



ORIENTEERING CANADA

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EDITORIAL

The single biggest headache in preparing Orienteering Canada is "where can I get material that will be of interest to members?" One issue per year, either the Summer or Fall, includes COC results and a cover report. The same occurs when the NAOC is organized in Canada (every 4th year) i.e. additional pages of results and report.

Results are primarily of interest for those who competed and of much less interest to others. Additionally, results are usually available from web sites much quicker than in printed format via a newsletter.

This issue is different. In addition to including COC results & report, it also includes articles by three OABC members: Louise Oram, Meghan Rance, Marie Catherine Bruno. This Spring I asked Louise and Meghan to consider writing articles about the upcoming trip to the Norwegian 6-Day Sorlandgaloppen and Swedish 5-Day O-Ringen – I suggested a diary of their experiences might be a good format. I was hoping one would accept.

Bingo! Both agreed: Meghan advised she keeps a diary so it would not be a hardship for her to share her notes with COF members. Both forwarded their material by the requested deadline date.

Additionally, I received the offer of an article written by Marie Catherine Bruno about the trials and tribulations encountered in organizing a national team fundraiser event in conjunction with the COC. Three articles from COF members in one year does not occur very often – three in one issue has never occurred before.

Many thanks to Louise, Meghan and Marie Catherine for your contributions. Write again anytime you feel the urge.

Colin Kirk

PRESIDENT'S PODIUM

By a lucky happenstance, we were able to hold our annual general meeting outdoors at a beach. The site was within two blocks of the merchandising and communications center of hot, dry-soaked Savona.

On the agenda was a status report on the gathering of participation data collected to date. As you probably know by now, this data will be used in the determination of next year's affiliation fees for each association.

Although not yet complete, this newsletter presents the data we have received, arranged by club. This will give everyone some idea of club activity across the country. Some associations have been more diligent than others at providing information. In fact, Alberta managed to some events that should not be counted. Their numbers have been reduced to remove these restricted training events. All outstanding data for 2003 needs to be forwarded to the COF office by January 2004.

Yeah, we all know that it is easiest to send data immediately after the meet rather than try to reconstruct it from memory and scraps of paper several months later. And we all know the power of procrastination to overrule this common sense in many of us. (This article certainly is not being written well in advance of the publishing deadline.) As a reminder, a quick and easy way for officials to enter the data is online at www.orienteering.ca. Just click on Events and the rest should be self-explanatory.

There are obvious and less obvious reasons why the data need to be as accurate as possible. Data need to be consistently reported across the country to arrive at fair billing for all. A second reason is to avoid any resentment from associations who may feel that others may have been less concerned with accuracy than they.

There is another excellent reason for presenting the data in Orienteering Canada. Imagine yourself away from home with a bit of free time some evening or weekend. You may want to do something exciting. After reconsideration you decide to go orienteering instead. Armed with the participation data and the event schedule for your current locale, you can determine that a imminent event will likely have many or few participants. If a small event, you could be part of a select few attendees — and probably honoured as a visitor. If it is likely to be a well-attended event, then you are more likely to find other participants of a similar caliber as yourself from which you can compare your performance and experiences.

Happy trails.



ORIENTEERING IN SCANDINAVIA

by Louise Oram

Sorlandsgaloppen (6 days - Norway)

<http://www.sorlandsgaloppen.no/2003/competitions.shtml>

My first race in Norway was the first race I had ever done outside the US or Canada, and I was thankful it was not a total disaster. I made several small errors, and one larger error, mostly due to me not orienting the map as I came out of the control, and running to the wrong trail. It then took me awhile to realize what I had done. Early on I had little confidence in my orienteering ability, so I was slow in general.

My second race was better at first glance. On careful examination, however, I began to realize the major flaws in my orienteering racing. My route choices sometimes lost me several seconds, even minutes. My focus, although sometimes very good, comes and goes and causes many of my larger mistakes and some of my smaller ones. I lack confidence at times, and therefore am unable to push my running as hard as I might otherwise be able to. Also my pure running speed is probably not up to par compared to those fast Scandinavians!

The third race was similar to the previous one, same area and such, and I felt I made progress in my orienteering, cutting back on things I had done wrong the previous day. However my two major mistakes that day were on short legs, where I attempted to go too fast, and didn't read the map accurately enough. I need to learn to adjust my speed more in relation to the length of the leg, and to my position on the leg.

The fourth day was in slightly different terrain (greener with more trails), and I went into it thinking it was a short, which it was not. The first few controls were fine, but then I bombed #5, then #7, and finally #12 rather badly. I kept on thinking of my previous mistake. I would attempt to regain focus, and the next control or two would be ok (perhaps a bit slow), but eventually I lost it again, making a large parallel error on #12, the second to last control. This was my worst race of the year I would say. I would never say that it was a total mistake, there were good bits, and bad bits, and I hope I learn from both.

The last two races were on the same map: a classic, and finally a short. These races both went quite well for me, I managed to keep my focus most of the time, and avoided any large mistakes. I did not run that fast on the classic, but I felt good. On the short I got to experience running with

two other girls who were in my category (the start interval was only 1 minute, whereas it had been 2 minutes before). By control # 5 (out of 12) I was running with the girl that had started 1 minute ahead of me, and the one who had started 2 minutes behind. I really enjoyed running with them, as I felt good about being able to keep up with them. There were pluses and minuses to it; I made a route choice which was based on the direction they were going, and therefore ignored the route choice that I later thought would have been better. However I did pull away after #10, to finish the course alone (with them not too far behind).

World Masters Orienteering Championships – Norway (spectator races - 2 days)

<http://www.wmoc2003.com/>

The weather got hotter at this race, and there was little shade to sit in; before and after the races you could find the Canadian contingent cowering in the shade of some trees out of view of the chute. My races here went well; I continued to improve, and made no large mistakes. I lost contact with the map a few times, but recognized that I had, and eventually managed to regain it. It was an interesting environment to be in, with all the serious orienteering athletes, and some less serious.

We also trained on a map near where we were staying. I totally lost it on one control on this map (vaguely wandering off way too far to the west)... but the second time we went out I regained confidence. We finished that training in a torrential downpour that felt great after all the heat. However, we had ditched the map cases and our maps got soaked!

On the last day of the WMOC there were no spectator races, but we got to stand around and cheer assorted Canadians, semi-Canadians, and Americans on. All did well, with Ted de St Croix and Marg Ellis's performances particularly noteworthy!

O-ringen 5 days (Sweden) www.oringen.com

The first day went pretty well, except one mistake where I popped out onto a trail and proceeded to run along it. The trail I wanted had forked off just before where I had come on (this mistake did not lose me too much time though). The map was 1:15000 and I had had 1:10000 till then, and I found this day's map hard to read (I had to slow way down to read any detail). I seriously considered buying a magnifying glass!

The next two days went quite well. The second day I had one bad mistake where I lost map contact for a minute or so, however I was starting to see a serious mistake as something much smaller than I had used to! The third day was my best race at O-ringen; I made hardly any mistakes, and managed to come 2nd (I was in D20, there were two higher courses D20AL and D20elite).

After the first three days I was in second overall, but then I botched it. I started very late the fourth day; it had started to rain in the afternoon, and the place had turned into a mud pit in places, so that in itself was hampering. However my fatal mistake (I think) was to look at the results and see the time of the girl who was beating me. When I ran I was thinking of her time, and this did not help me. I made a mistake on almost every second control, some quite severe. I slipped and slid down the ravine at the end, which had turned into a mud slide, and came back almost head to toe muddy. I had at least 10 minutes of mistakes, and felt awful about my race.

I started out 4th in the chase on the last day, and managed to bomb the first control badly, never really understanding the map, and having to bail out. By the time I had found and punched it, runner #8 (we had bib #'s down till 15th) had caught up to me. After that control I re-assembled my brain, and saw that the people I was participating against were pretty good even though it was a lower class. I last saw runner #8 at my 5th control, then didn't see anyone in my class again (5-6 was a very long leg). When running down the finish chute I was sure I had dropped a long way down the list. It turned out I was now 5th.

The experience of orienteering in Europe was amazing. I have gained confidence in my orienteering that I never had before. I pine to get to any orienteering races possible, and hope to go back to Europe to orienteer soon!

CANADIAN CHAMPIONSHIPS REPORT

COC 2003 events were held in the Savona region – about 25 kilometres west of Kamloops. The 1990 COC and APOC events were held in the same general area.

The Short and Classic races were held on the same mapped area: Short - Garden Creek North; Classic - Garden Creek Ranch.

In addition to the normal workload problems of organizing a series of major events the organizers received an additional one from the serious forest fire situation in the Kamloops area, including the possibility of re-locating or cancelling the events. Fortunately, the fires did not spread to the Savona area or affect the COC's although they did encroach within a few kilometres of the McQueen Lake area – site of the National Junior Training Camp.

The weather was close to ideal for the COC Short and Classic events. Cool in the mornings then rising to the mid 20's in the afternoon. Bright sunny days, little humidity and perfect visibility. The terrain was as expected: Rolling rangeland with numerous hills, both large and small, studded with stands of trees. The area contained some finely detailed sections that provided excellent technical orienteering. The terrain combined with the excellent visibility provided possibilities for fast times for elite level competitors but was equally suitable for less experienced orienteers. The areas were ideal for younger competitors and it was encouraging to see the many happy smiling faces of children in the finish area. The organizers also did a fine job in providing a plentiful supply of fresh fruit and drinks for competitors in the finish area.

W20 - Elite Women – Queen Pam Reigns Supreme

For the 3rd consecutive year Pam James won both the COC Short and Classic giving her a grand total of 15 COC titles – 9 Classic and 6 Short. Ted de St Croix holds the record for most COC Classic wins – 13, all won prior to the introduction of the Short event in 1995.

Close Competition for places 2, 3, 4, 5

Marta Green, Pippa McNeil, Louise Oram and Katherine Scheck waged a series of close races throughout the week with only a few minutes and sometimes seconds between them each day. Their combined times for Short and Classic events:

Marta	-	170.36
Pippa	-	170.52

Louise	-	172.11
Katherine	-	174.23

All four competed in the Western Canadian Championships the weekend prior to the COC. Combined totals for WCOG & COC's.

Pippa	-	314.39
Marta	-	315.40
Louise	-	318.34
Katherine	-	329.24

M20 Elite Men - Nick Duca retains Short – Mike Smith regains Classic

Nick Duca retained his Short title, (he also won in 1999), while Mike Smith regained the Classic crown he won in 2000 and 2001. They finished runner-up to each other in the two races with both taking home gold and silver medals. The Short was an extremely close affair with only .72 separating 2nd through 5th spots. US national team member, Eric Bone, finished 1st overall; Nick edged our Mike by .13 and fast improving Brent Langbakk was 3rd Canadian a mere .7 ahead of Mike Waddington.

Tables Turned in Classic -

Mike won the Classic with a 6.43 margin over Nick with Mike Waddington 3rd .21 back in 3rd. This was a case of 2 Mike's turning the tables on Nick and Brent from the Short.

The performances by Mike Smith, Nick Duca and Brent Langbakk confirmed their WOC team selection.

Combined times Short and Classic

Mike Smith	-	174.39
Nick Duca	-	182.09
Mike Waddington	-	184.42
Brent Langbakk	-	185.19

Short: Close Results

F35-44: Andree Powers edged out Kitty Jones by a narrow 7 seconds margin.

F55-64: Margaret Ellis (33.08) by .52 over Gloria Rankin (33.58)

M35-44: Closest race: Bill Jarvis – 29.49; Robert Gilchrist – 29.55; Mark McMillan – 30.12. 6 seconds between 1st and 2nd and 23 seconds between 1st and 3rd.

M55-64: One of the most competitive classes: Doug Dowell edged out Edmonton Overlander team-mate, Geraint

Edmunds by .13 with Gord Hunter, Brian Ellis, Alan Vyse and Bill Anderson all within striking distance.

Short - Fast Junior Times

F13-14 - Course Length 2.05 km: Angela Forseille 20.45; Tori Owen – 20.55

F15-15 – Course Length 2.8 km: Carol Ross – 33.59; Justine Scheck – 35.10

M12 - Course Length 2.05 km: M12 - Graeme Rennie - 16.56

M13-14 – Course Length 2.05 km: Damian Konotopetz - 14.18; Fraser Ross - 16.47

M15-16 – Course Length 2.8 km: Scott Foubister - 23.26

Classic: Close Results

W 17-19: 1. Meghan Rance – 2:07:40; 2. Sarah Brandeth – 2:09:40

W45-54: 1. Marion Owen – 1:45:47; 2. Jane Rowlands - 1:48:40

M12: 1. Graeme Rennie – 37.49; 2. Jeff McLean - 40.02

M15-16: 1. Steven Graupner – 48.19; 2. Dougal Owen - 52.52; 3. Scott Foubister – 54.39

M45-54: 1. Allan Stradeski – 1:45:30; 2. Dave Enger (USA) – 1:46:38; 3. Mike Ackerfeldt – 1:47:14; 4. Ove Albinsson - 1:47:24

M55-64: 1. Brian Ellis – 1:30:40; 2. Doug Dowell – 1:37:58; 3. Gord Hunter – 1:37:59. Only one second between 2nd and 3rd after 2 days.

Classic - Fast Junior Times

F12: Tori Owen – 32.28

M13-14: Damian Konotopetz – 38.47

Showcase Fundraiser Event

In the “Crouching Fires, Hidden Rattlers” article in this issue, Meet Director, Marie Catherine Bruno, provides the background story and problems of this event. This item covers the actual event.

There were seven competitors: three men – Ted de St Croix, Brent Langbakk, Robin Foubister and four women – Pippa McNeil, Marta Green, Louise Oram, Katherine Scheck. Bettors placed wagers on the runner they thought would cross the finish line first. 25% of the total amount wagered would be distributed to those who bet on the “first across the line” runner – the other 75% would be given to the National Team Fund. The course was quite short – a 7-8 minutes winning time was projected.

In the spirit of the event the runners dressed in costumes of their choice. Brent wore a Batman costume and Katherine a flimsy pink Barbie Doll outfit. Word was that some of the attire was purchased the evening before at Kamloops Value Village.

Start interval was .30 with men starting first followed by the women. Start order was by age: Ted started first then Brent, Robin, Pippa, Marta, Louise and Katherine. Observers (The betting public) assembled on a hillside above the Start/Finish had an almost complete view of the entire event.

The .30 start interval combined with the very open terrain was much too close and allowed later starters to observe the other runners. This provided a huge advantage to Robin who quickly closed the gap to Brent and Ted. A similar situation occurred with the women: Katherine and Louise quickly caught Marta and Pippa and the four women ran as a group for much of the course. Approaching the final control Robin gave his supporters a bit of a scare by going too far uphill and above the control: Brent followed but Ted stayed on the right level and got to the control 1st. Robin responding to the urging of the crowd, corrected his error and ran down to the final control and across the line close behind Ted to record the fastest time.

The event would have been more interesting if the start interval had been 1 or 2 minutes rather than .30. This would have allowed runners to get out of sight of later starters. Additionally if alternate start order of man, women, man had been used it would have spread the runners out and added more suspense to the final outcome.

This was a first time effort and served the intended purpose of raising funds for the national team. Congratulations to Marie Catherine and assistants for an innovative event.

Next Generation

Many of our top competitors were introduced to orienteering by tagging along or being dragged along by parents to local meets and in some cases to major championships. Examples: Ted de St Croix, Mike Waddington, Mark Adams, Pam James, Mike, Wil, and Sandy Smith. This year’s COC gave evidence of this tradition continuing with a new generation of youngsters “unveiled” and some slightly older juniors “coming of age”.

Among the younger competitors that showed traces of their parents genes were Kerstin Burnett and Nicole and Molly

Jarvis. I can't recall any competitor showing more determination and emotion than 5 year old Molly charging up the finish chute on Day 2. It is quite probable that her spirit rubbed off on her parents as Andree and Bill were Short winners. Kerstin won medals in both Short and Classic and with her father one of our best coaches should be a consistent COC medal winner.

The 13-14 and 15-15 classes included a fine group of youngsters: Tori & Dougal Owen , Steven Graupner, Scott Foubister, Carol Ross, Justine Scheck. Steven Graupner even took on the big boys and competed in the Short.M20.

In W 7-19 Meghan Rance and Sarah Brandeth had fine performances and showed they will soon be forces to be reckoned with while Darius Konotopetz is knocking on the door in the Junior men class.

This group of juniors were introduced to orienteering by their parents and have as much potential as any group of youngsters we have ever had. Remember the names and follow their progress as they climb through the various classes.

Take a Bow Awards:

Participation Award. Hats Off to the Manitoba orienteers for their splendid support of the COC. On number of participants to members ratio the MOA group were clear winners.

Awards Ceremony. Marta Green, Louise Oram and Meghan Rance handled the Classic awards in a faster snappier and efficient manner than any previous COC. Well done girls.

OABC and COC organizers and volunteers. Congratulations on a job well done under some extremely stressful conditions that were out of your control. That all events went off well and without any evident technical problems is a tribute to your association, clubs and members.

Colin Kirk

CANADIAN CHAMPIONSHIPS RESULTS

SHORT DISTANCE

	Club	Time
F-12 (4) 2.050 km 40 m 8 C		
1 Kerstin Burnett	YOA .	32:47
2 Molly Jarvis	FWOC .	37:57
3 Dana Breseman	COC .	42:21
4 Nicole Jarvis	FWOC .	51:09

F13-14 (5) 2.050 km 40 m 9 C		
1 Angela Forseille	WLOC .	20:45
2 Tori Owen	FWOC .	20:55
3 Kelsey Breseman	COC .	22:37
4 Lindsay Eastwood	SAGE .	27:57
5 Erin Banham	EIOC .	1:09:40

F15-16 (2) 2.800 km 55 m 9 C		
1 Carol Ross	FALC .	33:59
2 Justine Scheck	YOA .	35:10

F17-19 (3) 2.825 km 75 m 11 C		
1 Meghan Rance	GVOC .	39:36
2 Sarah Brandreth	FWOC .	42:05
3 Jennie Anderson	OOC .	44:13

F20-34 (13) 3.825 km 90 m 15 C		
1 Pam James	GHO .	30:51
2 Philippa McNeil	YOA .	32:38
3 Louise Oram	GVOC .	33:15
4 Marta Green	GVOC .	35:04
5 Anneliese Steuben	COC .	38:07
6 Katherine Scheck	YOA .	38:10
7 Charlotte MacNaughton	FWOC .	38:29
8 Anita O'Brien	FALC .	39:58
9 Angela Pearson	EIOC .	41:30
10 Teresa Winn	FWOC .	47:11
11 Val Duca	GGOC .	59:57
12 Karin Gerritsen	FWOC .	1:05:56

F35-44 (11) 3.275 km 75 m 11 C		
1 Regina Neukom	SWI .	40:33
2 Andree Powers	FWOC .	41:44
3 Kitty Jones	FWOC .	41:51
4 Amanda Barlow	GVOC .	42:46
5 Jennifer Knowles	COC .	43:54
6 Eileen Breseman	COC .	44:13
7 Gabrielle Savard	FWOC .	44:31
8 Philippa Hocking	FWOC .	45:10
9 Gail Richardson	VO .	45:49
10 Terry Farrah	COC .	51:25
11 Jude Dawson	SAGE .	57:42

F45-54 (17) 2.825 km 75 m 11 C		
1 Jane Rowlands	FWOC .	29:08
2 Christin Lundgren	FWOC .	32:30

	Club	Time
3 Marion Owen	FWOC .	32:42
4 Muriel Gamey	NPW .	37:33
5 Mary-Lou Hogg	EIOC .	40:02
6 Ardis Dull	COC .	41:37
7 Margo Mactaggart	GVOC .	42:53
8 Jennifer Eastwood	SAGE .	46:22
9 Debbie Newell	COC .	51:58
10 Nancy Craig	FWOC .	52:02
11 Karen Lachance	GVOC .	53:55
12 Jennifer Hamilton	CDEB .	55:21
13 Ilze Rupners	GVOC .	57:57
14 Marilee Ball	SVO .	1:17:04
15 Cheryl Ogloff	SAGE .	2:02:10
Sherry Haley	EIOC .	mp

F55-64 (13) 2.450 km 55 m 10 C		
1 Linda Moore	LVOC .	29:30
2 Margaret Ellis	GVOC .	33:06
3 Joan Roos	BAOC .	33:24
4 Gloria Rankin	OOC .	33:58
5 Marion Loewen	CDEB .	35:40
6 Lois Watts	CDEB .	35:45
7 Adele Winslow	AL .	37:21
8 Diana Hocking	VO .	37:28
9 Frances Vyse	SAGE .	39:50
10 Lorna Guttormson	OOC .	43:56
11 Pat Lee	CDEB .	46:17
12 Marilyn Edmunds	EIOC .	55:49
13 Barbara st Laurent	FFOX .	1:21:42

F65+ (4) 2.450 km 55 m 10 C		
1 Nesta Leduc	YOA .	41:50
2 Pat De St Croix	OOC .	43:19
3 Gillian Bailey	VO .	45:13
4 Shirley Donald	KOC .	53:29

FOpen3 (1) 2.800 km 55 m 9 C		
1 Jennifer Hocking	FWOC .	1:02:53

FOpen5 (1) 2.825 km 75 m 11 C		
1 Erica Ellis	GVOC .	31:47

M-12 (1) 2.050 km 40 m 8 C		
1 Graeme Rennie	GVOC .	16:56

M13-14 (3) 2.050 km 40 m 9 C		
1 Damian Konotopetz	CDEB .	14:18
2 Fraser Ross	FALC .	16:47
3 Colin Banham	EIOC .	36:10

M15-16 (10) 2.800 km 55 m 9 C		
1 Scott Foubister	SAGE .	23:26
2 Derek Rennie	GVOC .	28:17
3 Dougal Owen	FWOC .	29:33

		Club	Time
4	Robbie Anderson	OOC .	30:32
5	Carl Lundgren	FWOC .	32:08
6	Benoit Phalen	FALC .	37:48
7	Ryan Breseman	COC .	40:32
8	Thomas Graupner	CDEB .	54:07
9	George Feraru	GVOC .	54:43
10	Kevin Eastwood	SAGE .	1:31:19

M17-19 (4) 3.275 km 75 m 11 C

1	Leif Anderson	SAMM .	33:05
2	John Oram	GVOC .	35:41
3	Darius Konotopetz	CDEB .	39:14

M20-34 (19) 4.325 km 105 m 15 C

1	Eric Bone	COC .	28:05
2	Nick Duca	GGOC .	28:26
3	Mike Smith	FALC .	28:39
4	Magnus Johansson	GVOC .	29:18
5	Brent Langbakk	YOA .	29:25
6	Mike Waddington	GHO .	29:38
7	Thomas Nipen	GVOC .	30:56
8	Mark Adams	GHO .	32:14
9	Robin Foubister	SAGE .	32:15
10	Ross Burnett	YOA .	32:42
11	Mark Astridge	FWOC .	33:34
12	Jon Torrance	OOC .	36:32
13	Randy Hall	DVOA .	36:36
14	Miles Tindal	FWOC .	39:44
15	Steven Graupner	CDEB .	47:43
16	Tim Lee	HGOC .	48:47
17	Gheorghe Feraru	GVOC .	54:37

M35-44 (17) 3.825 km 90 m 15 C

1	Bill Jarvis	FWOC .	29:49
2	Robert Gilchrist	EEOC .	29:55
3	Mark McMillan	GVOC .	30:12
4	Jim Baker	FWOC .	32:01
5	Chris Ivanciuc	GVOC .	32:12
6	Steve Knowles	COC .	37:05
7	Don Riddle	SZOC .	38:46
8	Jonathan Winn	FWOC .	41:53
9	Eugene Mlynczyk	UKR .	42:01
10	Jim Beattie	FWOC .	45:53
11	Richard Hall	GVOC .	46:28
12	Stephen Richardson	VO .	46:50
13	Dave Graupner	CDEB .	48:04
14	Desmond Mott	GVOC .	52:33
15	Stu Banham	EEOC .	52:51
16	Peter Golde	COC .	1:00:57

M45-54 (20) 3.275 km 75 m 11 C

1	Ove Albinsson	GVOC .	28:38
2	Steve Gregg	BAOC .	28:43
3	Rick Breseman	COC .	29:35
4	Allan Stradeski	SAGE .	30:46
5	Benjamin Hall	COC .	31:03
6	Dave Enger	SAMM .	31:05
7	Kean Williams	COC .	32:56

		Club	Time
8	Larry Konotopetz	CDEB .	36:32
9	Ron Green	GVOC .	39:22
10	Marvin Eng	VO .	39:45
11	David Ross	FALC .	41:58
12	Sheldon Friesen	CDEB .	44:35
13	Doug Craig	FWOC .	46:00
14	Michael Ball	SVO .	46:08
15	Harold McQuade	FWOC .	50:53
16	Lennart Lundgren	FWOC .	51:25
17	Chris Oram	GVOC .	52:25
18	Jim Webster	FWOC .	55:49
19	Ray st Laurent	FFOX .	1:28:41

M55-64 (15) 2.825 km 75 m 11 C

1	Doug Dowell	EEOC .	25:40
2	Geraint Edmunds	EEOC .	25:53
3	Gord Hunter	OOC .	27:12
4	John Harbuck	EWOC .	28:08
5	Brian Ellis	GVOC .	30:23
6	Alan Vyse	SAGE .	31:30
7	Bill Anderson	OOC .	31:43
8	Einar Viddal	EEOC .	33:56
9	Richard Lay	VO .	35:53
10	Flemming Larsen	HSOK .	39:59
11	John Rance	GVOC .	40:09
12	Murray Foubister	SAGE .	43:40
13	Richard Guttormson	OOC .	59:45
14	Lars Fossum	YOA .	1:09:49
	Greg Yarkie	EEOC .	mp

M65+ (9) 2.450 km 55 m 10 C

1	Leigh Bailey	VO .	28:27
2	Carl Moore	LVOC .	29:08
3	Scott Donald	KOC .	32:24
4	Ken Lew	COC .	33:55
5	Carl Cogger	VO .	39:44
6	Dick De St Croix	OOC .	40:29
7	Martin Hocking	VO .	42:01
8	Don Scott	EEOC .	57:29
9	Jack Carson	VO .	59:03

MOpen4 (1) 2.450 km 55 m 10 C

1	Jim Lee	HGOC .	57:15
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MOpen5 (4) 2.825 km 75 m 11 C

1	Bob Lee	GVOC .	42:48
2	Charlie Fox	GVOC .	45:59
3	Bruce Inglis	GVOC .	50:46
4	Jeremy Gordon	GVOC .	1:03:23

MOpen6 (3) 3.275 km 75 m 11 C

1	Vladimir Kopanicak	ATV .	29:53
2	Michal Kopanicak	ATV .	41:42
	Chris Sigvaldason	EEOC .	dns

10 MOpen7 (1) 3.825 km 90 m 15 C

1	Will Enger	SAMM .	43:15
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LONG DISTANCE

	Club	Time Day 1	Time Day 2	Total	
F-12 (7)					
1	Tori Owen	FWOC.	15:11	17:17	32:28
2	Dana Breseman	COC .	33:07	28:49	1:01:56
3	Kerstin Burnett	YOA .	25:57	39:30	1:05:27
4	Katie McLean	FWOC .	28:54	50:24	1:19:18
5	Nicole Jarvis	FWOC .	34:06	50:42	1:24:48
6	Molly Jarvis	FWOC .	48:18	48:46	1:37:04
	Allison Steele	SAGE .	36:36	dns	

F13-14 (5)					
1	Angela Forseille	WLOC .	21:29	28:59	50:28
2	Lindsay Eastwood	SAGE .	23:47	28:22	52:09
3	Kelsey Breseman	COC .	28:22	49:34	1:17:56
4	Erin Banham	EOOC .	44:17	55:37	1:39:54
	Ashley Van der Pou	GVOC .	1:16:20	mp	

F15-16 (1)					
1	Justine Scheck	YOA .	36:35	42:47	1:19:22

F17-19 (5)					
1	Meghan Rance	GVOC .	1:07:22	1:00:18	2:07:40
2	Sarah Brandreth	FWOC .	1:10:09	59:31	2:09:40
3	Carol Ross	FALC .	1:12:14	1:11:07	2:23:21
4	Kris Roe	CDEB .	1:43:57	1:09:59	2:53:56
5	Jennie Anderson	OOC .	1:33:34	1:31:20	3:04:54

F20-34 (15)					
1	Pam James	GHO .	1:07:16	54:04	2:01:20
2	Marta Green	GVOC .	1:11:56	1:03:36	2:15:32
3	Katherine Scheck	YOA .	1:15:18	1:00:55	2:16:13
4	Philippa McNeil	YOA .	1:12:11	1:06:03	2:18:14
5	Louise Oram	GVOC .	1:20:47	58:09	2:18:56
6	Anneliese Steuben	COC .	1:17:11	1:08:12	2:25:23
7	Charlotte MacNaugh	FWOC .	1:23:12	1:09:15	2:32:27
8	Anita O'Brien	FALC .	1:32:32	1:19:36	2:52:08
9	Erica Ellis	GVOC .	1:27:47	1:25:18	2:53:05
10	Val Duca	GGOC .	1:44:59	1:26:55	3:11:54
11	Angela Pearson	EOOC .	1:49:34	1:22:34	3:12:08
12	Crystal Boser	GVOC .	1:43:18	1:35:39	3:18:57
13	Teresa Winn	FWOC .	1:37:14	1:46:14	3:23:28
	Karin Gerritsen	FWOC .	1:33:17	dns	
	Kristin Viddal	EOOC .	dns	1:26:37	

F35-44 (14)					
1	Gabrielle Savard	FWOC .	57:49	1:04:04	2:01:53
2	Regina Neukom	SWI .	1:06:31	1:04:15	2:10:46
3	Eileen Breseman	COC .	1:00:40	1:24:11	2:24:51
4	Andree Powers	FWOC .	1:06:47	1:27:43	2:34:30
5	Kitty Jones	FWOC .	1:05:06	1:31:06	2:36:12
6	Shanna Knights	GVOC .	1:16:40	1:38:30	2:55:10
7	Jennifer Knowles	COC .	1:00:51	1:57:06	2:57:57
8	Amanda Barlow	GVOC .	1:19:32	1:41:06	3:00:38

	Club	Time Day 1	Time Day 2	Total	
9	Suzanne Pearson	GVOC .	1:37:15	1:25:49	3:03:04
10	Philippa Hocking	FWOC .	1:28:14	2:07:49	3:36:03
11	Sheena Van Dyke	SAGE .	1:31:34	2:11:10	3:42:44
12	Terry Farrah	COC .	2:11:38	2:18:52	4:30:30
	Gail Richardson	VO .	2:06:48	mp	
	Jude Dawson	SAGE .	1:20:24	mp	

F45-54 (17)					
1	Marion Owen	FWOC .	55:55	49:52	1:45:47
2	Jane Rowlands	FWOC .	57:21	51:19	1:48:40
3	Debbie Newell	COC .	1:13:55	49:55	2:03:50
4	Robyn Rennie	GVOC .	1:12:05	57:18	2:09:23
5	Christin Lundgren	FWOC .	1:16:23	53:10	2:09:33
6	Ilze Rupners	GVOC .	1:19:24	59:18	2:18:42
7	Margo Mactaggart	GVOC .	1:15:50	1:17:54	2:33:44
8	Mary-Lou Hogg	EOOC .	1:21:13	1:15:34	2:36:47
9	Ardis Dull	COC .	1:28:09	1:10:54	2:39:03
10	Paula Whipple	ORCA .	1:17:19	1:25:15	2:42:34
11	Karen Lachance	GVOC .	1:30:42	1:21:01	2:51:43
12	Nancy Craig	FWOC .	1:42:15	1:26:47	3:09:02
13	Jennifer Hamilton	CDEB .	1:49:10	1:22:47	3:11:57
14	Marilee Ball	SVO .	2:07:17	1:50:34	3:57:51
15	Sherry Haley	EOOC .	2:04:09	2:02:23	4:06:32
16	Cheryl Ogloff	SAGE .	2:00:04	2:34:15	4:34:19
	Muriel Gamey	NPW .	1:06:36	mp	

F55-64 (13)					
1	Frances Vyse	SAGE .	59:10	49:54	1:49:04
2	Diana Hocking	VO .	1:08:09	59:34	2:07:43
3	Margaret Ellis	GVOC .	1:07:50	59:58	2:07:48
4	Lois Watts	CDEB .	1:13:27	58:34	2:12:01
5	Gloria Rankin	OOC .	1:06:28	1:16:04	2:22:32
6	Linda Moore	LVOC .	1:35:08	47:38	2:22:46
7	Marion Loewen	CDEB .	1:27:21	1:06:40	2:34:01
8	Lorna Guttormson	OOC .	1:42:27	1:12:00	2:54:27
9	Pat Lee	CDEB .	1:48:07	1:13:42	3:01:49
10	Adele Winslow	AL .	1:17:27	2:05:39	3:23:06
11	Marilyn Edmunds	EOOC .	1:56:03	1:30:37	3:26:40
12	Barbara st Laurent	FFOX .	1:55:24	1:49:04	3:44:28
	Joan Roos	BAOC .	1:20:02	dnf	

F65+ (4)					
1	Shirley Donald	KOC .	1:22:57	1:00:34	2:23:31
2	Nesta Leduc	YOA .	1:25:54	1:09:07	2:35:01
3	Gillian Bailey	VO .	1:14:01	1:25:00	2:39:01
4	Pat De St Croix	OOC .	1:28:51	1:37:55	3:06:46

FOpen3 (3)					
1	Nancy Ackerfeldt	GVOC .	1:01:52	1:14:56	2:16:48
2	Jennifer Hocking	FWOC .	1:08:20	1:54:07	3:02:27
	Almira Blazek-Wels	UNA .	1:32:30		

FOpen4 (2)					
1	Diane Fox	GVOC .	1:27:17	1:28:21	2:55:38

	Club	Time Day 1	Time Day 2	Total		Club	Time Day 1	Time Day 2	Total	
	Joan Bernard	SAGE .		1:20:02		7 Robert Gilchrist	EOOC .	1:15:02	1:06:05	2:21:07
M-12 (2)						8 Peter Golde	COC .	1:21:00	1:05:18	2:26:18
1	Graeme Rennie	GVOC .	15:34	22:15	37:49	9 Chris Ivanciuc	GVOC .	1:22:37	1:05:51	2:28:28
2	Jeff McLean	FWOC .	17:25	22:37	40:02	10 Steve Knowles	COC .	1:16:50	1:14:20	2:31:10
M13-14 (3)						11 Bill Jarvis	FWOC .	1:11:17	1:24:24	2:35:41
1	Damian Konotopetz	CDEB .	16:21	22:26	38:47	12 Don Riddle	SZOC .	1:24:15	1:17:07	2:41:22
2	Fraser Ross	FALC .	25:00	23:31	48:31	13 Jonathan Winn	FWOC .	1:24:07	1:17:31	2:41:38
3	Colin Banham	EOOC .	42:07	40:58	1:23:05	14 Stephen Richardson	VO .	1:32:48	1:23:45	2:56:33
M15-16 (12)						15 Jim Beattie	FWOC .	1:36:48	1:20:20	2:57:08
1	Steven Graupner	CDEB .	20:56	27:23	48:19	16 Don Livingstone	GVOC .	1:38:43	1:25:36	3:04:19
2	Dougal Owen	FWOC .	23:24	29:28	52:52	17 Desmond Mott	GVOC .	1:56:57	1:16:23	3:13:20
3	Scott Foubister	SAGE .	23:42	30:57	54:39	18 Dave Graupner	CDEB .	1:58:40	1:24:47	3:23:27
4	Robbie Anderson	OOC .	28:39	37:12	1:05:51	19 Robert Driedger	EOOC .	2:02:39	1:22:32	3:25:11
5	Carl Lundgren	FWOC .	29:14	45:43	1:14:57	20 Scott Drumm	CROC .	1:50:06	1:38:22	3:28:28
6	Benoit Phalen	FALC .	35:33	43:09	1:18:42	21 Bob Lee	GVOC .	1:46:52	1:46:49	3:33:41
7	Ryan Breseman	COC .	38:22	42:52	1:21:14	22 Richard Hall	GVOC .	2:13:46	1:33:25	3:47:11
8	Derek Rennie	GVOC .	36:47	44:31	1:21:18	23 Stu Banham	EOOC .	1:56:43	2:27:31	4:24:14
9	Thomas Graupner	CDEB .	38:12	49:45	1:27:57	Jim Helten	GVOC .	mp	1:19:46	
10	George Feraru	GVOC .	43:28	50:53	1:34:21	Don Roe	CDEB .	mp	dns	
	Nicolas Favier	SAGE .	mp	1:10:02		M45-54 (25)				
	Steffan Ackerfeldt	GVOC .	58:38	mp		1 Allan Stradeski	SAGE .	50:36	54:54	1:45:30
M17-19 (2)						2 Dave Enger	SAMM .	51:41	54:57	1:46:38
1	John Oram	GVOC .	1:08:53	1:14:02	2:22:55	3 Mike Ackerfeldt	GVOC .	52:55	54:19	1:47:14
2	Darius Konotopetz	CDEB .	56:08	1:45:20	2:41:28	4 Ove Albinsson	GVOC .	50:06	57:18	1:47:24
M20-34 (17)						5 Rick Breseman	COC .	52:53	1:00:48	1:53:41
1	Mike Smith	FALC .	1:05:15	1:20:45	2:26:00	6 Benjamin Hall	COC .	48:03	1:22:07	2:10:10
2	Eric Bone	COC .	1:06:32	1:21:47	2:28:19	7 Bruce Rennie	GVOC .	59:23	1:11:15	2:10:38
3	Nick Duca	GGOC .	1:05:04	1:29:39	2:34:43	8 George Pugh	GVOC .	1:03:28	1:12:08	2:15:36
4	Mike Waddington	GHO .	1:03:17	1:31:47	2:35:04	9 Mike Poulsen	CROC .	1:08:01	1:15:44	2:23:45
5	Brent Langbakk	YOA .	1:09:08	1:26:46	2:35:54	10 Harold McQuade	FALC .	1:17:11	1:22:23	2:39:34
6	Mark Adams	GHO .	1:05:08	1:32:42	2:37:50	11 Kean Williams	COC .	1:10:14	1:31:20	2:41:34
7	Magnus Johansson	GVOC .	1:07:30	1:33:24	2:40:54	12 Sheldon Friesen	CDEB .	1:15:28	1:31:33	2:47:01
8	Robin Foubister	SAGE .	1:11:59	1:33:21	2:45:20	13 Lennart Lundgren	FWOC .	1:21:47	1:26:54	2:48:41
9	Jon Torrance	OOC .	1:15:52	1:31:38	2:47:30	14 Doug Craig	FWOC .	1:16:34	1:33:35	2:50:09
10	Thomas Nipen	GVOC .	1:12:48	1:35:27	2:48:15	15 Marvin Eng	VO .	1:28:40	1:21:43	2:50:23
11	Randy Hall	DVOA .	1:19:10	1:48:29	3:07:39	16 Larry Konotopetz	CDEB .	1:28:01	1:28:59	2:57:00
12	Mark Astridge	FWOC .	1:20:24	1:47:22	3:07:46	17 Ron Green	GVOC .	1:08:49	1:48:22	2:57:11
13	Miles Tindal	FWOC .	1:26:50	1:45:50	3:12:40	18 David Ross	FALC .	1:26:43	1:30:51	2:57:34
14	Jeff Watson	ORCA .	1:34:51	1:06:53	3:41:44	19 Michael Ball	SVO .	1:21:33	1:39:06	3:00:39
15	Jason English	GVOC .	1:39:53	1:05:06	3:44:59	20 Jim Webster	FWOC .	1:19:11	1:41:37	3:00:48
	Tim Lee	HGOC .	mp	dns		21 Randy Benz	SAGE .	1:24:16	1:55:24	3:19:40
M35-44 (25)						22 John McLean	FWOC .	1:40:00	1:52:38	3:32:38
1	Ross Burnett	YOA .	58:29	50:14	1:48:43	Chris Oram	GVOC .	mp	1:32:31	
2	Martin Pardoe	GVOC .	1:05:51	52:25	1:58:16	Steve Gregg	BAOC .	47:59	mp	
3	Adrian Zissos	FWOC .	1:07:14	54:34	2:01:48	Ray St Laurent	FFOX .	mp	mp	
4	Mark McMillan	GVOC .	1:09:22	1:00:21	2:09:43	M55-64 (16)				
5	Jim Baker	FWOC .	1:10:00	1:00:56	2:10:56	1 Brian Ellis	GVOC .	46:46	43:54	1:30:40
6	Eugene Mlynczyk	UKR .	1:18:43	59:17	2:18:00	2 Doug Dowell	EOOC .	48:58	49:00	1:37:58
						3 Gord Hunter	OOC .	51:26	46:33	1:37:59
						4 Greg Yarkie	EOOC .	54:11	47:25	1:41:36
						5 Alan Vyse	SAGE .	53:49	48:40	1:42:29
						6 John Harbuck	EWOC .	54:07	48:36	1:42:43

	Club	Time Day 1	Time Day 2	Total	
7	Bill Anderson	OOC .	53:48	53:19	1:47:07
8	John Rance	GVOC .	1:01:15	53:24	1:54:39
9	Richard Lay	VO .	1:00:51	54:00	1:54:51
10	Einar Viddal	EOOC .	1:03:09	54:19	1:57:28
11	Geraint Edmunds	EOOC .	1:18:28	48:29	2:06:57
12	Richard Guttormson	OOC .	1:10:17	1:13:45	2:24:02
13	Murray Foubister	SAGE .	1:15:09	1:13:07	2:28:16
14	Flemming Larsen	HSOK .	1:24:52	1:06:24	2:31:16
15	Jim McCabe	GVOC .	1:06:43	1:48:05	2:54:48
	Lars Fossum	YOA .	mp	dns	

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M65+ (9)

1	Alex Kerr	GVOC.	46.54	44:51	1:31:45
2	Leigh Bailey	VO .	58:33	53:59	1:52:32
3	Don Scott	EOOC .	1:25:21	1:06:53	2:32:14
4	Dick De St Croix	OOC .	1:22:05	1:16:06	2:38:11
5	Kenneth Lew	COC .	1:18:51	1:23:44	2:42:35
6	Martin Hocking	VO .	1:31:26	1:20:52	2:52:18
7	Carl Moore	LVOC .	1:45:35	1:08:56	2:54:31
8	Carl Cogger	VO .	1:48:39	1:17:10	3:05:49
9	Jack Carson	VO .	1:40:34	1:47:22	5:27:56

MOpen1 (2)

1	Tara McMillan	GVOC .	1:18:12	1:07:39	2:25:51
	Roan McMillan	GVOC .		30:17	

MOpen3 (1)

	Mark Welsh	UNA .	1:08:21		
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MOpen4 (1)

	Jim Lee	HGOC .	mp	1:38:47	
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MOpen5 (4)

1	Charlie Fox	GVOC .	1:08:18	59:34	2:07:52
2	Kevin Eastwood	SAGE .	1:13:00	1:06:43	2:19:43
3	Bruce Inglis	GVOC .	1:28:21	1:03:54	2:32:15
4	Jeremy Gordon	GVOC .	1:22:14	1:00:53	3:23:07

MOpen6 (2)

1	Vladimir Kopanicak	ATV .	1:05:41	59:14	2:04:55
2	Michal Kopanicak	ATV .	54:17	1:16:10	2:10:27

MOpen7 (5)

1	Leif Anderson	SAMM .	1:00:38	50:23	1:51:01
2	Will Enger	SAMM .	1:18:01	1:05:26	2:23:27
3	Adrian Lowe	UNA .	1:22:33	1:03:09	2:25:42
4	Gheorghe Feraru	GVOC .	1:32:32	1:19:45	2:52:17
5	Matt Boser	GVOC .	1:42:50	1:55:56	3:38:46

2003 WORLD ORIENTEERING CHAMPIONSHIPS

The 2003 World Orienteering Championships were held in the Rapperswil/Jona region of Switzerland, the first week in August, during the longest period of hot weather in Europe this century. The steep Swiss terrain and extreme weather conditions made for very trying competitions. However, some competitors were as hot as the weather with some remarkable performances recorded.

The normal Scandinavian domination was subdued in this WOC. Only the Swedish team upheld the long standing Scandinavian tradition by winning the Men's Relay event. No gold medals for Norwegian or Finnish runners. Swiss, French and British competitors captured most of the top awards. Perhaps the hot humid weather affected Northern Europe runners more than others but it is exciting to see runners from other nations now competing on the same level as the powerful teams from Norway, Sweden and Finland.

With WOC 2004 being held in Sweden it will be interesting to see if the competitors from non-Scandinavian nations can do as well as in WOC 2003.

Clean Sweep for Swiss Women

The WOC is supposed to be a series of close races between the top competitors in the sport. For WOC 2003 there must have been a communication breakdown with someone forgetting to tell the Swiss women's team that the close competition is between runners from other nations and not just themselves. Swiss women finished 1, 2, 4 in the Sprint; 1, 3, 5 in the Long; fastest times on each of the three Relay legs; first in the Middle distance. Gold medals in each of the four women's races. Their performance was close to complete domination and by far the best by a team in WOC's held to date.

The Swiss medal count could have been even greater but for an unfortunate injury to Marie-Luce Romanens. Winner of 1995 WOC Short and 2nd in the Sprint this year, was in 3rd place midway through the Long race when she suffered a tendon problem and had to drop out. The injury also forced her to withdraw from the Relay team thereby forfeiting possible gold and bronze medals. Without the injury Swiss runners may have placed 4 in the top 5.

Another Swiss runner, Brigitte Wolf, benefited from Romanens misfortune by finishing 3rd in the Long and replacing Romanens on the gold medal relay team. Wolf has been a member of the Swiss team since 1989 and a member

of the relay team that won bronze medals at WOC 1997. Earlier this year she announced her retirement with the WOC her final competition – she could not have wished for a better finish to a long international career.

Simone Superstar

With four gold medals in four events, Simone Luder, was the star of the WOC and a strong candidate for "Best ever" WOC performer. Still only 24 years of age and with the WOC now an annual event she has opportunities to add several more WOC titles to her collection over the next few years. Luder also won a gold medal in the WOC 2001 Long event and has been No.1 in the IOF Rankings for the last 2 years. The points earned in WOC 2003 ensure her retaining the No.1 Ranking until at least WOC 2004.

Thierry Gueorgiou's First Ever WOC Medals for France

While no other runner came close to equalling the performance of Simone Luder, there was one outstanding performance, which in other years would have drawn rave reviews. Thierry Gueorgiou (France), would not have garnered a great deal of support as a potential medallist and certainly not to win gold. Gueorgiou's victory was certainly the biggest surprise of WOC 2003.

His victory in the Middle and his 3rd place in the Sprint are the first WOC medals won by a French runner and based upon his spectacular performances may be the first of several by this runner. His winning margin of 2.37 over a 30 minute course is astonishing. WOC 2001 Long champion, Bjornar Valstad, said that Gueorgiou set a new standard of technical orienteering, while 2001 Short champion, Pasi Ikonen, said Gueorgiou's run was the best in the history of orienteering.

This was the fourth WOC for Gueorgiou. His previous results were: 1997 – 50, 1999 – 24, 2001 – 18. He only turned 24 this Spring and like Simone Luder, he could be a major factor in several future WOC's. One thing is certain, everyone now knows who he is and will include him among the favourites to win future WOC's.

Canadian Performances

Best performance by a Canadian was Nick Duca's 40th in the Long. This was the best result by a Canadian in this

event since Brian Graham's 33rd in 1993. Nick had a pretty steady run with no major errors and should be very pleased with his run – his best WOC result to date. Sandy Hott Johansen, although not having the result she hoped for, should be pleased to have qualified for the Final. The Split Times show that she made a major error early in the race and at this level of competition it is very difficult to overcome mistakes. Since the present qualification system was introduced at WOC 1995 only 4 Canadian runners have qualified for the Long Final: Pam James and Mike Waddington in 1997 and Sandy and Nick this year.

Brent Langbakk should also be satisfied with his first WOC run. Brent, competing in his first WOC, had a pretty steady run in his qualifying heat placing 21st and less than 4 minutes behind Brian May (top US runner and current North American champion). Brent is a fairly recent recruit to orienteering and will benefit from his WOC experience.

This was also the first WOC for Katherine Scheck, who only turned 19 in April and still eligible to compete in Junior World Championships in 2004. Prior to the WOC, she competed in the Junior World's (Lithuania) and the Swedish O-ringen. This is the kind of competition experience required to attain level of reasonable performance in top class competitions. Things will only improve for Katherine.

Event 1 - Sprint

The Sprint is a new WOC event. Qualification for this event: Top 15 ranked nations can enter 2 runners; other nations can enter one runner. A major purpose of the Sprint is to showcase orienteering to the public. The race is held in public/downtown areas with runners being visible for much of the course. Course lengths are ultra short: 2 –3 km, with winning times in the 12-14 minute range. Katherine Scheck and Mike Smith were the designated Canadian runners.

Stevenson's win is the second for a British runner with Yvette Hague the only other British competitor to win a WOC event.

Sprint results

Men - 2.8 km - 55 competitors

1	Jamie Stevenson	Britain	12.43
2	Rudolph Ropek	Czech Rep	13.02
3	Thierry Gueorgiou	France	13.04
45	Boris Granovski	USA	16.27
49	Mike Smith	Canada	17.43

Women – 2.6 km - 52 competitors

1	Simone Luder	Switzerland	13.21
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2	Marie-Luce Romanens	Switzerland	13.30
3	Jenny Johansen	Sweden	13.40
39	Sandra Zurcher	USA	18.08
45	Katherine Scheck	Canada	21.16

Event 2 - Middle Distance

This was the first WOC for this event and somewhat similar to the Short event it replaced. The Short distance had Recommended Winning Times of around 20-22 minutes whereas the Middle distance RWT are in the 30-35 minute range. The additional 10-12 minutes provides a bit more length and inclusion of more route choice and technically challenging legs. If orienteering is ever accepted into the Olympic Games the middle distance event is the one most likely to be included.

Three Qualification races with top 17 in each advancing to the Final. Nations can enter up to three runners – one in each heat. No Canadians qualified for the finals.

Middle Distance Finals

Men – 5.0 km - 51 competitors

1	Thierry Gueorgiou	France	30.08
2	Bjornar Valstad	Norway	32.45
3	Oystein Kristiansen	Norway	33.08
44	Brian May	USA	41.20

Women – 4.5 km - 50 competitors

1	Simone Luder	Switzerland	32.40
2	Hanne Staff	Norway	32.57
3	Heli Jukkola	Finland	33.32

Event 3 - Long Distance

Same qualification format as middle. Three heats with top 17 in each advancing to the final. Each nation allowed to enter one runner in each heat. Canadian placing in heats:

Nick Duca – 16; Brent Langbakk – 23; Wil Smith – 32; Sandy Hott Johansen – 16; Pippa McNeil – 27; Katherine Scheck – 31.

Long Distance Finals

Men – 16.7 km – 51 competitors

1	Thomas Buhner	Switzerland	108.20
2	Yuri Omeltchenko	Ukraine	110.35
3	Emil Wingstedt	Sweden	111.08
8	Holger Hott Johansen	Norway	112.44
40	Nick Duca	Canada	136.58

INTERNATIONAL NEWS

Women – 11.8 km – 51 competitors

1 Simone Luder	Switzerland	86.14
2 Karolina Arrewang	Sweden	89.19
3 Brigitte Wolf	Switzerland	92.52
19 Katarina Smith	Sweden	101.43
44 Sandy Hott Johansen	Canada	119.39

Thomas Buhner has been a member of the Swiss team in the last 7 WOC's and a member of the Relay team that won three consecutive WOC relay titles in 1991, 1993 and 1995. This Spring he announced that the WOC would be his final competition, and in similar fashion as team-mate, Brigitte Wolf, went out in a blaze of glory – World champion and in his home country.

Event 4 – Relay

Teams of 3 runners.

Men – 21.52 km - 35 teams

Leg lengths: 6.07; 8.0; 7.45

1 Sweden	118.42
2 Finland	119.27
3 Britain	121.04
31 Canada	157.28
USA	DSQ

Women – 18.6 km - 30 teams

Leg lengths: 5.2; 7.0; 6.4

1 Switzerland	117.41
2 Sweden	119.46
3 Norway	125.18
22 USA	151.20
25 Canada	175.38

Note: Complete results of all WOC events – Qualifications, finals, split times, route choices, athlete profiles, etc. are available from the WOC website: www.olwm2003.ch.

Prior to this year the WOC has been held every second year. Commencing with WOC 2003 it will be held annually: WOC 2004 will be held in Sweden; WOC 2005 in Japan; WOC 2006 in Denmark.

Simone Luder adds another Gold - a wedding ring

Three weeks after winning her 4th gold medal at WOC 2003, Simone Luder took another walk to a podium – this time down a church aisle for her wedding to fellow Swiss team member, Mathias Niggli.

Pictures on the Orienteering Online and Swiss Federation websites show the newly weds walking through a corridor of orienteering markers.

1 NORWEGIAN CHAMPIONSHIPS – HOLGER HOTT JOHANSEN WINS CLASSIC

Classic - Men – 14.8 km

1 Holger Hott Johansen	85.19
2 Gjermud Hanssen	86.12
3 Jarkko Huovila	87.26

Classic - Women – 8.57 km

1 Elizabeth Ingvaldsen	59.27
2 Ragnild Bente Andersen	61.41
3 Hanne Staff	61.43
33 Sandy Hott Johansen	83.49

Short - Men – 4.65 km

1 Jarkko Huovila	27.07
2 Hans Troan	28.12
3 Pal Skogedal	28.24
4 Holger Hott Johansen	28.33

Short – Women – 3.63 km

1 Brigitte Husebye	24.57
2 Hanne Staff	25.18
3 Szuzsa Fey	25.37
31 Sandy Hott Johansen	33.41

2 FINNISH CHAMPIONSHIPS – GUEORGIU WINS ANOTHER TITLE

Newly crowned World Middle Distance champion, Thierry Gueorgiou, continued his meteoric climb to the top of the international ladder by winning the Finnish Championships Classic event just 3 weeks after the WOC. Gueorgiou is a member of the Finnish club, Kalevan Rasti and lives and trains in Finland.

1 Thierry Gueorgiou	99.05
2 Antti Harju	100.14
3 Janne Salmi	100.29
4 Jani Lakanen	100.43

CANADIANS ABROAD

This summer record numbers of Canadian orienteers competed in European events in Norway, Sweden, Scotland and Switzerland. A major attraction for many was the World Masters Championships (WMOC) in Norway in combination with the Swedish 5-Day O-Ringen and/or the Scottish 6-Days made for an orienteering bonanza for both Masters and Junior age members.

The following summarizes activity of "O Fix Seeking Members" while waiting for the COC's. Apologies for any name/results not included. It is major task to scroll through tens of thousands of names to locate COF members.

July 5 - 11

Sorlandsgaloppen 6-Days – Telemark, Norway

Best 4 of 6 results determine competitors final placing.

Class	Place	Name	Club
W17-18	6	Louise Oram	GVOC
W17-18	18	Megan Rance	GVOC
W45	26	Mary Lou Hogg	EOOC
M15	6	Mathew Nipen	FWOC
M20	11	Thomas Nipen	FWOC
M45	1	Ted de St Croix	GVOC
M45	20	Olav Nipen	FWOC
M75	11	Don Scott	EOOC

July 13 - 17

World Masters Orienteering Championships – Halden, Norway

Two races on July 15 –16 qualified runners to A, B and C finals on July 17.

Class	Place	Name	Club
W45 B	82	Mary Lou Hogg	EOOC
W45 B	85	Kim Kasperski	EOOC
W55 A	58	Margaret Ellis	GVOC
W65 A	52	Irene Jensen	LGOC
W70 B	13	Nesta Leduc	YOYA
W70 B	17	Jean MacNaughton	FWOC
W75 A	7	Pat de St Croix	OOO
M45 A	9	Ted de St Croix	GVOC
M45 A	65	Olav Nipen	FWOC
M55 C	10	Brian Ellis	GVOC
M55 C	53	Greg Yarkie	EOOC
M75 B	5	Don Scott	EOOC
M75 B	9	Dick de St Croix	OOO

July 24 - 29O-Ringen 5-Days - Goteborg, Sweden

Class	Place	Name	Club
W18	90	Megan Rance	GVOC
W18	165	Jenny Anderson	OOO
W20	5	Louise Oram	GVOC
W21 K	DSQ	Katherine Scheck	YOYA
W21 K	22	Pippa McNeil	YOYA
W35	DSQ	Charlotte MacNaughton	FWOC
W50	62	Ann Christin Lundgren	FWOC
W50	87	Mauren de St Croix	GVOC
W55	123	Gloria Rankin	OOO
W55 K	70	Odile Waslander	Ottawa OC
W70	46	Jean MacNaughton	FWOC
W70	24	Nesta Leduc	YOYA
W75	4	Pat de St Croix	OOO
M15	161	Robbie Anderson	OOO
M16	177	Calle Lundgren	FWOC
M18 E	73	Robin Foubister	Sage
M21	128	Brent Langbakk	YOYA
M45	10	Ted de St Croix	GVOC
M45	118	Adrian Zissos	FWOC
M50	156	Lennart Lundgren	FWOC
M55 K	131	Bill Anderson	OOO
M55	140	Greg Yarkie	EOOC
M55	175	Bert Waslander	OOO
M75	51	Dick de St Croix	OOO

July 27 – August 2

Scottish 6-Days

Best 4 of 6 results determines competitors final placing.

Class	Place	Name	Club
W Nov	19	Arianne Looker	FOC
W35 L	38	Sue Richards	EOOC
W40 L	48	Arianne Burke	CdB
W45 L	68	Angela Pearson	EOOC
W55 L	15	Margaret Ellis	GVOC
W70 L	6	Nesta Leduc	YOYA
W70 L	13	Gloria Charlow	ROC
W75 L	1	Pat de St Croix	OOO
M18 A	6	Robin Foubister	Sage
M35 L	54	Paul Looker	FOC
M40 L	76	Bill Hobbins	EOOC
M45 L	132	Donald Watson	CdB
M50 L	40	Robert Gilchrist	EOOC
M55 L	15	Brian Ellis	GVOC
M55 L	105	Hugh Connolly	TOC
M55 L	134	Greg Yarkie	EOOC
M75 L	9	Dick de St Croix	OOO
M75 L	10	John Charlow	ROC

SCANDINAVIAN ORIENTEERING – MY DIARY

Meghan Rance

Thursday, July 03, 2003

Louise and I have arrived safely and without incident in Oslo (well not too many incidents anyway). We have been up for about 30 hours straight now and are quite tired and giddy. Oslo is beautiful. It is 10 p.m. here and showing no signs of getting dark.

We were lucky enough to get a window seat on the plane so we could look as we descended on the city. It was very exciting. Right now sleep is all I want.

Friday, July 04, 2003

After 12 straight hours of sleep on very comfy beds at Jo and her son Preben's house (family friends of Louise), Louise and I got our act together. Or rather Ted de St Croix got our act together by phoning and telling us we were going to the Viking Ships Museum. We spent a day in Oslo with Ted, Thomas Nipen and Matthew Nipen. We saw the Viking Ships Museum, the FRAM Museum (about the first boat to travel to both the north and south poles), the Old Oslo city Centre, and the King's palace.

Tomorrow we will drive down to Porsgrunn with Ted and the Nipens where Louise and I will experience our first European orienteering meet, Sorlandsgalopen.

Oslo is very green and clean. The highways all go under the city through big tunnels so there is barely any traffic in the city centre at all.

Sunday, July 06, 2003

We are in Porsgrunn in eastern Norway for Sorlandsgalopen. The terrain here is great, the weather is great, the people are great, but my orienteering has been not so great.

This whole meet has been a real Orienteering culture shock. At the finish area there are gear vendors, food vendors and so many people not to mention rather interesting toilet facilities.

We are staying with friends of Ted's, Per and Synnovae Sandberg and their two young girls Stina and Maiken. The house looks like it was ordered directly from Ikea.

Ted, Louise, and I are about to take Maiken and Stina strawberry picking.

Monday, July 07, 2003

I managed to slam Ted's thumb in the car door today. To make matters worse the door was locked. There was a bit of blood and much squishing. When he finally got it out his eyes rolled back in his head and he proceeded to faint. I thought that I had killed Ted. Bad Meghan. Luckily, he is fine just a little sore. At least it isn't his compass thumb. We have 2 days off now. I'm not sure what we are going to do.

Friday, July 11, 2003

Sorlandsgalopen is over. We spent the last two days of it at a cabin with the Nipens. It was really pretty there. Thomas won his category for the day yesterday and Ted, despite a disqualification today, won his category over the five days (although he needed some help from his competitors and it was very close). Louise also did very well coming about 5th overall. I didn't do as well as I would have liked but I am getting progressively better.

The awards ceremonies were painful to sit through because every person who completed a beginner's course was called up to the stage and given a prize. It took forever.

We are now in Sandvika just outside of Oslo at the Nipen's house. In the next couple of days we are going to head down to Halden to cheer Ted on as he competes in the World Masters Orienteering Championships.

Saturday, July 12, 2003

Ted drove up to Halden with Olav today but Louise and I decided to stay in Sandvika with the Nipen's until Monday when we will go up with the Nipens. Thomas and Mathias are competing in the spectator races like Louise and I and Olav is competing in M45, the same category as Ted.

Tomorrow is supposed to be the hottest day of the year here. We plan to go to the beach and walk around Sandvika.

Saturday, July 19, 2003

On the last episode of the Amazing race...Teams travelled to the town of Fredrickstad on the Norwegian border to compete in the World Masters Orienteering Championships. Team Ted did well in qualifying but his cold caught up with him and he finished 9th over all. Teams had to find the Fredrickstad bus station, a task easier said than done in winding streets without a map. Once there they picked up Robin Foubister (without luggage) and Maureen de St Croix (with luggage). The next challenge was recovering the luggage of Robin and Ted's parents, which all teams completed.

And now for the Amazing Race dun dun dun dun (theme song)

On this episode of the Amazing Race teams must travel 200km by bus from the Norwegian border town of Sarpsborg to the Swedish town of Uddevalla. First they must find the bus stop and the correct bus.

After some difficulties finding the correct bus stop Team Ted and Maureen and Team Meghan, Robin and Louise wait at the bus stop while team Pat, Dick and Nesta uses their fast forward and drives.

The bus ride is long and there are several transfers. After arriving in Uddevalla Teams Ted and Maureen and Meghan, Robin and Louise find that the closest a bus will take them to the Oringen meet centre is a km. They must walk in the pouring rain with all of their bags. After picking up their meet packages the teams must walk 3.5 km with their gear to the pitstop at campsite M and Norstrom School carrying all their gear through sprawling orienteering campgrounds. Team Meghan Robin and Louise arrive at the school an hour after setting out from their walk. They set up Canada place against the wall of the gym and head out on a 2-km hike to get groceries.

Next time on the amazing race...

Team Meghan Robin and Louise meet up with team Ted and Maureen and walk the 3.5-km back to the Oringen meet site in Uddevalla. There they must rent old army bicycles with no brakes that are much too large and heavy to use as transportation. They manage to get the last four bikes. The teams must then navigate the massive Oringen stores, event sites and courses.

Sunday, July 19, 2003

I have not managed to kill myself on a bicycle yet. There are lots of other Canadians here (Brent Langbakk, Pippa McNeil, Katherine Scheck, Nesta Leduc, Pat and Dick de St Croix, Adrian Zissos, Charlotte and Jean MacNaughton and the Lundgrens). We are all staying in different places but we congregate under a Canadian flag at the events. This event is so incredibly enormous you could conceivably never find someone without a pre-arranged meeting spot. I felt really good out on the course today. Some silly route choices and a bit slow but no big mistakes. The communal showers were another interesting culture shock. I have never seen so many naked people in my life.

Thursday, July 24, 2003

Yesterday was our day off. Louise, Robin and I went with Magnus Johansson, Magnus's father, and Magnus's friend Mats to the little island of Malmöns. We had lunch and went swimming with the Jellyfish (a slightly nerve racking experience. They really are quite large and apparently quite painful to get stung by) We then drove down to the tourist town of Smögen (pronounced smergen) where we walked along the docks and Magnus showed us the wonders of Swedish cuisine. We ate raw salmon, smoked salmon and eel. Yes, I tried it all.

Today, we have to cycle up to the meet site on our army bikes and it is beginning to pour with rain.

Friday, July 25, 2003

Oringen is over and we are all covered in mud. It has poured with rain for the last couple of days covering everything with a slick coat of mud. Yesterday Louise's hands were so covered in mud she was afraid her SI stick wouldn't punch. Louise and I will now make our way down to Goteborg where we will stay for a couple of days with the Lundgrens. Then we will make our way by train to Stockholm. You haven't experienced mud until Oringen mud.

Sunday, July 27, 2003

We are nearing our final days in Scandinavia. Louise and I spent the last 2 nights at the Lundgrens cabin just outside Göteborg. We went into Göteborg yesterday with Carl as our tour guide/translator. We took a tourist ferry down the river and saw all of the shipyards. We stopped at the place where they are building a recreation of one of the ships that used to sail from Sweden to China in the 1700's, it was pretty interesting. We took the tram past the maritime museum and ended up at Liseberg, which is a giant amusement park. This morning we took the 838 express train to Stockholm and were picked up by a friend of Häken Blomgren, Julia.

On the health front we've had some adventures in the last couple of days. Louise had a tick in her earlobe which I kind of botched the removal of (don't worry it's out now) and I have a nasty bacterial infection on my leg that Julia jokingly calls Orienteering HIV. My leg has lots of pussy spots and it's spreading. Luckily, Christin is a doctor and has given me a prescription to go pick up later today. The plan for the rest of today is undecided but the plan for tomorrow is to see Stockholm. We fly home at 11 am Tuesday morning.

Wednesday, July 30, 2003

I'm home now from my trip. I had a great time. I have a couple of weeks to rest before I'm off to the Western Canadians and Canadian Championships.

CROUCHING FIRES, HIDDEN RATTLERS...

Or the story of Mother Nature's conspiracy against me.

A story by Marie-Catherine Bruno

Those of you who know me would without hesitation confirm that life around me is never boring. Things that happen to me are the kind of things you hear about and think that they are made-up or pure fiction. My life is always full of unheard-of events, and once in a while I decide to entertain people by sharing them in writing. So have a seat and laugh at how bad it can actually get when you organize orienteering events...

It all started in the Fall of 2002 when I accepted to be the meet director for a Canadian Orienteering Squad Fundraiser that would be held in conjunction with the Canadian Orienteering Championships Festival, in the summer of 2003. At the time, little did I know....

My immediate goal was to put together something original, something that would catch people's attention and also would be a great way to make our athletes better known and recognized. After consulting with the squad, I decided to put together a real show - it would later be called *The Showcase*.

The idea was simple: to design a spectator-friendly short orienteering course where National Squad members would battle each other. Then get people to bet money on a winner, just like a horse race! I would present the racers to the crowd, have them place their bets, and Boom! the show would go on. I would even have a microphone system to MC the show and help people keep track of who was leading and who was catching up. It would be fast and furious, people would scream and cheer, it would be awesome. Then the public would go out on the same courses and compare their times with National Squad members. I would even post up a chart of how you should compare when you are running in a different age group (the table they use to design courses for WMOC). People would now not only get to know the athletes by their names, but they would also realize how fast they really are. It would be such a great show it would become a tradition at our Nationals. People would be looking forward to it. Ah what a good idea it seemed like at the time...

A few months later I finally found the ideal map that will allow me to hold a very spectator friendly race – Dew Drop Ranch. It is situated approximately 15 km northwest of Kamloops (BC), partly grassland, partly wooded. I put the start on the highest point around. This is where we will stand

to enjoy the show. I set 2 short and fast courses: one for the women, one for the men. I handicap the women's course by making it 25% shorter, which is what the difference in TPK normally is at the elite level. So the fastest time will be the winning time, no matter who the winner is.

Then reality kicks in, and this is how it really happened:

July 2003: I tear my meniscus (a cartilage in the knee) on a training run. I will not be running for at least 6 weeks, meaning I will not be ready on time for the Nationals. I pull out of the competition, but I will still drive up to Kamloops to organize the race. After all, I have already put so much effort into it, I will not miss the show!

August 11, 8 PM: I design posters of the athletes going in the Showcase. I start emailing them to people that are not coming to the event, thinking maybe I can even get them to bet?!

August 11, 10 PM: it worked! Betting vouchers are selling already! People love the idea, and although they will not be present, they pick their athlete and send their money. This is awesome!

August 16, 8 AM: I drive 5 hours to the meet site. I go out on the map and hang streamers. I am so excited, the venue is even better than it looked on paper. We will be able to follow over 70% of the course from the start and view point. Yeah!

August 16, 5 PM: Day One of the Western Canadian Championship is over, we all go to the banquet. I arrive early and put the posters on the wall. Getting lots of attention! Later on I grab the microphone and make an announcement. I explain the rules, and people get excited: they want to buy more vouchers! Once again, they sell like hotcakes. The athletes are excited (and getting nervous!). This is turning into not only a good show, but a great fundraiser. Triple yeah!

August 17- the day before...

- **10 AM:** I hang out at Day 2 of the WCOC's, helping out the crew.
- **1 PM:** Doug Smith (OABC president) casually tells me that they never use Dew Drop Ranch in the summer because of the rattlesnakes. What????

- **2 PM:** Frances Vyse (WCOC course planner) tells me that on a given day they saw 3 rattlesnakes on that map... Oh God, and I was there alone yesterday...
- **3 PM:** we start taking the WCOC's site apart, I am getting over the snakes stories.
- **5 PM:** the truck is loaded, I have all I need for tomorrow.
- **6 PM:** I meet my crew at a local restaurant. We'd better eat lots, it is going to be a long night!
- **8 PM:** I arrive on the site with Allan Stradeski (truck chauffeur extraordinaire). It will be hard to put the tents up right at the start, it is a bit far. While we think of a better solution, I start hammering some parking signs on the side of the road.
- **8:05 PM:** Me to Allan "hey Allan, this little snake here, that's just a gardener snake right?"
Allan to me: "oh no, that is a beautiful rattler" (I swear he sounded exactly like the *Crocodile Hunter* at the time!). Allan again: "strange though, they usually don't hang out on the side of the road, they like to hang out in the rocks over there", pointing out the start area.
Me to Allan: "oh gosh, that's where the start and spectator area is".
Allan again: "hum, if they are here in the grass, it might mean that there are quite a few this year".
Me to Allan "well, as a matter of fact, I saw 5 when I was hanging streamers yesterday... I just didn't think they were rattlers".
Allan "what about the sound?"
Me again "I thought they were crickets".
- **8:30 PM:** *Houston, we have a problem.* I have exactly 13 hours until the event starts. What should I do? Have kids and even adults risk a lethal bite? But what about all the work done so far... Aarrrrg!
- **9 PM:** the rest of my crew arrives. If we work all night, we can change the venue and put something together. Who needs 10 months, aren't we National Squad after all? We cannot disappoint 200 people. Okay, let's do it.
- **10 PM:** back to Kamloops, we arrive at Allan's place (called the Shelter for the occasion). Murray Foubister is called in on an emergency. We have a new location, ValleyView Cliffs. The name says it, we will still have a good view of the course, exactly what I am looking for. There are 6 of us, we have the entire night ahead of us, we can do it.
- **11 PM:** the work is divided: Allan will provide us with anything we might need, Marta Green will plan a course 1 for the kids, Thomas Nipen and John Oram will draw a map and a set of directions to the new meet site for our road block tomorrow morning, Murray will use his

extraordinary knowledge of the map to confirm that my control sites are usable, and I will design 2 new courses.

- **12 AM:** Courses are planned, they will be just a spectacular and fun as the original ones. Marta and Allan can go to bed. Murray can return home but will stay on call all night for us. Thomas, John and myself begin printing.
- **1 AM:** It seems like we have a problem with the scale. Let's call Murray. Murray is ready to leave his house to go measure a building on the map so that we can confirm the scale, but Thomas makes a discovery – it's all good.
- **1:30 AM:** Course 1 is ready. I prepare a sign for the box at the start with all of the age groups running Course 1. I add on the sign: *Course 1*, as in *1 AM*. I think I am funny... it's getting late.
- **2 AM:** Course 2 is also ready. It is now *Course 2*, as in *2 AM*. We are getting very tired!
- **3 AM:** All courses are printed.
- **3:30 AM:** Control descriptions are printed.
- **4 AM:** Sport Ident is reprogrammed. We decide of our strategy for tomorrow: early rise, we will go hang controls, and Marta and Allan will take care of the road blocks and phone as many people as possible. We are ready, it will be just as good as the first one, people will never see the difference. We can go to bed.
- **6 AM:** I start loading the car and have breakfast. I am feeling majorly hung over, although I haven't drank anything! I will let John and Thomas sleep until the last minute.
- **7 AM:** Jennifer (Allan's wife) phones the man in charge of parks at home for a last-minute permission. The forest fires have gotten worse overnight. The park will be closed today due to extreme fire hazard. I feel nauseous, like I will have a heart attack. I look for a sharp knife... I am on the edge!
- **7:10 AM:** We start advising as many people as we can reach. I am livid, devastated... I am sitting on the floor in a corner of the room, I cannot even think anymore...
- **7:30 AM:** Oh geeze, my helpers. I jump in the car and rush over to the original site to advise my poor morning helpers that it is cancelled. I will then stay until everybody has driven by.
- **9 AM:** I am joined by other team members – thank God - and we stop all the people that we have not been able to contact.
- **10:30 AM:** it is all over. The show is over. I am barely containing my tears.
- **11 AM:** I hit the road to go back home. It will be a long drive.

I would have been close to never wanting to organize an orienteering event ever again, but 2 days later, Thomas phones me and says that they can use some controls from the Relay and have the Show over there. The Team is keen, let's do it. I hang up the phone, I have tears in my eyes. The Show will live, the Show will go on. But I will not be there to see it...

The Show went on and was a great success. The event raised over \$2000 for the National Squad, the biggest Fundraiser in the history of the National Squad. Plans are already made for having another one next year in the Yukon Territories where the Nationals will be held. Ontario has already adopted the format and will have their own Fundraiser in October. It was not such a fiasco after all!



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.

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