



ORIENTEERING CANADA

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EDITORIAL

This is a double issue – Summer & Fall, 2005.

With most of the major 2005 events occurring in late summer: Canadian Championships, World Masters Championships, World Championships, COF Annual General Meeting, etc. it was decided to wait until these events had been held and results available before publishing the newsletter. The inclusion of these events, results, and AGM report, make this issue somewhat of an “end of season” issue.

With major event results available immediately after, and in some instances, during competitions, there were questions as to the relevance of publishing a newsletter that contains “old news”, and I raised the question at our AGM if we should continue producing the newsletter in the present format or change to an electronic version.

The delegates were strongly in favour of continuing publishing a hard copy version as well as making it available in pdf format on the COF website: www.orienteering.ca. Producing a newsletter is a very time consuming and at times very frustrating task – world and Canadian championships only occur once each year and it is often very difficult to obtain articles that may be of interest to our members. It was encouraging to hear the comments of associations presidents/delegates that the newsletter in its present format be continued.

I would like to express my thanks to Don Roe of the Manitoba Orienteering association for his assistance in the printing and mailing of the newsletter for the past 2 years. Due to Sport Manitoba cut-backs it was necessary for MOA to close the office. The newsletter is now printed and mailed in Ottawa.

Colin Kirk

CHARLOTTE MACNAUGHTON – NEW COF PRESIDENT

Congratulations to Charlotte MacNaughton, on being elected COF President. Charlotte becomes the 12th president of the COF and the first from Alberta.

Charlotte, a member of the Foothills Wanderers OC, has been involved in orienteering for several years in all aspects of the sport: Competitor, event organizer, president of the Alberta Orienteering Association and this year a member of our national team that competed in the world championships in Japan. Our new president has an extensive background in sport administration for several years worked for the Canadian Olympic Association as a management position in Calgary.

We extend our best wishes to Charlotte for a successful and satisfying term in office. We also extend sincere thanks to Jim Lee, for accepting the position of president for 1 year, 2004-2005, until a new president could be identified and elected.

2005 COF ANNUAL GENERAL MEETING

The 2005 AGM was held on Sunday, October 30 in Teleconference format. In recent years COF Board meetings have been held in teleconference format. This was the first time the AGM has been conducted in this manner.

In Attendance: Jim Lee, COF President; Sheldon Friesen, VP Finance; Directors; Ted de St Croix, Hans Fransson, Charlotte MacNaughton, Mike Smith. Colin Kirk, Executive Director.

Association delegates: Pippa McNeil (Yukon); Alex Kerr (British Columbia. Jonathon Winn (Alberta), Tim Lee (Manitoba), Annette Van Tyghem (Ontario), Elisa Rietzschel (Quebec), Robert Hughes (New Brunswick), Greg Nix, (Nova Scotia).

Others in attendance: Bill Anderson (Coaching Transition Coordinator); Andree Powers (Alberta); Jim Baker (Alberta); Jennifer Hamilton (Manitoba).

ASSOCIATION REPORTS

YUKON

- 1 Membership:** Appears steady, 72% returning members.
- 2 Successes:** 2004 Canadian Championships – very positive feedback and good participation; second Elementary School Day had 216 students from grades 4-6; overwhelming response from the teachers – we had to turn several schools down to keep it manageable; Introduced Junior Training on alternate weeks – juniors won 19 medals at Canadian and Western Canadian championships; Mentoring; 4 of the 9 B Meets were held by first time meet officials who were paired with a mentor
- 1 Failures:** Still the same core group doing the work; unable to continue Wednesday Night Training into July and August due to volunteer burnout; low attendance at the AGM.
- 2 Problems:** Biggest issue remains how to get volunteers to take on more than meet registration.
- 3 Recommendations:** A) Put together a teaching unit for elementary and high school Phys. Ed teachers to teach orienteering without needing YOA to be there (more self-sufficient). There is a lot of interest in orienteering but our volunteers do not have the time to go during school hours. B) Continue the mentoring and junior program initiatives. Again the key is to get more members to volunteer then we can offer more programs. Many of our technically proficient volunteers are tied up with administrative work that does not require advanced

BRITISH COLUMBIA

- 1. Membership:** Continues to decline, although GVOC Full Members were up modestly. VICO has been having good success with Recreational Members due to good event publicity. In 2006 we plan to change to National and Club Membership. Anyone who comes to a meet will become a club member.
- 2. Successes:** 3 Day Urban BC Championships with 3 new maps attracted a reasonable turnout. Officials and Mapping clinic well attended.
- 3. Failures:** Membership, Sportident training.
- 4. Problems:** Due to lack of members willing to take on leadership roles. VICO have been unable to attract a president for several years. Information required by Sport BC getting very onerous.
- 5. Recommendations:** Must improve event publicity.

MANITOBA

- 1. Membership:** Dropping. No efforts at increasing are working.
- 2. Successes:** School champs. Held 6 regional events with 331 students plus a provincial champs - Students really got involved. Sent 2 boys to world juniors.
- 3. Failures:** Meets in Brandon, Portage, Selkirk and Stonewall draw VERY few participants. Need huge amount of advertising.
- 4. Problems:** WCOC got good feed back but poor turnout. Losing 50% of Sport Manitoba Funding next year – 80% the next year and 80% of our Bingo revenue also.
- 5. Other:** As part of winding office down, training members in the use of SI and OCAD.

ONTARIO

- 1. Membership:** Full membership has rebounded slightly. Awareness about the organization and the sport has contributed to renewed interest. Clubs continue to recruit participants to become full (competitive) members. The strategy is to develop a marketing plan to educate what orienteering is and use sexier terms like Adventure, Extreme Navigation, etc. to entice people to the sport. We are also exploring partnering with youth groups like Cadets to train their leaders in the sport. They have been mandated from National Defense to provide orienteering for their cadets.
- 2. Participation:** Has increased due to stimulation and awareness in the adventure racing community and the cadet adventure challenge day. The website has also contributed considerably to awareness of the sport.
- 3. Maps.** Major mapping initiative was undertaken this year. 7 new maps – one used at 2005 Ontario championships and several were revised.

- 4. Failures/Successes:** Long O called adventure Racing or Raid events continue to be successful. The Thomass winter series has increased in participation and is still popular as an alternative winter activity.

NOVA SCOTIA

- 1. Membership:** General improvement in membership since 2003.
- 2. Successes:** Strong core group of meet directors; variety of maps across 70% of the province, core funding, good relationship with Sport Nova Scotia, some support from cadets, new local efforts to promote orienteering at community level. Partnership with Ground Search and Rescue and host Rogaine.
- 3. Failures:** Website and communication difficulties in maintaining new members. Difficulty to train past level 1 due to lack of experience and qualifications from lead group.
- 4. Problems:** Inconsistent support from new Executive Director, provincial news/media does not support orienteering, hard/impossible to continue to insure Bike/Canoe orienteering (was very successful).
- 5. Other:** Good support from Sport NS for a yearly mapping grant to promote schoolyard orienteering. Focus on education department to include orienteering in Physical Education/ sporting events. Website communications problems, being fixed, apply for 'A' Meet status early – 'A' events count for level 2 qualification. Increase # mappers/meet directors. Attract more members in the Halifax area interested in training events.

NEW BUSINESS

COC 2006 – Progress report
NAOC 2006 – Progress report
COC 2007 – no applications received

MOTIONS

Motion 1 M/W 75+ Categories.
Moved by: Nesta Leduc, seconded by John Charlow.
Whereas COF promotes Orienteering as “your sport for life”. And whereas there are now greater numbers of maturing orienteers, I move that the COF introduce a category 75+ for both and women, with an appropriate length of course.
Adopted – Unanimous

Motion 2 5 Year Age Classes.
Moved by Nesta Leduc, seconded by John Charlow.
Whereas COF promotes orienteering as “your sport for life”, and whereas there are now more competitors in the older

categories, and whereas the International standards appears to be for 5 year age categories, I propose that the COF reintroduce 5 year age categories, at least for the more mature range. Defeated - In Favour= 2; Against =12

Motion 3
Moved by: Jim Waddington, seconded by Pippa McNeil.
“Whereas the international standard for orienteering championships now includes individual sprint, middle and long distances, I move that this format be used for the 2006 North American Orienteering Championships in all age categories.”

Adopted - Unanimous

Motion 4
Moved by: Jonathon Winn, seconded by Andree Powers
Given that the IOF now use the one day middle, long and sprint formats as the standard for its championship events, the Canadian Orienteering Championships should adopt the same format for all age categories.

Adopted – Unanimous

Motion 5
Moved by: Alex Kerr, seconded by, Marie Catherine Bruno
That instruction in the use of electronic punching be included in the syllabus for Officials training.

Adopted: In Favour =11 Abstentions = 3

Motion 6
Moved by: Alex Kerr, seconded by, Marie Catherine Bruno
That Officials with qualifications of Level 3 or above be required to have a comprehensive knowledge of electronic punching software and hardware for events in which electronic punching is used.

Adopted In Favour = 11 Abstentions= 3

Motion 7
To approve the Participant Development model (PDM) and the Coach Development model (CDM) for the COF's transition to the NEW NCCP.

Presented by Bill Anderson on behalf of the COF Coaching committee and Provincial Representatives who are assisting in developing the new program.

Transition team members: Ted de St Croix (BC), Pippa McNeil (Yukon), Jim Blanchard (Nova Scotia), Stig Skarborn (New Brunswick), Pascal Vincent (Quebec), Charles Delisle (Quebec), Randy Kemp (QC/ON), Lyman Jones (QC), Bill Anderson (QC).

To view more detail, visit website: http://magma.ca/~ottawaoc/NCCP/MAIN_PAGE.htm

Adopted In Favour =11 Against =3

AGM MOTIONS – TABLED OR WITHDRAWN

Motion

Canadian Championships: East – West Rotation
Presented by: COF Board of Directors
That the Canadian Orienteering Championships alternate between East and West Regions.

East Region to consist of: Ontario, Quebec, New Brunswick, Nova Scotia
West Region to consist of: Manitoba, Alberta, British Columbia, Yukon

Implementation commencing with COC 2007 organized by East Region

Associations within a region determine which association will organize the COC in their rotation and advise the COF Annual General Meeting 3 years in advance of the organizing association.

Motion tabled – as no applications to organize COC 2007 had been received this motion could not be discussed or adopted at this time.

Motion

Moved by: Alex Kerr, seconded by Marie Catherine Bruno
That the new IOF format of Sprint, Middle Distance and Long Distance races, being adopted at the Canadian Championships for M/W 20 in 2006, be extended to cover all classes.

Motion withdrawn - Motion 5 effected the changes included in this motion and as motion 5 had been adopted this motion # 9 was unnecessary and withdrawn.

Motion

Submitted by: Orienteering New Brunswick
WHEREAS Canadian junior orienteers are presently regularly competing in World Junior Orienteering Championships with modest success, it is moved that they receive COF sanction to do so, if they have been selected to the COF High Performance Program, receive regular coaching instruction through their club or a coach acceptable to the COF and that a team leader, preferably a NCCP or other national body recognized coach, accompany them to the championships and any other events they compete in as part of the trip. The latter requirement is intended to provide security in travel arrangement, support during competition and analysis of race results.
Motion withdrawn.

FINANCIAL

Presented by VP Finance, Sheldon Friesen
Revenues & Expenses Statements & Balance Sheet for period, April 1, 2004 – March 31.
Projected Budget for period April 1, 2006-March 31, 2007.

Accept Financial Statements: In Favour=11 Against= 3

ELECTION OF OFFICERS

Positions to be elected:

President: 1 year term with incumbent eligible to seek re-election for an additional 2 year term.

Vice President Finance: 2 Year term and eligible for re-election for additional 2 year terms.

Directors: Three positions to be elected for 2 year terms and 1 position to be elected for 1 year term. Directors are eligible for re-election for additional 2 year terms.

President: Charlotte MacNaughton. Nominated by Jonathon Winn, seconded by Andree Powers
Elected by Acclamation – no other nominations

Vice President Finance: Andree Powers (Alberta). Nominated by: Jonathon Winn, seconded by Charlotte MacNaughton.
Elected by Acclamation – no other nominations.

Directors. Three to be elected for 2 year terms
Mike Smith (New Brunswick).
Nominated by David Ross, seconded by Harold McQuade.
Ted de St Croix (British Columbia).
Nominated by Alex Kerr, seconded by Marie Catherine Bruno.
Jennifer Hamilton (Manitoba).
Nominated by Tim Lee, seconded by Don Roe.

Elected by acclamation – no other nominations
This is the 3rd term for Mike Smith and 2nd term for Ted de St Croix.

Jennifer Hamilton will serve her first term on the board. The other board member, Hans Fransson (Ontario), has one year remaining on his 2 year term.

WORLD ORIENTEERING CHAMPIONSHIPS 2005

AICHI, JAPAN

WOC 2005 was the third WOC held outside Europe with 1985 (Australia) and 1993 (USA) the two others. Teams from 34 nations competed.

Highlight Performances include Double Quadruples, Triple Play, First Russian Gold, Best Evers, Breakthroughs.

Double Quadruples and Triples are usually associated with Figure Skating stars but are equally appropriate to Simone Niggli Luder and Thierry Gueorgiou, by far the two most dominant stars in international orienteering.

Double Quadruple. Simone Niggli-Luder repeated her WOC 2003 “clean sweep” 4 gold medal performance and increased her over-all gold medal count to 10 (she won the Long in 2001 and Sprint in 2004). Earlier this year she won double gold at the World Games (Individual and Relay) and won the Swiss XC championships. Only 27 years of age she could add many more titles to her resume before retirement. Niggli-Luder has twice been named Switzerland “Female Athlete of the Year” – this year should see her win the honour a third time.

Triple Play. Thierry Gueorgiou, first French orienteer to win a WOC title (2003), now has three, all in Middle Distance. Only one previous WOC champion won Individual gold medals in the same event – Annichen Kringstad (Sweden), Classic Distance 1981, 1983, 1985, (prior to 1991 the Classic was the only Individual event). Gueorgiou has won WOC and World Cup medals in Sprint and Long but it is over the Middle Distance that he excels. He also won gold in the World Games earlier in the season – again Middle Distance.

Can Niggli-Luder make a Triple Quad or Gueorgiou a Quadruple Play at WOC 2006? The odds maybe pretty long but don't bet against them. The Danish terrain should favour their fast running abilities.

First Russian Gold. Andrey Khramov won Russia's first WOC gold medal in winning the Long Distance with a margin of over 4 minutes. Khramov has had many top results and is currently ranked number 8 in the world. As the result of a dispute with the Russian O Federation, Valentin Novikov, the Russian “most likely to succeed” was left off the team.

Best Evers: The 9th place by Sandy Hott Johansen in the Middle Distance is the best WOC performance by a

Canadian to date. Prior to Sandy's outstanding performance, Ted de St Croix's 10th at WOC 1985 (Australia) was the WOC result by a Canadian. In a following article, Sandy recounts her WOC performance. Sandy and Ted's WOC results are also the “Best to Date” North American WOC results.

Another “Best to Date” occurred in the Women's Long. This time by an Australian girl, Hanny Allston, with a brilliant 6th place. This is the best WOC placing by a Non-European runner. Allston won a bronze medal in the 2005 Junior World Championships, and still only 19, is eligible to compete in the 3006 JWOC. It will be interesting to watch her progress in future.

Canadian Connection. Holger Hott Johansen finished 3rd in the Long Distance (4:38 behind Khramov), and ran the first leg for the winning Norwegian team in the Men's Relay.

Canadian Team:

Women: Marie Catherine Bruno, Sandy Hott Johansen, Pam James, Charlotte MacNaughton, Pippa McNeil, Louise Oram.

Men: Nick Duca, Brent Langbakk, Mike Smith, Wil Smith, Jon Torrance.

Team Leader: Adrian Zissos

This was the first WOC for Louise Oram and Jon Torrance and 8th for Pam James and Wil Smith, one behind Ted de St Croix's 9.

The program consisted of 4 events – 3 Individual and a Relay (3 runners). Qualification races are held for the 3 Individual events (Sprint, Middle, Long) with top 15 in each of three heats advancing to the Final.

Sprint: No Canadians qualified for Final.

Women: 24 runners in each heat

Heat 1. 1st - 16:35; 15th – 20:06; 17th -

Pam James - 20:40.

Heat 2. 1st - 14:56; 15th – 20:08; 20th –

Pippa McNeil – 24:34.

Heat 3. 1st - 15:27; 15th – 19:37; MC Bruno - DSQ

Men: 28 runners in each heat – 15 to qualify

Heat 1. 1st – 15:52; 15th – 18:06; 22nd – Jon Torrance - 21:14

Heat 2. 1st – 15:51; 15th – 18:52; 24th – Wil Smith - 20:17

Heat 3. 1st – 14:57; 15th – 16:43; 17th – Mike Smith - 17:52

Final: - Men

1 Emil Wingstedt	Sweden	14:31.0
2 Daniel Hubman	Switzerland	14:41.5
3 Jani Lakanen	Finland	14:45.7

Women

1 Simone Niggli	Switzerland	14:02.7
2 Anne Margrethe Hausken	Norway	14:34.4
3 Heather Monro	Britain	15:01.7

Middle Distance**Women** – 24 runners in each heat – 15 to qualifyHeat 1. 1st - 28:16; 15th - 36:00; 3rd - Sandy Hott Johansen - 30:53Heat 2. 1st - 25:45; 15th - 35:01; 19th - Pippa McNeil - 38:16Heat 3. 1st - 27:22; 15th - 34:56; 20th - Pam James - 37:16**Men** – 28 runners in each heat – 15 to qualifyHeat 1. 1st - 28:07; 15th - 32:07; 21st - Mike Smith - 35:28Heat 2. 1st - 26:28; 15th - 32:46; 21st - Wil Smith - 39:56Heat 3. 1st - 28:52; 15th - 34:01; 18th Nick Duca - 37:15**Final – Men**

1 Thierry Gueorgiou	France	33:00.3
2 Chris Terkelsen	Denmark	34:32.0
3 Jarkko Huovila	Finland	34:49.3

Women

1 Simone Niggli	Switzerland	32:46.3
2 Jenny Johansson	Sweden	34:59.7
3 Minna Kauppi	Finland	35:50.0
9 Sandy Hott Johansson		38:18.5

B Finals**Men** - 51 runners

1. Kim Fagerudd	Finland	32:14
10 Mike Smith		38:34
11 Brent Langbakk		38:42
22 Jon Torrance		42:31

Women - 29 runners

1 Franziska Wolleb	Switzerland	36:38
5 Pam James		43:09
7 Pippa McNeil		43:22
8 Louise Oram		43:25
16 Marie Catherine Bruno		48:08
20 Charlotte MacNaughton		54:21

Long Distance**Women** – 15 to qualify – # runners: Heat 1 – 21, Heat 2 – 24; Heat 3 – 25Heat 1 1st - 51:24; 15th - 65:42; 19th Charlotte MacNaughton - 92:16Heat 2. 1st - 47:07; 15th - 62:23; 17 - Louise Oram - 65:14Heat 3 1st - 48:24; 15th - 62:43; 18th - Pam James - 64:38**Men** - 28 runners in each heat – 15 to qualifyHeat 1 1st - 59:32; 15th - 68:52; 20th - Brent Langbakk - 76:28Heat 2 1st - 63:21; 15th - 70:40; 20th - Jon Torrance - 78:59Heat 3 1st - 62:33; 15th - 74:16; 22nd - Nick Duca - 80:33**Final - Men**

1 Andrey Khramov	Russia	97:22
2 Marc Lauenstein	Switzerland	99:30
3 Holger Hott Johansson	Norway	102:00

Women

1 Simone Niggli	Switzerland	73:23
2 Heli Jukkola	Finland	75:35
3 Vroni Konig Salmi	Switzerland	77:49

B Final - 35 runners**Men**

1 Marten Bostrom	Finland	66:47
13 Nick Duca		80:03
14 Jon Torrance		81:53

Women - 19 runners

1 Franziska Wolleb	Switzerland	63:28
8 Charlotte MacNaughton		99:09

Relay 28 Teams of 3 runners**Men**

1 Norway	136:48
2 France	137:16
3 Switzerland	137:48
Canada -	DSQ

Canadian team: Leg 1 - Mike Smith 24th; Leg 2 - Nick Duca 22nd; Leg 3 - Brent Langbakk - DSQ

Women

1 Switzerland	127:46
2 Norway	129:28
3 Sweden	130:35
16 Canada	166:38

Canadian team: Leg 1 - 17th Sandy Hott Johansen - 53:11
Leg 2 - 17th Pam James - 59:46; Leg 3 - 16th - Louise Oram - 53:41

Another Best Result for our Women's Relay team

This performance becomes a new 'Best' for our Women's Relay team replacing the previous 'best'; - 18th at WOC 2004. We were 130.4% behind 1st place Switzerland - our 2004 team was 134/4%. As with the 2004 team the result was due to level performances by Sandy, Pam and Louise. Congratulations on a fine result.

JUNIOR WORLD CHAMPIONSHIPS (JWOC)

& OTHER RESULTS

Six Canadian juniors competed in the 2005 JWOC: Carol Ross (Moncton), Sarah Brandeth (Calgary), Darius Konotopetz & Patrick Goeres (Winnipeg), Robin & Scott Foubister (Kamloops).

1. Junior World Championships – Switzerland

Middle Distance

170 runners in three heats to place runners into A, B and C Finals. A Final determines the JWOC champions.

Men: Patrick qualified for B Final, Robin, Scott and Darius qualified for C Final

A Final – 61 runners

1	Fabian Hertner	SWI	21:28
2	Philippe Adamski	FRA	22:43
3	Herma Oertli	FIN	23:27

B Final - 56 runners

1	Magne Daehli	NOR	23:21
37	Patrick Goeres	CAN	32:32

C Final - 53 runners

1	Renars Roze	LAT	20:32
11	Robin Foubister	CAN	23:17
22	Scott Foubister	CAN	27:34
	Darius Konotopetz	CAN	DNF

Women: Sarah and Carol qualified for the B Final

A Final – 60 runners

1	Anna Persson	SWE	25:57
2	Heini Wernsom	FIN	26:01
3	Hanny Allston	AUS	27:18

B Final – 59 runners

1	Ane Lind	NOR	22:46
2	Luci Kroftons	CZE	25:11
3	Alica Gil Sandez	ESP	26:59
26	Sarah Brandeth	CAN	35:14
29	Carol Ross	CAN	35:38

Long Distance

		Men - 172 runners	
1	Olav Lundanes	NOR	72:30
2	Andreas Ruedlinger	SWI	77:18
3	Philippe Adamski	FRA	78:02
112	Robin Foubister		119:19
113	Patrick Goeres		119:41
	Scott Foubister		139:35
	Darius Konotopetz		141:49

Women - 125 runners

1	Mari Fasting	NOR	63:14
2	Elise Egseth	NOR	63:31
3	Paula Iso-Markku	FIN	65:47
101	Sarah Brandeth		124:57
104	Carol Ross		125:45

Relay

Men - 31 teams

1	Norway	150:32
2	Czech Republic	153:38
3	Sweden	156:50
28	Canada	218:15

Canadian team: Robin Foubister, Scott Foubister, Patrick Goeres

Women - 27 teams

1	Norway	133:46
2	Sweden	138:12
3	Finland	142:21

Carol, Sarah, Darius and Patrick competed in several other major competitions prior to and after JWOC. Robin and Scot only competed in JWOC.

2 Italian 5 –Days

Carol Ross	D18	11th of 22
Sarah Brandeth	D20	3rd of 6
Darius Konotopetz	H18	4th of 13
Patrick Goeres	H20	DNF (mis-punch)

3 Swedish O-Ringen

Carol Ross	D18E	87th of 100
Sarah Brandeth	D20L	20th of 63
Darius Konotopetz	H20L	33rd of 64
Patrick Goeres	H20L *	

*Missed Day 1 – competed in JWOC Relay

4 Scottish 6-Days

Carol Ross	D18	10th of 40
Sarah Brandeth	D20	9th of 13
Darius Konotopetz	H20L	19th of 32
Patrick Goeres	H20L	20th of 32

The level of competition experienced by our juniors in these events is unavailable in North America and will pay dividends in their development and in future events.

EUROPE 2005

Darius Konotopetz and Patrick Goeres

From late June to early August, Darius Konotopetz (CdeB), Patrick Goeres (CdeB), Sarah Brandeth (FWOC) and Carol Ross (Falcons) traveled across Europe between four major orienteering races. The main focus of our trip was to represent Canada at the Junior World Orienteering Championships in Switzerland along with Robin and Scott Foubister (Sage). Darius and Patrick sat down and wrote about the fantastic trip.

June 28 – July 1

On June 28 we flew out of Winnipeg for Milan, Italy via Amsterdam and Munich. We headed to Venezia (Venice) for a couple of days to relax before our rigorous racing began. In the evening, we meet up with Carol and Sarah who had been in Europe for a few days already. After being awake for 36 hours, we crashed for the night in our hostel overlooking a beautiful stone square in the heart of Venice.

The next day we wandered around Venice, took a boat through the canals, and went to an island with a glass museum. We found some pizza for dinner and after dinner relaxed in St. Marco's square while listening to some string quartets.

The next morning, we went to the hostel's café for our free continental breakfast as it started to pour rain. The four of us ate our chocolate croissants as we watched a local drink glass after glass of absinthe at 8:30 in the morning! In the afternoon, we caught a series of trains and a bus to end up in Samonico in the Trentino region of Italy for the 5 Giorni della Valle di Non.

July 2 – 9

We went to the event centre office and picked up training maps and t-shirts. That afternoon, we walked from our campsite to a training map, Cavareno, for our first European orienteering experience. I didn't go well at all! The huge, bland hills were a shock coming from our Manitoba anthills the weekend before. On the plus side, the forest was spectacular with almost no undergrowth and a shady canopy of huge conifers. But the highlight of the day was finding a huge bag of salted crackers in the tiny local grocery store... 0.99EU for almost 2 pounds of crackers.

The next day, we woke up to some morning training in Mollusco which went very well. In the evening we went to the sprint race through the streets of Coredo for the Elite

runners. We were very excited as the race featured runners like former World Champion Jamie Stevenson, European cross-country champ Carsten Jorgensen, and this year's bronze medallist in Japan, Heather Monro.

First race of the Valle di Non! Our bus stopped at a ski slope which was the staging area for the race. We changed and picked up warm-up maps. We were surprised by the stack of warm-up maps for us, which you'd normally only find in big international races. The race went better than the training for most of us and we were thankful for our spring heat as the temperatures soared.

The next morning, we woke up to rain pounding our tent and reluctantly crawled out of our sleeping bags to get ready for the race. The rain never stopped and it barely got up to 6 degrees as we froze in our wet clothes after the run.

Thankfully, on the third day of racing, it was sunny again when we woke up and lined up for the bus. But we waited for over 45 minutes for one to come as the crowd became increasingly antsy. Finally when a bus came everyone went crazy! Entire families were shouting and fighting to get on the bus to make their start time. We stood back and watched.... And got on the next bus five minutes later.

The last day of racing was on the best map yet and featured an exciting chase start for the Elite runners. After the race, we packed up our tents and caught rides to Switzerland with some British people we'd met. Sarah had a great week and collected a large food basket as her prize for being 3rd overall on her course.

July 9 – 16

When we arrived in Switzerland at the JWOC event center at 9 PM. The organizers made a mistake and put us in private rooms instead of old army tents that we had registered for. At first we thought it was just for the night, but didn't say anything when they didn't move us! Also when we arrived, we each got a goody bag full of sponsor's donations It felt just like the Olympics!

The next day, we went to the nearby town of Bellinzona for the Post Finance sprint race, an annual race for the elites of Europe. This year, the organizers combined it with the JWOC model sprint. Carol and Patrick ran for Canada with respectable races. The sprint was an amazing event. As we

raced through the castle high above the city, a helicopter filmed live coverage for the jumbo-tron in the finish area and local TV station. After the race, we got autographs and chatted with Simone Niggli-Luder, this year's winner of 4 gold medals in Japan.

The next morning, Scot and Robin Foubister arrived to complete our team. Our team Canada uniforms arrived from Norway and we headed off in the army truck transportation to the model event in our new matching swag. The model course was on a small section of the map to be used for the long distance giving us a glimpse of what to expect: very rocky, hilly, and hot.

The next day's Middle Distance qualification was on the Tessarete map/ the race was short and fast with surprisingly little climb. The winners ran the 3.2 km course in just 24 minutes. Sarah and Carol both qualified for the B final. Patrick qualified for the B final (by 14 seconds) and the rest of the team for the C final. This is how the qualifications work: Three runners start simultaneously, each in a different heat (A, B or C). After the races are done, the top 20 in each heat qualify for the A final (60 total), the next 20 in each heat qualify for the B final (60 total), and everyone else runs in the C final.

In the Middle Final the next day Patrick finished 37th in the B final. Darius was having a stellar race but lost his SI card half way through. After looking for it for 20 minutes, he kept going using the manual punches. After the race Sarah came back with us and we found the SI punch in a pile of leaves and dirt after 45 minutes of hunting. We spent the afternoon relaxing in Lake Maggiore and challenging (and beating) the Croatians to some ping-pong.

The Long Final was a grueling race. Only 9.5 km, but over 485 m climb in the rocky terrain and scorching heat made this the toughest race of the trip. None of us ran particularly well and every mistake was very costly. Robin started our very well for our team, but ran out of energy near the end and Patrick finished a mere 22 seconds behind Robin after 119 minutes of racing. Darius was another 21 minutes back. Carol and Sarah finished only 4 minutes apart after their 120 minutes run.

Darius headed to Sweden with Sarah and Carol and Patrick stayed in Switzerland for the JWPC relay with Robin and Scott. Unfortunately. This race was the low point of the trip for Patrick, but minutes after he was done ran for the bus to Sweden to make the first day start time in ORingen.

July 16 – 23

The small town Skillingaryd was the host of this year's 14,000 people entered in Oringen. Buses constantly left for the race and start times were spread out over 6 hours. In the finish chutes, runners were constantly racing to the finish line. The finish area at ORingen was incredible on its own. Thousands of spectators lined either side with dozens of club tents set up for the racers. The finish chute itself is composed of eight smaller finish chute, each with its own finish punch. In order to know which chute you are supposed to run down, you have to look at your bib to see which sponsor you have. Each sponsor corresponds to a different chute covered in the sponsor's logos.

For our rest day, we spent the morning picking blueberries and in the afternoon went to a nearby town for the Superlite sprint race. It was another action packed sprint with runner's like Katarina A. Hojsgaard, Tore Sandvik and Jenny Johansson.

The next day's race was on some unusual terrain for Sweden and was somewhat similar to this year's WOC terrain in Japan. Darius ran a fastest split in this race (a big deal for us in the strong field) and Patrick had a very good run finishing 8th of 65 in the course. We also met up with Thomas Nipen after the race who came over from Oslo for the week.

The last day was a chase start for all courses. Darius started in a group separated by 15 seconds. You would barely see runners go around a corner and then have to chase them down, knowing that the runner behind you was doing the exact same thing.

July 23 – August 7

We caught some last minute bargains at the huge ORingen store and took the train to Jonkopping (pronounced yonsherping) and a long bus ride to Stockholm. We spent the next few days enjoying our rest week in a campground outside of Stockholm. We did some touristy things in Stockholm and found (what we were told is) Europe's only orienteering store!

After a couple of day, we headed off for Scotland and spent a few days in Edinburgh, looking the castle and some museums. We also went for a spectacular run up king Arthur's Seat, a big 250.5 m hill in the fog just outside Edinburgh. We left for Stirling and stayed with a friend for a couple of days before leaving for the Scottish 6 Days race near Aberdeen.

The first few days of the race were covered heavy bracken (ferns to you and me), but on some very intricate maps. Darius ran very well throughout the week and on the 3rd race, smoked the course with his best race of the trip.! The map was hilly, but very open with heather everywhere and amazing views of the Cairngorms from the top of the map.

For what was supposed to be our rest day we went to Aberdeen for the Scottish Sprint Champs in a local park. The biggest challenge of the race was the Emit punching which we had never used before! Patrick and Darius placed 16th and 45th overall in 14:19 and 17:03 (fastest 12:21).

The 4th race was a bit unusual with a large out of bounds area where the Queen has an estate. The course also had a long 400m road run half way through as well as a leg that didn't count towards our total time since it was an unreliable road crossing. And on the 5th day, the finish wasn't even on the map.

The last race in Scotland was by far the best terrain. We all ran well for a good end to the trip. After collecting controls for the organizers, we drove back to Stirling with Marcus for the night and stayed up late waiting for the first results from WOC Japan to come in. After a few hours sleep, we woke up at 5 AM to catch our flight home.

In five weeks, the two of us passed through six countries, together ran 47 races, hundreds of kilometers of incredible terrain and spiked dozens of controls. Next summer, Darius is looking forward to his last JWOC and another action packed summer. He'll be racing outside Rome, beside the Matterhorn, running between ancient Viking gravestones on Goteborg Island in Sweden and, of course, in JWOC Lithuania. Meanwhile, Patrick is training this winter in Hamilton and dreaming of Jukola and JWOC and WOC in the next few years.

COACHING CORNER

COF - NCCP Transition Meeting, June 11-12, Ottawa

Attendees: Pippa McNeil (Yukon), Ted de St Croix (British Columbia), Bill Anderson, Lyman Jones, Randy Kemp (Ottawa region), Charles Delisle, Pascal Vincent (Quebec), Stig Skarborn (New Brunswick), Anna Mees – Coaching Association Canada, Consultant.

Bill Anderson was initially attempting to convert the old CANOI program to a more easily accessible and modern web based one. This led to his involvement in, and eventually becoming our: Key contact Person” for the COF-NCCP transition, with the responsibility of coordinating the transition in cooperation with the Coaching Association of Canada. CAC, despite orienteering not being in the Olympic movement, has been and is still very supportive of our coaching endeavors.

The purpose of this meeting was to form a core group within the COF to begin the process of moving the COF NCCP from the old to the New NCCP. The weekend's main goal was the 2nd step of the transition process, which was to complete the Participation Development Model (PDM) and Coach Development Model (CDM). Once this group has completed the PDM and CDM and come up with a plan for completing the transition, it will need to obtain COF approval from the AGM (expected Fall 2005).

Why is a New NCCP needed?

- Improve the product (coach development /training methods), and bring it more up-to-date.
- Sports developing their own products sent a signal that the current NCCP was not meeting the needs of many sports.
- The old multi-level NCCP often did not fit the target audience.

Bill, after some research has found that there are approximately 40 coaches that are actively doing some form of coaching in COF. But, there are also many who do no more than beginner instruction. The three new coaching streams were reviewed (Competition, Instructional, Club/community), and how these applied to orienteering were discussed at some length.

The discussion of why COF needs to do make the transition in our coaching training and development programs revealed several points. First there was a general consensus that there is a need to revitalize our coaching programs at every level. We also have athlete specific program needs in our sport, here is a chance to identify and develop them along with our coaching models. This is an opportunity to bring all our satellite coaching groups scattered across Canada together to share ideas and gain momentum. COF has the support of the CAC, now we need to take advantage of it.

Further information on the NCCP transition will be supplied by Bill Anderson in future issues of the COF newsletter.

2005 CANADIAN CHAMPIONSHIPS – **WILLIAMS LAKE, BRITISH COLUMBIA**

This was the second COC held in this region of British Columbia in three years – COC 2003 were held at Savonna, a two hours drive south of Williams Lake.

Canadian Championships bring orienteers to towns and regions many would not otherwise visit unless on route to another location. Some may have thought about visiting St. John's, (COC 1979) or Whitehorse, (COC 2004), but not many would have Hartney or Carberry, Manitoba; Logan Lake, Savonna or Williams Lake, BC; Grand Falls, New Brunswick; Smoky Lake or Sundre, Alberta, on their list of "places to visit" yet each of these venues had a distinct charm and made us realize how little we know about our vast nation.

Williams Lake was no exception and without COC 2005 it is unlikely most competitors would have ever visited it. Located approximately mid way between Prince George and Kamloops it is popular stop-over point of travelers.

With Kamloops the nearest orienteering community two hours away and Vancouver another five hours another 3 hours distant, Williams Lake seemed a strange choice for hosting a COC. That is until the Bryan Chubb factor comes into the equation. Bryan, probably the best orienteering mapper in Canada, lives in Williams Lake and it was decided that rather than him traveling to another region to make a map that the COC would travel to Bryan and Williams Lake. Hopefully, Bryan and OABC can generate enough interest to sustain orienteering in the region and reap the benefits of having two excellent maps within minutes of the town.

The Orienteering Association of British Columbia are due an enormous "thank you" for organizing this championships only two years after hosting COC 2003 at Savonna. COC 2004 was the fourth in succession hosted by western associations and under normal circumstances 2005 should have been held in eastern Canada. The awarding of the 2005 World Masters Games (WMG) to Edmonton with the World Masters Orienteering Championships (WMOC) one of the participating sports changed any plans of eastern associations to host the COC. After a great deal of discussion and soul searching OABC agreed to undertake the task of organizing COC 2005 with the hope of attracting a sufficient number of WMOC competitors to make the project a financially worthwhile undertake.

A few weeks prior to the Closing Date for Entries it appeared that not many overseas competitors would attend the COC. Fortunately, in the last two weeks prior to Entry Closing two touring groups confirmed their participation and erased the organizers concerns. Two weeks prior to Entry Closing just over 200 entries had been received – two weeks later the number was slightly over 400 and the OABC executive could breathe sighs of relief.

Short Distance Championships

The event area was only 5 minutes from downtown Williams Lake. Shortly before Start time it was discovered that the electronic punching system had been erroneously "shut down", necessitating visiting every control and re-programming the units. This resulted in a decision to delay the start 2 hours. It was fortunate this occurred in the Short event with controls located within a relatively small area – a similar problem in the Long event would have caused much greater problems.

In spite of the delay the event went well. A review of the times indicate that the course planning team did a good meeting the Recommended Winning Times for most classes.

Smith family members - M & W Elite champions. National team member, Mike Smith, won the M20 title and sister-in-law, Katarina, won the W20 title. Katarina is a former member of the Swedish national team and winner of many awards in international championships, including World Championships and World Cups. Katarina competed for Sweden in the WOC 2004 (Sweden) and moved to Canada in last fall (She and national team member, Wil Smith married in Spring 2004). This was her first COC and she was pretty well conceded the title and did not disappoint. During the awards ceremony there were some questions as to her eligibility to receive a COC medal but this was quickly cleared up and she received her medal.

Classic Distance Championships

This was the last time for the 2-Day Total Time COC Classic. Starting with COC 2006 the format will change from Short and 2 Day Classic to three single day events: Sprint, Short, Long. 2 Day Total Time championships are unique to North America. The format of first 5 COC's (1978-1972) was: Day 1 – Relay; Day 2 – Classic. With only three associations (Ontario, Quebec, Nova Scotia) and a handful

of clubs the relay did not attract many competitors and it was an expensive trip to compete in a 1 Day Classic. Following COC 1972 the Quebec association proposed dropping the relay and changing to a 2-Day Total Time. This format was accepted and remained until now. USOF adopted the 2 Day Total Time format for the US championships a year after COF.

As was the case with the Short event the Day 1 Start was delayed – this time by 1 hour. The road to the meet site was a single track logging road which, due to heavy rains in the days prior to the championships, had become extremely muddy and deep rutted. Buses transporting the overseas tour groups were unable to navigate the road and their passengers had to disembark and make the long uphill walk to the assembly area. Cars, trucks, SUV’s etc were able to navigate the treacherous road provided they kept in the centre and did not stop on steep inclines.

With many competitors unable to get to the start area in time for their start time the organizer decided to delay the start 1 hour. A problem occurred because some runners made it to the start on time and were already arriving in the Finish. This caused some panic until the organizer explained the problem and that “late arrivers” would receive new start times.

Mike Smith and Mike Waddington Flip Flop Titles

At COC 2004, Mike Smith won the M20 Classic and Mike Waddington the M20 Short. This year they exchanged titles with Smith winning the Short and Waddington the Classic – Mike Smith was runner-up (1:35 behind).

Katarina Smith won her second COC title with multi-time champions, Pam James, runner-up and Louise Oram taking the bronze medal.

Competitors were very complimentary of the quality of the map and courses.

Double Champions

M13-14	Graeme Rennie	Greater Vancouver
M15-16	Dougal Owen	Foothills Wanderers
M35	Ted de St Croix	Greater Vancouver
W11-12	Dahria Beatty	Yukon
W15-16	Emily Kemp	Ottawa
W20	Katarina Smith	Falcons
W55	Margaret Ellis	Greater Vancouver

Close Encounters

Short Distance

M11-12	Malcolm Newson	8 over Roots Logan
M13-14	Graeme Rennie	12 over Owen Newson
M15-16	Dougal Owen	33 over Fraser Ross
M20	Mike Smith	26 over Jon Torrance
M45	Ove Albinsson	15 over Stefan Bergstrom
W111-12	Dahria Beatty	22 over Molly Kemp
W17-19	Natasha Ouellette	9 over Justine Scheck
W20	Katarina Smith	48 over Louise Oram

Classic

W13-14	Rhianon Jones	28 over Tori Owen
W55	Margaret Ellis	49 over Luella Smith

Best of the Guests – Double Wins

M11-12	Yves Aschwanden	Switzerland
M20	Per Magnusson	Sweden
M35	Nils Schmiedeberg	Germany
W45	Vitalija Ptashkiene	Lithuania

Results

Results accompanying this report pertain only to Canadian Championships categories. In addition to the official COC 10 year age categories for Masters categories the organizer accommodated overseas competitors and provided 5 year age categories in the Masters classes – 5 year age categories are the norm in the WMOC.

Organizational Kudos

Other than the delays in start time of the Short (avoidable) and Day 1 Long (unavoidable) the events ran extremely well. For the most part the organizers were inconspicuous and everything appeared to unfold as a championship should. There were no protests and no course cancellations. There must have been a horde of officials lurking somewhere to ensure things worked well, but they obviously had things under control with no need to scurry around solving problems. The only area that seemed to be a bit lacking was posting of results - runners received their Sportident printouts immediately but times were not posted until considerably later – nit picking.

Congratulations to the organizers for a very fine job.

Complete results, including 5 year “non-COC” categories are available from the COC website: www.orienteeringbc.ca

COC SHORT RESULTS

M11-12

1	Aschwanden, Yves	SWI	13:19
2*	Newson, Malcolm	FWO	14:33
3*	Roots, Logan	YOA	14:41
4*	Bergstrom, Alexander	OOO	19:31

M13-14

1*	Rennie, Graeme	GVO	17:34
2*	Newson, Owen	FWO	17:46
3	Kopland, Helge	NOR	18:23
4	Aschwanden, Sven	SWI	18:42
5*	Bull, Logan	YOA	22:54
6*	Hawkings, Lee	YOA	23:02
7*	Bergstrom, Sebastian	OOO	43:31

M15-16

1	Jacobsen, Gunnar	NOR	19:30
2*	Owen, Dougal	FWO	20:20
3*	Ross, Fraser	FOC	20:53
4*	Konotopetz, Damian	CdB	25:51
5*	Newson, Scott	FWO	26:33
6*	Peepre, Alex	YOA	26:45
7*	Kemp, Eric	OOO	33:15
8*	Ouellette, Jeremie	FOC	35:20

M17-19

1*	Hryciuk, Matthew	EOO	38:40
2	Goodwin, John	USA	40:34
3*	Phelan, Ben	FOC	41:35
4	Breseman, Ryan	USA	45:23
5*	Graupner, Thomas	CdB	49:51
6*	Oram, John	GVO	54:34
7	Wyatt-Mair, Malcolm	USA	55:31

M20

1	Magnusson, Per	SWE	32:52
2*	Smith, Mike	FOC	33:13
3*	Torrance, Jon	OOO	33:39
4	Johansson, Magnus	GVO	34:22
5	Granovskiy, Boris	USA	35:31
6*	Waddington, Mike	GHO	35:49
7*	Burnett, Ross	YOA	36:22
8	Dale, Andy	USA	36:42
9	Moser, Adrian	SWI	37:51
10*	Pardoe, Martin	GVO	38:43
11*	Adams, Mark	GHO	38:47
12	Hall, Randy	USA	39:36
13	Srb, Alexander	AUT	41:44
14*	French, Nevin	GHO	43:22
15*	Piller, Christiaan	VIC	44:54
16*	Graupner, Steven	CdB	45:08
17	Wolf, Dieter	SWI	46:56
18*	Metsaranta, Juha	EOO	47:42

19	Legg, Benn	USA	49:29
20	Leire, Anders	SWE	49:40
21*	Scott, David	GVO	68:02
22*	Heikkila, Matti	EOO	73:25
23*	Corriveau, Guillaume	EOO	113:27

M35

1	Schmiedeberg, Nils	GER	30:15
2*	de St. Croix, Ted	GVO	32:53
3	Schrage, Gregoire	SWI	34:50
4	Nygaard, Svein	NOR	36:23
5	Wuestenhagen, Rolf	SWI	37:35
6	Logvin, Andrei	GHO	38:55
7*	Astridge, Mark	FWO	41:10
8*	Mlynczyk, Eugene	UKR	46:22
9	Heggeset, Arild	NOR	46:59
10	Konyshev, Vadim	RUS	50:28
11*	Kemp, Randy	OOO	57:35
12*	Astridge, Kevin	FWO	58:13
13	Kabanov, Eduard	RUS	64:07
14*	Ouellette, Serge	FOC	66:10
15*	Lee, Bob	GVO	71:26

M45

1	Ptashekas, Julius	LIT	31:20
2	Kopland, Jens	NOR	32:26
3*	Albinsson, Ove	GVO	35:13
4	Ditchfield, Ian	GBR	35:22
5*	Bergstrom, Stefan	OOO	35:28
6	Pettersson, Torbjorn	SWE	36:06
7	Vedin, Arkadiy	RUS	36:16
8	Gregg, Steve	USA	37:07
9	Fateev, Mikhail	RUS	38:13
10	Breseman, Rick	USA	38:39
11*	Peepre, Juri	YOA	40:10
12	Ingebrigtsen, Jp	USA	40:23
13	Greene, Dan	USA	40:29
14*	Mott, Desmond	GVO	41:49
15*	Stradeski, Allan	SOC	43:48
16*	Ross, David	FOC	44:45
17*	Hawkings, James	YOA	46:09
18*	Jones, Afan	YOA	46:14
19*	Ross, Donald	TOC	47:59
20*	Gagnon, Larry	VIC	48:08
21*	Oram, Chris	GVO	51:16
22*	Graupner, Dave	CdB	51:24
23	Birmie, Glenn	GHO	53:04
24*	Rennie, Bruce	GVO	57:00
25	Ringdal, Jon	USA	57:09
26*	Roots, Charlie	YOA	58:32
27*	Fisher, Gar	GVO	64:27
28*	Inglis, Bruce	GVO	74:38

M55

1	Limbens, Ilmars	LIT	26:28
2	Railimo, Matti	FIN	27:29
3	Kaarnijarvi, Seppo	FIN	28:01
4*	Dowell, Doug	EOO	31:18
5	Davies, Nigel	AUS	32:46
6	Ingebrigtsen, Svein	NOR	34:04
7	Hollinger, Wilbert	GBR	34:40
8	Jacobsen, Ove Gunnar	NOR	34:53
9	Bjoerkaas, Anders	NOR	35:35
10	Fronsdal, Jorgen	NOR	35:54
11*	Ellis, Brian	GVO	36:40
12*	Hunter, Gord	OOO	36:41
13	Kuosa, Harri	FIN	37:21
14	Skaare, Einar	NOR	37:41
15	Vennevik, Nils	NOR	37:45
16	Saeger, Jeffrey	USA	38:35
17	Jorgensen, Mogens	DEN	43:29
18*	Hawkins, Bob	YOA	45:04
19*	Waslander, Bert	OOO	45:18
20*	Rance, John	GVO	46:37
21*	Webster, Jim	KOC	49:08
22*	Yarkie, Greg	EOO	49:39
23*	Edgett, Terry	FOC	49:46
24	McCausland, Gary	USA	50:15
25	Worner, Rick	USA	52:01
26*	Pugh, George	GVO	52:07
27*	Blanchard, Jim	AVO	55:56
28*	Skarborn, Stig	FOC	58:34
29	Drew, Christopher	GBR	59:18
30*	Newson, Andrew	FWO	62:08
31*	Konotopetz, Larry	CdB	62:57
32*	Connolly, Hugh	TOC	75:58
33*	McQuade, Harold	FOC	92:50
34*	Bull, Greg	YOA	101:47

M65

1	Egner, Bjorn	NOR	25:30
2	Rickardsson, Gote	SWE	28:25
3	Gatelid, Ake	SWE	28:47
4	Braeck, Asbjorn	NOR	29:04
5	Odgaard, Olav	DEN	30:30
6	Saario, Pentti	FIN	30:35
7	Larsen, Flemming	DEN	30:57
8	Parker, Rich	USA	31:54
9	Leandersson, Sven	SWE	32:31
10	Valery, Kurt	DEN	32:47
11*	Mcivor, Malcolm	OOO	33:26
12	Boyt, Arthur	GBR	33:47
13	Nestvold, Jarle	NOR	34:04
14	Vamnes, Ivar	NOR	34:22
15*	Bailey, Leigh	VIC	34:59
16	Lidegaard, Vagn	SWI	35:01
17	Westerlund, Sixten	SWE	35:56

18*	Viddal, Einar	EOO	37:26
19	Tryti, Stein	NOR	38:28
20	Ingvaldsen, Axel	NOR	38:51
21	Gieldanowski, Sieg	SWI	39:29
22	Yarkov, Victor	RUS	40:43
23	Nilsson, Burne	SWE	41:48
24	Davies, John	NZ	43:07
25	Kivisakk, Enn	SWE	45:20
26	Frovoold, Elling	NOR	46:16
27	Tamberg, Gunnar	DEN	50:33
28*	Scott, Don	EOO	51:33
29*	Lee, Jack	GHO	55:58
30*	Donald, Scott	KOC	57:29
31*	de St. Croix, Richard	OOO	64:09
32*	Coger, Carl	VIC	73:50
33*	Hocking, Martin	VIC	92:40

Open 1

1	Kemp, Ian	OOO	41:03
2	Beatty, Phaedra	YOA	47:01

Open 2

1	Hanses, Annette	DEN	43:19
2	Graupner, Pat	CdB	82:00
3	Wyatt-Mair, Nina	USA	89:52

W11-12

1*	Beatty, Dahria	YOA	14:32
2*	Kemp, Molly	OOO	14:54
3*	Murray, Kendra	YOA	17:55
4*	Bull, Holly	YOA	19:32
5*	Ouellette, Danika	FOC	20:38
6	Brautigam, Evalin	USA	30:50
7*	Roots, Galena	YOA	70:13

W13-14

1*	Ross, Emily	OOO	15:48
2*	Owen, Tori	FWO	24:01
3*	Jones, Rhiannon	YOA	24:34
4	Breseman, Dana	USA	30:22
5*	Burnett, Kerstin	YOA	31:43

W15-16

1*	Kemp, Emily	OOO	26:08
2*	Forseille, Angela	WLO	31:37
3	Hansen, Sascha Lohse	DEN	32:11
4	Breseman, Kelsey	USA	32:52
5	Wyatt-Mair, Kelsey	USA	39:33
6*	Eastwood, Lindsay	SOC	44:01

W17-19

1*	Ouellette, Natasha	FOC	36:06
2*	Scheck, Justine	YOA	36:15

3	Kuestner, Holly	USA	44:12
4	Wyatt-Mair, Arwen	USA	66:04
5	Orekhova, Ekaterina	USA	66:10

W20

1*	Smith, Katarina	FOC	33:00
2*	Oram, Louise	GVO	33:48
3*	Mahoney, Cherie	OOO	39:36
4	Saeger, Samantha	USA	39:41
5	O'Boyle, Niamh	IRL	41:22
6*	McNeil, Philippa	YOA	41:46
7	Schlatter, Brigitte	SWI	42:41
8*	James, Pam	YOA	45:18
9	Brautigam, Pavlina	USA	45:40
10*	MacNaughton, Charlotte	FWO	47:31
11*	Bruno, Marie-Cat	GVO	48:05
12	Saeger, Hillary	USA	48:30
13*	Viddal, Kristin	EOO	48:58
14	Clevnert Leire, Annica	SWE	52:34
15	Logvina, Elena	GHO	57:48
16*	O'Brien, Anita	FOC	62:57
17*	Green, Marta	GVO	64:05
18*	Ellis, Erica	GVO	65:29
19	Parmley, Susan	GVO	79:07
20*	Rance, Meghan	GVO	79:13

W35

1*	Fenton, Jennifer	GVO	54:48
2*	Ouellette, Brigitte	FOC	63:05
3*	Burgess, Marie	VIC	64:38
4*	Pearson, Suzanne	GVO	79:18

W45

1	Ptashekiene, Vitalija	LIT	28:33
2*	Rowlands, Jane	FWO	29:57
3*	Campbell, Barb	GHO	30:53
4*	Savard, Gabrielle	FWO	31:21
5	Johansson, Jane	SWE	32:04
6*	Pearson, Angela	EOO	32:09
7*	Rennie, Robyn	GVO	33:23
8	Breseman, Eileen	USA	34:56
9*	McKenna, Karen	YOA	36:49
10	Vedina, Olga	RUS	37:47
11*	Rupners, Ilze	GVO	38:25
12*	Scheck, Barbara	YOA	39:31
13*	Jones, Kitty	FWO	42:37
14*	de St. Croix, Maureen	GVO	42:50
15*	Tinevez, Susan	YOA	44:29
16	Madsen, Bente	DEN	49:36
17*	Hawkings, Beth	YOA	50:13
18	Lichti Aschwanden, Nora	SWI	51:28
19	Whipple, Paula	USA	52:18

20	Kuestner, Sue	USA	54:00
21*	MacTaggart, Margo	GVO	57:47
22*	Mueller, Kathrin	GVO	59:52
23*	Querengesser, Laura	EOO	64:21
24*	Eastwood, Jennifer	SOC	72:18
25*	Hamilton, Jennifer	CdB	88:13

W55

1	Hegdal, Berit	NOR	28:35
2	Limbena, Rudite	LAT	30:17
3	Holmstrom, Anne-Marie	SWE	31:27
4	Boegevig, Vibeke	DEN	31:47
5	Kohn, Linda	USA	31:51
6*	Ellis, Margaret	GVO	31:54
7*	Rankin, Gloria	OOO	36:47
8	Dull, Ardis	USA	39:42
9*	Smith, Luella	FOC	40:22
10*	Watts, Lois	CdB	43:45
11	Thorsberg, Ase Karin	NOR	44:52
12	Drew, Elizabeth	GBR	45:19
13*	Hermanek, Svatava	TOC	45:44
14	Tobler, Barbara	SWI	47:26
15*	Lee, Pat	CdB	49:44
16*	Lachance, Karen	GVO	50:04
17	Bredland, Else-M	NOR	50:21
18	Kirkegaard, Inger	GER	51:20
19	Karpinski, Judith	USA	51:57
20	Borjeson, Barbro	SWE	52:49
21	Kaarnijarvi, Marja	FIN	52:50
22	Kerr, Jennifer	USA	58:06
23*	Vyse, Frances	SOC	66:20
24*	Phillips, Barbara	YOA	70:32

W65

1	Seip, Tirill liby	NOR	34:49
2*	Hocking, Diana	VIC	40:51
3	Topo, Irja	FIN	41:24
4	Moore, Linda	USA	42:02
5	Nilsson, Anita	NOR	42:24
6*	Donald, Shirley	KOC	42:35
7	Powell, Judith	GBR	44:23
8	Scott, Ann	NZ	44:41
9	Vigenstad, Astrid	NOR	46:17
10	Vamnes, Inger E.	NOR	48:15
11	Tamberg, Susan	DEN	49:41
12*	de St. Croix, Patricia	OOO	49:56
13*	Leduc, Nesta	YOA	51:39
14*	French, Gwenn	GHO	52:19
15	Birkinshaw, Susan	GBR	60:11
16	Nestvold, Inger	NOR	60:58
17*	Bailey, Gill	VIC	61:17
18	Frovold, Torunn	NOR	70:49

COC CLASSIC - OVERALL RESULTS

M11-12

1	Yves Aschwanden	SWI	16:43	19:55	36:38
	Alexander Bergstrom	OOB	27:11	mp	
	Malcolm Newson	FWOC	17:14	mp	

M13-14

1	Sven Aschwanden	SWI	23:39	26:09	49:48
2*	Graeme Rennie	GVOC	25:28	25:52	51:20
3*	Lee Hawkings	YOA	26:34	27:26	54:00
4*	Owen Newson	FWOC	25:39	28:26	54:05
5	Helge Kopland	NOR	27:47	26:58	54:45
	Christopher Campbell	WLOC	27:19	mp	
	Sebastian Bergstrom	OOB	mp	mp	
	Logan Bull	YOA	45:47	dnf	

M15-16

1*	Dougal Owen	FWOC	29:30	27:39	57:09
2*	Scott Newson	FWOC	29:47	29:52	59:39
3*	Fraser Ross	FOC	28:05	34:04	62:09
4*	Damian Konotopetz	CdB	30:47	32:02	62:49
5	Gunnar Jacobsen	NOR	33:18	30:46	64.04
6*	Eric Kemp	OOB	31:28	32:38	64.06
	Jeremie Ouellette	FOC	51:10	mp	
	Alex Peepre	YOA	34:54	dns	

M17-19

1	Matthew Nipen	NOR	55:12	47:53	103:05
2	Malcolm Wyatt-Mair	USA	63:46	52:17	116:03
3*	John Oram	GVOC	60:14	57:43	117:57
4	Ryan Breseman	USA	57:33	61:19	118:52
5*	Ben Phelan	FOC	62:33	63:03	125:36
6	John Goodwin	USA	79:46	56:45	136:31
7*	Thomas Graupner	CdB	73:27	67:11	140:38
8*	Matthew Hryciuk	EOOC	71:47	77:45	149:32

M20

1	Per Magnusson	SWE	75:29	64:34	140:03
2*	Mike Waddington	GHO	79:55	68:16	148:11
3*	Mike Smith	FOC	77:43	72:03	149:46
4	Magnus Johansson	GVOC	82:10	71:18	153:28
5*	Brent Langbakk	YOA	80:44	74:28	155:12
6*	Mark Adams	GHO	80:35	77:24	157:59
7*	Lehel Fenyo	GVOC	84:46	75:01	159:47
8	Boris Granovskiy	USA	79:41	82:17	161:58
9	Andy Dale	USA	85:37	76:27	164:04
10	Adrian Moser	SWI	86:34	79:20	165:54
11*	Jon Torrance	OOB	91:31	79:55	171:26
12	Randy Hall	USA	94:59	87:44	182:43
13	Dieter Wolf	SWI	104:55	88:35	193:30
14*	Christiaan Piller	VICO	113:53	83:33	197:15
15	Alexander Srb	AUT	114:08	108:38	222:36
16*	Nevin French	GHO	123:07	110:53	234:00
17*	Juha Metsaranta	EOOC	119:47	117:03	236:50

18	Benn Legg	USA	143:27	123:54	256:21
19*	Guillaume Corriveau	EOOC	283:26	198:53	482:19
	Steven Graupner	CdB	mp	107:47	

M35

1	Nils Schmiedeberg	GER	55:31	52:27	107:58
2*	Ted de St. Croix	GVOC	57:48	52:20	110:08
3*	Martin Pardoe	GVOC	70:55	57:56	128:51
4*	Mark Astridge	FWOC	65:40	65:40	131:20
5	Gregoire Schrago	SWI	69:35	63:46	133:21
6*	Ross Burnett	YOA	66:00	72:22	138:22
7	Svein Nygaard	NOR	76:26	67:37	144:03
8*	Mark McMillan	GVOC	76:22	72:50	149:12
9	Rolf Wuestenhagen	SWI	73:47	76:04	149:51
10	Vadim Konyshev	RUS	85:50	65:48	151:38
11*	Eugene Mlynczyk	UKR	72:02	79:37	151:39
12*	Andrei Logvin	GHO	86:04	87:57	174:01
13*	Kevin Astridge	WLOC	73:33	114:58	188:31
14*	Desmond Mott	GVOC	110:26	99:33	209:59
15*	Randy Kemp	OOB	144:56	92:00	236:56
16*	Chris Sigvaldason	EOOC	120:35	123:32	244:07
17*	Serge Ouellette	FOC	143:33	165:45	309:18

M45

1	Jens Kopland	NOR	39:16	38:48	78:04
2	Julius Ptashekas	LIT	43:53	36:38	80:31
3	Arkadiy Vedin	RUS	57:05	45:44	102:49
4*	Afan Jones	YOA	56:07	50:01	106:08
5	Mikhail Fateev	RUS	56:16	52:21	108:37
6	Ian Ditchfield	GBR	57:43	51:52	109:35
7	Jp Ingebrigtsen	USA	51:43	58:21	110:04
8*	Larry Gagnon	VICO	53:41	58:16	111:57
9*	Stefan Bergstrom	OOB	63:17	49:14	112:31
10	Steve Gregg	USA	63:45	49:28	113:13
11*	Bruce Rennie	GVOC	60:25	54:10	114:35
12	Rick Breseman	USA	65:18	49:31	114:49
13*	Juri Peepre	YOA	60:26	55:00	115:26
14	Torbjorn Pettersson	SWE	59:18	57:12	116:30
15*	Ove Albinsson	GVOC	63:30	57:36	121:06
16	Kean Williams	USA	69:23	52:01	121:24
17	Dan Greene	USA	59:40	63:27	123:07
18*	Allan Stradeski	SAGE	65:23	61:04	126:27
19*	Don Roe	CdB	68:46	57:51	126:37
20	Jon Ringdal	USA	70:24	70:47	140:11
21*	Donald Ross	TOC	70:58	71:11	142:09
22*	David Ross	FOC	66:47	75:46	142:33
23*	Glenn Birnie	GHO	75:42	66:52	142:34
24*	James Hawkings	YOA	83:15	81:50	165:05
25*	Ron Monk	FWOC	84:30	78:40	183:10
26*	Chris Oram	GVOC	110:50	87:36	198:26
27*	Gar Fisher	GVOC	101:37	97:17	198:54
28*	Dave Graupner	CdB	123:22	89:06	212:28
29	Stephen Fluegel	USA	136:48	136:00	272:48

M55

1	Matti Railimo	FIN	32:52	32:32	65:24
2	Eric Westerlund	NOR	36:42	39:19	76:01
3	Keld Johnsen	DEN	43:41	35:30	79:11
4	Ilmars Limbens	LIT	42:08	38:28	80:36
5	Jeffrey Saeger	USA	41:06	42:16	83:22
6*	Gord Hunter	OOO	43:40	42:36	86:16
7	Ove Gunnar Jacobsen	NOR	43:17	43:41	86:58
8*	Doug Dowell	EOOC	44:21	44:29	88:50
9*	Brian Ellis	GVOC	42:51	48:31	91:22
10	Seppo Kaarnijarvi	FIN	56:44	37:51	94:35
11	Svein Ingebrigtsen	NOR	49:55	45:11	95:06
12	Harri Kuosa	FIN	46:39	51:50	98:29
13	Nils Vennevik	NOR	48:11	50:54	99:05
14	Anders Bjoerkaas	NOR	46:20	52:58	99:18
15	Bob Hawkins	AUS	53:29	48:07	101:36
16*	Bert Waslander	OOO	54:19	50:36	104:55
17*	Alan Vyse	SAGE	50:30	55:47	106:17
18	Wilbert Hollinger	GBR	57:46	50:36	108:22
19	Einar Skaare	NOR	52:59	56:56	109:55
20	Mogens Jorgensen	DEN	54:45	55:29	110:14
21*	Bill Anderson	OOO	52:10	60:00	112:10
22	Gary McCausland	USA	53:26	58:47	112:13
23*	Larry Konotopetz	CdeB	63:58	55:42	119:40
24*	Andrew Newson	FWOC	60:25	60:02	120:27
25*	John Rance	GVOC	62:14	58:28	120:42
26*	George Pugh	GVOC	55:11	65:39	120:50
27*	Jim Webster	KOC	59:55	62:20	122:15
28	Rick Worner	USA	66:36	63:24	130:00
29*	Jim Blanchard	AVOC	64:49	75:33	140:22
30	Christopher Drew	GBR	81:31	59:05	140:36
31*	Terry Edgett	FOC	70:11	72:03	142:14
32*	Harold McQuade	FOC	75:29	74:20	149:49
33*	Hugh Connolly	TOC	90:45	67:45	158:30
34*	Stig Skarborn	FFOC	81:13	116:24	197:37

M65

1	Gote Rickardsson	SWE	41:05	40:01	81:06
2	Victor Yarkov	RUS	42:45	42:28	85:13
3	Bjorn Egner	NOR	43:40	45:07	88:47
4	Kurt Valery	DEN	47:10	45:48	92:58
5	Arthur Boyt	GBR	48:15	45:24	93:39
6	Asbjorn Braeck	NOR	49:30	45:01	94:31
7	Elling Frovold	NOR	44:58	49:40	94:38
8	Ake Gatelid	SWE	53:35	41:11	94:46
9*	Einar Viddal	EOOC	49:20	54:46	104:06
10	Axel Ingvaldsen	NOR	54:47	52:52	107:39
11	Jarle Nestvold	NOR	53:08	55:25	108:33
12	Pentti Saario	FIN	51:46	57:49	109:35
13	Vagn Lidegaard	SWI	57:15	52:43	109:58
14	Gunnar Tamberg	DEN	56:36	55:12	111:48
15	Sixten Westerlund	SWE	60:29	56:40	117:09
16	Burne Nilsson	SWE	48:57	69:31	118:28

17	Ivar Vamnes	NOR	59:28	60:26	119:54
18	Enn Kivisakk	SWE	51:34	71:22	122:56
19	Siegfried Gioldanowski	SWI	65:29	68:00	133:29
20	Stein Tryti	NOR	65:40	69:07	134:47
21	Olav Odgaard	DEN	77:07	60:02	137:09
22	Flemming Larsen	DEN	63:21	71:23	137:44
23	Rich Parker	USA	67:50	53:14	141:04
24*	Malcolm Mcivor	OOO	64:07	79:12	143:19
25	John Davies	NZ	72:43	78:44	151:27
26*	Don Scott	EOOC	78:57	82:46	161:43
27*	Martin Hocking	VICO	106:09	98:13	204:22
28*	Richard de St. Croix	OOO	90:08	143:58	234:06
	Carl Coger	VICO	mp		96:32
	Jack Lee	GHOC	mp		82:47
	Leigh Bailey	VICO	61:46	mp *	
	Sven Leandersson	SWE	mp		41:22

Open 1

1	Olga Fateeva	RUS	25:30	35:30	61:00
2	Ian Kemp	OOO	54:13	65:45	119:58

Open 2

1	Kerstin Pichel	SWI	50:48	55:59	106:47
2	Annette Hansen	UNA	56:24	61:22	117:46
3	Lorraine Lee	UNA	102:56	90:47	193:43
4	Pat Graupner	CdeB	111:03	92:48	203:51

Open 3

1	Kristin Viddal	EOOC	33:34	64:22	97:56
2	Eva Ponweiser	AUT	52:18	54:11	106:29
3	Suzanne Pearson	GVOC	60:29	57:30	117:59
4	Susan Tinevez	YOA	80:15	106:48	187:03

Open 4

1	Philip Wallensteen	SAGE	50:33	48:00	98:33
2	Arild Heggeset	NOR	59:00	50:15	109:15
3	Dennis Lee	GVOC	111:35	96:39	208:14
4	Bob Lee	GVOC	176:04	90:26	266:30

W11-12

1*	Dahria Beatty	YOA	17:06	20:01	37:07
2*	Kendra Murray	YOA	22:06	21:01	43:07
3*	Molly Kemp	OOO	20:43	36:38	57:21
4*	Holly Bull	YOA	30:18	29:19	59:37
5*	Danika Ouellette	FOC	22:28	37:31	59:59
6	Evalin Brautigam	USA	34:39	46:46	81:25

W13-14

1*	Rhiannon Jones	YOA	25:51	29:21	55:12
2*	Tori Owen	FWOC	28:01	27:39	55:40
3	Dana Breseman	USA	40:49	46:09	86:58
4*	Kerstin Burnett	YOA	47:27	60:56	108:23

W15-16

1*	Emily Kemp	OOB	30:02	32:04	62:06
2*	Angela Forseille	WLOC	30:21	42:32	72:53
3	Lindsay Eastwood	SAGE	41:37	40:59	82:36
4	Kelsey Breseman	USA	42:06	41:39	83:45
5	Sascha Lohse Hansen	DEN	42:47	48:49	91:36
6	Kelsey Wyatt-Mair	USA	44:33	52:57	97:30

W17-19

1*	Justine Scheck	YOA	53:21	48:59	102:20
2	Ekaterina Orekhova	USA	59:35	61:00	120:35
3*	Natasha Ouellette	FOC	54:39	70:49	125:28
4	Holly Kuestner	USA	60:03	99:34	159:37
5	Arwen Wyatt-Mair	USA	89:01	102:53	191:54

W20

1*	Katarina Smith	FOC	66:16	57:32	123:48
2*	Pam James	YOA	75:14	64:16	139:30
3	Samantha Saeger	USA	78:07	65:01	143:08
4*	Louise Oram	GVOC	68:36	75:53	144:29
5*	Cherie Mahoney	OOB	72:36	82:13	154:49
6	Pavlina Brautigam	USA	81:08	74:58	156:06
7*	Philippa Mcneil	YOA	83:32	74:48	158:20
8	Brigitte Schlatter	SWI	86:25	76:32	162:57
9*	Marta Green	GVOC	83:52	82:26	166:18
10	Niamh O'Boyle	IRL	93:21	73:33	166:54
11*	Charlotte MacNaughton	FWOC	88:19	89:44	178:03
12	Hillary Saeger	USA	98:35	89:19	187:54
13*	Elena Logvina	GHOC	95:44	108:32	204:16
14*	Erica Ellis	GVOC	120:03	107:35	227:38
15*	Susan Parmley	GVOC	132:54	121:19	254:13
16*	Meghan Rance	GVOC	114:52	144:52	259:44

W35

1*	Catherine Hagen	WLOC	60:00	44:34	104:34
2*	Jennifer Fenton	GVOC	61:24	92:55	154:19
3*	Brigitta Ouellette	FOC	82:42	79:19	162:01
4*	Sandra Sharp	KOC	94:11	88:42	182:53

W45

1	Vitalija Ptashekiene	LIT	44:53	49:25	94:18
2	Jane Johansson	SWE	47:34	51:13	98:47
3	Olga Vedina	RUS	50:03	49:38	99:41
4*	Kitty Jones	FWOC	52:14	48:33	100:47
5*	Gabrielle Savard	FWOC	49:06	54:46	103:52
6	Bente Madsen	DEN	53:03	51:47	104:50
7	Eileen Breseman	USA	64:18	46:54	111:12
8*	Barbara Scheck	YOA	51:21	64:11	115:32
9	Nora Lichti Aschwanden	SWI	59:51	57:58	117:49
10*	Jane Rowlands	FWOC	52:11	66:19	118:30
11*	Barb Campbell	GHOC	56:45	73:41	120:26
12*	Robyn Rennie	GVOC	58:27	65:13	123:40
13*	Margo Mactaggart	GVOC	72:37	63:08	135:45
14	Donna Fluegel	USA	70:21	68:50	139:11

15*	Sarah Locke	YOA	68:42	73:21	142:03
16*	Angela Pearson	EOOC	83:06	60:47	143:53
17	Paula Whipple	USA	81:15	76:31	157:46
18*	Maureen de St. Croix	GVOC	81:05	78:57	160:02
19*	Karen McKenna	YOA	79:21	90:39	170:00
20*	Beth Hawkings	YOA	80:52	115:29	196:21
21*	Kathrin Mueller	GVOC	61:09	148:47	209:56
22*	Jennifer Eastwood	SAGE	121:57	92:45	214:42
23	Sue Kuestner	USA	90:48	126:07	216:55
24*	Jennifer Hamilton	CdeB	77:41	152:32	230:40

W55

1	Rudite Limbena	LAT	37:23	43:25	80:48
2	Anne-Marie Holmstrom	SWE	37:07	48:48	85:55
3	Berit Hegdal	NOR	42:01	49:48	91:49
4	Vibeke Boegevig	DEN	42:15	50:47	93:02
5	Linda Kohn	USA	46:28	52:33	99:01
6*	Margaret Ellis	GVOC	41:13	72:58	114:11
7	Ase Karin Thorsberg	NOR	52:30	62:15	114:45
8*	Luella Smith	FOC	55:27	59:33	115:00
9*	Karen Lachance	GVOC	52:36	64:45	117:21
10	Barbara Tobler	SWI	52:44	67:25	120:09
11*	Gloria Rankin	OOB	54:46	66:55	121:41
12	Lois Watts	CdeB	53:27	70:53	124:20
13	Inger Kirkegaard	GER	60:03	64:31	124:34
14	Margaret Dearman	GBR	59:27	68:24	127:51
15	Pat Lee	CdeB	62:14	67:36	129:50
16	Ardis Dull	USA	49:31	81:25	130:56
17*	Frances Vyse	SAGE	63:38	73:26	137:04
18	Jennifer Kerr	USA	70:12	71:23	142:35
19*	Svatava Hermanek	TOC	69:26	73:46	143:12
20	Marja Kaarnijarvi	FIN	68:53	77:21	146:14
21	Judith Karpinski	USA	72:38	82:27	155:05
22*	Barbara Phillips	YOA	83:53	75:31	159:24
23	Barbro Borjeson	SWE	71:09	98:16	169:25
24	Elizabeth Drew	GBR	58:51	116:56	175:26

W65

1	Astrid Vigenstad	NOR	31:38	32:26	64:04
2	Judith Powell	GBR	37:41	42:15	79:56
3	Anne Scott	NZ	43:22	44:37	87:59
4	Tirill liby Seip	NOR	46:32	42:59	89:31
5	Linda Moore	USA	53:09	44:01	97:10
6	Tuulikki Lankinen	FIN	50:37	49:14	99:51
7	Torunn Frovold	NOR	52:36	53:22	105:58
8*	Shirley Donald	KOC	51:11	55:09	106:20
9	Inger E. Vamnes	NOR	31:59	85:52	117:51
10*	Diana Hocking	VICO	63:13	54:46	117:59
11*	Gwenn French	GHOC	71:03	48:19	119:22
12	Susan Birkinshaw	GBR	73:38	72:59	126:37
13*	Patricia de St. Croix	OOB	58:03	72:09	130:12
14*	Nesta Leduc	YOA	64:41	69:46	134:27
15*	Gill Bailey	VICO	72:18	65:28	137:46
16	Inger Nestvold	NOR	66:17	80:49	147:06
17	Susan Tamberg	DEN	86:43	74:01	160:44

2005 WORLD MASTERS GAMES – WORLD MASTERS ORIENTEERING CHAMPIONSHIPS

World Masters Games (WMG)

This was the second WMG held in Canada, the first being 1985 with York University the Competition Centre. Orienteering has been included in every WMG.

The 1985 WMG orienteering events were held in the Saugeen Highlands, Kolapore, Mansfield regions of Ontario.

Meet Director: Frank Farfan

Controller: Dick de St Croix

Course Planners: Ron Lowry, Ted de St Croix

Mapping: Toby Stenbeck, Olaf Hansen, Leigh Bailey

Training area: Bill Stott

Two Canadians won gold medals: Marg Ellis (Guelph Gators), Bryan Chubb (Edmonton Overlanders). Both are now OABC members and still very involved – Bryan was mapper and Course Planner for the 2005 COC Classic event and Marg responsible for the Start/Finish crews.

While the WMOC is an IOF sanctioned/controlled event the WMG is a separate organization that controls the overall organization. Each participating sport is responsible for establishing the rules and managing their specific event. The WMG are held every fourth year and the WMOC every year. The first WMOC was 1996. IOF decided that in WMG years the orienteering event would be sanctioned as the WMOC. The first year in which the WMG served as the WMOC was 2001 – 2005 is the second time the events have been combined.

2005 World Masters Orienteering Championships

Over 25000 athletes competed in the 2005 World Masters Games with over 1000 of these competing in the orienteering events that served as the World Masters Orienteering Championships. With several former world champions plus several more WOC medallists and national team athletes the competition level was extremely high as it should be in events of this nature.

Orienteers from over 30 nations competed with the Scandinavian nations of Finland, Norway and Sweden comprising more than 60% of the total entries. Fewer Canadians than expected competed in the WMOC and missed an opportunity of competing against the best in the world in their age class. For the most part Canadians competitors

performed quite well with a few having excellent results including medal performances by Ted de St Croix, Jane Rowlands, Kitty Jones and Pat de St Croix.

Ted's gold medal performance in M45 is particularly outstanding as the competition in this class was exceptional. Multi world champion, Jorgen Mortensson (Sweden), was second .50 seconds back.

Jane Rowlands was four minutes back of winner, Jane Johansson in the W45 class but was a safe 1:22 over the 3rd place finisher.

Kitty Jones was over 10 minutes behind the winner in the W55 class but 2 minutes ahead of the 3rd place runner. Marion Owen was 4th in this class just over 1 minute out of 3rd. The winner, Alida Abola (Latvia), was 3rd in the 1987 WOC and the first Soviet orienteer to win a WOC medal. Prior to the break-up of the Soviet Union the majority of the Soviet team were from Latvia, Lithuania, Estonia.

Pat de St Croix captured the 3rd silver medal by Canadian women in the W75 class. The winner, Alice Stafors (Sweden), won by an incredible 17 minutes.

Congratulations to the organizers and many volunteers for an excellent and well organized championships.

Results - Champions & Canadians * - former world champion

M35 A (26)

1	Esko Ylikangas	FIN	65:36
2 *	Janne Salmi	FIN	65:47
9	Lehel Fenyo	CAN	80:09
11	Nick Duca	CAN	80:43
21	Martin Pardoe	CAN	97:30
25	Eugene Mlynczyk	CAN	132:10

* WOC results: 1995 Classic – 2nd; 1997 Short – World Champion; 1999 Short – 3rd

M40 A (28)

1	Alexander Afonyushkin	RUS	63:20
20	Mark Astridge	CAN	83:43
27	Mark McMillan	CAN	100:18

M45 A (32)

1	Ted de St Croix	CAN	56:58
2 *	Jorgen Martensson	SWE	57:48
11	Ross Burnett	CAN	69:49

* WOC results: 1991 Classic – World Champion; 1993 Classic – 2nd; 1995 Short – World Champion; 1995 Classic – 2nd; 1997 Classic – 2nd.

M50 A (47)

1	Svein Jacobsen	NOR	59:11
9	Olav Nipen	NOR	67:48
27	Stefan Bergstrom	CAN	79:01
31	Juri Peepre	CAN	84:42
34	Clarence Kort	CAN	88:32
44	Don Riddle	CAN	109:18

M55 A (58)

1	Matti Railimo	FIN	49:40
29	Gord Hunter	CAN	73:01

M60 A (59)

1	Juhani Jokinen	FIN	44:16
5 *	Stig Berge	NOR	49:26
41	Alan Vyse	CAN	69:48

* 1970 World Champion; 1972 – 2nd

M70 A (30)

1	Kjell Persson	SWE	43:49
12	Leigh Bailey	CAN	54:08
19	Alex Kerr	CAN	65:35

M75 A (13)

1	Pentti Pelkonen	FIN	42:44
10	Don Scott	CAN	77:13

W35 A (15)

1	Cornelia Eckardt	GER	54:46
5	Lumi Duca	CAN	72:23
7	Teresa Winn	CAN	76:06
8	Val Duca	CAN	82:58
12	Brooke Martens	CAN	121:55
13	Tory Mayer	CAN	139:13

W45 A (18)

1	Jane Johansson	SWE	44:44
2	Jane Rowlands	CAN	48:47
6	Gabrielle Savard	CAN	52:29
11	Gunilla Gard	CAN	61:21

W50 A (25)

1	Alida Abola	LAT	40:52
2	Kitty Jones	CAN	51:45
4	Marion Owen	CAN	54:49

W55 A (36)

1	Kyllikki Kauppinen	FIN	45:37
27	Nancy Craig	CAN	83:02
28	Gloria Rankin	CAN	83:40
30	Karen Lachance	CAN	85:33

W65 A (19)

1	Eivor Steen-Olsson	SWE	37:22
13	Shirley Donald	CAN	69:53
16	Gillian Bailey	CAN	76:44

W75 (7)

1	Alice Stalfors	SWE	40:01
2	Pat de St Croix	CAN	57:45

M35 B

1	Tiberiu Cicoci	CAN	81:10
4	Tomas Navratil	CAN	91:04
14	Chris Sigvaldson	CAN	127:39
15	Alan Simcoe	CAN	163:04
16	Daryl Verheirs	CAN	166:45

M40 B

1	Detler Richter	GER	67:08
4	Miles Tindal	CAN	78:32
11	Robert Driedger	CAN	89:53
15	Randy Kemp	CAN	95:08
20	Raymond Chung	CAN	161:44

M45 B

1	Peter Jones	GBR	65:15
13	Desmond Mott	CAN	99:36
16	David Ross	CAN	105:02

M50 B

1	Joergen Joergensen	DEN	54:47
3	Ove Albinsson	CAN	62:17
21	Al Nilson	CAN	91:12
25	Glenn Birnie	CAN	95:53
34	Don Morrison	CAN	131:10

M55 B

1	Alistair Stewart	NZ	59:29
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10	John Rance	CAN	71:14
11	Richard Lay	CAN	72:22
27	Sheldon Friesen	CAN	87:44
35	Doug Craig	CAN	95:09
42	Lennart Lundgren	CAN	116:02

M60 B

1	Tormod Dahlen	NOR	53:15
42	Lars Fossum	CAN	114:23

M75 B

1	Tage Hammer	SWE	48:25
5	Dick de St Croix	CAN	96:33

W35 B

1	Cornelia Eckardt	GER	54:46
5	Lumi Duca	CAN	72:23
7	Teresa Winn	CAN	76:06
8	Val Duca	CAN	82:58
12	Brooke Martens	CAN	121:55
13	Tori Mayer	CAN	139:13

W45 B

1	Olga Vedina	RUS	53:38
6	Barbara Scheck	CAN	77:42
8	Cathy Hayhow	CAN	125:39

W50 B

1	Siren Greve	NOR	47:41
4	Sarah Locke	CAN	59:29

W55 B

1	Luella Smith	CAN	44:46
17	Odile Waslander	CAN	85:18
21	Svatava Hermanek	CAN	112:31

W60 B

1	Karen Bjorseth	NOR	51:54
13	Maggie McLean	CAN	78:22

W65 B

1	Gudveig Jerundland	NOR	46:30
11	Gwen French	CAN	85:23

COC & WMOC ORGANIZERS & OFFICIALS

Well deserved thanks to all of the below plus the other numerous volunteers who assisted at these events.

COC 2005

Principal officials were as follows:

Meet Director:	Alex Kerr (GVOC)
Mapper:	Bryan Chubb(WLOC)
Planner, Classic:	Bryan Chubb (WLOC)
Controller, Classic	Scott Donald (KOC)
Planner, Short:	Alan Vyse (SAGE)
Controller, Short	Charlie Fox (GVOC)
Start:	Bruce Inglis (GVOC)
Finish & Results	Marg Ellis (GVOC)
Registrar:	Jeremy Gordon (GVOC)
SPORTident Consultant:	Leigh Bailey (VICO)

WMOC 2005

Organizing Committee and Major Officials:

Chair	Andree Powers
Event Manager	Geraint Edmunds
Venue Directors	George Murphy (Relay)
	Bill Jarvis (Qualifier 1)

Course Planners

Mary Lou-Hogg (Qualifier 2)
 Mary Lou-Hogg (Final)
 Eugene Ulmer (Relays)
 Don Bayly & Jim
 Baker (Qualifier 1)
 Doug Dowell (Qualifier 2)

Promotions

Gene Brenda & Greg
 Yarkie (Finals)
 Charlotte MacNaughton

Volunteers

Garry Atchison

Finance

Wayne Best

Venue Director Assistant Kim Kasperski

Associated/Spectator Events

Co-ordinator

Alice Berard

Banquet

George Murphy

Finish Chief

Karl Delaronde (Q1);
 Eugene Ulmer (Q 2 &
 Final)

Information Technology Karen Brownlee

Map Printing Supervisor Stuart Banham

Registration & Information

Co-ordinator

Marilyn Edmunds

Safety Chief

Matt Lund

Site Set-up/

Take-down chief	Sherry Haley
Timing/Results	Richard Obreiter
IOF Advisor	Dick Carmichael (Scotland)
Controllers	Don Ross (Ontario - Q1) Jack Lee (Ontario - Q2) Bill Anderson (Quebec - Final)

BAREBONES 2005

Although not an official part of the WMOC, this event provided opportunities for WMOC competitors to become accustomed to terrain, maps and weather conditions they could expect in the WMOC. The organizers and officials of this event merit recognition for the service they provided.

Meet Director	Adrian Zissos
Registration	Alice Berard
Timing & Results	Richard Obreiter
Start Chief	Laura Querengesser Barry McCashin
Course Planners Day 1	Marion Owen Don Riddle
Course Planners Day 2	Charlotte MacNaughton Miles Tindal
Course Planners Day 3	Jonathon Winn Adrian Zissos
Controller	Ted de St Croix (Vancouver)
Sprint Race Organizer	Louise Oram (Vancouver)
Site & Equipment	Lennart Lundgren Nancy Craig, Doug Craig Janet Astle
Awards & Event Centre	Jean MacNaughton Christin Lundgren
Safety	Gabrielle Savard Christin Lundgren Don Riddle

Complete World Masters Orienteering Championships results, Qualifiers and Finals, are available from:
www.wmoc2005.com

Complete results of the 2005 Barebones are available from:
www.barebones.ca

UPDATE ON 2006 CANADIAN CHAMPIONSHIPS For Presentation at 2005 COF AGM

This update advises the COF of the status of the 2006 Canadian Championships to be hosted by GATORS Orienteering Club (GOC). This is the first international event GOC will host since the World Masters in 1983. We are looking forward to hosting this event.

CHAMPIONSHIP RACE OFFICIALS

Event Director:	Annette Van Tyghem (Level 3)
Course Planner:	Nick Duca (Level 2) (technical completed - practical will be completed shortly)
Course Planner:	Iлона Dobos (Level 2) (finished practical as part of 2005 Ontario's)
Event Controller:	J. Kuszalik (IOF controller)

COC FESTIVAL TENTATIVE SCHEDULE:

Saturday August 19	Registration, Orangeville
Saturday August 19	Long event (North Peel)
Sunday August 20	Farsta/Loops event (North Peel)
Tuesday August 22	COF Cup Classic/long format event (Boyne Valley)
Thursday August 24	Relay - Primrose
Friday August 25	model event (Mono county forest)
Saturday August 26	COF Day 1 - Classic day 1 / Medium - Terra Nova (existing map - not used in over 10 years - field work - 50% done) COF Day 1 - Sprint - Dufferin County COF Day 1 - Banquet - Orangeville
Sunday August 27	COF Day 2 - Classic day 2/Long Dufferin County

*Note all venues areas are now under embargo.

MAPPING AND COURSE PLANNING:

Competition maps continue to be surveyed and drawn and are expected to be completed Spring of 2005. Courses for the championship events are being drafted and initial testing has started. Ribbons will be placed at control locations in the spring for the championship races (not the sprint) for final course testing.

We hope to see participants from all regions of Canada and eastern US.

Website will be fully launched in January 2006 with online registration and online payment. Link will be available from www.orienteering.on.ca.

Regards,

Gators Orienteering Club

UPDATE ON 2006 NORTH AMERICAN CHAMPIONSHIPS **For Presentation at 2005 COFAGM**

This update informs the status of the 2006 North American Championships to be hosted by Golden Horseshoe Orienteering (GHO). This is the first international event GHO (formerly HKF and NIA) have hosted since the 1994 NAOC and 1994 COC. We are looking forward to hosting this event.

RACE OFFICIALS

Event Director: Jim Waddington (Level IV)
Course Planner: Mike Waddington (Level 3)
Event Controller: Earle Phillips (Level IV)
We will also have the assistance of IOF controller, Vladimir Gusiaticov (USA), for the M/F 20-34 courses.

NAOC WEEKEND SCHEDULE:

Friday October 6 Training (McMaster West, Hilton Falls West)
Friday October 6 NAOC Sprint (McMaster University)
Saturday October 7 NAOC Middle/Classic (Rocky Ridge)
Sunday October 8 NAOC Long/Classic (Rocky Ridge)
Monday October 9 Wine O-Cross (Mount Nemo)*

*Note that the Monday event (Thanksgiving) is not a Championship event.

The sprint race will take place on the campus of McMaster University. The existing map of the campus was produced in 1988 and hasn't been used for orienteering in over 7 years. We have chosen this location to increase the exposure of our sport. Rocky Ridge is an almost brand new area with over 50% of the map never used for orienteering before. Part of the map (~10%) overlaps with a map produced by

the University of Guelph in the early 70's and about a third of the map overlaps with the northern part of the 1978 Hilton Falls map (used at the 1978 Canadian Championships). The Rocky Ridge map is immediately north of the new Hilton Falls map produced in 1999 for the Eastern Canadian Championships. We have embargoed McMaster and Rocky Ridge. Participants are obviously allowed onto the McMaster campus but they can not bring a map with them (we believe this is now the standard embargo wording for urban events).

MAPPING AND COURSE PLANNING:

The Rocky Ridge map was surveyed and drawn in 2004 and the first draft of courses for the Saturday and Sunday events have been set and tested. We have placed ribbons at most of the control locations for these two races as well. Fieldwork for McMaster University is 50% complete and will be finished later this winter. However, the first drafts of the sprint courses have been set. Field work for the event on Thanksgiving will be completed in the spring and we have already received the base map from Stirling. This latter map will be funded in part by an Ontario Trillium Foundation grant.

More information on the event is at the event web site: www.dontgetlost.ca/glof

Golden Horseshoe Orienteering

OTTAWA AREA ORIENTEERS WIN 5 DAY ADVENTURE RACE

Congratulations to Benoit Letourneau and the Simon River Adventure Racing team on winning the 5 Day Beast of the East Adventure race at Virginia in late October.

The Simon River team won by an incredible 8 hours over the 2nd place team. The race was a qualifier for the 2006 Adventure Race World Championships in Sweden and the 1st place prize - free registration to the World Championships. Registration Fees for major Adventure Races are usually several thousands of dollars so the victory represents a considerable amount of money.

The Simon River team: Benoit Letourneau (Ottawa OC), Alain Beaudry (Loup Garou OC), Liza Pye, Benoit Tremblay, Tanya Martin (Ottawa OC), provided the team support.

1. Simon River 4 Days and 21 Hours
2. OLW 5 Days and 5 hours
3. Adidas Canada 5 Days and 11 hours

ELITE NEWS – INTERNATIONAL

1. World Rankings – October 2005

Top 10 + Canadians with 3000+ points

Men		Points
1	Mats Troeng SWE	5573
2	Jani Lakanen FIN	5484
3	Daniel Hubman SWI	5478
4	Valentin Novikov RUS	5469
5	Thierry Gueorgiou FRA	5452
6	Jarkko Huovila FIN	5383
7	Andrey Khramov RUS	5336
8	Mats Haldin SWE	5329
9	Anders Nordbeg NOR	5307
10	Oystein Kvaal Osterbo NOR	5298
203	Mike Smith CAN	389
229	Jon Torrance CAN	3663

Women

1	Simone Niggli-Luder SWI	5857
2	Vroni Koenig-Salmi SWI	5521
3	Jenny Johansson SWE	5486
4	Minna Kauppi FIN	5444
5	Anne M Hausken NOR	5437
6	Karolina Hojsgaard SWE	5419
7	Mariane Andersen NOR	5349
8	Heli Jukkola FIN	5344
9	Emma Engstrand SWE	5330
10	Paula Haakakoski FIN	5290
71	Sandy Hott Johansen CAN	4523
146	Pam James CAN	3605

2. 2005 World Games – Duisberg, Germany

The World Games (WG) for 'Non-Olympic' sports are held every fourth year. 2005 was the second time orienteering was included in the WG. There are only two orienteering events in the WG – Middle Distance and Relay. Number of competitors is restricted to 40 men and 40 women. These are determined by World Rankings and most current WOC results.

No Qualification races – each race is a Final. No North Americans qualified to compete in the 2001 or 2005 WG.

2001 WG champions were:

Women – Hanne Staff (Norway)

Men – Grant Bluett (Australia)

Grant Bluett was on hand to defend his title but a new women's champion would be crowned as Hanne Staff "retired" after the 2004 WOC in Sweden.

Simone Niggli-Luder and Thierry Gueorgiou new Champions. The new champions were odds-on favourites to win - it would have been considered an upset if they had lost. As the WG were held prior to the WOC the victories gave them the first half of possible WG + WOC double titles.

Middle Distance - Women

1	Simone Niggli-Luder SWI	35.44.1
2	Karin Schmalfeld GER	37.10.1
3	Heather Monro GBR	38.26.0
4	Tanya Ryabkina RUS	38.50.6
5	Ieva Sargautyte LIT	40.01.1
6	Lea Muller SWI	40.22.3

Middle Distance - Men

1	Theirry Gueorgiou FRA	38.10.1
2	Daniel Hubman SWI	38.31.1
3	Oystein Kvaal Osterbo NOR	38.33.4
4	Christian Nielsen DEN	38.55.4
5	Yuri Omeltchenko UKR	39.09.1
6	Damien Renard FRA	39.14.8

Mixed Relay -

Switzerland Wins – Thrilling battle for second

The format is different from other Relay events. Rather than separate races for men and women WG teams consist of two men and two women. Only 13 nations were eligible to compete.

In an exciting event in which the lead changed several times, the Swiss team of: Matthias Merz, Lea Muller, Daniel Hubman, and Simone Niggli-Luder, won by a margin of 1.39 minutes.

At the end of the third leg Switzerland led by 45 seconds, but Russia, Czech Republic and Sweden were together and not far behind. Simone Niggli-Luder ran the last leg and took no chances to ensure Switzerland its win. The fight for silver and bronze medals went to the wire with Tanya Ryabkina, Russia and Dana Brozkova, Czech Republic punching the last control together and matching stride for stride along the run-in. At the finish line it was Russia ahead by a hairbreadth.

Average age of the Swiss team is 23. Niggli-Luder (27), Muller (23), Hubman (22), Merz (21). They may just be getting into their prime for the 2009 World Games.

Relay results

1 Switzerland	88.39.0
2 Russia	90.18.8
3 Czech Republic	90.18.9
4 Sweden	90.34.3
5 Great Britain	91.20.0
6 Germany	91.27.7

3. Grant Bluett Retires

Shortly after the World Games, Australia's top competitor, Grant Bluett, announced his retirement from international competition. Still in his early 30's he cited the many years of living abroad as a major reason for his decision. He felt that in order to compete with the best it was necessary to train and compete with the best and re-located to Sweden for almost 10 years. Bluett is the most successful non-European competitor to date. In addition to his victory in the 2001 World Games he also won medals in several World Cup events and had an 8th place WOC result – the best non-European result until fellow Australian, Hanny Alston's 6th place this year.

Although retired from international competition, Bluett will remain involved with the Australian High Performance Program and has been appointed Junior Team Coach.

2006 PARK WORLD TOUR FINAL – YUXI, CHINA

The final event of the 7 race 2006 Park World Tour series was held in Yuxi, China, on November 10.

Women	2.0 km, 12 controls	
1 Tatiana Riabkina	RUS	16:24.8
2 Riina Kuuselo	FIN	17:05.1
3 Ieva Sargautyte	LIT	17:21.9
4 Brigitte Gruniger	SWI	17:36.2
5 Elise Egseth	NOR	17:42.5
6 Dana Brozkova	CZE	18:16.3
7 Elin Skantze	SWE	18:39.6
8 Maria Bergkvist	SWE	18:39.8
9 Veronica Minoiu	ROM	18:47.1
10 Lene Bergesen	NOR	20:44.1

Men	2.5 km, 15 controls	
1 David Brickhill-Jones	AUS	15:09.5
2 Mats Haldin	FIN	15:42.0
3 Martin Johansson	SWE	16:08.4
4 Anders Holmberg	SWE	16:19.8
5 Yuri Omeltchenko	UKR	16:28.4
6 Oystein Kvall Ostebo	NOR	16:31.1
7 Claus Bloch	DEN	17:31.3
8 Felix Breitschel	AUT	17:32.1
9 Ewen McCarthy	GBR	17:38.8
10 Chris Terkelsen	DEN	18:10.5

Final Standings

Women:

1 Dana Brozkova	CZE	121 points
2 Tatiana Ryabkina	RUS	117
3 Riina Kuuselo	FIN	98
4 Ieva Sargautyte	LIT	85
5 Brigitte Gruniger	SWI	79
6 Elise Egseth	NOR	72

Men

1 Oystein Kvall Osterbo	NOR	139 points
2 David Brickhill-Jones	AUS	123
3 Mats Haldin	SWE	90
4 Martin Johansson	SWE	89
5 Yuri Omeltchenko	UKR	72
6 Chris Terkelsen	DEN	65

BRICKHILL-JONES TO RUN FOR GREAT BRITAIN

David Brickhill-Jones (BJ) has announced his intention to compete as a British orienteer from 2006. BJ has been living in Scandinavia for several years, and has shown great potential, particularly in sprint races, winning a silver medal in the World Cup this year.

In making his announcement BJ:

“I have dual nationality with Australia and Great Britain and have decided that from 2006 onwards I will compete as a British orienteer. This decision is based on my personal circumstances, being based permanently in Europe, and the support available to me from the British Orienteering to support me in my goal of becoming World Champion.”

This announcement on top of Grant Bluett's retirement is a severe loss to the Australian national team.

ORIENTEERING WEEK IN CANADA

September 21-28, 2005 – or there about

Yukon Orienteering

- * Club Champs - Sprint
- * Club Champs - Middle
- * Club Champs - Classic

Greater Vancouver O.C.

- * Club Champs - Sprint
- * Club Champs - Middle

Edmonton Overlanders

- * White Earth - Classic Distance

Orienteering Calgary

- * Club Champs page

Golden Horseshoe (Hamilton)

- * Adventure Sprint Final (Oct 5th event)

Falcons Orienteering Club (New Brunswick)

- * Autumn Amble

Orienteering Week In Canada (OWIC) is an idea shared by a growing number of clubs across the country. The idea began in 2004 when the Calgary orienteering club (FWOC) held a club championships week – three different races (middle, long, and sprint distances) and an end-of-season awards party. This event was a tremendous success and news of it spread over the internet. Several other clubs expressed interest in holding similar events and as the discussion grew nation-wide, the *Big Idea* was hatched to hold as many club championships as possible across the country at more or less the same time. And somebody said this project should be called Orienteering Week In Canada.

In 2005 Orienteering Week in Canada will take place September 21 – 28. Clubs taking part include Yukon, Vancouver, Calgary, Edmonton, Hamilton, Hillsborough NB, and several others (though not all clubs are able to hold events on exactly those dates due to prior commitments and will be a week or two earlier or later). The format of the races will vary depending on what is most appropriate for particular clubs. Generally the schedule includes a middle distance race, a long distance race, and a sprint followed by an awards party, though some clubs will be holding just one or two of these races due to volunteer availability. In Calgary we plan a mix of age-based and skills-based categories. The 18 – 55 age groups have been combined into three skills based

categories: Novice, Sport, and Expert. This is similar to other sports and is intended to appeal to club members whose main sport is not orienteering, to give them a chance to be competitive (and perhaps even win) without having to run against experienced orienteers.

There are many reasons to be part of OWIC. The Calgary club found their club champs got lots of people very excited about orienteering. It got “city park only” people doing some competitive orienteering and really enjoying it. For many it was the first time using ePunching, running at intensity, and having exposure to the best quality forest maps. Furthermore it provides an event with a certain appeal to the media, if we are interested to pursue that to raise the profile of orienteering. And most of all, OWIC links the Canadian orienteering community through a common nation-wide project.

The United States Orienteering Federation has successfully organized a National Orienteering Day (NOD) for several years now – over 72 clubs take part and they get good media coverage. In 2005 NOD is September 17th. Check www.us.orienteering.org/NOD.html for more details.

Please consider joining OWIC – either by participating in your club championships or better still, by helping to organize one of the races for your local club.

MARG AND BRIAN ELLIS – SWEDISH SABBATICAL

Greater Vancouver OC members, Brian and Marg, will spend most of 2006 in Umea, Sweden, and no doubt compete in many orienteering competitions during their stay.

In preparation for their departure they warmed –up in the 2005 Canadian Championships with Marg winning W55 in both Short and Classic and Brian with a 2nd in the Short and 3rd in the Classic. As noted in the WMOC report, Marg won the W35 class in the 1985 – like good wine they appear to be getting better with age.

The bad news is that Marg had to relinquish her position as OABC Vice President, the good news is that she gets to spend a year in Sweden – not a bad trade-off.

Best wishes for a good year and lots of orienteering
Bon voyage

AVAILABLE FROM THE COF OFFICE

(Prices are subject to change without notice)

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

Postage: 1 - 3 items = \$ 2.00 each item

Postage: 4+ items = Actual amount charged

ORDER FORM

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Orleans, Ontario K1C 7H8

Telephone: 613 830-1147 FAX: 613 830-0456

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CANADIAN ORIENTEERING FEDERATION

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Have you considered making donation?
COF will issue official donation receipts for \$10 and over:

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- 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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