

# Ganbare! -頑張れ!-

The WOC 2005 Official Newsletter



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 **ORIENTEERING**  
TODAY  
INDEPENDENT INTERNATIONAL MAGAZINE

# Niggli and Wingstedt the first Champions of 2005

## Sprint – 11<sup>th</sup> August, 2005 – Showa no mori

There was a big question mark about the Sprint at WOC 2005. The runners and coaches actually got a feel of what the terrain was going to be like only the day before the event started, in the Model Event. They had just a couple of hours to explore the area and find out the possible dangers hidden in it. Yet, from the old map of the area, which was available a long time ago, one thing was clear: it was going to be technical, it was going to be tough and it was not going to be particularly fast orienteering. Some actually compared it to Middle distance courses back in the old days when the discipline was still called a Short distance.

Sprint was the only day in the World Champs when the runners were facing two races on one day. On top of that, the terrain at Showa no Mori is located about 250 meters lower than the terrains of other races in the World Champs and it was clear that the extreme heat would be even more intense down there. The day before the race the organisers measured incredible 35° C in the finish area and the weather forecast was promising the same temperatures for the day of the race. In addition to that the temperature would not actually drop in the forest so the runners had to be ready to face two tough races in one day. It was clear that only the fittest were actually able to deal with it.

## Qualification in the green

In the morning the threats about the heat from the previous day seemed to have been far fetched as the temperatures considerably cooler than the tropical heat expected. In fact, at the end of the women's race and during the men's race the runners could enjoy a rain shower which cooled the air and made the climate fresher.

This way the only challenges most had to deal with were the technical courses; 70% through light or dark green areas. In particular the first controls on the courses were in detailed areas full of contours going in all kinds of directions, requiring a cool head and precise map reading.

The Qualification claimed a few casualties among top runners who managed not to qualify. Among them were the defending silver medallist from the previous year: Ukrainian Yuri Omeltchenko, Australia's David Brickhill Jones, Bulgaria's Kiril Nikolov, Denmark's Claus Bloch and Norway's Tore Sandvik. The one to miss out on the final in the women's class was Sweden's Lena Eliasson who made her World Championship debut in Japan. "This was my first World Champs race, but definitely not the last one of my carrier," the Swede said afterwards, determined to show the world she can do much better than this in future.



Slovakia's best runner Marián Dávidík on the way to a 9<sup>th</sup> place in the Sprint Final. Slovakian men are determined to do all the races in the 2005 World Champs. There's a tough programme ahead of them. (Photo: Lucie Navarová)

## Sprint Final

### First individual WOC Title for Wingstedt

Emil Wingstedt is probably one of the most consistent runners in the world's elite orienteering and in the last two World Championships he has managed to achieve an incredibly well-balanced series of results, as he never finished out of the top 5. On top of that, in 2003, he was in the Swedish golden team in the World Championship Relay. However, until today, his bronze medal from the 2003 WOC Long distance was his best individual WOC result.

Last year, on home ground, he desperately tried to improve on that result but 5<sup>th</sup> place in Long distance and 4<sup>th</sup> in Middle were all he could achieve. Both times there was not much time separating him from a medal, but it seemed he was just not going to get a medal



Emil Wingstedt happily posing to photographers in the finish of the Sprint Final. (Photo: Lucie Navarová)

in front of the crowds of supporters on home ground. It was only in the very last race in the Champs, the Relay, where the Swedes finished in 3<sup>rd</sup> spot.

He had to wait one more year.

Right from the start Wingstedt pushed hard, determined to go as hard as he could, determined to give everything out on the course. And after he managed to deal well with the tricky route-choice legs mid way on the course there was not much to stop him.

When the Swede crossed the finishing line, the time stopped at 14:31,0; 10,5 seconds faster than the young Swiss Daniel Hubmann who took the silver. Finland's Jani Lakanen ended up in 3<sup>rd</sup> place with a time of 14:45,7.

We will have a chance to see Emil Wingstedt again on Friday, when he will try to add another medal to his 2005 WOC collection.

# Niggli on the way to four?

Long before the World Champs started there was speculation that Simone Niggli would probably be the only women among the absolute world's elite in the women's class, who would do all four races in the World Champs. This could mean only one thing: her ambition to repeat her achievement of two years ago, winning all the four disciplines.

So far in the Champs, the 27-year-old Swiss seems to be in incredible shape which she again confirmed in the morning's Qualification race where she won her heat by over 2 minutes from France's Celine Dodin.

And, obviously, she had no intention of changing anything for the Final. It was only at the first control where she was a bit shaky on the route-choice not hitting the bridge half way on the leg, which cost her around 15 seconds. But from that moment on her orienteering was nearly perfect and in combination

with a running speed that nobody in the women's field seemed to have been able to match, she paved the way to the first gold of the Championships. Her winning time of 14:02,7 was almost 32 seconds faster than the time of the runner-up Anne Margrethe Hausken of Norway. Great Britain's Heather Monro in 3<sup>rd</sup> was already nearly a minute down on the time set by the phenomenal Swiss for whom this was the seventh World Championships gold medal of her career. "It feels as good as the first one!"



Women's WOC Sprint medallists – silver Anne Margrethe Hausken (left), winner Simone Niggli (centre), bronze Heather Monro (right). (Photo: Lucie Navarová)

## Result –Sprint Final-

Women				Men			
1 Simone Niggli	14:02.7 SWI	11 Yulia Novikova	15:42.0 RUS	1 Emil Wingstedt	14:31.0 SWE	11 Niclas Jonasson	15:18.9 SWE
2 Anne Margrethe Hausken	14:34.4 NOR	12 Heli Jukkola	15:49.7 FIN	2 Daniel Hubmann	14:41.5 SWI	12 Chris Terkelsen	15:22.9 DEN
3 Heather Monro	15:01.7 GBR	13 Lene Moe	16:13.2 NOR	3 Jani Lakanen	14:45.7 FIN	13 Matthias Merz	15:25.4 SWI
4 Emma Engstrand	15:03.1 SWE	14 Monika Depta	16:28.1 POL	4 Øystein Kvaal Østerbø	14:47.1 NOR	14 Jamie Stevenson	15:31.9 GBR
5 Vroni König Salmi	15:09.5 SWI	15 Sarah Rollins	16:28.5 GBR	5 Andrey Khramov	14:49.2 RUS	15 Marc Lauenstein	15:34.4 SWI
6 Dana Brozkova	15:28.3 CZE	16 Aija Skrastina	16:35.2 LAT	6 Martins Sirmais	15:01.0 LAT	16 Ewan McCarthy	15:44.5 GBR
7 Karolina A-Höjsgaard	15:31.0 SWE	17 Inga Dambe	16:46.5 LAT	7 Troy de Haas	15:02.4 AUT	17 Gernot Kerschbaumer	15:45.0 AUS
8 Paula Haapakoski	15:32.4 FIN	18 Ieva Sargautyte	16:47.5 LTI	8 Simonas Krepsta	15:02.5 LIT	18 Håkan Eriksson	15:55.6 SWE
9 Satu Vesalainen	15:40.8 FIN	19 Zsuzsa Fey	16:50.1 ROM	9 Marian Davidik	15:10.0 SVK	19 Jean-Michel Parzych	16:03.9 FRA
10 Birte Riddervold	15:41.8 NOR	20 Iliana Shandurkova	16:51.5 BLU	10 Petr Losman	15:11.8 CZE	20 Mattias Karlsson	16:06.0 SWE

## Spiderman's lounge...

An Indian summer in Europe brings spider webs stretched between trees in the forest. They are not pleasant to run through and runners try to avoid them, if possible. However, compared to what the WOC participants faced in the forest during the Sprint races, the spiders in Europe are basically not worth mentioning.

Here at the WOC Sprint it was unimaginable going through the course without getting wrapped in dozens of the thousands spider webs stretched all over the forest. On top of that, those webs were so thick and sticky that it was really hard to get them off your body and in combination with sweat running down the skin they turned into itchy mushy mess.

No wonder the forest at Showa no Mori earned itself the nickname 'Spiderman's lounge'.

## Course setter's perspective

### 2005 WOC Sprint course setter: Rob Plowright

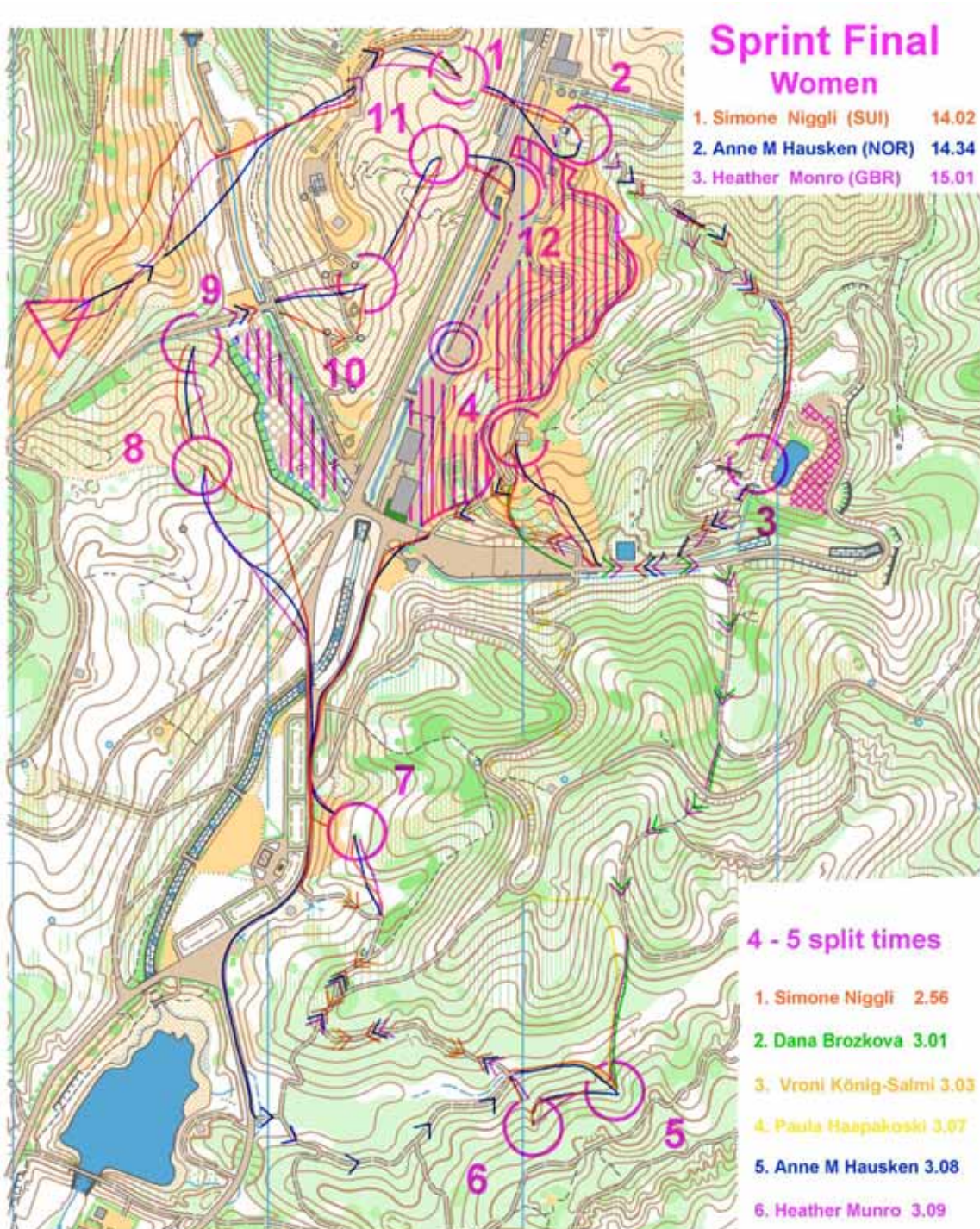
**Qualification:** "More like a short middle than a sprint... but it is what we were expecting": that seemed to be the general opinion of those who ran. The courses were almost entirely in the forest with low visibility. There were a couple of technical controls in an area of contour detail and one long route choice. The low visibility made what other should have been quite simple navigation quite tricky. As expected the courses were tough and only two runners (Simone Niggli and Chris Terkelsen) managed to run under 15 minutes.

**Final:** These courses had much more of a typical sprint character. The start in the semi-open terrain adjacent to the finish surprised some runners and many choose poor routes to the first control under pressure. The courses looped around the finish arena with runners appearing a disappearing from view. At the fourth control, which was only a few meters from a large crowd of cheering spectators, the runners were faced with the major route choice dilemma of the day. Many exited the control slowly as they considered their options; some even stopped for few seconds. As it turned out this was probably not the decisive leg on the course. The top three women took quite different routes but were separated by only 13 seconds and the top three men all choose very similar routes. The leg that seemed to cause most problems was the much shorter 3-4; a deceptively difficult route choice decision where planning your exit direction from the control was crucial.

# WOC Officially Opened

In the evening after the race most competitors and teams moved to the Aichi Expo site to take part in the official Opening Ceremony of the 2005 World Championships followed by the official prize-giving ceremony of the Sprint distance.

Around 18:00 the IOF president Åke Jacobson gave the opening speech in and declared WOC 2005 open, stressing Japan's importance and contribution to development of orienteering in the World saying: "Japan rightfully deserves to be the first country in Asia to host the IOF's premiere event."



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