

Simone Niggli - Happy in victory



PHOTO: PIRJO VALJANEN

Simone Niggli is the current queen of the forest. In Japan she won all the gold medals, just as she did in Switzerland in 2003.

BY ERIK BORG

– Generally I am a happy person. I think it is important to have fun in life, but I can also at times feel tired and be a bit sad, says Simone Niggli.

The Swiss athlete is the current queen of the forest. When on top of the podium she still shows genuine happiness with every victory. – At the World Orienteering Championships (WOC) In Japan there was certainly good reason for being happy, she says.

Are you just as thrilled now with your good results as you used to be?

– Yes, I'm always pleased to win. You never get used to winning. My first WOC gold was more of a surprise. Now it is no longer a surprise, but it's a great feeling nevertheless.

How has all the success changed you?

– I hope it hasn't changed me. I hope I am the person I have always been. Of course I'm more well-known now. But I will still be the same for my friends, she says.

What does it mean to you to win?

– A tremendous amount. It means that I'm paid for training throughout the year. I am working very hard to win.

In this issue: Simone Niggli – Happy in victory; Focussed gold medallist makes orienteering history; The World Games – A very special experience; News in brief; Thierry Gueorgiou: I want to be better the next day; Hanny Allston: Everything is possible; The third World MTB Orienteering Championships at a glance.

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BARBRO RÖNNBERG
EDITOR-IN-CHIEF

How is it that you always appear so happy and are also so accommodating?

– Difficult to say. I had a very good time as a young person with my family. I have always been interested in many things, and I like sport and first and foremost orienteering.

A clean sweep

In Japan she won all the gold medals, just as she did in her home country two years earlier.

– I thought it wasn't possible to repeat the success of 2003. Now I have done it, and I am extremely proud of it. It's like a dream!

How did you manage to win everything again?

– My preparation was extremely good. I felt I was fully prepared physically, technically and mentally. I was also 'hungry' to do well in WOC and I really enjoyed the orienteering.

Which of the gold medals in Japan means most for you?

– Each gold medal has its own special meaning. The sprint medal was important for getting a good start in WOC; I was extremely relieved afterwards. And I'm also proud of the middle distance gold, as I had not until then had so much success at middle distance. The long distance is always something very special for me – it's my favourite distance. The relay is always fun. You are winning along with others and can celebrate the victory together.

How good are you now compared with Switzerland in 2003?

– I believe I have improved since then. Japan was not my home terrain and I am proud that I have performed so well. I also believe I am more consistent than in 2003, as I haven't come below second place in any World Cup, Nordic Open Championship or WOC races, she says.

Even though WOC was in her home country in 2003, she feels there has been just as much pressure on her this time.

– The journalists and the public have high expectations, but I think I have taught myself a great deal. I think there is always



pressure on me when I'm on the start line... At WOC many people expect me to win (gold) medals. Something I have taught myself in recent years is to perform well even under great pressure. When I came home from Japan there was a lot of interest in Switzerland; I believe there was even more publicity than in 2003. There was and still is a lot of media and sponsor work and attendance at receptions. Physically I feel OK but mentally I'm quite tired.

No end to her career yet

Simone is a full-time orienteer. She swops her home in Switzerland for some months in Sweden's Ulricehamn every spring.

– My plan is to move to Sweden again next spring for 3–4 months. It's extremely good for my training and we get on very well in Ulricehamn with the club.

Husband Matthias Niggli is also working hard on his orienteering career. He is amongst the best in Switzerland but he didn't come to Japan as a participant. Usually they go to the same events. This time he stayed at home.

Matthias did take part in the test runs for WOC but was unfortunately 'only' 7th–8th and was not selected for the team. At first he wondered about going to Japan as a spectator, but decided not to travel on his own.

– But it was no problem for me that he wasn't there. Matthias wasn't at the European Championships in 2004 either. During WOC we were in touch by phone several times. Matthias has followed the races in Switzerland in the night...

How much longer do you plan to carry on?

– I don't know. It very much depends on my motivation.

Simone's training programme

Simone trains 10–17 hours per week. In recent years she has increased the amount and she has been training better than before.

– A lot of time is needed for training and things connected with training, but also for media and sponsor work, and in addition to that I am giving presentations now and then.

How do you prefer to train?

– I like orienteering training best. But also long jogs in the mountains. Matthias and I train a lot together, and that is also an advantage for me.

Have you any interests beyond sport?

– When I've got the time I like to go to the cinema, read exciting detective novels, make good food and be with friends.

How often have you the time for this sort of thing?

– Just now there's hardly any time for it... But there will most likely come a time when life will be a little quieter.

How long have you been orienteering?

– I started orienteering when I was ten, with my parents. They and my two older sisters still orienteer. The fascination for me is the combination of running and brain work, and that it is different each time (different terrain, course etc.).

What will you do when you finish as a full-time orienteer?

– I'll look for a job as a biologist. I studied biology at university.

You haven't thought of a career as a model? There are some fine photos on your home page...

– No! That was a day when I tried it after WOC in Switzerland. It was fun to try it, but I don't think it will be my career, she laughs.

Focussed gold medallist makes orienteering history

BY ERIK BORG

Andrey Khramov won the first Russian gold medal ever in foot orienteering in the Long Distance Final in Japan.

The 24-year-old is always at his best when it really counts. For a start, Khramov is especially good at focussing on the matter in hand, something he has demonstrated many times. But he also has exceptional strength: the challenges of Long Distance, with much climbing and – not least – huge demands on physical fitness, suit the Russian well.

In daily training he focuses mainly on physical elements. His training programme has been devised by a fitness coach and comprises mainly running on roads and paths, although time is also given to technical training.

On the track, Khramov has won the Russian Championships silver medal at 5,000 metres for seniors up to 23-years-old. In this run he clocked 14.05, his personal best at this distance.

At this year's World Championships (WOC) his victory was outstanding. He was 2 minutes 8 seconds faster than silver-medallist Marc Lauenstein from Switzerland. To Norwegian Holger Hott Johansen in bronze medal position, the margin was as high as 4.47.

Junior star

His two elder brothers both enjoyed orienteering, and when he was 11-12 years old Andrey took the sport up at school. At the age of 18 he won a Junior World Championships (JWOC) gold, in 1999. At the outset he should not at all have been at JWOC, in Bulgaria, but after winning his race when representing Russia at an international match in Germany just before JWOC, he came no further than Moscow on his way home. In Moscow he was dispatched instead to Bulgaria and JWOC.

In 2001 he again won a JWOC Long Distance gold medal, in Hungary. As a senior his WOC debut was in Switzerland, where

he got 16th place in the sprint. Last year he won his first medal as a senior, silver in the sprint at the European Championships. In the World Cup he was 2nd overall in 2004, and he currently leads the standings ahead of this year's final World Cup round in Italy at the beginning of October.

Proud father

Last year Andrey completed his education in traffic communication. Since then he has been a full-time orienteer. He gets financial support which makes this possible, and additionally he has a few sponsors.

Andrey is married to Nadia, and they have a 3½-year-old son, Alexander. The family lives in the little town of Sodovviy, close to Krasnodar in Kaukasas. The town isn't far from the Black Sea, and in a district with many hilly forests at the foot of the Kaukasas mountains.

In Japan the hills made him feel at home, although the contours at home are somewhat less detailed than those in Japan. It was certainly no disadvantage that there was some similarity, because Andrey travelled to Japan like the other Russians only just before the Championships, whilst runners from several other European nations had trained there in

advance to get acclimatised.

Historic moment

Russia is one of the most active nations in orienteering. In ski orienteering, Russia led by Eduard Khrennikov has been the leading nation for several years. In foot orienteering a gold medal has been elusive – until the Championships in Japan.

Ahead of the Championships, Valentin Novikov was expected to be the biggest Russian hope for a gold medal, but in the end he wasn't selected for the team. Khramov won at middle distance in the World Cup early in May, but in WOC he chose to run sprint and long distance. He finished 5th in the sprint, 3.5 seconds away from a medal; gold medallist Emil Wingstedt was 18.2 seconds ahead of the Russian.

Swedish club

Khramov's Russian club is the military team SKVO Rostov na Don. Since last autumn, Andrey has also represented the Swedish club Pan-Kristianstad. In this club he has found good support from Anders Bengtsson. Andrey has lived with Anders' family whilst he has been in Kristianstad, and Anders has also helped Andrey with funding so that he could compete in the bigger events.



Andrey Khramov, winner of Russia's first-ever World Orienteering Championships gold medal.

PHOTO: PIIRIO VALJANEN

PHOTO COURTESY: IWGA



The World Games – a very special experience!

BY CLIVE ALLEN

This year's World Games in Duisburg, Germany was the second to include orienteering. As on the first occasion in Japan in 2001, there were two days of competition, the first a Middle distance individual race and the second a mixed 4-person relay.

The World Games, held every 4 years, is the showpiece for a range of sports which haven't yet made it to the Olympic Games. The German organisers were clearly intent on making the Games as near 'Olympic' in nature as possible, and put huge resources into items such as transportation and entertainment, items which can make all the difference between a dismal and a delightful experience. They had also spent a fortune on marketing and publicity, giving the Games a very high profile in the Ruhr valley area.

This became clear immediately on arrival at Duisburg railway station. Signs pointed the way to the prominent World Games reception booth, and within seconds I was on my way by minibus to the Accreditation Centre, to pick up my precious passport which would provide me as a journalist with access to all the sports venues and media facilities.

Superb Opening Ceremony

I had arrived just in time for the Opening Ceremony, just a couple of hundred metres along the road. And what a ceremony! A full house of 35,000 in the magnificent MSV Arena enjoyed mass entertainment at its best, with 80's pop-icton Nina heading the cast list. President of the International Olympic Committee Jacques Rogge was on stage for the official opening, which was celebrated with a huge display of fireworks and special effects. The orienteers I spoke to afterwards said that they had never as athletes experienced an atmosphere like that before, one which was certainly up to Olympic standards. Only the flame was missing. Impressive!

Now to find my hotel. Again, no problem! Lines of coaches waited just outside the stadium to take all the athletes and other passport-holders out to the hotels. The orienteers were all together in a hotel in Oberhausen, some 25 minutes' drive from the event centre. A good hotel, but by the end of our stay the nightly trip into Duisburg for the free mass-produced evening meal provided for passport-holders in a huge marquee close to the arena had become a bit of a chore. On the other hand the World Games Plaza behind the

arena, an area rich with entertainments and refreshment outlets heavily patronised by both Games participants and local people, was well worth an evening visit.

Two worthy events

But what of the orienteering? Both days' races used the same venue, a newly-built athletics stadium surrounded by housing and parkland in Bottrop. We wondered in advance whether the terrain would be good enough for this level of competition, but we need not have worried: good map and course planning, a lot of variety in the terrain and high runnability assured us fierce competition and two worthy events.

Hot sunshine prevailed on both days, ideal for spectators. A good number of locals mixed in with the orienteering fraternity to watch the action whilst enjoying a cool beer, and TV was also much in evidence, with three different crews following the action in the stadium and one out in the terrain. A big digital screen displayed results and information for all to view, and there was a lively commentary in German and English.

In the individual race there was much to see: the start and finish were directly in



front of the main stand and there was also a spectator control. The locals had plenty to cheer with German star Karin Schmalfeld, who had announced the World Games as her main target for 2005, holding the lead for a considerable period. In the end she had to settle for the silver medal, with pre-race favourite Simone Niggli (Switzerland) winning by 24 seconds. Heather Monro, Great Britain took the bronze medal. An intensely fought men's race was won by Thierry Gueorgiou, also pre-race favourite and the last but one starter, who maintained his impressive record in Middle distance races. Silver and bronze medal positions were filled by Daniel Hubmann, Switzerland and Øystein Kvaal Østerbø, Norway.

Planned with spectators and TV in mind

The relay was also planned with spectators and TV in mind. The mass start, changeover and finish were in front of the stand, whilst competitors traversed the stadium with 3 controls in good view about half-way round the courses. With each leg having a running time of some 22 minutes, this meant that leading action was in view every ten minutes or so over the 90-minute race duration. The running order was man-woman-man-woman, a



For much of the women's race the lead was held by the home runner Karin Schmalfeld. In the end she had to settle for silver after unbeatable Simone Niggli.



The start, the finish and a spectator control were all inside the Jahnstadion.

relay format unique to the World Games event – but it works well.

Thirteen national teams competed for the medals, and an exciting race developed with the lead changing several times. Whilst Simone Niggli went out on last leg with a comfortable lead for the Swiss team, the race for silver and bronze medals couldn't have been closer. The stadium really came alive as Tatiana Ryabkina, Russia and Dana Brožková, Czech Republic raced to the last control together and matched each other stride for stride down the run-in. A desperate dive by Ryabkina gave the Russians second place, timed one-tenth of a second faster than the Czechs.

Medals and mementoes were presented by the local mayor and by IOF President Åke Jacobson, who thanked the city of Bottrop for its support and the event organisers for producing two excellent races.

Enthusiastic participants

I spoke to a number of coaches and runners after the races, and all were enthusiastic about orienteering's participation in the Games. Most of them had never experienced a sporting event of this magnitude, and were taking the opportunity to watch other sports in action and mix with the participants. I wasn't the only orienteer to return home somewhat wiser about dragon-boat racing and American football!

The races demonstrated how an attractive arena surrounded by a mix of park terrain and urban avenues can be used to good effect to make orienteering an exciting spectator sport. The excellent publicity by the World Games organisers brought

a good number of Ruhr valley residents in to watch, as well as plenty of German orienteers who took part in public races immediately after the main events. Entry was free of charge, and with the amount of action in view and explanatory information from the commentators (especially on relay day) I'm sure the majority of spectators will have left feeling they'd thoroughly enjoyed the experience.

Two considerations for the future

With just 2 days of competition, orienteering is not as prominent in the World Games programme as some other sports. An additional race format could perhaps be introduced to give a third day of competition, something which would also make the long distances travelled by some athletes that bit more worthwhile. A third day of orienteering within a similar time frame to the first two days would certainly raise orienteering's status in the Games.

The timing of IOF's international programme to properly accommodate the World Games is another issue to be addressed. The World Games is a stepping-stone towards orienteering's Olympic goal, and to make the most of our opportunities it is essential that the nations taking part are represented by their best teams.

But with that said, IOF can look back on the Germany experience with a good degree of satisfaction. Hopefully in 2009, when the World Games will be held in Chinese Taipei, the strongest possible national teams will be able to participate in three days of competition, bringing orienteering even better publicity and increased status too.

News in Brief

Unanimous support for the World Games

The IOF has taken measures to ensure the presence of the world's best orienteers in future World Games. As a first step, the matter was addressed at the Presidents' Conference held in conjunction with the World Orienteering Championships in Aichi, Japan. As an outcome of these discussions, the member federations declared their unanimous support for the "Aichi Resolution":

"We, the Members of the IOF, attending the IOF Presidents' Conference in Aichi, Japan, on the 13th August 2005, hereby resolve that

- The IOF and its member federations are committed to continued participation in the World Games
- The IOF and its member federations are committed to the ideals and rules of the World Games
- The elite Orienteering competition staged at the World Games will feature, and be reserved for, the world's best athletes
- The Orienteering competition at the World Games will be highly visible, attractive and exciting, appealing to competitors, officials, media, spectators, sponsors and external partners
- The Orienteering competition will be a celebration of unity and friendship across all boundaries, recognising the social values of sport
- The Orienteering competition will be staged in accordance with the principles and aims of the IOF's Leibnitz Convention

We, the Members of the IOF, expect that member federations, officials and athletes will adhere to the principles and substance of this resolution."



New elite events programme in 2007

At the IOF General Assembly held in September 2004, it was decided that the World Cup, as it exists today, shall be discontinued from the end of 2006. The Foot Orienteering Commission is currently working out a proposal for a new world elite events programme for implementation in 2007.

The event programme concept was presented to the member federations at the Presidents' Conference in Aichi, Japan. The proposed programme is based on the World Orienteering Championships, regional orienteering championships, and a small number of high-quality existing events. The new-type series will be called the World Cup just like its predecessor.

The final proposal will shortly be submitted to the IOF Council for decision-making. Invitations to apply to organise World Cup events will be circulated to the federations in November, and the deadline for applications is 31st December 2005. The 2007 programme will be finalised and announced in March 2006.



Micro orienteering in the 2006 WOC middle distance final

The IOF Council has decided to accept the Danish World Orienteering Championships organiser's request for inclusion of the micro orienteering (Micro-O) element in the middle distance final of the 2006 World Orienteering Championships (WOC). The reason for the organisers to make this request was their ambition to

secure and maximise the TV coverage of the WOC in line with the aims of the Leibnitz Convention.

The decision is conditional, the preconditions being that

- The WOC organiser and the involved broadcasting companies sign a contract on extensive TV coverage of the World Championships by the end of September 2005;
- The Foot Orienteering Commission (FOC), in co-operation with the IOF Senior Event Advisor and the WOC organiser, and involving the IOF Rules Commission in the work, establishes proper rules for the Micro-O element. The rules must be published before the end of 2005, and that,
- For fairness reasons, the FOC, in co-operation with the organiser, ensures that the athletes are provided with appropriate possibilities to practice Micro-O prior to the WOC. These plans shall be published before the end of the year 2005.

Georgia IOF member No. 67

The IOF Council recently approved an application for associate membership from Georgia, and admitted DPR Korea, associate member since the year 2000, to full IOF membership. Earlier this year, the Council has approved applications for associate membership from Kenya and Somalia, and admitted Mongolia to full membership. The number of IOF members has grown considerably in recent years, and the development in Asia, South America and Africa is particularly pleasing. Georgia included, the IOF now has 67 members.

Portugal and Sweden appointed organisers of IOF events

The IOF has appointed Portugal organiser of the 2008 World Masters Orienteering Championships and awarded the 2008 Junior World Orienteering Championships to Sweden.

Thierry Gueorgiou:

I want to be better the next day

BY ERIK BORG

Thierry Gueorgiou wants to be better tomorrow than today. The French phantom is also thinking about four gold medals in a row. In Japan, Thierry won his third consecutive gold in the Middle Distance. He is still hungry for more and has dreams.

– I haven't yet set any limit to my career. I am 26 years old. I hope that I will stay fit and healthy for at least 5 more years. A great result in one's last competitive year is, of course, a dream. I very much admire how Thomas Bührer finished his career in 2003. A championship on home ground is, for sure, something special and I am looking forward to next year's World Cup finals in France. The terrain there will be really demanding, says Thierry.

The French federation really tried to secure the World Orienteering Championship at the IOF Congress in Sweden last year. France didn't succeed, at that time, but the federation will be a candidate again and try to secure the championships in 2010 or 2011.

Motivation the critical factor

What motivates you now after three gold in a row?

– That's the crucial point. I am very impressed to see how Simone Niggli keeps such motivation gold medal after gold medal. That's amazing. Now, I get "adrenaline" in only in a few races: Jukola, Tiomila and WOC. I have to be really careful during training. It is so easy to train hours without thinking "What I am doing? Is it the best training I can do?" So, before each training session I ask myself, why am I here and I try to remember the feelings when I have not been satisfied with my orienteering or when I have been beaten. Then I will find motivation for sure!

What are your goals now?

– Victory in the Tiomila relay, gold medal in Long Distance and victory in the World Cup overall are some of my goals. To be the first man to have four individual gold

medals is also one of my dreams. But first and foremost, my goal is to enjoy orienteering as much as I can. For me, to finish the perfect race is more important than to win.

A lot of travelling

For the last two years Thierry has been a full time orienteer. It's not easy to be the best in the world. It really takes time. During the last two years, Thierry has spent a third of his time in training camps, a third training in France away from home and a third at home.

– I really enjoy this kind of life. I like to try to be better than the day before so that I don't feel I have wasted my time. I think it is very good to try to find one's personal limit in some domain. For a number of years, I have chosen sport. Maybe later, I will try some other domain, such as biology, for example.

Can you be even better?

– Of course! I have plenty of skills to im-



Thierry Gueorgiou won the middle distance as he had at the two previous World Championships.

prove. A one second mistake is not good enough. So, I think, I have still some work to do to be fully satisfied.

What do you do when you are not concentrating on sport?

– Mostly resting! If you want to train twice per day, you need at least 10 hours of sleep per day, I think. I spend lot of time in front of my computer, surfing the internet, or planning the next training camp. For the last two years, I have been a full-time orienteer. But this winter, from September, I have started to finish my biology studies, he says.

Long term injury

Last year's training did not go as well as in Thierry's dreams. The foot injury that spoiled his chance in the World Cup finals last autumn was also a problem during the winter. Normally, Thierry does a lot of orienteering training during the winter.

– During spring, self-confidence in my skills wasn't as good as usual. A good example was the middle distance in the World Cup at Guildford. I made several mistake during the course. I wasn't the usual Thierry Gueorgiou. However, I didn't despair and did a lot of technical training to regain my rhythm. After a month or so, I was again orienteering fluently. By June, I was ready to challenge for big events like Jukola, World Games and WOC. During my final preparations for WOC, I tried to simulate all the challenges that a country such as Japan could offer – hot weather, time difference or steep hills.

How was it to concentrate on the middle distance this year?

– The pressure before the middle distance final was different to last year, for example. Last year, in Sweden, it was something special, because I wanted to show that my 2003 performance was no matter of luck and that I was ready to meet all the best Scandinavian orienteers on their home terrain. This year it was much more "inner motivation": try to be humble, not dream, just work!

PHOTO: ERIK BORG

Hanny Allston:

Everything is possible

BY ERIK BORG

Hanny Allston was a sensation in Japan. She is only 19 years old and took sixth place in the long distance. The junior is training for marathon races and thinks anything is possible. She likes to maintain a tight schedule.

– I do believe I possess a lot of natural talent but I think that my successes in orienteering have really occurred because I am not afraid to try. Throughout my years as a competitive swimmer I developed a lot of good time management skills and gained valuable information about training and how it affects my body. I think that this, combined with my love of training, and a fantastic group of supporters and

coaches have really got me to where I am now, she says.

She began orienteering as a 10 year old, but for some years she found swimming much more fun, but then she suffered shoulder problems.

– It was my shoulder joint. It reached the point where I couldn't dive into the pool without a little 'pop' sensation, she says. This injury made her more eager about orienteering.

At the Junior World Orienteering Championships (JWOC) in Switzerland, Hanny won bronze in the Middle Distance. That was the first medal at JWOC won by an athlete from outside Europe. She

wasn't satisfied with what happened that day because she feels she made a lot of mistakes. In the Long Distance, at the World Orienteering Championships (WOC) in Japan, she made only some 30 seconds of mistakes. With the sixth place, Hanny now has the best ever WOC result for a non-European runner and she still has one year left as a junior.

Clear runs

What are your goals now?

– Obviously it would be nice to improve on this year's performances, but really my main goal is to begin to achieve consistently 'clean' runs. If I return from a run feeling happy with my navigation, then, to me, that is all that matters. And orienteering is not everything to me. I hope to continue with my other sports - cross-country running, ultra marathons, kayaking, mountain running, multi-sports, rogaining, road cycling and mountain biking and just keep enjoying them. I also want to get a university degree and keep striving for excellence in my job as a bushwalking guide, says Hanny.

Outside sport she is studying medicine full time.

– It has been a very challenging year combining all my travel and studying but also very rewarding. It is so important to be able to return from a training event or competition and be able to refocus your thoughts on another challenge, she says.

Organised

How do you get time for everything and what about resting?

– I think I am just incredibly organised with my time. I think it all comes back to the sacrifices. I get everything done that needs doing first and then I play. If you do the work and then play you will never have any problems. And I love to be busy. The more you do the more experiences you have in life. I believe that ultimately this will make me a better person, she says.



PHOTO: ERIK BORG

Hanny Allston took bronze in the middle distance in the Junior World Championships in Switzerland, and a remarkable, inspiring sixth place in the long distance at the World Championships in Japan.

She loves training and the feeling of returning home after a big day of exercise – that pure, painful satisfaction. During last summer (last winter in Europe) the girl from the island of Tasmania trained for a mountain ultra marathon of 82 km and put in huge numbers of kilometres in training.

– I think that it was this huge base fitness from the summer that helped me so much in Japan. Since the race in February, I have been largely concentrating on developing my speed and speed endurance. I ran every morning for 30+ minutes and then every afternoon I went training with a road running team or did interval training. On weekends, I would complete a 2 hour + run and I also tried to include an orienteering run. Before JWOC and WOC, I was covering about 125 km a week. I guess it equates to about 2hours+ a day, she says.

Enjoyment

What does the bronze from Switzerland and 6th place from Japan mean to you?

– I have always had the self-belief that anything is possible if you set your mind to it. I have made a lot of sacrifices over the year - less parties and more early morning

runs - because I think I always knew that it would pay off. But achieving is very different to believing. I am just very glad that at last I have something to show for all the effort that I and all the people who have helped and believed in me over the years have put in.

How will you get better?

– The most important thing for my improvement is to continue seeking enjoyment out of my sport. Without enjoyment, success is not possible. I know that I have not yet utilised all my speed. I would like to continue my mountain running and ultra marathons because these will continue to make me mentally and physically tougher. I believe that I can get faster and, of course, as I get older, a lot stronger. I also believe that I need to learn how to race. I know how to orienteer but I now need to learn how to produce consistently good performances under stressful situations.

Better and better

Are there a lot of Aussies coming through now?

– There is a growing interest in the sport

in Australia. It definitely helps to have performances on the board like Grant Bluett's World Games victory, Troy de Haas' 7th at WOC 2005 in the Sprint, David Brickhill Jones' Park World Tour victories, and Julian Dent's 4th and 8th at JWOC as these help to show the younger orienteers that we are capable of success. It is very hard for junior orienteers to believe they are as good as others because the only opportunity that we have to race against them is at World Championship events.

How is it to be a good orienteer in Australia?

– I love orienteering in Australia and the community that has developed. It is wonderful to be technically good at orienteering because it gives you the opportunity to help younger kids. I love teaching and hopefully mentoring and inspiring others. I really orienteer for the personal challenge it provides.

A lot of Aussies have lived or are living in Europe. Have you plans for that also?

– Yes, I think so. But at the moment I have a lot of big decisions to make, so I am still in the planning phase, says Hanny.



Appointment of a Chief Executive Officer

The British Orienteering Federation wishes to appoint a Chief Executive to replace its current CEO who is retiring in early 2006

Responsibilities will include:

- Providing the Federation with high-quality professional management and ensuring the continued development of the sport of orienteering
- Ensuring the provision of high-quality administrative support for the Federation's Officers, Council and committees
- Representing the Federation in its dealings with Sports Councils and other external bodies
- Preparing and presenting the four year strategic and annual operational plans, as well as annual reports
- Preparing and presenting all grant applications to Sports Councils and other funding bodies, managing and monitoring the expenditure of grant income
- Managing the Federation's finances and preparing annual budgets for consideration by the Treasurer, Management Committee and Council

Working closely with the volunteer Chairman, the successful candidate will be an innovative self-starter, have enthusiasm, energy and the ability to work with both volunteers and professionals. S/he should have proven management, organisational, administrative, communications and finance skills. Knowledge of orienteering, experience of working with government organisations and familiarity with the role of National Governing Bodies in Sport would be a distinct advantage.

Salary: | Up to £32,000pa
Location: | Darley Dale, Matlock, Derbyshire
Closing date: | 21 November 2005

For further information contact **Robin Field**. For an application pack contact **Nicole** on **01629 734 042** or email **nicole@britishorienteering.org.uk**



Ruslan Gritsan, RUS



Michaela Gigon, AUT



Päivi Tommola, FIN

PHOTOS: SAMI SUODENJOKI



Germany



Finland

The third World MTB Orienteering Championships at a glance



Teams from 25 countries participated in the recent World MTB Orienteering Championships in Banska Bystrica,

Slovakia. The 18 medals were shared by 9 countries, and representatives of 13 countries received diplomas.

Results

Middle Distance

Men: 1) Ruslan Gritsan RUS 1.07.02, 2) Jaroslav Rygl CZE 1.08.02, 3) Mika Tervala FIN 1.08.51.

Women: 1) Michaela Gigon AUT 1.09.42, 2) Christine Schaffner-Räber SUI 1.10.17, 3) Ramune Arlauskiene LTU 1.11.05.

Long Distance

Men: 1) Ruslan Gritsan RUS 1.57.27, 2) Viktor Korchagin RUS 1.59.06, 3) Adrian Jackson AUS 1.59.10.

Women: 1) Päivi Tommola FIN 1.34.31, 2) Antje Bornhak GER 1.35.14, 3) Anke

Dannowski GER 1.36.20.

Relay

Men: 1) Finland 2.59.14 (Timo Sarkinen, Mika Tervala, Jussi Mäkilä), 2) France 3.02.55 (Matthieu Barthelem, Stephane Toussaint, Jeremie Gillmann), 3) Switzerland 3.04.17 (Beat Schaffner, Simon Seger, Remy Jabas).

Women: 1) Germany 2.38.52 (Anke Dannowski, Gerit Pfuhl, Antje Bornhak), 2) Czech Republic 2.42.08 (Michaela Lacigova, Marketa Jakubova, Hana La Carbonara), 3) France 2.44.45 (Karoline Finance, Madeleine Kammerer, Aurelie Ballot).