

ORIENTEERING CANADA

Published by the Canadian Orienteering Federation

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ARTICLES FOUND (LEFT) AT COC

- .. Polar fleece vest, green, size large with printing "Greater Vancouver Orienteering Club"
- .. Brooks turquoise and blue windbreaker
- .. One pair sunglasses

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COMBINED SUMMER/FALL ISSUE

Due to much greater than normal number of pages necessary to cover complete COC results, related articles, COF Annual Meeting, IOF Congress etc. it was decided that rather to combine the Summer and Fall issues into a double-sized 32 page issue. The next issue - Winter - Vol 24 - 4 will be published in December.

ORIENTEERING CANADA ON COF WEB SITE

Orienteering Canada is now available from:

www.orienteeing.ca

- Main Page - Official Newsletter.

Limited time - Reduced Price "Special" Coaching Manuals Level 2 & 3

During the COC week the Level 2 & 3 Orienteering Coaching manuals were offered at "Special COC Sale" prices.

Level 2 - \$ 5.00 (regular price - \$15.00)

Level 3 - \$10.00 (regular price - \$25.00)

It was decided to extend this offer to all members until December 15, after which prices will revert to \$15.00 and \$25.00.

These manuals contain a wealth of technical information that will benefit all levels of competitors. Level 3 will be of particular interest to all serious orienteers and in addition to orienteering skills and strategies addresses physical and mental requirements.

The manuals, written by former national team members, Ron Lowry (Level 2) and Ted De St Croix (Level 3), make excellent gifts to an orienteering friend or an addition to your 'O' library.

Mailing charges: \$2.00 per manual.

ANNUAL GENERAL MEETING

Alma Community Centre - August 24, 2000

1. AGENDA.

Motion AGM 2000-1: To accept the agenda as presented. CARRIED

2. MINUTES.

Motion AGM 2000-2: To adopt the minutes of AGM 1999. CARRIED

3. BUSINESS ARISING FROM THE MINUTES.

d) Schedule telephone conference was replaced with a regular meeting (Calgary).

e) Directors were appointed to portfolios. This action should be done immediately following each AGM.

f) National Team and squad selection criteria was delayed. Copies of the revised criteria were distributed to athletes with their COC package and also available for AGM delegates.

4. PRESIDENT'S REPORT.

Further to the written report included with AGM materials, it was recommended that, for statistical reporting purposes, member associations should be "counting heads". Copies of a new reporting document were distributed and will be used by associations for reporting of 2000 statistics.

Motion AGM 2000-3: To accept the president's report. CARRIED

5. FINANCIAL REPORT.

The financial statements for the fiscal year ending March 31, 2000 were presented.

Motion AGM 2000-4: To accept the financial statements. CARRIED

6. OTHER REPORTS

a) Electronic Information Delivery: (Report published in Spring issue - Orienteering Canada) Ray St Laurent commented on issues of accessibility and formats for downloading.

b) Ombudsman: Ray St Laurent noted that there have been no complaints filed.

c) Promotion: (Report published in Spring issue - Orienteering Canada). Geraint Edmunds commented on the need for user-friendly events.

d) National Team: Catherine Hagen reported on national team issues. The team selection proposal as submitted in July has been approved by the Board. In future, World Ranking Events will become the new selection criteria for World Championships. IOF controllers for such events will need to be funded. (Copies of the revised Selection Criteria were distributed to athletes and AGM delegates.

e) Officials Certification: Annette Van Tyghem commented on the clarification of some details, and on the need for IOF controller certification to be more accessible.

7. NEW BUSINESS

a) **COC 2001- Manitoba:** Dates (October 6-8) and venues have been finalized.

b) **COC 2002 - Alberta:** APOC site is being mapped by Bryan Chubb. NAOC site has been finalized. COC site is still waiting on landowner permission.

c) **COC 2000:** No bids have been submitted. BC might consider bidding. Yukon is interested in bidding for 2004. Ontario/Quebec should also be considered.

8. ASSOCIATION REPORTS:

Copies of association reports were included in AGM materials.

Motion AGM 2000-5: To accept association reports. CARRIED

9. GENERAL MOTIONS

a) *Motion AGM 2000-6:* That junior fees should be

PRESIDENT'S PODIUM

by Ray St-Laurent

Well it serves you right. If you don't pay attention, you can end up with a mediocre president. Next time think about it and make sure you nominate capable people you want. Here some accomplishments that will **not** happen by the end of next year:

The latest cable channel will be the O2 channel. It will offer 24 hours of orienteering for die-hard fans wanting more specialty orienteering than shown on the existing Orienteering channel.

The University of Alberta will offer a three year Bachelor of Orienteering (BO). It will be oversubscribed.

Europeans will come to Canada to study orienteering since the world's top orienteers have been Canadian for the last four years.

A common lament will be, "Gee, I would like a career as a medical doctor but I can't afford to lose the money I make from the professional orienteering circuit.

There will be a two-year waiting list for individuals wishing to take officials or coaching courses.

The cover story in People magazine is the inevitable decadence that follows the wealth and glory from being the national orienteering champion.

The most common phrase in the English language becomes, "Gee Dad, why can't I do just a little more orienteering training today."

What are we going to do with all this federal government support money?

The NBA tries to form a liaison with the COF to capitalize on the amazing popularity of orienteering.

At the COF agm there will be heard, "Can everyone hear me at the back?"

The COF AGM will be rescheduled to accommodate being televised in prime time.

The program "Who Wants to be a Millionaire" will be pre-

empted for coverage of the Canadian Orienteering Championships.

Yes, I realize I have died and I see people here orienteering. So that means I am in heaven, right?

Right?

What will the COF board be doing in the next year? We will be muddling along as best we can, trying to be responsible, responsive and fair. Expect to see more information on the COF web site, www.orienteering.ca. News in the orienteering world in general, and COF in particular will be reported there first.

Obviously I must relinquish my role as ombudsman. That position was established to handle grievances against the COF that you feel have not been appropriately handled by normal channels. Since the president is a likely source for complaints, there is a definite conflict of interest. Until a replacement is found, I suggest these grievances be copied to all board members. Since the ombudsman service was announced over two years ago, no grievances have been presented. Assuming matters don't escalate too rapidly, I expect this temporary arrangement to be adequate.

Regardless, feel free to contact me, any board member, or the COF office, with suggestions or complaints.

Happy trails.

ALEX KERR WINS IN 2000 ASIA PACIFIC CHAMPIONSHIPS

Congratulations to Greater Vancouver OC member, Alex Kerr, on his victory in the M65 category in APOC 2000, held in Queensland, Australia, in July.

Alex edged Ian Hassall (Australia), by a narrow .25 in the APOC Individual Championships. The Australian had been victorious in two preceding events: Australian Champinships in a time of 46.10 with Alex 2nd in 48.40; APOC Short Distance in 19.09 with Alex 3rd in 24.24, but Alex came through in the main event.

IOF NEWS

2000 CONGRESS, AUGUST 4, LIEBNITZ, AUSTRIA

a) Japan awarded WOC 2005

Congratulations to the Orienteering Federation of Japan on being successful with their application to organize the 2005 World Orienteering Championships. Hungary and Sweden also submitted applications.

This is the third time the WOC has been awarded to a Non-European nation - Australia (1985) and USA (1993) the two others. With only a few Non-European nations having the resources to organize a WOC and with an IOF goal to have orienteering recognized as a world wide sport it is essential that smaller nations are granted the opportunity to host the world championships.

b) Sprint Race to be included in 2001 WOC

The IOF Congress held in August this year decided that a World Championship in sprint be introduced and organized every second year. The congress also decided that, if technically possible, the sprint should be introduced in 2001. Following this decision, the Finnish Orienteering Federation was asked to investigate the possibilities of adding a sprint event to the already confirmed World Championship programme.

PRESS RELEASE – 2nd October 2000

The organizers of the 2001 World Orienteering Championships in Finland have agreed to include a Sprint in the championships programme. The event will be held on Sunday, 29th July, prior to the opening ceremony.

- *I am extremely pleased with the outcome of the negotiations. Considering that a major part of the national orienteering federations already decided on their activities for 2001, this is undoubtedly the best possible solution, says the IOF President, Sue Harvey.*
- *The inclusion of an additional event in the already heavy programme with such a short notice causes*

the organizers a considerable additional workload and extra costs. The IOF is indeed grateful to the WOC 2001 organizer for their willingness to take on this extra task, says Sue Harvey.

Additional information, such as selection criteria and other technical details, will be given by the end of October.

c) THE LIEBNITZ CONVENTION

Event Quality Improvement and Orienteering on TV and Internet

Event quality improvement was the main theme of a seminar held on the day preceding the IOF General Assembly, Fast, exciting, compact – those were the three key elements emphasized and which generated lively discussion.

“WE, THE MEMBERS OF THE IOF, attending the 20th IOF General Assembly in Liebnitz, Austria, on the 4 August 2000, hereby declare that:

It is of decisive importance to raise the profile of the sport to further the spread of orienteering to more people and new areas, and to get orienteering into the Olympic Games. The main vehicles to achieve this are:

- to organize attractive and exciting orienteering events which are of high quality for competitors, officials, media, spectators, sponsors and external partners.
- to make IOF events attractive for TV and Internet.

We shall aim to:

- Increase the visibility of our sport by organizing our events closer to where people are.
- Make our event centres more attractive by giving increased attention to the design and quality of installations.
- Improve the event centre atmosphere and the excitement, by having both start and finish at the centre.

- Increase television and other media coverage by ensuring that our events provide more and better opportunities for producing thrilling sports programmes.
- Improve media service by better catering for the needs of the media representatives (in terms of communication facilities, access to runners at start/finish and in the forest, continuous intermediate time information, food and beverages etc).
- Pay more attention to promoting our sponsors and external Controllers licenses. These will be awarded to IOF Controllers who are approved by the ESC as being suitable to control a major IOF event. Experience requirements are being drafted.

Note: National team member, Sandy Smith, represented COF at the Congress. Sandy was competing in the Park World Tour Champions Week events held in conjunction with the Congress.

Committee News in Brief

EVENT STANDARDS COMMITTEE (ESC)

- HigherLevel IOF Controller licenses. Level IOF Controllers licenses. These will be awarded to IOF Controllers who are approved by the ESC as being suitable to control a major IOF event. Experience requirements are being drafted.
- SportIdent Electronic Punching. ESC will ask the technology Development Committee to consider carrying out some technical tests to confirm the manufacturer's claims that there is no significant variation in response time between units or over time. When pin-punches are used as a back-up. ESC recommend that a limited number (3) reserve boxes are printed on the map to emphasize that pin-punches are only to be used if the electronic unit is not working.
- Right of Appeal. At present there is no appeal against a jury decision. ESC favour the idea of introducing a right of appeal to the ESC in the near future.
- Fairness issues. The Canadian Federation has suggested that the rules be reviewed and enforced to eliminate

following and co-operation in interval start races. ESC will draft a discussion paper on following/co-operation for consideration. Perhaps at an open meeting in Portugal in October in conjunction with the World Cup finals.

FOOT ORIENTEERING COMMITTEE (FOC)

- World Cup 2002: the FOC propose that each World Cup series should have a coordinating IOF controller to maintain standards throughout the year.
- World Ranking Events: the importance of the list is recognized by more and more Federations, with some notable exceptions in the provisional programme for 2001.
- IOF Elite Events: the principle of adapting the sport at our highest profile events for greater spectator and media interest, enshrined in the IOF discussion paper ***IOF ELITE EVENTS – A CONCEPT FOR DEVELOPMENT***, were approved. Many of the features of the paper are already being put into practice and others were recognized as being essential for the future of the sport.

MAP COMMITTEE (MC)

- International Standards for Orienteering Maps (ISOM): The new edition ISOM has been published. A few errors have been discovered and reported on the MC web site – this will be updated should more be discovered.
- Instructor's Kit: The kit consists of detailed notes for the instructor, illustrations with guidance notes, photographs and a full mapping clinic presentation consisting of over 200 slides of titles, bullet points, illustrations and photographs. All files on CD are in Adobe Acrobat PDF format that uses the freeware Acrobat Reader. It has been agreed that the Instructor's Kit will be available from the IOF Secretariat at a cost of FIM 100.
- Printing Technology: The MC will need to continually monitor developments in printing methods/technologies as these alternatives approach the quality of traditional spot colour offset printing.

REFLECTIONS ON A FABULOUS FUNDY **ORIENTEERING FESTIVAL**

As every keen competitor knows, a period of local acclimatization before a major sporting event like the Canadian Orienteering Championships (COC's) is of utmost importance. Look at the Olympic athletes who travelled early to Australia to train. With that (and many other holiday activities) in mind, the Anderson/Rankin team journeyed to the maritimes three weeks before the big event in August to adjust to the local environment. Starting with a quick (hic, burp) social stopover at brother Dave's in Fredericton, we moved on and settled into the campground at Cavendish, P.E.I to begin our holiday training regimen. Still staggering after the one hour time shift to the Atlantic time zone we decided to not overdo it for a couple of days. We rented sea kayaks and went fishing and stuffed ourselves with seafood instead. Feeling a little more in tune with the local customs we then decided to expand our training agenda and do some long distance beach walks and dune diving. Searching tidal pools for crabs and jumping off dunes may not seem like effective training exercises – but they do get me into the right frame of mind for my kind of orienteering. That would be: randomly searching for something and jumping (to navigational conclusions). The long walks became long runs on the nearly endless beaches that dissolved at the spits into dead-ends of roaring surf closing in from three directions. Ahhhh. After a week on the island we were finally in a relaxed and positive frame of mind.

However, we didn't let our relaxed attitude interfere with our tight conditioning schedule. So with less than two weeks before the big event, we pressed on to our second phase of adjustment – mainland training. After the obligatory (hic, burp) visits to friends on the south shore of Nova Scotia we settled into a campground near Lunenburg to renew our conditioning efforts and begin our mainland adjustment. After a couple of days of shopping and sailing (random searching and navigational studies?) we stiffened our resolve and hit the beaches for intensive workouts. The beaches there were not endless but petered out after about three kilometres of crashing surf that just had to be played in – even if it was dammed cold. After several days of similar activity, our physical conditioning may not have been stretched but we were becoming more in tune to the seaside environment. That was important because it was time to move on to Fundy Park.

Fundy National Park is a two-hour drive south of Moncton

on the bay with the highest tides in the world. It is relatively small, serene, and virtually unspoiled by tourism. It stretches along a hilly section of the southern New Brunswick coast in a manner that draws you downwards towards the sea. The fishing village of Alma is the only town in or near the park. When we got there, orienteering flags were shaking in the breeze at most of the commercial establishments including the community centre. For a week in 2000, little Alma was the O-capital of Canada. The town, campsites, hotels, park activity centre, beaches and orienteering venues are all within a few kilometres of each other. I have been to every championship since 1974 and if I had to return to the same championship site every year this would be the one I would choose. That said, one of the rewards of orienteering is competing in a wide variety of terrain and the exploration of new corners of this vast country.

There wasn't much time to explore at this stage of our journey because the pre-COC events were starting the next day. The next morning, restless for competition, we rumbled up to Hillsborough for the two-day Eastern Canadian Championships. We were physically and mentally ready for hills, beaches, rocks, and forests – anything the ONB course setters could throw at us. But we weren't ready for the gypsum mines. In Hillsborough there are plenty of paths, nice forests, and many, many pits. Some of you readers may not know of my aversion to pits so let me tell you that my first encounter with one of the "pitted forrest" areas went like this. On the map between control 5 and 6 was an area of open forest and a million little depression/pit symbols. To the left was a round-about path alternative that was at least three times as long as the direct route. Nothing up to that point in the race had led me to consider anything other than the direct route if the forest was clear and with a good attack point en route. So with a precision bearing I headed fearlessly into the woods. But like a swimmer sticking his toe into the frigid north Atlantic I jumped back in shock after viewing the first three-contour pit on my planned route! If they were all like the first one I would never get out. I leapt back to the path, took the long way around and missed the control anyway. It was in a depression. What did I learn here?

While I was recovering at the finish from the sight of all those pits my kids found me and dragged me across the fields to view the entrance of an abandoned gypsum mine.

Climbing down into the cold, white stillness of the mine, my “pitophobia” got the better of me and I quickly crawled back out into the sunlight and back to the RV for a beer. There were organized tours of some of the larger caves in the area but I gave it a pass to return to the beaches. At the award ceremony on the second day of the event the winners were presented with hand-made trophies made from the gypsum rocks. All my family and friends brought back chunks of carved white stone. I found four white golf balls while moping around regretting my own “pit-i-full” (sniff, sorry about the pun) performance.

For the next two days we re-discovered Fundy Park. We walked on the bottom of the sea at low tide. We took a hundred photographs of the coves, hillsides, and rock formations. We searched for gold in the veins of white quartz in the cliffs and ate freshly caught lobster from the bay. Then, late on Tuesday, we packed up the RV again and headed towards Saint John for the Fund Raiser and Short-O events.

The terrain at the mid-week events in Rockwood Park near Saint John required another training adjustment that we hadn’t anticipated – loaded blueberry bushes. In an intricate area (of detail) it is hard enough to keep one’s concentration “on-course” but to have to adjust route choices to avoid trampling one of nature’s treats was stressful to say the least. I have to confess to Robbie that the reason I took so long to meet him at the rendez-vous point in the relay wasn’t due to navigation errors on controls 6, 8, 9, and 12 - it was because of the blueberries. I even ate a few on the way for energy to console myself over the ones that I had trampled but I guess that didn’t help our cause either. As a cruel reminder, our campsite back at Fundy was surrounded by them. We ate blueberries at every meal and vainly tried to save as many as our little RV freezer could hold. I mentally made a note to put blueberry bush leaping on the training schedule for my next visit.

On the Thursday before the COC’s, after two weeks of mostly fine weather, there was a heavy rain that prohibited most outdoor activities. I was concerned that skipping a day of training would be detrimental to my performance at the COC’s so I attended the Annual General Meeting and exercised my frustrations there. Thanks to the patient folks on the provincial and national committees I got to speak out on a few things or at least got them off my mind for a while. A good rant is as effective as any physical training I always say.

Meanwhile, back at the soggy campground at the top of Fundy hill, a pre-event party was taking shape. When I returned

later in the day, the west side Chebucto campground “café-bar” was in full swing in one of the kitchen shelters. There was live music by the leader of one of Ottawa’s foremost jazz ensembles, fine wines, good food, a roaring fire and friends from home and the far west. We partied until well after dark.

I don’t remember much about the Friday training day. But I do remember running a kilometre back up Fundy hill from the last training control, swimming in the heated salt-water pool and then eating mussels at a good restaurant until we nearly burst our britches. That’s my kind of pre-event energy loading meal!

On Saturday (COC day 1) morning, over 300 competitors climbed up Fundy Park hill from one of the group campgrounds to a small clearing still glistening with dew. The competition area was the side of the Fundy hill (small mountain?) to the west of the park headquarters. The area was physically and technically challenging with only a few paths or large distinctive features to help with re-location. I avoided entering but did use the edges of the well-mapped thick forest areas as check-points on my routes. Many competitors who did not adjust to the thick terrain and small control features spent a lot of extra time in the woods. Most of them adjusted their technique after the first day resulting in generally faster times on the second day.

The start on day two was only a little way up Fundy hill but my first four control legs continued upwards. I was pooped by the time I got to my #4. Then I added about 30 needless metres of climb on my second to last control. There were no blueberries in sight for a quick energy lift. But somehow I summoned up enough energy for a fantastic 400M sprint from the last control. Helping me was the hooting and hollering of the spectators who could see me at the last control from the stands of the park’s outdoor amphitheatre.

At the presentations virtually all the usual suspects won in their respective categories including a couple of world champions from Norway. Oh yeah, as usual my family picked up the medals, and I was the official photographer. During and after the awards, the technically challenging courses provided for lengthy discussions between many of the competitors.

One interesting technical note is that fifty-four out of fifty five competitors on course five found control #8 on day 1. The guy who didn’t find the control location was tempted to look for it the following day (when the maps were returned) but decided to postpone his search until the next event. That

individual was last seen shaking one of the meet organizers violently (by the hand) in an effort to make ONB promise to hold another championship in the park as soon as possible. Apparently, there is a seven-year competitive curse on those competitors who give up on a perfectly placed control. (The previous COC's in New Brunswick were in 1993). No promises were made to hold the next competition sooner, but the aforementioned meet organizer didn't say no to the grateful competitor either. I would like to be a fly on the wall at the next ONB meeting.

After bidding farewell to friends from all over Canada (and the U.S.) we stocked up on essential supplies (mostly seafood) and headed west. My family's post event wind-down took

us to tranquil Grand Manan island for a few days of fishin' and (hic, burp) family fun with my nieces and cousins. Re-entering Canada via Maine I was asked by the border guard if we were bringing any thing back into Canada that we would like to declare. There sure was. After a month on the road, we were returning with: buckets of NB blueberries, Fundy scallops, a whole salmon, several pounds of mackerel and cod, great suntans and fabulous memories.

To my orienteering friends I would like to declare that Fundy Park and ONB personnel are national orienteering treasures. See you ONBers in Fundy in 200? You promised!

Bill Anderson

CANADIAN CHAMPIONSHIPS RESULTS

CLASSIC

			Time Day 1	Time Day 2	Total
F12					
1	Carol Ross	NB	21:17	17:11	38:28
2	Nicole Bakker	ONT	20:50	23:55	48:45
3	Lucy Fryer	ENG	34:02	20:35	54:37
4	Alison Fryer	ENG	37:04	23:23	60:27
5	Adele Lay	ONT	44:19	28:43	73:02
6	Melanie Roussel	ONT	39:05	49:49	88:54
7	Andrea Bakker	ONT	42:48	39:01	91:49
	Kaley Drouin	QUE	DNF	16:39	DISQ
	Justine Scheck	YUK	DNF	18:18	DISQ

M12					
1	Steven Graupner	MAN	17:14	14:52	32:06
2	Matthew Nipen	AB	19:05	15:34	34:39
3	Robbie Anderson	QUE	22:14	14:01	36:15
4	Liam Parton	ONT	18:13	19:15	37:28
5	Damian Konotopetz	MAN	19:16	19:41	38:57
6	Simon Lay	BC	23:49	21:19	45:08
7	Nikita Kourtchikov	USA	32:07	22:02	54:09
8	Fraser Ross	NB	33:38	24:18	57:56
9	Scott Hayhow	ONT	33:01	29:48	62:49
10	Jon Arsenault	USA	35:06	30:01	65:07
11	Zack DeWeese	USA	39:29	36:51	76:20
	Mackenzie Lay	ONT	DNF	25:33	DISQ

F-OPEN-1					
1	Christie Hayhow	ONT	40:08	37:08	77:16

GROUP-1					
1	B&E Ross	NB	42:51	22:36	65:27
2	Nix Family	NS	39:21	33:22	72:43
	S&J Woodworth	NB	DNF	48:23	DISQ
	L,M&M Daneff	NB	51:57	DNF	DISQ
	J & N Habgood	NB	77:10	DNF	DISQ

F13-14					
1	Ruth Holmes	ENG	25:41	27:48	53:29
2	Morgan Lay	BC	36:22	37:50	74:12
3	Getta Olafsen	USA	36:21	38:42	75:03
4	Ashleigh Browne	ONT	44:10	43:41	87:51
5	Jennie Anderson	QUE	48:53	52:07	101:00
6	Katy Innes	ONT	58:32	57:31	116:03
7	Heather Hayhow	ONT	65:13	70:42	135:55

M13-14					
1	Martin Hawkes-Teeter	USA	27:30	23:03	50:33
2	Darius Konotopetz	MAN	35:17	28:02	63:19
3	Trevor Innes	ONT	34:23	32:27	66:50
4	Kirill Kourtchikov	USA	53:21	41:43	95:04

			Time Day 1	Time Day 2	Total
M13-14 continued					
5	Alex Creamer	NS	51:34	49:00	100:34
6	Brandon Wilbur	NB	68:00	38:34	106:34
7	Thomas Graupner	MAN	70:46	57:13	127:59
	Daven Hughes	NB	DISQ	25:02	DISQ
	Ben Arsenault	USA	DNF	29:13	DISQ
	Carl Lundgren	AB	29:35	DISQ	DISQ
	Nicholas Smith	NB	DNF	49:26	DISQ

F-OPEN-2					
1	Jan Holmes	ENG	43:49	62:51	106:40
2	Nancy Baldock	ONT	53:24	58:23	113:47
3	Ellen McRae	ONT	64:06	71:10	135:16
4	Patricia Malanczyj	ONT	154:54	86:54	241:48
	Suzanne Drouet	BC	67:43	DNF	DISQ
	Diane Bakker	ONT	71:22	DNF	DISQ
	Chris Innes	ONT	76:33	DNS	DISQ
	Jenna McKenzie		94:55	DNF	DISQ

M-OPEN-2					
1	Ben Roussel	ONT	52:27	49:08	101:35
	Andrew Zielinski		144:51	DNS	DISQ
	Adam Mitton	NB	DISQ	DNS	DISQ
	Greg Allan	NB	DNF	DNS	DISQ

GROUP-2					
1	Art Burns/Wilbur	NB	70:48	59:40	130:28
2	K&A McGrath	NS	74:47	60:08	134:55
	L, M & M Daneff	NB	DNS	35:04	DISQ
	J & N Habgood	NB	DNS	47:06	DISQ
	Mossman/Arsenault	NB	144:41	DNS	DISQ

F15-16					
1	Erica Lay	BC	53:00	60:00	113:00
2	Katherine Scheck	YUK	58:28	58:51	117:19
3	Lucy Hughes	NB	135:19	81:33	216:52
4	Rachel St.Laurent	NB	114:00	121:42	235:42

M15-16					
1	Thomas Nipen	AB	44:08	39:19	83:27
2	Matthew Parton	ONT	57:19	53:58	111:17
3	Alex Zalesov	ONT	59:28	52:11	111:39
4	J.P. Hastey	NS	74:48	91:42	166:30
5	Tim Arsenault	USA	77:21	94:51	172:12
6	Greg Lockart	NS	131:13	79:58	211:11
	Olav Viddal	AB	59:54	DNF	DISQ

F-OPEN-3					
1	Amanda Vincent	QUE	71:21	111:14	182:35
2	Jean McManus	MAN	174:25	164:01	338:26
	Sylvia Crawford	QUE	96:38	DNF	DISQ
	Claire Rettie	BC	157:41	DNF	DISQ

F-OPEN-3		Time	Time	Total
continues		Day 1	Day 2	
Lindsay Farlow		DNF	DNF	DISQ
Roisin Whaley	NB	DNF	DNF	DISQ

GROUP- 3

Cosmus/DeWeese	USA	DNF	76:34	DISQ
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F55-64

1 Aase Neregaard	DEN	87:03	87:14	174:17
2 Annette Borowitz	USA	95:46	99:33	195:19
3 Shirley Donald	BC	106:10	97:24	203:34
4 Julie De Pass	ONT	109:42	100:30	210:12
5 Margie James	NS	132:3	93:06	225:38
6 Suzanne Federer	USA	120:05	109:16	229:21
7 Caroline Phillips	QUE	121:51	123:37	245:28
8 Vera Malanczyj	ONT	133:45	146:24	280:09
9 Sue Waddington	ONT	131:29	199:41	331:10
Trina Cleary	USA	92:07	DNF	DISQ
Betsy Hawes	USA	DNF	124:20	DISQ
Mary Hills	NS	135:30	DNF	DISQ
Judy May	NS	DNS	157:38	DISQ
Ilze Folkins	NS	DISQ	184:45	DISQ

F65+

1 Gloria Charlow	QUE	121:37	121:40	243:17
2 Pat De St. Croix	ONT	111:05	139:49	250:54
3 Nesta Leduc	YUK	110:12	151:42	261:54

M65+

1 Alex Kerr	BC	54:36	68:34	123:10
2 Dick De St. Croix	ONT	90:53	98:33	189:26
3 Don Scott	AB	100:49	94:39	195:28
4 Neville De Pass	ONT	109:50	144:11	254:01
5 Leif Lundgaard	QUE	123:30	150:39	274:09
6 Dick James	NS	130:06	164:36	294:42
7 John Charlow	QUE	192:42	126:47	319:29
Nils Harry Nilsson	SWE	109:53	DNF	DISQ

F-OPEN-4

1 Anita O'Brien	NB	114:18	108:14	222:32
2 Karola Toth	ONT	110:43	117:39	228:22
3 Jenny Hughes	NB	172:00	153:52	325:52
Maureen McCorrey	MAN	215:29	DNS	DISQ
Johanne Klepsch	USA	DNF	DNF	DISQ
Ann Humphey	USA	DNF	DNS	DISQ

M-OPEN-4

1 Jerry Drouin	QUE	128:18	90:18	218:36
2 Roman Malanczyj	ONT	110:16	109:22	219:38
3 Tighe McManus	MAN	188:25	140:04	328:29
Carlos Hernandez	QUE	74:07	DNS	DISQ
Bruce McAlister	USA	DNF	DNS	DISQ

F17-19

1 Rachael Holmes	ENG	66:19	65:07	131:26
2 Victoria Smith	NB	73:30	69:54	143:24

F17-19		Time	Time	Total
continues		Day 1	Day 2	
3 Heather Smith	NB	68:06	84:20	152:26
4 Viktoria Brautigam	USA	134:56	76:32	211:28
5 Jana Gillies	ONT	123:53	88:25	212:18
6 Vicky Whaley	NB	101:16	124:49	226:05
7 Anne Hughes	NB	131:01	115:33	246:34
8 Kathleen Cameron	NB	151:00	131:26	282:26
9 Julie Blanchard	NS	161:42	134:49	296:31

F45-54

1 Gail Gagarin	USA	73:57	73:49	147:46
2 Sheila Smith	NB	103:31	77:39	181:10
3 Gloria Rankin	QUE	102:10	91:51	194:01
4 Mary-Lou Hogg	AB	108:18	124:31	232:49
5 Jean Hall	ENG	140:02	113:26	253:28
6 Jennifer Hamilton	MAN	116:08	166:18	282:26
Tracey Olafsen	USA	98:04	DNS	DISQ
Muriel Gamey	MAN	102:48	DNF	DISQ
Margaret Ellis	BC	105:47	DISQ	DISQ
Susan Hawkes-Teeter	USA	DNF	139:15	DISQ
Marilyn Edmunds	AB	172:16	DNF	DISQ
Theresa Whaley	NB	249:01	DNF	DISQ
St-Laurent, Barbara	NB	DNF	DNS	DISQ

M55-64

1 Peter Gagarin	USA	52:33	54:18	106:51
2 Brian Ellis	BC	55:52	70:58	126:50
3 Tony Federer	USA	56:03	72:18	128:21
4 Bert Waslander	QUE	71:33	66:56	138:29
5 Egon Neregaard	DEN	85:37	55:40	141:17
6 Pentti Koponen	FIN	81:39	63:24	145:03
7 Donn Springer	USA	70:41	81:33	152:14
8 Malcolm Mclvor	ENG	106:51	71:15	178:06
9 Jim Waddington	ONT	93:50	87:13	181:03
10 Earle Phillips	ONT	94:27	89:09	183:36
11 David Baldock	ONT	86:32	97:44	184:16
12 Paul Rietzschel	QUE	83:15	105:46	189:01
13 Niels Lyhne	DEN	92:13	99:59	192:12
14 David Hall	ENG	131:46	93:20	225:06
15 Einar Viddal	AB	141:45	83:33	225:18
16 Steve Pearson	ONT	144:13	92:32	236:45
17 George Hawes	USA	87:48	172:04	259:52
18 David Fellows	NB	142:54	126:08	269:02
19 Hugh Connolly	ONT	150:33	119:57	270:30
20 Garry Atchison	AB	158:33	129:54	288:27
21 George Wood	USA	169:59	130:11	300:10
Bill Anderson	QUE	DNF	65:12	DISQ
Bill Borowitz	USA	DNF	108:04	DISQ
Barry May	NS	DNS	127:35	DISQ

F-OPEN-5

1 Gail MacDonald,	BC	94:49	109:17	204:06
2 Lee Wisener	ONT	105:41	111:59	217:40
3 Starr Waddington	ONT	196:26	141:03	337:29
Jennifer Michels	QUE	DNF	135:11	DISQ

		Time	Time	Total
M-OPEN-5		Day 1	Day 2	
1	Stephen Stibler	USA 99:36	83:44	183:20
2	Neculae Preda	ONT 133:30	88:53	222:23
	Aaron Glazer	USA 124:31	DNS	DISQ
	Ken Klepsch	USA 201:59	DISQ	DISQ

M17-19

1	Daniel Innes	ONT 108:28	78:41	187:09
2	Danilo Malanczyj	ONT 108:12	89:54	198:06
3	Colin Parton	ONT 220:12	141:45	361:57
	Alex Whaley	NB 114:01	DISQ	DISQ
	Matt Arsenaault	USA 162:50	DNS	DISQ
	Erin Quan	NB DNF	DISQ	DISQ

F35-44

1	Natalia Zalesova,	ONT 91:38	108:38	200:16
2	Annette Van Tyghem	ON 132:27	112:12	244:39
3	Elisa Rietzschel	QUE 128:07	119:04	247:11
4	Cathy Hayhow	ONT 135:08	125:34	260:42
5	Eva Ruutopold	USA 128:20	136:06	264:26
6	Laura Piatti	ITL 143:53	146:13	290:06
7	Maria Jacobs	NS 189:55	147:38	337:33
8	Mareen DeCamp	BC 176:29	165:46	342:15
	Vicki Bondy	ONT 145:40	DNF	DISQ
	Sandra Poole	DNF	169:37	DISQ
	Anne Dentino	USA DNF	DNS	DISQ
	Marylin Fetzer	USA DNF	DNF	DISQ

M45-54

1	Olav Nipen	AB 58:53	69:42	128:35
2	Brad Whitmore	USA 74:02	79:10	153:12
3	Gord Hunter	QUE 69:08	84:34	153:42
4	Stefan Bergstrom	QUE 77:34	77:09	154:43
5	Derek Fryer	ENG 80:30	97:29	177:59
	Nikolai Lemberg	USA 108:08	72:56	181:04
7	Michael Haynes	NB 93:43	92:43	186:26
8	Richard Lay	BC 101:23	92:26	193:49
9	David Holmes	ENG 109:43	90:01	199:44
10	Philip Hawkes-Teeter	USA 92:34	110:31	203:05
11	Geraint Edmunds	AB 119:16	100:03	219:19
12	Greg Yarkie	AB 116:49	106:24	223:13
13	Charlie DeWeese	USA 124:33	99:35	224:08
14	Bill Meldrum	QUE 104:53	125:44	230:37
15	Lennart Lundgren	AB 110:52	119:49	230:41
16	Heinz Zbinden	SWI 116:49	117:12	234:01
17	Richard Lay	ONT 130:48	113:17	244:05
18	8heldon Friesen	MAN 142:50	118:30	261:20
19	Kevin Parton	ONT 107:42	164:04	271:46
20	Larry Konotopetz	MAN 92:07	181:48	273:55
21	Jim Blanchard	NS 138:36	150:50	289:26
22	Pat Connors	MAN 150:55	154:27	305:22
23	David Cameron	NB 131:43	184:15	315:58
24	Dave Innes	ONT 204:39	143:33	348:12
25	Ray St-Laurent	NB 237:49	208:30	446:19
	Giuseppe Ceresa	ITL DNF	125:00	DISQ

		Time	Time	Total
M45-54 continued		Day 1	Day 2	
	John Chatwin	BC 150:33	DNS	DISQ
	Ananda Ranasinghe	USA 215:05	DNF	DISQ
	Ray Quan	NB DNF	271:40	DISQ

F-OPEN-6

1	Catherine Edgar	QUE 144:41	136:42	281:23
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M-OPEN-6

1	Darrin Pickett	ONT 107:08	119:40	226:48
2	Jason Dubois	QUE 133:46	97:44	231:30
3	Simon Trussler	NS 175:02	128:08	303:10
	Nicolas Cote	QUE 115:27	DNS	DISQ
	Clive Hayhow	ONT DNF	DNS	DISQ
	Tali Folkins	NS DNF	DNS	DISQ

F20-34

1	Sandy Smith	NB 98:31	100:36	199:07
2	Cherie Mahoney	QUE 105:10	98:32	203:42
3	Pam James	NS 112:09	95:20	207:29
4	Catherine Hagen	NS 99:23	114:48	214:11
5	Lumi Duca	ONT 109:02	105:33	214:35
6	Julia Cioban	ONT 109:05	107:56	217:01
7	Anna Leskinen	FIN 116:59	100:42	217:41
8	Pavlina Brautigam	USA 113:52	104:55	218:47
9	Marta Green	BC 120:42	107:22	228:04
10	Eva Stalstad	SWE 139:33	95:18	234:51
11	Erin Olafsen	USA 143:12	95:14	238:26
12	Peggy Dickison	USA 129:12	118:40	247:52
13	Karen Heppenstall	AB 126:46	131:22	258:08
14	Abbigail May	NS 148:52	153:01	301:53
15	Kristin Viddal	AB 162:09	176:39	338:48
16	Susan DeWitt	USA 194:59	151:11	346:10
17	Amanda Edmunds	BC 204:54	151:49	356:43
	Hanne Staff	NOR DNF	74:29	DISQ
	Pernilla Karlsson	SWE DNF	106:37	DISQ
	Angela Pearson	AB DNF	170:08	DISQ
	Nancy Koehler	USA DNF	DNS	DISQ
	Lisa Jacobs	NS DNF	DNS	DISQ

M35-44

1	Alar Ruutopold	USA 101:31	91:14	192:45
2	Ian Folkins	NS 105:38	112:29	218:07
3	Steve Olafsen	USA 108:11	111:34	219:45
4	Jerry Bakker	ONT 114:58	113:25	228:23
5	Steve Dentino	USA 120:53	107:59	228:52
6	James Baker	AB 144:09	94:08	238:17
7	David Bondy	ONT 136:06	103:47	239:53
8	Jim Arsenaault	USA 164:52	109:42	274:34
9	Peter Innes	ONT 139:40	137:53	277:33
10	Stephen Richardson	USA 160:32	123:24	283:56
11	Dave Webber	USA 145:35	140:37	286:12
12	Raymond Chung	ONT 169:40	135:13	304:53
13	Donald Ross	ONT 189:25	118:17	307:42
14	Doug Innes	ONT 156:04	163:30	319:34
15	Paul Looker	NB 135:55	184:28	320:23

M35-44			Time	Time	Total
continued			Day 1	Day 2	
16	Rick DeWitt	USA	230:24	114:49	345:13
17	Greg Nix	NS	199:01	161:50	360:51
18	Don Riddle	AB	190:03	189:48	379:51
19	Paul Regan	USA	236:36	199:52	436:28
	Bill Jarvis	AB	DNF	145:42	DISQ
	David Ross	NB	174:53	DISQ	DISQ
	Dave Graupner	MAN	DNF	188:07	DISQ
	Gary Daneff	NB	DNF	DNS	DISQ
	Boon Tan	ONT	DNF	DNF	DISQ

M-OPEN-7

1	Nelson Oliveira	ONT	180:04	190:34	370:38
	Alan Samostie	NS	DNF	DNS	DISQ
	Declan Hennelly	USA	DISQ	DNF	DISQ

M20-34

1	Bjornar Valstad	NOR	70:24	71:19	141:43
2	Tore Sandvik,	NOR	80:26	71:04	151:30
3	Mike Smith	NB	82:55	80:00	162:55
4	Mike Waddington	ONT	82:48	82:18	165:06
5	Holger Hott-Johansen	NOR	85:46	85:06	170:52
6	Oystein Kristiansen	NOR	101:29	72:4	174:17
7	Mike Fellows	NB	92:18	83:07	175:25
8	Wil Smith	NB	93:55	87:32	181:27
9	Brian May	NS	95:17	91:22	186:39

M20-34			Time	Time	Total
continued			Day 1	Day 2	
10	Nick Duca	ONT	100:20	94:31	194:51
11	Taavi Tatsi	EST	116:05	86:34	202:39
12	Joe Brautigam	USA	105:49	97:10	202:59
13	Hans Fransson	SWE	122:07	96:39	218:46
14	Doug Mahoney	NB	113:12	106:27	219:39
15	Michael Iles	QUE	127:21	111:20	238:41
16	Ville Koponen	FIN	150:12	95:14	245:26
17	Francis Falardeau	QUE	146:00	111:20	257:20
18	James Tasker	AB	155:57	108:57	264:54
19	Adam Scheck	YUK	162:37	114:39	277:16
20	Jeff Mahoney	NB	152:54	133:07	286:01
21	Eugene Mlynczyk	ONT	179:08	119:05	298:13
22	Dmitriy Kourtchikov	USA	175:57	129:26	305:23
23	Robert Gilchrist	AB	151:22	166:58	318:20
24	Timothy Edmunds	BC	206:18	112:26	318:44
25	Jon Smith	NB	184:04	150:48	334:52
	Bernt Bjornsgard	NOR	DISQ	76:28	DISQ
	Bengt Ohlund	SWE	DNF	91:53	DISQ
	Chris Heppenstall	ENG	DNF	106:16	DISQ
	Gabor Lipcsey	ONT	DNF	125:34	DISQ
	Graham St-Laurent	NB	DNF	178:43	DISQ
	J-J Cote	USA	202:03	DNS	DISQ
	Nevin French	ONT	DNF	DISQ	DISQ
	Edward James	NS	DNF	DNS	DISQ

EASTERN CANADIAN CHAMPIONSHIPS RESULTS

F12			Time	Time	Total
			Day 1	Day 2	
1	Kaley Drouin	QUE	18:40	15:39	34:19
2	Justine Scheck	YUK	19:32	18:31	38:03
3	Nicole Bakker	ONT	22:58	20:25	43:23
4	Carol Ross	NB	24:49	27:06	51:55
5	Melanie Roussel	ONT	28:25	42:38	71:03
	Andrea Bakker	ONT	DNF	DNS	DISQ

M12

1	Steven Graupner	MAN	15:32	14:39	30:11
2	Robbie Anderson	QUE	16:10	14:14	30:24
3	Matthew Nipen	AB	15:38	15:22	31:00
4	Liam Parton	ONT	19:19	15:05	34:24
5	Fraser Ross	NB	19:50	15:22	35:12
6	Scott Hayhow	ONT	22:00	20:45	42:45
7	Simon Lay	BC	23:12	21:53	45:05
8	Zack DeWeese	USA	32:28	34:17	66:45
	Nikita Kourtchikov	USA	19:36	DISQ	DISQ
	Jon Arsenaault	USA	46:21	DNS	DISQ
	Damian Konotopetz	MAN	DISQ	DISQ	DISQ

GROUP-1

1	Roman Malanczyj	ONT	34:21	27:53	62:14
	Bobby/Emily Ross	NB	DNS	33:49	DISQ

GROUP-1

continued			Time	Time	Total
			Day 1	Day 2	
	Family Bergstrom	QUE	DNS	69:15	DISQ

F13-14

1	Jennie Anderson	QUE	52:02	46:07	98:09
	Ruth Holmes	ENG	25:02	DISQ	DISQ
	Katy Innes	ONT	36:54	DISQ	DISQ
	Morgan Lay	BC	50:31	DISQ	DISQ
	Heather Hayhow	ONT	55:14	DISQ	DISQ

M13-14

1	M. Hawkes-Teeter	USA	26:03	28:30	54:33
2	Kirill Kourtchikov	USA	48:20	30:37	78:57
3	Brandon Wilbur	NB	51:59	34:54	86:53
4	Nicholas Smith	NB	54:29	52:47	107:16
5	Thomas Graupner	MAN	109:51	64:06	173:57
	Darius Konotopetz	MAN	66:20	DISQ	DISQ
	Ben Arsenaault	USA	71:14	DISQ	DISQ
	Carl Lundgren	AB	29:11	DISQ	DISQ

F-OPEN-2

1	Patricia Malanczyj	ONT	81:53	89:03	170:56
	Jan Holmes	ENG	53:02	DISQ	DISQ

F-OPEN-2			Time	Time	Total
continued			Day 1	Day 2	
	Nancy Baldock	ONT	66:21	DISQ	DISQ
	Diane Bakker	ONT	DNF	160:35	DISQ
	Suzanne Drouet	BC	DNF	DNS	DISQ
M-OPEN-2					
1	Art Burns	NB	64:08	43:46	107:54
	Ben Roussel	ONT	DISQ	DISQ	DISQ
GROUP-2					
	D Innes/D.Parton	ONT	DNS	DISQ	DISQ
F15-16					
1	Erica Lay	BC	36:11	38:26	74:37
2	Katherine Scheck	YUK	45:15	36:21	81:36
3	Christie Hayhow	ONT	126:46	77:48	204:34
M15-16					
1	Alex Zalesov	ONT	37:32	33:05	70:37
2	Matthew Parton	ONT	124:59	43:13	168:12
	Thomas Nippen	AB	33:28	DISQ	DISQ
	Tim Arsenault	USA	106:46	DISQ	DISQ
	Olav Viddal	AB	DNS	DISQ	DISQ
F-OPEN-3					
1	Amanda Vincent	QUE	58:25	52:35	111:00
2	Cheryl Atchison	AB	177:20	125:07	302:27
	Adria Veliz		29:26	DISQ	DISQ
	Jean McManus	MAN	170:00	DISQ	DISQ
	Claire Rettie	BC	DNS	DISQ	DISQ
GROUP-3					
1	DeWeese/Cosmus	USA	67:55	50:23	118:18
F55-64					
1	Aase Neregaard	DEN	141:41	95:07	236:48
2	Julie De Pass	ONT	153:22	91:30	244:52
3	Shirley Donald	BC	119:58	126:57	246:55
4	Margie James	NS	161:30	106:49	268:19
5	Judy May	NS	163:55	107:11	271:06
6	Betsy Hawes	USA	130:49	190:37	321:26
7	Caroline Phillips	QUE	192:29	137:45	330:14
	Suzanne Federer	USA	DNF	61:46	DISQ
	Mary Hills	NS	DNF	153:41	DISQ
	Ilze Folkins	NS	DISQ	161:09	DISQ
	Trina Cleary	IRI	DNF	DNF	DISQ
F65+					
1	Nesta Leduc	YUK	107:42	97:54	205:36
2	Gloria Charlow	QUE	144:32	121:49	266:21
	Anne Power	ENG	116:21	DNS	DISQ
M65+					
1	Don Scott	AB	133:53	89:35	223:28
2	John Charlow	QUE	142:03	123:36	265:39

M65+			Time	Time	Total
continued			Day 1	Day 2	
3	Neville De Pass	ONT	170:26	112:41	283:07
4	Dick James	NS	202:02	106:39	308:41
	Leif Lundgaard	QUE	DISQ	DNF	DISQ
	Edwin Power	ENG	DNF	DNS	DISQ
F-OPEN-4					
	Johanne Klepsch	USA	DNF	156:33	DISQ
M-OPEN-4					
1	Jerry Drouin	QUE	140:58	83:37	224:35
2	Carlos Hernandez	QUE	170:23	97:35	267:58
	Tighe McManus	MAN	DNF	148:05	DISQ
F17-19					
1	Heather Smith	NB	64:28	68:53	133:21
2	Victoria Smith	NB	58:11	88:20	146:31
3	Kathleen Cameron	NB	71:55	105:22	177:17
4	Viktoria Brautigam	USA	99:25	109:17	208:42
	Rachael Holmes	ENG	DNS	87:34	DISQ
	Vicky Whaley	NB	DNS	111:12	DISQ
F45-54					
1	Gail Gagarin	USA	77:50	83:21	161:11
2	Margaret Ellis	BC	74:24	112:21	186:45
3	Sheila Smith	NB	99:51	106:48	206:39
4	Gloria Rankin	QUE	90:05	171:05	261:10
5	Mary-Lou Hogg	AB	105:16	157:35	262:51
6	Susan Hawkes-Teeter	USA	131:12	160:02	291:14
7	Jennifer Hamilton	MAN	132:36	221:45	354:21
	Angela Pearson	AB	73:37	DNF	DISQ
	Christin Lundgren	AB	112:35	DNF	DISQ
	Barbara St Laurent	NB	115:46	DNS	DISQ
	Ananda Ranasinghe	USA	DNS	198:02	DISQ
M55-64					
1	Peter Gagarin	USA	48:18	56:04	104:22
2	Tony Federer	USA	53:45	66:39	120:24
3	Stig Skarborn	NB	62:11	63:41	125:52
4	Bill Anderson	QUE	55:46	70:59	126:45
5	Brian Ellis	BC	61:32	65:19	126:51
6	Egon Neregaard	DEN	50:15	76:54	127:09
7	Bert Waslander	QUE	62:24	79:33	141:57
8	Pentti Koponen	FIN	64:15	93:05	157:20
9	Earle Phillips	ONT	79:31	93:04	172:35
10	Niels Lyhne	DEN	87:37	89:38	177:15
11	Hugh Connolly	ONT	78:43	100:14	178:57
12	Paul Rietzschel	QUE	77:13	103:05	180:18
13	Einar Viddal	AB	89:12	102:26	191:38
14	Scott Donald	AB	91:38	102:13	193:51
15	George Hawes	USA	85:21	114:13	199:34
16	David Baldock	ONT	70:49	155:55	226:44
17	Garry Atchison	AB	102:08	138:11	240:19
18	David Fellows	NB	94:56	170:24	265:20
19	George Wood	USA	130:03	182:51	312:54

M55-64			Time	Time	Total
continued			Day 1	Day 2	
Lars Gawell	QUE		61:47	DNF	DISQ
Barry May	NS		94:17	DNF	DISQ

F-OPEN-5

1 Gail MacDonald	BC		93:04	164:27	257:31
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M-OPEN-5

1 Stephen Stibler	USA		79:53	103:17	183:10
2 Neculae Preda	ONT		79:41	130:19	210:00
3 Ken Klepsch	USA		101:13	143:52	245:05

M17-19

1 Adam Scheck	YUK		52:37	63:27	116:04
2 Daniel Innes	ONT		76:41	68:23	145:04
3 Alex Whaley	NB		71:22	79:17	150:39
4 Danilo Malanczyj	ONT		84:59	70:16	155:15
5 Colin Parton	ONT		92:21	117:41	210:02
6 Erin Quan	NB		183:28	153:28	336:56
Matt Arsenaault	USA		DNF	DNF	DISQ

F35-44

1 Natalia Zalesova	ONT		72:42	84:53	157:35
2 Annette Van Tyghem	ONT		87:57	90:07	178:04
3 Eva Ruutopold	USA		95:20	105:47	201:07
4 Elisa Rietzschel	QUE		96:14	110:25	206:39
5 Cathy Hayhow	QUE		117:00	125:23	242:23
6 Mareen DeCamp	BC		185:13	145:51	331:04

M45-54

1 Olav Nipen	AB		54:29	55:14	109:43
2 Gord Hunter	QUE		54:53	72:21	127:14
3 Stefan Bergstrom	QUE		59:00	73:15	132:15
4 Bill Meldrum	QUE		82:52	72:57	155:49
5 David Holmes	ENG		66:16	94:48	161:04
6 Greg Yarkie	AB		88:09	81:47	169:56
7 Heinz Zbinden	SWI		79:14	90:53	170:07
8 Charlie DeWeese	USA		85:38	93:04	178:42
9 Larry Konotopetz	MAN		80:17	108:47	189:04
10 David Cameron	NB		84:15	105:48	190:03
11 Philip Hawkes-Teeter	USA		102:41	87:47	190:28
12 Rolf Ohlsson	NB		109:25	87:19	196:44
13 Kevin Parton	ONT		91:48	115:46	207:34
14 Richard Lay	BC		119:55	89:02	208:57
15 John Chatwin	BC		119:36	97:18	216:54
16 Lennart Lundgren	AB		155:27	124:48	280:15
Ray St-Laurent	NB		106:48	DNS	DISQ
Ray Quan	NB		DNF	DNF	DISQ

F-OPEN-6

1 Catherine Edgar	QUE		117:12	121:51	239:03
Marilyn Fetzer			133:25	DNF	DISQ

M-OPEN-6

1 Jason Dubois	QUE		97:13	102:02	199:15
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M-OPEN-6			Time	Time	Total
continued			Day 1	Day 2	
2 Simon Trussler	NS		92:17	112:16	204:33
3 Nicolas Cote	QUE		163:15	116:19	279:34
4 Clive Hayhow	ONT		150:50	185:47	336:37

F20-34

1 Pam James	NS		64:17	59:57	124:14
2 Pavlina Brautigam	USA		61:34	62:57	124:31
3 Sandy Smith	NB		62:54	62:31	125:25
4 Cherie Mahoney	NB		62:26	65:39	128:05
5 Anna Leskinen	FIN		64:02	64:49	128:51
6 Julia Cioban	ONT		68:55	76:00	144:55
7 Marta Green	BC		91:29	66:32	158:01
8 Peggy Dickison	USA		76:26	95:47	172:13
9 Abigail May	NS		78:05	122:44	200:49

M35-44

1 Stefan Carlson	SWE		44:38	54:17	98:55
2 Stefan Hedlund	SWE		59:40	50:39	110:19
3 Alar Ruutopold	USA		60:11	67:16	127:27
4 Jim Arsenaault	USA		64:49	78:43	143:32
5 Ian Folkins	NS		70:28	85:04	155:32
6 Jerry Bakker	ONT		73:02	85:35	158:37
7 Stephen Richardson	USA		79:52	80:22	160:14
8 Gary Daneff	NB		102:03	82:34	184:37
9 Donald Ross	ONT		89:42	106:25	196:07
10 Peter Innes	ONT		85:12	111:26	196:38
11 Dave Webber	ONT		102:56	101:23	204:19
12 Paul Regan	USA		105:43	102:59	208:42
13 Don Riddle	AB		109:49	116:43	226:32
14 David Ross	NB		112:49	117:03	229:52
15 Doug Innes	ONT		124:49	109:08	233:57
16 Dave Graupner	MAN		125:04	121:01	246:05
17 Greg Nix	NS		125:44	153:51	279:35

M-OPEN-7

1 Declan Hennelly	USA		107:12	97:35	204:47
Nelson Oliveira	ONT		DNF	111:30	DISQ

M20-34

1 Holger Hott-Johansen	NOR		71:18	59:35	130:53
2 Ville Koponen	FIN		65:23	73:49	139:12
3 Brian May	NS		71:30	80:59	152:29
4 Joe Brautigam	USA		70:02	89:24	159:26
5 Mike Fellows	NB		74:56	85:41	160:37
6 Hans Fransson	SWE		80:10	82:03	162:13
7 Francis Falardeau	QUE		78:25	88:38	167:03
8 Michael Iles	QUE		93:48	108:15	202:03
9 Eugene Mlynczyk	ONT		101:38	102:02	203:40
10 Timothy Edmunds	BC		106:50	102:01	208:51
11 Jon Smith	NB		112:58	125:12	238:10
Dmitriy Kourtchikov	USA		109:06	DNS	DISQ
Nevin French	ONT		132:25	DNS	DISQ
Robert Gilchrist	AB		DNF	DISQ	DIS

SHORT**Time****F12**

		Time
1	Carol Ross NB	18:51
2	Justine Scheck YUK	18:58
3	Kaley Drouin QUE	29:24
4	Melanie Roussel ONT	37:39
5	Nicole Bakker ONT	43:42

M12

1	Steven Graupner MAN	13:58
2	Matthew Nipen AB	15:31
3	Liam Parton ONT	16:00
4	Fraser Ross NB	21:30
5	Robbie Anderson QUE	21:41
6	Jon Arsenault USA	23:32
7	Scott Hayhow ONT	26:31
8	Nikita Kourtchikov USA	31:11
9	Damian Konotopetz MAN	35:31

M-OPEN-1

1	Kirill Kourtchikov USA	20:47
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GROUP-1

1	Piel family GER	35:15
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F13-14

1	Ruth Holmes ENG	24:47
2	Jennie Anderson QUE	43:27
3	Katy Innes ONT	43:31
4	Heather Hayhow ONT	112:27

M13-14

1	Martin Hawkes-Teeter USA	31:32
2	Daven Hughes NB	37:37
3	Carl Lundgren AB	38:14
4	Nicholas Smith NB	45:27
5	Ben Arsenault USA	49:19
6	Darius Konotopetz MAN	56:58
7	Brandon Wilbur NB	65:30
8	Thomas Graupner MAN	96:52

F-OPEN-2

1	Jan Holmes ENG	49:16
2	Diane Bakker ONT	75:45
3	Nancy Baldock ONT	76:48
	Patricia Malanczyj ONT	DNF

M-OPEN-2

	Ben Roussel ONT	DNF
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F15-16

1	Lucy Hughes NB	29:49
2	Katherine Scheck YUK	33:47
3	Rachel St. Laurent NB	43:51

M15-16

1	Thomas Nipen AB	20:11
2	Matthew Parton ONT	24:09
3	Tim Arsenault USA	32:08
4	Alex Zalesova ONT	34:38
	Olav Viddal AB	DNF

F-OPEN-3

1	Amanda Vincent QUE	36:37
2	Adria Veliz	70:13
3	Diane Bakker ONT	74:45

F55-64

1	Margie James NS	49:50
2	Shirley Donald BC	52:23
3	Trina Cleary USA	55:04
4	Aase Neregaard DEN	56:04
5	Julie De Pass ONT	56:25
6	Suzanne Federer USA	58:52
7	Anne Mahoney NB	63:36
8	Caroline Phillips QUE	69:52
9	Betsy Hawes USA	77:14
10	Judy May NS	88:39

F65+

1	Gloria Charlow QUE	58:18
2	Nesta Leduc YUK	68:11

M65+

1	Alex Kerr BC	35:02
2	Don Scott AB	43:47
3	Neville De Pass ONT	51:43
4	John Charlow QUE	52:10
5	Dick James NS	62:23

F-OPEN-4

1	Jenny Hughes NB	68:40
2	Johanne Klepsch USA	74:28

M-OPEN-4

1	Carlos Hernandez QUE	45:34
2	Jerry Drouin QUE	49:16

F17-19

1	Heather Smith NB	34:36
2	Viktoria Brautigam USA	40:35
3	Rachael Holmes ENG	50:12
4	Vicky Whaley NB	78:03
5	Anne Hughes NB	101:15

F45-54

1	Sheila Smith NB	39:32
2	Mary-Lou Hogg AB	60:35
3	Margaret Ellis BC	60:50
4	Gloria Rankin QUE	82:44

F45-54		Time
continued		
5	Jennifer Hamilton QUE	87:38
6	Susan Hawkes-Teete USA	89:03
7	Barbara St. Laurent NB	117:50
	Muriel Gamey MAN	DNF
	Marilyn Edmunds AB	DNF

M55-64		Time
1	Pentti Koponen FIN	30:57
2	Bill Anderson QUE	32:43
3	Tony Federer USA	36:02
4	Egon Neregaard DEN	37:21
5	David Baldock ONT	37:45
6	Brian Ellis BC	41:13
7	Steve Pearson ONT	44:00
8	Einar Viddal AB	49:18
9	Hugh Connolly ONT	49:39
10	Barry May NS	53:21
11	Earle Phillips ONT	54:22
12	Niels Lyhne DEN	56:27
13	Paul Rietzschel QUE	61:18
14	George Hawes USA	63:53
15	Bert Waslander QUE	91:20
	George Wood USA	DNF

F-OPEN-5		Time
1	Gail MacDonald BC	51:39
	Anita O'Brien NB	DNF

M-OPEN-5		Time
1	Stephen Stibler USA	50:21
2	Neculae Preda ONT	69:25
3	Ken Klepsch USA	79:49

M17-19		Time
1	Danilo Malanczyj ONT	46:53
2	Daniel Innes ONT	56:26
3	Matt Arsenault USA	82:24
	Colin Parton ONT	DISQ
	Erin Quan NB	DNF

F35-44		Time
1	Annette Van Tyghem ONT	51:15
2	Natalia Zalesova ONT	53:30
3	Elisa Rietzschel QUE	69:39
4	Eva Ruutopold USA	81:29
5	Cathy Hayhow ONT	83:18
	Judy Andrew Piel GER	DNF

M45-54		Time
1	Olav Nipen AB	34:49
2	Stefan Bergstrom QUE	41:07
3	Gord Hunter QUE	43:45
4	David Holmes ENG	50:17
5	Philip Hawkes-Teeter USA	58:08

M45-54		Time
continued		
6	Lennart Lundgren AB	74:53
7	Geraint Edmunds AB	76:39
8	Roman Malanczyj ONT	81:39
9	Kevin Parton ONT	85:22
10	Greg Yarkie AB	85:36
11	Ananda Ranasinghe USA	87:10
12	Larry Konotopetz MAN	98:04
13	Ray St. Laurent NB	127:19
14	Ray Quan NB	170:38
	Brad Whitmore USA	DNF
	Heinz Zbinden SWI	DNF
	Bill Meldrum QUE	DNF
	Sheldon Friesen MAN	DNF

F-OPEN-6		Time
1	Catherine Edgar QUE	69:14

M-OPEN-6		Time
1	Simon Trussler NS	61:52
2	Nicolas Cote QUE	83:09
3	Clive Hayhow ONT	122:35
	Jason Dubois QUE	DNF

F20-34		Time
1	Cherie Mahoney QUE	45:52
2	Sandy Smith NB	46:30
3	Pam James NS	46:36
4	Anna Leskinen FIN	47:27
5	Julia Cioban ONT	49:08
6	Pavlina Brautigam USA	52:45
7	Catherine Hagen BC	54:31
8	Peggy Dickison USA	58:00
9	Lumi Duca ONT	62:39
10	Kristin Viddal AB	63:28
11	Marta Green BC	68:31
12	Karen Heppenstall AB	74:46
13	Angela Pearson AB	78:00
14	Amanda Edmunds BC	83:42
15	Nancy Koehler USA	86:59
16	Abigail May NS	88:42

M35-44		Time
1	Stefan Carlson SWE	31:35
2	Stefan Hedlund SWE	43:10
3	Donald Ross ONT	52:15
4	James Baker AB	54:13
5	Bill Jarvis AB	56:19
6	Jim Arsenault USA	56:30
7	Doug Innes ONT	66:41
8	Jerry Bakker ONT	69:50
9	Don Riddle AB	70:50
10	Stephen Richardson USA	75:34
11	David Ross NB	101:16
12	Peter Innes ONT	103:57

<u>M35-44</u>		Time
continued		
13 Dave Graupner	MAN	110:26
14 Rob Hughes	NB	128:33
Alar Ruutopold	USA	DISQ

<u>M20-34</u>		Time
1 Holger Hott-Johansen	NOR	36:48
2 Ville Koponen	FIN	39:37
3 Mike Fellows	NB	41:35
4 Joe Brautigam	USA	42:27
5 Mike Smith	NB	42:54
6 Taavi Tatsi	EST	43:15
7 Brian May	NS	43:54
8 Hans Fransson	SWE	45:06
9 Wil Smith	NB	47:47

<u>M35-44</u>		Time
continued		
10 Chris Heppenstall	ENG	50:21
11 Francis Falardeau	QUE	50:32
12 Nick Duca	ONT	51:00
13 Douglas Mahoney	NB	53:38
14 Eugene Mlynczyk	ONT	61:01
15 Adam Scheck	YUK	62:04
16 Michael Iles	QUE	65:24
17 James Tasker	AB	66:39
18 Jeff Mahoney	NB	68:09
19 J-J Cote	USA	73:25
20 Robert Gilchrist	AB	77:20
21 Timothy Edmunds	BC	77:28
22 Nevin French	ONT	92:15

OCAD MAPS WITH PRE-PRINTED COURSES

Procedure for using Ocad maps complete with Preprinted Courses and Control Descriptions for Orienteering Club Meets using Ocad 7 & Condes 6 Programs and printed on an Epson 1279 Printer

- Contact Dick de St. Croix at least three weeks before the event to check for the availability of an Ocad map and to obtain an agreement to proceed.
Telephone: (613) 489-2316
e-mail: rdestcroix@cyberus.ca
Address: 6473 Second Line Road S. Kars, Ontario, K0A 2E0.
- Obtain (2) printed copies of the map or part of the map to be used for the event from Dick de St. Croix for course planning and a copy of the COF Master Control Sheet.
- Complete the course planning and field checking for the event.
- Deliver or send the following to Dick de St Croix at least ten days before the event:
 - One master map showing all the control locations and the control code for each control.
 - A master control sheet showing the complete control description for each control in IOF code and the controls to be used for each course.
 - The number of maps required for each course.
- The course and control description will be set up for each course. When each course is completed and checked then the required number of maps will be printed on coated paper at 360 dpi. The maps can then be picked

up from Dick de St. Croix. For clubs outside the Ottawa area it would be possible to use Priority Mail or a Courier Service.

- The charge for this service will be \$0.75 per map copy for 8 1/2 X 11 paper and \$1.25 on A3 size paper. There will be a minimum charge of \$35.00. Any cost for mailing or courier service will be extra.

SOME OF THE ADVANTAGES OF THIS PROCEDURE

- The Ocad map can be kept updated.
- Each competitor receives a map complete with the course and control description printed on the map.
- The quality of these maps will be very close to IOF standards for colour and clarity of detail and better than colour photocopies.
- Maps can be printed at 1: 15 000 or 1: 10 000 scale.
- abOnly the necessary part of a larger map need be used.

Note: This procedure could also be used for larger A meets and championship Meets. The maps for the US Championships at Lake Tahoe in 1999 were all printed on an Epson printer.

COC 2000 REPORT

A current IOF goal is to make major events more spectator and media friendly, closer to population centres and improved facilities. While recent COC's have not exactly been close to major population centres nor generated much media attention, organizers have done an excellent job of making them more competitor friendly: easy access from highways; parking close to Finish areas; well laid out meet sites; "run-ins" visible to spectators; refreshments at end of Finish chutes; etc.

This year was no exception. Orienteering New Brunswick and the various event organizers are to be congratulated on providing a series of well organized events that met championship standards and competitor expectations.

National Team FUNdraiser - Rockwood Park

The Fundraiser served two purposes: Raise funds for the national team; Model event for the COC Short the next day in an adjoining area.

National team members assisted with this event: hanging markers, time keeping, checking punch cards, results, control pick-up, etc. Special mention to Annette Van Tyghem, for making the awards and an MVP award to Sandy Smith for preparing maps, control descriptions and control cards. The event raised over \$1000.00 for the national team fund.

COC Short - Rockwood Park New Elite Men and Women's Champions Crowned

Many competitors awarded the Rockwood Park terrain/area "best of the week" honours. The Finish area was in a large clearing a few minute walk from the parking. A slope on one side of the clearing provided a fine view of competitors approaching from the last control.

Elite Women: Short distance was introduced to provide excitement and close races and this race supplied both elements. Recent COC's have featured close races between Sandy Smith and Pam James. This year saw another close race but with an additional twist - a third runner in the mix. Sandy started before Pam and posted a time of 46.30. Pam finished a few minutes later in the time of 46.36 - six seconds slower than Sandy. Some thirty minutes later they were

relegated to silver and bronze positions by the new Canadian champion, Cherie Mahoney, with a time of 45.52. Only .44 separated 1st and 3rd.

Cherie has been orienteering for several years and progressed through the various junior categories until moving up to the Elite ranks a few years ago. A native of Hillsborough, New Brunswick, she moved to Ottawa in 1999 after graduating from UNB and two months later was selected to our 1999 WOC team.

Elite Men: Another New Brunswick native and UNB graduate, Mike Fellows (41.35), won his first national senior title with Mike Smith (42.54) and Brian May (43.54), in second and third spots.

For members unfamiliar with the new champion and asking: "Mike who?". In the late 1980's/early 90's Mike was one of our top juniors and a promising candidate for national senior team status. He competed in World Cup events in 1992 then withdrew from major competition. This was his first COC since 1992.

COC Classic - Maple Grove, Fundy Park

This is a very physical and technically challenging area. Steep heavily forested hillsides, few easily distinguished features to re-locate with; few trails options to avoid "cross country" routes. Courses 4-8 provided the most challenging COC courses in recent years resulting in slow times for most classes. Some course 7 and 8 legs will provide many hours of analysis to determine the best routes.

Orienteering King's Royal Performance

1999 World Classic champion, Bjornar Valstad, and several members of the Norwegian national team competed in the Classic including Tore Sandvik and Bernt Bjornsgard, who with Valstad were members of the winning WOC '99 relay team. Other Norwegian team members who competed: Hanne Staff, WOC 1997 champion and runner-up in WOC 99; Holger Hott-Johansen and Oystein Kristiansen.

The group, members of the powerful Baekkelagets OC (Oslo), in Canada to attend the wedding of Holger and Sandy

Smith, provided the most star studded field since the 1990 COC/APOC/NAOC events that included 2 World Cup races.

Note: The COC Short and Day 1 Class were designated World Ranking Events with competitors in M/W 20-34 earning WRE points. Scott Donald (OABC), an IOF Licensed Controller, served as Controller for these courses.

MEN: Day 1: Valstad (70.24) underlined his “best in the world” ranking finishing a full 10 minutes ahead over Sandvik. Mike Waddington (82.48) and Mike Smith (82.55) were 3rd and 4th and Holger Hott Johansen 5th. Valstad said he ran slowly and cautiously to the first control, checking the various vegetation ‘greens’ and mapping consistency.

Day 2: The Norwegian group recorded the four fastest times: Sandvik (71.04), Valstad (71.19), Kristiansen (72.48), Bjornsgard (76.28). Valstad, finished with a comfortable 10 minutes margin over Sandvik for the 2-Days.

Mike Smith (80.00), Mike Waddington (82.16) and Mike Fellows (83.07), recorded the 5th, 6th and 7th fastest times - excellent performances considering the calibre of Valstad and Sandvik.

Mike Smith edged defending champion Mike Waddington to win his first Canadian Classic title with Mike Fellows in 3rd spot - a clean sweep for guys named Mike.

ORIENTEERING QUEEN - DNF SHOCKER

Women: Day 1. Hanne Staff, disoriented and frustrated with the thick vegetation, gave up at control #4. Staff and the Norwegians arrived in Boston on Friday afternoon then drove to Fundy, arriving at 1 a.m. Saturday. Although undoubtedly tired she did not use this as an excuse and simply said “I did not pay enough attention to where I was going on the first control and got completely lost in the green areas - I will pay more attention to-morrow”.

Sandy Smith (98.31) held a .52 lead over Catherine Hagen (99.23) with Cherie Mahoney (105.10), 3rd.

Day 2: Whatever difficulties Staff had on Day 1 were corrected on Day 2 as she “blew away” the field by over 20 minutes with a time of 74.29 against the second fastest time of 95.14 of Erin Olafsen (USA).

Sandy Smith (100.36) and a 2-Day total of 199.07 won her

second Canadian Classic title with Cherie Mahoney (98.32) and a 2 day total of 203.42 second and defending champion, Pam James (95.20) third with a 2-Day total of 207.29

The Course 7 times were very long with only a few under 100 minutes either day. Only the 74.29 by Hanne Staff came close to anticipated times. Course 7 was probably the most difficult of the championships.

Double Gold Champions

M12 - Steve Graupner (Manitoba); M15-16 - Thomas Nippen (FWOC, Alberta); F17-19 - Heather Smith (Falcons OC, New Brunswick); F45-54 - Sheila Smith (Fundy OC, New Brunswick); M45-54 - Olav Nippen (FWOC, Alberta); F65 - Gloria Charlow (Ramblers OC, Quebec); M65 - Alex Kerr (Greater Vancouver OC, BC).

MAJOR OFFICIALS - THANK YOU

Congratulations to the major officials for a job well done. The controllers were by and large, inconspicuous, usually a good sign that things are under control and no need for panic. There were no course cancellations and no protests in any event.

Eastern Canadian Championships: Wil Smith (Meet Director); Mike Smith (Course Planner); Richard Faulkner (Controller).

COC Short: Luella Smith (Meet Director); Don Heron (Course Planner); Tim Andrews (Controller)

COC Classic: Stig Skarborn (Meet Director); Ed Smith (Course Planner); Gary Feeney (Controller).

World Ranking Event Controller - courses 7 & 8 COC Short & Classic: Scott Donald.

COC SPECIAL OSCARS

A few recognition awards to individuals who carried out their duties at a level of excellence worthy of a Special Oscar Award.

Best Dressed Award: ONB president, Paul Looker. Paul added colour and wowed the crowd at the COC Short and Classic award ceremonies by appearing in full RCMP dress uniform - red tunic, breeches and riding boots.

Happy Face Award: The ever smiling Luella Smith. Probably smiling at the thought of the two youngest family members, Heather and Victoria, heading off to 1st year at McGill University. With Sandy moving to Norway, Wil and Mike returning to Dalhousie U and Jon to Queen's, Luella and Ed will have the house to themselves and greatly improved telephone access.

Unsung Hero Award (aka Kool Kats Award): Don and Judy Heron. Responsible for registration, time keeping, calculation of results, and numerous other tasks. In addition Don was Course Planner for the COC Short. Don and Judy did an outstanding job. The secret of Don's success is his daily morning visit to the local Tim Horton's. In a recent conversation he advised he has added an afternoon visit -

must be in training and preparation to offering his assistance to APOC 2002 organizers.

Musical Conductor Award - (aka Most Valuable Person Award): Stig Skarborn, who orchestrated the entire programme. I did not see Stig use his conductor's baton during the week but no doubt some orchestra members felt it on their knuckles during rehearsal sessions in the months prior to the COC.

Ensemble Award: To the members of Orienteering New Brunswick for organizing a full week of orienteering activities in ideal weather conditions. The only wet day was the day of the COF Annual Meeting and this provided an "out of the rain" option for campers. (good planning).

COC COMMENTS, CRITIQUES, KUDOS

COC competitors received a questionnaire requesting an evaluation of various aspects of the COC events. General questions required a 1 - 8 response (1 = poor, 8 = great). Course Critique questions required code marks by control (B = Bingo; C = Too Challenging; D = Dogleg; I = Inadequate route choices; Q = Questionable control placement).

(from COC questionnaires and emails)

General Event Organization (scores are averaged on 1 - 8 rating)

Competition centres	7.0
General organization	7.0
Information available	6.5
Registration procedure	6.9
Signage to sites	7.0
Parking areas	6.4
Refreshments	6.9
Toilets	6.9
Assembly areas	6.8
Social evening	5.6
Awards	6.6

Start/Finish Areas

Start	ECOC	6.8
Start	COC Short	6.7
Start	COC Classic	6.3
Finish	ECOC	6.6
Finish	COC Short	7.1
Finish	COC Classic	7.4

COMMENTS

SOCIAL EVENING - Rating 5.6

- .. Too late and too loud for conversation
- .. As many see the social time as one of visiting, perhaps we need two rooms - one for visiting and one for dancing
- .. Did not attend but think it is a good idea to have chance to meet other competitors.

AWARDS & CEREMONIES - Rating 6.6

- .. Great job by commentator (Classic).
- .. Draw prizes after awards - a great idea.
- .. Love the wooden plaques with pieces of maps and courses.
- .. Short 'O' was crowded. People should be seated so others can see .
- .. The awards were very nice, especially the ECOC medals set in gypsum.
- .. Too long.
- .. DO NOT BELIEVE WE NEED MEDALS after age 35.
- .. Why not call up all 1st place together; all 2nd's; all 3rd's ?. Present method takes too long.
- .. First, call up all the bronze medalists, then the silver a, finally all winners.

FEES

- .. Too high for youth and beginners.

- .. Junior fees should be as low as possible
- .. Junior fees should be lower
- .. Would be prohibitively expensive to have my family take part as a Recreational Group while waiting for me
- .. Discontinuing medals would reduce costs considerably
- .. O.K. for serious orienteers - but too high for Open classes.

COURSE EVALUATION (on scale of 1 - 8)

For most competitors the major problems were the thick vegetation and lack of map features to navigate by. The COC Short - Rockwood Park area received most favourable comments. Course comments will be summarized for future use by COC course planners and controllers.

.. ECOC - DAY 1	6.3
.. ECOC - DAY 2	6.3
.. National Team FUNdraiser	7.0
.. COC - Short	6.9
.. COC - Classic Day 1	5.7
.. COC - Classic Day 2	7.0

- .. **Classic Day 2.** Did not find streamers to # 1. Streamers should be clearly visible or none at all.
- .. **Classic Day 2. Streamers to #1 - Day 2.** Should have been marked on description or announced at Start.
- .. It would seem to have been appropriate to have a second start point for courses 5-8.
- .. Short was basically fine, although a few controls were unnecessarily hidden.
- .. **Classic** - Enjoyment was limited due to the very thick vegetation which we kept having to fight through. Although there were some very technical parts of the maps and some great course planning, in many places it was excessively long for the terrain being crossed.
- .. Considering the terrain has been used before, I would have expected course length and winning time to be nearer to the target times.
- .. The terrains were very tough. I lost my love for the sport a few times because of the vegetation.
- .. Course for COC Short was great and Day 2 Classic was also nice.
- .. ECOC - map so - so giving the feeling of luck most of the time, but one has to be able to cope with this situation.

- .. Short - was good but perhaps somewhat long for Short-O.
- .. Classic Day 1 should have avoided vegetation boundary controls and the areas around 5,6 & 7.
- .. Classic Day 2 much better orienteering.

KUDOS

- I want to express my thanks for a terrific week of orienteering. Good orienteering races are few and far between in these parts lately so I was very happy with the challenges you presented for us during Fundy 2000. The amenities around the meet were well appreciated, too.
Thanks for a great ten days -
Gord Hunter, Ottawa OC

- Just wanted to thank all of the Smith clan and Stig and the other organizers - we had a great week in New Brunswick, and I'm sure much of that was the result of the perfectly organized events. Everything was friendly, convenient, efficient. Even the weather behaved. And the orienteering was much better than I would have guessed possible from random roadside views of New Brunswick forests.
Many thanks -
Peter and Gail Gagarin, New England OC

- I want to say how much we really enjoyed the event. The forests are tough and slow but it made finding each control more of an achievement. We also appreciated the friendly atmosphere, fruit at the finish, the prize giving complete with Mountie, a good social etc. It was obvious a lot of effort went into making the event such a success, particularly when your organizing team do not live near each other.
Best wishes and thanks again -
Derek Fryer and Family, LOC England

- Thanks, we had a great time. The terrain was thick in some places but it was thick for everyone. I need to learn to adapt to the thick vegetation quicker and slow down. Your organization did a great job.
David Baldock, Golden Horseshoe OC, Ontario

- Thanks to the organizers and all the volunteers for their time and effort put in to this event.

I liked the way sponsors in Alma were issued with control flags - helped us identify and support them.
Marilyn Edmunds - Edmonton Overlanders OC

I enjoyed the meet immensely. My lack of experience in this type of terrain and vegetation caused some frustration but I will LEARN.
Thanks for a great time -
Muriel Gamey, Neepawa, Manitoba

My first COC's and overall I had a great time. I will definitely come to NB when the COC's are held there again.
Dave Graupner, Courier de Bois OC, Winnipeg.

I was there for a challenge and personal enjoyment. Both were fully satisfied.
Thank you -
Greg Nix, Finders OC, Amherst, Nova Scotia

Thank you very much for a fantastic experience. I had a very enjoyable time and was especially impressed with your influence with the weather gods.
Simon Trussler, Nova Scotia

When I compete abroad I want to experience something new and I was not disappointed. The impression of the ECOC is ruined by the terrain but it was still fun. I have never seen anything like it. The COC's were good. Good finish areas, good orienteering (except Day 1 - Classic) and physically challenging. In M20-34 the best Canadian had 2 X 80 minutes. This is border line too tough. What I enjoyed the most was the general atmosphere which existed, where you could talk to anyone. You could just start talking to the closest person and you made a new friend. Wonderful. I enjoyed myself -
Hans Fransson, Sweden

- After the first shock I even learned to like some parts of the terrain. The COC Short was in good terrain. This week has been a great experience. Thank you.
Ville Koponen, Finland

- Although Finland is more developed when it comes to orienteering we have much to learn from you. For example, the atmosphere was much more friendly than in competitions in Finland. I think Finns forget

the social part of the sport and concentrate too much in the competition.
Everybody smiled at everybody, When I looked at the people in the start area, I felt it was some kind of group therapy.
Even if I admit that the terrains were awful, they taught me. I guess that in the future, when I run into some bushes, I won't get frustrated as quickly I used to.
Thank you very much. Canada is great -
Anna Leskinen, Finland

Wedding Bells Chimes Thrice

This Summer several well known COF members took a lifetime route choice down the matrimonial aisle.

Sandy Smith, Canadian Elite Women's Classic champion, married Holger Hott-Johansen on August 29. Scheduling the wedding two days after the COC permitted many orienteering friends competing in the COC to attend. Holger is a member of the Norwegian national team and several club/national team friends including current world champion Bjornar Valstad and former world champion, Hanne Staff.

Sandy graduated from Dalhousie University Medical School this Spring and will move to Norway to pursue her career.

Peter MacKenzie, (Edmonton Overlanders OC) 1995 COC Short Distance champion and former national team member, and Karin Nikolai, were married this Summer. Peter and Karin have moved to Dubai for two years.

Mark Astridge, (Foothills Wanderers OC) and another former national team member, married Karin Gerritsen in Holland. Mark and Karen are living in Arizona.

CONGRATULATIONS TO ALL THREE COUPLES.

With Sandy in Norway, Peter in Dubai, Mark in Arizona and Alaric Fish in Japan, perhaps we should consider "resident and non-resident" national teams.

ELITE NEWS

1. Four Pre-Selected to 2001 WOC Team

Based upon Combined Total Times of COC Short + COC 2-Day Classic , four athletes were pre-selected.

Sandy Smith	Falcons OC
Cherie Mahoney	Ottawa OC
Mike Smith	Falcons OC
Michael Fellows	Fredericton Foxes

Cherie Mahoney was a member of Falcons OC before moving to Ottawa in 1999 meaning all four pre-selects are from New Brunswick.

A Selection Criteria announced prior to the COC based upon Weighted Times Per Kilometer was discarded in favour of the previous formula of Total Actual Times of the fastest Canadian times of the Short Distance and each day of the Classic with the condition that selected athletes must be within 135% of the Total Best Times.

By coincidence the four "Pre-selected" athletes happen to be the four winners of the COC titles: Sandy and Mike Smith – Classic; Cherie Mahoney and Michael Fellows – Short Distance.

Congratulations to Sandy, Cherie, Mike and Michael.

2. Athletes meeting the 135 % Criteria

WOMEN

Sandy Smith	Falcons OC	102.5
Cherie Mahoney	Ottawa OC	104.1
Pam James	Hustlers OC	106.1
Catherine Hagen	Prince George OC	112.1
Lumi Duca	Guelph Gators OC	114.9
Marta Green	Greater Vancouver OC	123.8

MEN

Mike Smith	Falcons OC	100.6
Michael Fellows	Fredericton Foxes OC	106.2
Wil Smith	Falcons OC	112.2
Brian May	Hustlers OC	112.8
Nick Duca	Guelph Gators OC	118.2
Doug Mahoney	Falcons OC	133.8

NOTE: Mike Waddington, although finishing 2nd in the Classic did not compete in the Short Distance and ineligible for "Pre-selection".

3. WOC 2001 Team Final Selection Event

Remainder of Canadian WOC 2001 team will be selected from results of the Ottawa Inter-club event, May 19-20, 2001. Up to an additional 2 men and 2 women will be selected. Final selection criteria will be announced by November 30 and posted on the COF web site; the O-Squad news and published in Orienteering Canada.

WORLD RANKING LISTS - **October 1, 2000**

MEN

1	Allan Mogensen	Denmark	8773
2	Bjornar Valstad	Norway	8749
3	Emil Wingstedt	Sweden	8521
4	Carl Henrik Bjorseth	Norway	8484
5	Frederik Lowegren	Sweden	8468
6	Jani Lakanen	Finland	8455
7	Jimmy Birkin	Sweden	8449
8	Janne Salmi	Finland	8418
9	Tore Sandvik	Norway	8415
10	Timo Karppinen	Finland	8352
16	Holger Hott Johansen	Norway	8309
22	Oysten Kristiansen	Norway	8070

NORTH AMERICAN RANKINGS

220	Mike Smith	Canada	3240
378	Michael Fellows	Canada	2109
417	Brian May	Canada	1948
460	Joe Brautigam	USA	1782
455	Wil Smith	Canada	1815
499	Nick Duca	Canada	1543
599	Mike Waddington	Canada	1229

WOMEN

1	Simone Luders	Switzerland	8899
2	Hanne Staff	Norway	8827
3	Heather Monro	Britain	8687

4	Emma Engstrand	Sweden	8667
5	Katarina Allberg	Sweden	8631
6	Lucie Bohm	Austria	8541
7	Jenny Johansson	Sweden	8519
8	Reeta-Mari Kolkkala	Finland	8503
9	Brigitte Wolf	Switzerland	8496
10	Mari Sandstrom	Sweden	8451

NORTH AMERICAN RANKINGS

151	Sandy Smith	Canada	3111
162	Pam James	Canada	2964
240	Cherie Mahoney	Canada	2091
265	Kristin Hall	USA	1997
275	Catherine Hagen	Canada	1949
276	Julia Cioban	Canada	1948
304	Pavlina Brautigam	USA	1768
328	Lumi Duca	Canada	1593
343	Peggy Dickison	USA	1418
351	Marta Green	Canada	1267

Sandy Smith and Nick Duca competed in a WRE in Ukraine and Mike Smith in WRE in the Czech Republic. Points have not yet been awarded from these events.

World Ranking Points are earned from performances in designated World Ranking Events (WRE). Points are accumulated on a 12 month “rolling year” (oldest points dropped after 12 months), with athlete’s best 6 point performances used to calculate “rankings”. Six “ranked” athletes must compete in an event for points to be awarded.

The COC 2000 Short and Classic – Day 1, were designated WRE’s. Good performances against top ranked runners such as Bjornar Valstad, Tore Sandvik, Holger Hott-Johansen, etc. mean higher point earnings.

5. USOC and NAOC 2000 offer additional WRE Ranking Point opportunities

Day 1 of the 2000 North American (Oct 28) and USA orienteering championships (Nov. 4) are designated World Ranking Events and provide additional opportunities for athletes to earn WRE points. North American athletes can greatly improve their ranking from points earned in these two events.

COF OMBUDSMAN **SERVICE** **RAY ST-LAURENT**

Occasionally grievances may occur between COF and an individual or an organization. The ombudsman, who sits on the COF Board, provides an added, direct channel to help resolve these issues.

If you have a grievance, it is expected that it would be resolved by the normal channels. If for whatever reason, you feel that the situation is not being treated appropriately, please involve the ombudsman. Do not wait until molehills become the size of Manitoban mountains.

There are several outcomes possible after you bring it to the attention of the ombudsman.

1. It was a misunderstanding. Everyone ends up happy.
2. The problem was identified and resolved. Everyone ends up happy.
3. The problem was identified and will be prevented from re-occurring. You have done service to the community. Maybe you can be happy for that. Everyone else in future will be happy.
4. The problem cannot be resolved. Oh well, at least we will know what to avoid to prevent these unhappy situations again.

So when in doubt, contact the ombudsman. I am pleased to be your present ombudsman and can be reached as shown below. Leave a message as detailed as you wish, or simply say that you have a matter to discuss.

Ray St-Laurent
17 Wallace Lane
Hanwell, NB
E3C 1M6

Tel: (506) 459-4827
email: raystl@nbnet.nb.ca

THE CONTROL ON A HILLSIDE

Brigitte Wolf

When the control point is on a hillside it's particularly worthwhile proceeding with caution; if you go past a control on a hill, compared with passing one on flatter terrain, not only do you have the extra distance but also tiring and time-consuming unnecessary contours.

For a control on a hillside the decision as from which side to attack can be more decisive than for one on level ground. Whether you want to approach from above, from below or from the same height can be part of your route-choice. Here are some hints and tips.

- For a control on a hill, whenever possible attack from a definite point at the same height.
- If approaching from above or below, attack from a definite point directly above or below.
- On a hill which is not too steep you can safely take a compass bearing.
- Try to develop a feeling for the difference of 10m (two contour line, usually) or 25 metres (five contour lines).
- Read the control description: if the marker is above a boulder or a mound, it's better to approach from above and if the marker is below, approach from below.
- Pits are best approached from above; they are hard to see from above.
- Cliffs are best approached from below, at least when the marker is at the cliff foot.
- If the control is in a depression or an lengthy gully, you can stay extra high or low so as to be able to follow along the course of the depression/gully.
- The same applies for a control near a track, fence etc.

Always punch before your drink

At the World Cup race in Japan this year it is reported that two British runners drank first and punched second at water controls – except they forgot to punch and were disqualified.

Remember, always punch first.

Training tip

On your regular training runs, take a map with a course on it and plan your route choice and navigational strategies as you go. Train your mind as well as your body.

Hint: Avoid areas with traffic when practicing this technique.

Footnote: In the Spring issue article “The First Control”, Brigitte noted that former world individual and relay champion, Oyvind Thon, had a secret for success; walk to the first control, jog to the second and only run hard after number 3.

Current world champion, Bjornar Valstad, followed this formula on route to a commanding 10 minute lead on COC Classic - Day 1. As this was his first visit to New Brunswick he was very cautious for the first few controls while checking how the various green areas had been mapped. He soon identified what the various “greens” represented and had been mapped consistently. With this knowledge he proceeded confidently and quickly.

National Team **Fundraising Activities**

The amount of funds raised in 2000 to date shows a substantial increase over the same period of 1999. Some amounts were generated from late Fall 1999 events and the funds received this year.

NB championships - 1999	\$100.00
Orienteering Quebec - Fall 1999	208.00
Edmonton Overlanders - Spring 2000	154.00
2000 Western Can Champ. - Foothills Wanderers	480.00
COC FUNdraiser event	1,053.66
COC donations - added to registration fees	468.00
COC - Stained Glass sales items - Marg James	488.00
OANS Event - Sept. 2000	318.75
Miscellaneous	60.00
Total:	\$3,330.41

AVAILABLE FROM THE COF OFFICE

(Prices are subject to change without notice)

1. <u>'A' Meet Organizing Manual</u> (revised 1999)	\$ 10.00	7. <u>Level III Coaching Certification Manual</u>	\$ 25.00
2. <u>'B' Meet Organizing Manual</u> (revised 1999)	\$ 10.00	8. <u>COF Competition Rules</u>	\$ 3.00
3. <u>Level I Coaching Certification Manual</u>	\$ 15.00	9. <u>Armchair Orienteering</u> - Practical Guide to Map Reading by Winnie Stott	\$ 15.00
4. <u>Niveau I Manuel de Certification des Entraîneurs</u>	\$ 15.00	10. <u>Armchair Orienteering II</u> - A Practical Guide to Route Planning by W. Stott	\$ 15.00
5. <u>Level II Coaching Certification Manual</u>	\$ 15.00	11. <u>Beyond Armchair Orienteering</u> - W. Stott	\$ 6.00
6. <u>Niveau II Manuel de Certification des Entraîneurs</u>	\$ 15.00		

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

ORDER FORM

NAME: _____

ADDRESS: _____ CODE: _____ TEL: _____

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

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

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

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TOTAL _____

MEMBER BENEFITS FROM COF

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

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