	12.07.8
19	Hannah Wootton	Britain	12.12.9
20	Zsuzsa Fey	Romania	12.17.8
21	Anna Gornicka	Poland	12.18.2
22	Maria Sandstrom	Sweden	12.21.4
23	Vilma Rudzenskaite	Lithuania	12.24.2
24	Jana Miklusova	Slovakia	12.24.5
25	Natalia Toman	Russia	12.28.6
26	Anne Olesen	Denmark	12.37.0
27	Mariya Spasyuk	Ukraine	12.40.0
28	Marina Libo	Russia	12.54.9
29	Anu Annus	Estonia	13.03.6
30	Perrine Manissolle	France	13.13.4
31	Anna Garin	Spain	13.22.4
32	Eva Makrai	Hungary	13.26.2
33	Aija Skrastina	Latvia	13.40.2
34	Giedre Voveriene	Lithuania	14.07.1
35	Sabine Rottensteiner	Italy	14.08.3
36	Bohdana Terova	Czech Rep	14.42.4
37	Pavlina Brautigam	USA	15.04.2
38	Sandy Hott Johansen	Canada	15.37.9
39	Atanaska Bedeleva	Bulgaria	15.38.9
40	Rika Tajima	Japan	15.46.5
41	Linda Verbraken	Belgium	15.55.3
42	Yalina Kornilova	Kazakhstan	16.09.6
43	Kathy Kitchin	South Africa	16.16.8
44	Idit Gershoni	Israel	17.19.1
45	Faye Pinker	Ireland	17.50.6

WOC 2001 RELAY RESULTS

MEN - 34 teams

Legs 1 & 2 = 8.5 km - Legs 3 & 4 = 5.8 km

			Place
1	Finland	2.37.01	
	Lakanen	49.47	(1)
	Huovila	51.56	(3)
	Peltola	33.42	(1)
	Salmi	33.27	(1)
2	Norway	2.50.59	
3	Czech Rep	2.52.25	
4	Russia	2.52.56	
5	Switzerland	2.54.28	
6	Australia	2.58.02	
7	Lithuania	3.00.57	
8	Britain	3.01.27	
9	Estonia	3.07.03	
10	Latvia	3.07.17	
11	France	3.12.00	
12	Poland	3.14.37	
13	Slovakia	3.14.43	
14	Ukraine	3.16.48	
15	Hungary	3.17.32	
16	Austria	3.19.58	
17	Germany	3.21.09	
18	Belorussia	3.21.25	
19	New Zealand	3.25.27	
20	Ireland	3.28.05	
21	Belgium	3.41.23	
22	Japan	3.44.14	
23	Spain	3.45.47	
24	Bulgaria	3.56.14	
25	USA	3.59.34	
26	Canada	4.00.17	
	M Smith	67.13	(23)
	N Duca	66.51	(28)
	W Smith	48.45	(29)
	M Fellows	57.27	(26)
27	Israel	4.24.59	
28	Kazakhstan	5.26.17	
29	Hong Kong	5.44.55	
DNF	Sweden.	4 th runner (injury)	
DQ	Denmark	4 th runner	
DQ	Italy	4 th runner	
DQ	Croatia	4 th runner	
DQ	South Africa	2 nd runner	

Numbers in brackets = position at end of leg

WOMEN - 19 teams

Legs 1 & 2 = 4.8 km - Legs 3 & 4 = 5.9 km

			Place
1	Finland	2.37.01	
	Kolkkala	35.04	(4)
	Antila	33.51	(1)
	Mikkola	44.09	(1)
	Asklof	43.52	(1)
2	Sweden	2.41.00	
3	Norway	2.41.00	
4	Switzerland	2.43.22	
5	Britain	2.50.51	
6	Germany	2.51.47	
7	Czech Rep	2.52.48	
8	Estonia	2.52.54	
9	Denmark	3.02.16	
10	Russia	3.02.45	
11	Australia	3.08.19	
12	Austria	3.13.34	
13	Slovakia	3.18.56	
14	Hungary	3.19.18	
15	Ukraine	3.19.29	
16	Latvia	3.24.40	
17	Canada	3.33.27	
	S Hott Johansen	41.04	(17)
	L Duca	57.11	(19)
	C Mahoney	63.28	(18)
	P James	57.43	(17)
18	USA	3.50.08	
19	Japan	4.31.56	

DQ Lithuania 3rd runner (in 3rd after leg 2)
 DQ Italy 4th runner

Numbers in brackets = position at end of leg

New Web Site Items

Superstar Web Sites

Want to know how the superstars train, their thoughts while competing, future plans; etc? Visit the web sites of Bjornar Valstad /Hanne Staff and Janne Salmi/Vroni Konig-Salmi to find some of the answers to their training and preparations for competitions.

The Valstad/Staff site is only available in Norwegian but includes Hanne's routes in winning the Short distance at WOC 2001.

The Janne/Vroni site is in English and is excellent. Vroni expresses her thoughts in winning the WOC Sprint while Janne relates his anxieties and joy while anchoring Finland to victory in the WOC relay.

2001 WORLD GAMES - ORIENTEERING'S DEBUT

An important step in the IOF strategy for orienteering to attain Olympic Games status is to have it included in major international games. The World Games are considered the Olympics for "Non-Olympic" sports and inclusion is a significant step forward for orienteering. The 2001 World Games (the 6th) were held in Akita, Japan, in August. Almost 2500 athletes and coaches representing over 90 nations and 25 sports competed in a total of 165 events. World champion, Hanne Staff, carried the IOF banner in the opening ceremonies.

Due to the large number of sports participating in the World Games, there are restrictions on number of athletes permitted to compete in each sport and the time duration of the events - similar conditions as the Olympic Games. A maximum of 40 men and 40 women were permitted in the orienteering events. A new "Games" format with estimated winning times of 30-35 minutes, developed by the IOF Foot-O committee, was used. 77 orienteers representing 19 nations competed.

Two orienteering events were included in the programme: Individual races for Men and Women; Mixed Relay - 2 Men and 2 Women. Competitors qualified from 2000 World Rankings and/or 2001 WOC placings. Host nation, Japan, were permitted to enter two men and two women. With the World Games taking place shortly after the WOC in Finland the orienteering competitors travelled directly from Finland to Japan.

The short time span between the WOC and World Games events plus family and work commitments resulted in several top competitors, including WOC champions, Jimmy Birklin, Pasi Ikonen, Jorgen Rostrup and Vroni Konig-Salmi unable to compete in the World Games. Top orienteers competing included WOC champions, Hanne Staff and Simone Luder and several members of Finland's winning Men and Women's Relay teams.

INDIVIDUAL EVENT - August 18

MEN: In perhaps the biggest upset in the history of world level orienteering, Grant Bluett (Australia) won the Men's race to become the first Men's World Games orienteering champion. His victory is the first ever senior individual medal by a Non-European competitor and a great boost for orienteering as a world sport. Bluett has spent a considerable amount of time living, training, competing in Sweden over

the last 3-4 years and has had several very fine performances but nothing to compare with winning the World Games. The 3rd place of Jamie Stevenson (Britain) was also a great performance - like Bluett, Stevenson has spent considerable time living and competing in Scandinavia.

1. Grant Bluett	Australia	31.00.4
2. Tore Sandvik	Norway	31.38.3
3. Jamie Stevenson	Britain	31.42.9
4. Niclas Jonasson	Sweden	31.49.7
5. Pavel Naumov	Russia	33.17.7
6. Carsten Jorgensen	Denmark	33.36.4

6 different nations in the top 6 places - what could be better publicity for orienteering as a world wide sport?

IOC Vice President, Kevin Gosper, was at a parachuting event when he heard that an Australian was in medal contention in the orienteering event. He changed his plans and went to the orienteering. "His entry made it bigger for me. It was very nice that he arrived. He is very famous in Australia" said Grant Bluett.

WOMEN: There was no upset in this event with the top ranked woman in the world, Hanne Staff, adding the World Games title to her already impressive portfolio. WOC Sprint runner-up, Anette Granstedt (Sweden) finished 2nd and Birgitte Husebye (Norway) 3rd. WOC Classic champion, Simone Luder placed 5th and former two time champion, Katalin Olah (Hungary) 6th.

1. Hanne Staff	Norway	33.38.3
2. Anette Granstedt	Sweden	34.07.3
3. Birgitte Husebye	Norway	34.20.9
4. Geidre Voveriene	Lithuania	35.34.2
5. Simone Luder	Switzerland	36.17.6
6. Katalin Olah	Hungary	34.20.3

The winning times of 31.00.4 and 33.38.3 were exactly in the estimated range.

MIXED RELAY - August 19 - 15 teams competed

Lithuania and Poland were the big surprises. They were together with Norway after leg 3 before the Norwegian team pulled ahead as expected. A very happy Lithuanian team took the silver medals with Sweden overtaking Poland on the 4th leg to finish in the bronze medal position.

This was the first time in international competition that a mixed team format was used. Men ran the first and third legs and women the second and fourth legs. Finland, who won both the Men and Women's relay events at the WOC finished 8th.

3.	Norway	96.34.6
4.	Lithuania	97.00.8
5.	Sweden	98.07.4
6.	Poland	98.11.2
7.	Australia	98.22.3
8.	Britain	99.40.2
9.	Switzerland	102.40.7
10.	Finland	102.55.5

8 teams within 6 minutes made for a very exciting race.

IOF President, Sue Harvey remarked: "We have taken some steps forward to make PR for orienteering as a future Olympic sport. I am sure that orienteering will be in the World Games also in 2005 in Duisberg, Germany, and preparing for that all the nations will point out World Games as the most important competition that year. It is our chance to show how good a sport orienteering is, and it is the only way to opening the doors to the Olympic's".

DUCA'S DASH TO THE WIRE

Selection to our WOC team was only one criteria Nick and Lumi had to meet. A second was obtaining Canadian Citizenship and passports. The IOF Eligibility criteria for World Championships, Junior World Championships, World Cup, World Games and other major international events stipulate: "athletes representing a federation must be passport holding citizen of the nation of the federation they are representing".

The Duca's are Romanians and came to Canada in 1998. Canadian Citizenship applications require three years residence in Canada before an application can be submitted for process. The residency period was completed in early May and their applications for citizenship filed.

Normal time period for processing a citizenship application is 6-8 months. The WOC was less than 3 months away and

only 10 weeks before the final registration date for submitting names.

The COF office contacted the office of their MP, Mr. Andrew Telegdi, (Waterloo), and forwarded a letter of support for the citizenship application. The MP's Executive Assistant was quick to offer assistance to ensure the file would not gather dust on a desk and arranged for the transfer of the applications from the Sydney, NS office to the local Citizenship and Immigration (C &I) branch office.

A major consideration in the C&I process is a background check on applicants by the Canadian Security and Intelligence Service (CSIS). This involves contacting authorities of the applicants former country. This can take considerable time and is out of the control of C&I. This check could prove to be the "Go or No-Go" for Nick and Lumi.

While waiting for the CSIS report the local C&I arranged for Nick/Lumi to take a mandatory exam on "knowledge of Canada" in early July and also tentatively scheduled them for a couple of "swearing in ceremonies" dates on July 9 and 13. These dates were considered the final chance for citizenship prior to the WOC.

On the day of the exam the C&I informed Nick that the CSIS "clearance report" had been received that same day. After being "sworn in" there remained the matter of obtaining Canadian passports. Nick, armed with new Canadian citizenship papers plus air tickets with rapidly approaching departure dates, visited the Passport offices, to request speedy approval/preparation of their new Canadian passports. They received their passports 3 days prior to departing for the WOC.

Obtaining citizenship in such short order is due to the persistence of Nick, the co-operation of the Mr. Telegdi's Admin Assistant and the local C&I staff.

The local newspaper, The Waterloo Record – August 11, published an article 'Me, my compass and the forest' by reporter, Valerie Hill, who interviewed OO President, Annette Van Tyghem and Lumi Duca and arranged to have an "introductory session" with them. The article was accompanied by photographs of Lumi and two young orienteers – Dylan and Lyndsey Innes.

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	11. <u>Beyond Armchair Orienteering</u> - W. Stott	\$ 6.00
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: _____

POSTAL CODE: _____ 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

Quantity	Description	Price	Total

Have you considered making donation?
 COF will issue official donation receipts for income tax purpose for donation of \$10.00 and over.
 AMOUNT OF DONATION:.....

SUB TOTAL _____
SHIPPING & HANDLING _____
TOTAL _____

MEMBER BENEFITS FROM COF

- ORIENTEERING CANADA - 4 issues per year
- Liability insurance coverage
- Eligible to participate in COF programmes - National Coaching Certification Program (NCCP), Officials Certification Program
- Eligible to compete on the course of their choice in any Canadian competition
- Eligible to compete in "O" competitions in any other International "O" Federation member nations
- Enter competitions at lower cost member rates in Canada and U.S. events
- Junior age members eligible to participate in Sass Peepre National Junior Training Camp
- Junior age members eligible to participate in Junior Participation Program
- Eligible for selection to National Squads/Teams
- Squad/Team members eligible to receive financial support to National Championships, Training Camps, World Cup and World Championships
- Participate in competitions organized by certified officials and approved standards
- Standardized rules, categories, maps
- Major Benefit: the existence of a National Office is a prime factor for Provincial Associations to receive program funding for administration, staff, travel grants, etc. from their Provincial Government

CANADIAN ORIENTEERING FEDERATION ADDRESSES

BOARD OF DIRECTORS

President	Ray St-Laurent	17 Wallace Lane, Hanwell, NB, E3C 1M6	TEL: 506-459-4827	raystl@nbnet.nb.ca
Vice President & Promotion	Geraint Edmunds	12908 135A Ave., Edmonton, Alta, T5L 3Z7	TEL: 780-455-1916	envirisk@powersurfr.com
Past President	Colin Kirk	925 Chaleur Way, Orleans, Ont., K1C 2R9	TEL: 613-837-3575	ckirk@ottawaonline.com
Finance	Sheldon Friesen	200 Main Street, Winnipeg, Manitoba, R3C 4M2	TEL: 204-925-5706	moa@mb.sympatico.ca
National Teams	Charlie Fox	1225 235 Street RR#9, Langley, BC, V3A 6H5	TEL: 604-533-3352	cfox@dowco.com
Officials Cert.	Annete Van Tyghem	2163 Third Sideroad, Campbellville, Ontario L0P 1B0	TEL: 905-854-3250	annette@orienteering.on.ca
Techn. Standards	Jack Forsyth	Box 163, Hartney, Manitoba, R0M 0X0	TEL: 204-858-2283	jaforsyt@snug.mb.ca
Technology	Ray St-Laurant	17 Wallace Lane, Hanwell, New Brunswick, E3C 1M6	TEL: 506-459-4827	raystl@nbnet.nb.ca

PROVINCIAL / TERRITORIAL ASSOCIATIONS

Nova Scotia, OANS Office:	Michael Haynes	Box 3010 S., Halifax, Nova Scotia B3J 3G6	haynesmc@sportns.ns.ca
Nova Scotia, President:	Maria Jacobs	5682 Harris Street, Halifax, NS, B3K 1H2	jacobsm@region.halifax.ns.ca
New Brunswick, President:	Mike Smith	69 Long Marsh Lane, Waterside, NB, E4H 4L6	msmith@tupmcmsl.med.dal.ca
Quebec, President:	John Charlow	#406 - 3615 Ridgewood Avenue, Montreal, QC H3V 1B4	charlow@gowebway.com
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:	Sheldon Friesen	200 Main Street, Winnipeg, Manitoba R3C 4M2	moa@mb.sympatico.ca
Manitoba, President:	Don Roe	108 Polson Ave., Winnipeg, Manitoba, R2W 0M0	roe@autobahn.mb.ca
Alberta, AOA Office:	Jim Webster	818 16th Ave. NW, Calgary, Alberta, T2M 0K1	orienteering@home.com
Alberta, President:	Charlotte MacNaughton	712-5A St. NW., Calgary, Alberta, T2N 1R4	charlotte@merak.com
British Columbia, President	Jackie Slavenova	#29-1755 MacPherson Ave., Burnaby, BC, V5J 5G9	jslaveuo@sfu.ca
Yukon, President:	Ross Burnett	190 Rainbow Road, Whitehorse, Yukon, Y1A 5E3	krv@polarcom.com

NATIONAL OFFICE: Executive Director: **Colin Kirk**
Mailing Address: Canadian Orienteering Federation, Box 62052,
Convent Glen P.O., Orleans, Ontario, K1C 7H8
TEL: 613-830-1147 FAX: 613-830-0456
E-MAIL ckirk@ottawaonline.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.