

# Ganbare! -頑張れ!-

The WOC 2005 Official Newsletter



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 **ORIENTEERING**  
TODAY  
INDEPENDENT INTERNATIONAL MAGAZINE

# The First Hot Day

## Long distance Qualification – 9<sup>th</sup> August, 2005 – Suganuma

The promised heat has finally arrived. Though in the thick heavy canopy of the cedar forest the temperatures were still tolerable, on open paths and roads or other places with direct sunshine they climbed up to 33 °C. Again the venue was Suganuma only this time the runners competed in a different area, south of where the courses of the Middle distance Qualification were the previous day.

For the first time the runners were to race on a 1:15,000 and for the first time they were to experience a long route-choice leg, with dozens of route-choices. Compared to European terrains, the route-choice legs in Japan often do not offer just two or three alternatives, apart from that on each of the alternatives you are probably going to face ten more, so called, 'micro route-choices' on which you can also save a lot of time if you know what to do. Often, to make the right decision, experience is needed as the maps don't give away everything here. To move smoothly you simply have to have a feeling for the terrain.



Marc Lauenstein of Switzerland drawing the winner's routes in the finish. (Photo: Lucie Navarová)

### Swiss at the Top Again

As with the Middle distance Qualification, even the Long distance Qualification was dominated by Swiss runners who won three of the six heats. Simone Niggli and the experienced Vroni König-Salmi were the fastest in Heats B and C in the women's class, while Marc Lauenstein was the winner of men's Heat A. The other three runners to win their heats were Norway's Marianne Andersen in women's Heat A, and among the men Russia's Andrei Khramov in Heat B and Finland's Jani Lakanen in Heat C. These are the runners who will be the last starters in the Final on Friday.



A tough climb. Norway's Marianne Andersen going up a long steep ridge on the leg before the final loop. In the Qualification Andersen had every reason to be happy. She won her Heat by over a minute ahead of Russia's Julia Novikova. (Photo: Lucie Navarová)

## Result -Long distance Qualification-

### Women-A

1	Marianne Andersen	0:51:24	NOR
2	Yulia Novikova	0:52:27	RUS
3	Eva Jurenikova	0:52:37	CZE
4	Minna Kauppi	0:52:48	FIN
5	Sarah Rollins	0:53:17	GBR
6	Inga Dambe	0:53:30	LAT
7	Jo Allison	0:53:37	AUS
8	Karolina A-Höjsgaard	0:54:11	SWE
9	Veronica Minoiu	0:59:26	ROM
10	Annabel Valledor	0:59:29	ESP
11	Brigitte Grüniger	1:00:43	SWI
12	Tomoko Motoki	1:00:47	JPN
13	Rebecca Smith	1:01:04	NZL
14	Kirti Rebane	1:01:33	EST
15	Antoniya Grigorova	1:05:18	BUL

### Women-B

1	Simone Niggli	0:47:07	SWI
2	Paula Haapakoski	0:49:10	FIN
3	Tatiana Ryabkina	0:51:30	RUS
4	Emma Engstrand	0:51:39	SWE
5	Lene Moe	0:51:43	NOR
6	Heather Monro	0:53:11	GBR
7	Rachael Smith	0:55:35	NZL
8	Esther Gil	0:55:47	ESP
9	Anna Mårzell	0:56:50	SWE
10	Helene Hausner	0:57:32	DEN
11	Ieva Sargautyte	0:57:36	LTU
12	Gunda Fischer	0:59:02	GER
13	Céline Dodin	0:59:10	FRA
14	Marta Štěrbová	0:59:59	CZE
15	Lyudmila Gotseva	1:02:23	BUL

### Women-C

1	Vroni König Salmi	0:48:23	SWI
2	Heli Jukkola	0:49:36	FIN
3	Hanny Allston	0:50:41	AUS
4	Zsuzsa Fey	0:51:49	ROM
5	Jenny Johansson	0:51:56	SWE
6	Dana Brozkova	0:53:42	CZE
7	Anne Konring Olesen	0:53:53	DEN
8	Juliette Soulard	0:55:15	FRA
9	Monika Depta	0:55:51	POL
10	Birte Riddervold	0:56:38	NOR
11	Iliana Shandurkova	0:56:38	BUL
12	Olga Belozerova	0:57:06	RUS
13	Bernadett Kelemen	1:00:39	HUN
14	Sakiko Miyauchi	1:00:42	JPN
15	Diana Vosyliute	1:02:43	LIT

### Men-A

1	Marc Lauenstein	0:59:32	SWI
2	Emil Wingstedt	1:00:25	SWE
3	Jamie Stevenson	1:00:49	GBR
4	Thierry Gueorgiou	1:01:30	FRA
5	Troels Nielsen	1:02:22	DEN
6	Holger Hott Johansen	1:03:00	NOR
7	Jörgen Wickholm	1:03:46	FIN
8	Klaus Schgaguler	1:04:00	ITA
9	Michal Jedlička	1:04:22	CZE
10	Grant Bluett	1:04:26	AUS
11	Kiril Nikolov	1:04:54	BUL
12	Roman Efimov	1:06:59	RUS
13	Marco Povia	1:07:22	POR
14	Guntars Smitins	1:07:49	LAT
15	Ondrej Pijak	1:08:52	SVK

### Men-B

1	Andrey Khramov	1:03:21	RUS
2	Marius Mazulis	1:03:27	LIT
3	David Schneider	1:05:09	SWI
4	Michal Horáček	1:05:39	CZE
5	Olle Kärner	1:06:07	EST
6	Lars Skjeset	1:06:13	NOR
7	Mats Haldin	1:06:15	FIN
8	Ingo Horst	1:07:02	GER
9	Lukas Bartak	1:07:04	SVK
10	Oliver Johnson	1:07:11	GBR
11	Niclas Jonasson	1:08:04	SWE
12	Carlo Rigoni	1:08:07	ITA
13	Nikolay Dimitrov	1:09:46	BUL
14	Thomas Krejci	1:10:12	AUS
15	Troy de Haas	1:10:40	AUS

### Men-C

1	Jani Lakanen	1:02:33	FIN
2	Michele Tavernaro	1:03:10	ITA
3	Francois Gonon	1:03:33	FRA
4	Benno Schuler	1:03:59	SWI
5	Chris Forne	1:06:18	NZL
6	Mattias Karlsson	1:06:19	SWE
7	Jon Duncan	1:07:02	GBR
8	Marian Davidik	1:08:12	SVK
9	Petr Losman	1:08:33	CZE
10	Janusz Porzycz	1:09:16	POL
11	Øystein Kvaal Østerbø	1:10:25	NOR
12	Oskars Zernis	1:11:37	LAT
13	Dmitry Tsvetkov	1:12:03	RUS
14	David Shepherd	1:12:27	AUS
15	Claus Bloch	1:14:16	DEN

# Average Speed Well Above 7 min per Km

Japanese terrain is tough. For most ordinary orienteers running under 10 min per kilometer is just something to dream about. Not only that, on every course there is massive climb. Also the soft ground and vegetation, which does not allow you to go fast, especially with the ever-present sweltering August heat with temperatures well above 30°C.

Yet, even under such conditions, the world's best orienteers are able to move through the terrain at speeds around 7:40 per kilometer. Not for want of trying, this average speed makes the 22<sup>nd</sup> World Championships the slowest ever so far. And looking at the parameters of the courses on the remaining days, this trend is unlikely to change.

## Getting Longer?

The expected winning times for the Long Distance Qualifiers as stated in the bulletin were 45 for Women and 60 for Men. At the team leaders meeting the night before, the officials were saying that the winning times would be a couple of minutes quicker than this. So what happened in reality? Using the bulletin EWTs and averaging the winners' times for the heats, the Men's courses were an average 1.40 longer than expected. If the final has a EWT of 91mins, this would add on roughly 2.30 to the winners time, meaning our champion would win in 93.30. However, the women's course was longer by an average of 4:58, meaning that the EWT in the final of 72 minutes would end up being 80 minutes. The terrain will be a little different as the race is on a different area, but the biggest difference may be the planner. Taking into consideration the Middle distance times were also longer than the EWTs and that the weather is going to get a little hotter, we at OT predict that the Long Final winning times are virtually guaranteed to be longer than the bulletin predicts.

## Going for All

**Not threatened by the challenges ahead, the Swiss star Simone Niggli is ready and determined to start in all the disciplines of the 2005 World Orienteering Championships.**

The 27 year old Simone Niggli is a phenomenal athlete. For the last couple of years she has been the best athlete among the orienteering women. Two years ago back home in Switzerland she won all four gold medals. Last year in Sweden she was unfortunate a few times, especially on the Long distance where an accident in which she lost a contact lens cost her the victory. But she was still able to defend her title in the Sprint distance. Later on in the year she also took out the overall victory in both the World Cup and the Park World Tour. No matter what distance she starts in, she's incredibly difficult to beat. And her rivals know it. And she knows they know... anyway, this makes her even stronger.

So far in the World Championships in Japan this nice Swiss has been in great shape winning both the Qualification races for Middle and Long. Just as at the previous World Championships, in Japan Niggli will run all races and relishes the challenge. No matter how incredible it may seem to us, for her it is nothing special: "I did this before. I know what it is like. In Switzerland two years ago the weather was similar and I could handle it. So I think I should be able to deal with it even here in Japan. I know it's going to be tough, but if I'm careful enough about fluid and energy intake and adequate relaxation, I'm sure my body will cope with it well. It is also good that most of the days the races are in the morning, then you have the whole day to recover, which makes things easier." Niggli also thinks that the heat in Japan suits her better than that she faced back home at the World Champs in 2003: "Two years ago the heat during the week of the World Championships was really terrible, even worse than here, I would say, because the air was so dry that it dried up your mouth completely, which was not a nice feeling at all. Here the humidity seems to make it better."



Simone Niggli on the course of the Middle distance Qualification on Saturday. (Photo: Lucie Navarová)

### Stay focused!

There's no doubt Niggli is the strongest female runner in the orienteering world, but it has happened a few times this season that she threw away some races away with onebig mistake. Such was the case at Tiomila in Sweden, at the World Cup Relay in the UK, and also at the Nordic Open Championships in the Long distance. "I'm well aware of all these mistakes and I have analysed them properly to make sure they don't happen in the future. Despite all of this I think I'm still improving and I can see my performances becoming more and more consistent. Here in Japan I'm very aware of my running strength and that the only thing I basically have to worry about is my orienteering. I know I have the time to do it. I am determined to stop in the forest if necessary to read the map properly; not only at controls to think about route-choices, but also on the routes themselves, to make sure I don't do anything stupid I might regret afterwards. And I am aware of the fact that if I manage this well, there's not much that can stop me..."

# Sprint – What to expect??

After two days of qualification races the real action in this year's World Championships finally kicks off on Wednesday with Sprint qualifications in the morning and the finals in the afternoon.

The long, middle and relay terrains are all close to the event centre in Tsukude in the heart of the Mikawa Highlands. The terrain for all these disciplines is quite similar and by now, for most runners familiar terrain.

But the sprint is the exception and the wild card in this year's WOC. There are no similar maps to train on so the only chance the runners get to sample the terrain is the model event on Tuesday morning.

The sprint terrain lies at the foot of the Mikawa highlands and is quite different to the other terrains. The forest is not the usual open cedar plantations but a mixture of pine and deciduous trees that is mostly light green: low visibility but still reasonably good running. The ground is not as soft as the cedar forest which makes the running speed faster but the green and the hotter temperatures down in the lands might balance this out.

The runners can expect some genuine forest orienteering and judging by the model there will be some tricky controls in areas of fine contour detail. But one of the aims of sprint is to make it exciting for spectators and that has been a primary concern of the organizers. Especially for the final we can promise a very exciting race with excellent conditions for spectators who will certainly feel like they are very much a part of the race.



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