



ORIENTEERING  
C A N A D A

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## **BC Athlete Representing Canada at the Ski Orienteering World Championships**

CALGARY (March 4, 2009) – The Ski Orienteering World Championships are underway in Rusutsu, Japan. Marie-Catherine Bruno of Silver Star, BC is representing Canada at these championships. Bruno also competes in the traditional form of orienteering done on foot and she has competed three times at the World Orienteering Championships.

Altogether 133 athletes representing 19 nationalities are taking part in this year's ski orienteering world championships. Russia has the largest number of competitors, with 6 men and 6 women in their team. The home country Japan has ten athletes competing, as do also Kazakhstan and Sweden. Finland and USA have sent four women and five men to take part.

On Wednesday the athletes begin their quest for world championship medals in the sprint distance event. The sprint winning time is estimated to be 11 minutes both for women (3.3 km) and for men (3.7 km). Later in the week will be the middle and long distance events as well as the relay.

The ski orienteering world championships are held every two years. The 2009 event website which includes live results is [www.orienteering.or.jp/swoc2009/](http://www.orienteering.or.jp/swoc2009/).

Canadians last competed at the ski orienteering world championships in 1996. Canada's best ever result at the championships was by Gabrielle Savard of Calgary, AB who placed 18<sup>th</sup> in 1984. "After a few years of not many ski-orienteering events in Canada, we've had a resurgence of ski-orienteering over the last few years." explains Canadian Orienteering Federation President Charlotte MacNaughton. "And we are looking forward to much more ski-orienteering in Canada in the future."

The Canadian Orienteering Federation (COF) is the national governing body for the sport of orienteering. It is responsible for the development of orienteering in Canada, including Canada's participation at the World and World Junior Orienteering Championships. There are four disciplines in orienteering: orienteering on foot, orienteering on nordic skis, orienteering by mountain bike, and trail orienteering which is designed for athletes with a mobility impairment. For more information, visit the COF website at [www.orienteering.ca](http://www.orienteering.ca).

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