

Ganbare! -頑張れ!-

The WOC 2005 Official Newsletter



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 **ORIENTEERING**
TODAY
INDEPENDENT INTERNATIONAL MAGAZINE

A Long Day!

Long – 12th August, 2005 – Tsukude

Everybody knew it was going to be tough, everybody knew that nothing would be given for free on the day. Right from the beginning of the World Champs there was no doubt what the most difficult race would be. On the courses in the forests around Tsukude, the runners had to deal with the enormous climb, which for men involved an incredible 925m and for women 635m.

But again the weather was good as the sky remained cloudy during the whole race and temperatures stayed quite low. The day was hot, but not as hot as had been feared.

Compared to the courses in the three previous World Championships, this time there were no passages through the finish arena and also the start was far from the finish, in the northern part of the map. On top of that no butterfly loops were used on the courses to spread the runners catching up. As a result, many groups formed during the race.



Women's podium in the Long distance. Simone Niggli at the top, silver Heli Jukkola on her left and bronze Vroni König-Salmi on her right. The other three runners placed on the big podium were Hanny Alston in 6th, Paula Haapakoski in 5th and Mariane Andersen in 4th (from left to right). (Photo: Lucie Navarová)

The First Russian World Champion

Right from the beginning it was clear that hardly any runner would finish under the 91-minute time expected by WOC Technical Director Shin Murakoshi. In fact, for a long, long time it seemed nobody will go under 100 minutes. It was only when the second last starter reached the finish that the 100 minute barrier was broken. This runner was none other than the Russian Andrei Khramov who brought his country its first WOC gold medal.

In second place finished the Swiss Marc Lauenstein who was caught up by Khramov early in the course at the 9th control and the two ran together after that, which made their already very high speed even faster.

In third place was Holger Hott Johansen of Norway, which meant a second WOC bronze medal in a row for him.

Niggli Topping Result Boards Again

There's no discussion about who is the champion of the champions in this year's World Champs. While last year Karolina Årewang-Höjsgaard, Hanne Staff and Marika Mikkola were able to challenge her on the Long Distance this year there was nobody. The defending champion Årewang-Höjsgaard made a huge mistake at the first control and was out of the game hunt right from the start. None of the other women seemed to be able to match the pace of the Swiss. Niggli crossed the finishing line in an amazing 73:23 and could celebrate her third gold medal in the Champs this year.

The one to get closest to her was the Finn Heli Jukkola who had started 2 minutes ahead of her and was running with her for a part of the course, coming into the finish just 12 seconds behind her. Jukola's finishing time of 75:35 was clearly the second best of the day.

Switzerland had one more reason to celebrate after their most experienced runner, Vroni König-Salmi, took the bronze.

RESULTS

Women				Men											
1	Simone Niggli	1:13:23	SWI	11	Lene Moe	1:28:12	NOR	1	Andrey Khramov	1:37:22	RUS	11	Marius Mazulis	1:46:18	LIT
2	Heli Jukkola	1:15:35	FIN	12	Birte Riddervold	1:28:33	NOR	2	Marc Lauenstein	1:39:30	SWI	12	François Gonon	1:46:19	FRA
3	Vroni König Salmi	1:17:49	SWI	13	Eva Jurenikova	1:29:00	CZE	3	Holger Hott Johansen	1:42:09	NOR	13	Lukas Bartak	1:46:22	SVK
4	Marianne Andersen	1:19:48	NOR	14	Zsuzsa Fey	1:29:19	ROM	4	David Schneider	1:42:42	SWI	14	Benno Schuler	1:47:15	SWI
5	Paula Haapakoski	1:21:57	FIN	15	Olga Belozerova	1:29:58	RUS	5	Mats Haldin	1:43:09	FIN	15	Kiril Nikolov	1:47:19	BUL
6	Hanny Allston	1:23:31	AUS	16	Heather Monro	1:29:59	GBR	6	Michele Tavernaro	1:43:20	ITA	16	Olle Kärner	1:47:52	EST
7	Emma Engstrand	1:24:43	SWE	17	Anne Konring Olesen	1:31:02	DEN	7	Thierry Gueorgiou	1:44:02	FRA	17	Lars Skjeset	1:48:49	NOR
8	Tatiana Ryabkina	1:26:03	RUS	18	Sarah Rollins	1:31:50	GBR	8	Mattias Karlsson	1:44:17	SWE	18	Jani Lakanen	1:49:04	FIN
9	Yulia Novikova	1:26:05	RUS	19	Jenny Johansson	1:31:52	SWE	9	Niclas Jonasson	1:45:05	SWE	19	Ingo Horst	1:49:40	GER
10	Dana Brozkova	1:27:45	CZE	20	Anna Mårsell	1:35:58	SWE	10	Jörgen Wickholm	1:46:13	FIN	20	Jon Duncan	1:50:39	GBR

Relay Closing the WOC 2005 Programme...

The Relay will close the programme of the 2005 World Championships. Again the race will take place in the forests around Tsukude and again tough and hilly courses can be expected, though they will not be as long as the ones on Friday.

In the men's class it will be Norway who will defend their title, but this time the Norwegians will have to do without Björn Valstadt, the 2004 Long distance World Champion and also a member of the golden team from last year's WOC. It can be expected that their biggest rivals will be teams of Switzerland, Sweden and Finland. But *Ganbare!* also rates highly the chances of the French and Danish teams. Russia's relay team with the reigning Long distance World Champion Andrei Khramov could also provide a surprise of the day.

Among women it is the Swedish women who will defend their title from last year. Also they are missing one of the members of the golden team from the year before, Gunilla Svärd, who retired at the end of last season from international top orienteering. But this time it looks like the Swedes will have formidable opponents in the Swiss team with the amazing Simone Niggli. Also the hopes of Finland are very high and we definitely can't forget about Norway. In the women's class the competition is not as open as in the men's and though anything may happen, it is expected that the medals will be decided among these four teams. But again we will have to wait until about 11 o'clock before we know the results.

During the WOC week so far many things happened, 6 sets of medals were awarded. Here is an overview as seen through the camera of our photographer Lucie Navarová.



Thierry Guergiou on the way to a third WOC gold in a row in the Middle distance.



Russia's Andrei Khramov started in both Sprint and Long. While in the Sprint he was not as successful as he had hoped, the Long was a great compensation.



After making a huge mistake at the 10th control in Middle Qualification, which cost her a place in the Final, Anne Margrethe Hausken of Norway managed to pull herself together for the Sprint and after a great run claimed silver..

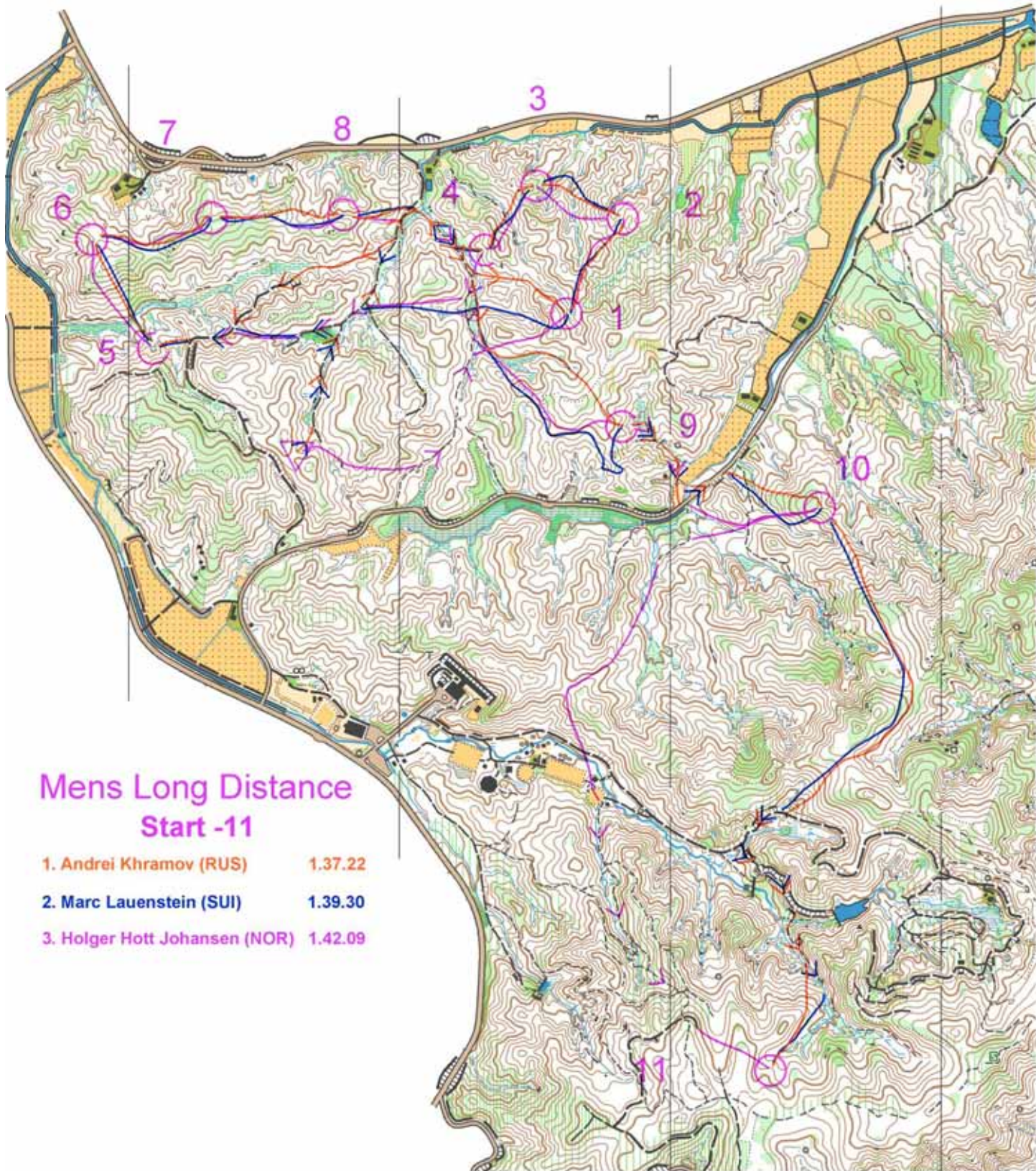


Though it was Long, where Emil Wingstedt most wanted to score a good result, it was finally the Sprint which was his best individual race in the World Champs. His gold medal is the only one for Sweden so far.



How long had she been waiting for this? In what is supposedly her last season in international orienteering, Heather Munroe finally managed to claim a medal in the World Champs. The bronze from the Sprint surely had a bit of a golden taste for her...

And the **Cover Photo** – Just as Simone Niggli showed her back to the camera of our photographer during the Long distance, she showed it to all her rivals on all WOC courses so far...



Mens Long Distance Start -11

- | | |
|-------------------------------|---------|
| 1. Andrei Khramov (RUS) | 1.37.22 |
| 2. Marc Lauenstein (SUI) | 1.39.30 |
| 3. Holger Hott Johansen (NOR) | 1.42.09 |

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