

O-zine

International Orienteering Federation

On-line Newsletter

Issue 2 – July 2009

The World Games 2009 Kaohsiung

“Fast and exciting orienteering”

BY ERIK BORG

Christine Brown is the Senior Event Adviser for The World Games orienteering events and is looking forward to exciting, hot competition and a lot of spectators.

– The participants will need to be quick with decision making to find the best route choices. It will be fast and the courses challenging, says Christine.

The Australian is the IOF Senior Event Adviser and has been to Kaohsiung three times to assist and give advice to the organisers. Orienteering is still quite a small sport in Chinese Taipei and the organisers have made use of overseas expertise. Erik Nielsen who was one of three persons in charge of the World Orienteering Cham-

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O-zine is an on-line newsletter published by the IOF. You can receive an e-mail notification whenever a new issue of O-zine is released. To register, just fill in the form at http://6prog.org/IOF/oz_reg.asp and press the ‘Subscribe’ button.

Good reading!

BARBRO RÖNNBERG

EDITOR-IN-CHIEF



Daniel Hubmann has run incredibly well so far this season. The Swiss is now heading for the World Games and then the World Championships.

PHOTO: ERIK BORG



The World Games 2009 Kaohsiung



pionships in Denmark in 2006 is the Event Director.

New records

The World Games is being organised for the eighth time. 31 sports are on the programme. In total, 4700 athletes from 105 nations will take part. It is a record in terms of the number of sports, athletes and nations.

Orienteering made its debut on the program of The World Games in Akita, Japan in 2001. This is now the third time for orienteering to be part of this huge, highly successful multi sport competition. This year there are three orienteering competitions. Earlier it has been two - middle distance and relay.

Friday 17th July is the sprint competition. The day after is the middle and the third competition is the relay on Sunday 19th July. As previously, each relay team comprises two persons of each gender.

Park races

The orienteering will be in park-like terrain. The sprint distance is being organised in the area surrounding the Museum of Fine Arts - parkland at sea level. There are few hills and a lot of paths. The last two competitions will be at ChengChin Lake - a forest park with several slopes not higher than 5-20 metres and a developed network of paths and roads. Runnability will be good.

– We are confident that the competitions will be exciting and enjoyable for spectators. Orienteering is a relatively new sport in Chinese Taipei and we expect that the local people will be intrigued and come to

watch so there will be lots of spectators, says Christine.

Hot and wet

The games will be organised in the city of Kaohsiung, in the south of Chinese Taipei. The climate is hot and humid in July.

– The climate will be quite different for many orienteers as they prepare in spring or autumn, says Christine.

And how is it to be the event adviser?

– It is an incredible experience working on The World Games, an event that is so important to the IOF. One of the most satisfying things has been watching the organising team take shape and know that there will be some lasting skills passed on to orienteering in Chinese Taipei. It is very educational to see the skill and inspiration imparted by the Dane Erik Nielsen. Erik brings a lot of experience, says Christine.



PHOTO: ERIK BORG

Orienteering at The World Games in Kaohsiung

Programme:

Thursday 16th July 2009

Opening ceremony

Friday 17th July 2009

Sprint event

Saturday 18th July 2009

Middle distance event

Sunday 19th July 2009

Mixed-team relay

Venues

The Kaohsiung Museum of Fine Arts is the venue of the sprint event, and the middle distance competition and the mixed-team relay will be organised at Cheng Chin Lake.

Participating nations:

Australia, Canada, Chinese Taipei, Czech Republic, Denmark, Estonia, Finland, France, Great Britain, Japan, Latvia, Lithuania, New Zealand, Norway, Russia, Slovakia, South Africa, Sweden and Switzerland.

The Australian Christine Brown is looking forward to very exciting competition in Kaohsiung.

“Competitions are what I like”



PHOTO: ERIK BORG

BY ERIK BORG

The World Championships in Hungary, the World Games in Chinese Taipei and the World Cup are major goals this year for the number one in the world just now and Daniel Hubmann wants to be among the best for a long time.

– I haven't been thinking about stopping. I will compete for at least three more years. In 2012 the World Orienteering Championships will be at home in Switzerland and I might continue even longer than that, says Daniel.

Daniel Hubmann has had a great start to the year. He won two gold medals at the Open Nordic Championships and has shown that he is also an expert in Nordic terrain. As a last leg runner he ran Kristiansand to victory in both Jukola and Tiomila.

Adventure

One of his three main goals this year is coming soon. It's the World Games in Kaohsiung. Last time, four years ago in Duisburg, Daniel won his first international gold when he and his three team

mates won the relay. In the individual event, he won silver after the Frenchman Thierry Gueorgiou. Now Daniel and the Russian Andrey Khramov are favourites for the gold.

– I think it will be an enjoyable trip and great competition. Here, I am not only thinking about orienteering but also about competitions in other sports. It will be an adventure. The World Games has been a goal since last year. The World Games are good for orienteering. It's a platform for going to the Olympics and it's good if the best are there. I look forward to the competition. The main reason for me doing orienteering is the competitions, says Daniel.

More and more

Daniel is 26 years old and lives in Bern together with his girl friend Annette Kind-schi. She is not in the national team but she is on a high level. In Oslo she had her first starts in the World Cup. Even though Daniel won gold at the Junior World Orienteering Championships, he still doesn't think he trained a lot as a junior but now he has been doing more and more training.

– For the last few years I have done more or less the same thing. I have just trained a little more and continued with what has been working. I have got used to doing a lot of training.

Do you feel that you are getting to new level?

– I feel good and possess self confidence. I feel I take small steps. This year the victory in the long distance at the Open Nordic was great. It showed that I can handle Nordic terrain.

Full time

Daniel turned professional in 2007. Before that he was a carpenter.

– I can't say I miss it, but when I do carpentry at home I do enjoy it, he smiles.

To become better and better he thinks it's important to be a professional. That provides possibilities to go to training camps in different terrains. So far this year he has been at camps for about ten weeks. That would have been difficult with regular work. He feels it's important to experience different terrains. He really knows how to do it in Switzerland.

Are you always hungry for technical training?

– Mostly and you have to be motivated. On occasions I drop the technical training and just do some running, he says.

Go for all

Last year he ran every format in the Czech Republic and won the long distance and his first individual gold. The World Orienteering Championship in Hungary is the number one goal for the year and he is again available for all races. The challenges in Miskolc will be rather different from those in Kaohsiung.

– But there is time enough to adopt the right technique for Hungary. There's a training camp at the beginning of August, says Daniel.

Ready for sumo wrestling but not Antarctica

BY ERIK BORG

World Champion Hanny Allston is back on track. She is looking forward to taking part in The World Games and also watching athletes from other sports but she has no big plans for going to Antarctica even though she has a ticket to get there.

In 2006, the Australian, still a junior, was faster than senior stars like Simone Niggli-Luder and Anne Margrethe Hausken on the sprint at the World Orienteering Championships. She was the first non-European to win a World Championship gold!

Last year Hanny concentrated on her studies in New Zealand. There was little orienteering.

– But I have never left orienteering. I just stepped back to the local scene. I was

Hanny Allston is back on track and shows that she still has great skills after a year with little orienteering.



PHOTO: ERIK BORG

studying a very full load in Auckland last year and had to focus on this. I am now working as a teacher with rather convenient holidays so I can afford more time to compete again, she says.

The now 23 year old Australian took part in the second round of the World Cup in Norway and soon the World Games in Chinese Taipei.

– I am certainly excited to be part of World Games that I understand is the second largest sporting event in the world, says Hanny.

In Kaohsiung she will definitely do more than compete. She is looking forward to watching athletes from other sports.

– I especially want to go and watch the sumo wrestling, she says.

Looks good

At home, in Australia, Hanny has shown strength. Even if she was a little off the pace at the World Cup races close to Oslo that isn't a worry. The terrain in Norway was very Norwegian.

– It has been great to orienteer again in Scandinavian terrain and once again I am amazed how different it is compared to back home in Australia and New Zealand, says Hanny.

At The World Games and also at the World Championships in Hungary it will be something very, very different from that in Norway.

What's your goal now?

– The main issue for me this year is to find a balance between working full time as a teacher and enjoying life, says she.

Europe yes - Antarctica no

On the 3rd May Hanny won the Puffing Billy Great Train Race – athlete against the steam train. She took 47 minutes 7 seconds on a 13.2 kilometre hilly course through Melbourne's Dandenong Ranges. The prize was a trip to Antarctica.

– I won the trip to Antarctica but I am not currently on the way to Antarctica, she smiles.

– I am, in fact, wondering what on earth to do with it. It is for New Year's Eve this year. Actually, I am thinking of auctioning it to orienteers to fund another trip to Europe to participate in the orienteering scene. If anyone is interested please let me know.

Did you take part in the World Cup races in Norway because the World Championships will be there next year?

– I have no plans yet for next year but am trying to live each day as it comes, she says.

Peter's warmest summer

Peter Öberg looks forward to a warm summer and is making it even warmer. The Swede will be well prepared for the World Games.

BY ERIK BORG

Even on a warm day Peter Öberg can be spotted dressed in a lot of clothes this summer. The Swedish winner of the first race in this year's World Cup is heading for Kaohsiung.

– I will prepare for the climate in Chinese Taipei by wearing a wind jacket and thermal underwear, even on warm days. Nordic summer heat is nothing compared to what is waiting at the World Games, says Peter.

He will also prepare for the orienteering skills needed at the World Games by training a lot on sprint maps that are close to where he lives in Sweden. But Peter will not do anything special to prepare for the time difference.

– I will still sleep when it's night and be awake when it's daytime, he says.

Go for the Olympics

Peter showed early, keen interest in taking part in the World Games and is looking forward to the Games in lots of ways.

– The World Games is a terrific opportunity to show our sport to a broad international public. It would be incredible if our sport were to become a part of the Olympic program. By taking part in the World Games I am doing my bit to assist orienteering getting to the Olympics, says Peter.

The 29 year old Swede won the first middle distance race at the World Cup in Finland. A couple of days earlier he was the first to finish the last leg on the relay at the Open Nordic Championship. He is stronger than ever.

– My goal is to be better all the time. Three



PHOTO: ERIK BORG

years ago was I fifth on the middle distance at the open European Championships. At that time I was maybe one minute slower than the very best on the middle distance. Now, physically, I can run as fast as the best. Technically, I took a step forward before last season when I was injured. I now better understand different terrain and forest. Earlier I used the same technique everywhere. Anyway, my level is not so different from three years ago, but a gold is much more visible than fifth or sixth place, he says.

Peter didn't take part in the second race of the World Cup because he had just returned to competition from an injury suffered in spring. There would have been a risk of further injury by running on the hard ground in the centre of Salo.

– I have learned to listen to my body, he says.

Second World Cup triumph

Peter won the middle distance in Salo on one of the types of terrain he favours. The terrain is similar to Sweden and he enjoyed

the style of orienteering. The win was his second individual triumph at the World Cup. He won the sprint race at O-Ringen last year.

Peter is an engineer, working part time, while also doing some work as an orienteering trainer.

– I like to combine work and sport. Work gives a natural focus to other things that I think important. I will never train so much that I don't have time to do normal work, he says.



Inga looks forward

BY ERIK BORG

The Latvian Inga Dambe has taken new steps in the forest. She achieved her best ever performance at the start of this year's World Cup with a shared sixth place.

– I have been infected with the “orienteeing virus” for a long time. Now orienteeing is number one in my life. Usually, I am thinking about the next competition, says the Latvian who works just enough to get the money needed for living and running.

She is 31 years old and has been in the business for a long time. She started orienteeing with her family in 1986. In 1990 she won the Women 13 years at the Latvian Championship.

– I managed to run the course without mistakes. The win was a big surprise to everyone, including myself. The feelings on that day were similar to those I felt when I won the long distance at the

The Latvian Inga Dambe has taken a step up to the very best. PHOTO: ERIK BORG



PHOTO: ERIK BORG

Finnish Championships last year. To win a Finnish championship had been a goal that was almost unthinkable and unreachable, she says.

Growing up in an orienteeing family, Inga participated on both weekends and evenings during the week. As a youngster in 1989 Inga visited a little more than 600 control points.

– Since the very beginning I have always been very competitive, no matter how big or small the race, she says.

Better training

Inga has, of course, a lot of experience and now she has reached a new level as an orienteer. For some years she had problems with ankle injuries.

– Now I have managed to avoid injury and heal the ankle. I have increased my training hours, especially running in winter. Detailed training diaries are also a thing of the past. Instead of writing a lot about the training, I do the training. Experience in orienteeing is never enough. When you have got plenty of that you are no longer fast enough, she smiles.

Her sixth place on the middle distance at the World Cup race in Salo was definitely a big step forward.

– The result is very inspiring and motivating. It means that I can still grow and achieve more.

What is that you wish to achieve?

– I want to run World Championship Finals in top shape without mistakes. Up to this moment I haven't managed to do that, she says.

A new World Games

At the World Games in Duisburg four years ago Inga finished in a good 12th spot individually. Her goal now is to do better than that. She is really looking forward to this year's World Games in mid July.

– It's very exciting to go to the other side of the globe and see what challenges await

in Chinese Taipei. I hope the courses will be technical challenging and my mind cool enough to show what I'm capable of. I am a little concerned about how I will cope with the hot weather, she says.

Two countries

Inga is mainly based in the small town of Olaine, 25 kilometres south west of Riga, where the pine forest terrain is flat, marshy and bushy, cut by ditches and roads.

During summer she has, for a number of years, resided in Paimio in the south west of Finland. She runs for the club Paimion Rasti.

– Paimio is the place where I have become what I am in orienteeing. Without Paimion Rasti I wouldn't be motivated to continue orienteeing at such a high level. The club, which I have been in for 12 years, has a very good atmosphere. I have good friends there and there are good training possibilities on the doorstep, says Inga.

Did you feel on home ground when the World Cup started with the first race about 20 kilometres from Paimio?

– Of course I felt confident in Salo terrain. The forests are quite similar to those in Paimio. There were no extra worries about accommodation. I could stay where I live in summer, she says.

World ranking, Top 10 (As of 1 July)

Men:

1) Daniel Hubmann (SUI) 5788 points 2) Thierry Gueorgiou (FRA) 5669 3) Andrey Khramov (RUS) 5660 4) Peter Öberg (SWE) 5624 5) Matthias Merz (SUI) 5577 6) Anders Nordberg (NOR) 5575 7) Martin Johansson (SWE) 5559 8) Valentin Novikov (RUS) 5558 9) Baptiste Rollier (SUI) 5515 10) Topi Anjala (FIN) 5505.

Women:

1) Minna Kauppi (FIN) 5912 points 2) Anne Margrethe Hausken (NOR) 5875 4) Helena Jansson (SWE) 5720 5) Marianne Andersen (NOR) 5694 5) Signe Søes (DEN) 5611 6) Dana Brožková (CZE) 5566 7) Emma Engstrand (SWE) 5566 8) Annika Billstam (SWE) 5553 9) Vroni Koenig-Salmi (SUI) 5503 10) Heli Jukkola (FIN) 5502.