

# ORIENTEERING WORLD

Orienteering  
takes  
centre  
stage



2010

INTERNATIONAL ORIENTEERING FEDERATION









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### Printer:

Forssa Print  
PL 38  
FI-30101 FORSSA  
FINLAND

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**Orienteering World** is the official journal of the International Orienteering Federation IOF. Permission from the Editor should be sought prior to reproduction of articles or photographs.

ISSN 1015-4965. Next issue: August 2011.

**Subscriptions:** Europe and all surface mail – EUR 13.50. Air mail outside Europe – EUR 18.

Subscriptions to: IOF, Radiokatu 20, FI-00093 SLU, FINLAND,  
e-mail: [iof@orienteering.org](mailto:iof@orienteering.org), fax +358 9 3481 3113.

**Front cover:** Matthias Müller, Switzerland, rejoicing his victory in the World Championships sprint.  
PHOTO: PIRJO VALJANEN





It's time to reminisce about the year that was, and to look forward in fond anticipation. On the doorstep to 2011, the International Orienteering Federation has a particularly good reason to look back, not only at the past

year, but at the past five decades. In 2011, the International Orienteering Federation celebrates its 50th anniversary.

A lot has happened since ten national orienteering federations – Bulgaria, Czechoslovakia, Denmark, DDR, Finland, Hungary, Norway, Sweden, Switzerland and West Germany – founded the IOF in Copenhagen, Denmark on 21st May 1961.

Today, orienteering is practised on all continents. The number of member federations has grown steadily and is currently 71, Barbados being the youngest member.

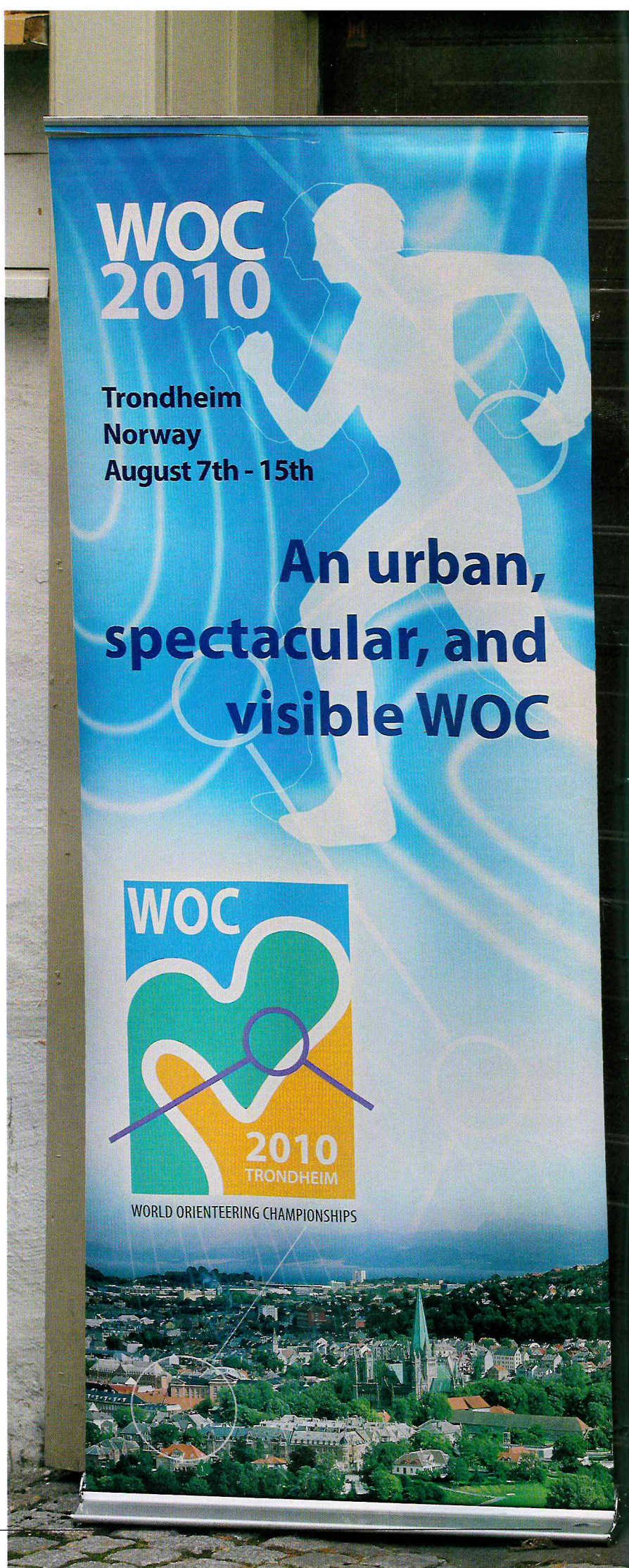
Today, the IOF governs four orienteering disciplines – foot orienteering, mountain bike orienteering, ski orienteering and trail orienteering. The first World Orienteering Championships were held in 1966. Almost ten years later, in 1975, it was time to stage the inaugural World Ski Orienteering Championships. The first ever World Championships in Mountain Bike Orienteering and Trail Orienteering were held in 2002 and 2004 respectively.

Today, the international competition programme comprises not only the world championships, but also world cup, world championships for juniors and masters, continental regional championships and world ranking events. Orienteering is now also on the programme of several multi-sports events.

New competition formats have been developed and GPS tracking brings the drama out of the forest to the spectators in the arena and to TV viewers and those following the event on-line on their computer screens.

So what does the future hold for the IOF? More member countries, new and exciting event formats, new technology and even more increased visibility? The work to develop and spread the sport continues. New success stories can be expected in coming decades.

**Barbro Rönnerberg**





# Change is on the horizon

ÅKE JACOBSON, IOF PRESIDENT

**T**he world of orienteering is currently characterised by innovation and heightened expectation, as key policies are furthered and realised.

The aim of the IOF is to spread, strengthen and develop orienteering – actively promoting our sport throughout the world and bringing it to more people in more places. There is a strong commitment to raising the profile of the sport by staging high quality, highly visible events and increasing the presence and credibility of orienteering on the world sporting stage.

The successful 26th World Orienteering Championships held in August 2010 in Trondheim, Norway showed that we have come far in realising these ambitions. Athletes from a record 42 of the 50 countries eligible to participate took part in the event. All six IOF regions were represented.

Athletes from 15 countries were placed among the 20 best in the three individual races for men and 11 countries were among the 20 best in the individual races for women. When the relay is included, 21 and 20 countries respectively were represented among the 20 best in the men's and women's races – a clear indication that our sport is developing rapidly around the world. Such fast, widespread development is helping to increase the visibility of the sport, raising the profile and attracting new recruits and the attention of media, sponsors and the general public.

The 25th IOF General Assembly was held in conjunction with the World Orienteering Championships in Trondheim. Several important decisions were taken to promote and support change and innovation in our sport. The Assembly approved a proposal to replace the previous two types of membership with just one. All members are now eligible to take part in the World Orienteering Championships and the World



Cup, which increases the number of potential participants from the previous 50 to 71. This will further increase our sport's credibility on the world sporting stage.

The Assembly also confirmed the IOF Council's policy concerning participation in the World Masters Games, which together with The World Games provides an excellent opportunity to showcase orienteering to a wider audience and to sports officials in other sports organisations.

The Mediterranean federations informed of their intention to form a Confederation of Orienteering Federations of the Mediterranean Sea and to seek inclusion in the Mediterranean Games. Both initiatives will make orienteering more visible in multi-sport events and help new countries in developing the sport.

The IOF Council recently made a comprehensive evaluation of our elite events. The key outcome was that the

current programme remains a valid foundation to ensure that our sport has a series of world events with high attraction value. The evaluation also shows that we have managed to significantly increase the visibility of our sport.

We need, however, to further develop our competition models and discipline formats to reach a wider audience through TV and webcasting media. We must continue our initiatives to make our sport easier to understand and more exciting to watch. Our prime TV product, the World Championships, must be further shaped to better attract today's demanding sports audience.

The IOF Council presented to the General Assembly in Trondheim some principles for the future development of the World Orienteering Championships. The principles received support from the delegates, and a project group has now been set up to develop a detailed programme for a new World Championships week. A draft programme will be presented to the Presidents' Conference in 2011. The General Assembly also approved a proposal from Norway to introduce mass start in the World Orienteering Championships.

Within a short period of time we can expect to have a new and more thrilling World Championships programme. Mass and chase starts are easier for the audience to follow and understand, and a mixed relay will add a new dimension to the current formats.

There is certainly change on the horizon!









# Andrey Khramov welcomes visible formats

BY ERIK BORG

**A**ndrey Khramov likes new orienteering formats and running in front of a big audience but he also enjoys traditional distances. The Russian now has gold from six successive World Orienteering Championships.

"My future with map and compass? Orienteering is my life and I still want to continue for many years. I intend to go for The World Games in Colombia in 2013", he says.

The incredible Russian has won a gold medal at the World Championships every year since 2005. This year he won relay gold together with his team mates Valentin Novikov and Dmitry Tsvetkov. It was the third relay victory for Russia since 2006 and Andrey has been in all the winning teams.

## Sprint more demanding than you think

Andrey was the first Russian ever to win gold at the World Orienteering Championships. The first of his three individual golds was taken at the long distance in Japan in 2005. Andrey has been called a sprint specialist: one of his six golds is from a forest sprint and another from a city sprint. He also won the sprint at The World Games in Kaohsiung, Chinese Taipei, in 2009. At this year's World Championship sprint Andrey was number eight, 14.6 seconds behind the winner, Matthias Müller from Switzerland. The Russian made some mistakes at the beginning and the middle of the race.

"When you look at the map it looks easy but with such high speed in sprint it is very challenging. There is no margin for error. At most you can miss five to ten seconds. On long distance you can still fight for gold even if you have lost a minute or two, but on the sprint you have to be focused all the way and make no mistakes."



World Champion Andrey Khramov's autograph was sought after by his fans.

PHOTO: WOC2010.

## Enjoys a crowd

Andrey's World Championships sprint win in 2008 in Olomouc, Czech Republic and this year's sprint in Trondheim were both in city centres, with the finish in the main square.

"It's good to have sprint in the cities. A lot of people can get a sense of what orienteering really is and see the runners in action. I like running in front of an audience. For beginners, sprint in parks and city centres is also a good way to learn to navigate. Not everybody is eager to start with orienteering in the forest. If the speed isn't so high it is also much easier", he says.

## Reforms on the way

The International Orienteering Federation has established a working group to review the World Orienteering Championships programme. The new programme shall continue to be a maximum of eight days. Both mass start and a mixed relay comprised of

both genders are under consideration. There is already a mixed relay in The World Games; Russia won that event last year in Kaohsiung, Chinese Taipei.

"The mixed relay is a really good format. Mass start is also interesting but I think a long distance mass start will need forking to be successful. Anyway I would like to see both mass start and mixed relay in future events - that would be a plus on what we have today. Even though I enjoy being in a mixed team, I would also like to see a team with all runners of the same gender. That's the tradition", Andrey says.

## Clear focus

For the coming World Orienteering Championships the Russian will concentrate on the sprint and relay.

"I will run more sprint and more 3000 and 5000 metre track and field to strengthen my sprint skills", he says.





**Mayor Rita Ottervik:**

## A show for spectators

BY ERIK BORG

**T**he 2010 World Orienteering Championships in Trondheim, Norway was an incredible experience for the Mayor of the city. Rita Ottervik really engaged in the orienteering spectacle.

"Many positive things have happened with orienteering as a spectator friendly sport in the last years", says Rita Ottervik, Mayor of the third largest city in Norway with 171000 people located in the municipality.

Rita Ottervik has been the Mayor since 2003. Four years ago, she was in Denmark when Trondheim presented its World Orienteering Championships plans. She determined to capture the excitement of orienteering.

"Those of us from Trondheim talked about how we could make the sport even more spectator-friendly", she says. "The runners must be visible, not only at the finish. You must know what is happening in the forest as it happens. For example, we watched live as the French runner on the last leg at the World Championship relay in Trondheim ran from the 16th to the 18th control. That was exciting."

### Festive atmosphere

In addition to the opening and closing ceremonies, the Mayor was present at all finals.

"I really wanted to be there. It was interesting, fantastic, engaging and exciting. I was really surprised by the spectacle", she says.

She enjoyed the sprint but really liked the races at the ski stadium Granåsen.

"Middle and relay were the very best of the week. The sprint was over so quickly. In Granåsen you were more involved. There were so many people and a festive atmosphere."

There were 30000 spectators during the week. At the sprint final in the centre of Trondheim there were 10000 spectators.

### Future orienteering

Because of her experiences at the World Orienteering Championships, Rita Ottervik is now interested in following the future plans of orienteering.

"Mass start is something to think about: it is important to have something happening all the time. In Trondheim people not so familiar with orienteering watched the events, and that was very positive for the sport. Orienteering has become more recognised and accepted among the population. As a part of the games in Trondheim there was also a school sprint and orienteering featured in the schools. Orienteering is part of



what the children learn. Orienteering is a great activity for children and youngsters in their spare time. It's not only a sport; it's a really worthwhile leisure activity."

### An avid supporter

Before the games the Mayor knew mainly the local orienteering stars. Now, after the World Championships, she is familiar with the world's best orienteers and has eagerly followed orienteering in the local newspaper Adresseavisen. She hasn't actively participated in the sport but learnt to navigate in her childhood and has passed on her knowledge to her son.

"It's more interesting to find controls out in the forest rather than just walking", she says.

Rita Ottervik welcomes more orienteering events in Trondheim. "Every major sporting event is important for both the sport and the organising city. The municipality appreciates the publicity that comes with people visiting and circulating TV pictures around the world."



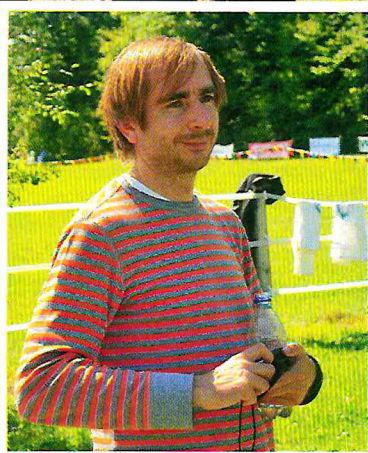


PHOTO: CLEM MCGRATH

Vladimir Gusiatsnikov half a world away from Trondheim, Norway was a spectator at the World Orienteering Championships. He watched the events on his computer.

Vladimir followed the action for 10 to 15 hours during the championships in Norway. Due to the time difference it was almost the middle of the night.

"I followed the Trondheim World Orienteering Championships from the couch in my apartment in San Francisco, USA, before going to work every day. It required getting up early sometimes but such is life. I enjoyed

## Real time appreciation of the action

it because I got a close-to-real-time understanding of what happened in the forest", he says.

The possibility to follow what the runners were doing in real time – with the help of GPS tracking – was what Vladimir liked best, but it was also good to get split and radio times, arena audio commentary and video.

The homepage of the World Orienteering Championships had up to 30000 visitors every day. The average for all eight World Championships days was 25000. 1200 bought the service of receiving live tracking from the finals. Others simply accessed the speaker and live photos.

Gusiatsnikov liked both what he saw and the commentary.

"I think that the speaker, Kjell-Erik Kristiansen, was very good", he says.

### A devoted follower

Gusiatsnikov likes to compete, but his main involvement with orienteering is as an organiser. He is an IOF Event Adviser and has started an event organisation company.

"My main competition focus is rogaining which is 24 hour navigation and endurance racing. Normally I go to the World Orienteering Championships to spectate. I also attend the Jukola relay in Finland almost every year, and find the World Orienteering Championships and Jukola the most exciting to follow. I was at the World Orienteering Championships in 1993, 2003, 2004, 2007 and 2008, but this year I didn't have enough vacation time to make the trip. Luckily I could follow the events live online."











# Orienteering on TV – great potential

BY BJÖRN PERSSON

Orienteering is rapidly developing into a sport for television. The last 6 years have seen a number of high-quality TV productions.

In 2008, the World Orienteering Championships productions were made by National Czech Television with Karel Jonak as host broadcaster director. Jonak is a very experienced sports producer with FIS Nordic World Ski Championship, FIBA World Championship for Women, World Cup events in skiing, cycling, gymnastics, volleyball and several Olympic Games to his credit. He is the recipient of two prestigious awards from Fédération Internationale Cinéma Télévision Sportifs (FICTS) Sport Movies & TV Challenge.

## A new model for production

Karel Jonak has been producing orienteering on TV since 2007 and he is enthusiastic about recent developments in orienteering



*Olav Lundanes was interviewed by the Norwegian Broadcasting Corporation after his first World Championship gold.*

Photo: WOC2010

broadcasting in Czech Republic.

"For us, the catalyst was the successful live TV production of the World Championships 2008. Thanks to the cooperation between the head office of Czech TV, the organising committee, course setters and others, we realised our vision of creating a new model for live TV production of orienteering. Since then, another two World Championships have been successfully televised, which has meant that TV stations have begun to recognise that orienteering is attractive to a TV audience."

## No room for being average

Jonak had little experience of orienteering when he began to plan the World Orienteering Championships production for 2008. He had intended to take a look at earlier TV productions of orienteering and then decide what to do. However, he quickly found out that there were few examples of complex orienteering productions. Therefore, he decided to basically create the production model from scratch.

"What I try to avoid is being average. I start planning as early as possible

*Jonak believes that orienteering can compete with established and attractive TV sports.*

and I am always thinking about the added value of the production. A good relationship between TV, course planners and the organising committee saves money and can prevent many problems. Then you need emotions, nice pictures and the story. To give you an example, the drama at the World Orienteering Championships relay has in the last three years been beyond price."

## A regular TV sport

Nowadays the Czech Orienteering Championships are broadcast regularly and the sprint is always live. Both the sprint and middle distance from this year's World Orienteering Championships featured in the broadcasting schedule. A couple of months ago Czech TV started preparations for next year's World Cup.

"I am proud to tell you that orienteering has become a regular TV sport in the Czech Republic", Karel Jonak says.

## A bright future

According to Jonak, there is nothing to stop orienteering from becoming even more visible on TV. The viewer ratings of orienteering in the Czech Republic are already equal to basketball, volleyball, and horse racing. And it is not only on TV that orienteering is popular, Karel Jonak points out.







"We should not forget the internet audience. The situation has changed and live TV is not the only means of viewing TV programs. Each orienteering competition is viewed by between 20 and 30 thousand people on the Czech TV website."

Jonak believes that orienteering has great potential and a bright future as a sport for live TV.

"The fact that you simply cannot tell the story just by using TV cameras gives you the possibility to vary the product and utilise multi-media. Using GPS tracking and other technologies in the right way we can create a unique and attractive mixture for the TV audience. Of course, you have to educate the TV spectators to watch orienteering: there should be an all year TV production model to keep the sport at the forefront of people's minds and to ensure continuity. All in all, I am very confident that orienteering can be as attractive for TV as, for example, biathlon or cross country skiing."

## Yle believes in orienteering

Markku Jylhäsalu, Head of Sport at Finland's national public service broadcasting company, Yle, agrees with Karel Jonak about the potential of orienteering as a TV sport.

"Orienteering is an interesting sport with great values. In Finland it attracts a large audience: the World Orienteering Championships 2010 had more than 220 000 viewers. This is over 20% of the market share and that is a really good result."

The World Orienteering Championships attracted a larger audience in Finland than the traditionally very popular Formula 1 and UEFA Champions League.

### On the right track

Markku Jylhäsalu compliments recent developments in orienteering that have made the sport more spectator friendly. According to Jylhäsalu, TV broadcasts of


orienteering have significantly improved and today's course planners take TV well into account.

"Orienteering has really developed into a good sport for TV", Jylhäsalu says.

In addition to the World Orienteering Championships, Yle, this year, broadcast an all night live production of the Jukola relay and all three World Cup events of the Nordic Orienteering Tour. "We aim to show as much orienteering in the future", Jylhäsalu confirms. In 2013, Yle will broadcast all finals of the World Orienteering Championships in Finland.

"The World Championships in Finland are a big challenge for both the organiser and Yle. We are going to utilise all available tools and expertise to reveal what is happening in the forest. We are eager to develop orienteering broadcasting."





## A sprint towards increased visibility

BY ANNA ZEELIG

**T**his year, ski orienteers have stepped from the forest into the headlines. IOF Ski Orienteering Athletes' Commission Chair, Eivind Tonna, is satisfied with the outcome. "I think there has been more work undertaken for the development and visibility of ski orienteering in the last three years than in my whole career before that", Tonna says.

For the first time in ski orienteering history, there was live TV broadcast from all distances at the World Cup Round in Romania. The events were shown on the European sports channel SportKlub, and could also be followed free of charge online.

### Strong presence at multi-sports games

When the International Military Sports Council (CISM) organised the first ever CISM Winter Military World Games this winter in Aosta, Italy, ski orienteering was one of the eight sports at the Games. In all, 800 athletes





*Ski orienteering was part of the first CISM Winter Military World Games in Italy.*

PHOTO: EMHM

from 43 nations took part in the Games. This was a significant milestone for ski orienteering and for the IOF: it gave ski orienteering valuable experience of multi-sports games, and proved that the sport is an excellent option for such games. Athletes and media were enthusiastic about the event. CISM has confirmed that ski orienteering will continue to be part of future Winter Games, which are organised every fourth year.

Eivind Tonna won a silver medal in Italy. "For me as an athlete, the Winter Military World Games were an awesome experience. So many athletes, so many interesting sports events, and an excellent ski orienteering race. Several nations came to us afterwards to ask how to train for ski orienteering, and some even commented that this may be the ultimate military sport."

But this is just the beginning. In March 2011, ski orienteering will be part of the Asian Winter Games in Kazakhstan. The Asian Winter Games is a multi-sport event for members of the Olympic Council of Asia, and it is organised every fourth year. Ski orienteering will be present in Kazakhstan with four formats: sprint, middle, long distance and relay.

The IOF is also currently investigating the possibilities of ski orienteering becoming part of the FISU Winter Universiades.

### New formats

Recent format development has been accomplished with visibility in mind. The IOF Athletes' Commission has been closely involved in the development of the new formats.

"Sprint and mixed sprint relay have proven to be extremely attractive competition formats that appeal to the athletes as well as to spectators and media. Our events fit nicely into a 45-minute TV broadcast and they utilise the latest technology such as GPS tracking", says Eivind Tonna.

Sprint relay will be used for the first time at World Championships level next year in Sweden. According to the IOF Senior Event Adviser, Carl Fey, the plans for the World Championships 2011 are progressing well. "We are excited about the introduction of the sprint relay at the World Ski Orienteering Championships. It will be a very fast-paced and exciting race for both athletes and spectators", Carl Fey says.

### GPS tracking on big screen

The World Ski Orienteering Championships 2011 will feature a large screen and GPS tracking. With tracking the competitors are always in sight even when they are in the forest. "New developments reveal the drama of ski orienteering to spectators and media. Imagine this: the spectators



*Eivind Tonna got a silver medal in the Winter Military World Games.*

PHOTO: ERIK BORG

follow the competitors' race through the forest on the big screen. They can see the tracking and the audience knows the best route; everyone knows, except the skiers, who have to make the route choices at full speed throughout the race", Eivind Tonna says.

Eivind Tonna is optimistic about the future. "I believe that the road we have taken is the right one. Now we just have to work even harder. We have a great sport and interesting formats. What we do on skis, you cannot see in any other sport. This we will show to spectators and media."



# You never run alone

## GPS tracking brings the spectators to the forest

BY ERIK BORG

**A**t the first control on the last leg of the mixed relay at The World Games all the spectators and the team mates of Linnea Gustafsson realised that the chance of gold was now slipping away. The anticipation and tension climbed rapidly.

"We were fighting for victory and uncharacteristically Linnea made a mistake at the first control", Kajsa Nilsson says.

Kajsa was one of Linnea Gustafsson's team mates at The World Games in Kaohsiung in Chinese Taipei in 2009.

Sweden was second, only 13 seconds behind Russia after three legs of the mixed relay. The day before, the Swedish last leg runner had won her first individual international medal. Things looked good for the team when the last leg runners disappeared from the view. In the past, the spectators would now have waited 20–25 minutes to see what had happened in the forest and who would win the relay, but GPS tracking has changed everything: it has made the invisible visible. With Linnea no longer in sight, everyone, especially the Swedish team, excitedly followed the tracking of the runners on the big screen.

*Thousands of spectators followed live when Linnea Gustafsson made a mistake on the first control at The World Games relay.*

TRACKING: TRACTRAC

### A defining moment

Linnea had appeared nervous. Spectators all over the world – those present at the Games and those watching at their computer screens – witnessed the moment it happened: Sweden's last leg runner made a mistake on the very first control. A mistake that would cost the team victory.

"I can't remember if I was thinking about being tracked when I missed the control. I try not to remember negative happenings but tracking is definitely something that is good for the spectator friendliness of orienteering", says Linnea who finished her first major international relay as number eight.

Despite the disappointment, Linnea learnt a lot from the experience. Later in the same year she won a silver medal at the World Orienteering Championships.

### The excitement of tracking

"Tracking is really something to use in

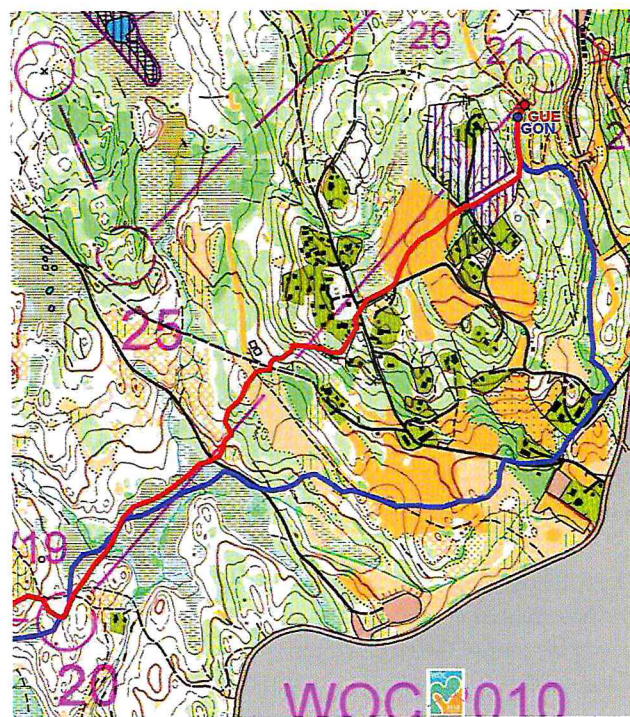
big competitions", says Kajsa Nilsson. "Tracking captures critical moments in the competition and really adds to the excitement. It is at times nerve-racking to watch the mistakes of your team mates when there is nothing you can do about it."

But tracking does not only show mistakes, it also helps by providing the spectators with information on what is the smartest thing to do in the forest. With tracking it is easier to compare different route choices and tracking can, of course, also be used in training to gain experience and knowledge.

At this year's World Championships long distance race, the spectators followed live the route choices of the runners. Francois Gonon, France, had been running ahead of his team mate Thierry Gueorgiou the entire race when he chose a slower route at the very end, to the 21<sup>st</sup> control. The spectators saw in real time that this route choice cost Francois the bronze, which would have been his second individual World Championships medal.

*This route choice to the 21st control cost Francois Gonon the bronze medal at the World Orienteering Championships 2010.*

TRACKING: TMI PEKAN  
GPS-SEURANTA







*Kajsa Nilsson likes tracking of the critical moments in the competition.*

PHOTO: ERIK BORG





PHOTO: PIIRIO VALANEN



# Orienteering at the home of the Sydney Olympic Games

BY BARBRO RÖNNBERG

Being on the programme of big multi-sports games is a means of showcasing the sport to a wider audience. The World Masters Orienteering Championships have now been combined with the World Masters Games three times, in 2002, 2005 and 2009.

Just being on the programme of the Games is not enough. Showing strength in terms of the number of participants is important. With 1149 competitors representing 32 countries, orienteering was the ninth biggest of the 28 sports on the programme of the Sydney 2009 World Masters Games. With almost 80% of the participants from abroad, orienteering also provided about 10% of the total number of international competitors at the Games.

## Unique sprint arena

The long distance orienteering events took place near Lithgow, some 140 km west of Sydney, while the sprint events were held in downtown Sydney. The venue of the qualification was Macquarie University and the final

was staged in the Sydney Olympic Park. The sprint events really brought orienteering out of the forest and into the very centre of the Games. The participants also enjoyed the unique opportunity to experience an Olympic arena. As one competitor commented after the Games: "I really enjoyed these two events, in particular having the final at the Sydney Olympic Park."

"From the very beginning, the vision of the local organisers of the World Masters Orienteering Championships was that the sprint event should be held in a high profile, visible location", says Shane O'Leary, Chief Executive Officer of the Sydney 2009 World Masters Games.

"For a long time the desire of the organisers, with our support, was to host the sprint in the Botanic Gardens adjacent to Sydney Harbour with the Opera House and Bridge as a backdrop. Regrettably it wasn't possible to realise this vision. I would suggest though, that conducting the event at Sydney Olympic Park, home to a further 11 of the 28 sports on the World Masters Games programme, ultimately resulted in orienteering achieving an unprecedented level of exposure.

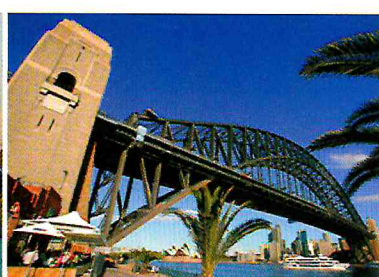
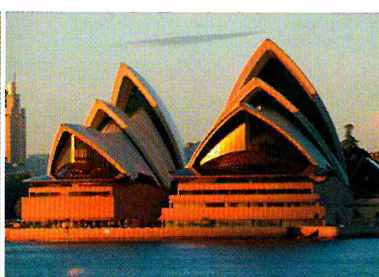
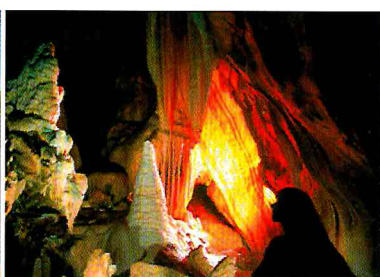
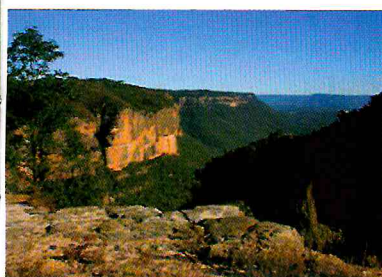
It really was a tremendous vibe and atmosphere."

## Credit to orienteering organisers

Shane O'Leary believes that, beyond being at the "home of the Games", a couple of other factors also contributed significantly to the visibility of the event.

"The sprint event was staged on the same day as the opening ceremony so everyone was "up" and many local people, visitors and athletes from different sports were at the Olympic Park precinct. In addition, the anticipation of the opening to be held in the main Olympic Stadium was in the air."

"Sydney Olympic Park is also the showground for the annual Royal Easter Show. Both the start and finish of the sprint orienteering event were in the purpose-built wood chopping arena - a miniature stadium with great viewing and intimacy. It is perhaps the only one of its kind in the world so hard to replicate at future Games, but this really added to the success", Shane O'Leary says and concludes: "Ultimately the success of the sprint event was great credit to the Australian orienteering organisers."



## Sydney

Saturday 10th Oct - *Sprint Qualifier*  
Sunday 11th Oct - *Sprint Final*

## Lithgow

Tuesday 13th Oct - *Model Event*  
Wednesday 14th Oct - *Qualification 1*  
Thursday 15th Oct - *Qualification 2*  
Saturday 17th Oct - *Long Final*

## Australian East Coast 'O' Tour

19th and 20th Sept - *Queensland Championships*  
26th Sept to 4th Oct - *Australian Championships Carnival*  
6th and 7th Oct - *Canberra 2 Day*

[www.2009worldmasters.com](http://www.2009worldmasters.com)

[www.wmoc2009.orienteering.asn.au](http://www.wmoc2009.orienteering.asn.au)



# A new Swiss phenomenon

BY ERIK BORG

Matthias Müller won gold at the World Orienteering Championships this year, and was second overall in the World Cup. The Swiss star has stepped out of the shadow of Simone Niggli and Daniel Hubmann.

"Daniel and Simone mean a lot to our sport. They have both done incredibly well. The focus is still mostly on Simone, but now I have to do more interviews, and people like to have my autograph more often, which shows that I am getting more recognition than before", says Matthias.

He won a close race for the sprint gold medal at the World Championships in Trondheim. There were just 2.3 seconds from the gold medal winner to Fabian Hertner, also Switzerland, in second place and 7.3 seconds down to Daniel Hubmann in seventh place.

## Inspired by large crowd

"I had run a lot of good sprint races ahead of the World Championships. In Trondheim I thought about what I had to do and looked forward to a race with a lot of spectators. And what an audience it was! In the qualification race I got into the right rhythm. In the final I didn't think about anything else than the next control."

"The World Championships gold is a bigger prize for me than being second in the World Cup. But I had a bit of luck at the World Championships; next time I could end up 4<sup>th</sup> or 7<sup>th</sup> without being a worse orienteer and in just as good physical shape. Looking back on the season, I can also say that I am more surprised about my 2<sup>nd</sup> place in the World Cup than the gold at World Championships, because I knew I could win a race, but didn't believe

that I could do well at all distances for the whole season."

## Many factors behind Swiss success

"We have a very good and well-structured training programme. We try to improve in all aspects of orienteering through our physical, technical and mental training. Of course it's also good to train in the company of some of the world's best orienteers. We can gain a lot from each other. But probably the most important thing is that we get on so well together in the team. I also like to go to training camps with the national team because I meet some of my best friends there."

"I think it is amazing to see Simone's discipline when it comes to training: both the planning and executing and also the review. She has also worked and worked to reach the top, and continues the work to stay there. I have known Daniel since we were juniors. Even though he has become better and better over the years, he has always stayed the same and can switch between a 'serious' and a 'fun' outlook on life. I think it is very important to enjoy life but be focused when it counts."

## Matthias enjoys the spotlight

"I like being in the spotlight. It also motivates me to improve when I know that people are looking at my performances. At the same time I am not invisible any longer when I perform badly! Newspapers also write about that. One week after Trondheim, the Swiss Championships in both sprint and long distance were held. In the sprint I miss-punched, and in the long distance race I ended up somewhere far down the result list. After that I had to tell the story of what happened at least 100 times!"

The new Swiss star lives in Oberwil-Lieli,



Matthias Müller was second in the World Cup overall, behind his team-mate Daniel Hubmann. Thierry Gueorgiou, France, was third.

PHOTO: PIRJO VALJANEN





a small village in the countryside about 15 kilometres west of Zurich. He has been a full-time orienteer since 2006.

### Familiar faces and rising stars

Daniel Hubmann won the World Cup overall for the third year in succession. He took one bronze at the World Championships.

Simone Niggli won two golds at the World Championships in Trondheim, and the World Cup overall for the seventh time. Minna Kauppi also won two golds at the World Championships, at middle distance and relay. In the relay she fought hard with Marianne Andersen and Helena Jansson on the last leg, but managed to secure the gold to Finland.

In the men's class, the home crowd went wild when two young rising Norwegian stars, Olav Lundanes and Carl Waaler Kaas both won World Championships gold. However, in the men's relay experience again proved to be the key to success, and the gold went to the Russian team Andrey Khramov, Dmitry Tsvetkov and Valentin Novikov.

*Simone Niggli is the winner – again!*

PHOTO: ERIK BORG

*Mirian and Leandro Pasturiza were two of the runners of the big Brazilian team at the World Championships.*

PHOTO: ERIK BORG

*It was another gold for Russia in the men's relay at the World Championships. Andrey Khramov (left), Valentin Novikov and Dmitry Tsvetkov show their joy at winning.*

PHOTO: ERIK BORG





*Six-fold World Champion Michaela Gigon won the overall World Cup.*

Orienteering Athletes' Commission and contributes very actively to developing the sport.

### **Tough World Championships in Portugal**

The World Championships were held in Montalegre, Portugal in July. A big crowd turned out to watch the sprint races in the historic town of Chaves where the finish was in the local football stadium. The races were won by Anna Kaminska, Poland who was just 2 seconds quicker than Christine Schaffner, and Adrian Jackson, Australia, holding on to his sprint title from 2009. Jackson was unable to take part in the other World Cup rounds, but as in the previous 2 years he made his mark in the Championships with this gold, plus



## **World Cup title in doubt to the end**

BY CLIVE ALLEN

**T**he fascinatingly close battle for the World Cup title between the top two women in world mountain bike orienteering was the big story in 2010. The fight for the title went right down to the final race.

Michaela Gigon, Austria won the middle distance gold at the World Championships and three World Cup races – one sprint, one middle and one long. Christine Schaffner, Switzerland took the long distance gold at the Championships and also won three World Cup races, again one sprint, one middle and one long! Gigon, who was in second place in the World Cup standings for a large part of the season, snatched the World Cup title in the final race of the season where she took 2nd place, Schaffner having a rare off-day finishing 7th.

The final margin in the women's World Cup standings was just 4 points. Schaffner has the consolation of heading the IOF World Rankings at the end of the season, the result of greater success in other World Ranking Events.

Gigon, 33 years old, and Schaffner, 31, both have many years of experience in MTB orienteering.

Gigon just has the edge in success, with five individual gold medals in comparison to Schaffner's four. Gigon is the Coordinator of the IOF MTB



*Anton Foliforov won two gold medals at the World Championships.*

PHOTO: PAVI OMMOLA



silver medals at both middle and long distance.

The middle distance final was a bit more strenuous than many competitors expected and winning times were long. Gold medallists were Michaela Gigon and Finland's Samuli Saarela. In the long distance competition there was a qualification race followed by a final. The final was long, steep in places and hot! The courses were characterised by some long legs with very intricate route choices across the hilly and varied terrain of forest and open countryside. Winners here were Christine Schaffner and Anton Foliforov, Russia, who currently heads the men's IOF World Rankings.

In the relays, Denmark came out winners of the women's by an impressive 5 minutes margin ahead of Finland, whilst the men's race was a much closer affair with Russia taking the gold with a 35-second gap from Denmark. In both races the Czech Republic took the bronze medals.

Russia headed the final medals table, with Denmark second and Australia third. The medals were shared amongst 10 nations in all, and 14 nations had an athlete in the top 6 in at least one of the races.

### Big developments in 2010

This has been a year of big

developments in elite-level MTB orienteering. The World Cup, restarted after a break of 6 years, had 4 rounds with races in Hungary, Poland, Portugal, and Italy. Many athletes competed in all 13 World Cup races, two of which were mixed relays. The most consistent of the many male riders was Erik Skovgaard Knudsen, Denmark, who won the World Cup overall by 34 points ahead of Samuli Saarela; he made sure of this title in the penultimate race of the individual series. This year also saw the inaugural World Masters Championships, held in Poland.

New IOF map norms for mountain bike orienteering maps were published in 2010. The map norms in all orienteering disciplines are revised at regular intervals, and the new norms take account of latest thinking. It is expected that all nations will use the norms, so that maps all over the world are drawn to similar standards. One aspect of a MTB orienteering map still not agreed world-wide is the symbol or colour tone to be used for an area of land where competitors are allowed to ride, when elsewhere access is allowed only on paths and tracks. Four alternatives will be tried out in competition during the next two years and a decision made in 2012.

### Plans for 2011

Next year there will again be a 13-race World Cup series with rounds in Hungary, Sweden, Italy and Russia. Michaela Gigon has already set out her ambition for 2011: more Championship gold medals and another World Cup title!

*Samuli Saarela is a new name among the MTB orienteering world elite.*

PHOTO: PÄIVI TOMMOLA





**O**lga Novikova is the first ever athlete from Kazakhstan to have run in a final at the World Orienteering Championships, but her main sport is ski orienteering. This winter her big ambition is to win her first gold medal at international level. "I want to get my first World Championships gold in ski orienteering", says Olga.

The 25-year-old has been among the very best ski orienteers for some years now. In 2007 she was just one second away from gold in the sprint at the World Ski Orienteering Championships in Russia. The world's best, Tatiana Vlasova, took first place just ahead of Olga. In the same winter, a few weeks before the World Championships, Olga won the sprint at the Open Nordic Championships.

## A good year throughout

Olga has impressed everyone both in winter and summer this year. First she achieved third place overall in the Ski Orienteering World Cup. Then in August she qualified for the middle distance final at the World Orienteering Championships in Trondheim, and finished 30th of the 45 finalists: a fine result for a woman who sees winter sport as her first priority.

"It was cool to be at the World Orienteering Championships and nice to be the first ever from Kazakhstan to qualify for a final", she says.

Whilst Olga was in Norway she stayed with some Norwegian ski orienteers and after the World Championships were over, took part in some ski orienteering training with them.

## Big targets for 2011

This winter Olga's home country is the host for the multi-sport Asian Winter Games, and this is Olga's target number one. The Games run from January 30<sup>th</sup> to February 6<sup>th</sup>. In ski orienteering there are sprint, middle distance, long distance and relay races. The Asian Winter Games have been a big goal for Kazakhstan's national team for a long time.

Seven weeks after the Asian Winter Games, the World Ski Orienteering Championships will take place in the eastern part of Sweden. There, Olga's aim is to win one of the races.

"Everything is going well with my training and my life in general. I am looking forward to the competitions", she says.

At the 2011 World Championships there will be a new discipline in the programme – a mixed sprint relay, with two men and two women in each team.

## Names to watch out for

Olga believes that the Russians Tatiana Vlasova and Eduard Khrennikov will be hard to beat again this winter. Vlasova



*Helene Söderlund is one of the big Swedish hopes on home ground.*

PHOTO: ERIK BORG

tried biathlon last winter and didn't participate so much in ski orienteering, but when she did take part she showed that she is still extremely good. Russia provides a lot of other top competitors like Andrey Lamov, who won two gold medals at the World Championships in Japan two years ago, and Natalia Tomilova, last winter's overall World Cup winner.

The Swedes will for sure produce some top-class performances on home ground. Helene Söderlund, Josefine Engström, Erik Rost and Peter Arnesson are four strong athletes from the nation with the blue and yellow flag. The Finns, with Liisa Anttila, Staffan Tunin and Olli-Markus Taivainen in front, and Norway, with athletes like Marte Reenaas, Lars Hol Moholdt, Eivind Tonna and Hans Jørgen Kvåle, are also nations anticipating some success. Christian Spoerry is a big Swiss hope, especially in sprint races.

ERIK BORG

*Norway is on the way up. Lars Hol Moholdt (left), Hans Jørgen Kvåle and Eivind Tonna won the World Cup relay competition last winter.*

PHOTO: ERIK BORG





## Olga Novikova – aiming for her first international gold



*Olga Novikova is aiming for gold this winter. The Asian Winter Games in Kazakhstan and the World Championships in Sweden will be the peaks of her winter season.*

PHOTO: ERIK BORG





BY CLIVE ALLEN

2010 was a landmark year for trail orienteering. For the first time, competitors in the World Trail Orienteering Championships and the World Orienteering Championships shared a major finish arena.

Granåsen Ski Centre at Trondheim in Norway was the venue for the finish of the Long Distance Final of the World Orienteering Championships and also the second day of the World Trail Orienteering Championships. Both the paralympic and open class trail orienteering competitors used a special finish lane alongside the World Orienteering Championships race run-in, in full view of all the spectators present, and were regularly shown on

the big arena screen and identified by the arena commentators. 95 competitors from 20 nations enjoyed being in the spotlight for a few minutes as they came to the finish at the end of an exhausting 2 hours or more in the forest.

Yes, one can get exhausted in trail orienteering! It's not physical tiredness – wheelchair users are allowed a helper to get through the terrain, and the course lengths are rarely more than 2 km. But concentrating on minute map detail, matching the map to the terrain and making decisions between flags placed only a very short distance from each other, on timed controls under direct time pressure too, has its effect on the brain. Recovery time afterwards is quick, but mistakes on the last controls on a course, caused purely by fatigue and a fast-approaching

maximum allowed time, are quite common.

### Busy August

It was a busy August for the world's trail orienteers. The month started with the European Trail Orienteering Championships held in Alfta in the Hälsingland region of Sweden. Here the terrain was typically Swedish with many very large boulders littered across a multitude of small valleys and spurs, on mainly open land with few trees. This meant that some control clusters could be sited a considerable distance from the viewing points. Only the timed controls were in forested terrain, and these were very difficult, with many mistakes made through over-hasty decision-making, even by the most skilled competitors. At the end of the two days these proved to be decisive to



the distribution of the medals. Winners were Ola Jansson, Sweden (paralympic) and Hannu Niemi, Finland (open).

Most of the competitors then travelled directly to Trondheim for the World Trail Orienteering Championships. Day 1 of the championships was in typical rocky and detailed Norwegian forest which was part of a school grounds with several routes suitable for wheelchair users. The area provided a wide variety of trail orienteering problems, with the competitors having to use all the different techniques available to them to achieve success. Overall leader of the paralympic class at the end of day 1 was Søren Saxtorph, Denmark, having his most successful championships to date. Libor Forst, Czech Republic led the open class.

Day 2 was in an area largely without rock detail but with constant change between forest, semi-open and open land. Here as on day 1, some of the techniques needed for correct solution were very subtle. Ola Jansson came to the fore on this day with an error-free performance which brought him the gold medal, a repeat of his result in the first World Trail Orienteering Championships on home ground in 2004. Stig Gerdman made it a double for Sweden by taking gold in the open class, the only competitor with no wrong answers, and it was no surprise that Sweden also took the team gold medals ahead of Finland and Croatia.

The 2-day championship event was followed by the inaugural World Tempo Trophy.



Pekka Seppä won bronze in the paralympic class at the European Championships and finished fourth in the World Championships.

PHOTO: JUKKA WESTERLUND

## Søren Saxtorph – medal winner from Denmark

BY CLIVE ALLEN

Denmark's first-ever World Trail Orienteering Championships medal, a bronze, was won this year by Søren Saxtorph competing in the paralympic class. He led the competition with an error-free round on Day 1, but four mistakes on Day 2 brought him down to third place behind Ola Jansson and Lennart Wahlgren, both from Sweden. "There were some very tricky controls today", said Søren at the end of Day 2. "At times there seemed to be one solution from one angle but a different solution from another."

Søren first heard of trail orienteering when he was an elite foot orienteer, but regarded it as a bit elementary. It was at a summer holiday course two years ago that he found out that it wasn't like that at all – that technically it was just as challenging as foot orienteering. "The map reading is similar but more complex, and the post-event chat – discussing the course and individual controls – is much the same as in foot orienteering", Søren says.

Søren was one of the best junior foot orienteers in Denmark, and competed in a Junior World Championships in Sweden. He met his wife Maria through orienteering, and until Søren was injured in a bathing accident 7 years ago and became partly paralysed and wheelchair-bound, they were both active foot orienteers.

Now they have found another sport where they can both take part on equal terms. "It's really 'hard-core' map-reading, and it's great to get out into the terrain again", says 40-year-old Søren. Trail orienteering now provides him with the chances for travel and outdoor life that he was beginning to miss. In the past two



PHOTO: KNUD VOGELIUS

summer holidays Søren and Maria have gone with their two children to trail orienteering events abroad, primarily in Sweden where there is really tough competition at elite level.

*What is the reason you were so successful in Trondheim?*

"The maps were excellent, and the courses were a fine combination of contour reading and using sight lines and bearings. But a very important factor for me was that the tracks and paths were so good. I could move around in my electric wheelchair without having to worry about getting stuck or falling over. So I was able to concentrate 100% on the orienteering."





## Organisers of future IOF events appointed

The XXV General Assembly appointed Italy organiser of the World Orienteering Championships and World Trail Orienteering Championships 2014. The events will be held in the Asiago-Lavarone highlands in Northern Italy.

Estonia was appointed organiser of the World Mountain Bike Orienteering Championships and Junior World Mountain Bike Orienteering Championships 2013.

The IOF Council appointed Great Britain organiser of the World Trail Orienteering Championships 2012. The World Trail Orienteering Championships will be staged in Scotland in early summer 2012.

## Barbados IOF member No. 71

The XXV IOF General Assembly, held on 13 August 2010 at the time of the World Orienteering Championships in Trondheim, Norway, endorsed the IOF Council's decision to approve Barbados as a member. The IOF now has 71 member federations.

## IOF Council elections

At the XXV IOF General Assembly, Åke Jacobson (SWE) was re-elected President of the International Orienteering Federation for the Congress period 2010–2012. Leho Haldna (EST), Brian Porteous (GBR) and Marcel Schiess (SUI) were elected Vice Presidents. Michael Dowling (AUS), Vincent Frey (FRA), Jaeyoung 'Eliot' Lee (KOR), Timo Ritakallio (FIN),

Astrid Waaler Kaas (NOR), Maria Silvia Viti (ITA), and Laszlo Zentai (HUN) were appointed Council members. The retiring IOF Senior Vice President Hugh Cameron (AUS) was appointed Honorary Member of the IOF.

## One membership class

The General Assembly approved proposed amendments to the IOF Statutes. The IOF now has only one membership class. Provisional members have the same rights as members except that they may not vote at the General Assembly, nor nominate candidates for Council. All member federations can compete in all IOF events, including World Championships.

## Continued support for strong IOF participation in World Masters Games

Orienteering is currently included in the programmes of the World Games and the World Masters Games. The presence of the IOF in these two multi-sport Games has improved credibility and recognition for orienteering on the world sporting stage. The General Assembly confirmed the current policy of organising the World Masters Orienteering Championships in conjunction with the World Masters Games every fourth year.







## A project to develop future World Orienteering Championships

After the General Assembly in Prostějov, Czech Republic in 2008, an Evaluation of Elite Events project was launched. An extensive survey of opinions on Elite Events Programme was carried out online in 2009. The survey included 35 questions and got 466 replies from 42 nations in all 6 IOF Regions. Most replies - 55 % - came from athletes. The results were presented at the Presidents' Conference in 2009.

Based on the survey answers, the IOF Council presented guiding principles for a new World Orienteering Championships programme at the General Assembly in Trondheim, Norway in August 2010. The three guiding principles were: the programme should diversify, the World Championships week should remain within eight days, and a new relay should be introduced.

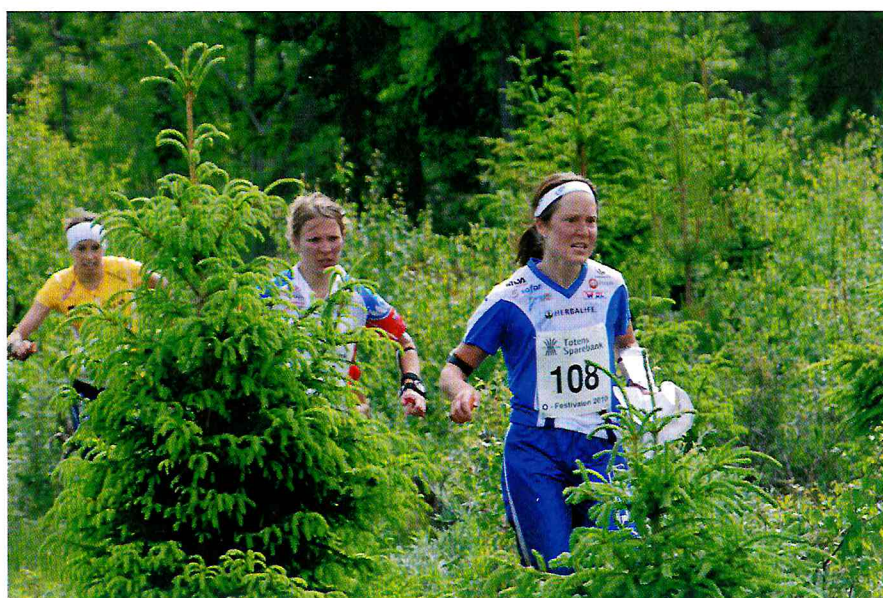
A project group has now been set up to develop a new detailed programme for the World Orienteering Championships. A draft programme is going to be presented at the Presidents' Conference in France in August 2011.

## Gueorgiou, Nordberg and Smola awarded International Fair Play Diploma of Honour

The athletes Thierry Gueorgiou (FRA), Anders Nordberg (NOR) and Michal Smola (CZE) were recognised by the International Committee for Fair Play for their sportsmanship during the World Orienteering Championships relay in Hungary in 2009. The three athletes were fighting for gold medal on the last leg in the World Championships relay, but sacrificed their own and their nation's medal possibilities when stopping to assist an injured fellow competitor.

Gueorgiou, Nordberg and Smola received the Fair Play Diploma in the category Act of Fair Play.

The International Committee for Fair Play is an international non-governmental organisation recognised by the International Olympic Committee. The goal of the International Committee for Fair Play (CIFP) is the world-wide defence and promotion of fair play.



## MEETINGS

### IOF Presidents' Conference

18 August 2011, in conjunction with the World Orienteering Championships in Savoie, FRA

### IOF General Assembly

July 2012, in conjunction with the World Orienteering Championships in Lausanne, SUI

### IOF Council

21–23 January 2011, Helsinki, FIN  
(Council and Commissions)

6–7 May 2011, Helsinki, FIN

13–20 August 2011, in conjunction with the World Orienteering Championships in Savoie, FRA



## World Events

### 2011

Junior World Ski Orienteering Championships  
31 January – 6 February, Lillehammer, NOR

World Masters Ski Orienteering Championships  
31 January – 6 February, Lillehammer, NOR

World Ski Orienteering Championships  
20–28 March, Tännadalen, SWE

Mountain Bike Orienteering World Cup  
1st Round, 15–17 April, Tapolca, HUN

World Masters Mountain Bike Orienteering Championships  
17–21 June, Dalarna, SWE

Mountain Bike Orienteering World Cup  
2nd Round, 17–21 June, Dalarna, SWE

Orienteering World Cup, 1<sup>st</sup> Round  
(Nordic Orienteering Tour)  
16–25 June, FIN, SWE, NOR

World Masters Orienteering Championships  
28 June – 10 July, Pecs, HUN

Junior World Orienteering Championships  
2–9 July, Wejherowo, POL

World Orienteering Championships  
13–20 August, Savoie, FRA

Orienteering World Cup, 2<sup>nd</sup> Round  
13–20 August, Savoie, FRA

World Trail Orienteering Championships  
13–20 August, Savoie, FRA

World Mountain Bike Orienteering Championships  
20–28 August, Vicenza, Veneto, ITA

Mountain Bike Orienteering World Cup  
3<sup>rd</sup> Round  
20–28 August, Vicenza, Veneto, ITA

Junior World Mountain Bike Orienteering Championships  
20–28 August, Vicenza, Veneto, ITA

Mountain Bike Orienteering World Cup  
4<sup>th</sup> Round  
19–23 September, Leningrad region, RUS

Orienteering World Cup, 3<sup>rd</sup> Round  
24–25 September, Liberec, CZE

Orienteering World Cup, 4<sup>th</sup> Round  
1–2 October, SUI

### 2012

Orienteering World Cup, 1<sup>st</sup> Round  
6–7 April, FRA

Orienteering World Cup, 2<sup>nd</sup> Round  
14–20 May, Falun and Mora, SWE

Orienteering World Cup, 3<sup>rd</sup> Round  
23–24 June, SUI

World Orienteering Championships  
14–21 July, Lausanne, SUI

Orienteering World Cup, 4<sup>th</sup> Round  
14–21 July, Lausanne, SUI

World Mountain Bike Orienteering Championships  
19–25 August, Veszprem, HUN

Junior World Mountain Bike Orienteering Championships  
19–25 August, Veszprem, HUN

World Masters Orienteering Championships  
1–8 July, Bad Harzburg, GER

Junior World Orienteering Championships  
7–14 July, Kosice, SVK

Orienteering World Cup, 5<sup>th</sup> Round  
(Nordic Orienteering Tour)  
*Dates to be confirmed*, NOR, SWE, FIN

World Trail Orienteering Championships  
*Dates to be confirmed*, GBR

### 2013

World Orienteering Championships  
7–14 July, Vuokatti, FIN

World Trail Orienteering Championships  
7–14 July, Vuokatti, FIN

World Masters Orienteering Championships  
August, Turin, ITA

The World Games  
25 July – 4 August, Cali, COL

World Mountain Bike Orienteering Championships  
*Dates to be confirmed*, West-Viru, EST

Junior World Mountain Bike Orienteering Championships  
*Dates to be confirmed*, West-Viru, EST

Junior World Orienteering Championships  
*Dates to be confirmed*, CZE

### 2014

World Orienteering Championships  
*Dates to be confirmed*, Trentino, ITA

World Trail Orienteering Championships  
*Dates to be confirmed*, Trentino, ITA

## Regional Events

### 2011

European Ski Orienteering Championships  
31 January – 6 February, Lillehammer, NOR

European Youth Ski Orienteering Championships  
31 January – 6 February, Lillehammer, NOR

European Mountain Bike Orienteering Championships  
19–23 September, Leningrad region, RUS

European Youth Orienteering Championships  
23–26 June, Jindrichuv Hradec, CZE

Oceania Orienteering Championships  
1–7 October, Victoria & New South Wales, AUS

### 2012

European Orienteering Championships  
14–20 May, Falun and Mora, SWE

European Trail Orienteering Championships  
*Dates to be confirmed*, Falun and Mora, SWE

Asian Orienteering Championships  
*Dates to be confirmed*, CHN

European Ski Orienteering Championships  
*Dates to be confirmed*, RUS

European Youth Ski Orienteering Championships  
*Dates to be confirmed*, RUS

European Youth Orienteering Championships  
*Dates to be confirmed*, FRA

North American Orienteering Championships  
*Dates to be confirmed*, USA

### 2013

Oceania Orienteering Championships  
*Dates to be confirmed*, NZL



# Junior World Ski Orienteering Championships

MIERCUREA CIUC, ROMANIA,  
8–15 FEBRUARY 2010

## Sprint

### Women

1) Maria Nordström SWE 13:19, 2) Marie Asprusten NOR 13:30, 3) Anastasiya Svir RUS 13:45, 4) Milka Leppäsalmi FIN 13:58, 5) Zuzana Kubatova CZE 14:14, 6) Magdalena Olsson SWE 14:17, 7) Ekaterina Situkhina RUS 14:18, 8) Tamara Ezhkova RUS 14:29, 9) Anna Närhi FIN 14:31, 10) Maren Haverstad NOR 14:52, 11) Anna Ulvensøen NOR 15:01, 12) Mira Kaskinen FIN 15:04, 13) Eeva-Liisa Hakala FIN 15:07, 14) Barbro Kvåle NOR 15:08, 15) Tove Alexandersson SWE 15:14, 16) Isabelle Feer SUI 15:36, 17) Gabriele Keinaite LTU 15:37, 18) Rieke Bruns GER 15:40, 19) Anastasia Komarova RUS 15:44, 20) Cajsa Grape SWE 16:12, 21) Ekaterina Zakharova RUS 16:29, 22) Christina Lövald Helleberg SWE 16:48, 23) Marlene Habenicht AUT 17:15, 24) Katerina Neumannova CZE 17:24, 25) Kaisa Lyylyperä FIN 17:35, 26) Lucie Charvatova CZE 17:42, 27) Bente Rost SWE 17:43, 28) Michaela Kugler AUT 17:56, 29) Sonja Mörsky FIN 18:01, 30) Claudia Zanetel ITA 18:26.

### Men

1) Stepan Malinovskiy RUS 13:02, 2) Mikhail Utkin RUS 13:20, 3) Yury Yazykou BLR 13:20, 4) Rasmus Korvald Skaare NOR 13:29, 5) Vetle Ruud Bråten NOR 13:35, 6) Taneli Pantsar FIN 13:44, 7) Erik Blomgren SWE 13:56, 8) Yury Kazakov RUS 14:05, 9) Peter Sundelin FIN 14:10, 10) Tero Linnainmaa FIN 14:21, 11) Daniel Svensson SWE 14:24, 12) Antti Vainio FIN 14:31, 13) Eskil Kinneberg NOR 14:36, 14) Anton Sjökvist SWE 14:46, 15) Adam Karlsson SWE 14:52, 16) Lukas Havlicek CZE 14:55, 17) Andreas Holmberg SWE 15:01, 18) Maxim Trifonenkov RUS 15:06, 19) Mattis Jaama EST 15:07, 20) Philipp Kleger SUI 15:21, 21) Lauri Linnainmaa FIN 15:44, 22) Erim Podoljak RUS 15:50, 23) Federico Dapra ITA 15:53, 24) Juraj Sokol SVK 15:58, 25) Ondrej Kantor CZE 15:59, 26) Boyko Harizanov BUL 16:16, 27) Edgars Briconoks LAT 16:43, 28) Nils Schönerberger SUI 16:48, 29) Florian Flechsig GER 17:01, 30) Gergely Gond HUN 17:03.

## Middle distance

### Women

1) Barbro Kvåle NOR 37:11, 2) Marie Asprusten NOR 38:45, 3) Ekaterina Situkhina RUS 39:48, 4) Maren Haverstad NOR 40:04, 5) Tamara Ezhkova RUS 40:12, 6) Anna Ulvensøen NOR 40:19, 7) Mira Kaskinen FIN 40:34, 8) Isabelle Feer SUI 41:21, 9) Zuzana Kubatova CZE 41:23, 10) Tove Alexandersson SWE 41:41, 11) Magdalena Olsson SWE 41:44, 12) Cajsa Grape SWE 42:01, 13) Anastasiya Svir RUS 42:03, 14) Christina Lövald Helleberg SWE 42:14, 15) Anastasia Komarova RUS 42:20, 16) Sonja Mörsky FIN 42:57, 17) Bente Rost SWE 43:12, 18) Maria Nordström SWE 43:44, 19) Katerina Neumannova CZE 44:10, 20) Synne Baklid NOR 44:10, 21) Alina Sabirova RUS 44:29, 22) Magdalena Seifertova CZE 45:22, 23) Anna Närhi FIN 45:39, 24) Milka Leppäsalmi FIN 46:01, 25) Marta Ulvensøen NOR 46:34, 26) Elena Jagher ITA 46:41, 27) Kaisa Lyylyperä FIN 46:58, 28) Lucie Charvatova CZE 47:57, 29) Rieke Bruns GER 48:11, 30) Claudia Zanetel ITA 48:39.

### Men

1) Mikhail Utkin RUS 40:02, 2) Rasmus Korvald Skaare NOR 41:02, 3) Vetle Ruud Bråten NOR 41:03, 4) Maxim Trifonenkov RUS 41:09, 5) Yury Yazykou BLR 41:26, 6) Daniel Svensson SWE 41:42, 7) Stepan Malinovskiy RUS 41:51, 8) Yury Kazakov RUS 41:57, 9) Antti Vainio FIN 42:08, 10) Anton Sjökvist SWE 42:13, 11) Erik Blomgren SWE 43:05, 12) Taneli Pantsar FIN 43:08, 13) Lukas Havlicek CZE 43:18, 14) David Beijmer SWE 43:18, 15) Andreas Holmberg SWE 43:29, 16) Erim Podoljak RUS 44:05, 17) Pinat Minnullin RUS 44:15, 18) Tero Linnainmaa FIN 44:51, 19) Philipp Kleger SUI 45:17, 20) Mattis Jaama EST 45:50, 21) Peter Sundelin FIN 46:06, 22) Sander Linnus EST 46:21, 23) Lauri Linnainmaa FIN 47:54, 24) Tommi Reponen FIN 48:21, 25) Eirik Kamstrup Hovind NOR 48:23, 26) Boris Yosifov BUL 49:15, 27) Edgars Briconoks LAT 49:38, 28) Eskil Kinneberg NOR 50:13, 29) Nils Schönerberger SUI 50:21, 30) Sandro Truttmann SUI 50:34.

## Long distance

### Women

1) Barbro Kvåle NOR 1:11:11, 2) Maria Nordström SWE 1:12:34, 3) Marie Asprusten NOR 1:12:36, 4) Magdalena Olsson SWE 1:12:46, 5) Tove Alexandersson SWE 1:12:53, 6) Eeva-Liisa Hakala FIN 1:14:48, 7) Isabelle Feer SUI 1:14:57, 8) Christina Lövald Helleberg SWE 1:15:11, 9) Milka Leppäsalmi FIN 1:15:20, 10) Sonja Mörsky FIN 1:16:09, 11) Synne Baklid NOR 1:16:40, 12) Mira Kaskinen FIN 1:16:43, 12) Maren Haverstad NOR 1:16:43, 14) Cajsa Grape SWE 1:16:48, 15) Anna Närhi FIN 1:17:04, 16) Ekaterina Situkhina

RUS 1:17:44, 17) Anna Ulvensøen NOR 1:17:56, 18) Tamara Ezhkova RUS 1:18:06, 19) Marta Ulvensøen NOR 1:19:16, 20) Katerina Neumannova CZE 1:19:52, 21) Anastasiya Svir RUS 1:20:00, 22) Ekaterina Zakharova RUS 1:21:00, 23) Marlene Habenicht AUT 1:21:08, 24) Zuzana Kubatova CZE 1:21:29, 25) Tatyana Miftakhova RUS 1:21:33, 26) Bente Rost SWE 1:21:35, 27) Sarah Kleger SUI 1:22:58, 28) Magdalena Seifertova CZE 1:22:59, 29) Elena Jagher ITA 1:24:50, 30) Anastasia Komarova RUS 1:25:39.

### Men

1) Mikhail Utkin RUS 1:21:36, 2) Anton Sjökvist SWE 1:22:02, 3) David Beijmer SWE 1:22:39, 4) Eskil Kinneberg NOR 1:23:56, 5) Yury Yazykou BLR 1:24:06, 5) Stepan Malinovskiy RUS 1:24:06, 7) Daniel Svensson SWE 1:24:11, 8) Vetle Ruud Bråten NOR 1:24:32, 9) Maxim Trifonenkov RUS 1:24:45, 10) Yury Kazakov RUS 1:24:51, 11) Rasmus Korvald Skaare NOR 1:24:59, 12) Erik Blomgren SWE 1:25:19, 13) Erim Podoljak RUS 1:26:04, 14) Peter Sundelin FIN 1:26:31, 15) Taneli Pantsar FIN 1:28:11, 16) Lauri Linnainmaa FIN 1:28:25, 17) Adam Karlsson SWE 1:28:27, 18) Artem Siraev RUS 1:28:48, 19) Andreas Holmberg SWE 1:29:45, 20) Tommi Reponen FIN 1:30:02, 21) Tero Linnainmaa FIN 1:32:38, 22) Mattis Jaama EST 1:32:47, 23) Philipp Kleger SUI 1:33:13, 24) Lukas Havlicek CZE 1:35:19, 25) Edgars Briconoks LAT 1:35:24, 26) Ondrej Kantor CZE 1:35:57, 27) Eirik Kamstrup Hovind NOR 1:36:07, 28) Juraj Sokol SVK 1:37:20, 29) Sven Aschwan- den SUI 1:37:55, 30) Federico Dapra ITA 1:38:13.

## Relay

### Women

1) Sweden 1:15:02 (Magdalena Olsson, Tove Alexandersson, Maria Nordström), 2) Russia 1:19:02 (Anastasiya Svir, Tamara Ezhkova, Ekaterina Situkhina), 3) Norway 1:19:57 (Maren Haverstad, Marie Asprusten, Barbro Kvåle), 4) Finland 1:22:00 (Milka Leppäsalmi, Sonja Mörsky, Mira Kaskinen), 5) Czech Republic 1:27:03 (Johanka Simkova, Katerina Neumannova, Zuzana Kubatova), 6) Switzerland 1:27:23 (Isabelle Feer, Veronique Ruppenthal, Sarah Kleger), 7) Estonia 1:34:37 (Piret Parnik, Daisy Kudre, Evelyn Kaasiku), 8) Austria 1:36:24 (Marlene Habenicht, Michaela Kugler, Anna Nilsson Simkovics), 9) Italy 1:38:26 (Elena Jagher, Claudia Zanetel, Camilla Casserotti), 10) Romania 1:53:19 (Anca Tetisan, Madalina Emilia Horvath, Teodora Roman).

### Men

1) Sweden 1:30:31 (Anton Sjökvist, Erik Blomgren, Daniel Svensson), 2) Norway 1:31:07 (Eskil Kinneberg, Rasmus Korvald Skaare, Vetle Ruud Bråten), 3) Finland 1:33:55 (Antti Vainio, Peter Sundelin, Taneli Pantsar), 4) Russia 1:34:34



(Maxim Trifonenkov, Stepan Malinovskiy, Mikhail Utkin), 5) Switzerland 1:47:06 (Philipp Kleger, Sandro Truttmann, Nils Schönenberger), 6) Czech Republic 1:51:05 (Lukas Havlicek, Ondrej Kantor, Michal Argalas), 7) BLR 1:54:10 (Dmitry Zakharenka, Yuri Yazykou, Pavel Karzhou), 8) Latvia 1:56:13 (Nauris Neimanis, Nauris Raize, Edgars Briconoks), 9) Romania 1:59:23 (Cristian Brezian, Ionut Indreac, Vasile Hreniuc), 10) Austria 2:02:05 (Adrian Wickert, Simon Kugler, Tobias Habenicht).

## World Masters Ski Orienteering Championships

**MIERCUREA CIUC, ROMANIA,  
11–13 FEBRUARY 2010**

W35

1) Agnes Simon HUN 2:35:48, 2) Ursi Ruppenthal SUI 2:43:11, 3) Veronica Minoiu ROU 2:59:11.

W40

1) Maarit Dahlman-Tervala FIN 2:02:54, 2) Eija Hannuksela FIN 2:13:14, 3) Ulla Silventoinen FIN 2:14:15.

W45

1) Galina Kornilova KAZ 2:15:45, 2) Johanna Gustafsson FIN 2:15:56, 3) Victoria Fershalova RUS 2:37:44.

W50

1) Anne Pelto-Huikko FIN 2:02:23, 2) Kirsi Kihlström FIN 2:08:39, 3) Päivi Raatikainen FIN 2:42:14.

W55

1) Irina Stepanova RUS 1:55:13, 2) Marja Suomalainen FIN 1:57:36, 3) Tatiana Barsukova RUS 2:01:03.

W60

1) Ritva Halme FIN 1:28:21, 2) Tamara Bortnovskaya RUS 1:33:28, 3) Elena Rusanova RUS 1:59:35.

W65

1) Galina Vershinina RUS 1:14:33, 2) Rauni Muikku FIN 1:20:04, 3) Tuula Varis FIN 1:33:28.

W70

1) Pirkko Tahvanainen FIN 81:40, 2) Eila Pekkarinen FIN 1:40:40.

W75

1) Aune Jalava FIN 2:58:18.

W80

1) Saara Koivunen FIN 1:34:38.

M35

1) Andrey Shvedov RUS 2:35:40, 2) Istvan Sebestyen ROU 3:04:27, 3) Jari Hannuksela FIN 3:07:13.

M40

1) Viktors Lescovs LAT 2:19:05, 2) Antti Virtanen FIN 2:19:52, 3) Janis Lazdans LAT 2:38:47.

M45

1) Seppo Mäkinen FIN 2:00:25, 2) Olli Savikko FIN 2:10:23, 3) Max Habenicht AUT 2:29:21.

M50

1) Juhani Jetsonen FIN 1:56:11, 2) Pasi Martikainen FIN 2:09:33, 3) Heikki Peltonen FIN 2:12:55.

M55

1) Jarmo Vainio FIN 2:30:59, 2) Markku Leinonen FIN 2:33:23, 3) Anatoli Labanouski BLR 2:43:29.

M60

1) Risto Orpana FIN 2:00:55, 2) Teuvo Lehtinen FIN 2:02:23, 3) Heikki Saarinen FIN 2:10:27.

M65

1) Pertti Nyberg FIN 1:54:49, 2) Mauno Hanhela FIN 1:55:18, 3) Markku Tunturi FIN 2:14:17.

M70

1) Helmut Conrad GER 1:29:00, 2) Victor Yarkov RUS 1:40:13, 3) Birger Lundberg SWE 1:41:56.

M75

1) Arvo Mikkonen FIN 1:20:39, 2) Paavo Pystynen FIN 1:26:48, 3) Pauli Heimala FIN 2:03:32.

M80

1) Kyösti Jäppinen FIN 1:22:49.

## World Masters Mountain Bike Orienteering Championships

**GDANSK, POLAND,  
3–6 JUNE 2010**

### 3-day event

W40

1) Sarah Bayliss GBR 3:41:19, 2) Sylvia Thomas GER 3:56:03, 3) Dainora Samcenkiene LTU 4:38:48.

W50

1) Charlie Somers Cocks GBR 2:35:50, 2) Ursula Hausermann SUI 2:49:09, 3) Bente Madsen DEN 3:05:14.

M40

1) Mika Tervala FIN 3:08:54, 2) Alar Viitmaa EST 3:18:27, 3) Dietmar Dorfler AUT 3:23:51.

M50

1) Harald Männel GER 3:26:15, 2) Tamas Janko HUN 3:35:58, 3) Tony Brand-Barker GBR 3:44:05.

M60

1) Risto Orpana FIN 2:55:50, 2) Keld Johnsen DEN 3:06:30, 3) Stanislaw Kruczek POL 3:25:49.

M70

1) Ryszard Bykowski POL 2:58:53, 2) Herluf Jensen DEN 4:00:06, 3) Mieczyslaw Zielczynski POL 5:05:09.

## Junior World Orienteering Championships

**AALBORG, DENMARK,  
4–10 JULY 2010**

### Sprint

#### Women

1) Ida Bobach DEN 13:36, 2) Hanna Wisniewska POL 14:00, 3) Monika Gajda POL 14:03, 4) Tereza Novotna CZE 14:09, 5) Stine Bagger Hagner DEN 14:11, 6) Tove Alexandersson SWE 14:24, 7) Anastasia Trubkina RUS 14:27, 8) Venla Niemi FIN 14:32, 9) Emeli Pettersson SWE 14:40, 10) Lilian Forsgren SWE 14:41, 11) Sophie Tritschler SWE 14:45, 12) Sarina Jenzer SWE 14:45, 13) Therese Klintberg SWE 14:47, 13) Ingjerd Myhre NOR 14:47, 13) Julia Gross SUI 14:47, 16) Anastasia Tikhonova RUS 14:49, 17) Gøril Rønning Sund NOR 14:53, 17) Angela Simpson NZL 14:53, 19) Maren Haverstad NOR 14:54, 20) Sari Anttonen FIN 14:56, 21) Natalia Vinogradova RUS 14:57, 22) Johanna Olsson SWE 14:59, 23) Ausrine Kutkaite LTU 15:02, 24) Alina Sabirova RUS 15:14, 25) Tytti Kirvesmies FIN 15:17, 26) Signe Klinting DEN 15:18, 27) Laura Robertson NZL 15:25, 28) Adela Indrakova CZE 15:27, 28) Rebecca Harding GBR 15:27, 30) Mira Kaskinen FIN 15:29.

#### Men

1) Rasmus Thrane Hansen DEN 13:04, 2) Kristian Jones GBR 13:23, 3) Vegard Danielsen NOR 13:25, 3) Jonas Leandersson SWE 13:25, 5) Johan Runesson SWE 13:32, 6) Gustav Bergman SWE 13:35, 7) Olle Boström SWE 13:45, 8) Matthias Kyburz SUI 13:46, 8) Søren Schwartz Sørensen DEN 13:46, 10) Andreas Hougaard Boesen DEN 13:47, 11) Antti Vainio FIN 13:50, 12) Albin Ridefelt SWE 13:51, 13) Milos Nykodym CZE 13:54, 13) Lucas Basset FRA 13:54, 15) Alasdair McLeod GBR 13:59, 16) Antonio Martinez Perez ESP 14:00, 17) Robert Merl AUT 14:03, 18) Andreu Blanes Reig ESP 14:04, 18) Ralph Street GBR 14:04, 20) Yannick Michiels BEL 14:05, 21) Eskil Kinneberg NOR 14:08, 21) Lauri Sild EST 14:08, 23) Gaute Hallan Steiwer NOR 14:10, 24) Rasmus Andersson SWE 14:15, 25) Celestin Crespin FRA 14:18, 26) Jan Petrzela CZE 14:19, 26) Marius Thrane Ødum DEN 14:19, 28) Pavel Kubat CZE 14:22, 28) Rasmus Korvald Skaare NOR 14:22, 28) Theo Fleurent FRA 14:22.



**Middle distance****Women**

1) Tove Alexandersson SWE 25:35, 2) Lilian Forsgren SWE 26:10, 3) Sarina Jenzer SUI 26:51, 4) Signe Klinting DEN 27:49, 5) Emma Klingenberg DEN 27:56, 6) Natalia Vinogradova RUS 27:59, 7) Sari Anttonen FIN 28:00, 8) Stine Bagger Hagner DEN 28:13, 9) Ingjerd Myhre NOR 28:20, 10) Maren Haverstad NOR 28:24, 11) Mira Kaskinen FIN 28:32, 12) Johanna Olsson SWE 28:40, 13) Emily Kemp CAN 28:49, 14) Anastasia Trubkina RUS 28:50, 15) Anna Bachman SWE 28:55, 16) Julia Gross SUI 29:04, 17) Ausrine Kutkaite LTU 29:27, 18) Anastasia Tikhonova RUS 29:34, 19) Venla Niemi FIN 29:35, 20) Mairead Rocke GBR 29:45, 21) Isabelle Feer SUI 29:48, 22) Sophie Tritschler SUI 29:51, 23) Hanna Wisniewska POL 30:30, 24) Therese Klintberg SWE 30:32, 25) Fiona Kirk SUI 30:33, 26) Alina Sabirova RUS 30:37, 27) Tereza Novotna CZE 30:40, 28) Mari Jevne Arnesen NOR 30:46, 29) Jana Knapova CZE 30:46, 30) Vera Müllerova CZE 30:52.

**Men**

1) Gaute Hallan Steiwer NOR 23:44, 2) Jonas Leandersson SWE 24:53, 3) Olle Boström SWE 25:10, 4) Gustav Bergman SWE 25:13, 5) Albin Ridefelt SWE 25:25, 6) Rasmus Thrane Hansen DEN 25:26, 7) Ralph Street GBR 25:27, 8) Robert Merl AUT 25:39, 9) Søren Schwartz Sørensen DEN 25:43, 10) Florian Howald SUI 25:50, 11) Lucas Basset FRA 25:51, 12) Andreu Blanes Reig ESP 25:55, 13) Johan Runesson SWE 25:59, 14) Rafal Podzinski POL 26:23, 15) Rasmus Korvald Skaare NOR 26:44, 16) Marius Thrane Ødum DEN 26:49, 17) Matthias Kyburz SUI 26:53, 18) Dmitry Nakonechny RUS 27:09, 19) Rasmus Andersson SWE 27:25, 20) Lauri Sild EST 27:26, 21) Eskil Kinneberg NOR 27:31, 22) Einari Heinaro FIN 27:33, 23) Bartosz Pawlak POL 27:36, 24) Andreas Hougaard Boesen DEN 27:48, 25) Christoph Prunsche GER 27:55, 26) Nicolai Stucki SUI 28:16, 27) Vetle Ruud Bråten NOR 28:26, 28) Yngve Skogstad NOR 28:39, 29) Oskari Mikkola FIN 29:09, 30) Theo Fleurent FRA 29:10.

**Long distance****Women**

1) Ida Bobach DEN 1:01:55, 2) Therese Klintberg SWE 1:03:46, 3) Sari Anttonen FIN 1:04:24, 4) Signe Klinting DEN 1:05:45, 5) Monika Gajda POL 1:05:50, 6) Fiona Kirk SUI 1:06:00, 7) Hanna Wisniewska POL 1:06:11, 8) Bettina Aebi SUI 1:06:14, 9) Tove Alexandersson SWE 1:06:45, 10) Venla Niemi FIN 1:06:54, 11) Sophie Tritschler SUI 1:06:57, 12) Julia Gross SUI 1:07:13, 13) Perrine Obstetar FRA 1:07:23, 14) Emma Klingenberg DEN 1:07:36, 15) Tereza Novotna CZE 1:07:56, 16) Linn Hokholt NOR 1:08:22, 17) Maren

Haverstad NOR 1:08:28, 18) Ausrine Kutkaite LTU 1:09:08, 19) Sarina Jenzer SUI 1:09:35, 19) Mari Jevne Arnesen NOR 1:09:35, 21) Ingjerd Myhre NOR 1:09:55, 22) Emeli Pettersson SWE 1:10:22, 23) Tekle Emilija Gvildyte LTU 1:10:47, 24) Ieva Brice LAT 1:10:56, 25) Isabelle Feer SUI 1:11:03, 26) Anastasia Trubkina RUS 1:11:16, 27) Anna Bachman SWE 1:11:38, 28) Lilian Forsgren SWE 1:11:48, 29) Vera Müllerova CZE 1:12:46, 30) Ellu Munukka FIN 1:12:59.

**Men**

1) Pavel Kubat CZE 1:18:48, 2) Johan Runesson SWE 1:19:32, 3) Matthias Kyburz SUI 1:20:48, 4) Eskil Kinneberg NOR 1:20:58, 5) Rasmus Thrane Hansen DEN 1:22:09, 6) Olle Boström SWE 1:22:41, 7) Gustav Bergman SWE 1:22:46, 8) Lauri Sild EST 1:23:34, 9) Florian Howald SUI 1:23:46, 10) Antti Vainio FIN 1:24:16, 11) Kenny Kivikas EST 1:24:39, 12) Milos Nykodym CZE 1:25:24, 13) Ralph Street GBR 1:25:28, 14) Mykola Fodchuk UKR 1:25:48, 15) Søren Schwartz Sørensen DEN 1:26:13, 16) Nicolai Stucki SUI 1:27:06, 17) Celestin Crespin FRA 1:28:53, 18) Lucas Basset FRA 1:28:58, 19) Marius Thrane Ødum DEN 1:29:19, 20) Andreu Blanes Reig ESP 1:29:25, 21) Yannick Michiels BEL 1:29:41, 22) Vegard Danielsen NOR 1:29:56, 23) Theo Fleurent FRA 1:30:17, 24) Jan Petrzela CZE 1:30:31, 25) Raido Mitts EST 1:30:32, 26) Rafal Podzinski POL 1:30:34, 27) Vetle Ruud Bråten NOR 1:30:43, 28) Andris Kivlenieks LAT 1:30:44, 29) Oskari Mikkola FIN 1:30:50, 30) Otto Simosas FIN 1:31:00.

**Relay****Women**

1) Denmark 2:02:20 (Emma Klingenberg, Ida Bobach, Signe Klinting), 2) Czech Republic 2:05:32 (Denisa Kosova, Jana Knapova, Tereza Novotna), 3) Russia 2:06:00 (Natalia Vinogradova, Anastasia Tikhonova, Anastasia Trubkina), 4) Poland 2:06:34 (Paulina Faron, Monika Gajda, Hanna Wisniewska), 5) Sweden 2:08:21 (Emeli Pettersson, Therese Klintberg, Tove Alexandersson), 6) Finland 2:11:05 (Sari Anttonen, Mira Kaskinen, Venla Niemi), 7) Norway 2:11:38 (Ingjerd Myhre, Maren Haverstad, Mari Jevne Arnesen), 8) Lithuania 2:14:37 (Tekle Emilija Gvildyte, Ausrine Kutkaite, Ona Jaugelaite), 9) Great Britain 2:14:50 (Rebecca Harding, Mairead Rocke, Hazel Wright), 10) France 2:26:55 (Perrine Obstetar, Margaux Vassy, Alizée Gaillard).

**Men**

1) Norway 2:20:44 (Gaute Hallan Steiwer, Eskil Kinneberg, Vegard Danielsen), 2) Sweden 2:21:48 (Olle Boström, Gustav Bergman, Johan Runesson), 3) Denmark 2:26:13 (Andreas Hougaard Boesen, Marius Thrane Ødum, Rasmus Thrane Hansen), 4) Switzerland 2:27:19 (Nicolai Stucki, Matthias Kyburz, Florian Howald), 5) Poland

2:29:03 (Rafal Podzinski, Michal Olejnik, Bartosz Pawlak), 6) Czech Republic 2:29:57 (Jan Petrzela, Milos Nykodym, Pavel Kubat), 7) Austria 2:32:22 (Helmut Gremmel, Robert Merl, Simon Arbter), 8) Great Britain 2:34:31 (Kristian Jones, Alasdair McLeod, Ralph Street), 9) Finland 2:36:49 (Oskari Mikkola, Otto Simosas, Antti Vainio), 10) Russia 2:37:10 (Ivan Potylitsyn, Mikhail Perelygin, Mikhail Petrov).

## World Mountain Bike Orienteering Championships

**MONTALEGRE, PORTUGAL,  
11–17 JULY 2010**

**Sprint****Women**

1) Anna Kaminska POL 21:25, 2) Christine Schaffner SUI 21:27, 3) Martina Tichovská CZE 22:04, 4) Gaëlle Barlet FRA 22:31, 5) Hana Bajtosová SVK 22:50, 6) Rikke Kornvig DEN 22:56, 7) Karolina Mickeviciute LTU 22:59, 8) Anke Dannowski GER 23:08, 9) Ekaterina Kononova RUS 23:09, 10) Hana Dolezalová CZE 23:23, 11) Emily Benham GBR 23:27, 12) Anna Telyakevych UKR 23:27, 13) Anna Füzy HUN 23:49, 14) Hana La Carbonara CZE 24:00, 15) Ursina Jäggi SUI 24:03, 16) Marika Hara FIN 24:11, 17) Maja Rothweiler SUI 24:26, 18) Susana Pontes POR 24:29, 19) Stanislava Fajtová SVK 24:31, 20) Madeleine Kammerer FRA 24:36, 21) Maret Vaher EST 24:42, 22) Sonja Zinkl AUT 24:56, 23) Sakiko Miyauchi JPN 25:05, 24) Ramune Arlauskienė LTU 25:05, 25) Alena Durcová SVK 25:23, 26) Renata Paulíková CZE 25:27, 27) Kaisa Pirkonen FIN 25:30, 28) Melanie Simpson AUS 25:47, 29) Ingrid Stengård FIN 25:55, 30) Milena Cipriani ITA 26:05.

**Men**

1) Adrian Jackson AUS 22:08, 2) Tonis Erm EST 22:26, 3) Anton Foliforov RUS 22:30, 4) Jussi Laurila FIN 22:42, 5) Erik Skovgaard Knudsen DEN 23:14, 6) Frantisek Bogar CZE 23:24, 6) Victor Korchagin RUS 23:24, 8) Beat Schaffner SUI 23:32, 9) Yoann Garde FRA 23:35, 10) Tobias Breitschädel AUT 23:44, 11) Daniel Marques POR 23:45, 12) Pavol Paprcka SVK 23:47, 13) Radek Laciga CZE 24:00, 14) Lasse Brun Pedersen DEN 24:01, 15) Juho Saarinen FIN 24:13, 16) Jiri Hradil CZE 24:15, 17) Matthieu Barthélémy FRA 24:18, 18) Clément Souvray FRA 24:25, 19) Bjarke Refslund DEN 24:27, 20) Ruslan Gritsan RUS 24:29, 21) Lauri Malsroos EST 24:33, 22) Steven Cusworth AUS 24:45, 22) Samuli Saarela FIN



24:45, 24) Regimantas Kavaliauskas LTU 24:47, 25) Beat Oklé SUI 24:53, 26) Matús Trnovec SVK 24:59, 27) Luca Dallavalle ITA 25:06, 28) Michael Sommer DEN 25:07, 29) Stéfane Toussaint FRA 25:18, 30) Valeriy Gluhov RUS 25:21.

### Middle distance

#### Women

1) Michaela Gigon AUT 1:00:39, 2) Rikke Kornvig DEN 1:01:12, 3) Marika Hara FIN 1:01:53, 4) Anna Kaminska POL 1:02:45, 5) Christine Schaffner SUI 1:02:56, 6) Anke Dannowski GER 1:03:26, 7) Line Brun Stallknecht DEN 1:03:40, 8) Ingrid Stengård FIN 1:04:09, 9) Madeleine Kammerer FRA 1:04:25, 10) Ramune Arlauskienė LTU 1:04:38, 11) Martina Tichovská CZE 1:04:57, 12) Maja Rothweiler SUI 1:05:33, 13) Susanna Laurila FIN 1:05:35, 14) Sakiko Miyauchi JPN 1:05:39, 15) Kaisa Pirkonen FIN 1:05:54, 16) Karolina Mickeviciute LTU 1:06:14, 17) Nadia Mikryukova RUS 1:06:23, 18) Sonja Zinkl AUT 1:06:41, 19) Marie Hrdinová CZE 1:07:03, 20) Ursina Jäggi SUI 1:07:11, 21) Emily Benham GBR 1:08:02, 22) Anna Telyakevych UKR 1:08:16, 23) Renata Paulíková CZE 1:08:28, 24) Ann-Dorthe Lisbygd DEN 1:08:54, 25) Melanie Simpson AUS 1:09:32, 26) Ksenia Chernykh RUS 1:10:11, 27) Mary Fien AUS 1:10:13, 28) Stanislava Fajtová SVK 1:11:07, 29) Valérie Bazaud FRA 1:11:28, 30) Hana Bajtosová SVK 1:11:36.

#### Men

1) Samuli Saarela FIN 1:06:34, 2) Adrian Jackson AUS 1:07:14, 3) Luca Dallavalle ITA 1:10:02, 4) Ruslan Gritsan RUS 1:10:10, 5) Valeriy Gluhov RUS 1:10:33, 6) Clément Souvray FRA 1:10:44, 7) Beat Schaffner SUI 1:10:45, 8) Anton Foliforov RUS 1:10:47, 9) Matthieu Barthélémy FRA 1:11:15, 10) Giaime Origgi ITA 1:11:44, 11) Jiri Hradil CZE 1:12:08, 12) Davide Machado POR 1:12:33, 13) Simon Seger SUI 1:13:47, 14) Maxim Zhurkin RUS 1:13:54, 15) Bernhard Schachinger AUT 1:13:58, 16) Tobias Breitschädel AUT 1:13:59, 17) Stéfane Toussaint FRA 1:14:00, 18) Jaroslav Rygl CZE 1:14:04, 19) Daniel Marques POR 1:14:11, 20) Jussi Laurila FIN 1:14:26, 21) Alex Randall AUS 1:15:07, 22) Yoann Garde FRA 1:15:14, 23) Radek Laciga CZE 1:15:15, 24) Beat Oklé SUI 1:15:53, 25) Steven Cusworth AUS 1:16:44, 26) Victor Korchagin RUS 1:16:49, 27) Tuukka Turkka FIN 1:17:27, 28) Frantisek Bogar CZE 1:17:45, 29) Juho Saarinen FIN 1:18:27, 30) Elmeri Juura FIN 1:18:30.

### Long distance

#### Women

1) Christine Schaffner SUI 1:54:05, 2) Ksenia Chernykh RUS 1:56:42, 3) Marika Hara FIN 2:01:13, 4) Rikke Kornvig DEN 2:02:02, 5) Maja

Rothweiler SUI 2:04:09, 6) Michaela Gigon AUT 2:04:36, 7) Hana La Carbonara CZE 2:05:36, 7) Anna Kaminska POL 2:05:36, 9) Sonja Zinkl AUT 2:06:29, 10) Ramune Arlauskienė LTU 2:06:36, 11) Madeleine Kammerer FRA 2:07:28, 12) Ingrid Stengård FIN 2:07:50, 13) Hana Bajtosová SVK 2:08:19, 14) Martina Tichovská CZE 2:09:18, 15) Barbora Chudíková CZE 2:09:54, 16) Renata Paulíková CZE 2:10:37, 17) Ann-Dorthe Lisbygd DEN 2:11:22, 18) Line Brun Stallknecht DEN 2:11:27, 19) Kaisa Pirkonen FIN 2:12:56, 20) Melanie Simpson AUS 2:14:04, 21) Sakiko Miyauchi JPN 2:14:17, 22) Anna Füzy HUN 2:15:32, 23) Susanna Laurila FIN 2:15:40, 24) Anke Dannowski GER 2:15:47, 25) Karolina Mickeviciute LTU 2:16:35, 26) Maret Vaher EST 2:17:40, 27) Ursina Jäggi SUI 2:17:41, 28) Mary Fien AUS 2:18:45, 29) Corinne Hess SUI 2:19:47, 30) Rita Madaleno POR 2:20:04.

#### Men

1) Anton Foliforov RUS 1:53:02, 2) Adrian Jackson AUS 1:55:05, 3) Erik Skovgaard Knudsen DEN 1:56:03, 4) Jiri Hradil CZE 1:58:40, 5) Lasse Brun Pedersen DEN 1:59:18, 6) Clément Souvray FRA 2:00:04, 7) Davide Machado POR 2:00:27, 8) Luca Dallavalle ITA 2:00:33, 9) Maxim Zhurkin RUS 2:00:37, 10) Ruslan Gritsan RUS 2:01:09, 11) Marek Pospíšek CZE 2:01:17, 12) Beat Schaffner SUI 2:01:24, 13) Valeriy Gluhov RUS 2:01:41, 14) Beat Oklé SUI 2:01:57, 15) Juho Saarinen FIN 2:03:32, 16) Samuli Saarela FIN 2:03:50, 17) Andreas Rief AUT 2:04:45, 18) Radek Laciga CZE 2:04:58, 19) Jaroslav Rygl CZE 2:05:19, 20) Simon Seger SUI 2:05:51, 21) Hans Jorgen Kvale NOR 2:06:13, 22) Jussi Laurila FIN 2:06:16, 23) Tobias Breitschädel AUT 2:06:52, 24) Yoann Garde FRA 2:06:54, 25) Jan Lauerma CZE 2:07:28, 26) Giaime Origgi ITA 2:07:57, 27) Alex Randall AUS 2:08:19, 28) Rolf Wermelinger SUI 2:08:22, 29) Andrey Kornev RUS 2:10:44, 30) Kevin Hselsberger AUT 2:11:01.

### Relay

#### Women

1) Denmark 2:56:56 (Ann-Dorthe Lisbygd, Line Brun Stallknecht, Rikke Kornvig), 2) Finland 3:01:46 (Kaisa Pirkonen, Ingrid Stengård, Marika Hara), 3) Czech Republic 3:01:58 (Barbora Chudíková, Hana La Carbonara, Martina Tichovská), 4) Lithuania 3:03:36 (Asta Simkonienė, Karolina Mickeviciute, Ramune Arlauskienė), 5) Russia 3:06:07 (Ekaterina Kononova, Nadia Mikryukova, Ksenia Chernykh), 6) Switzerland 3:07:55 (Maja Rothweiler, Ursina Jäggi, Christine Schaffner), 7) France 3:10:48 (Gaëlle Barlet, Valérie Bazaud, Madeleine Kammerer), 8) Austria 3:20:46 (Silvia Petritsch, Sonja Zinkl, Michaela Gigon), 9) Slovakia 3:26:47 (Alena Durcová,

Stanislava Fajtová, Hana Bajtosová), 10) Portugal 3:27:42 (Susana Pontes, Rita Madaleno, Maria Amador).

#### Men

1) Russia 2:45:34 (Ruslan Gritsan, Valeriy Gluhov, Anton Foliforov), 2) Denmark 2:46:09 (Bjarke Refslund, Erik Skovgaard Knudsen, Lasse Brun Pedersen), 3) Czech Republic 2:48:10 (Radek Laciga, Jan Lauerma, Marek Pospíšek), 4) Finland 2:49:09 (Tuukka Turkka, Jussi Laurila, Samuli Saarela), 5) Switzerland 2:49:36 (Beat Oklé, Simon Seger, Beat Schaffner), 6) France 2:51:24 (Stéfane Toussaint, Clément Souvray, Matthieu Barthélémy), 7) Italy 2:53:38 (Giaime Origgi, Mario Ruggiero, Luca Dallavalle), 8) Slovakia 2:56:10 (Matús Trnovec, Richard Chrappa, Pavol Paprcka), 9) Portugal 2:57:22 (Paulo Alípio, Davide Machado, Daniel Marques), 10) Austria 3:01:30 (Tobias Breitschädel, Bernhard Schachinger, Andreas Rief).

## Junior World Mountain Bike Orienteering Championships

MONTALEGRE, PORTUGAL,  
11–17 JULY 2010

### Sprint

#### Women

1) Marie Brezinova CZE 20:41, 2) Barbro Kvåle NOR 21:02, 3) Tatiana Repina RUS 21:16, 4) Brigitta Koos HUN 21:45, 5) Magdalena Seifertova CZE 22:37, 6) Anastasia Svir RUS 23:15, 7) Anna Ulvensoen NOR 24:14, 8) Olga Vinogradova RUS 24:28, 9) Helen Clayton GBR 24:34, 10) Tamara Haindl AUT 25:03, 11) Martina Lamichova CZE 25:11, 12) Margarida Colares POR 25:28, 13) Silvia Simoni ITA 25:55, 14) Barbara Sanocka POL 26:21, 15) Silvia Petritsch AUT 26:31, 16) Christina Taint AUT 26:37, 16) Ana Filipa Silva POR 26:37, 18) Christina Lovald Hellberg SWE 26:38, 19) Anezka Parizkova CZE 27:07, 20) Anastasia Bolshova RUS 28:38, 21) Pamela Gaigher ITA 29:00, 22) Julia Ritter AUT 41:54.

#### Men

1) Grigory Medvedev RUS 17:58, 2) Andreas Konring DEN 18:10, 3) Krystof Bogar CZE 18:32, 4) Antti Vainio FIN 18:39, 5) Pekka Niemi FIN 18:41, 6) Juuso Jutila FIN 18:43, 7) Cedric Beill FRA 19:06, 8) Lukas Stampfer ITA 19:22, 9) Rasmus Sogaard DEN 19:42, 10) Andreas Proschowsky DEN 19:51, 10) Maciej Gromadka POL 19:51, 12) Xan Carballo ESP 19:56, 13) Denis Tsarev RUS



20:24, 14) Samuel Pökälä FIN 20:30, 15) Edgars Briconoks LAT 20:42, 16) Martin Tisnovsky CZE 20:46, 17) Andreas Bergmann DEN 20:51, 18) Marco Guizzardi ITA 20:53, 19) Nick Rotter GER 20:54, 20) Adam Karlsson SWE 21:03, 21) Alexey Terekhov RUS 21:06, 22) Taniel Tooming EST 21:08, 23) Per Frost SWE 21:13, 24) Bence Nemeth HUN 21:17, 25) Jonas Maiselis LTU 21:19, 26) Chris Brand-Barker GBR 21:22, 27) Joao Figueiredo POR 21:46, 28) Chris Firman AUS 21:50, 29) Marc Gluskie AUS 22:02, 30) Petr Ryabinin RUS 22:08.

### Middle distance

#### Women

1) Olga Vinogradova RUS 49:34, 2) Barbro Kvåle NOR 51:58, 3) Magdalena Seifertova CZE 52:51, 4) Brigitta Koos HUN 53:30, 5) Anastasia Bolshova RUS 54:13, 6) Barbara Sanocka POL 56:12, 7) Tatiana Repina RUS 56:24, 8) Helen Clayton GBR 56:53, 9) Anastasia Svir RUS 57:32, 10) Martina Lamichova CZE 57:41, 11) Marie Brezinova CZE 58:24, 12) Christina Lovald Hellberg SWE 1:02:34, 13) Tatyana Oborina RUS 1:02:47, 14) Ana Filipa Silva POR 1:10:06, 15) Margarida Colares POR 1:12:13, 16) Christina Taint AUT 1:16:56, 17) Anezka Parizkova CZE 1:19:38, 18) Tamara Haindl AUT 1:20:57, 19) Julia Ritter AUT 1:24:58, 20) Silvia Simoni ITA 1:27:44.

#### Men

1) Pekka Niemi FIN 49:47, 2) Krystof Bogar CZE 50:53, 3) Mikhail Utkin RUS 51:16, 4) Antti Vainio FIN 52:01, 5) Maciej Gromadka POL 52:23, 6) Rasmus Sögaard DEN 52:33, 7) Cedric Beill FRA 52:37, 8) Juuso Jutila FIN 54:23, 9) Andreas Bergmann DEN 54:28, 10) Samuel Pökälä FIN 54:37, 11) Taniel Tooming EST 55:18, 12) Grigory Medvedev RUS 55:21, 13) Martin Moser AUT 55:42, 14) Vojtech Stransky CZE 55:55, 15) Petr Ryabinin RUS 56:05, 16) Andreas Konring DEN 56:06, 17) Andreas Proschowsky DEN 56:07, 18) Alexey Terekhov RUS 56:09, 19) Nick Rotter GER 56:36, 20) Edgars Briconoks LAT 56:54, 21) Filipp Zhikharev RUS 57:17, 22) Martin Tisnovsky CZE 57:38, 23) Denis Tsarev RUS 57:38, 24) Sebastian Wojtynek POL 57:52, 25) Marco Guizzardi ITA 58:08, 26) Lukas Chmelar CZE 58:19, 27) Chris Firman AUS 58:44, 28) Lukas Stampfer ITA 59:03, 29) Rui Silva POR 59:22, 30) Joakim Höstman FIN 59:42.

### Long distance

#### Women

1) Olga Vinogradova RUS 1:26:29, 2) Brigitta Koos HUN 1:31:54, 3) Barbro Kvåle NOR 1:34:25, 4) Marie Brezinova CZE 1:39:58, 5) Magdalena Seifertova CZE 1:40:48, 6) Anastasia Svir RUS 1:41:05, 7) Barbara Sanocka POL 1:43:13, 8)

Tatiana Repina RUS 1:43:40, 9) Tatyana Oborina RUS 1:45:51, 10) Christina Lovald Hellberg SWE 1:50:39, 11) Anna Ulvensen NOR 1:51:44, 12) Martina Lamichova CZE 1:53:52, 13) Anezka Parizkova CZE 1:55:23, 14) Helen Clayton GBR 1:56:29, 15) Anastasia Bolshova RUS 1:59:10, 16) Ana Filipa Silva POR 2:13:32, 17) Silvia Simoni ITA 2:14:39, 18) Tamara Haindl AUT 2:32:36, 19) Silvia Petritsch AUT 2:32:47, 20) Christina Taint AUT 2:51:04, 21) Ekaterina Kupryashkina RUS 3:03:03.

#### Men

1) Pekka Niemi FIN 1:46:00, 2) Maciej Gromadka POL 1:46:01, 3) Vojtech Stransky CZE 1:49:09, 4) Mikhail Utkin RUS 1:52:47, 5) Cedric Beill FRA 1:54:58, 6) Andreas Bergmann DEN 1:56:22, 7) Antti Vainio FIN 1:56:23, 8) Martin Moser AUT 1:56:46, 9) Sebastian Wojtynek POL 1:57:28, 10) Edgars Briconoks LAT 1:57:40, 11) Juuso Jutila FIN 1:57:43, 12) Andreas Proschowsky DEN 2:01:04, 13) Grigory Medvedev RUS 2:02:03, 14) Samuel Pökälä FIN 2:02:18, 15) Rasmus Sögaard DEN 2:02:37, 16) Nick Rotter GER 2:02:45, 17) Joakim Höstman FIN 2:03:09, 18) Martin Tisnovsky CZE 2:03:28, 19) Krystof Bogar CZE 2:04:12, 20) Tuomo Lahtinen FIN 2:04:21, 21) Alexey Terekhov RUS 2:07:33, 22) Marek Karm EST 2:07:34, 23) Jonas Maiselis LTU 2:08:40, 24) Filipp Zhikharev RUS 2:09:01, 25) Marc Gluskie AUS 2:10:57, 26) Petr Ryabinin RUS 2:12:33, 27) Denis Tsarev RUS 2:15:21, 28) Borja Varela ESP 2:15:47, 29) Taniel Tooming EST 2:16:35, 30) Luke Poland AUS 2:18:26.

### Relay

#### Women

1) Czech Republic 2:30:46 (Martina Lamichova, Marie Brezinova, Magdalena Seifertova), 2) Russia 3:02:03 (Tatiana Repina, Anastasia Bolshova, Olga Vinogradova), 3) Austria 3:25:31 (Tamara Haindl, Julia Ritter, Christina Taint).

#### Men

1) Czech Republic 2:57:16 (Krystof Bogar, Martin Tisnovsky, Vojtech Stransky), 2) Russia 3:02:01 (Mikhail Utkin, Grigory Medvedev, Petr Ryabinin), 3) Finland 3:02:29 (Tuomo Lahtinen, Joakim Höstman, Samuel Pökälä), 4) Denmark 3:03:47 (Rasmus Sögaard, Andreas Bergmann, Andreas Konring), 5) Australia 3:08:33 (Chris Firman, Marc Gluskie, Luke Poland), 6) Austria 3:32:55 (Gert Wallas, Markus Seppel, Martin Moser), 7) Portugal 3:33:12 (Joao Figueiredo, Rui Silva, Joao Palhinha), 8) Hungary 3:36:22 (Bence Nemeth, Beno Nagy, Brigitta Koos).

# World Masters Orienteering Championships

NEUCHÂTEL, SWITZERLAND,  
31 JULY–7 AUGUST 2010

### Sprint

#### W35

1) Yvonne Gunell FIN 14:20, 2) Natasha Key AUS 14:27, 3) Katja Mjøsund FIN 14:58, 4) Brigitte Grüniger Huber SUI 15:06, 5) Sabin Tschopp SUI 15:08, 6) Mari Väisänen FIN 15:11.

#### W40

1) Anna Gornicka-Antonowicz POL 12:07, 2) Liselotte Freuler SUI 12:49, 3) Sabrina Meister SUI 13:25, 4) Teresa Kollanen FIN 13:48, 5) Oxana Ovcharenko UKR 13:54, 6) Cornelia Eckardt GER 13:56.

#### W45

1) Kari Christiansen NOR 14:38, 2) Gaby Aebbersold-Schütz SUI 14:43, 3) Annamari Vierikko FIN 14:46, 4) Ursula Oehy SUI 14:57, 5) Virpi Juutilainen FIN 14:59, 6) Lily Husner SUI 15:11.

#### W50

1) Ruth Humbel Naf SUI 14:01, 2) Alice Bedwell GBR 14:48, 3) Marje Viirmann EST 14:57, 4) Pascale Prevost FRA 15:00, 5) Maura Bandixen SUI 15:04, 6) Judith Tobler-Harzenmoser SUI 15:11.

#### W55

1) Jenny Bourne AUS 13:03, 2) Ágota Muzsnai HUN 13:48, 3) Irina Stepanova RUS 13:53, 4) Ruth Lynam IRL 13:55, 5) Christine Kiddier GBR 14:16, 6) Margrit Michel SUI 14:26.

#### W60

1) Silvia Baumann SUI 12:03, 2) Yvette Zaugg SUI 12:06, 3) Liz Godfree GBR 12:41, 4) Karin Gustafsson SWE 12:45, 5) Anne-Marie Holmström SWE 12:48, 6) Helen Törnros SWE 12:57.

#### W65

1) Torid Kvaal NOR 12:13, 2) Galina Vershinina RUS 12:27, 3) Christina Schedwin SWE 12:47, 4) Inge Jørgensen DEN 12:48, 5) Birgitta Olsson SWE 13:07, 6) Sharon Crawford USA 13:25.

#### W70

1) Eila Pekkarinen FIN 13:39, 2) Gudveig Jørundland NOR 13:46, 3) Birgitta Thunell SWE 14:09, 4) Gudrun Broman SWE 14:38, 5) Ilse Uus EST 14:45, 6) Inger E. Vamnes NOR 14:46, 6) Jana Hankovska CZE 14:46.

#### W75

1) Gunvor Göranson SWE 13:09, 2) Lilia Pokh UKR 13:30, 3) Anne Donnell GBR 13:56, 4) Claire Ek SWE 14:41, 5) Guldborg Søvik NOR 15:18, 6) Gun Hansson SWE 15:19.



W80

1) Sole Nieminen FIN 15:56, 2) Pat Grenfell GBR 17:23, 3) Karin Rehn SWE 17:37, 4) Barbro Rydén SWE 20:17, 5) Sonja Löjmar SUI 21:24, 6) Lena Nordahl SWE 24:03.

W85

1) Annie Fulton SWE 33:00, 2) Astrid Andersson SWE 43:11.

M35

1) Nick Barrable GBR 14:23, 2) Thomas Hodel SUI 14:50, 3) Asgeir Mjøsund NOR 14:58, 4) Petri Noponen FIN 15:05, 5) Philipp Häne SUI 15:16, 6) Petri Väänänen FIN 15:18.

M40

1) Carsten Jørgensen DEN 12:51, 2) Allan Mogensen DEN 13:16, 3) Daniel Hotz SUI 13:41, 4) Stefano Maddalena SUI 13:43, 5) Joaquim Sousa POR 13:56, 6) Vit Pospisil CZE 14:00.

M45

1) Christian Aebersold SUI 13:36, 2) Martin Mares CZE 13:37, 3) Domenico Lepori SUI 13:42, 4) Michael Thierolf GER 13:50, 5) Rolf Gemperle SUI 13:51, 6) Patrick Kunz SUI 13:52.

M50

1) Tim Tett GBR 13:25, 2) Jörgen Mårtensson SWE 13:37, 3) Warren Key AUS 13:49, 4) Rolf Lund DEN 14:02, 5) Christer Skoog SWE 14:04, 6) Jozef Pollak SVK 14:17.

M55

1) Hansruedi Kohler SUI 14:09, 2) Sigurd Dæhli NOR 14:22, 3) Gavin Clegg GBR 14:50, 4) Bruno Lanini SUI 14:52, 5) Bjørn Grinde NOR 15:06, 6) Francesco Guglielmetti SUI 15:07.

M60

1) Risto Orpana FIN 12:49, 2) Etienne Bousser FRA 13:12, 3) Franz Wyss SUI 13:18, 4) Hannes Suhner SUI 13:19, 5) Jorgen Holmboe NOR 13:24, 6) Keld Johnsen DEN 13:24.

M65

1) Hans Mutti Ulrich SUI 13:48, 2) Roland Alsen SWE 14:02, 3) Kurt Huber SUI 14:06, 4) Ruedi Kellenberger SUI 14:16, 5) Timo Rapakko FIN 14:18, 6) Hansruedi Brand SUI 14:24.

M70

1) Helmut Conrad GER 12:37, 2) Tassilo Schmalfeld GER 12:58, 3) Hans Hotz SUI 13:23, 4) Åke Gatelid SWE 13:46, 5) Adolf Koradi SUI 13:55, 6) Eric Bucher SUI 13:57.

M75

1) August Grüniger SUI 12:46, 2) Peo Bengtsson SWE 13:50, 3) Walter Bickel SUI 14:19, 4) Othmar Sauter SUI 14:24, 5) Georg Reischl GER 15:02, 6) Martin Hutzli SUI 15:02.

M80

1) Erkki Lähti FIN 16:32, 2) Richard Arman GBR 17:01, 3) Walter Lanz SUI 17:37, 4) Ernst Messerli SUI 17:41, 5) Nils Rågstedt SWE 18:27, 6) Adolf Kempf SUI 18:39.

M85

1) Hermann Wehner AUS 14:13, 2) Bjorn Larsson NOR 15:20, 3) Jean-Pierre Seiterle SUI 15:26, 4) Rune Isaksson SWE 16:21, 5) Carl Wolff FIN 19:25, 6) Vilho Himanen FIN 21:15.

M95

1) Erkki Luntamo FIN 37:22.

Long distance

W35

1) Yvonne Gunell FIN 43:02, 2) Hanna Palm SWE 44:24, 3) Mari Väisänen FIN 45:11, 4) Katja Mjøsund FIN 47:16, 5) Annemarie Sieber SUI 47:46, 6) Katja Honkala FIN 47:56.

W40

1) Anna Gornicka-Antonowicz POL 36:52, 2) Sabrina Meister SUI 41:07, 3) Teresa Kollanen FIN 41:45, 4) Oxana Ovcharenko UKR 45:00, 5) Liselotte Freuler SUI 45:13, 6) Sandra Olivier FRA 46:08.

W45

1) Christina Smedberg SWE 34:56, 2) Ursula Oehy SUI 38:20, 3) Brigitte Howald SUI 40:35, 4) Kari Christiansen NOR 40:45, 5) Baiba Ozola LAT 40:49, 6) Annamari Vierikko FIN 41:34.

W50

1) Ruth Humbel Naf SUI 39:07, 2) Maura Bandixen SUI 40:35, 3) Judith Tobler-Harzenmo SUI 41:33, 4) Marje Viirmann EST 43:26, 5) Kati Cejka SUI 44:03, 6) Violeta Kutkiene LTU 46:04.

W55

1) Ursula Wolf SUI 40:26, 2) Monika Bonafini SUI 41:09, 3) Margrit Michel SUI 41:14, 3) Jenny Bourne AUS 41:14, 5) Irina Stepanova RUS 41:20, 6) Christina Hjertson SWE 42:30.

W60

1) Karin Gustafsson SWE 33:44, 2) Ruth Wydenkeller SUI 38:05, 3) Kyllikki Kauppinen FIN 38:49, 4) Inger Glans SWE 39:05, 5) Anne-Marie Holmström SWE 40:38, 6) Ritva Kajava FIN 41:53.

W65

1) Galina Vershinina RUS 38:44, 2) Birgitta Olsson SWE 41:29, 3) Gunnel Svensson SWE 42:45, 4) Katharina Berge NOR 44:38, 5) Birgitta Stenström SWE 46:43, 6) Ing-Marie Mozelius SWE 46:48.

W70

1) Asta Sjöberg SWE 39:18, 2) Kiira Tarassova EST 40:37, 3) Birgitta Thunell SWE 41:51, 4) Pirkko Tahvanainen FIN 44:49, 5) Lillemor Forsberg SWE 48:15, 6) Aira Mylly FIN 48:59.

W75

1) Lilia Pokh UKR 38:39, 2) Claire Ek SWE 40:47, 3) Gunvor Göransson SWE 40:58, 4) Eva Laegran NOR 44:26, 5) Ranveig Sommerhein NOR 46:17, 6) Ingrid Roll NOR 47:52.

W80

1) Signe Nyman SWE 31:28, 2) Sole Nieminen

FIN 31:48, 3) Karin Rehn SWE 38:29, 4) Verena Harzenmoser SUI 39:29, 5) Pat Grenfell GBR 40:21, 6) Maj Boudrie SWE 42:29.

W85

1) Astrid Andersson SWE 22:27, 2) Elvy Fredin SWE 25:42, 3) Annie Fulton SWE 46:19.

M35

1) Petri Noponen FIN 1:08:46, 2) Christoph Platner SUI 1:09:59, 3) Asgeir Mjøsund NOR 1:10:04, 4) Thomas Hodel SUI 1:11:13, 5) Daniel Tomanek CZE 1:12:07, 6) Jari Hannuksela FIN 1:13:25.

M40

1) Carsten Jørgensen DEN 57:43, 2) Allan Mogensen DEN 1:00:03, 3) Stefano Maddalena SUI 1:00:47, 4) Jan Sidla CZE 1:02:33, 5) Tero Heikkilä FIN 1:02:51, 6) Sergey Makeychik RUS 1:02:58.

M45

1) Keijo Parkkinen FIN 49:08, 2) Urs Widler SUI 52:57, 3) Domenico Lepori SUI 53:23, 4) Martin Mares CZE 53:26, 5) Jonathan Musgrave GBR 54:09, 6) Alexander Afonyushkin RUS 54:19.

M50

1) Zdenek Zuzanek CZE 47:21, 2) Jörgen Mårtensson SWE 47:26, 3) Tim Tett GBR 48:09, 4) Rolf Lund DEN 48:55, 5) Jozef Pollak SVK 50:25, 6) Martin Beckers BEL 50:59.

M55

1) Sigurd Dæhli NOR 45:41, 2) Pekka Marti SUI 47:41, 3) Willi Müller SUI 48:43, 4) Henri Nyberg FIN 51:59, 5) Francesco Guglielmetti SUI 53:08, 6) Hansruedi Kohler SUI 53:46.

M60

1) Tapio Peippo FIN 48:42, 2) Etienne Bousser FRA 51:13, 3) Franz Wyss SUI 51:41, 4) Pekka Kerkola FIN 52:46, 5) Raimo Jalonen FIN 53:24, 6) Freddy Sillien BEL 53:47.

M65

1) Stefan Larsson SWE 45:23, 2) Heimo Hongisto FIN 46:53, 3) Kurt Huber SUI 47:01, 4) Jorma Paldanius FIN 47:15, 5) Reijo Haaja FIN 48:26, 6) Anders Sellgren SWE 49:10.

M70

1) Helmut Conrad GER 41:29, 2) Tassilo Schmalfeld GER 45:23, 3) Morten Sveberg NOR 47:01, 4) Erik Engebråten NOR 47:41, 5) Üke Gatelid SWE 48:10, 6) Jardar Sandstad NOR 49:35.

M75

1) Peo Bengtsson SWE 45:35, 2) Allan Haglund SWE 46:53, 3) Rolf Andersson SWE 47:00, 4) Georg Reischl GER 47:22, 5) Pertti Laurila FIN 48:56, 6) August Grüniger SUI 50:57.

M80

1) Lennart Öberg SWE 44:18, 2) Erkki Lähti FIN 49:01, 3) Nils Rågstedt SWE 54:55, 4) Hermann Kobbeltvedt NOR 58:42, 5) Adolf Kempf SUI 1:00:05, 6) André Gysin SUI 1:03:07.



M85

1) Rune Isaksson SWE 39:24, 2) Vilho Himanen FIN 44:54, 3) Jouko Knaapi FIN 54:02, 4) Hermann Wehner AUS 57:46, 5) Björn Larsson NOR 57:58, 6) Werner Baumann SUI 58:46.

M90

1) Rune Haraldsson SWE 1:10:31.

M95

1) Erkki Luntamo FIN 2:14:03.

# World Orienteering Championships

TRONDHEIM, NORWAY,  
8–15 AUGUST 2010

## Sprint

### Women

1) Simone Niggli-Luder SUI 16:06, 2) Helena Jansson SWE 16:06, 3) Marianne Andersen NOR 16:12, 4) Minna Kauppi FIN 16:32, 5) Elise Egseth NOR 16:35, 6) Eva Jureníková CZE 16:56, 7) Linnea Gustafsson SWE 16:57, 8) Anni-Maija Fincke FIN 17:02, 9) Maja Alm DEN 17:02, 10) Betty Ann Bjerkreim Nilsen NOR 17:04, 11) Signe Søes DEN 17:05, 12) Dana Brozková CZE 17:11, 13) Caroline Cejka SUI 17:15, 14) Pippa Archer GBR 17:37, 15) Galina Vinogradova RUS 17:44, 16) Rahel Friederich SUI 17:50, 17) Sarah Rollins GBR 17:55, 18) Beata Falk SWE 17:57, 19) Hanna Wisniewska POL 18:10, 20) Helen Bridle GBR 18:11, 21) Riina Kuuselo FIN 18:11, 22) Inga Kazlauskaitė LTU 18:13, 23) Sarka Svobodná CZE 18:14, 24) Celine Dodin FRA 18:15, 25) Emma Claesson SWE 18:30, 26) Olga Sluta UKR 18:36, 27) Ona Rafols Perramón ESP 18:41, 28) Amélie Chataing FRA 18:44, 29) Michela Guizzardi ITA 18:49, 30) Grace Crane AUS 18:53, 7.

### Men

1) Matthias Müller SUI 16:10, 2) Fabian Hertner SUI 16:13, 3) Frederic Tranchand FRA 16:13, 4) Øystein Kvaal Østerbø NOR 16:14, 5) Martin Johansson SWE 16:15, 6) Emil Wingstedt SWE 16:15, 7) Daniel Hubmann SUI 16:18, 8) Andrey Khramov RUS 16:25, 9) Audun Weltzien NOR 16:27, 10) Tero Föhr FIN 16:41, 11) Jerker Lysell SWE 16:42, 12) Lars Skjeset NOR 16:43, 13) Michal Smola CZE 16:50, 14) Graham Gristwood GBR 16:51, 15) Jan Prochazka CZE 16:51, 16) Kiril Nikolov BUL 16:55, 17) Tuomas Tervo FIN 16:55, 18) Murray Strain GBR 16:56, 19) Mikkel Lund DEN 16:59, 20) Dmitriy Tsvetkov RUS 17:03, 21) Wojciech

Kowalski POL 17:07, 22) Gernot Kerschbaumer AUT 17:12, 23) Rasmus Thrane Hansen DEN 17:12, 24) Søren Bobach DEN 17:18, 25) Chris Forne NZL 17:24, 26) Oleksandr Starov UKR 17:24, 27) Tomáš Dlabaja CZE 17:26, 28) Mikhail Mamleev ITA 17:27, 29) Olli-Markus Taivainen FIN 17:33, 30) Martins Sirmals LAT 17:33, 9.

## Middle distance

### Women

1) Minna Kauppi FIN 30:01, 2) Simone Niggli-Luder SUI 30:21, 3) Marianne Andersen NOR 30:57, 4) Helena Jansson SWE 31:24, 5) Annika Billstam SWE 32:05, 6) Anni-Maija Fincke FIN 32:21, 7) Signe Søes DEN 32:38, 8) Anne Margrethe Hausken NOR 32:48, 9) Dana Brozková CZE 33:16, 10) Vroni König-Salmi SUI 33:34, 11) Maja Alm DEN 34:04, 12) Line Hagmann NOR 34:32, 13) Ida Bobach DEN 34:38, 14) Merja Rantanen FIN 34:41, 15) Vendula Klechová CZE 35:07, 16) Julia Novikova RUS 35:38, 17) Amélie Chataing FRA 35:42, 18) Capucine Vercellotti FRA 35:50, 19) Lena Eliasson SWE 36:00, 20) Inga Kazlauskaitė LTU 36:06, 21) Angela Wild SUI 36:10, 22) Sandra Pauzaitė LTU 36:18, 23) Merike Vanjuk EST 37:02, 24) Hanna Wisniewska POL 37:17, 25) Radka Brozková CZE 37:50, 26) Iveta Duchová CZE 37:57, 27) Charlotte Bouchet FRA 38:00, 28) Louise Oram CAN 38:04, 29) Anastasiia Danylova UKR 38:04, 30) Olga Novikova KAZ 38:11.

### Men

1) Carl Waaler Kaas NOR 30:33, 2) Peter Öberg SWE 30:40, 3) Thierry Gueorgiou FRA 31:12, 3) Daniel Hubmann SUI 31:12, 5) Oleksandr Kratov UKR 31:23, 6) Valentin Novikov RUS 31:31, 6) Matthias Müller SUI 31:31, 8) Pasi Ikonen FIN 32:00, 9) Anders Nordberg NOR 32:16, 10) Emil Wingstedt SWE 32:40, 11) Audun Weltzien NOR 32:43, 12) David Andersson SWE 32:55, 13) Graham Gristwood GBR 32:56, 14) Matthias Merz SUI 33:01, 15) Tue Lassen DEN 33:36, 16) Tero Föhr FIN 33:54, 17) Damien Renard FRA 34:08, 18) Tomáš Dlabaja CZE 34:17, 19) Hannu Airila FIN 34:32, 20) Philippe Adamski FRA 34:42, 21) Chris Forne NZL 34:53, 22) Olle Kärner EST 35:02, 23) Francois Gonon FRA 35:12, 24) Jan Sedivý CZE 35:26, 25) Søren Bobach DEN 35:47, 26) Matthew Crane GBR 36:11, 27) Oleksandr Starov UKR 36:12, 28) Fabien Pasquasy BEL 36:21, 29) Kiril Nikolov BUL 36:40, 30) Zsolt Lenkei HUN 36:51.

## Long distance

### Women

1) Simone Niggli-Luder SUI 1:12:49, 2) Marianne Andersen NOR 1:15:02, 3) Emma Claesson SWE 1:15:07, 4) Helena Jansson SWE 1:15:38, 5)

Minna Kauppi FIN 1:15:48, 6) Vroni König-Salmi SUI 1:18:08, 7) Celine Dodin FRA 1:18:27, 8) Anne Margrethe Hausken NOR 1:19:44, 9) Mari Fasting NOR 1:19:57, 10) Eva Jureníková CZE 1:20:15, 11) Annika Billstam SWE 1:22:12, 12) Julia Novikova RUS 1:22:22, 13) Sara Lüscher SUI 1:22:30, 14) Vendula Klechová CZE 1:24:00, 15) Maria Rantala FIN 1:24:16, 16) Caroline Cejka SUI 1:24:39, 17) Maja Alm DEN 1:25:01, 18) Inga Kazlauskaitė LTU 1:25:29, 19) Dana Brozková CZE 1:26:51, 20) Merja Rantanen FIN 1:27:38, 21) Galina Vinogradova RUS 1:28:39, 22) Sandra Pauzaitė LTU 1:29:39, 23) Pippa Archer GBR 1:29:41, 24) Merike Vanjuk EST 1:31:29, 25) Aija Skrastina LAT 1:31:33, 26) Olga Sluta UKR 1:33:19, 27) Kim Geypen BEL 1:34:54, 28) Charlotte Bouchet FRA 1:35:20, 29) Samantha Saeger USA 1:35:33, 30) Iliana Shandurkova BUL 1:36:55.

### Men

1) Olav Lundanes NOR 1:32:41, 2) Anders Nordberg NOR 1:33:21, 3) Thierry Gueorgiou FRA 1:36:21, 4) Francois Gonon FRA 1:36:48, 5) Marcus Millegård SWE 1:37:33, 6) Scott Fraser GBR 1:37:36, 7) Daniel Hubmann SUI 1:37:57, 8) Mats Haldin FIN 1:38:25, 9) Hans Gunnar Omdal NOR 1:39:39, 10) Dmitriy Tsvetkov RUS 1:40:07, 11) Matthias Merz SUI 1:40:19, 12) Marc Lauenstein SUI 1:40:25, 13) Pavlo Ushkvarok UKR 1:41:12, 14) Yury Tambasov BLR 1:42:10, 15) Olle Kärner EST 1:42:18, 16) Jan Prochazka CZE 1:44:18, 17) Emil Wingstedt SWE 1:44:25, 18) Wojciech Kowalski POL 1:44:27, 19) Philippe Adamski FRA 1:44:30, 20) Jon Duncan GBR 1:45:22, 21) Jonn Are Myhren NED 1:45:22, 22) Valentin Novikov RUS 1:45:41, 23) Mikhail Mamleev ITA 1:45:54, 24) Chris Forne NZL 1:45:56, 25) William Lind SWE 1:46:23, 26) Kiril Nikolov BUL 1:47:10, 27) Oli Johnson GBR 1:47:35, 28) Jani Lakanen FIN 1:47:37, 29) Michal Smola CZE 1:47:39, 30) Zsolt Lenkei HUN 1:47:42.

## Relay

### Women

1) Finland 1:59:04 (Anni-Maija Fincke, Merja Rantanen, Minna Kauppi), 2) Norway 1:59:15 (Elise Egseth, Anne Margrethe Hausken, Marianne Andersen), 3) Sweden 2:00:19 (Annika Billstam, Emma Claesson, Helena Jansson), 4) Switzerland 2:01:56 (Caroline Cejka, Vroni König-Salmi, Simone Niggli-Luder), 5) Denmark 2:02:09 (Ida Bobach, Maja Alm, Signe Søes), 6) Czech Republic 2:06:44 (Vendula Klechová, Eva Jureníková, Dana Brozková), 7) France 2:10:00 (Capucine Vercellotti, Amélie Chataing, Celine Dodin), 8) Great Britain 2:12:08 (Helen Bridle, Sarah Rollins, Pippa Archer), 9) Russia 2:14:50 (Irina Nuberg, Galina Vinogradova, Julia Novikova), 10) Lithuania 2:14:55 (Gabija Ražaityte,



Sandra Pauzaite, Inga Kazlauskaitė).

### Men

1) Russia 2:09:51 (Andrey Khramov, Dmitriy Tsvetkov, Valentin Novikov), 2) Norway 2:10:34 (Carl Waaler Kaas, Audun Weltzien, Olav Lundanes), 3) Switzerland 2:11:03 (Daniel Hubmann, Matthias Müller, Matthias Merz), 4) Great Britain 2:11:10 (Graham Gristwood, Jon Duncan, Scott Fraser), 5) Czech Republic 2:31:58 (Tomáš Dlabaja, Jan Prochazka, Michal Smola), 6) Sweden 2:13:44 (Emil Wingstedt, Peter Öberg, David Andersson), 7) Ukraine 2:14:08 (Oleksandr Starov, Oleksandr Kratov, Pavlo Ushkvarok), 8) France 2:15:40 (Philippe Adamski, Francois Gonon, Thierry Gueorgiou), 9) Finland 2:17:03 (Jani Lakanen, Pasi Ikonen, Mats Haldin), 10) Lithuania 2:20:19 (Vilius Aleliunas, Simonas Krepsta, Jonas Vytautas Gvildys).

## World Trail Orienteering Championships

TRONDHEIM, NORWAY,  
7–15 AUGUST 2010

### Paralympic class

1) Ola Jansson SWE, points 43, time 67, 2) Lennart Wahlgren SWE, points 41, time 33,5, 3) Søren Saxtorph DEN, points 41, time 51, 4) Pekka Seppä FIN, points 41, time 75,5, 5) Fruzsina Biro HUN, points 41, time 114, 6) Zdenko Horjan CRO, points 40, time 97, 7) Christian Gieseler GER, points 39, time 62, 8) Michael Johansson SWE, points 39, time 97,5, 9) Kari Pinola FIN, points 38, time 134, 10) Laima Lazinskiene LTU, points 38, time 183,5, 11) Pavel Dudík CZE, points 38, time 213,5, 12) Ivica Bertol CRO, points 37, time 110, 13) Jan Erik Haug NOR, points 37, time 118, 14) Dmitry Kucherenko RUS, points 36, time 48,5, 15) Yegor Surkov UKR, points 36, time 127,5, 16) Rolf Karlsson SWE, points 35, time 91,5, 17) Peter Roberts GBR, points 35, time 101,5, 18) Borisas Gavrilovas LTU, points 35, time 126,5, 19) Egil Sønsterudbråten NOR, points 35, time 135, 20) Vladyslav Poznianskiy UKR, points 35, time 161, 21) Pavel Shmatov RUS, points 35, time 198,5, 22) Matti Mäntyniemi FIN, points 34, time 134,5, 23) Evaldas Butrimas LTU, points 34, time 283,5, 24) David Irving USA, points 34, time 322,5, 25) Arne Ask NOR, points 33, time 116,5, 26) Bohuslav Hulka CZE, points 33, time 291,5, 27) Boris Dvorský CZE, points 32, time 137, 28) Oleksandr Svynarov UKR, points 32, time 204,5, 29) Dick Keighley GBR, points 32, time 282, 30) Hidetou Kijima JPN, points 31, time 118.

### Open class

1) Stig Gerdman SWE, points 44, time 76, 2) Lauri Kontkanen FIN, points 43, time 68,5, 3) Ivo Tisljar CRO, points 43, time 113,5, 4) Anne Straube GER, points 41, time 113, 5) Martin Jullum NOR, points 41, time 121, 6) Pertti Hartman FIN, points 41, time 154, 7) Martin Fredholm SWE, points 40, time 58,8, 8) Jari Turto FIN, points 40, time 87, 9) Anna Råberg SWE, points 40, time 115, 10) Zita Ruksane LAT, points 40, time 142, 11) Joseph Brautigam USA, points 40, time 154, 12) Tetiana Chernysh UKR, points 40, time 170,5, 13) Libor Forst CZE, points 39, time 94, 14) Lars Waaler NOR, points 39, time 100, 15) Vibeke Vogelius DEN, points 39, time 102,5, 16) Alexander Kobzarev RUS, points 39, time 111,5, 17) Norihiro Suzuki JPN, points 39, time 123,5, 18) Guido Michelotti ITA, points 39, time 127, 19) Tadeus Simkovic LTU, points 39, time 169,5, 20) Sergii Stoian UKR, points 39, time 203, 21) Janis Gaidelis LAT, points 39, time 251,5, 22) Kjetil Waaler NOR, points 38, time 26, 23) Frédéric Jordan FRA, points 38, time 94, 24) Evaldas Liekmanis LTU, points 38, time 137, 25) Wilbert Hollinger IRL, points 38, time 187,5, 26) John Kewley GBR, points 37, time 59, 27) Jekabs Narvaiss LAT, points 37, time 70, 28) Maria Krog Schulz DEN, points 37, time 107, 29) Jasminka Cindric Perkovic CRO, points 37, time 114, 30) Ian Ditchfield GBR, points 37, time 133.

### Team competition

1) Sweden, points 84, time 114 (Stig Gerdman, Martin Fredholm, Anna Råberg, Ola Jansson, Lennart Wahlgren, Rolf Karlsson), 2) Finland, points 81, time 258,5 (Lauri Kontkanen, Pertti Hartman, Jari Turto, Kari Pinola, Pekka Seppä, Matti Mäntyniemi), 3) Croatia, points 76, time 185,5 (Ivo Tisljar, Jasminka Cindric Perkovic, Dalibor Perkovic, Zdenko Horjan, Ivica Bertol), 4) Norway, points 74, time 233,5 (Martin Jullum, Kjetil Waaler, Lars Waaler, Jan Erik Haug, Arne Ask, Egil Sønsterudbråten), 5) Lithuania, points 71, time 379 (Tadeus Simkovic, Evaldas Liekmanis, Grita Miliuskaite, Laima Lazinskiene, Borisas Gavrilovas, Evaldas Butrimas), 6) Ukraine, points 69, time 337,5 (Tetiana Chernysh, Mykola Opanasenko, Vitaliy Kyrychenko, Yegor Surkov, Vladyslav Poznianskiy, Oleksandr Svynarov), 7) Denmark, points 67, time 229 (Vibeke Vogelius, Maria Krog Schulz, Lars Ole Larsen, Søren Saxtorph, Knud Vogelius, Jahn Petersen), 8) Russia, points 67, time 242 (Alexander Kobzarev, Marina Borisenkova, Alexander Ilyushin, Pavel Shmatov, Dmitry Kucherenko, Andrey Shiryaev), 9) Great Britain, points 67, time 311,5 (John Kewley, Ian Ditchfield, Dave Gittus, Peter Roberts, Dick Keighley, John Crosby), 10) Latvia, points 66, time 304 (Jekabs Narvaiss, Zita Ruksane, Janis Gaidelis, Andrejs Sulcs, Valdis Strods, Guntis Jakubovskis).



## Orienteering World Cup

### Women

1) Simone Niggli-Luder SUI 1080, 2) Helena Jansson SWE 710, 3) Maja Alm DEN 422, 4) Minna Kauppi FIN 379, 5) Lena Eliasson SWE 378, 6) Dana Brozková CZE 368, 7) Marianne Andersen NOR 352, 8) Caroline Cejka SUI 336, 9) Anni-Maija Fincke FIN 332, 10) Annika Billstam SWE 323, 11) Celine Dodin FRA 290, 12) Rahel Friederich SUI 284, 13) Elise Egseth NOR 278, 14) Eva Jureníková CZE 259, 15) Sara Lüscher SUI 254, 16) Angela Wild SUI 216, 17) Mari Fasting NOR 214, 18) Signe Sørensen DEN 207, 19) Heidi Østlid Bagstevold NOR 202, 20) Julia Novikova RUS 191, 21) Tone Wigemyr NOR 174, 22) Ida Bobach DEN 162, 23) Maria Rantala FIN 159, 24) Merja Rantanen FIN 157, 25) Amélie Chataing FRA 155, 26) Beata Falk SWE 155, 27) Vroni König-Salmi SUI 148, 28) Galina Vinogradova RUS 145, 29) Vendula Klechová CZE 142.

### Men

1) Daniel Hubmann SUI 807, 2) Matthias Müller SUI 613, 3) Thierry Gueorgiou FRA 450, 4) Carl Waaler Kaas NOR 403, 5) Olav Lundanes NOR 402, 6) Matthias Merz SUI 400, 7) Audun Weltzien NOR 388, 8) Fabian Hertner SUI 379, 9) Graham Gristwood GBR 328, 10) Philippe Adamski FRA 321, 11) Valentin Novikov RUS 321, 12) Andrey Khramov RUS 304, 13) Øystein Kvaal Østerbø NOR 272, 14) Baptiste Rollier SUI 270, 15) Mats Haldin FIN 259, 16) Emil Wingstedt SWE 242, 17) Tue Lassen DEN 228, 18) Jerker Lysell SWE 224, 19) Francois Gonon FRA 215, 20) Kiril Nikolov BUL 186, 21) Lars Skjeset NOR 176, 22) Mikkel Lund DEN 172, 23) Marcus Millegård SWE 171, 24) Anders Nordberg NOR 168, 25) Marc Lau-



enstein SUI 163, 26) Tuomas Tervo FIN 155, 27) Dmitry Tsvetkov RUS 154, 28) Erik Rost SWE 148, 29) Andreas Kyburz SUI 145.

## Orienteering World Cup Events 2010

Event 1	30 May	BUL	Sprint
Event 2	4 Jun	BUL	Middle
Event 3	5 Jun	BUL	Long
Event 4	17 Jun	FIN	Middle
Event 5	22 Jun	SWE	Sprint
Event 6	26 Jun	NOR	Middle
Event 7	8 Aug	NOR	Sprint
Event 8	12 Aug	NOR	Long
Event 9	14 Aug	NOR	Middle
Event 10	3 Oct	FRA	Long
Event 11	9 Oct	SUI	Middle
Event 12	10 Oct	SUI	Sprint

## Mountain Bike Orienteering World Cup

### Women

1) Michaela Gigon AUT 380, 2) Christine Schaffner SUI 376, 3) Marika Hara FIN 310, 4) Rikke Kornvig DEN 294, 5) Anna Kamińska POL 259, 6) Ksenia Chernykh RUS 250, 7) Martina Tichovská CZE 239, 8) Ingrid Stengård FIN 238, 9) Hana Bajtosová SVK 212, 10) Maja Rothweiler SUI 198, 11) Emily Benham GBR 196, 12) Anna Füzy HUN 179, 13) Karolina Mickeviciute LTU 174, 14) Madeleine Kammerer FRA 156, 15) Nadia Mikryukova RUS 155, 16) Sonja Zinkl AUT 152, 17) Renata Paulíková CZE 146, 17) Hana La Carbonara CZE 146, 19) Anke Dannowski GER 139, 20) Melanie Simpson AUS 106, 20) Ekaterina Kononova RUS 106, 22) Anna Telyakevych UKR 94, 23) Line Brun Stallknecht DEN 93, 24) Barbora Chudíková CZE 92, 24) Susanna Laurila FIN 92.

### Men

1) Erik Skovgaard Knudsen DEN 335, 2) Samuli Saarela FIN 301, 3) Beat Schaffner SUI 289, 4) Jiri Hradil CZE 269, 5) Ruslan Gritsan RUS 248, 6) Anton Foliforov RUS 243, 7) Jussi Laurila FIN 223, 8) Tobias Breitschädel AUT 218, 9) Matthieu Barthélémy FRA 205, 10) Luca Dallavalle ITA 179, 11) Jaroslav Rygl CZE 172, 12) Clément Souvray FRA 171, 13) Radek Laciga CZE 162, 14) Adrian Jackson AUS 160, 15) Victor Korchagin RUS 153, 16) Marek Pospíšek CZE 150, 17) Maxim Zhurkin RUS 140, 18) Frantisek Bogar CZE 131, 19) Jan Lauerma CZE 125, 20) Bjarke Refslund DEN 124, 21) Giaime Origgi ITA 120, 22) Simon Seger SUI 119, 23) Stéfane Toussaint FRA 116, 24) Tuukka



Turkka FIN 115, 25) Andreas Rief AUT 112.

### Relay

1) Czech Republic 61, 2) Finland 60, 3) Denmark 57, 4) Russia 53, 5) Switzerland 47, 6) Austria 46, 7) France 35, 8) Italy 26, 8) Lithuania 26, 10) Slovakia 25.

## Mountain Bike World Cup Events 2010

Event 1	23 Apr	HUN	Sprint
Event 2	24 Apr	HUN	Middle
Event 3	25 Apr	HUN	Long
Event 4	4 Jun	POL	Long
Event 5	5 Jun	POL	Middle
Event 6	6 Jun	POL	Mixed relay
Event 7	11 Jul	POR	Sprint
Event 8	13 Jul	POR	Middle
Event 9	16 Jul	POR	Long
Event 10	17 Jul	POR	Relay
Event 11	18 Sep	ITA	Sprint
Event 12	19 Sep	ITA	Middle
Event 13	20 Sep	ITA	Mixed relay

## Ski Orienteering World Cup

### Women

1) Natalya Tomilova RUS 548, 2) Marte Reenaas NOR 544, 3) Olga Novikova KAZ 463, 4) Josefina Engström SWE 401, 5) Anastasia Kravchenko RUS 385, 6) Alyona Trapeznikova RUS 357, 7) Liisa Anttila FIN 324, 8) Helene Söderlund SWE 310, 9) Kajsa Richardsson SWE 303, 10) Åsa Zetterberg-Eriksson SWE 302, 11) Olga Trifanova RUS 288, 12) Anni Honkima FIN 267, 13) Evgenia Kuzmina KAZ 241, 14) Tiia Tallila FIN 221, 15) Alena Chukareva RUS 212, 16) Mariya Kechkina RUS

211, 17) Elin Vedin SWE 193, 18) Pernilla Tunis FIN 182, 19) Barbro Kvåle NOR 172, 20) Tatiana Vlasova RUS 165, 21) Carmen Strub SUI 162, 22) Marttiina Joensuu FIN 140, 23) Polina Malchikova RUS 127, 23) Laura Kempas FIN 127, 23) Elmira Moldasheva KAZ 127, 26) Tatyana Gavrilova KAZ 118, 27) Helena Randáková CZE 111, 28) Simona Karochová CZE 108, 29) Ivana Bochenková CZE 107, 30) Ladina Lechner SUI 94.

### Men

1) Eduard Khrennikov RUS 575, 2) Staffan Tunis FIN 488, 3) Andrey Grigoriev RUS 460, 4) Andrei Lamov RUS 429, 5) Lars Hol Moholdt NOR 399, 6) Olli-Markus Taivainen FIN 398, 7) Peter Arneson SWE 393, 8) Kiril Veselov RUS 346, 9) Teemu Kõngäs FIN 343, 10) Erik Rost SWE 340, 11) Hans Jörgen Kvåle NOR 268, 12) Michail Sorokin KAZ 263, 13) Eivind Tonna NOR 256, 14) Johan Granath SWE 247, 15) Vladimir Barchukov RUS 227, 15) Christian Spoerry SUI 227, 17) Martin Hammarberg SWE 209, 18) Janne Häkkinen FIN 197, 18) Gion Schnyder SUI 197, 20) Andrei Gruzdev RUS 194, 21) Øyvind Watterdal NOR 181, 22) Stanimir Belomazhev BUL 171, 23) Joel Sjölander SWE 161, 24) Jiri Bouchal CZE 136, 25) Jan Lauerma CZE 126, 26) Petri Kiiskinen FIN 112, 27) Pasi Kiiskinen FIN 102, 28) Alexey Nemtcev KAZ 93, 29) Sindre Jansson Haverstad NOR 80, 30) Ove Sætra NOR 78.

### Relay

### Women

1) Russia 125, 2) Sweden 120, 3) Finland 100, 4) Norway 81, 5) Kazakhstan 58, 6) Switzerland 35, 7) Czech Republic 26, 8) Lithuania 10, 9) Romania 9, 10) Bulgaria 8, 10) Hungary 8.

### Men

1) Norway 125, 2) Russia 118, 3) Sweden 117, 4)



Finland 91, 5) Switzerland 45, 6) Czech Republic 43, 7) Kazakhstan 41, 8) Bulgaria 12, 8) Estonia 12, 8) Ukraine 12.

### Ski Orienteering World Cup Events 2010

Event 1	15 Jan	RUS	Middle
Event 2	16 Jan	RUS	Sprint
Event 3	17 Jan	RUS	Sprint relay
Event 4	18 Jan	RUS	Long
Event 5	2 Feb	BUL	Sprint
Event 6	3 Feb	BUL	Long
Event 7	5 Feb	BUL	Middle
Event 8	6 Feb	BUL	Mixed sprint relay
Event 9	10 Feb	ROU	Middle
Event 10	11 Feb	ROU	Long
Event 11	13 Feb	ROU	Sprint
Event 12	14 Feb	ROU	Relay
Event 13	13 Mar	SWE	Sprint
Event 14	14 Mar	SWE	Middle
Event 15	16 Mar	SWE	Relay
Event 16	17 Mar	SWE	Ultra-long

## European Ski Orienteering Championships

MIERCUREA CIUC, ROMANIA,  
8-15 FEBRUARY

### Sprint

#### Women

1) Tatiana Vlasova RUS 12:58, 2) Josefine Engström SWE 13:03, 3) Olga Novikova KAZ 13:07, 4) Helene Söderlund SWE 13:09, 5) Åsa Zetterberg-Eriksson SWE 13:43, 6) Olga Trifanova RUS 13:51, 7) Anastasia Kravchenko RUS 13:54, 9) Marttiina Joensuu FIN 13:56, 10) Liisa Anttila FIN 13:59, 11) Tiia Tallila FIN 14:02, 12) Mariya Kechkina RUS 14:09, 13) Alena Chukareva RUS 14:13, 14) Pernilla Tunis FIN 14:15, 15) Kajsa Richardsson SWE 14:16, 16) Laura Kempas FIN 14:25, 17) Evgenia Kuzmina KAZ 14:47, 18) Anni Honkima FIN 15:09, 19) Simona Karochová CZE 15:11, 19) Carmen Strub SUI 15:11, 21) Helena Randáková CZE 15:28, 22) Ivana Bochenková CZE 15:31, 23) Zuzana Jedlicková CZE 15:40, 24) Gabija Razaityte LTU 15:45, 24) Elin Vedin SWE 15:45, 26) Stefania Dimitrova BUL 16:06, 27) Elmira Moldasheva KAZ 16:28, 28) Tatyana Gavrilova KAZ 16:40, 29) Jolanta Sulciene LTU 17:00, 30) Monica Auer ROU 17:06.



#### Men

1) Eduard Khrennikov RUS 12:57, 2) Andrei Lamov RUS 13:00, 3) Andrei Grigoriev RUS 13:03, 3) Erik Rost SWE 13:03, 5) Staffan Tunis FIN 13:06, 6) Hans Jörgen Kvåle NOR 13:10, 7) Øyvind Watterdal NOR 13:19, 8) Christian Spoerry SUI 13:20, 8) Peter Arnesson SWE 13:20, 10) Eivind Tonna NOR 13:21, 11) Stanimir Belomazhev BUL 13:26, 11) Lars Hol Moholdt NOR 13:26, 13) Olli-Markus Taivainen FIN 13:27, 14) Teemu Kōngäs FIN 13:28, 14) Pasi Kiiskinen FIN 13:28, 16) Michail Sorokin KAZ 13:33, 17) Andrei Gruzdev RUS 13:34, 17) Johan Granath SWE 13:34, 19) Joel Sjölander SWE 13:35, 20) Jiri Bouchal CZE 13:41, 21) Janne Häkkinen FIN 13:43, 22) Vladimir Barchukov RUS 13:45, 23) Gion Schnyder SUI 13:51, 24) Ondrej Vodrůzka CZE 13:54, 24) Petri Kiiskinen FIN 13:54, 26) Ove Sætra NOR 14:02, 27) Jan Lauerma CZE 14:06, 28) Martin Hammarberg SWE 14:07, 29) Alexey Nemtcev KAZ 14:16, 30) Sindre Jansson Haverstad NOR 14:25.

### Middle distance

#### Women

1) Tatiana Vlasova RUS 39:28, 2) Liisa Anttila FIN 39:37, 3) Marte Reenaas NOR 40:03, 4) Olga Novikova KAZ 40:12, 5) Anastasia Kravchenko RUS 40:19, 6) Alyona Trapeznikova RUS 41:16, 7) Josefine Engström SWE 41:42, 8) Natalya Tomilova RUS 42:09, 9) Olga Trifanova RUS 42:13, 10) Helene Söderlund SWE 42:27, 11) Helena Randáková CZE 42:44, 12) Marttiina Joensuu FIN

43:02, 13) Åsa Zetterberg-Eriksson SWE 43:07, 14) Anni Honkima FIN 43:43, 15) Laura Kempas FIN 43:59, 16) Kajsa Richardsson SWE 44:14, 17) Mariya Kechkina RUS 44:39, 18) Evgenia Kuzmina KAZ 44:44, 19) Alena Chukareva RUS 45:02, 20) Elin Vedin SWE 45:38, 21) Simona Karochová CZE 46:08, 22) Tiia Tallila FIN 46:39, 23) Zuzana Jedlicková CZE 48:06, 24) Carmen Strub SUI 48:45, 25) Ivana Bochenková CZE 49:01, 26) Stefania Dimitrova BUL 49:44, 27) Pernilla Tunis FIN 51:59, 28) Gabija Razaityte LTU 52:43, 29) Elmira Moldasheva KAZ 53:09, 30) Evgenia Yaremenko UKR 53:50.

#### Men

1) Eduard Khrennikov RUS 43:51, 1) Peter Arnesson SWE 43:51, 3) Andrei Grigoriev RUS 44:05, 4) Teemu Kōngäs FIN 44:09, 5) Staffan Tunis FIN 44:58, 6) Erik Rost SWE 45:21, 7) Stanimir Belomazhev BUL 45:41, 8) Lars Hol Moholdt NOR 45:57, 9) Michail Sorokin KAZ 46:04, 10) Christian Spoerry SUI 46:08, 11) Johan Granath SWE 46:11, 12) Ondrej Vodrůzka CZE 46:15, 13) Janne Häkkinen FIN 46:21, 14) Jiri Bouchal CZE 46:49, 15) Jan Lauerma CZE 47:11, 16) Pasi Kiiskinen FIN 47:18, 16) Petri Kiiskinen FIN 47:18, 18) Andrei Gruzdev RUS 47:25, 19) Gion Schnyder SUI 47:50, 20) Eivind Tonna NOR 47:59, 21) Vladimir Barchukov RUS 48:04, 22) Martin Hammarberg SWE 48:14, 23) Olli-Markus Taivainen FIN 48:36, 24) Øyvind Watterdal NOR 48:46, 25) Kiril Veselov RUS 48:57, 26) Gustav Nordström SWE 49:05, 27) Ove Sætra NOR 49:11, 28) Ivan Shakirov RUS 49:39, 28) Joel Sjölander SWE 49:39, 30) Sindre Jansson Haverstad NOR 49:45.

### Long distance

#### Women

1) Marte Reenaas NOR 1:29:12, 2) Liisa Anttila FIN 1:29:19, 3) Tatiana Vlasova RUS 1:29:28, 4) Anastasia Kravchenko RUS 1:29:58, 5) Helene Söderlund SWE 1:30:31, 6) Natalya Tomilova RUS 1:30:40, 7) Helena Randáková CZE 1:32:13, 8) Olga Novikova KAZ 1:33:54, 9) Kajsa Richardsson SWE 1:34:02, 10) Josefine Engström SWE 1:34:05, 11) Mariya Kechkina RUS 1:34:23, 12) Alyona Trapeznikova RUS 1:35:56, 13) Evgenia Kuzmina KAZ 1:36:43, 14) Laura Kempas FIN 1:36:48, 15) Anni Honkima FIN 1:36:57, 16) Olga Trifanova RUS 1:37:26, 17) Åsa Zetterberg-Eriksson SWE 1:37:48, 18) Pernilla Tunis FIN 1:38:41, 19) Alena Chukareva RUS 1:39:31, 20) Ivana Bochenková CZE 1:40:03, 21) Simona Karochová CZE 1:42:00, 22) Tiia Tallila FIN 1:43:07, 23) Zuzana Jedlicková CZE 1:44:43, 24) Carmen Strub SUI 1:45:44, 25) Gabija Razaityte LTU 1:46:23, 26) Monica Auer ROU 1:56:38, 27) Tatyana Gavrilova KAZ 1:56:53, 28) Ildikó Szivák HUN 1:59:41, 29)



Elmira Moldasheva KAZ 2:06:18, 30) Evgenia Yaremenko UKR 2:09:14.

### Men

1) Staffan Tunis FIN 1:52:37, 2) Eduard Khrennikov RUS 1:54:33, 3) Teemu Kõngäs FIN 1:54:34, 4) Andrey Grigoriev RUS 1:54:45, 5) Lars Hol Moholdt NOR 1:55:16, 6) Christian Spoerry SUI 1:55:54, 7) Janne Häkkinen FIN 1:55:55, 8) Andrei Lamov RUS 1:56:35, 9) Peter Arnesson SWE 1:56:44, 10) Petri Kiiskinen FIN 1:56:50, 11) Kiril Veselov RUS 1:58:00, 12) Vladimir Barchukov RUS 1:58:31, 13) Gion Schnyder SUI 1:59:02, 14) Michail Sorokin KAZ 1:59:27, 15) Erik Rost SWE 1:59:35, 16) Alexey Nemtcev KAZ 1:59:39, 17) Jan Lauerman CZE 1:59:58, 18) Johan Granath SWE 2:00:18, 19) Jiri Bouchal CZE 2:00:41, 20) Sindre Jansson Haverstad NOR 2:02:32, 21) Joel Sjölander SWE 2:04:01, 22) Ivan Shakirov RUS 2:04:50, 23) Gabriele Canella ITA 2:05:02, 24) Andrin Kappenberger SUI 2:05:42, 25) Gustav Nordström SWE 2:05:49, 26) Martin Hammarberg SWE 2:05:54, 27) Ove Sætra NOR 2:06:18, 28) Nerijus Sulcys LTU 2:06:22, 29) Radek Laciga CZE 2:08:08, 30) Vitalij Lilichenkov KAZ 2:08:22.

### Relay

#### Women

1) Sweden 1:47:29 (Åsa Zetterberg-Eriksson, Josefine Engström, Helene Söderlund), 2) Russia 1:47:53 (Anastasia Kravchenko, Tatiana Vlasova, Natalya Tomilova), 3) Finland 1:52:05 (Laura Kempas, Marttiina Joensuu, Liisa Anttila), 4) Kazakhstan 1:56:52 (Evgenia Kuzmina, Elmira Moldasheva, Olga Novikova), 5) Czech Republic 2:05:46 (Ivana Bochenková, Simona Karochová, Helena Randáková), 6) Lithuania 2:17:51 (Gabija Razaityte, Jolanta Sulciene, Gabriele Keinaite), 7) Romania 2:38:27 (Monica Auer, Andreea Hepcal, Andreea Danila), 8) Hungary 2:47:26 (Ágnes Simon, Ildikó Szivák, Regina Bertóti).

#### Men

1) Sweden 1:00:32 (Johan Granath, Erik Rost, Peter Arnesson), 2) Norway 1:01:16 (Eivind Tonna, Hans Jörgen Kvåle, Lars Hol Moholdt), 3) Finland 1:01:58 (Teemu Kõngäs, Olli-Markus Taivainen, Staffan Tunis), 4) Russia 1:03:52 (Vladimir Barchukov, Kiril Veselov, Andrei Gruzdev), 5) Czech Republic 1:05:30 (Jiri Bouchal, Jan Lauerman, Ondrej Vodrázka), 6) Switzerland 1:08:24 (Gion Schnyder, Andrin Kappenberger, Christian Spoerry), 7) Kazakhstan 1:11:46 (Alexandr Babenko, Alexey Nemtcev, Michail Sorokin), 8) Lithuania 1:15:27 (Regimantas Kavaliauskas, Nerijus Sulcys, Vitalijus Petrulis), 9) Estonia 1:19:07 (Margus Hallik, Tarvo Klaasimäe, Even Toomas), 10) Ukraine 1:24:03 (Arsen Zhuravel, Oleksiy Ufimtsev, Oleksandr Kalinkin).

## Asian Orienteering Championships

NAGOYA, JAPAN,  
30 APRIL – 5 MAY 2010

### Sprint

#### Women

1) Shuangyan Hao CHN 13:44, 1) Ji Li CHN 13:44, 3) Fei Li CHN 14:26, 4) Yoko Bamba JPN 14:41, 5) Mikiko Minagawa JPN 15:23, 6) Yingwei Wang CHN 15:57, 7) Naoko Kano JPN 16:34, 8) Marie Sekiya JPN 16:41, 9) Madoka Watanabe JPN 16:44, 10) Mingyue Zhu CHN 17:15.

#### Men

1) Hiroyuki Kato JPN 15:46, 2) Toshiyuki Matsuzawa JPN 16:20, 3) Shunsuke Konno JPN 16:29, 4) Ryo Kobayashi JPN 16:37, 5) Daisuke Yamaguchi JPN 17:40, 6) Takashi Fujinuma JPN 17:54, 7) Yuta Tanikawa JPN 18:02, 8) Kenya Matsui JPN 18:28, 9) Kezhan Xue CHN 18:31, 10) Daichi Yamagami JPN 18:35.

### Middle distance

#### Women

1) Fei Li CHN 33:36, 2) Shuangyan Hao CHN 34:34, 3) Yoko Bamba JPN 34:49, 4) Mingyue Zhu CHN 36:40, 5) Naoko Kano JPN 37:15, 6) Shuko Hotoge JPN 40:15, 7) Ji Li CHN 40:56, 8) Sanae Saito JPN 45:00, 9) Akane Inaba JPN 45:03, 10) Naoko Shimura JPN 46:03.

#### Men

1) Koji Kashimada JPN 36:50, 2) Shunsuke Konno JPN 38:40, 3) Wataru Teragauchi JPN 38:41, 4) Toshiyuki Matsuzawa JPN 40:19, 5) Shigeyuki Koizumi JPN 41:17, 6) Hiroyuki Kato JPN 42:28, 7) Jing-Xiong Mo CHN 42:34, 8) Ryo Kobayashi JPN 42:39, 9) Takashi Fujinuma JPN 42:56, 10) Nobuhiro Nishio JPN 44:10.

### Long distance

#### Women

1) Ji Li CHN 59:52, 2) Shuangyan Hao CHN 1:07:02, 3) Mingyue Zhu CHN 1:10:07, 4) Yoko Bamba JPN 1:11:40, 5) Shuko Hotoge JPN 1:14:04, 6) Yingwei Wang CHN 1:15:27, 6) Mikiko Minagawa JPN 1:15:27, 8) Marie Sekiya JPN 1:17:17, 9) Sanae Saito JPN 1:17:18, 10) Naoko Kano JPN 1:20:41.

#### Men

1) Shigeyuki Koizumi JPN 1:27:35, 2) Shunsuke Konno JPN 1:29:07, 3) Koji Kashimada JPN 1:30:25, 4) Toshiyuki Matsuzawa JPN 1:32:23, 5) Daisuke Yamaguchi JPN 1:32:38, 6) Hiroyuki Kato

JPN 1:33:13, 7) Takashi Fujinuma JPN 1:35:45, 8) Dai Yagishita JPN 1:36:40, 9) Hironori Katayama JPN 1:38:27, 10) Ryo Kobayashi JPN 1:38:46.

### Relay

#### Women

1) China 2:03:19 (Mingyue Zhu, Ji Li, Shuangyan Hao), 2) Japan 2:21:29 (Shuko Hotoge, Yoko Bamba, Naoko Kano), 3) Kazakhstan 3:00:22 (Riana Khassanova, Elmira Moldasheva, Alla Vorontsova), 4) Chinese Taipei 3:28:16 (Wan-Jyun Sie, Shu-Chen Tsai, Chieh Chen), 5) Hong Kong 3:43:03 (Wai Lan Iris Lui, Kar-Bik Tam, Yuen Ki Hilda Cheng).

#### Men

1) Japan 2:23:30 (Shigeyuki Koizumi, Toshiyuki Matsuzawa, Daisuke Yamaguchi), 2) China 2:50:29 (Kezhan Xue, Hao He, Xiang Li), 3) Kazakhstan 2:59:26 (Denis Vlassov, Timur Artyukhin, Alexandr Zenin), 4) Hong Kong 3:15:42 (Chak Lun Gerald Yip, Chi Ko Abdon Cheung, Ho-Ching Chiu), 5) Chinese Taipei 4:12:37 (Kai-Yuan Hsiao, Cheng-Hsiung Chen, Che-Hao Chang).

## European Orienteering Championships

PRIMORSKO, BULGARIA,  
27 MAY – 6 JUNE 2010

### Sprint

#### Women

1) Helena Jansson SWE 14:36, 2) Simone Niggli-Luder SUI 14:56, 3) Maja Alm DEN 15:44, 4) Elise Egseth NOR 15:53, 4) Angela Wild SUI 15:53, 6) Dana Brozková CZE 16:08, 6) Signe Søs DEN 16:08, 8) Celine Dodin FRA 16:10, 9) Karolina Arewång-Höjsgaard SWE 16:12, 10) Sarah Rollins GBR 16:22, 10) Caroline Cejka SUI 16:22.

#### Men

1) Fabian Hertner SUI 14:45, 2) Daniel Hubmann SUI 15:11, 3) Emil Wingstedt SWE 15:14, 4) Matthias Merz SUI 15:21, 5) Matthias Müller SUI 15:24, 6) Tue Lassen DEN 15:29, 7) Andreas Kyburz SUI 15:33, 8) Marc Lauenstein SUI 15:35, 9) Vesa Taanila FIN 15:37, 10) Graham Gristwood GBR 15:41.

### Middle distance

#### Women

1) Simone Niggli-Luder SUI 33:07, 2) Signe Søs DEN 35:06, 3) Lena Eliasson SWE 35:19, 4) Helena Jansson SWE 35:24, 5) Minna Kauppi FIN 35:49, 6) Vroni König-Salmi SUI 36:04, 7) Dana



Brožková CZE 37:08, 8) Merja Rantanen FIN 37:10, 9) Nataliya Vinogradova RUS 37:38, 10) Aija Skrastina LAT 37:41.

#### Men

1) Valentin Novikov RUS 34:09, 2) Matthias Merz SUI 35:30, 3) Daniel Hubmann SUI 35:36, 4) Emil Wingstedt SWE 35:47, 5) Alexey Bortnik RUS 36:17, 6) Tero Föhr FIN 36:21, 7) Peter Öberg SWE 36:22, 8) Carl Waaler Kaas NOR 36:27, 9) Kiril Nikolov BUL 36:28, 10) Matthias Müller SUI 36:31.

#### Long distance

#### Women

1) Simone Niggli-Luder SUI 1:20:31, 2) Dana Brožková CZE 1:21:53, 3) Helena Jansson SWE 1:26:22, 4) Lina Persson SWE 1:28:22, 5) Eva Jureníková CZE 1:28:56, 6) Maria Rantala FIN 1:29:00, 7) Lena Eliasson SWE 1:29:24, 8) Vendula Klechová CZE 1:29:37, 9) Vroni König-Salmi SUI 1:29:56, 10) Anni-Maija Fincke FIN 1:31:46, 10) Emma Andersson SWE 1:31:46.

#### Men

1) Daniel Hubmann SUI 1:44:29, 2) Philippe Adamski FRA 1:48:00, 3) Fabian Hertner SUI 1:48:43, 4) Carl Waaler Kaas NOR 1:50:50, 5) Marc Lauenstein SUI 1:50:56, 6) Kiril Nikolov BUL 1:51:09, 7) Emil Wingstedt SWE 1:51:56, 8) Hans Gunnar Omdal NOR 1:52:10, 9) Matthias Müller SUI 1:52:53, 10) Valentin Novikov RUS 1:53:50.

#### Relay

#### Women

1) Sweden 1:52:37 (Karolina Årewang-Höjsgaard, Lena Eliasson, Helena Jansson), 2) Finland 1:52:49 (Merja Rantanen, Anni-Maija Fincke, Minna Kauppi), 3) Switzerland 1:53:35 (Vroni König-Salmi, Caroline Cejka, Simone Niggli-Luder), 4) Czech Republic 1:55:38 (Vendula Klechova, Dana Brožková, Eva Jureníková), 5) Russia 2:01:18 (Galina Vinogradova, Natalia Vinogradova, Julia Novikova).

#### Men

1) Switzerland 1:54:44 (Matthias Müller, Fabian Hertner, Matthias Merz), 2) France 1:55:20 (Frederic Tranchand, Philippe Adamski, Thierry Gueorgiou), 3) Norway 1:56:36 (Holger Hott, Carl Waaler Kaas, Olav Lundanes), 4) Sweden 1:56:57 (Erik Johansson, Anders Holmberg, Marcus Millegård), 5) Czech Republic 1:58:23 (Tomas Dlabaja, Jan Prochazka, Michal Smola).

## North American Orienteering Championships

BRITISH COLUMBIA, CANADA,  
1-4 JULY 2010

#### Sprint

#### Women

1) Samantha Saeger USA 13:31, 2) Sandra Zurcher USA 14:00, 3) Louise Oram CAN 14:20, 4) Carol Ross CAN 14:58, 5) Ekaterina Orekhova USA 16:03, 6) Nicki Rehn CAN 16:13, 7) Marie-Cat Bruno CAN 16:37, 8) Angelica Riley USA 16:48, 9) Abigail May CAN 17:02, 10) Andrea Balakova CAN 17:26.

#### Men

1) Patrick Goeres CAN 13:48, 2) Mike Smith CAN 14:30, 3) Eric Bone USA 14:59, 4) Boris Granovskiy USA 15:07, 5) Igor Palagnyuk CAN 15:08, 5) Thomas Nipen CAN 15:08, 6) Ross Smith USA 15:21, 7) Brian May CAN 15:25, 8) Eddie Bergeron USA 15:28, 9) Eric Kemp CAN 15:35, 10) Steven Graupner CAN 15:49.

#### Middle distance

#### Women

1) Louise Oram CAN 33:19, 2) Sandra Zurcher USA 35:23, 3) Alison Crocker USA 36:15, 4) Carol Ross CAN 37:06, 5) Ekaterina Orekhova USA 41:06, 6) Samantha Saeger USA 42:53, 7) Marie-Cat Bruno CAN 42:57, 8) Pam James CAN 43:39, 9) Angelica Riley USA 45:08, 10) Andrea Balakova CAN 47:33.

#### Men

1) Ross Smith USA 31:38, 2) Mike Smith CAN 32:06, 3) Thomas Nipen CAN 33:27, 4) Eric Bone USA 33:49, 5) Nick Duca CAN 34:17, 6) Patrick Goeres CAN 34:35, 7) Wil Smith CAN 36:03, 8) Boris Granovskiy USA 36:06, 9) Eddie Bergeron USA 36:07, 10) Wyatt Riley USA 36:22.

#### Long Distance

#### Women

1) Louise Oram CAN 1:09:13, 2) Alison Crocker USA 1:09:51, 3) Samantha Saeger USA 1:10:48, 4) Carol Ross CAN 1:25:04, 5) Angelica Riley USA 1:28:00, 6) Marie-Cat Bruno CAN 1:31:26, 7) Pam James CAN 1:31:30, 8) Kseniya Popova USA 1:34:00, 9) Andrea Balakova USA 1:36:49, 10) Suzanne Armstrong USA 1:37:48.

#### Men

1) Mike Smith CAN 1:28:17, 2) Patrick Goeres

CAN 1:29:10, 3) Thomas Nipen CAN 1:32:12, 4) Ross Smith USA 1:34:36, 5) Eric Bone USA 1:35:19, 6) Boris Granovskiy USA 1:37:40, 7) Nick Duca CAN 1:38:53, 8) Mikell Platt USA 1:39:07, 9) Leif Anderson USA 1:40:26, 10) Igor Palagnyuk CAN 1:40:50.

## European Trail Orienteering Championships

BOLLNÄS, SWEDEN,  
4-6 AUGUST 2010

#### Paralympic class

1) Ola Jansson SWE, points 43, time 99, 2) Michael Johansson SWE, points 42, time 176, 3) Pekka Seppä FIN, points 42, time 268, 4) Zdenko Horjan CRO, points 40, time 155, 5) Ivica Bertol CRO, points 40, time 164, 5, 6) Nils-Olov Andersson SWE, points 40, time 195, 5, 7) Søren Saxtorph DEN, points 39, time 172, 8) Christian Gieseler GER, points 39, time 203, 9) Anna Råberg SWE, points 39, time 260, 10) Yegor Surkov UKR, points 38, time 188.

#### Open class

1) Hannu Niemi FIN, points 44, time 200, 2) Marit Wiksell SWE, points 43, time 75, 5, 3) Clive Allen GBR, points 43, time 132, 4) Lauri Kontkanen FIN, points 43, time 163, 5, 5) Martin Fredholm SWE, points 42, time 110, 6) Geir Myhr Öien NOR, points 42, time 124, 5, 7) Stig Gerdman SWE, points 42, time 185, 8) Vitaliy Kyrychenko UKR, points 42, time 198, 9) John Kewley GBR, points 42, time 236, 10) Erik Lundkvist SWE, points 41, time 113.

#### Team competition

#### Paralympic class

1) Sweden, points 42, time 121 (Ola Jansson, Michael Johansson, Anna Råberg), 2) Croatia, points 42, time 128 (Ivica Bertol, Zdenko Horjan), 3) Finland, points 40, time 247, 5 (Pekka Seppä, Matti Mäntyniemi, Kari Pinola), 4) Ukraine, points 38, time 160 (Yegor Surkov, Vladyslav Poznianskiy, Oleksandr Synarov), 5) Norway, points 35, time 358, 5 (Egil Sønsterudbråten, Jan Erik Haug, Arne Ask).

#### Open class

1) Sweden, points 43, time 57, 5 (Marit Wiksell, Robert Jakobsson, Erik Stålnacke), 2) Great Britain, points 43, time 163 (Clive Allen, John Kewley, Dennis Mews), 3) Norway, points 43, time 198 (Martin Jullum, Ole-Johan Waaler, Lars Jakob Waaler), 4) Ukraine, points 43, time 215 (Vitaliy Kyrychenko, Mykola Opanasenko, Tetiana Chernysh), 5) Finland, points 43, time 239 (Hannu Niemi, Tuomas Väinä, Risto Vainio).



## IOF MEMBERS (as of 3 November 2010)

**\*ARG:** Federacion del Deporte de Orientacion de la Republica Argentina, orientargen@hotmail.com

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**BLR:** Belarus Orienteering Federation, orienteby@gmail.com, www.belarus-orient.org

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**CRO:** Croatian Orienteering Federation, karlo.gobec@zg.t-com.hr, www.cof.hr

**\*CUB:** Cuban Orienteering Federation, bonilla@cimex.com.cu

**CZE:** Cesky svaz orientacnich sportu, csos@cstv.cz, www.orientacnisporty.cz

**DEN:** Dansk Orienterings-Forbund, dof@do-f.dk, www.do-f.dk

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**\*INA:** Federation Orienteering National of Indonesia, orienteering.ind@gmail.com

**\*IND:** Orienteering Federation of India, orienteering\_fed\_india@rediffmail.com

**IRL:** Irish Orienteering Association, info@orienteering.ie, www.orienteering.ie

**ISR:** Israel Sport Orienteering Association, nivut@netvision.net.il, www.nivut.org.il

**ITA:** Federazione Italiana Sport Orientamento, info@fiso.it, www.fiso.it

**\*JAM:** Jamaica Orienteering Federation, c/o The Sports Department, Tel. +1 876 966 5685, Fax +1 876 966 5115

**JPN:** Nihon Orienteering Kyokai, orienteering@japan-sports.or.jp, www.orienteering.or.jp

**KAZ:** Sport Orienteering Federation of the Republic of Kazakhstan, vlad-telnov@yandex.ru

**\*KEN:** Bush Trekkers Orienteering Club Kenya, bushtrekkers\_club@yahoo.co.uk

**\*KGZ:** Kyrgyzstan Orienteering Federation, Tel. +996 312 652 737

**KOR:** Korea Orienteering Federation, hq@kof.or.kr, www.kof.or.kr

**LAT:** Latvian Orienteering Federation, lof@lof.lv, www.lof.lv

**LIE:** Orientierungslaufclub des Fürstentums Liechtenstein, orienteering@gmx.li

**LTU:** Lithuanian Orienteering Federation, losf@losf.lt, www.losf.lt

**\*MAS:** Malaysian Orienteering Association, lkm57@streamyx.com

**MDA:** Moldavian Orienteering Federation orient.md@gmail.com, www.orienteering.md

**MGL:** Mongolian Orienteering Federation, orienteering@mail.mn

**\*MKD:** Macedonian Orienteering Sport, orienteeringmacedonia@hotmail.com

**\*MOZ:** Associacao de orientacao de Cidade de Maputo, bowers@tv cabo.co.mz

**NED:** Nederlandse Oriënteringsloop Bond, secretaris@nolb.nl, www.nolb.nl

**NOR:** Norges Orienteringsforbund, nof@orientering.no, www.orientering.no

**NZL:** New Zealand Orienteering Federation, nzof@nzorienteering.com, www.nzorienteering.com

**\*PAK:** Pakistan Orienteering Association, pak\_sport@yahoo.com

**\*PAK:** Pakistan Orienteering Federation, pakpof@hotmail.com

**\*PAN:** Panama Orienteering Club, frevuelta.bullhouse@caleonda.net

**POL:** Polski Związek Orientacji Sportowej, orienteering@orienteering.org.pl, www.orienteering.org.pl

**POR:** Federação Portuguesa de Orientação, geral@fpo.pt, www.fpo.pt

**PRK:** Amateur Orienteering Association of the Democratic People's Republic of Korea, noc-kp@co.chesin.com

**\*PUR:** Puerto Rico Sports for All, deporte\_para\_todos\_pr@hotmail.com

**ROU:** Romanian Orienteering Federation, info@fro.ro, www.fro.ro

**RSA:** The South African Orienteering Federation, president@orienteering.co.za, www.saof.org.za

**RUS:** Russian Orienteering Federation, rufso@mail.ru, www.rufso.ru

**SLO:** Orientacijska Zveza Slovenije, orientacijska.zveza@guest.arnes.si, www.orientacijska-zveza.si

**\*SOM:** Somali Orienteering Federation, somaliorienteering@gmail.com

**SRB:** Serbian Orienteering Federation, oss@orijentiring.rs, www.orijentiring.rs

**SUI:** Swiss Orienteering, info@swiss-orienteering.ch, www.swiss-orienteering.ch

**SVK:** Slovenský zväz orientacných športov, slovakia@orienteering.sk, www.orienteering.sk

**SWE:** Svenska Orienteringsförbundet, info@orientering.se, www.orientering.se

– **SkiO related matters:** Svenska Skidförbundet, hakan.holmberg@skidor.com, www.skidor.com

**\*THA:** Thailand's Orienteering Association, info@orienteeringthai.org

**TPE:** Chinese Taipei Orienteering Association, orienteeringtw@yahoo.com.tw, www.orienteering.org.tw

**TUR:** Turkish Orienteering Federation, info@oryantiring.org, http://oryantiring.org

**UKR:** Ukrainian Orienteering Federation, UOF@orienteering.org.ua, www.orienteering.org.ua

**\*URU:** Uruguayan Orienteering Association, feduru.orientacion@gmail.com

**USA:** Orienteering USA, gis@orienteeringusa.org, www.orienteeringusa.org

**\*VEN:** Club de Senderismo y Orientacion Deportiva, Tel. +58 572 1444

**Altogether 71 member federations, out of which 21 are provisional members (\*)**



