

# ORIENTEERING WORLD

IOF



**Fighting  
for the  
Medals**

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INTERNATIONAL ORIENTEERING FEDERATION









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**Front cover:** Marian Davidik from Slovakia in action at the World Orienteering Championships.  
Photo: Sami Suodenjoki





**T**he IOF has four orienteering disciplines on its programme: foot orienteering, mountain bike orienteering, ski orienteering and trail orienteering. In 2004, for

the first time ever, the peak of the season for each of these disciplines was the World Championship.

In February, the 15th World Ski Orienteering Championships were held at Åsarna and Östersund, Sweden. In September, the Swedish town of Västerås was the venue of the 21st World Championships in Foot Orienteering and the inaugural World Trail Orienteering Championships. And, finally, the chain of World Championships events became complete when the 2nd World MTB Orienteering Championships were organised at Ballarat, Australia in mid-October.

It is no exaggeration to say that all the championships were successful. The organisers offered the world elite athletes high quality competitions while, at the same time, the events were in keeping with the Leibnitz convention - exciting for both the media and spectators.

A few examples of this spectator and media friendliness:

- The on-line results service on the Internet and the spectator friendly arena set-up at the World Ski Orienteering Championships;
- The marvellous arena production at the World Orienteering Championships;
- The co-location of the inaugural World Trail Orienteering Championships and the World Orienteering Championships sprint event;
- The wonderful venues of the World MTB Orienteering Championships which provided excellent spectator and media views of the riders.

The work to make orienteering attractive not only for the athletes but also for spectators and the media has already been going on for many years, and more work still needs to be done. It is, however, encouraging to see that the work is starting to have an effect. New success stories can be expected in 2005!

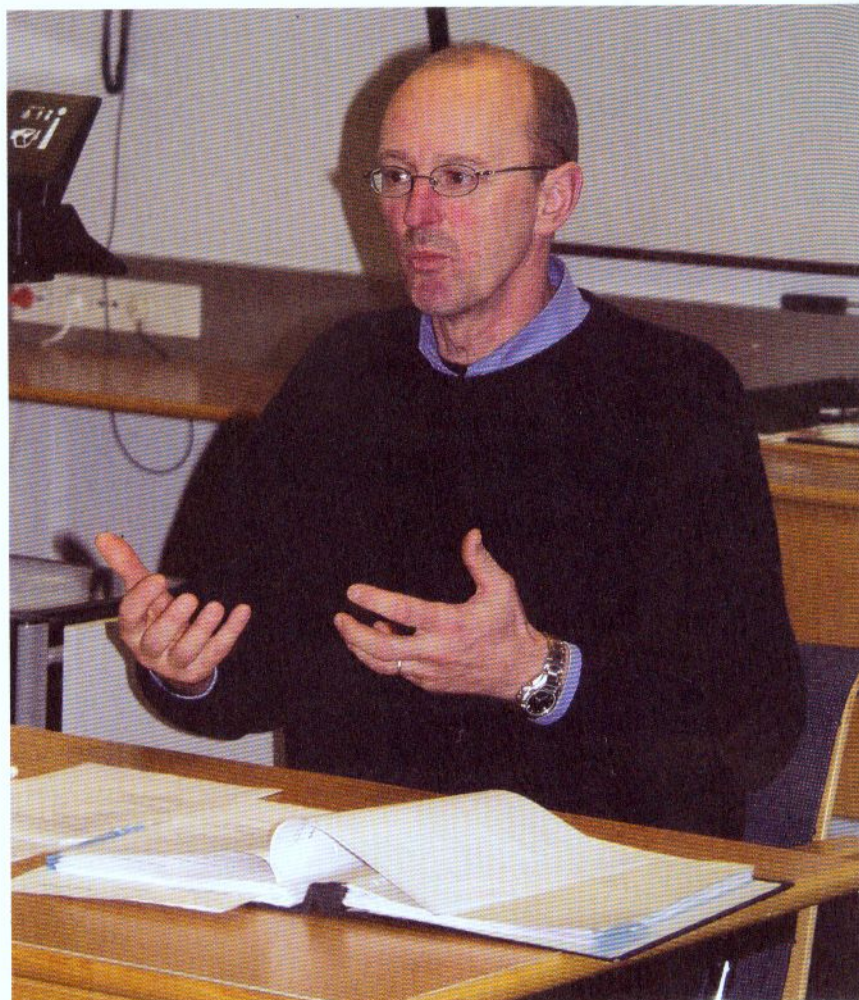


PHOTO: PIRJO VALJANEN

## Positive trends on many fronts

ÅKE JACOBSON, IOF PRESIDENT

**T**o watch a TV screen showing a few scattered pine trees, and nothing else, for a minute and a half can be absolutely boring, yet also fantastically exciting, knowing that just a few minutes ago there were four contenders for only three medals. The few moments it takes for the athletes to appear among those pine trees, just before the finish, are filled with hope, thrill, speculation and expectation. That brief moment of knowing the scenario - but not the outcome - is when sport as entertainment is at its best.

Our sport has been - in the past - a sport mainly for the participants. With the 21st World Championships, it also became a sport for the spectators at the event and for viewers at home in

front of the TV. This development has been made possible by advances in technology, by advanced arena and TV production techniques, and not least by event and discipline format refinement. We will continue this development and spare no effort to optimise the high level of adventure in taking part in, or watching, the sport of orienteering.

Athletes from all continents took part in the 21st World Orienteering Championships held mid September 2004 in Västerås, Sweden. For the first time, the IOF Congress and General Assembly were held in conjunction with the Championships. It provided an opportunity for athletes, coaches and officials from more than 40 member federations to meet, for some to com-



pete, and for all to have an enjoyable time together.

The setting allowed athletes and coaches to be more directly involved in the discussions and the decision-making processes of the Congress and the General Assembly. It added new and positive dimensions to the work during the Congress. I hope that this will continue to be the case in the future. We need a close dialogue between athletes and federation leaders for the benefit of our sport and its development.

Continued global development was one of the main themes of the Congress. Member federations urged the IOF to continue to work for further geographical spread of the sport, to support regional development, and to ensure the establishment of a worldwide elite events programme.

Our sport is already well developed in Europe, North America and Oceania. It is now also well established in Asia and South and Central America. The positive trend we now see in the latter two regions will be promoted and supported in the years to come. The next World Championships in foot orienteering, to be held in Japan in 2005, together with the fact that orienteering will be part of the World Games in Chinese Taipei in 2009, will be important milestones in this development.

The Congress endorsed a continued and increased participation of the IOF in the area of co-operation between international sports federations. Our commitment to our participation in the World Games and the World Masters Games, as well as in providing our support and contribution to the work of these organisations, is firm – as is our ambition to position our sport for inclusion in the programme of the Olympic Games.

As newly elected President of the International Orienteering Federation, I am particularly pleased and happy that our Honorary President, Sue Harvey, is ready to continue her work for the IOF on the international sports arena. Her experience and knowledge are of great value, not only to the IOF, but also to the sports bodies in which she is engaged.



PHOTOS: PIRIO VALANEN



# IOF President Åke Jacobson: I have a lot of visions for orienteering

BY ERIK BORG

**I**t was one of Åke Jacobson's best friends who recruited him to an orienteering course for beginners in 1958. At that time he was keen on athletics but decided to give orienteering a try. That proved to be a decisive route choice; orienteering has been part of his life ever since.

Through the years, the newly elected IOF President has accumulated vast experience of orienteering at all levels of the sport. The IOF got a very experienced president indeed at the IOF Congress in Västerås.

## **Team leader rather than figurehead**

I have shared the tasks of the President with Sue Harvey for some years now so I have had time to get adjusted to both the tasks themselves and the expectations. We all work for the IOF on a voluntary basis and all of us on the Council have to share the workload to make it possible to combine the work for the IOF with a full-time job. When I took over as president we changed the way the Council works slightly and my role is more to act as the team leader than to be the IOF figurehead.

I have a lot of visions for orienteering that I would like to see realised, and the best way to make these happen is to work within the structures now in place in the IOF. I am inspired by the task and it gives me a good chance to try to realise many of my ideas. And working with people from all parts of the world for something in which you all believe gives me the energy required, as well as the reward for the time spent, comments Åke.

## **Higher recognition needed**

– We have a number of important areas that we must develop over the coming years.

I believe one of the most important tasks for us is to continue to increase the recognition of our sport in the international sports arena and among the general public. I think our athletes deserve more appreciation and recognition for their performances, which I believe are comparable to the performances of any other top athletes in the world.

– We also need higher recognition in order to become eligible for inclusion in multi-sport games, such as the Olympic Games. In practice this means that we have to continue to spread the sport to more countries on all continents, and to raise the level of development so that athletes from all around the world are able to compete at the highest level. For that we also need to adopt a more global view in allocating events and an events programme that is attractive to both athletes and the general public, states the IOF President.

– The IOF, like many national federations, is hampered by limited finances, which restricts our opportunities to realise what we would like to do. Increased income generation, therefore, will be an area to which Council will have to devote a lot of time in the forthcoming years. We have tried in the past to raise more money without it costing us anything. In the future I believe we have to be prepared to invest in order to generate income. This may be, for example, in relation to our World Championships, or in relation to obtaining TV coverage of our events.

## **Further development work needed**

– The performance level of our athletes and the general quality of our top events certainly merit inclusion in the Olympic Games. We know, however, that we do not yet fulfil the eligibility criteria (for foot orienteering) and that is something on which we have to work hard over the next few years. As it now stands, the IOC has set a number of restrictions on the overall size of the Games, the Summer Olympics in particular. This means that it is very difficult for a new sport to make it onto the Olympic programme until some other sports are removed, and that will not be an easy process for the IOC. We are following developments closely and we are preparing ourselves to be ready for inclusion when an opportunity arises. We are not there yet, and I don't want to speculate about when such an opportunity might arise. I am more concerned about trying to develop our own sport so that we become an attractive candidate once there is an opening.

– Prospects are brighter for the Winter Olympics, but again it depends on ourselves as to how good our chances will be. We need to demonstrate a high level of activity in a wider geographical area than today in order to convince the IOC, and that is something only our member federations can create, states Åke Jacobson.

## **International and challenging job**

Åke Jacobson and his family live in Dösjebro which is close to the university city of Lund in the province of Skåne in southernmost Sweden, where they have a farm. The whole family is engaged in





*Sue Harvey handed over the presidency of the IOF to Åke Jacobson at the IOF congress in Sweden.*

PHOTO: ERIK BORG

other sports one way or the other, so his orienteering commitments are not an issue on the family agenda.

– I suppose that they find my frequent travelling and time away from home due to my work more of a burden, he says.

Åke Jacobson's regular job is both challenging and very international.

– My private business is a group of companies within the forestry and agriculture sector. The core business is consulting,

mainly in relation to different development aid activities around the world. In addition, we have forest plantations together with a sawmill and furniture factory, and a dairy with milk production in south-east Asia. It's a reasonably sized activity that can be managed by myself and another part-owner. Since much of the activity is centred in Asia, that's where I spend a considerable part of my time, he says.

– Nowadays I am a passive member of my local club OK Silva, as my exten-

## Åke Jacobson

Born: 3 March, 1947

Family: Married, one daughter

Profession: Director of Silvi Nova AB

Sports level in orienteering: Reached Swedish national team level as a junior.

Administrative work in orienteering:

- Secretary General of the Swedish Orienteering Federation (SOFT) 1973–76
- Member of SOFT Council 1976–1986
- President of SOFT 1986–1994
- IOF Council member 1988–1992
- Vice President of the IOF 1992–2004
- President of the IOF 2004–

sive travelling makes it difficult to be a 'regular' orienteer when I am at home. Earlier I was also very much involved in organising events and drawing maps.

The new IOF President has orienteered in more than 50 countries around the world.

– These days I only take part in orienteering events when we have IOF activities around the world, or when I am working abroad and happen to come across an event. In the beginning I kept count of all the countries I orienteered in and I recall that I came to 45 some 15–20 years ago. Since then I have not really kept count, but the figure ought to be around 50 now. Such numbers are not very important to me; more important is the opportunity to meet orienteers from as many different countries as possible, states Åke Jacobson.



## Wanted to give something back



*Sue Harvey has held a variety of roles and devoted an enormous amount of time and energy to the IOF for many years.*

PHOTO: MIRO VALJANEN

BY ERIK BORG

**S**ue Harvey made her first map when she was just 13 years old. A few years later she came into contact with the sport of orienteering and for the last 35 years she has done a fantastic job in the International Orienteering Federation (IOF). She ended her administrative career at the top, as the IOF President, a

position she held since 1994. At the recent IOF Congress in Sweden she was appointed Honorary President for life, and she also received the IOF Gold Pin. As the Honorary President she will continue to work for the IOF on the international sports arena.

Sue has devoted an enormous amount of time and energy to the IOF for many years.

– I think orienteering is a great sport, and the international aspect is particularly interesting. Working in the IOF has given me the chance to put back into the sport something of what it gave me. Working internationally is also fascinating, of course, because my colleagues are from different countries with different viewpoints and it is a challenge to find a way forward that can accommodate the different cultures, Sue says.

Sue was the President of the IOF for ten years, but she has also held a variety of other roles since she first became involved thirty-five years ago. Her first work for the IOF was to translate the 'Drawing Specifications for Orienteering Maps' into English. That was in 1969. German was the official language of the IOF in those days, and as she didn't speak German, she started learning it. She is actually a very good linguist.

– I got out the dictionary and started to learn! I was interested in the subject because I had just started making maps for orienteering, she says.

From 1972 to 1977 Sue was a member of the IOF Press Commission and then took over as its chairperson 1977, a position she held till 1983.

### Team work is the key

– It has been both a challenge and a responsibility to be IOF President. Whatever has been achieved has been as a result not just of my work, but also that of the whole team of people working in the IOF. Over the last decade we have developed a strong Council with a firm worldwide view. Discussions have centred round what is best for world orienteering, as opposed to each Council member expressing national views. Of course there is an important role also for national views, but as a Council we are entrusted with the welfare of the whole orienteering world, and that must be our first consideration.

– I should like to pay particular tribute to the Vice-Presidents, Åke Jakobson, Hugh Cameron and Edmond Szechenyi. I never felt I was carrying the responsibility for the IOF on my own shoulders



alone. In particular, Åke did a fine job as leader of the Council and I feel very confident that the IOF will go forward safely in the hands of the new leadership. IOF is a strong federation, ably led, and with a full complement of conscientious Commission members and Chairmen. A huge amount of work is done by all these people, week in, week out. This is what makes the President's work possible.

There is one thing that Sue would like to have seen improved during her time at the helm of the IOF: the federation's financial position.

– During my presidency we did not manage to find a way to improve IOF's financial position. I do believe that the key to this lies in the sport becoming more visible, more attractive to the media, spectators, new recruits and government authorities. And on that issue, great progress has been made in the last 10 years. Most elite orienteers now take it for granted that our competitions will be to some extent a 'public spectacle'. This is a big change from 20 years ago. Part of that process is also to make orienteering more visible among the world sports leaders and in organisations like the General Assembly of International Sports Federations. Here I think we have been able to make considerable headway too. Orienteering features in both the World Games and World Masters Games, and this all helps if we are looking towards Olympic participation at some stage.

### **IOF representative on the international arena**

– As IOF Honorary President I will be working on external relations. The IOF is represented at the General Assembly of International Sports Federations. It takes a long time for a person to become known in this large body of people (about 300 delegates go to the Annual Congress), so I will be continuing to represent the IOF at least for the present. I shall also be continuing in my role representing the IOF as a member of the Executive Committee of the World Games, and as a member of the Board of Governors of the World Masters



*IOF President Åke Jacobson together with Senior Vice President Hugh Cameron, Council member Jan-Erik Krusberg, who is responsible for Foreign Affairs, and Honorary President Sue Harvey.*

PHOTO: PIRIO VALJANEN

Games. Both of these are elected positions.

– It almost goes without saying that I believe one of the key tasks is to continue making the sport more and more visible in the media and attractive for spectators and Internet viewers. I also think it is good if we can maintain our visibility within multi-sport organisations like the International Masters Games Association. It is not always easy to combine our events with those of multi-sport Games, but it can bring big dividends in terms of greater public knowledge of our sport. I think we still have the task of solving how to get more money into the sport. We must also continue with having a good number of people involved in IOF work. And finally, we must continue to pay attention to the fact that orienteering is a perfect sport for life. In an age when life-long fitness is an accepted goal, orienteering has a lot to offer. We can take advantage of that.

### **Not much spare time**

Sue is the managing director of Harvey Maps. The company makes maps for walking and cycling. Most of the maps are of walking country in the UK, but they have also made a series of maps covering the national parks in Canada together with a Canadian company, and

of Greenland in co-operation with a Danish company run by the well known orienteer Flemming Nørgaard.

You will presumably have more spare time now. How will you fill it?

– Well, for a start I shall still be doing some work for the IOF. My full time job takes up at least 9 hours of every day! In my non-work time I am chairman of the local Leisure Centre Management Committee. For good measure I am also chairman of our local Development Trust. We are currently raising one million pounds sterling to build a bridge for walkers and cyclists over one of the biggest rivers of Scotland. We have also bought a disused industrial building which we plan to turn into a base for the Doune Youth Project and workspace for local businesses.

– In my leisure time, I am enjoying restoring a ruined farmhouse. So far the main achievement has been to re-establish the water supply (which comes from a spring), mend the leaks in the roof, and put in electricity. In my spare time I go for walks with the collie dog which I am looking after for a year while its farmer-owner is away in New Zealand. Other main interests are gardening (mostly growing vegetables), carpentry and playing the guitar, Sue states.





French Thierry Gueorgiou managed to defend his World Champion title in the middle distance. Here pictured together with silver medallist Russian Valentin Novikov (left) and bronze medallist Anders Nordberg from Norway (right).

PHOTO: SARA SUODENIEMI

## The middle distance phenomenon is ready to tackle the long distance race

BY ERIK BORG

**T**he double World Champion at the middle distance, Thierry Gueorgiou, is now aiming for the long distance: He wants a bigger challenge.

– I still have a lot of orienteering dreams for the future. One of them will be to run the long distance at the World Orienteering Championships (WOC) and achieve a top result, says Thierry.

When Thierry won his first WOC gold medal at the middle distance in Switzerland in 2003, his race was considered by many to be the best orienteering performance ever. At the Open European Championships in

Denmark and WOC in Sweden he again had almost perfect races in the middle distance races and won new gold medals.

– I only made a few small mistakes in Västervik, maybe ten seconds in total. I had a good race, he states.

In actual fact he had a fantastic race and it was even more impressive that he succeeded in defending his title.

– My first gold in Switzerland was something special, but it was a great feeling to beat all the Nordic runners in Nordic terrain this year, Thierry adds.

*What was it like to defend your WOC title?*

– I think it was even tougher to win the title second time. I felt that people thought I was the favourite and therefore the one to beat, he comments.

### Born into orienteering

Thierry began his orienteering career already in 1985 when he was just 6 years old.

– All my family ran orienteering from the beginning of the 1980s and played an active role in the local orienteering club of Saint Etienne. So I accompanied the rest of the family to training and competitions.

*Were you a talent right from the start?*



– I won several competitions at national level when I was young mainly because I started at a very early age and competition is not so tough in the youngest age classes in France. It was a big motivation in the beginning to win many competitions. My first international success was in 1991 in the M11 class at the 5 days of Bohemia (Czech Republic), he says.

Thierry's international elite career started in 1995. He was only 16 years old when he took part in his first Junior World Orienteering Championship in Horsens in Denmark. Two years later as an 18 year old he ran in his first senior World Championships at Grimstad in Norway. Now he is 25 years old and one of the major stars of the sport.

– I am no longer at the beginning of my orienteering career but I hope the end is far away yet. I like spending time in the forest and like to train hard, and hope to continue until 2010 at least, states Thierry.

He was a bit disappointed that the French application to organise the World Orienteering Championships in 2008 did not succeed in competition with rival bids from the Czech Republic and Hungary.

– The World Cup Finals in 2006 will be held in France. That will naturally be one of my next major goals. Nordic relays like Tiomila and Jukola also have a special significance for me. I would like to win some of them with Kalevan Rasti, he comments. He has in fact already won one when he anchored his club to victory in the Jukola relay this year.

### Japan in November

*What kind of special preparations are you planning for next year's WOC in Japan?*

– The World Orienteering Championships in Japan will come quite fast. In November I had a 10-day training camp in the Aichi area of Japan. That was my only training camp before WOC as it is quite expensive to travel to Japan. During this winter I will do a lot of hill training to be ready for the steep slopes of Japanese terrain. I will also train with more

emphasis on longer courses. I was very disappointed to skip the long distance race this year in Västerås. I will also use chopsticks to eat rice at home...!

*How did you prepare mentally in the hours and days leading up to the middle distance race in Västerås?*

– I was quite disappointed after my sprint race at the WOC, being so close to the podium even with some mistakes. I was very angry and also "hungry" for the rest of the week. My motivation was very high in the days before the middle distance final. But I was also a bit nervous, with always the same question in my mind: "Will I be good enough to remain the World Champion on Saturday morning?" The closer the race approached, the more confident I became. I slept very well the night before. Everything was clear in my mind - I had to be focused on the map and forget everything around me and what was at stake. Only one thing was important – me and the map. Nothing else. In the morning, I was totally ready. Relaxed and ready.

Thierry's original plan for the World Championships also included the long distance race in Sweden, but he changed his mind and decided to go for the sprint and middle distances races instead. He finished in fifth place in the sprint race. The final of the middle distance event was two days after the final of the long distance. Thierry thought the schedule was just too tough to really be able to run well in both distances.

– I really think that it would have been impossible to be 100 per cent ready on the starting line of the middle distance if I had run the long distance final just two days before. And my main goal was the middle distance event. That's why I didn't run the long distance this year, but that was probably the last time that I do not run the long race at a major championships, he adds.

### Training a lot in the terrain

Thierry's preparations to defend his World Championship title at WOC 2004 in Sweden included over 40 training-days in Swedish terrain. Much of his

training is also in the forest with a map.

– I have trained about 650 hours this year and 40% of this was orienteering training. This percentage is slightly lower than before (45%-49%) because I have moved house and I now have fewer maps close to my new house.

*How do you train when you train with a map?*

– My training philosophy is quite simple. 'Train as You want to Compete'. I believe that if you want to be relaxed on the start line, you have to know that all your training has gone very well and that there is no reason that anything will be different on 'D-day'. And never forget that a one second mistake is still not good enough, says the champion.



PHOTO: PIRIO VALANEN

### Thierry Gueorgiou

**Date of birth:** 30 March, 1979

**Club:** Kalevan Rasti (Finland)

**Major successes:** World Orienteering Championships (WOC) gold in the middle distance 2003 and 2004, WOC bronze in the sprint 2003, Swiss, French and Finnish national championship titles, silver medallist at the Junior World Championships (JWOC) in the classic distance 1998 and relay 1999, JWOC bronze medallist in short distance 1999.





PHOTO: SAMI SUODENJOKI

## Two Orienteering Queens: Karolina and Simone

BY ERIK BORG

**G**old, gold and silver. With gold both in the long distance and in the relay, and silver in the sprint distance, Swedish Karolina A. Höjsgaard became the Queen of the 2004 World Championships. In 2003 she won two silver medals.

In 2003, Swiss Simone Niggli-Luder won everything; gold in all four distances. This year the result was one gold medal of four possible. Simone's gold medal came on the first day of the finals when she won the sprint race by a margin of 29 seconds ahead of Karolina.

### Successful comeback for Karolina

Karolina A. Höjsgaard became the Queen of the World Championships three years after retiring from international orienteering. Although Karolina

won a World Championships selection race, she was not selected for the Swedish team for the 2001 World Championships in Finland.

– I didn't feel like continuing with orienteering after that. I wanted to have children too, relates Karolina.

Karolina gave birth to her son Oscar on 12 July, 2002. She did, however, return to orienteering after a while.

– Why did I start orienteering again? I think it was because I had never really succeeded. I had more to give and wanted to try to reach the very top. I also missed orienteering during the period when I was away from the sport, "Karo" states.

When Karolina decided to concentrate on orienteering again, her goal was this

year's World Championships in Sweden, not the World Championship last year in Switzerland, but she returned to her top form very quickly. She began to train again in late autumn 2002 and her first race was a relay in March 2003 where she had the fastest leg time. That was a good sign that she was back. Later that spring she won the Swedish long distance championship.

The last three months before the World Championships in Västerås Karolina took leave from her job, prior to that she had worked part-time from September 2003. Everyday life had been hectic especially with a small child even though husband Thomas did his bit.

The seven weeks before the European Championships in July disappeared in injuries and illness, but then everything went as planned right up to the major





PHOTO: SAMI SUONENIEMI

orienteeing festival of the World Championships at the beginning of September.

Karolina was uncertain at the beginning of the long distance race, then she managed to calm herself down and then the 'flow' in her orienteeing came. When she arrived at the spectator control at the beautiful arena beside Västervåla church she heard that she was in the fight for the gold medal. She was in third place just 13 seconds behind Marika Mikkola of Finland. Norwegian Hanne Staff was only one second in front of her.

– For me the gold medal in the long distance was bigger than the relay gold. I had been focusing on the long distance

the whole year. The victory was emotionally the greatest thing I have experienced in my sports career. It was made even better by the fact that my family, most of my relatives, and many work colleagues and club members were also present, adds Karo.

In the sprint race the day before the long distance final, Karolina won the silver medal after a major mistake in the qualification race. She was only 10th in her heat where the best 15 go forward to the final.

– In the final I made two errors of about half a minute, but I think the silver was the best I could hope for in the sprint race, believes Karolina.

She ensured the gold medal for Sweden in the relay through a fantastic sprint. She punched right behind Heli Jukkola of Finland at the last control, but Karolina was fastest on the run in to the finish. Gunilla Svärd and Jenny Johansen ran the first two legs for the Swedish golden team.

### Simone happy with one gold

After the sprint distance victory Simone Niggli-Luder was the favourite in the long distance final, but she had major problems at the second control when a branch dislodged one of her contact lenses. In the middle distance final, Simone finished sixth after making mistakes in the first part of the course.

If it had not rained so much during the night before the long distance final, Simone would have run with glasses which could have prevented the incident. After an incredibly strong finish to the race Simone ended in 4th place.

– If I hadn't had problems with my contact lens, I could at least have been in contention for a medal in the long distance race. It took me about two and a half minutes to get it back in the right place again, comments Simone.

– I am happy that I managed to win a title at this year's World Championships too. I have now won a gold medal at three WOCs in a row. Of course I tried to win more, but I got three top six places, and I believe it is also good for the sport that it can be seen that it is not so easy to win, says Simone.

Next year the World Championships are in Japan. Simone is unsure of exactly how many more World Championships she will compete in after 2005.

– I will probably continue for a few more years yet though, Simone smiles.

Who will be the Queen of the 2005 World Orienteering Championships? Both Karolina and Simone are firm favourites for the title but they will for sure have many challengers that have set their goal to take over the crown.



# mpionships 2



Hanne Staff and Bjørnar Valstad took five medals from the World Championships in Västerås home to Norway.

PHOTO: ERIK BORG

## Hanne and Bjørnar – a winning team



**T**ogether, the Staff-Valstad family has won 22 World Championships (WOC) medals. Hanne Staff is the greatest orienteering medallist of all time with a fantastic total of 12 WOC medals, and her husband Bjørnar Valstad now has 10 WOC medals. Hanne announced already in 2001 that she might retire, but she continued her international career for another three years. However there is no doubt that her career really is over now but Bjørnar's career does not necessarily need to end here.

Both Hanne and Bjørnar started orienteering at a young age. Bjørnar comes from an 'outdoor' family while Hanne has orienteering in her genes. Her father Per H. Staff was Nordic Champion in

1965. Her grandfather was one of the first orienteers in Norway.

### The perfect race

Hanne has won everything it is possible to win in orienteering, but she still hasn't run 'the perfect race'.

– I'm not sure if the perfect race exists. There will always be some time loss. If you haven't made a mistake, you probably haven't run fast enough. Fortunately it is not the degree of 'perfectness' that determines the result of an orienteering race, laughs Hanne.

The gold medal in the WOC middle distance race came as a result of Hanne running the second part of the de-

manding course without any mistakes at all. Rarely has she orienteered more perfectly. She herself didn't feel that she had increased her speed at all. When she passed through the arena after two-thirds of the course, she heard that she was in the lead. However her biggest competitors had started after her though and she was given incorrect information on purpose.

– Our technical coach, Jørn Sundby, pulled off a stroke of genius. He told me that I was in the lead, but that I was 30 seconds behind at the radio control. This was positive feedback for me: 30 seconds is not much, and I had made mistakes. Jørn's stroke of genius was that he distorted the real situation somewhat. In fact, I was almost a minute behind at the radio control and Jørn had already seen the Russian Tanya Ryabkina on the big screen when I passed through the arena. I forgive Jørn for his white lie.



Photo: Sami Sævi

### Hanne Cecilia Staff

**Date of birth:** 3 February, 1972

**Civil status:** Married to Bjørnar Valstad

**Resident:** Nittedal near Oslo, Norway

**Club:** Baekkelaget SK (previously Nittedal OL)

**Profession:** Orienteer / Deputy elite sports director at Wang Elite Sports Gymnasium from October 2004.

**Major successes:** 4 World Championship gold medals, 4 WOC silver medals, 4 WOC bronze medals, 4 European Championship gold medals, 5 Nordic Championship gold medals, Overall winner of World Cup 1998 and 2000, Overall winner of Park World Tour 1998 and 2002, won short distance and relay at World Games 2001, 27 individual Norwegian championships, 9 Norwegian relay championships, 4 Norwegian royal cups.





Emotions were high when Hanne was greeted by her mother Grethe Bulukin.

PHOTO: ERIK BORG

I believe it was decisive for concentrating my thoughts correctly on the second part of the race, says Hanne.

When the race was over, Hanne had won by 11.8 seconds ahead of Ryabkina. Earlier in the race the Russian had held a lead of nearly a minute. At about half way Hanne made a half minute mistake. Then everything went perfectly for her.

– Hanne is very focused. That's the way she has always been. It's about wanting to win. She really does want to win. That she and Bjørnar make a good couple together is also important. Hanne is so confident, says her mother Grethe Bulukin.

In addition to victory in the middle distance race, Hanne also took the silver in the middle distance event and a bronze with the Norwegian women's team in the relay in Västerås.

### Two gold medals for Bjørnar

Bjørnar Valstad won the long distance race and the relay at the World Championships in Västerås.

– The gold medal in the long distance is my greatest moment as a sportsman. It was a fantastic race. I orienteered and ran as well as it is possible to do in such

#### Hanne's World Championship medals

- Norway, 1997: Gold in classic distance, bronze in short distance and relay
- Scotland, 1999: Gold in relay, silver in classic distance
- Finland, 2001: Gold in short distance, bronze in relay
- Switzerland, 2003: Silver in medium distance, bronze in relay
- Sweden, 2004: Gold in medium distance, silver in long distance

#### Bjørnar's World Championship medals

- Czechoslovakia, 1991: Silver in relay
- Germany, 1995: Bronze in short distance
- Norway, 1997: Bronze in short distance and relay
- Scotland, 1999: Gold in classic distance and relay
- Finland, 2001: Silver in relay
- Switzerland, 2003: Silver in medium distance
- Sweden, 2004: Gold in long distance and relay

Together the couple have a total of 22 World Championship medals or more precisely a quarter of all the World Championship medals won by Norway over the years.

### Bjørnar Valstad

**Date of birth:** 27 April, 1967

**Civil status:** Married to Hanne Staff

**Resident:** Nittedal near Oslo, Norway

**Club:** Baekkelaget SK (previously Stjördals-Blink, NTHI, Nydalens SK)

**Profession:** Orienteer, works part-time at Nelfo, Oslo

**Major successes:** 4 World Championship gold medals, 3 WOC silver medals, 3 WOC bronze medals, Nordic Championship gold medal short distance 1999, Overall winner of World Cup 2002, won relay at World Games 2001, 8 individual Norwegian championships, 4 Norwegian relay championships, 3 Norwegian royal cups.

terrain. I felt from the first control that I was orienteering inside a kind of tunnel, in which I had full control. I only lost half a minute at a couple of places and I didn't really feel tired at all, says Bjørnar.

– Because the terrain was one of the most demanding that an orienteer from mid-Norway could be faced with compared to the terrain back home, and in view of all the challenges I have had to overcome this season, I rank the gold medal in 2004 higher than the first one I won in Scotland in 1999, states Bjørnar.

His time in the national team may be over, but Bjørnar is open for the possibility of running another World Championships if his body will let him. As a result of his victory in the long distance event this year, he has a free place in this distance at next year's WOC in Japan. In order to utilise this, though, he must also qualify for the Norwegian team.

– I will train this winter. If my body holds together, and I feel that I am at a level where I can run well in the WOC selec-





*Bjørnar Valstad sprinting in to the second individual World Championships gold medal of his career.*

PHOTO: ERIK BORG

tion races next year then I will take part, he states.

Hanne has no objections to Bjørnar extending his career.

– Whether or not he continues is a matter for Bjørnar. We decide ourselves when we want to retire, comments Hanne.

### **Orienteering is freedom and experiences**

Hanne Staff characterises orienteering as a sport that generates experiences.

– Bjørnar and I have been to many more places and travelled more widely than for example Olympic cross-country skier Bente Skari did during her international career. Cross-country skiing is confined rather to ski arenas and the competition programme is less varied, says Hanne. Bente Skari is Hanne's best friend who

won World Cup, World Championship and Olympic titles during her career.

Hanne was also a promising skier and won a bronze medal in the Norwegian relay championships in 1991 with Elin Bakk Anthonsen and Bente Skari. As a senior, though, she chose orienteering ahead of skiing as it felt more like the sport for her.

– Just think of being able to train when and where you want without having to be constricted by stadium facilities or sports halls. Orienteering is freedom. It is really good to be a top orienteer, states Bjørnar Valstad.

### **Time to say goodbye**

– I don't know if I have actually fulfilled all my ambitions, but it is now time for other things. I don't feel as though I have had to sacrifice anything even though some things have had to give

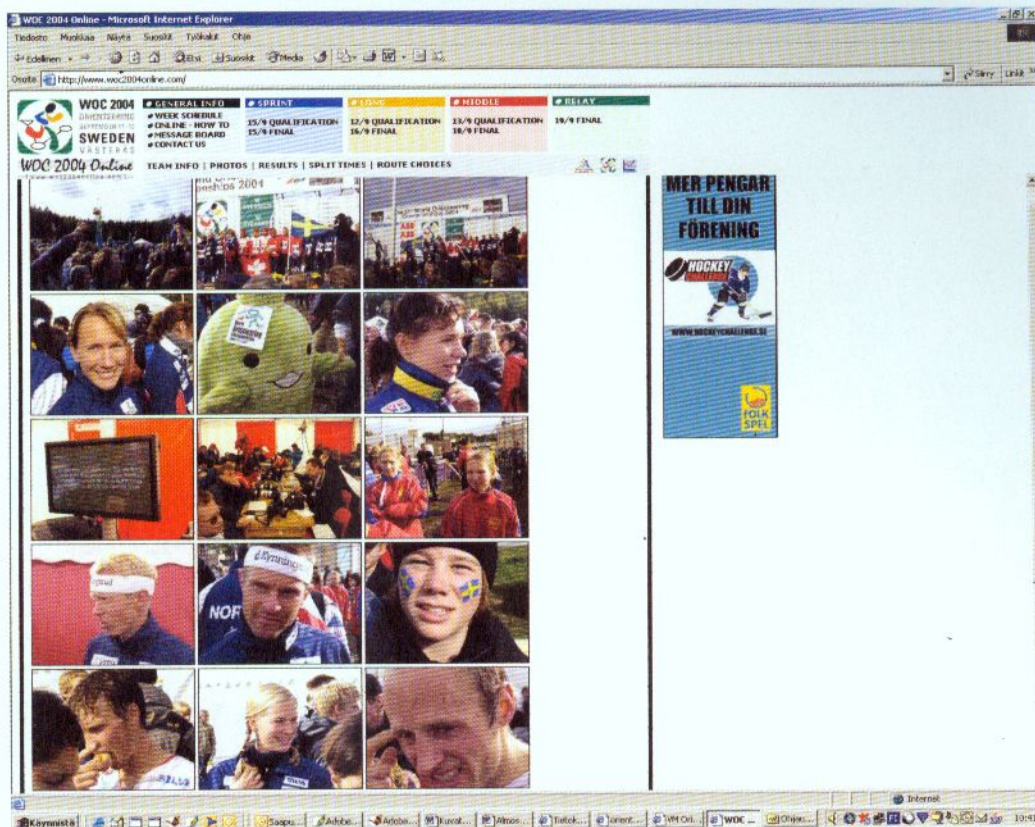
way in favour of my sport. I am looking forward to spending more time with family and friends, comments Hanne.

– The years of elite sport have given me a lot of fun and lots of good friends with whom I will keep in contact for the rest of my life. These are the two most important aspects. My national teammates Birgitte N. Husebye and Elisabeth Ingvaldsen are particularly important to me. We have been together throughout our whole orienteering career and have a great team spirit. It has also been fun to get good results at the same time.

*Is there anything you will miss?*

– Maybe the 'kick' and feeling you get when you really master something and perform well in a pressured competition situation. It will be difficult to get this feeling when I am just running for fun. I will have to find challenges in new areas, says Hanne.





*If it's not possible to be in the competition arena in person, following the races on the internet can be almost as good. Nearly 130,000 'hits' were recorded on the World Orienteering Championships on-line website in the 8 days from the first to the last race day.*

## Almost as good as being there!

BY CLIVE ALLEN

**T**hese days, it's great value to be a spectator at the World Championships (WOC), with a big screen showing videoed action from the forest, a first-rate commentary, an instant results service, and courses with loops and spectator points which provide constant interest for the watcher.

But if it's simply not possible to be there in person, following the races on the internet can be almost as good. If you logged into the WOC on-line website you will know just what I mean.

With the installation on-line of a small piece of software, you could see the same video pictures and hear the same commentary as could the spectators down in the arena. Results and text comments were being constantly updated, and still pictures of the leading runners were regularly published. You could get a real feel for the atmosphere in the arena and the excitement of the race.

### Huge interest

Such was the interest from around the world that a grand total of 127,648 'hits' were recorded on the on-line website in the 8 days from the first to the last race day. The highest total on one day was almost 22,000.

Separate from the on-line site, the main WOC website covered everything you wanted to know about WOC. Here you could find start lists, course lengths, terrain details and schedules. After the races, split times and graphical displays could be viewed along with the official full results lists and pictures of the stars in the news. Race maps and courses could be examined and route choices of the leading runners compared. The 'hits' total here was even greater, with contacts registered from almost every corner of the world.

### IOF website – more than 87,000 'hits' in one day!

The IOF's own website [www.orienteering.org](http://www.orienteering.org) carried results, reports and pictures

from WOC, and the number of 'hits' over the 8 days was more than 65,000 greater than for an average 8 days.

For the World Cup Finals in October the access level for this site was considerably higher, with a grand total of 329,282 'hits' over the 7-day period. The maximum for one day was a remarkable 87,820. One of the attractive features here was the World Cup Web Portal with quick access to reports, results and pictures from the events, and the latest World Cup standings.

The World Rankings lists, value for both the media and the orienteering addict, also hold great interest throughout the year, helping to bring the weekly norm for 'hits' on the IOF website to around 100,000.

These amazingly high access figures illustrate just how important and powerful the internet has become as an information and marketing tool. Orienteering has certainly learnt how to use it to maximum effect.



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SÖK DET GODA LIVET!  
VÄSTERÅS  
Mälarstad





# Birds of the same feather

BY ROLAND HILFIKER\*)

**Y**our sport – orienteering – and my sport – skydiving – have many things in common. It had first struck me when I discovered that you also had difficulties in ensuring that yours would be accessible to the public. Granted, anyone could easily buy a compass, map and whatever else is needed to be able to find your way on a run around the woods. But before you consider doing just that, you need an incentive, and that is exactly where top-level competition comes into the picture.

Our sports – even at the highest competitive levels – take place in remote and isolated areas.

"Live transmission of video signals from inaccessible fields of play – from forest trails and from thousands of feet up in the sky – project dramatic images of superb sporting performances in orienteering and skydiving on to giant video screens."

Our sports were the only ones in the World Games 2001 that depended on state-of-the-art technology to present themselves to the spectators. Without cameras strategically placed in the forest, video screens and expert commentary at the start and finish area, there would have been little incentive for the thousands of spectators who had come to watch the world's best match up against each other. In Akita we had what was required to bring our sports that crucial bit closer to the public. And maybe a few more people in Japan have since purchased maps and a thumb compass ... or even a parachute. Observing top athletes from close range can induce such reactions.

Orienteering and skydiving share other characteristics as well. I found this out after reading a statement by Sönke Bandixen, the Event Director of the

faszinationen worldgames

**trendsport**  
neu erleben

World Games 2005 Duisburg  
Bottrop, Oberhausen  
Mülheim an der Ruhr  
14. - 24. Juli 2005

DRACHENBOOTRENNEN · FALLSCHIRMSPRINGEN · FLOSSENSCHWIMMEN · FRISBEE · INDOOR-TRAIL  
INLINEHOCKEY · LEBENSRETTUNG · ORIENTIERUNGSLAUF · ROLLSCHNELLAUF · WASSERSKI · WETTKAMPFKLETTERN

Infos unter [www.worldgames2005.de](http://www.worldgames2005.de)

2003 World Orienteering Championships held in Switzerland: "Orienteering has become a 'mature' sport with a steady or slowly decreasing number of participants and a surplus of veteran runners. I am aware of the orienteers' introversion. New initiatives and novel ways of doing orienteering should be put in place as countermeasures. We have to overcome this 'we-for-ourselves-about-us' mentality!"

Déjà vu! Similar observations had been made by members of the international skydiving community in the not too distant past. Perennial champions continued to excel, even as they approached their 40s: typical for a sport where experience is a key ingredient to the performance. Juniors stopped signing on or dropped out: typical in modern-day life where 'sports' can be practiced – with far less strain – on computer screens.

Beware! Tunnel vision distorts the reality. And introversion can be all the more detrimental when the task at hand is one of promotion. Luckily, neither sport has fallen into that trap. I am confident that orienteering and skydiving have started to successfully remedy the problem.

Your sport has emerged from the woods! When the media praised your efforts to bring orienteering to the public, when broadcasters decided to broadcast your events live, and when the scenes at the WOC 2003 sprint finals started to resemble those at the Tour de France – almost like a time trial at the famous venue of Alpe d'Huez – you must have realised that you are on the right track.

There will always be setbacks. Erik Borg wrote about the 2004 WOC in the IOF Newsletter: "A lot of hard effort has gone into trying to obtain live TV broadcast for the championship, but without success. It would simply be too expensive." No problem: the TV highlights are produced by someone other than the national broadcaster; some of the best and most comprehensive event coverage ever is put online.

I was able to follow the long distance finals on [woc2004online.com](http://woc2004online.com) with live and entertaining audio and video streaming, with quality photos, and with a complete post-event analysis. I take my hat off to the organisers – certainly no introverts by my standards. I equally admire the athletes. For their incredible



exploits – and for their extroversion! Or, what else would make them put on a headset and start chatting away over the PA system only seconds after crossing the finish line?

Orienteering and skydiving will both feature in the World Games 2005 in Duisburg. 32 sports are on the official programme, with another 6 sports on the invitational programme in Germany. To apply some structure to their overwhelming breadth – 2005 Duisburg: from Aikido to Water Ski – and to provide the public with further guidance as to what is what, the sports have been grouped additionally: Artistic & Dance Sports, Ball Sports, Martial Arts, Precision Sports, Strength Sports and Trend Sports. Assuming that orienteering and skydiving ended up as Trend Sports simply because no other suitable categories existed is an option. But 'clustering' them deliberately as such is just as appropriate for marketing experts who observe the progress made by both sports in their outward projection.

The Seventh World Games aspires to further increase the

profile of the 38 participating sports. The aim is to endeavour to bring positive changes to the way in which the sports are perceived by the public. "Sport Neu Erleben!" The caption reads on World Games billboards all over Germany: "Experience Sports Differently!" For that to be possible, however, no efforts should be shunned by the participating International Sports Federations in bringing their top athletes close to the public in Duisburg, in Germany and around the world. Somehow I don't doubt for a second that the IOF and the World Air Sports Federation will do their utmost to bring the action, the athletes and the essence of their sports across well in July of 2005. Birds of the same feather flock together! At The World Games in Duisburg!

*\*) Roland Hilfiker is a POP (Parachutist over Phorty) and the editor of THE WORLD GAMES FORUM, the IWGA quarterly. He serves with orienteering's Sue Harvey on the IWGA board, where they both work towards promoting the World Games and their core values to the world at large. THE WORLD GAMES FORUM can be downloaded from [worldgames-iwga.org](http://worldgames-iwga.org)!*

## Facts & Figures

The World Games are held under patronage of the International Olympic Committee. They are administered by the International World Games Association (IWGA) which is made up of the sports' world governing bodies. IWGA membership stands at 32 International Sports Federations (IF).

An IF commits to fielding its sport's very best athletes in the World Games competitions by establishing the qualification criteria accordingly. Since 2001 Akita – when a radical change to the initial concept was applied – the qualifiers join others from their country to form a nationally representative multi-sport delegation and to parade under their flag at the opening ceremony. The World Games delegations receive sanction and support from an ever increasing number of National Olympic Committees.

## The World Games 2005 Duisburg

Dates: July 14 through July 24, 2005



Official Sports Programme (32 Sports): Air Sports (Parachuting, Skydiving); Archery (Field Archery); Billiards (Carom, Pool, Snooker); BodyBuilding; Boules Sports (Boule Lyonnaise, Pétanque); Bowling (Nine-Pin, Ten-Pin); Canoe (Canoe Polo); Casting Sport; Climbing; DanceSport (Standard, Latin, Rock'n'Roll); Fistball; Flying Disc; Gymnastics (Rhythmic Gymnastics,

Sports Acrobatics, Sports Aerobics, Trampoline, Tumbling); Ju-jitsu; Karate; Korfball; Life Saving; Orienteering; Powerlifting; Roller Sports (Artistic Roller Skating, Inline Roller Hockey, Speed Roller Skating); Rugby (Sevens); Squash; Sumo; Tug of War; Underwater Sports (Fin Swimming); Water Ski (Tournament, Barefoot, Wakeboard)

Invitational Sports Programme (6 Sports): Aikido; American Football; Dragon Boat Racing; Handball (Beach Handball); Hockey (Indoor Hockey); Motorcycling (Indoor Trial)

Venues (Total 27): Duisburg (21); Mülheim (3); Oberhausen (1), Bottrop (2)

Athletes/Officials: 4,500

Nations: 100

Update: In November 2004, athletes or teams from 71 nations have already qualified to take part in The World Games 2005.





# Orienteering masters heading for Canada

BY ERIK BORG

**N**ext summer, the Canadian forests in the vicinity of Edmonton will host a week-long event for orienteers between the ages of 35 and 90 years old. The organisers expect 2,000 orienteers to attend the World Masters Orienteering Championships (WMOC) which next year will be organised as part of the World Masters Games for 27 different sports.

– The maps and terrain are superb and you will be guaranteed the orienteering experience of a lifetime, says Dick Carmichael from Great Britain who is the IOF Senior Event Advisor for the WMOC.

Charlotte MacNaughton is responsible for the marketing and promotion of WMOC 2005 and can list more reasons for travelling to Edmonton for the championships which will take place between 22–30 July.


– The World Masters Games will be held in a fantastic city - Edmonton - which is located just a few hours away from the beautiful Rocky Mountains. We find that many people who travel here to orienteer tend to add some extra time to enjoy a holiday in the Rockies as well. There are some pre and post orienteering events that will give travellers a chance to visit even more of Western Canada. We will also be organising public events during the WMOC for those under 35. The WMOC gives us the opportunity again to showcase orienteering within the 27 sport structure of the World Masters Games. This is a great chance to be a part of one of the largest sporting events in the world, Caroline says.

The 37 year-old Canadian elite runner is also on the Board of the Canadian Orienteering Federation and has orienteered for about 10 years.

## Canada instead of Japan

The former World Champion Janne Salmi is one of those who is looking forward to running in Canada.

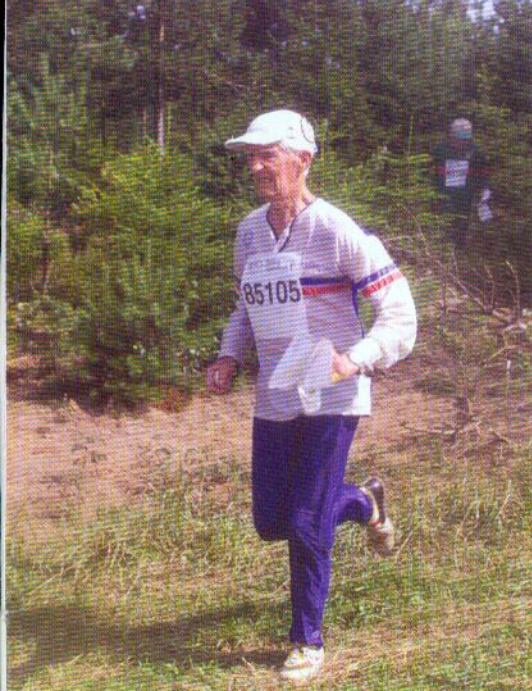
– I no longer train or compete at the highest international level anymore, so there will be no World Championship in



Tom A. Karlsen won bronze at the 2004 World Masters Orienteering Championships in Asiago, Italy.

PHOTO: ERIK BORG





*Erkki Luntamo was the oldest participant in the WMOC 2004 in Asiago, Italy.*

PHOTO: ERIK BORG

Japan for me, but I'm aiming for Edmonton instead, he says.

Salmi is involved in the Finnish travel company Rastiretki. They took a group of 85 people to WMOC in Italy this year.

– At the moment we have about 60 entries for Canada. We hope the final number of our group will be over 100 people, which will be a new company record for us, Salmi says.

*What is your personal goal for taking part?*

– In Canada I will be both a tour guide and competitor. I do not intend to take the races too seriously, but if Bjørnar Valstad is taking part too, then I might change my attitude, he smiles.

*Why are orienteering veterans so eager to travel?*

– I think there are a lot of reasons. The actual orienteering is different from at home. They meet their old friends and rivals at WMOC every year. You can combine orienteering and travelling so it's "a good excuse" to travel and you really see places that you would not see otherwise, he says.

Rastiretki is one of a number of companies that organise international tours to orienteering competitions. The Swede

Peo Bengtsson has organised o-trips for more than 40 years.

– I think World Wide Orienteering Promotion (WWOP) will take somewhere between 50 and 100 travellers to Canada, says the well-known Swedish Orienteering missionary.

PWT Travel though was the biggest of the travel companies at WMOC 2004 in Italy this year with around 600 people from both Norway and Sweden. Jens Kristan Kopland of PWT Travel believes his group next year will number about 150-200.

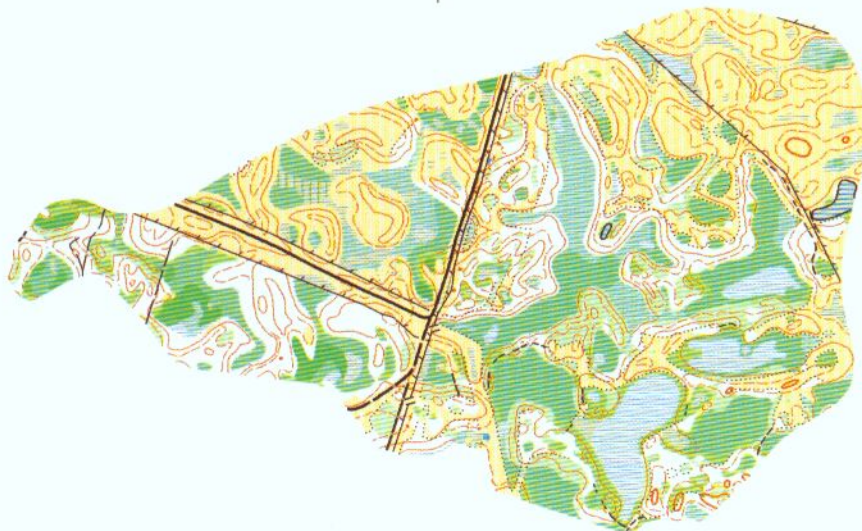
– Canada is quite far away and you have to be away from home longer so the trip will therefore also be more expensive. The basic trip covering just the WMOC week will cost about NOK 13,000 but we will also be organising trips covering a longer period with several different alternatives, such as a trip to Alaska, Kopland adds.

Gordon Ross of Scottish Orienteering Tours thinks that he will take around 30 people to Canada. In Italy this year his group was around 45-50 persons.

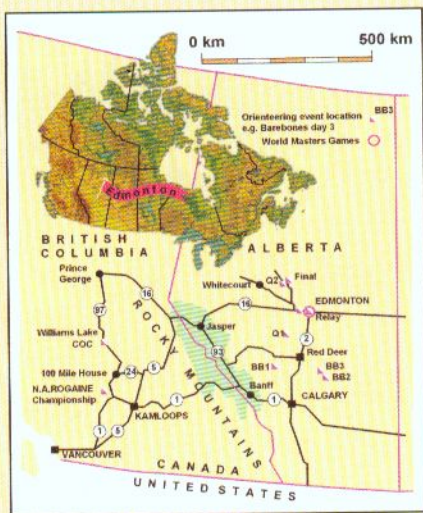
### **Important for Canada**

WMOC will be the biggest orienteering event in Canada until now.

– We held a World Cup event in 1990 that brought 1200 orienteers to Canada. Our most recent big event was the 2002







Asia Pacific Orienteering Championships where 900 athletes competed. Next year we are expecting in the region of 2000. Having orienteering as part of the World Masters Games helps us enormously to increase the profile of orienteering in Canada. It is fantastic exposure for us. We are also excited to be using new terrain for orienteering – and hope to have a greater crop of experienced volunteers to draw from in the future, says Charlotte MacNaughton.

*How many Canadians do you expect will take part in the games?*

– We are expecting around 350 Canadian orienteers to participate in the sport of orienteering. The World Masters Games as a whole are expecting over 16,000 athletes from over 100 countries in the 27 different sports, she says. There are about 3,600 orienteers in total in Canada.

### World Masters Games

The WMOC were also organised as part of the World Masters Games in Melbourne, Australia in 2002.

– This allows orienteers to show how good our sport is within the framework of the "sport for life" concept. Orienteers will potentially number 10 per cent of all the participants and will be the best organised, in our five-year age groups, to deliver the promise of lifetime sport. The World Masters Games is always allocated to a city and orienteers rarely get to feel part of the big picture, but this time we



*Former World Champion Janne Salmi will take part in the World Masters Orienteering Championships in Canada and is also organising a trip to the games.*

PHOTO: ERIK BORG

will have a relay race in central Edmonton. The partly-forested river valley and parkland will provide a great orienteering challenge as well as an inner-city spectacular event with sky scrapers as a backdrop. The winners of the medium length relay sprint will be awarded WMG medals. These will be the first medals to be awarded at the Games which will mean that at the WMG opening ceremony at 7pm on Friday, 22 July orienteers will be very much part of the World Masters Games itself, Carmichael says.

### One hour away

The main WMOC forests are located an hour's drive away from the City and on unique sand hill terrain.

– I have orienteered in New Zealand, Australia, Scotland, England, Wales, Norway, Sweden, Finland, Denmark, Germany, Austria, France and Italy but have never experienced any terrain like this before, says Dick Carmichael.

– When the Alberta prairies were a sea of ice, the sand hills were formed so they are not as weathered and detailed as the dunes we are used to on our coastlines and in summer they are covered in lush vegetation which makes identifying the contours and navigation a real challenge. The forest cover is natural woodland and in the WMOC qualifier 2 and final forest areas at Fort Assiniboine this wild terrain extends one thousand kilometres north all the way to the Yukon. The Klondike trail to the North West Territory gold fields passes through the map and a safety direction of south is very advisable if you become disorientated. There are no rocks but the combination of detailed sand hill contours, lots of flat sometimes dry marshes and a great variety of lush vegetation will provide some interesting orienteering challenges. The wildlife in the area includes bears, mouse, elk and deer and every orienteering outing feels like you are the first person ever to visit this spot – which may well be so!



# Levi is the venue for the 2005 World Ski Orienteering Championships

BY ERIK BORG

**T**he popular winter sports resort of Levi is the location for this winter's World Ski Orienteering Championships. The event will have an "Olympic Village" with the accommodation for all the competitors in one place.

Tommy Jauhojärvi is the IOF Event Advisor. The former national trainer of the Norwegian team has lived in Norway for many years, but he will be in familiar terrain when he checks the arrangements for the highlight of ski orienteering this winter. He comes originally from Levi.

– The organisers have chosen Finland's most popular skiing resort as the venue for the Championships. This will mean top facilities in terms of competitions, service and accommodation. It was a declared ambition to have all the competitors staying in the same accommodation, a sort of "Olympic village", says Jauhojärvi.

Levi is situated in Lapland, the most northern part of Finland. There is always snow in the winter, and in the period 5-12 March is there no danger that it will be too cold either.

– The races will be tough, both physically and mentally. For the first time ever at a World Championships, the long



*Finnish Levi in its splendid winter coat. Levi is the venue for the World Ski Orienteering Championships in 2005.*

PHOTO COURTESY: THE WORLD CHAMPIONSHIPS ORGANISERS

distance event will be run as a mass-start race. This will really challenge the athletes. Competitors will have to wear a GPS sender that weighs just 80 grams, in order to track the skiers' routes, and to provide data that will be used among other things to create a three-dimensional show after the competition, states Jauhojärvi.

The organisers are expecting around 1,500 spectators on the first day of competition when the sprint race will be held.

– The races will take place just a short distance away from the accommodation. We are aiming to organise the races in such a way that spectators will be able to understand what ski orienteering is about, comments Event Director Pekka Eriksson.

The organisers of the World Championships in Levi have obtained invaluable support from the local authority of Kitilä, both financially and in terms of resources. In addition, the ski resort itself has also provided excellent assistance.

– Levi is Finland's most popular skiing resort. It has not really grown into a town yet, but it has expanded considerably over the last ten years, concludes Tommy Jauhojärvi.

A total of 17,000 beds are available for visitors to the Levi area, and the World Championships will be taking place during the most popular period of the winter which in Levi is long and very white. The first preparation of the ski tracks in Levi took place on 23 October. At that time there was already 10-15 centimetres of snow.



*Event Director Pekka Eriksson (right) and the course setter Heikki Haapamäki are preparing for the World Championships.*

PHOTO: SAMI SUODENIEMI





*Hannele Valkonen won silver in the long distance race at the 2004 World Championships and is now aiming for more medals.*

PHOTO: ERIK BORG

## On the path to the major goal of the season and maybe revenge

BY ERIK BORG

Hannele Valkonen won gold and silver at the World Ski-orienteeing Championships last winter. The next championship will take place in her home country of Finland. That will be something special for Hannele and her team mates next year as Finland wants to regain its former position as the best ski-orienteeing nation in the world.

– I am concentrating extra on next year's World Championships. It will be something special that the championships will be organised in Finland, says Hannele.

With her team mates Liisa Anttila and Erja Jokinen, Hannele won the women's relay in Sweden last winter and also at the open Nordic Championships in Norway. She also won the silver medal in the long distance race at the World Championships behind Stine Hjerme stad Kirkevik from Norway.

– My goal is to be among the medallists again, she states.

She lives quite near to her national team mate Erja Jokinen and the two Finnish athletes have done a lot of good training together. Their teamwork bodes well for future major competitions.

In the men's class Matti Keskinarkaus is now focusing strongly on ski orienteeing again. He has the capacity to become one of the big names in next year's WOC, but there are a lot of other Finnish men who can do well, such as Jukka Lanki and Arto Lilja.

Experience shows that the home nation almost always performs well, especially when the home nation also has a lot of strong athletes. Finland also wants to do a bit better than in last year's championships when the country was only number four in the medal statistics from Sweden last winter.

– As a team, we are still aiming to be the best nation and this also means that we are aiming for gold medals. Russia and Sweden are our two main rivals in

the competition to be the best nation at the World Championships. Home soil makes it a bit easier perhaps to win this title, says the Finnish team leader Petteri Kähäri.

Last year in Östersund, Sweden Eduard Khrennikov again demonstrated his incredible capacity. He won three of the four gold medals on offer and now has a total of seven World Championship gold medals so far in his career. He is without doubt the clear favourite to win the gold medals in Finnish Lapland next year. Among the women, Natalia Tomilova and Tatiana Vlassova are two strong Russian gold medal contenders.

Tommy Olsen and Eivind Tonna are the Norwegian hopes among the men with Stine Hjerme stad Kirkevik always a threat in the women's class. She won two golds and a bronze in Sweden last winter, but has had to contend with extra challenges since then. In the latter half of the summer she became injured when a strength training apparatus loosened



from its fastening on the wall and fell on her during a training session. It took several weeks before she was able to train again properly, but the injury has only served to strengthen her determination and motivation to come back even stronger this winter.

Tomas Löfgren won the only Swedish gold medal on home ground last year. Bertil Nordqvist failed to achieve his goals at the World Championships and

continues to chase his dreams for at least one more year. Bengt Leanderson and Peter Arnesson are another two strong Swedish contenders in the men's class while Marie Lund and Stina Grenholm also have good chances among the women. Sweden can also do well in the relays and will want to improve on last winter when the men finished outside the podium in fourth and the women got the bronze medals.

– As the trainer, I hope above all that we can perform better in the relays in Finland than we managed to do in Åsar-na last year. The last time Sweden won the women's relay at the World Championships was actually in 1996 when I was also in the team, so it's about time that the blue and yellow flag is flying highest at the relay at least, comments the women's team coach Erica Johansson.



Hannele Valkonen (in front), Liisa Anttila (left) and Erja Jokinen were the golden girls at the World Championships last winter.

PHOTO: ERIK BORG

## A new life for Khrennikov

A significant change took place in Eduard Khrennikov's life on June 30 this year. He became a father for the first time.

– The arrival of my daughter means that there has been shift in focus and time away from thinking of just myself. I want to be a good father more than the World Champion, and therefore I devote more time to my daughter, says Khrennikov.

Although there is another person to

think about for Eduard now, he has trained similarly to previous years and may again be heading for gold in this winter's World Championships.

I'll certainly try to combine fatherhood with fighting for a championship title but I don't know whether I'll win any medals, or whether being a father may actually give me an advantage.

– I'll just try to get the best possible result in the Championships, he adds.



Eduard and Tatiana Khrennikov.

PHOTO: ERIK BORG



# 2004: A very full season for the world's elite



*The long distance was extremely demanding at WOC. Valentin Novikov gave all he had but didn't quite make it onto the podium.*

PHOTO: KEITH SAMUELSON

her final Championships at the end of a long and glorious orienteering career. As Hanne also gained the silver medal at long distance and bronze in the relay, and in July was crowned European Champion also at her favourite middle distance, this was certainly a case of going out at the top. Gold medallist in the WOC long distance race was home runner Karolina A Højsgaard, enjoying her best season yet.

## Simone Niggli-Luder heads World Cup standings

But what of Simone Niggli-Luder, triple individual gold medallist from WOC 2003? Two wins in the EuOC showed that she had lost none of her physical and technical brilliance, and in the first WOC final, the sprint, she led from the start to retain her World Champion status by almost half a minute. But disaster struck early in the long distance final: she lost a contact lens, and putting in the spare she was carrying took almost 3 minutes. This proved to be too much of a deficit to catch up, and she ended 4th. She was outside the medals in the middle distance final too after a couple of mistakes in the highly technical terrain.

Simone came back strongly in the World Cup Finals, however, with wins in the sprint and long distance Finals. She finished at the top of the World Cup standings with a huge lead of 35 points over Russia's Tatyana Ryabkina, with Karolina A Højsgaard third a further 19 points behind.

## No dominant runner in men's elite

There was no such dominance amongst the men's elite this year. In the nine races where World Cup points were awarded, there were eight different winners. Only Thierry Gueorgiou

BY CLIVE ALLEN

**T**his year the World Championships (WOC) and the World Cup were staged in the same year for the first time, with the WOC finals counting for World Cup points. Round 1 of the World Cup - held in Denmark in July - doubled as the European Championships (EuOC), the now annual World Championships were held in mid-September in some of the best of typical Swedish terrain

around Västerås, and the World Cup Finals were staged around Dresden, Germany, in late October. The 2004 season has been a very full one for the world's elite foot orienteers.

## Hanne Staff retires at the top

A highlight for many at WOC was seeing the Norwegian orienteer Hanne Staff take the middle distance gold medal in



(France) managed two victories – middle distance, his speciality, at both WOC and EuOC. Unfortunately he was injured for the World Cup Finals, as was Emil Wingstedt (Sweden), the most consistent performer at international level over the past two years. He had retained his European Sprint Champion crown in July, took a 4th and a 5th place at WOC and appeared to have a good chance of topping the final World Cup standings.

The race which matters most to many elite runners, the WOC long distance final, went to Norwegian orienteer Bjørnar Valstad, winner of the same race in Scotland in 1999. After injury and illness earlier in the year, he came to top form at just the right time. He has competed for Norway since 1991, and has amassed 10 WOC medals in all – including a gold from this year's WOC Relay. He hasn't ruled out competing in next year's WOC, in Japan – at the age of 38.

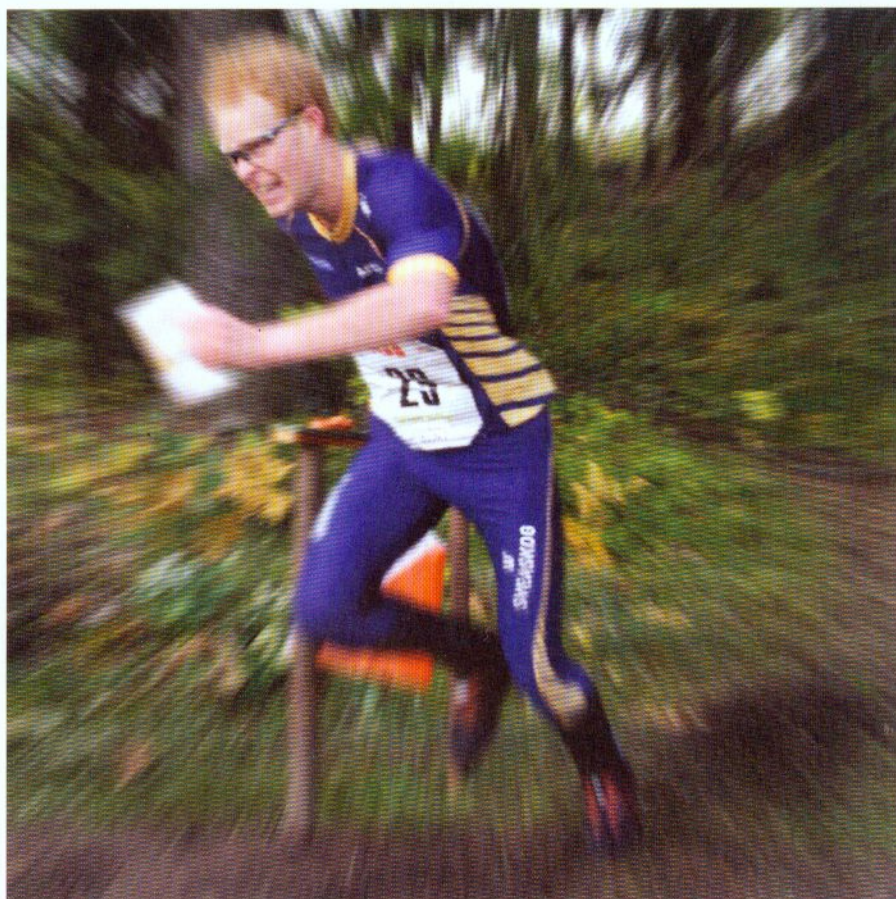
Sweden's Niclas Jonasson took the WOC sprint gold, and in second equal place was another veteran who has clearly lost none of his sharpness at the age of 43 – Håkan Eriksson, also from Sweden, who competed in his first world championships 15 years ago. He shared the silver medal with Yuri Omeltchenko, Ukraine.

### Holger Hott Johansen best overall

A string of sound results throughout the season secured Norway's Holger Hott Johansen 'pole position', which in orienteering terms is the last start time, in the World Cup long distance final. And he didn't disappoint the Norwegian support, coming in to win the race by over a minute and thus take the World Cup crown. Second in the overall standings was the young Russian Andrey Khramov, and third was another Norwegian, Øystein Kvaal Østerbø.

### Outstanding year for Norway and Sweden

Norway and Sweden were the top nations in 2004 in terms of individual



*- I have dreamt of this for so long, commented Sweden's Niclas Jonasson after his victory in the men's sprint race.*

PHOTO: KETH SAMUELSON

performance, and this was emphasised in the main relay races of the year. The Swedish women's relay team of Karolina A Højsgaard, Jenny Johansson and Gunilla Svärd proved unassailable: World Champions, European Champions, and overall World Cup winners as well with victory in the World Cup Final. Norway's men became Relay World Champions and Finland took the EuOC gold medals, but it was again Sweden at the top of the World Cup standings, achieved with a win in the Final.

But the Scandinavian nations didn't share the medals amongst themselves all the time. In the EuOC middle distance final the six medallists were all from different nations, with the young Lithuanian Dainora Alsauskaite deserving particular mention for her silver medal result. There were also six nations represented in the medal positions in the Junior World Championships middle

distance final this year, with Lithuania again in the list.

### The World Championships – a media success

The orienteering at WOC was top quality, and so was the presentation – on TV, on the internet, for the media representatives present and for spectators. The on-site formula: a fine blend of pictures and graphics on the big screen supported by a professional commentary, spectator-friendly courses and well-planned arenas. This year perhaps for the first time, the armchair TV viewer could really appreciate the skills of the expert orienteer and the excitement and tension of the competition. It is difficult to think of more gripping viewing, both in the arena and on TV, than was provided by the two sprint finishes in the relays and all the forest action that preceded them.





The Finnish team of Maija Lång, Kirs Korhonen, and Päivi Tammola dominated the women's relay in the World Mountain Bike Orienteering Championships in Ballarat, Australia.

PHOTO: ROBERT MOUATT

## The World MTB Orienteering Championships "down under" – A dream come true!

BY BLAKE GORDON AND ROBERT MOUATT

**T**he 2nd World Mountain Bike Orienteering Championships were held at Ballarat, Central Victoria, Australia, from 10th to 23rd October. Ballarat, named after an Aboriginal word meaning 'a good resting place', is centrally placed among some of the best terrain in Australia for both foot and mountain bike orienteering. Until 1851, it was a quiet

sheep-herding area but the discovery of gold in the region on 21 August that year soon changed everything. It is its gold mining history that gives the Ballarat region its intricate areas for orienteering.

### A dream turned into reality

– Back in early 2000 I had a dream about a mythical world mountain bike orienteering event in Australia. It had all the hallmarks of reality. Silent start

areas, colourful bunting, exciting finish chutes lined with spectators, "tent cities" near the finish on school ovals and recreation reserves. Results up on the board as the riders crossed the line and, as a final bonus, great excitement with Australians on the medal podium. Well, the 2nd World MTB Orienteering Championship has come and gone – and my dream turned into reality in October 2004, says the event director Blake Gordon.





Mother and son celebrate medal wins in the World MTB Orienteering Championships relay held near Ballarat in Victoria, Australia. Carolyn Jackson and Adrian Jackson were both in the Australian relay teams which won bronze in the men's and women's events. Adrian had earlier won gold in the men's middle distance race.

PHOTO: MIKE HUBBERT

The Championships were held in near perfect conditions; warm, mainly sunny weather and dry roads and tracks which had benefited from recent wet weather. The terrain varied from open eucalyptus forest mixed with pine plantations and mature eucalyptus forest with steep slopes to gold mining and spur-gully terrain close to town and to flat open native forest with a complex track network.

Blake Gordon also believes that the venues – from a bushland setting at Creswick, to the open Daylesford paddock, and sports ovals at Castlemaine and Maryborough – made for truly exciting places to showcase mountain bike orienteering.

– The best weather of the Australian spring was a perfect compliment to the infrastructure at the venues. And the best performance ever by an Australian orienteering team – 1 gold, 1 silver and 3 bronzes (two in relays) – in the 36-year-old history of orienteering in Australia was a terrific bonus. It doesn't get much better than this, concludes Blake Gordon.

### First ever gold medals to Germany and Australia

The women's long distance race saw a surprise winner, Anke Dannowski, who became the first ever German to win a world championship in orienteering, all disciplines included.

– I was thrilled with my performance, but it took time before I realised the significance of my achievement, says Anke Dannowski.

– Naturally I wanted to do well in the middle distance race, too, but succeeding in the long distance event was my priority. Everything else would have been a bonus, she continues.

In a spectacular finish, Australia's Adrian Jackson stole the men's middle distance gold at Old Quartz Hill near Castlemaine, with a strong performance that long distance world champion Alain Berger was not able to beat. 21-year-old Jackson's gold medal was the first ever won by an Australian in over 30 years participation in orienteering World Championships.

– When I rode the long distance, I already thought that I made an almost perfect race, but this one was perfect, Adrian Jackson told the media representatives after his win.

– I will probably concentrate on mountain bike orienteering for the next couple of years, but I would still like to go to the world championships in foot orienteering, Jackson said when asked what his priorities in the future will be.

27-year-old Michaela Gigon from Vienna, Austria was crowned World Champion in the women's middle distance race.

### Flying Finns blitz relay results

The 2nd World Mountain Bike Orienteering Championships ended as they began, under clear blue, sunny skies, with a cooling breeze to keep the temperature in the low 20s.

It was Finland's day, winning both the 51 km women's race and the 70 km men's event. The Finnish men's team of Timo Sarkkinen, Jussi Mäkilä and Mika Tervala held off the challenge from the Czech Republic and Australia to win by over three minutes, while the Finnish women's team of Maija Lång, Kirsi Korhonen, and Päivi Tommola finished six minutes clear of Austria and Australia. The intricate track detail of the Mosquito Flat terrain fully challenged all the teams.

In winning both relays, Finland took the honours overall with two gold and two silver medals. Australia was next best with one gold, one silver and three bronze, by far its best ever result in an orienteering World Championship. Five nations won gold medals and eight, i.e. one third of those competing, won at least one medal of any colour.

The next World MTB Orienteering Championships will be held in the mountains near Banska Bystrica, Slovakia, from 5th to 11th of September, 2005.



# Look out for new challengers!

BY ROBERT MOUATT

**T**he 2nd World Mountain Bike Orienteering Championships attracted over 150 competitors from 26 nations. The highly competitive nations such as France, Finland, Switzerland, Germany, Czech Republic, Russia, and Australia naturally attracted most of the publicity at the recent 2nd World Mountain Bike Orienteering Championships, but there were many interesting competitors from a wide range of nations.

Mountain bike orienteering is a rapidly growing sport and it is conceivable that athletes from new countries will soon make it to the top and be able to fight for World Championship medals.

## Brazil one of the newcomers

Marco Farinazzo was Brazil's sole representative at the championships. He became Brazil's first ever representative at an orienteering world championship (foot or mountain bike) when he participated in the first World MTB Orienteering Championships in France in 2002.

Brazil is a relatively new federation affiliated with the IOF. During an interview assisted by Rui Botao, a Portuguese supporter, Marco explained that Brazil has around 200 regular foot orienteers and about 30 mountain bike orienteers. Mountain bike orienteering still is a relatively new sport in Brazil and the MTB orienteers therefore only have a few maps and organise only a couple of events each year.

– Therefore, it is a big challenge for me when I attend the World Championships, says Marco.

Given his limited experience he acquitted himself well in the individual races.

## Good venues in Israel

Ido Green, the Israeli national champion was one of two riders representing



Marco Farinazzo from Brazil (top) and Ido Green from Israel (right).

PHOTOS: ROBERT MOUATT

Israel. There are around 4,000 registered foot orienteers and somewhere between 150 to 200 mountain bike orienteers in the country, which makes its orienteering population comparable to Australia's.

– I have been competing in MTB orienteering events for about six years and we conduct around 20 events per year in Israel. There are numerous maps throughout the country and plenty of good venues that have yet to be mapped, Ido explains.







*Eunice Cinnamon from Ireland  
in the long distance race.*

Photo: ROBERT MOWAT





The first World Championships in Trail-O convened competitors from 14 countries. Next year the championships are held in Japan.

PHOTO: PIRIO VALJANEN

## Trail orienteering comes of age

BY BRIAN PARKER\*)

Take note of the date. Thursday 16 September 2004. That was the day of the first World Championships in Trail Orienteering at Västeraås in Sweden. That was the day of one of the most moving ceremonies ever seen in orienteering, when the 'paralympic' class winners stepped onto the rostrum to receive their gold, silver and bronze medals. That was the day that trail orienteering came of age.

Trail orienteering is the last of the four disciplines in orienteering to reach world championship status. The reason is that

it is the version of the sport specially designed for disabled entrants, which means relatively small numbers of participants and it has taken time to spread to sufficient federations to satisfy the minimum number requirements for holding world championships. But it is now there and on its way.

For those who are unfamiliar with trail orienteering a brief description is in order. At the elite level of world championships it requires the highest standards of map reading and terrain recognition. Much the same as in elite foot orienteering, you might say, but

without the running across the terrain. The trail orienteers walk or wheel round the tracks (or trails) from one control to the next. At each control viewing point a number of orienteering markers can be seen, up to five. The competitor has to decide which of the markers, or even none of them, coincides with the centre of the circle on the map and the accompanying description. The competitor is not permitted to leave the track and has to seek out subtle clues in order to solve the problem. Nor can he or she take long about it. At the world championships there were 18 controls on a course of 2.5 km which had to





Ivo Tisljar from Croatia and Antti Rusanen from Finland participated in an open class which is decided over two days of competition.

PHOTO: SAMI SUONENIKKI

be completed in 2½ hours. But that was not all, in addition there were two timed controls with penalties for getting them wrong or being too slow. The times are used to separate competitors

with tied scores. And that is all there is to it!

That the world championships were tough was self evident. The competitors coming into the finish were physically exhausted and mentally drained. All credit, then, to the medal winners from Norway, Ukraine and the United States. All credit too goes to the organisers, the Swedish Orienteering Federation, who gave the same care and attention to the World Trail Orienteering Championships as to the World Orienteering Championships being held at the same time in and around Västerås. It is fitting that these first world championships in trail orienteering should be held in Sweden, the cradle of traditional orienteering and the lead country in trail orienteering, although they call it 'pre-orienteering', which stands for precision orienteering.

Although trail orienteering focuses on disabled participation, there is an open class which is decided over two days of competition. The medal winners in this class were from Sweden, Sweden and Sweden! A home advantage, you might

say. Possibly so, but much more likely due to the extensive participation that pre-O has in Sweden, with all the practice and skill that ensues.

A third award is made at the world championships and that is for the best 'paralympic' class team. This award went to Great Britain.

These first World Championships in Trail Orienteering were elite in every respect; elite in organisation, elite in course setting, and elite in competitor performance. It sets the standard for others to follow. Next year the championships are held in Japan. From the careful preparation we have witnessed, it will be a worthy successor.

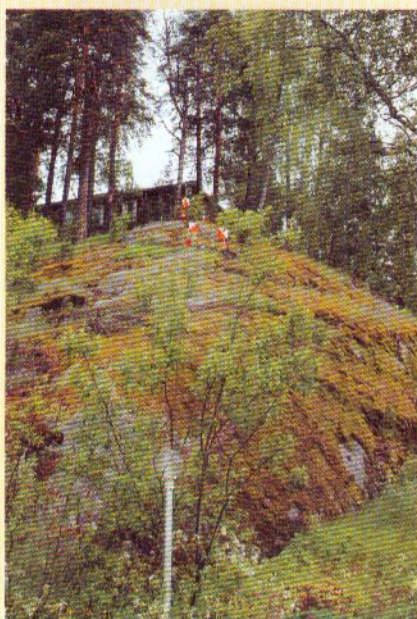
Footnote: The description 'paralympic' is used in preference to other terms but with due deference to the International Paralympic Committee. Trail orienteering is not a Paralympic sport but has aspirations to make application to become one in due course.

\*) Brian Parker (GBR) was the IOF Event Advisor to the World Championships in Trail Orienteering in 2004.

## Trail orienteering control point

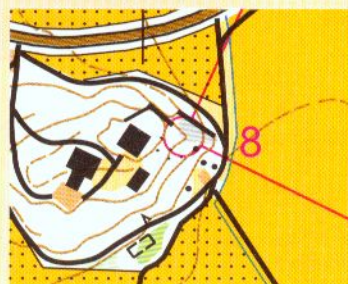
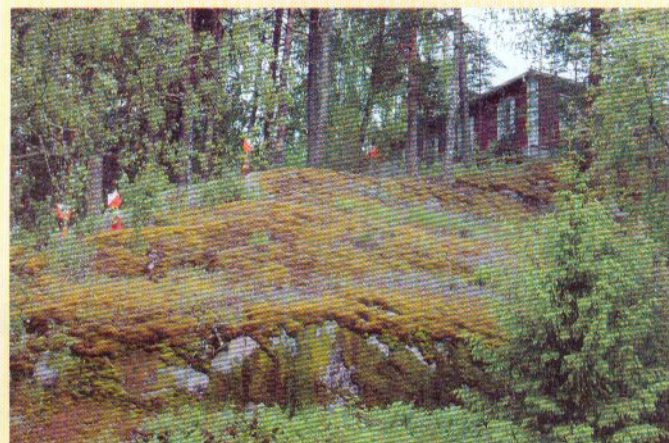


Control descriptions.



The Finnish selection races for the World Trail Orienteering Championships were held at Siuntio.

The terrain seen from the viewing point (left) and from a different angle (right).



The map and the correct answer (marker A).  
MAP: CLUB HIDEKERTAJAT



8 - A



## Future World Championships organisers appointed

Olomouc, the 5th largest city in the Czech Republic will be hosting the 2008 World Orienteering Championships (WOC), whilst the host of the 2009 WOC will be the Hungarian town of Miskolc, situated at the foot of the Bükk Mountains. The 2008 and 2009 editions of the World Trail Orienteering Championships will be organised in conjunction with the WOC in the Czech Republic and Hungary respectively.

The 2007 World Championships in Ski Orienteering will be held in Rybinsk, Russia. These were the decisions taken by the 22nd IOF Ordinary General Assembly in Västerås, Sweden. For the first time ever, the IOF Congress and General Assembly were organised in conjunction with the World Orienteering Championships.

## Åke Jacobson new IOF President

The XXII General Assembly witnessed a change of IOF President as Sue Harvey, President since 1994, was not standing for re-election. The former Senior Vice-President, Åke Jacobson, Sweden was elected President of the IOF for the Congress period 2004-2006.

Hugh Cameron (AUS), Marcel Schiess (SUI) and Edmond Szechenyi (FRA) were elected Vice-Presidents. Leho Haldna (EST), Jan-Erik Krusberg (FIN), Iordanka Melnikliyska (BUL), Brian Porteous (GBR) and Shin Murakoshi (JPN) were elected Council members. Sue Harvey was appointed IOF Honorary President for life.

## Three new full members

The General Assembly delegates ratified Council's decision to approve membership applications from four countries. Liechtenstein, Turkey and Colombia were admitted to full and Puerto Rico



The new IOF Council (from left to right): Marcel Schiess, Leho Haldna, Edmond Szechenyi, Åke Jacobson, Jan-Erik Krusberg, Shin Murakoshi, Iordanka Melnikliyska, Brian Porteous and Hugh Cameron.

PHOTO: ERIK BORG

to associate membership. All of these membership applications had previously been provisionally approved by the IOF Council. The IOF now has 63 members.

The 23rd IOF Ordinary Congress and General Assembly will be held in conjunction with the 2006 World Orienteering Championships in Aarhus, Denmark.

## Orienteering continues to be clean

All the results of the anti-doping tests carried out at this year's world elite events in foot orienteering, mountain bike orienteering and ski orienteering have been negative. On behalf of the IOF, 68 in-competition tests have been carried out at the 2004 World Championships in Ski Orienteering, Foot Orienteering and Mountain Bike Orienteering, and at the European Orienteering Championships and World Cup events.

The IOF Anti-Doping Rules have been revised to be compliant with the World Anti-Doping Code and the new rules came into effect on August 1, 2004.

In accordance with the requirements of the Code, the IOF has identified a registered testing pool of athletes who are required to provide up-to-date whereabouts information and make themselves available for out-of-competition testing. The IOF's testing pool includes the athletes of the national federations'

A-teams in all IOF disciplines, i.e. foot orienteering, mountain bike orienteering, ski orienteering and trail orienteering.

## 18 nations are qualified for the World Games

The 2004 World Orienteering Championships served as the qualifying event for the World Games 2005 Duisburg. Four new World Champions and a total of eighteen nations are cleared for participation in the two orienteering races included in the World Games programme. Orienteering is entitled to enter a total of 80 runners, 40 men and 40 women.

The newly-crowned World Champions Simone Niggli-Luder (SUI), Karolina A. Hojsgaard (SWE), Niklas Jonasson (SWE), and Thierry Gueorgiou (FRA) are automatically qualified.

The 18 qualified nations are: Australia, Czech Republic, Denmark, Estonia, Finland, France, Great Britain, Germany, Latvia, Lithuania, Norway, Poland, Romania, Russia, Slovakia, Sweden, Switzerland and Ukraine.

Thirteen nations have qualified for participation in the mixed team relay for teams of 2 men and 2 women, i.e. Australia, Czech Republic, Denmark, Finland, France, Great Britain, Germany, Latvia, Lithuania, Norway, Russia, Sweden, and Switzerland.





## Foot Orienteering

### 2005:

WORLD CUP  
1st Round  
29 April – 3 May  
London, GBR

2nd Round - World Championships  
8 – 14 August  
Aichi prefecture, JPN

3rd Round  
1 – 6 October  
Subiaco/Rome, ITA

JUNIOR WORLD CHAMPIONSHIPS  
11 – 16 July  
Tenero, SUI

WORLD GAMES  
14 – 24 July  
Duisburg, GER

WORLD MASTERS GAMES & WORLD  
MASTERS CHAMPIONSHIPS  
22 – 31 July  
Edmonton, CAN

### 2006:

WORLD CUP  
1st Round  
8 – 14 May  
Otepää, EST

2nd Round - World Championships  
28 July – 5 August  
Aarhus, DEN

3rd Round  
Dates to be confirmed  
Clermont-Ferrand, FRA

JUNIOR WORLD CHAMPIONSHIPS  
2 – 7 July  
Druskininkai, LTU

WORLD MASTERS CHAMPIONSHIPS  
1 – 7 July  
Wiener Neustadt, AUT

### 2007:

WORLD CHAMPIONSHIPS  
16 – 26 August  
Kiev, UKR

JUNIOR WORLD CHAMPIONSHIPS  
8 – 13 July  
Dubbo, AUS

WORLD MASTERS CHAMPIONSHIPS  
8 – 13 July  
Kuusamo, FIN

### 2008:

WORLD CHAMPIONSHIPS  
Dates to be confirmed  
Olomouc, CZE

### 2009:

WORLD CHAMPIONSHIPS  
Dates to be confirmed  
Miskolc, HUN

WORLD GAMES  
16 – 26 July  
Kaohsiung, TPE



## Ski Orienteering

### 2005:

WORLD CHAMPIONSHIPS  
6 – 12 March  
Levi, FIN

JUNIOR WORLD CHAMPIONSHIPS &  
WORLD MASTERS CHAMPIONSHIPS  
23 – 29 January  
Engadin, SUI

### 2006:

WORLD CUP:  
FIN/LTU/LAT/RUS

JUNIOR WORLD CHAMPIONSHIPS  
RUS

WORLD MASTERS CHAMPIONSHIPS  
LTU

### 2007:

WORLD CHAMPIONSHIPS  
Rybinsk, RUS



## Mountain Bike Orienteering

### 2005:

WORLD CHAMPIONSHIPS  
5 – 11 September  
Banska Bystrica, SVK

### 2006:

WORLD CHAMPIONSHIPS  
9 – 14 July  
Joensuu area, FIN

### 2007:

WORLD CHAMPIONSHIPS  
Dates to be confirmed  
Milovy, CZE



## Trail Orienteering

### 2005:

WORLD CHAMPIONSHIPS  
9 – 12 August  
Aichi prefecture, JPN

### 2006:

WORLD CHAMPIONSHIPS  
9 – 14 July  
Joensuu area, FIN

### 2007:

WORLD CHAMPIONSHIPS  
16 – 26 August  
Kiev, UKR

### 2008:

WORLD CHAMPIONSHIPS  
Dates to be confirmed  
Olomouc, CZE

### 2009:

WORLD CHAMPIONSHIPS  
Dates to be confirmed  
Miskolc, HUN

## MEETINGS

### Presidents' Conference

August 2005, in conjunction with the  
World Orienteering Championships in  
Aichi prefecture, JPN

### IOF Council

14-16 January 2005, Helsinki FIN (Coun-  
cil & Commissions)

8-10 April 2005, Helsinki FIN

August 2005, in conjunction with the  
World Orienteering Championships in  
Aichi prefecture, JPN



# Junior World Ski Orienteering Championships

VUOKATTI, FINLAND, 19–25  
JANUARY 2004

## Long Distance

### Women

1) Valentina Lebedeva RUS 57:44, 2) Olga Novikova RUS 58:19, 3) Lenka Hruskova CZE 1:00:53, 4) Paula Iso-Markku FIN 1:02:07, 5) Emma Olofsson SWE 1:02:15, 6) Mariya Shilova RUS 1:02:16, 7) Pernilla Tunis FIN 1:02:25, 8) Yulia Bronnikova RUS 1:03:10, 9) Monika Lund SWE 1:04:15, 10) Tatiana Kozlova RUS 1:05:20, 11) Una Glende Janson NOR 1:05:34, 12) Linda Sundqvist FIN 1:05:37, 13) Kari Rommen Syvertsen NOR 1:05:51, 14) Anna Ozerskaya RUS 1:05:53, 15) Maarit Korpi FIN 1:07:32, 16) Lina Lindberg SWE 1:07:36, 17) Johanna Lindberg SWE 1:08:01, 18) Daniela Zlesakova CZE 1:08:12, 19) Marie Dlouha CZE 1:08:52, 20) Ingvild Tomta NOR 1:08:55, 21) Marika Hara FIN 1:08:57, 22) Charlotte Bouchet FRA 1:10:07, 23) Alona Gromova LAT 1:10:25, 24) Stina Häggström SWE 1:10:56, 25) Ida Solberg Svenne NOR 1:12:52, 26) Iliana Shandurkova BUL 1:13:18, 27) Riikka Annala FIN 1:13:44, 28) Sara Pradel ITA 1:16:57, 29) Aurore Gratien FRA 1:17:16, 30) Manon Jouet FRA 1:17:52

### Men

1) Jonne Lehto FIN 1:06:12, 2) Erik Rost SWE 1:07:35, 3) Jussi Simula FIN 1:07:39, 4) Jouko Liuha FIN 1:07:46, 5) Martin Johansson SWE 1:07:53, 6) Erik Watterdal NOR 1:09:08, 7) Pär Häggström SWE 1:09:28, 8) Andrey Lamov RUS 1:09:39, 9) Aleksey Kozhemyakin RUS 1:10:40, 10) Erik Söderhjelm SWE 1:11:09, 11) Ilkka Torniainen FIN 1:11:12, 12) Magnus Svingheim NOR 1:11:45, 13) Pavel Utkin RUS 1:11:54, 14) Filip Votocek CZE 1:12:36, 15) Jan Sedivy CZE 1:12:53, 16) Sergey Panov RUS 1:13:22, 17) Joel Sjölander SWE 1:14:15, 18) Sergey

Barkhatov RUS 1:15:23, 19) Christian Spoerry SUI 1:15:38, 20) Antti Myllärinen FIN 1:15:51, 21) Gustav Hall SWE 1:16:34, 22) Oyvind Watterdal NOR 1:17:29, 23) Jiri Bouchal CZE 1:17:34, 24) Sergey Mayorov RUS 1:18:53, 25) Hélian Contraire FRA 1:20:10, 26) Juho-Matti Taivainen FIN 1:21:00, 27) Gion Schnyder SUI 1:22:09, 28) Nicola Pradel ITA 1:25:50, 29) Nicola Giovanelli ITA 1:26:49, 30) Antoine Vullioud SUI 1:27:23

## Short Distance

### Women

1) Olga Novikova RUS 23:08, 2) Valentina Lebedeva RUS 23:57, 3) Yulia Bronnikova RUS 24:11, 4) Mariya Shilova RUS 24:41, 5) Monika Lund SWE 25:20, 6) Linda Sundqvist FIN 25:21, 7) Paula Iso-Markku FIN 25:47, 8) Pernilla Tunis FIN 25:59, 9) Lenka Hruskova CZE 26:00, 10) Tatiana Kozlova RUS 26:07, 11) Emma Olofsson SWE 26:19, 12) Kari Rommen Syvertsen NOR 26:30, 13) Josefine Engström SWE 26:52, 14) Lina Lindberg SWE 27:04, 15) Maarit Korpi FIN 27:13, 16) Ingvild Tomta NOR 27:19, 17) Stina Häggström SWE 27:32, 18) Johanna Lindberg SWE 27:39, 19) Riikka Annala FIN 27:45, 20) Charlotte Bouchet FRA 27:56, 21) Daniela Zlesakova CZE 27:57, 22) Marika Hara FIN 28:11, 23) Marie Dlouha CZE 28:19, 24) Una Glende Janson NOR 28:45, 25) Barbora Augustinova CZE 28:55, 26) Ida Solberg Svenne NOR 29:12, 27) Iliana Shandurkova BUL 29:36, 28) Anastasia Kravchenko RUS 31:09, 29) Sybille Quidort SUI 31:26, 30) Sara Pradel ITA 32:41

### Men

1) Jonne Lehto FIN 27:28, 2) Andrey Lamov RUS 27:38, 3) Erik Rost SWE 28:02, 4) Aleksey Kozhemyakin RUS 28:17, 5) Jouko Liuha FIN 28:40, 6) Martin Johansson SWE 28:42, 7) Magnus Svingheim NOR 28:58, 8) Erik Watterdal NOR 29:07, 9) Ilkka Torniainen FIN 29:16, 10) Pär Häggström SWE 29:17, 11) Joel Sjölander SWE 29:36, 12) Pavel Utkin RUS 29:42, 13) Sergey Barkhatov RUS 29:50, 14) Sergey Panov RUS 29:57, 15) Antti Myllärinen FIN 30:15, 16) Jussi Simula FIN 30:15, 17) Ivan Maksimov

RUS 30:36, 18) Gustav Hall SWE 30:40, 19) Jiri Bouchal CZE 30:52, 20) Erik Söderhjelm SWE 30:55, 21) Jan Sedivy CZE 31:20, 22) Juho-Matti Taivainen FIN 31:32, 23) Christian Spoerry SUI 31:42, 24) Zdenek Rajnosek CZE 33:05, 25) Janis Peilans LAT 33:56, 26) Nicola Pradel ITA 33:56, 27) Hélian Contraire FRA 34:31, 28) Gion Schnyder SUI 34:56, 29) Antoine Vullioud SUI 35:04, 30) Ilian Todorov BUL 35:11

## Relay

### Women

1) Russia (Valentina Lebedeva, Yulia Bronnikova, Olga Novikova) 1:06:52, 2) Finland (Linda Sundqvist, Paula Iso-Markku, Pernilla Tunis) 1:07:34, 3) Sweden (Monica Lund, Josefine Engström, Emma Olofsson) 1:10:34, 4) Norway (Kari Romme Syvertsen, Ingvild Tomta, Una Glende Janson) 1:12:52, 5) France (Charlotte Bouchet, Aurore Gratien, Manon Jouet) 1:19:36, 6) Switzerland (Sara Würmli, Judith Wyder, Sybille Quidort) 1:19:48, 7) Czech Republic (Lenka Hruskova, Marie Dlouha, Daniela Zlesakova) 1:23:47, 8) Latvia (Alona Gromova, Luisa Vieda, Inta Gaidele) 1:42:48

### Men

1) Finland (Jouko Liuha, Jussi Simula, Jonne Lehto) 1:11:04, 2) Sweden (Pär Häggström, Erik Rost, Martin Johansson) 1:11:25, 3) Russia (Aleksey Kozhemyakin, Pavel Utkin, Andrey Lamov) 1:11:35, 4) Czech Republic (Jan Sedivy, Filip Votocek, Jiri Bouchal) 1:15:00, 5) Norway (Oyvind Watterdal, Erik Watterdal, Magnus Svingheim) 1:18:18, 6) Switzerland (Gion Schnyder, Antoine Vullioud, Christo Spoerry) 1:25:49, 7) Latvia (Janis Peilans, Eriks Lebedoks, Lauris Lejins) 1:26:35, 8) Italy (Nicola Pradel, Nicola Giovannelli, Thomas Zanoner) 1:36:14, 9) Bulgaria (Ilian Tonchev, Ilian Todorov, Hristo Veselinov) 1:36:21, 10) Belarus (Pavel Vaskovich, Dzmitry Danilin, Ruslan Pzakofyeu) 1:38:39



# World Masters Ski Orienteering Championships

**VUOKATTI, FINLAND,  
19–25 JANUARY 2004**

## Women

### W35

1) Johanna Perkkalainen FIN 1:45:04, 2) Ingrid Kala EST 1:55:43, 3) Laima Klauza LAT 2:00:41

### W40

1) Sari Majjala FIN 1:33:14, 2) Pirjo Mulari FIN 1:33:47, 3) Pirjo Rämänen FIN 1:37:31

### W45

1) Anne Peltö-Huikko FIN 1:27:22, 2) Kirsi Kihlström FIN 1:28:03, 3) Sisko Anttila FIN 1:35:35

### W50

1) Irja Suomalainen FIN 1:18:04, 2) Arja Nurminen FIN 1:21:03, 3) Riitta Väänänen FIN 1:21:18

### W55

1) Arja Pulkkinen FIN 1:12:02, 2) Marja Suomalainen FIN 1:20:50, 3) Sirpa Tarkiainen FIN 1:23:15

### W60

1) Sharon Crawford USA 1:29:39, 2) Riitta Talka FIN 1:30:52, 3) Rauni Muikku FIN 1:33:35

### W65

1) Eila Pekkarinen FIN 1:24:48, 2) Maria Malova RUS 1:27:54, 3) Kaarina Holopainen FIN 1:40:44

### W70

1) Aune Jalava FIN 1:43:03, 2) Anja Tiainen FIN 1:54:17, 3) Ulla Huisman FIN 2:34:32

### W75

Saara Koivunen FIN dsq, Hanna Nuoranne FIN dsq

## Men

### M35

1) Vesa Tielinen FIN 1:54:33, 2) Antti Virtanen FIN 1:57:09, 3) Jari Tunturi FIN 1:59:12

### M40

1) Seppo Mäkinen FIN 1:53:05, 2) Olli Savikko FIN 1:59:02, 3) Hannu Heiskanen FIN 2:00:59

### M45

1) Hannu Koponen FIN 1:43:28, 2) Jukka Kemppainen FIN 1:44:01, 3) Antti Kaupila FIN 1:48:13

### M50

1) Timo Mutikainen FIN 1:46:02, 2) Heikki Saarinen FIN 1:47:05, 3) Lassi Hirvikallio FIN 1:50:43

### M55

1) Risto Orpana FIN 1:40:19, 2) Jouko Vääränen FIN 1:41:32, 3) Rauno Vanhakka FIN 1:44:12

### M60

1) Pertti Nyberg FIN 1:33:47, 2) Jorma Kemppi FIN 1:40:02, 3) Juha Huttula FIN 1:40:28

### M65

1) Veijo Tahvanainen FIN 1:28:24, 2) Erkki Alakuijala FIN 1:31:57, 3) Olavi Jalkanen FIN 1:33:15

### M70

1) Arvo Mikkonen FIN 1:17:24, 2) Paavo Pystynen FIN 1:19:21, 3) Mauri Aho FIN 1:20:58

### M75

1) Erkki Lähti FIN 1:36:29, 2) Mauno Ripattila FIN 1:37:43, 3) Arvo Majoinen FIN 1:37:58

### M80

1) Martti Kaikkonen FIN 1:30:15, 2) Vilho Himanen FIN 1:31:02, 3) Osmo Ingerö FIN 1:58:08

### M85

1) Erkki Luntamo FIN 2:06:26

# World Ski Orienteering Championships

**ÅSARNA/ÖSTERSUND, SWEDEN  
9–16 FEBRUARY 2004**

## Long Distance

### Women

1) Stine Hjermstad Kirkevik NOR 1:25:55, 2) Hannele Valkonen FIN 1:28:23, 3) Natalia Tomilova RUS 1:30:12, 4) Tatiana Vlasova RUS 1:30:57, 5) Irina Onishenko RUS 1:31:03, 6) Erja Jokinen FIN 1:31:39, 7) Stina Grenholm SWE 1:31:46, 8) Barbora Chudikova CZE 1:32:06, 9) Natalia

Naumova RUS 1:33:17, 10) Liisa Anttila FIN 1:33:20, 11) Marte Reenaas NOR 1:33:48, 12) Ida Wikström Holmgren SWE 1:34:05, 13) Marie Lund SWE 1:35:41, 14) Terhi Hämäläinen FIN 1:35:45, 15) Ingvild Kravdal Gjessing NOR 1:39:17, 16) Karin Kjellman SWE 1:40:55, 17) Teodora Malcheva BUL 1:41:10, 18) Kjersti Reenaas NOR 1:42:16, 19) Ramune Arlauskienė LTU 1:43:07, 20) Helena Randakova CZE 1:44:54, 21) Gantenbein Yvonne SUI 1:50:04, 22) Eva Böhmova CZE 1:52:26, 23) Zuzana Stehnova CZE 1:54:21, 24) Grigorova Antonia BUL 1:57:40, 25) Katrin Renger GER 1:58:21, 26) Jolanta Sulciene LTU 2:01:40, 27) Sonja Zinkl AUT 2:02:11, 28) Tuuli Mäeots EST 2:03:58, 29) Sara Pradel ITA 2:05:33, 30) Iljana Shandurkova BUL 2:06:56

### Men

1) Eduard Khrennikov RUS 1:52:40, 2) Tomas Löfgren SWE 1:54:39, 3) Tommy Olsen NOR 1:54:45, 4) Ruslan Gritsan RUS 1:56:41, 5) Jarkko Urpalainen FIN 1:57:19, 6) Teemu Köngäs FIN 1:57:34, 7) Bertil Nordqvist SWE 1:57:47, 8) David Andersson SWE 1:58:53, 9) Arto Lilja FIN 1:59:05, 10) Tobias Åslund SWE 1:59:45, 11) Anders Hauge NOR 1:59:55, 12) Andrei Gruzdev RUS 2:00:49, 13) Kirill Vasselov RUS 2:01:13, 14) Jukka Lanki FIN 2:01:39, 15) Matti Keskinarkaus FIN 2:02:12, 16) Christian Hohl SUI 2:06:50, 17) Jan Lauerma CZE 2:07:13, 18) Boris Fischer SUI 2:07:55, 19) Arsen Zhuravel UKR 2:08:02, 20) Peter Mosimann SUI 2:08:17, 21) Margus Hallik EST 2:08:29, 22) Ondrej Vodrazka CZE 2:11:06, 23) Nerijus Sulcys LTU 2:12:08, 24) Eirik Watterdal NOR 2:12:35, 25) Lubomir Tomecek CZE 2:12:40, 26) Todor Kalniev BUL 2:13:32, 27) Johann Kugler AUS 2:17:52, 28) Flavio Bettega ITA 2:20:37, 29) Florian Ruegg SUI 2:22:05, 30) Mauro Simoni ITA 2:25:04

## Middle Distance

### Women

1) Stine Hjermstad Kirkevik NOR 56:57, 2) Marie Lund SWE 57:19, 3) Stina Grenholm SWE 57:36, 4) Tatiana Vlasova RUS 57:37, 5) Liisa Anttila FIN 58:36, 6) Natalia Tomilova RUS 58:41, 7) Erja Jokinen FIN 58:42, 8) Salla Lehto FIN 58:50, 9)



Marte Reenaas NOR 1:02:25, 10) Barbora Chudikova CZE 1:02:29, 11) Ida Wikström Holmgren SWE 1:03:50, 12) Ramune Arlauskienė LTU 1:05:01, 13) Svetlana Shvetsova RUS 1:05:17, 14) Karin Kjellman SWE 1:06:18, 15) Zuzana Stehnova CZE 1:07:40, 16) Eva Böhmova CZE 1:07:48, 17) Ingvild Kravdal Gjessing NOR 1:09:11, 18) Irina Onishenko RUS 1:09:29, 19) Helena Randakova CZE 1:10:07, 20) Yvonne Gantenbein SUI 1:12:03, 21) Kjersti Reenaas NOR 1:13:10, 22) Vilma Rudzenskaite LTU 1:19:06, 23) Iliana Shandurkova BUL 1:19:26, 24) Sonja Zinkl AUT 1:19:46, 25) Sara Pradel ITA 1:19:49, 26) Antonia Grigороva BUL 1:20:18, 27) Teodora Malcheva BUL 1:21:54, 28) Stefania Belomazheva BUL 1:22:08, 29) Jolanta Sulciene LTU 1:22:18, 30) Laima Klauza LAT 1:26:00

### Men

1) Tomas Löfgren SWE 1:06:42, 2) Tommy Olsen NOR 1:06:54, 3) Arto Lilja FIN 1:07:28, 4) Ruslan Gritsan RUS 1:08:11, 5) Peter Arnesson SWE 1:08:18, 6) Øystein Kvaal Østerbø NOR 1:08:21, 7) Eduard Khrennikov RUS 1:08:37, 8) Anders Hauge NOR 1:09:35, 9) Teemu Kōngäs FIN 1:09:38, 10) Vasily Glukharev RUS 1:09:39, 11) Ondřej Vdrazka CZE 1:09:42, 12) Eivind Tonna NOR 1:10:10, 13) Nerijus Sulcys LTU 1:11:26, 14) Tomi Ruutinen FIN 1:11:43, 15) Christian Hohl SUI 1:12:20, 16) Peter Mosimann SUI 1:13:13, 17) Vadim Tolstopyatov RUS 1:13:47, 18) David Andersson SWE 1:14:17, 19) Boris Fischer SUI 1:14:54, 20) Tomas Redlich CZE 1:17:30, 21) Arsen Zhuravel UKR 1:17:31, 22) Lubomir Tomecek CZE 1:17:44, 23) Margus Hallik EST 1:18:01, 24) Pascal Messikommer SUI 1:22:24, 25) Raul Kudre EST 1:23:24, 26) Bernd Kohlschmidt GER 1:23:24, 27) Igor Zvontsov BLR 1:24:38, 28) Johann Kugler AUT 1:24:45, 29) Andriy Borys UKR 1:26:49, 30) Taavi Nurm EST 1:27:23

### Sprint

#### Women

1) Tatiana Vlasova RUS 13:30, 2) Liisa Anttila FIN 13:32, 3) Stina Grenholm SWE 13:37, 3) Stine Hjerme stad Kirkevik NOR 13:37, 5) Marie Lund SWE 13:49, 6) Erja Jokinen FIN 13:51, 7) Natalia Tomi-

lova RUS 13:53, 8) Hannele Valkonen FIN 14:29, 9) Salla Lehto FIN 14:34, 10) Ida Wikström Holmgren SWE 14:35, 11) Karin Kjellman SWE 14:36, 12) Natalia Naumova RUS 14:44, 13) Ramune Arlauskienė LTU 14:45, 14) Irina Onishenko RUS 14:48, 15) Marte Reenaas NOR 14:53, 16) Barbora Chudikova CZE 14:58, 17) Kjersti Reenaas NOR 15:26, 18) Helena Randakova CZE 15:48, 19) Zuzana Stehnova CZE 16:23, 20) Eva Böhmova CZE 16:41, 21) Katrin Renger GER 16:45, 22) Yvonne Gantenbein SUI 16:55, 23) Ingvild Kravdal Gjessing NOR 17:01, 23) Stefania Belomazheva BUL 17:01, 25) Antonia Grigороva BUL 17:24, 26) Sonja Zinkl AUT 17:43, 27) Vilma Rudzenskaite LTU 17:57, 28) Sara Würmli SUI 18:02, 29) Manuela Wyder SUI 18:15, 30) Teodora Malcheva BUL 18:36

### Men

1) Eduard Khrennikov RUS 13:52, 2) Bengt Leandersson SWE 14:01, 3) Peter Arnesson SWE 14:02, 4) Ruslan Gritsan RUS 14:04, 5) Jukka Lanki FIN 14:07, 6) Eivind Tonna NOR 14:13, 6) Tomas Löfgren SWE 14:13, 8) Tommy Olsen NOR 14:15, 8) Øystein Kvaal Østerbø NOR 14:15, 10) Teemu Kōngäs FIN 14:19, 11) Matti Keskinarkaus FIN 14:20, 12) Andrei Gruzdev RUS 14:30, 13) David Andersson SWE 14:34, 14) Anders Hauge NOR 14:47, 14) Boris Fischer SUI 14:47, 16) Ondřej Vdrazka CZE 14:49, 17) Nerijus Sulcys LTU 14:57, 18) Peter Mosimann SUI 15:02, 19) Jan Lauerma CZE 15:07, 20) Vadim Tolstopyatov RUS 15:13, 21) Kirill Vesselov RUS 15:17, 22) Margus Hallik EST 15:27, 22) Ander Ojandu EST 15:27, 24) Todor Kalniev BUL 15:50, 25) Pascal Messikommer SUI 16:07, 26) Arsen Zhuravel UKR 16:17, 27) Florian Ruegg SUI 16:24, 27) Raul Kudre EST 16:24, 29) Regimantas Kavaliauskas LTU 16:27, 30) Andriy Borys UKR 16:43

### Relay

#### Women

1) Finland (Hannele Valkonen, Erja Jokinen, Liisa Anttila) 1:26:23, 2) Russia (Irina Onishenko, Tatiana Vlasova, Natalia Tomilova) 1:28:26, 3) Sweden (Ida Wikström-Holmgren, Marie Lund, Stina Grenholm) 1:28:28, 4) Czech Republic

(Barbora Chudikova, Zuzana Stehnova, Eva Bohmova) 1:37:26, 5) Lithuania (Ramune Arlauskienė, Vilma Rudzenskaite, Jolanta Sulciene) 1:46:56, 6) Bulgaria (Iliana Shandurkova, Antonia Grigороva, Teodora Malcheva) 2:05:00, 7) Germany (Katrin Renger, Christiane Tröbe, Susan Kurth) 2:10:44, 8) Italy (Sara Pradel, Federica Ragona, Mita Crepaz) 2:23:53, 9) Japan (Yoshiko Sakai, Keiko Shiratori, Tomoko Motoki) 2:45:14

### Men

1) Russia (Vasily Glukharev, Andrei Gruzdev, Ruslan Gritsan, Eduard Khrennikov) 2:21:08, 2) Norway (Øystein Kvaal Østerbø, Anders Hauge, Eivind Tonna, Tommy Olsen) 2:22:49, 3) Finland (Teemu Kōngäs, Arto Lilja, Jukka Lanki, Matti Keskinarkaus) 2:26:13, 4) Sweden (David Andersson, Bertil Nordqvist, Peter Arnesson, Tomas Löfgren) 2:30:52, 5) Switzerland (Christian Hohl, Peter Mosimann, Pascal Messikommer, Boris Fischer) 2:36:01, 6) Estonia (Raul Kudre, Margus Hallik, Anders Ojandu, Tõnis Erm) 2:40:36, 7) Lithuania (Nerijus Sulcys, Vitalijus Petrulis, Tautvydas Zilinskis, Regimantas Kavaliauskas) 2:57:11, 8) Italy (Flavio Bettega, Mauro Simoni, Jonni Malacarne, Cristian Giacomuzzi) 3:02:49, 9) Ukraine (Arsen Zhuravel, Andriy Borys, Oleksiy Kalenichenko, Oleksiy Ufimtsev) 3:12:46, 10) Latvia (Arturs Grinbergs, Viktors Lescovs, Toms Veits, Ivars Zagars) 3:16:51

## World Masters Orienteering Championships

ASIAGO, ITALY  
3–10 JULY 2043

### Women

#### W35

1) Brigitte Wolf SUI 40:02, 1) Sabrina Meister SUI 42:31, 3) Anna Gornicka-An-tonowich POL 43:10



**W40**

1) Carina Sundbue SWE 40:06, 2) Hazel Dean GBR 41:26, 3) Svetlana Berezina RUS 41:49

**W45**

1) Feoktista Krivousha RUS 36:05, 2) Ada Kucharová CZE 36:22, 3) Susanne Luescher SUI 37:12

**W50**

1) Alida Abola LAT 29:03, 2) Lis Daehli NOR 33:07, 3) Ursula Wolf SUI 34:13

**W55**

1) Galina Vershinina RUS 34:08, 2) Inger Glans SWE 36:33, 3) Karin Gustafsson SWE 37:11

**W60**

1) Christina Schedwin SWE 33:16, 2) Ulla Lindhe SWE 33:20, 3) Sharon Crawford USA 33:57

**W65**

1) Birgit Lång SWE 33:20, 2) Eila Pekkarinen FIN 33:47, 3) Gudrun Klaveness SWE 35:58

**W70**

1) Maja-Lisa Bergström SWE 30:21, 2) Eva Laegran NOR 32:36, 3) Leena Ikkala FIN 33:47

**W75**

1) Gunborg Sundberg SWE 31:19, 2) Sole Nieminen FIN 34:20, 3) Ester Holgersson SWE 39:42

**W80**

1) Ingrid Larsson SWE 57:30, 2) Lillian Røss NOR 59:36, 3) Gertrud Andersson SWE 1:11:34

**Men****M35**

1) Jost Hammer SUI 1:02:24, 2) Eddie Wymer AUS 1:02:40, 3) Stefano Maddalena SUI 1:03:43

**M40**

1) Urs Flühmann SUI 55:45, 2) Greg Barbour NZL 58:15, 3) Mika Vuorela FIN 58:47

**M45**

1) Jorgen Mårtensson SWE 46:15, 2) Heikki Peltola FIN 46:48, 3) Ari Kattainen FIN 46:50

**M50**

1) Nikolay Pavlov RUS 44:20, 2) Svein S. Jacobsen NOR 46:29, 3) Tom A Karlsen NOR 46:54

**M55**

1) Tapio Peippo FIN 39:41, 2) Vladimir

Vasilev RUS 39:58, 3) Jouni Savelainen 42:15

**M60**

1) Roar Forbord NOR 39:32, 2) Jaromir Pospisil CZE 40:20, 3) Juhani Mäkinen FIN 41:02

**M65**

1) Rune Carlsson SWE 38:11, 2) Veijo Tahvanainen FIN 41:31, 3) Gunnar Lersfald NOR 43:59

**M70**

1) Harry Söderberg SWE 39:20, 2) Allan Haglund SWE 39:43, 3) Sveinung Bleikvin NOR 40:27

**M75**

1) Lennart Öberg SWE 38:35, 2) Arvo Majoinen FIN 39:02, 3) Denis Reynders BEL 39:36

**M80**

1) Tage Johansson SWE 36:45, 2) Martin Dreng NOR 37:13, 3) Hermann Wehner AUS 40:16

**M85**

1) Einar Jading SWE 41:35, 2) Gunnar Karlsson SWE 45:27, 3) Rolf Skärby SWE 55:49

**M90**

1) Erkki Luntamo FIN 51:27

## Junior World Orienteering Championships

GDANSK, POLAND  
5-11 JULY 2004

**Long Distance****Women**

1) Silja Tarvonen FIN 59:51, 2) Veline Stalder SUI 61:48, 3) Alison O' Neil GBR 62:22, 4) Jana Panchartkova CZE 63:13, 5) Jorid Flatekval NOR 63:52, 6) Helen Jansson SWE 64:48, 7) Anni-Maija Fincke FIN 64:56, 8) Emma Johansson SWE 64:58, 9) Ines Brodmann SUI 65:10, 10) Anna Persson SWE 65:43, 11) Noemi Cerny SUI 67:07, 12) Elina Skantze SWE 67:16, 13) Ane Linde DEN 67:27, 14) Mari Fasting NOR 67:34, 15) Saila Kinni

FIN 68:05, 16) Veronika Krcalova CZE 68:11, 17) Fanny Deckner SWE 68:28, 18) Heini Wennman FIN 68:35, 19) Kristyna Kovarova CZE 68:43, 20) Cerys Manning GBR 68:46, 21) Mhairi Mackenzie GBR 69:36, 22) Sofie Johansson SWE 69:52, 23) Evgeniya Ostrikova RUS 70:04, 24) Ingunn Weltzein NOR 70:20, 25) Susanna Tervo FIN 70:35, 26) Elisa Kaufmann GER 70:37, 27) Lene Bergersen NOR 70:52, 28) Betty Ann Bjerkreim Nilsen NOR 71:05, 29) Iwona Wicha POL 71:05, 30) Sarah Thomsen DEN 71:37

**Men**

1) Matthias Merz SUI 72:19, 2) Martin Johansson SWE 72:20, 3) Simonas Krepsa LTU 72:29, 4) Jan Prochazka CZE 72:41, 5) Mattias Millinger SWE 73:45, 6) Oystein Sorensen NOR 74:07, 7) Fabian Hertner SUI 75:30, 8) Anders Skarholt NOR 75:35, 9) Jan Sedivy CZE 75:59, 10) Jacek Kowalczyk POL 76:00, 11) Philippe Adamski FRA 76:17, 12) Csaba Gosswein HUN 76:27, 13) Tomas Drencak SVK 76:41, 14) Yevhen Kandybey UKR 76:51, 15) Mikael Kristensson SWE 77:13, 16) Marcus Millegard SWE 77:47, 17) Christian Christensen DEN 77:53, 18) Anders Tiltne NOR 78:12, 19) Yury Masnyy RUS 78:14, 20) Hannu Airila FIN 78:18, 21) Jonne Lehto FIN 78:23, 22) Kristaps Jaudzems LAT 78:43, 23) Ruslanas Pogorelovas LTU 79:02, 24) Christian Teich GER 79:07, 25) Juha Sorvisto FIN 79:10, 26) Graham Gristwood GBR 79:24, 27) Zdenek Rajnosek CZE 79:37, 28) Patrick Hofmeister GER 79:51, 29) Michal Krajcik SVK 79:53, 30) Ilya Belov RUS 80:00

**Middle Distance****Women**

1) Helen Jansson SWE 28:59, 2) Radka Brozkova CZE 30:08, 3) Anni-Maija Fincke FIN 30:30, 4) Alison O' Neil GBR 30:42, 5) Jorid Flatekval NOR 31:24, 6) Noemi Cerny SUI 31:51, 7) Mhairi Mackenzie GBR 31:54, 8) Anna Persson SWE 32:00, 9) Elina Skantze SWE 32:17, 10) Betty Ann Bjerkreim Nilsen NOR 32:33, 11) Galina Osvyannikova RUS 32:35, 12) Hanny Allston AUS 32:53, 13) Paula Iso-Markku FIN 32:56, 13) Heini Wennman FIN 32:56, 15) Sara Luscher SUI 33:22,



16) Veronika Krcalova CZE 33:26, 17) Emma Johansson SWE 33:29, 18) Anita Seebock AUT 33:49, 19) Mari Fasting NOR 33:50, 20) Jana Panchartkova CZE 34:00, 21) Jana Macinska SVK 34:05, 22) Tatiyana Merova BUL 34:08, 23) Iliana Shandurkova BUL 34:30, 24) Nataliya Zakharova 34:37, 25) Susanna Tervo FIN 34:45, 26) Elise Egseth NOR 35:01, 27) Hana Bajtosova SVK 35:06, 28) Iana Fomenko RUS 35:11, 29) Silja Tarvonen FIN 35:22, 30) Maja Alm DEN 35:25

### Men

1) Audun Bjerkreim Nilsen NOR 27:09, 2) Matthias Merz SUI 27:34, 3) Simonas Krepsta LTU 27:42, 4) Martin Johansson SWE 28:04, 5) Topi Anjala Finland 28:56, 6) Johan Lindahl SWE 29:04, 6) Csaba Gosswein HUN 29:04, 8) Vasily Leksins RUS 29:08, 9) Ruslanas Pogorelovas LTU 29:10, 10) Tomas Drencak SVK 29:21, 11) Graham Gristwood GBR 29:22, 12) Hannu Airila FIN 29:23, 13) Anders Holmberg SWE 29:27, 14) Yevhen Kandybey UKR 29:36, 14) Jacek Kowalczyk POL 29:36, 16) Jan Palas CZE 29:39, 17) Philippe Adamski FRA 29:57, 18) Jan Prochazka CZE 30:04, 19) Oystein Sorensen NOR 30:08, 20) Kristian Ruud NOR 30:13, 21) Andreas Ruedlinger SUI 30:29, 21) Tue Lassen DEN 30:29, 23) Juha Sorvisto FIN 30:30, 24) Scott Fraser GBR 30:31, 25) Anders Tiltne NOR 30:44, 26) Yuri Masnyy RUS 30:49, 27) Marcus Millegard SWE 30:50, 28) Julian Dent AUS 31:00, 29) Vadim Elichev RUS 31:10, 30) Jan Sedivy CZE 31:13

### Relay

#### Women

1) Sweden (Elina Skantze, Anna Persson, Helen Jansson) 1:51:43, 2) Finland (Anni-Maija Fincke, Heini Wennman, Silja Tarvonen) 1:53:41, 3) Norway (Elise Egseth, Betty Ann Bjerkreim Nilsen, Iorid Flatekval) 1:54:16, 4) Czech Republic (Radka Brozkova, Veronika Krcalova, Jana Panchartkova) 1:58:29, 5) Switzerland (Ines Brodmann, Noemi Cerny, Selina Stalder) 2:00:26, 6) Latvia (Una Berzina, Kristine Kokina, Inga Priedite) 2:01:07, 7) Russia (Galina Osvyannikova, Evgeniya Ostriyova, Nataliya Zakharova) 2:02:19, 8) France (Melanie D'Harreville, Amelie

Chataing, Charlotte Bouchet) 2:02:23, 9) Hungary (Bernadett Kelemen, Szava Zsigmond, Ildiko Szerencsi) 2:02:40, 10) Estonia (Annika Rihma, Kati Rooni, Kadri Uiboupin) 2:04:21

### Men

1) Sweden (Johan Lindahl, Mattias Millinger, Martin Johansson) 2:08:25, 2) Czech Republic (Jan Palas, Jan Sedivy, Jan Prochazka) 2:11:07, 3) Switzerland (Andreas Ruedlinger, Fabian Hertner, Matthias Merz) 2:12:40, 4) Latvia (Edgars Bertuks, Artis Jansons, Kristaps Jaudzems) 2:13:26, 5) Norway (Anders Tiltne, Oystein Sorensen, Audun Bjerkreim Nilsen) 2:14:26, 6) Russia (Ilya Belov, Vasily Leksins, Yuri Masnyy) 2:15:21, 7) Lithuania (Romualdas Stupelis, Ruslanas Pogorelovas, Simonas Krepsta) 2:15:49, 8) Finland (Topi Anjala, Juha Sorvisto, Hannu Airila) 2:16:39, 9) Poland (Dariusz Konarczak, Dariusz Sokalski, Filip Mazurek) 2:18:01, 10) France (Kirian Meyer, Corenthin Meyer, Philippe Adamski) 2:19:33

## World Orienteering Championships

VÄSTERÅS, SWEDEN  
11-19 SEPTEMBER 2004

### Long Distance

#### Women

1) Karolina A Höjsgaard SWE 1:22:25.4, 2) Hanne Staff NOR 1:23:26.5, 3) Marika Mikkola FIN 1:23:51.6, 4) Simone Niggli-Luder SUI 1:23:57.5, 5) Birgitte Husebye NOR 1:24:03.7, 6) Minna Kauppi FIN 1:24:17.6, 7) Heli Jukkola FIN 1:24:22.5, 8) Dana Brozkova CZE 1:24:25.8, 9) Jenny Johansson SWE 1:25:01.9, 10) Gunilla Svärd SWE 1:26:58.4, 11) Marianne Andersen NOR 1:27:32.7, 12) Heather Monro GBR 1:27:36.6, 13) Monika Depta POL 1:27:47.5, 14) Natalya Potopalska UKR 1:29:11.0, 15) Tanya Ryabkina RUS 1:30:34.2, 16) Katalin Olah HUN 1:31:07.9, 17) Karin

Schmalfeld GER 1:31:26.8, 18) Zsuzsa Fey ROM 1:31:31.2, 19) Anna Garin ESP 1:31:39.3, 20) Inga Dambe LAT 92:57.4, 21) Martina Rakayova SVK 1:35:04.0, 22) Andrea Eisl AUT 1:35:34.3, 23) Jo Allison AUS 1:37:05.8, 24) Hanny Allston AUS 1:37:07.8, 25) Aliya Sitdikova RUS 1:37:15.4, 26) Zdenka Stara CZE 1:37:18.5, 27) Brigitte Grüniger SUI 1:37:37.7, 28) Juliette Soulard FRA 1:38:03.3, 29) Tina Olm-Junegard EST 1:39:13.2, 30) Yvonne Fjordside DEN 1:41:31.4

### Men

1) Bjørnar Valstad NOR 1:45:25.3, 2) Mattias Karlsson SWE 1:45:57.2, 3) Holger Hott Johansen NOR 1:47:00.5, 4) Valentin Novikov RUS 1:47:48.5, 5) Emil Wingstedt SWE 1:48:31.9, 6) Mats Haldin FIN 1:49:17.5, 7) Pasi Ikonen FIN 1:49:34.6, 8) Jamie Stevenson GBR 1:50:32.5, 9) Hans Gunnar Omadal NOR 1:50:36.9, 10) Jani Lakanen FIN 1:51:43.4, 11) Troels Nielsen DEN 1:53:15.3, 12) Olle Kärrer EST 1:53:20.9, 13) Tom Quayle AUS 1:53:39.4, 14) Allan Mogensen DEN 1:54:05.0, 15) Michal Jedlicka CZE 1:54:45.0, 15) Marius Mazulis LTU 1:54:45.0, 17) Stephen Palmer GBR 1:55:13.1, 18) Andrey Khramov RUS 1:56:09.8, 19) Daniel Marston Great Britain 1:56:57.2, 20) Marc Lauenstein SUI 1:57:10.1, 21) Jan Olm EST 1:57:16.4, 22) Roger Casal ESP 1:58:22.6, 23) Roman Ryapolov RUS 1:59:43.1, 24) Radek Novotny CZE 1:59:57.1, 25) Matthias Gilgien SUI 2:01:19.4, 26) Matthias Niggli-Luder Switzerland 2:02:19.1, 27) Markus Lang AUT 2:03:52.3, 28) Kalle Dalin SWE 2:04:18.4, 29) Carsten Jørgensen DEN 2:05:42.3, 30) Leif Bader GER 2:05:43.3

### Middle Distance

#### Women

1) Hanne Staff NOR 33:03.1, 2) Tanya Ryabkina RUS 33:14.9, 3) Heli Jukkola FIN 33:30.3, 4) Jenny Johansson SWE 33:45.8, 5) Minna Kauppi FIN 33:58.5, 6) Simone Niggli-Luder SUI 34:19.7, 7) Vroni König-Salmi SUI 35:19.5, 8) Marika Mikkola FIN 36:04.2, 9) Heather Monro GBR 36:20.8, 10) Lina Bäckström SWE 37:19.9, 11) Karin Schmalfeld GER



37:27.7, 12) Käthi Widler SUI 38:08.5, 13) Marianne Andersen NOR 38:09.0, 14) Monika Depta POL 38:17.4, 15) Helene Hausner DEN 38:52.5, 16) Anna Garin ESP 39:32.2, 17) Natasha Key AUS 39:42.4, 18) Sara Gemperle SUI 40:00.1, 19) Zsuzsa Fey ROM 40:01.5, 20) Natalya Potopalska UKR 40:15.2, 21) Vendula Klechova CZE 40:48.8, 22) Sarah Rollins GBR 40:50.3, 23) Ieva Sargautyte LTU 40:51.3, 24) Zuzana Stehnova CZE 41:33.4, 25) Inga Dambe LAT 41:34.5, 26) Iva Navratilova CZE 42:10.9, 27) Anke Xylander GER 42:44.6, 28) Rachel Smith NZL 42:45.4, 29) Signe Søes DEN 42:48.0, 30) Jo Allison AUS 42:58.0

### Men

1) Thierry Gueorgiou FRA 32:45.9, 2) Valentin Novikov RUS 33:07.1, 3) Anders Nordberg NOR 33:12.3, 4) Emil Wingstedt SWE 33:14.4, 5) Johan Näsman SWE 34:09.2, 6) Holger Hott Johansen NOR 34:16.0, 7) Jörgen Olsson SWE 35:03.5, 8) Matthias Merz SUI 35:31.2, 9) Pasi Ikonen FIN 35:52.2, 10) Øystein Kristiansen NOR 35:58.1, 11) Jarkko Huovila FIN 36:06.3, 12) Pavlo Ushkvarok UKR 36:23.1, 13) Leonid Novikov RUS 36:30.9, 14) Damien Renard FRA 36:36.7, 15) Mats Haldin Finland 36:45.6, 16) Edgaras Voveris LTU 37:00.2, 17) Grant Bluett AUS 37:05.6, 18) Martins Sirmas LAT 37:10.3, 19) Marius Mazulis LTU 37:13.0, 20) Yuri Omeltchenko UKR 37:14.9, 21) Misha Mamleev RUS 37:27.5, 22) Oli Johnson GBR 37:31.2, 23) Olle Kärner Estonia 38:01.7, 24) David Shepherd AUS 38:03.9, 25) Marian Davidik SVK 38:19.0, 26) Carsten Jørgensen DEN 38:19.6, 27) Simonas Krepsta LTU 38:28.0, 28) Matthias Gilgien SUI 38:38.8, 29) Fabien Pasquasy BEL 39:13.6, 30) Christian Nielsen DEN 39:31.2

### Sprint

#### Women

1) Simone Niggli-Luder SUI 12:32.2, 2) Karolina A Höjsgaard SWE 13:01.1, 3) Elisabeth Ingvaldsen NOR 13:19.5, 4) Dana Brozkova CZE 13:21.0, 5) Anna Mårssell SWE 13:26.0, 6) Emma Engstrand SWE 13:27.4, 7) Ieva Sargautyte LTU 13:31.9, 8) Anne Margrethe Hausken

NOR 13:37.1, 9) Vroni König-Salmi SUI 13:45.9, 10) Line Hagman NOR 13:52.5, 11) Zsuzsa Fey ROM 13:56.0, 12) Inga Kazlauskaitė LTU 14:00.7, 13) Dainora Alsauskaitė LTU 14:06.1, 14) Sara Gemperle SUI 14:07.1, 15) Satu Vesalainen FIN 14:08.4, 16) Käthi Widler SUI 14:22.5, 17) Riina Kuuselo FIN 14:24.9, 18) Yulia Novikova RUS 14:26.9, 19) Anke Xylander GER 14:29.2, 20) Natasha Key AUS 14:29.7, 21) Sarah Rollins GBR 14:31.9, 22) Kirti Rebane EST 14:33.5, 23) Anna Gornicka-Antonowicz POL 14:35.5, 24) Olga Belozeroва RUS 14:36.9, 25) Anu Annus Estonia 14:37.8, 26) Helene Hausner DEN 14:49.9, 26) Marta Sterbova CZE 14:49.9, 28) Andrea Eisl AUT 15:03.0, 29) Hanny Allston AUS 15:07.5, 30) Sandy Hott Johansen CAN 15:08.2

### Men

1) Niclas Jonasson SWE 13:06.5, 2) Håkan Eriksson SWE 13:09.0, 2) Yuri Omeltchenko UKR 13:09.0, 4) Johan Näsman SWE 13:09.8, 5) Thierry Gueorgiou FRA 13:10.0, 6) Øystein Kvaal Østerbø NOR 13:14.3, 7) Jörgen Rostrup NOR 13:23.8, 8) Matthias Merz SUI 13:30.6, 9) Daniel Hubmann SUI 13:34.2, 10) Simonas Krepsta LTU 13:34.5, 11) Anders Nordberg NOR 13:38.0, 12) Mikkel Lund DEN 13:42.6, 13) Sergey Detkov RUS 13:45.2, 14) Troy De Haas AUS 13:46.2, 15) Misha Mamleev RUS 13:53.6, 16) Andrey Khramov RUS 13:57.3, 17) Mårten Boström FIN 13:57.8, 18) Grant Bluett AUS 13:58.5, 19) Petteri Muukkonen FIN 14:04.4, 20) Christian Nielsen DEN 14:07.8, 21) Marian Davidik SLO 14:07.9, 22) David Brickhill-Jones AUS 14:09.5, 23) Martins Sirmas LAT 14:12.5, 24) Ingo Horst GER 14:12.7, 25) Klaus Schgaguler ITA 14:17.4, 26) Jon Duncan GBR 14:18.4, 27) Marek Nömm EST 14:18.8, 28) Lukas Bartak SVK 14:19.0, 29) Andreas Müller SUI 14:21.4, 30) Edgaras Voveris LTU 14:22.3

### Relay

#### Women

1) Sweden (Gunilla Svärd, Jenny Johansson, Karolina A Höjsgaard) 1:53:41.0, 2) Finland (Marika Mikkola, Minna Kauppi, Heli Jukkola) 1:53:43.4, 3) Norway

(Birgitte Husebye, Elisabeth Ingvaldsen, Hanne Staff) 1:55:34.6, 4) Switzerland (Käthi Widler, Vroni König-Salmi, Simone Niggli-Luder) 2:01:21.9, 5) Russia (Yulia Novikova, Olga Belozeroва, Tanya Ryabkina) 2:01:46.9, 6) Great Britain (Sarah Rollins, Helen Winskill, Heather Monro) 2:03:19.4, 7) Estonia (Kirti Rebane, Tina Olm-Junegard, Anu Annus) 2:05:05.6, 8) Denmark (Helene Hausner, Signe Søes, Yvonne Fjordside) 2:07:01.2, 9) Czech Republic (Vendula Klechova, Zdenka Stara, Dana Brozkova) 2:07:24.9, 10) Germany (Elisa Dresen, Anke Xylander, Karin Schmalfeld) 2:09:03.6

### Men

1) Norway (Bjørnar Valstad, Øystein Kristiansen, Jörgen Rostrup) 2:08:08.5, 2) Russia (Misha Mamleev, Andrey Khramov, Valentin Novikov) 2:08:12.5, 3) Sweden (Mattias Karlsson, Emil Wingstedt, Niclas Jonasson) 2:08:13.4, 4) Finland (Jani Lakanen, Jarkko Huovila, Mats Haldin) 2:09:48.3, 5) Great Britain (Jon Duncan, Daniel Marston, Jamie Stevenson) 2:12:30.5, 6) Lithuania (Simonas Krepsta, Edgaras Voveris, Marius Mazulis) 2:12:38.0, 7) France (Francois Gonon, Damien Renard, Thierry Gueorgiou) 2:12:39.1, 8) Latvia (Kristaps Jaudzems, Janis Krumins, Martins Sirmas) 2:12:48.0, 9) Switzerland (Daniel Hubmann, Matthias Niggli-Luder, Matthias Merz) 2:15:05.4, 10) Australia (Grant Bluett, Tom Quayle, David Shepherd) 2:15:13.6

## World Trail Orienteering Championships

VÄSTERÅS, SWEDEN  
15-18 SEPTEMBER 2004

### Individual Competition, Paralympic Class

1) Jan Erik Haug NOR points 18, time 21 (18/21), 2) Valeriy Tsodikov UKR 15/74, 3) David Irving USA 15/82, 4) John David



Gittus GBR 15/92, 5) Arne Ask NOR 14/80, 6) Evaldas Butrimas LTU 13/21, 7) Karen Paul GBR 13/87, 8) Elena Leonteva RUS 12/81, 9) Tadeush Shimkovich LTU 12/86, 10) Ken Gammelgård FIN 12/116, 11) Zenoida Bashkevich LTU 11/124, 12) Susanna Boyt GBR 11/134, 13) Gunnar Maelen NOR 10/86, 14) Vladimir Troian RUS 9/93, 15) Hideto Kijima JPN 8/142, 16) Tiina Airaksinen FIN 6/85, 17) Aki Karumori JPN 6/123, 18) Antonio Lunardon ITA 4/140, 19) Stephanie Servais FRA 4/155, 20) Charlotte Alaux FRA 1/171

### Individual Competition, Open Class

1) Ola Jansson SWE 36 points, time 64 (36/64), 2) Martin Fredholm SWE 35/92, 3) Stig Gertman SWE 33/96, 4) Marja Kaukonen FIN 33/261, 5) Antti Rusanen FIN 32/59, 6) Naohiro Yamaguchi JPN 32/98, 7) Anna Straube GER 32/115, 8) John David Gittus GBR 32/133, 9) Risto Vainio FIN 31/120, 10) Knut Terje Ovesen NOR 31/164, 11) Ivo Tisljar CRO 30/93, 12) Valeriy Tsodikov UKR 29/97, 13) Mark Heikooop NED 29/101, 14) Olga Korchagina RUS 29/125, 15) Gary Kraitght USA 29/140, 16) Yu Fujishima JPN 29/222, 17) Lars Jakob Waaler NOR 28/90, 18) Ole Johan Waalar NOR 28/159, 19) David Irving USA 28/176, 20) Karen Paul 28/182, 21) Bob Turbyfill USA 27/162, 22) Alan Gartside IRL 27/189, 23) Hiraku Kodama JPN 27/255, 24) Gabby Op de Weegh NED 25/197, 25) Susanna Boyt GBR 23/202, 26) Vladimir Troian RUS 21/178, 27) Genute Dambrauskiene LTU 20/179, 28) Elena Leonteva RUS 17/106, 29) Tamara Fozosenkop LTU 17/231, 30) Antonio Lunardon ITA 12/172, 31) Stephanie Servais FRA 10/323, 32) Charlotte Alaux FRA 3/351

### Team Results

1) Great Britain 32 points, time 136 (32/136), 2) Norway 27/127, 3) Lithuania 26/215, 4) Finland 24/213, 5) Japan 23/237, 6) Russia 17/110, 7) France 8/348

## World Mountain Bike Orienteering Championships

**BALLARAT, AUSTRALIA  
18-23 OCTOBER 2004**

### Long Distance

#### Women

1) Anke Dannowski GER 1:29:03, 2) Päivi Tømmola FIN 1:31:14, 3) Antje Bornhak GER 1:31:15, 4) Caroline Finance FRA 1:32:05, 5) Emily Viner AUS 1:32:13, 6) Belinda Allison AUS 1:33:40, 7) Michaela Gigon AUT 1:33:52, 8) Maija Lång FIN 1:34:16, 9) Kirsi Korhonen FIN 1:35:16, 10) Laure Coupât FRA 1:35:29, 11) Christine Schaffner-Räber SUI 1:35:55, 12) Aurélie Ballot FRA 1:36:58, 13) Mary Fien AUS 1:37:40, 14) Julie Quinn AUS 1:38:30, 15) Hana La Carbonara CZE 1:39:38, 16) Monica D'Amico ITA 1:39:56, 17) Ingrid Stengård FIN 1:41:00, 18) Markéta Jakubová CZE 1:41:22, 19) Anna Sheldon AUS 1:42:49, 20) Michaela Lacigová CZE 1:42:51, 21) Anna Fuzy HUN 1:43:47, 22) Anna Vorobieva RUS 1:44:13, 23) Magali Coupât FRA 1:45:10, 24) Sonja Zinkl AUT 1:46:00, 25) Nicole Senft AUT 1:46:09, 26) Stanislava Fajtova SVK 1:46:37, 27) Marquita Gelderman NZL 1:47:11, 28) Carolyn Jackson AUS 1:48:09, 29) Amparo Gil ESP 1:48:29, 30) Marina Charaevskaia RUS 1:48:35

#### Men

1) Alain Berger SUI 1:34:36, 2) Mika Tervala FIN 1:35:22, 3) Adrian Jackson AUS 1:35:45, 4) Lubomir Tomecek CZE 1:37:09, 5) Rémy Jabas SUI 1:37:18, 6) Tom Walter AUS 1:40:28, 7) Jérémie Gillmann FRA 1:40:33, 8) Simon Seger SUI 1:41:05, 9) Tuomo Tompuri FIN 1:41:06, 10) Beat Oklé SUI 1:41:29, 11) Jaroslav Rygl CZE 1:42:03, 12) Maxim Zhurkin RUS 1:42:39, 13) Andrey Gruzdev RUS 1:43:16, 14) Mathieu Barthelemy FRA 1:43:24, 15) Viktor Korchagin RUS 1:43:45, 16) Ants Grende LAT 1:43:47,

17) Mikuláš Šabo SVK 1:44:00, 18) Donatas Celkys LTU 1:44:25, 19) Martin Ševčík CZE 1:45:29, 20) Margus Hallik EST 1:45:38, 21) Jussi Syrjälä FIN 1:45:47, 22) Kaspars Delins LAT 1:46:00, 23) Holger Mager GER 1:46:02, 24) Ivan Gasperotti ITA 1:46:27, 25) Rene Ottesson EST 1:46:42, 26) Hervé Clor FRA 1:47:10, 27) Štefan Šurgan SVK 1:47:30, 28) Rune Olsen DEN 1:47:51, 29) Radek Tichacek CZE 1:48:33, 30) Urs Dauwalder SUI 1:48:42

### Middle Distance

#### Women

1) Michaela Gigon AUT 53:08, 2) Laure Coupât FRA 53:22, 3) Belinda Allison AUS 53:22, 4) Emily Viner AUS 55:05, 5) Hana La Carbonara CZE 55:28, 6) Päivi Tømmola FIN 55:46, 7) Julie Quinn AUS 55:49, 8) Antje Bornhak GER 56:03, 9) Kirsi Korhonen FIN 56:50, 10) Ramune Arlauskienė LTU 57:02, 11) Caroline Finance FRA 57:07, 12) Ingrid Stengård FIN 57:18, 13) Maija Lång FIN 58:23, 14) Michaela Lacigová CZE 58:28, 15) Marquita Gelderman NZL 58:35, 16) Christine Schaffner-Räber SUI 58:53, 17) Markéta Jakubová CZE 59:12, 18) Anke Dannowski GER 59:26, 19) Amparo Gil ESP 59:33, 20) Anna Fuzy HUN 1:00:03, 21) Anna Sheldon AUS 1:00:20, 22) Anna Vorobieva RUS 1:00:31, 23) Sonja Zinkl AUT 1:00:56, 24) Tatiana Korchagina RUS 1:01:58, 25) Nicole Senft AUT 1:02:16, 26) Anna Ustinova RUS 1:02:17, 27) Ksenia Chernykh RUS 1:03:04, 28) Mary Fien AUS 1:03:28, 29) Carolyn Jackson AUS 1:03:40, 30) Marina Charaevskaia RUS 1:05:07

#### Men

1) Adrian Jackson AUS 51:47, 2) Alain Berger SUI 52:33, 3) Viktor Korchagin RUS 53:33, 4) Rémy Jabas SUI 54:05, 5) Mika Tervala FIN 54:22, 6) Maxim Zhurkin RUS 55:11, 7) Lubomir Tomecek CZE 56:02, 8) Margus Hallik EST 56:09, 9) Jérémie Gillmann FRA 56:13, 10) Ruslan Gritcan RUS 57:20, 10) Beat Oklé SUI 57:20, 12) Timo Sarkkinen FIN 57:29, 13) Martin Ševčík CZE 57:30, 14) Jussi Mäkilä FIN 57:50, 15) Tuomo Tompuri



FIN 58:37, 16) Jussi Syrjälä FIN 59:24, 17) Beat Schaffner SUI 59:27, 18) Daniel Marques POR 59:33, 19) Barthelemy, Mathieu FRA 59:34, 20) Raul Kudre EST 59:42, 21) Mikuláš Šabo SVK 59:54, 22) Andrey Gruzdev RUS 1:00:02, 23) Hervé Clor FRA 1:00:15, 24) Donatas Celkys LTU 1:00:26, 25) Jaroslav Rygl CZE 1:00:28, 26) Radek Tichacek CZE 1:00:29, 27) Steve Heading GBR 1:00:38, 28) Milan Sruta CZE 1:00:54, 29) Benjamin Midena FRA 1:01:18, 30) Michal Tihon CZE 1:01:19

### Relay

#### Women

1) Finland (Maija Lång, Kirsí Korhonen, Päivi Tommola) 2:41:08, 2) Austria (Nicole Senft, Sonja Zinkl, Michaela Gigon) 2:47:19, 3) Australia (Mary Fien, Carolyn Jackson, Anna Sheldon) 2:47:44, 4) Russia (Anna Ustinova, Tatiana Korchagina, Anna Vorobieva) 2:53:02, 5) France (Caroline Finance, Magali Coupat, Laure Coupat) 2:55:40, 6) Czech Republic (Hana La Carbonara, Michaela Lacigová, Markéta Jakoubková) 2:55:48, 7) New Zealand (Marquita Gelderman, Fiona McBryde, Claire Heppenstall) 3:03:07, 8) Spain (Amparo Gil, Susana Arroyo, Concepcio Urena) 3:49:48, 9) Japan (Fujihara Mizuho, Yoshino Shoko, Hosoya Misaki) 4:13:02

#### Men

1) Finland (Timo Sarkkinen, Jussi Mäkilä, Mika Tervala) 2:51:53, 2) Czech Republic (Radek Tichacek, Jaroslav Rygl, Lubomír Tomecek) 2:55:30, 3) Australia (Alex Randall, Tom Walter, Adrian Jackson) 2:55:31, 4) Estonia (Rene Ottesson, Raul Kudre, Margus Hallik) 2:56:00, 5) Switzerland (Beat Schaffner, Urs Dauwalder, Beat Oklé) 3:00:51, 6) Russia (Ruslan Gritsan, Viktor Korchagin, Maxim Zhurkin) 3:06:40, 7) France (Mathieu Barthelemy, Hervé Clor, Jérémie Gillman) 3:10:26, 8) Slovakia (Mikuláš Šabo, Štefan Šurgan, Matej Pilka) 3:11:12, 9) Latvia (Ugis Voicescuks, Ants Grende, Kaspars Delins) 3:13:42, 10) New Zealand (Phil Wood, Andy Rhodes, Stuart Lynch) 3:17:31

## World Cup 2004 in Foot Orienteering

#### Women

1) Simone Niggli-Luder SUI 286, 2) Tatyana Riabkina RUS 251, 3) Karolina Arewång-Höjsgaard SWE 232, 4) Jenny Johansson SWE 225, 5) Emma Engstrand SWE 217, 6) Anne Margrethe Hausken NOR 210, 7) Karin Schmalfeld GER 204, 8) Dana Brožková CZE 200, 9) Hanne Staff NOR 198, 10) Heather Monro GBR 188, 11) Marianne Andersen NOR 175, 12) Heli Jukkola FIN 172, 13) Gunilla Svärd SWE 151, 14) Käthi Widler SUI 145, 15) Paula Haapakoski FIN 140, 16) Monika Depta POL 138, 17) Sarah Rollins GBR 129, 18) Lina Bäckström SWE 126, 19) Satu Vesalainen FIN 111, 20) Brigitte Grüniger SUI 111, 21) Minna Kauppi FIN 110, 22) Riina Kuuselo FIN 108, 23) Inga Dambe LAT 106, 24) Dainora Alsaukaite LTU 105, 25) Anna Mårzell SWE 98, 26) Anke Xylander GER 93, 27) Elisabeth Ingvaldsen NOR 92, 28) Sara Gemperle SUI 89, 29) Vroni Koenig-Salmi SUI 88, 30) Birgitte Husebye NOR 87

#### Men

1) Holger Hott Johansen NOR 229, 2) Andrey Khramov RUS 207, 3) Øystein Kvaal Østerbø NOR 207, 4) Jarkko Huovila FIN 193, 5) Mats Haldin FIN 184, 6) Niclas Jonasson SWE 183, 7) Jamie Stevenson GBR 166, 8) Mikkel Lund DEN 165, 9) Emil Wingstedt SWE 160, 9) Thierry Gueorgiou FRA 160, 11) Daniel Hubmann SUI 158, 12) Anders Nordberg NOR 137, 13) Kalle Dalin SWE 136, 14) Mats Troeng SWE 135, 15) Damien Renard FRA 129, 16) Jonas Pilblad SWE 124, 17) Michal Horáček CZE 121, 18) Johan Näsman SWE 118, 19) Marc Lauenstein SUI 113, 20) Olle Kärner EST 112, 21) Marten Bostrom FIN 105, 22) Pasi Ikonen FIN 101, 23) Christian Nielsen DEN 92, 24) Michal Jedlička CZE 90, 25) Matthias Müller SUI 90, 26) Yuri Omeltchenko UKR 88, 27) Christian

Ott SUI 87, 28) Antti Harju FIN 85, 29) Michele Tavernaro ITA 85, 30) Carsten Jørgensen DEN 83, 30) Valentin Novikov RUS 83

### Relay

#### Women

1) Sweden 40, 2) Finland 32, 3) Switzerland 30, 4) Norway 28, 5) Denmark 21, 6) Great Britain 20, 7) Germany 15, 8) Russia 15, 9) Poland 11, 10) Czech Republic 9, 10) Estonia 9, 12) Japan 8, 13) Lithuania 7, 14) Latvia 5, 15) Australia 4, 16) France 3, 17) Ukraine 2, 18) Spain 1, 18) Hungary 1

#### Men

1) Sweden 35, 2) Norway 35, 3) Finland 33, 4) Denmark 27, 5) Switzerland 24, 6) France 19, 7) Italy 18, 8) Great Britain 18, 9) Czech Republic 17, 10) Russia 17, 11) Lithuania 10, 12) Latvia 8, 12) Ukraine 8, 14) Germany 6, 15) Austria 6, 16) Australia 6, 17) Slovakia 5, 18) Japan 4, 19) Hungary 4, 20) Estonia 3, 21) Poland 2, 22) Belgium 1



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(as of 1.11.2004)

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*Altogether 63 countries, out of which 17 are associate members (\*)*







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