



# ORIENTEERING CANADA

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## OFFICIAL NEWSLETTER OF THE CANADIAN ORIENTEERING FEDERATION

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### 2005 ANNUAL GENERAL MEETING

The 2005 AGM will be held in conjunction with the Western Canadian Championships on Thanksgiving weekend – October 8-10.

In recent years the AGM has been held in conjunction with the COC. The COC and WMOC being only 1 week apart and quite distant from one another placed enormous workloads on the organizers and difficulties for association delegates to attend an AGM at the COC. Some alternate suggestions were discussed and it was decided that holding the AGM on the Western Canadian Championships weekend was the option favoured by most association presidents.

All Western associations supported this change. Association unable to have a delegate attend will be able to participate via Tele-conference hook-up.

This change is only for this year – the 2006 AGM will revert back to being held in conjunction with the COC.

### 2005 WORLD MASTERS ORIENTEERING CHAMPIONSHIPS UPDATE

Over 1000 orienteers have registered for the 2005 World Masters Orienteering Championships (WMOC) including several former world champions.

#### **World champions**

M35. Janne Salmi (Finland) - triple WOC medallist in Individual races: gold (1997), silver (1995) and bronze (1999).

M45 – Jorgen Martensson (Sweden) – five time WOC medallist and one of the all-time greats. Gold medals in 1991 & 1995 plus silvers in 1993, 1995 and 1997.

M60 – Stig Berg (Norway) – WOC champion in 1970 and runner-up in 1968.

Salmi, Martensson and Berg also won WOC medals as members of their national realy teams

Other international competitors of note include Svein Jacobsen and Egil Ivarson , (Norway), Dieter Wolf (Switzerland), Peo Bengtsson (Sweden), Juhanni Salmenkyla (Finland). Jacobsen and Ivarson won WOC individual and relay medals.

### CANADIAN TEAM MEMBERS – PAST AND PRESENT COMPETING IN WMOC

M35 – Nick Duca (Gators - WOC 2001, 2003, 2004, 2005); Martin Pardoe (GVOC – WOC 1993, 1995)

M45 – Ross Burnett (Whitehorse – WOC 1983, 1985, 1987, 1989)

M45 – Ted de St Croix (GVOC – WOC 1976, 1978, 1979, 1981, 1983, 1985, 1987, 1989, 1991)

M55 – Gord Hunter (Ottawa – 1972, 1974, 1976, 1978, 1979).

W35 – Lumi Duca (Gators – 2001)

W40 – Catherine Hagen (PGOC – 1993, 1995, 1997, 1999)

W50 – Kitty Jones (Foothills Wanderers – 1983, 1985)

# ELITE NEWS

## CANADIAN TEAMS SELECTED FOR 2005 WORLD CHAMPIONSHIPS

**Women:** Pam James (Whitehorse OC), Pippa McNeil (Whitehorse OC), Louise Oram (Greater Vancouver OC), Marie Catherine Bruno (Greater Vancouver OC), Charlotte MacNaughton (Foothills Wanderers OC), Sandy Hott Johansen (Kristianstad OK, Norway).

**Men:** Nick Duca (Guelph Gators OC), Mike Smith (Falcons OC), Brent Langbakk (Whitehorse OC), Wil Smith (Falcons OC), Jon Torrance (Ottawa OC).

**Team Leader:** Adrian Zissos (Calgary)

Non-traveling alternates:

**Women:** Heather Smith, Victoria Smith (Falcons OC),

**Men:** Christian Piller (Victoria Orienteers).

**Men:** Selection based on results of: Gator Cup (May 14-15); Sage Stomp (May 22-23). Top two men from Gator Cup + top three men from Sage Stomp. Final spot - discretionary selection from either event 1 or 2.

**Women:** Results of Sage Stomp (May 21-22). Top five women + Sandy Hott Johansen (pre-selected and not required to compete in selection event).

### Selection Event 1 – Gator Cup

<b>Day 1</b>	<b>Long</b>	<b>14.7 km</b>	
1	Nick Duca	Gators	88.24
2	Jon Torrance	Ottawa	93.17
3	Wil Smith	Falcons	94.45
4	Hans Fransson	GHO	103.50
5	Christian Piller	Vico	110.47
6	Nevin French	GHO	148.50
7	David Anderson Jr.	GHO	149.36
8	Danilo Malanczyj	UKR	152.48
9	Tiberiu Ciocci	Gators	205.23

<b>Day 2</b>	<b>Middle</b>	<b>5.2 km</b>	
1	Mike Waddington	GHO	32.47
2	Nick Duca	Gators	34.37
3	Wil Smith	Falcons	35.15

4	Hans Fransson	GHO	35.21
5	Jon Torrance	Ottawa	38.50
6	Christian Piller	Vico	39.23
7	Oivind Naess	GHO	42.57
8	Danilo Malanczyj	UKR	48.41
9	David Anderson Jr	GHO	53.24
10	Nevin French	GHO	55.01
11	Tiberiu Ciocci	Gators	59.57

<b>Day 2</b>	<b>Sprint</b>	<b>2.6 km</b>	
1	Jon Torrance	Ottawa	10.59
2	Mike Waddington	GHO	11.10
3	Hans Fransson	GHO	11.36
4	Nick Duca	Gators	11.50
5	Wil Smith	Falcons	11.55
6	Christian Piller	Vico	12.23
7	Giles Malet	Gators	13.30
8	Nevin French	GHO	13.50
9	Tiberiu Ciocci	Gators	14.42

### Selection Event 2 – Sage Stomp

<b>Men</b>		<b>Day 1</b>	<b>Day 2</b>	<b>Total</b>	
1	Mike Smith	Falcons	49.52	92.42	142.34
2	Jon Torrance	Ottawa	53.32	90.34	144.06
3	Brent Langbakk	YOA	52.42	92.19	145.01
4	Wil Smith	Falcons	53.23	100.42	154.05
5	Miles Tindal	FWOC	64.13	112.53	177.06
6	Christian Piller	Vico	63.22	120.23	183.45
7	Kevin Astridge	WLOC	80.49	156.56	237.44
8	Jason English	FWOC	111.25	144.21	255.46

<b>Sprint</b>			
1	Jon Torrance	Ottawa	15.25
2	Mike Smith	Falcons	16.18
3	Brent Langbakk	YOA	18.02
4	Wil Smith	Falcons	18.06
5	Martin Pardoe	GVOC	18.38
6	Patrick Goeres	MOA	20.09
7	Christian Piller	Vico	20.17
8	Jason English	FWOC	20.43
9	Miles Tindal	FWOC	23.06
10	Kevin Astridge	WLOC	32.30

## Women

1*	Katarina Smith	Falcons	44.26	71.18	115.44
2	Pam James	YOA	48.40	78.37	127.17
3	Louise Oram	GVOC	51.59	76.21	128.20
4	Pippa McNeil	YOA	52.23	84.01	136.24
5	Marie Catherine Bruno	GVOC	54.16	99.47	154.13
6	Charlotte MacNaughton	FWOC	61.39	97.11	158.50
7	Heather Smith	Falcons	63.35	115.24	178.59
8	Erica Lay	Vico	67.29	130.38	198.07
9	Erica Ellis	GVOC	86.04	158.12	244.16

## Sprint

1	*Katarina Smith	Falcons	14.48
2	Pam James	YOA	16.20
3	Pippa McNeil	YOA	17.50
4	Marie Catherine Bruno	GVOC	18.45
5	Louise Oram	GVOC	19.56
6	Victoria Smith	Falcons	21.10
7	Marta Green	GVOC	21.13
8	Erica Lay	Vico	22.10
9	Anita O'Brien	Falcons	22.48
10	Charlotte MacNaughton	FWOC	23.17
11	Heather Smith	Falcons	24.12
12	Erica Ellis	GVOC	25.32
13	Justine Scheck	YOA	28.31
14	Meghan Rance	GVOC	36.07

\* Katarina Smith - former Swedish National Team member ineligible to compete for Canada.

Thanks you's to the Gators OC and Sage OC for organizing the National Team Selection events. Planning courses for special events entails extra work for organizers, especially for course planners to prepare courses of suitable length, difficulty and meet the Recommended Winning Times.

The organizers of the two WOC Selection meets accomplished this and are to be congratulated along with the selected athletes.

## CANADIAN JUNIOR TEAM COMPETES IN JUNIOR WORLD CHAMPIONSHIPS

While you are reading this issue six Canadian juniors are competing in one of several major European competitions.

The group members are: Sarah Brandeth (Foothills Wanderers, Calgary); Carol Ross (Falcon OC, Moncton); Patrick Goeres & Darius Konotopetz (Coureur du Bois, Winnipeg), Robin & Scott Foubister (Sage OC, Kamloops).

The team will compete in the 2005 Junior World Orienteering Championships, Tenero, Switzerland, July 11-16. Robin and Scott will only compete in the JWOC but the four others have several additional weeks of orienteering in other parts of Europe.

### Schedule:

#### *July 2-9 - Italy*

5 Giorni della Valle du Non (Valle de non 5 Day), Trentino

#### *July 11-16 - Switzerland*

Junior World Championships, Tenero

#### *July 17- 21 - Sweden*

O-Ringen (Swedish 5 -Days), Gothenberg

#### *July 31 - August 6 - Scotland*

Scottish 6 -Days, Royal Deeside

This is an ambitious program and quite similar to ones by Ted de St Croix, Ron Lowry, Gord Hunter, Susan Budge and Sheila Mitham back in the 1970's - 80's.

Check their progress from the following competition websites:

Italian 5 -Days:

JWOC:

O-Ringen: [www.oringen.com](http://www.oringen.com)

Scottish 6-Days: [www.scottish6days.com/2005](http://www.scottish6days.com/2005)

# ORIENTEERING WEEK IN CANADA

September 21-28, 2005 – or there about

Adrian Zissos, Calgary

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.

It was agreed that in 2005 Orienteering Week in Canada will take place September 21 – 28. Clubs taking part include Yukon, Vancouver, Calgary, Edmonton, Guelph, Ottawa, and Hamilton and several others. 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.

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 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 17<sup>th</sup>. Check [www.us.orienteering.org/NOD.html](http://www.us.orienteering.org/NOD.html) for more details.

Here are some details of what the Calgary club is planning for its 2005 club champs which will be part of OWIC 2005:

- The event will use Barebones™-style organization – minimal fuss and zero-tolerance for complaining.
- Schedule

Date	Event	Probable Location
Wed Sept 21	Middle distance	Fish Creek, Calgary
Sat Sept 24	Long distance	Barrier Lake, Canmore
Wed Sept 28	Sprint / Awards party	Princes' Island, 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.
- Courses and categories:

Course*	Category	Ages
Course 1	Super Juniors (M/F)	10 & under
Course 2	Juniors (M/F)	11 – 14
	Novice Adults (M/F)	All ages
Course 4/5	Sport Adults (M/F)	All ages
	Senior Adults (M/F)	56 & over
Course 6	Youth (M/F)	15 – 17
	Expert women	All ages
Course 7	Expert men	All ages

\* Course numbers refer to the COF 8-course standard

- We will have prizes of Nalgene bottles emblazed with the club logo.
- We will use ePunching because it is so cool
- Price will be about \$10/race for adults, \$20 for a three race package, keeping the price as low as possible to encourage participation in all three events
- At the awards party following the final race we'll have (free) pizza and a cash bar.
- We expect a small profit off the event (even with free pizza)
- There will be a “pre-game” and “post-game” email sent to our club email list in the format of a

sports-radio-phone-in-show, getting people excited about the upcoming races, giving hints about which orienteering skills will be most important, which tactics might work well, and generally helping people prepare so they will have their best-possible performance and most satisfying experience.

Please consider joining OWIC – either by participating in your club championships or better still, by helping to organize your club’s championships during OWIC.

## **Four World Champions in World Games**

### **Line-up**

Four of the current World Champions in orienteering will be competing for the medals in this year’s World Games, being held in Duisberg, Germany in mid-July.

In the women’s individual race, Long Distance World Champion Karolina A Hojsgaard (Sweden) and Sprint World Champion Simone Niggli-Luder (Switzerland) will have plenty of strong competition for the title of World Games Champion 2005. Strongest challengers are likely to be Anne Margrethe Hausken (Norway) and Jenny Johansson (Sweden), who both tasted success in the first round of this year’s World Cup, winning the sprint and middle distance races respectively.

Middle distance World champion for the last two years, Thierry Gueorgiou (France) will be the big favourite to take the men’s title: the world Games distance of 6.6 km (estimated winning time 35 minutes) is just right for him. He will certainly have strong competition from amongst others, Sweden’s Niclas Jonasson, current Sprint World Champion and the defending World games Champion, Grant Bluett from Australia.

Several other current and former World championships medallists will be in the starting line-up of 40 women and 40 men in the individual races over middle distance to be held on Saturday 16<sup>th</sup> July. The mixed relay race, for national teams made up of 2 women and 2 men, will be held on the following day; Norway is the defending champion nation.

The 2005 World games are the seventh overall and the second to include orienteering. 32 non-Olympic sports will be represented, and the Games organizers expect over 500,000 spectators in all with TV transmission to many countries across the globe. The arena for orienteering, site of the finish for both individual and relay races, will be the Jahnstadion in Bottrup.

IOF News release, 8<sup>th</sup> June, 2005.

## **Barbro Ronnberg**

### **elected Secretary General of ARISF**

At its Annual General Meeting held in Berlin on 17 April, the Association of the IOC Recognized International Sports Federations elected the IOF Secretary General, Barbro Ronnberg, Secretary General and Member of the ARISF Council. The position is honorary and the term of office is four years.

“ We are very pleased that such a clear majority of all IOC Recognized federations gave Barbro Ronnberg their support in the elections, and we are happy to be able to contribute to the work of the ARISF during the next coming years, “says IOF President, Ake Jacobson.

The ARISF Council consists of six members, namely the President, the Vice President, the Secretary General, the three Directors, Jan Fransco, President of the International Korfball Federation, was elected new President. He succeeds Ron Froehlich, who becomes President Emeritus of ARISF.

ARISF is the Association of the sports recognized by the IOC but not yet part of the Olympic program. The ARISF Annual General Meeting was held in conjunction with the Sportaccord conference in Berlin, Germany. Twenty six of the 29 member federations were present.

# 2005 WORLD CUP 2005

The World Cup consists of three competitions each with four events: Sprint, Middle, Long and Relay. Points are earned in each race with Total Points from the three series determining the overall World Cup Champions.

## 2005 World Cup Schedule

April 29 – May 3 Series 1 – Surrey Hills, England

August 7 – 12 Series 2 – Aichi, Japan

October 3 – 8 Series 3 – Subiaco, Italy

Three members of our national team competed in the Series #1 competitions: Sandy Hott Johansen, Mike Smith and Jon Torrance. Former Canadian junior champion, Dave Donaldson (GHO), joined Mike and Jon to form a relay team. After finishing high school Dave moved to Britain to study at Oxford University.

### Sprint

**MEN:** Three heats of 29 runners with the top 10 qualifying for the A Final – other to run in B Final. Course lengths were 2.8 – 2.9 km.

Neither Jon Torrance or Mike Smith qualified for the A Final. Jon was 26<sup>th</sup> in Heat 1 in a time of 17.58 (1<sup>st</sup> place time – 13.21). Mike was 24<sup>th</sup> in Heat 2 in a time of 17.48 (1<sup>st</sup> place time – 13.40).

### A Final 3.5 km – 30 starters

1	Daniel Hubman	Switzerland	14.15
2	David Brickhill-Jones	Australia	14.33
3	Oystein Kvaal Osterbo	Norway	14.40

### B Final 3.5 km – 36 starters

1	Nick Barrable	Britain	13.56
29	Mike Smith	Canada	16.27
32	Jon Torrance	Canada	17.24

**WOMEN:** Three heats of 21 runners with top 10 in each heat qualifying for the A Final – remainders to run in B Final. Course lengths were 2.5 km.

Sandy Hott Johansen ran in Heat 1 but miss punched. She did not compete in the B Final.

### A Final

1	Anne Margrethe Hausken	Norway	14.33
2 =	Simone Niggli-Luder	Switzerland	15.11
2 =	Jenny Johansson	Sweden	15.11

### Middle

#### MEN:

1	Andrei Khramov	Russia	31.57
2	Thierry Gueorgiou	France	32.04
3	Jani Lakanen	Finland	32.50
82	Mike Smith	Canada	44.51
90	Jon Torrance	Canada	54.10

#### WOMEN:

1	Jenny Johansson	Sweden	30.47
2	Simone Niggli-Luder	Switzerland	31.10
3	Minna Kauppi	Finland	31.56

Sandy Hott Johansen did not compete in this event.

### Long MEN:

1	Jani Lakanen	Finland	92.07
2 =	Mats Haldin	Finland	93.05
2 =	Andrei Khramov	Russia	93.06
57	Mike Smith	Canada	114.38
63	Jon Torrance	Canada	120.42

#### WOMEN:

1	Simone Niggli-Luder	Switzerland	73.15
2	Vroni Konig-Salmi	Switzerland	76.13
3	Emma Engstrand	Sweden	76.25
44	Sandy Hott Johansen	Canada	101.34

### Relay

#### Men: 28 teams

1	France	155.57
2	Norway	156.46
3	Denmark	156.51
26	Canada	218.20

#### Leg 1 – Fastest time

Jon Torrance	51.13
	69.02

#### Leg 2 - Fastest time

Mike Smith	52.14
	66.00

**Leg 3- Fastest time** **50.51**  
 Dave Donaldson 83.18

**WOMEN:**

1	Finland	136.36
2	Switzerland	137.29
3	Sweden	138.13

Starting the third leg the Swiss team had a lead of 1.14 and with World Number 1, Simone Niggli-Luder, running the anchor leg victory seemed assured. However, Minna Kauppi had other ideas and with a wonderful last leg overtook the Swiss runners for a surprise win for Finland.

**IOF WORLD RANKING – JUNE 26, 2005**

**Top 10 Men**

Rank	Points	Athlete	Country
1	5665	Valentin Novikov	Russia
2	5602	Thierry Gueorgiou	France
3	5586	Mats Troeng	Sweden
4	5556	Emil Wingstedt	Sweden
5	5512	Holger Hott Johaneen	Norway
6	5487	Jani Lakanen	Finland
7	5483	Johan Nasman	Sweden
8	5479	Mats Haldin	Finland
9	5452	Anders Nordberg	Norway
10	5450	Daniel Hubmann	Switzerland

**Canadians:**

225	3952	Michael Smith
235	3880	Nick Duca
312	3378	Jon Torrance
361	3101	Wil Smith

**Top 10 Women**

1	5922	Simone Niggli-Luder	Switzerland
2	5709	Jenny Johansson	Sweden
3	5669	Karoline A Hojsgaard	Sweden
4	5622	Hanne Staff	Norway
5	5612	Tatyana Riabkina	Russia
6	5570	Minna Kauppi	Finland
7	5544	Heli Jukkola	Finland
8	5531	Emma Engstrand	Sweden
9	5436	Vroni Koenig-Salmi	Switzerland

Canadians		
103	4448	Sandy Hott Johansen
369	1771	Pippa McNeil
389	1675	Cherie Mahoney
442	1368	Pam James
476	1150	Charlotte MacNaughton

**SIMONE NIGGLI-LUDER**  
**wins Gold in Swiss Cross Country Champion**  
**DAVID SCHNEIDER wins Silver**

Simone Niggli-Luder claimed victory in the 2005 Swiss National Cross country Championships with a time of 30:40 for the 8 km course. Niggli ran a fully controlled race and dominated from start to finish. Following her win she commented on her homepage: “ I am very glad about the result, and it gave me clear evidence that that orienteers can do very well in athletics.”

The Swiss XC Championships were used as a test race for the Swiss National Orienteering team and Niggli-Luder was not the only one who had a good result. Lea Muller, Angela Wild, Brigitte Gruniger and Franziska Wolleb all finished in the top 10 in the women’s elite class.

The Swiss men also achieved several top results with the highlight being the second place of David Schneider in the men’s elite class. Another orienteer finishing in the top 10 was Urs Muller – 7<sup>th</sup>.

**Women’s Elite – 8 km**

1	Simone Niggli-Luder	30:40
2	Bernadette Meier-Brandie	31:05
3	Evelyne Jeitziner	32.:02
4	Ludivine Dufour	32:14
5	Lea Muller	32:58
6	Angela Wild	34:30

**Men’s Elite - 12 km**

1	Bruno Heuberger	39:54
2	David Schneider	39:57
3	Dejene Lidetu	39:59

Niggli–Luders victory duplicates that of another Swiss world orienteering champion, Marie-Luce Romanens (1995) who, in addition to winning the national XC title also competed in the World Cross Country Championships.

# NCCP TRANSITION PROJECT UPDATE

In the last O-Canada I introduced the National Coaching Certification Program (NCCP) Transition Project and the steps that the COF has taken to initiate that project for orienteering. The Coaching Association of Canada (CAC) is responsible for the development and management of the New NCCP. They provide extensive guidelines and background material to the Sports Federations (SF) as well as procedures to be followed and milestones to be met. At first glance, all the worksheets to be completed, models to be developed, and plans to be formulated seemed a little overwhelming for our totally volunteer-based organization, but with some patient guidance from the CAC, we have officially started our project.

The CAC has been researching and developing the new NCCP in conjunction with the SF's for eight years. (Aren't acronyms great!) The new program requires a comprehensive review and over-haul of existing material and major changes to the process of training and certification. There were many good reasons for changing the old system. For example, many Sports Federations complained that the existing NCCP did not address the specific coaching needs for the diverse types of participants in sports. As such, the first project milestone to be reached by each of the SF's is to develop a Participant Development Model (PDM) and a Coaching Development Model (CDM). Basically, to define the client groups that require training/coaching and from that data, what type of coaching program (stream) will be required to deliver effective training programs to these diverse groups.

Orienteers are a diverse bunch of individuals (and proud of it) so it was imperative that I convene a good cross-section of representatives from across Canada to help me build the models. Actually the CAC insisted, for many good reasons, that orienteers from every corner of this country participate in all the decision-based activities. So, early in June, with financial help from the CAC, I was able to assemble a solid group of coaching representatives from New Brunswick to the Yukon. Anna Mees, our CAC consultant, also joined us for the weekend meeting in Ottawa.

At first glance, it looked like identifying our clients and drawing up a model that identified whether they required

instruction, on-going development, or competitive-level coaching would be straightforward. Then Anna told us that Athletics took more than six months to develop and approve their models. I was hoping to complete a draft of the PDM and CDM on a weekend and finalize it for a presentation to the COF Board at July's AGM!

With a whole lot of guidance from Anna, we sweated (literally, the humidex was 40C in Ottawa) through the processes and produced a solid draft of the PDM and a good start on the CDM. Moving away from the start line, we are now looking in the right direction and have a good idea of what we are looking for. What route will we take to get to our next milestone? After approval by the AGM (now in October) of the PDM and CDM, we will decide which component (context) of the new NCCP to develop first. That will be done through consultation with as broad a representation of coaches and members in the COF as we can muster. Look for more information about the project in future issues of O-Canada.

If you have any questions about the project, contact me at [bill.gloria@rogers.com](mailto:bill.gloria@rogers.com) or contact our National Coach, Ted de St. Croix at [tdestcroix@telus.net](mailto:tdestcroix@telus.net)

Bill Anderson

## **Edmonton & Ottawa Mid-Week Evening Meets**

1. Edmonton Overlanders O Club - Great Attendance on Wednesdays.  
We have had lots of people coming out to Wednesday events in city parks this season.  
The average attendance for the first 6 events was 187, with three of those having over 200!
2. Ottawa Summer Solstice – increased participation.  
The Summer Solstice - a series of five events held on Tuesday evenings in city parks and conservation areas. The events are Mass Start Score O format. Three events organized by Ottawa OC and two by Loup Garou OC.

This year has seen a large increase in number of participants with an average of 100 participants and 70 Starts. Trailhead, a well known Ottawa area sport store sponsored the series and provided awards for overall top point earners.



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# **TOO MANY WORLD ORIENTEERING CHAMPIONSHIPS ?**

*Austrian OF president, Fritz Woitsch writes in OEFOL:*

“In recent years the number of World Championship (WOC) and regional championship events has continually increased and at the same time there are more Orienteering disciplines; foot, ski and MTB-O. Orienteering is now a sport that is practiced worldwide.

In 2004 there were nine WOC’s and two European Championships: these over extended the financial resources of the Austrian Federation. It was only the commitment of elite athletes and coaches, including much time and money, that meant Austria could be represented at all important events.

The increasing number of events means it is also harder to find organizers. They can get burnt out.

When the fixture calendar is drawn up, it is just not possible to please everyone. The sheer number of regional, national and international events cannot always be coordinated ideally. Elite orienteers cannot take part in every important competition and training camp. the system seems overloaded.

Less is more – we should think about it”

New Zealand has also argued in the IOF against annual World Championships, citing the high cost for small and distant countries as being a major obstacle to fielding teams each year. Sure enough, the NZ team at the 2004 WOC in Sweden comprised only three men, two women and no officials. A return to biennial world championships is unlikely so it’s been recommended that New Zealand field full teams every second WOC, and use the intermediate years to blood new team members.

*Australian Orienteer – Editorial*  
Too Many WOC’s?

With the IOF moving to schedule World championships in all disciplines every year, are there now too many WOC’s? Certainly both Austria and New Zealand think so.

Austria’s federation President, Fritz Woitsch, wrote in their magazine OEFOL that in 2004 there were nine WOC’s and two European Championships which overextended the financial resources of the Austrian Federation. He thinks the elite calendar seems to be overloaded with championship events.

New Zealand certainly agrees. They argued in the IOF Council that scheduling WOC’s every year would significantly disadvantage small and distant member countries. The NZ team at WOC 2004 was seriously depleted though they do plan to send a full team to WOC in Japan this year.

Australia is one of those small and distant countries. In 2005 there will be teams going to JWOC in Switzerland, WOC in Japan and WMTB-O in Slovakia. The IOF is also encouraging regional events such as the recent Oceania Championships.

How does all this affect our financial resources? Will we be able to fund such frequent representative team travel in future years? Fortunately, we don’t send teams to the Ski-O WOC and JWOC events. Are the annual WOC’s favouring the richer Orienteering nations that can afford to send teams to all events?

There is also the issue of who will host all these Championships. Switzerland will hold two JWOC’s this year. Other countries are hosting World Championships in successive years – and then there are the annual WMOC events. I foresee a future, not too far distant, when the IOF will run out of countries wiling (and financially able) to host all these WOC’s.

# **PARKS AND RECREATION ENDORSE TRUE SPORT MOVEMENT**

(Ottawa. The True Sport Secretariat is pleased to announce that the Canadian Parks and Recreation Association (CPRA) has recently joined a growing list of organizations who are lending their support to the True Sport Strategy.

“We are very pleased to work with the True Sport Secretariat to help ensure that sport and recreation programs promote values for children and youth in communities across the country, said Pierre Morin, CPRA President. It is our belief that CPRA and its network of leaders will provide the True Sport Movement with a network of community champions to help contribute to healthy and vibrant communities.”

In recognition of its valuable contribution to vibrant and healthy communities, CPRA was also invited to join the True Sport Secretariat’s Steering Committee. “CPRA is a recognized leader amongst its extensive network of partners and community members and will contribute immensely to the work of the Strategic in engaging communities across the country to help seed, feed and grow the True Sport Movement, “ said Dina Bell- Larouche, Director of the True Sport Movement.

The True Sport Strategy is a coordinated and collaborative initiative to ensure that values-driven sport becomes central to the experience for participants in sport and recreation. The strategy lives within the building Capacity Pillar of the Canadian Sport Policy and has been endorsed by Fed-

eral-Provincial/Territorial ministers responsible for sport, recreation and fitness.

The True Sport Strategy is a collaboration of governments and members of the sport, recreation and physical activity communities committed to the belief that values-driven sport can make a powerful, positive contribution to the development of individuals, communities and Canadian society. The True Sport Strategy is working to engage sport, recreation and physical activity organizations in the areas of research, community engagement, communications, education, and policy development, all in support of the True Sport Strategy.

The True Sport Strategy is led by a Steering Committee and supported by a number of organizations including the Canadian Centre for Ethics in Sport, Athletes CAN, Sport Canada, Hockey Canada, Skate Canada, Sport Alliance of Ontario, Sport Matters Group, Sport Officials Canada, Canada Parks and Recreation Association, Canadian Professional Coaches Association, Sport Manitoba, Direction de la Promotion de la securite – Secretariat au loisir et au sport and the Canadian Olympic Committee.

For more information:  
Dina Bell-Larouche, Director, True Sport Secretariat: 613 – 521-5413  
Sharon Jollimore, Director, National Initiative, CPRA: 613 – 523-5315

## **2005 ‘A’ MEETS SCHEDULE**

<b>Date</b>	<b>Event</b>	<b>Location</b>	<b>Contact</b>
May 14 - 15	Gator Cup	Arkell, Ontario	annettevt@sympatico.ca
May 22	Ottawa Interclub	Wakefield, Que.	<a href="http://magma.ca/~ottawoc">http://magma.ca/~ottawoc</a>
June 19	Falcons Cup	Fundy National Park, NB	sbouell@nbnet.nb.ca
July 15-17	Canadian Championships	Williams Lake, BC	<a href="http://www.orienteingbc.ca/coc2005">www.orienteingbc.ca/coc2005</a>
July 19-21	Barebones 2005	Red Deer, Alberta	<a href="http://www.barebones.ca">www.barebones.ca</a>
July 26-30	World Masters Championships	Edmonton, Alberta	<a href="http://www.wmoc2005.com">www.wmoc2005.com</a>
Oct. 1 - 2	British Columbia Championships	Thetis Lake, Victoria, BC	<a href="http://www.orienteingbc.ca/vico">www.orienteingbc.ca/vico</a>
Oct. 7 - 9	Western Canadian Championships	Carberry, Manitoba	<a href="mailto:info@orienteing.mb.ca">info@orienteing.mb.ca</a>
Oct. 10	Manitoba Championships	Carberry, Manitoba	<a href="mailto:info@orienteing.mb.ca">info@orienteing.mb.ca</a>

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| 2. <u>'B' Meet Organizing Manual</u> (revised 1999)         | \$ 10.00 | 8. <u>COF Competition Rules</u>   | \$ 3.00  |
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- Eligible to win awards at Canadian, North American and Asia Pacific Orienteering Championships.
- Eligible to compete in orienteering events in other international orienteering federation member nations.
- Eligible to receive lower entry rates where offered to members.

- Junior age members eligible to participate in Junior Participation Program.
- Eligible for selection to High Performance Program (HPP) - Senior and Junior Tiers.
- Eligible for selection to National Teams to World Championships and other international events.
- National team members are eligible to receive financial support to World Orienteering Championships - Senior & Junior.
- Existence of a national federation and office is a major factor for Provincial/Territorial Associations to receive funding from provincial governments for: administration, staff, travel grants, athlete grants, programmes, etc.

## CANADIAN ORIENTEERING FEDERATION ADDRESSES

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