

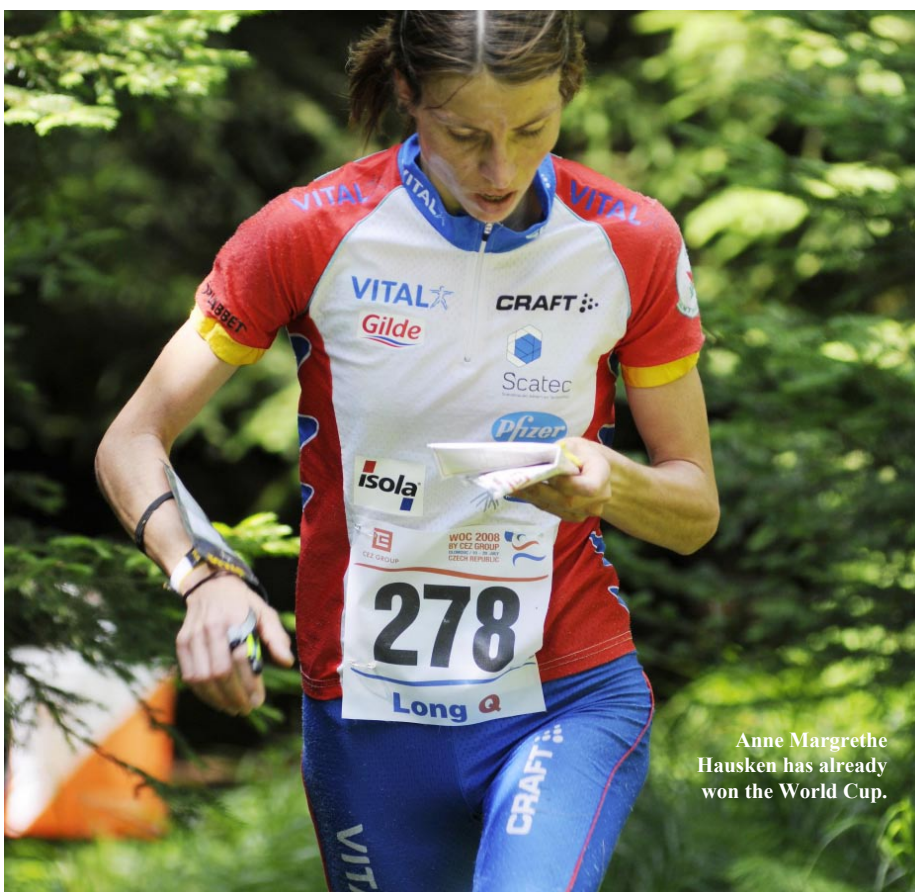
Time to crown the 2008 World Cup winners

BY ANNA ZEELIG

The world's best orienteers, 48 women and 56 men from 17 countries, meet in Switzerland on 4–5 October for the final round of the World Cup. On Saturday they compete on middle distance, and the World Cup Final and PostFinance Sprint will be held on Sunday in Irchelpark, University of Zurich.

In the women's class, Anne Margrethe Hausken has already won the World Cup. The Norwegian has a lead of more than 200 points over Minna Kauppi, who cannot catch her any more – not even by winning both races. The Finn in her turn has secured second place overall ahead of four Swedish women in places 3–6.

The competition is tighter in the men's race: Daniel Hubmann from Switzerland leads the World Cup standings by only 87



Anne Margrethe Hausken has already won the World Cup.

points. Thierry Gueorgiou in second place therefore still has a chance to catch the Swiss, as a victory in one race gives 100 points. The overall World Cup scores are calculated by taking the eight best scores from the 11 races already held, plus the scores from the last two races. Tero Föhr, Emil Wingstedt, Baptiste Rollier and Anders Nordberg, who currently hold places 3–6, will be fighting for third place and

have in theory even a chance to overtake Thierry Gueorgiou.

The PostFinance Sprint is renowned for its fantastic atmosphere. In the morning before the sprint there is a public competition with over 2,000 participants, most of whom will stay and support the athletes running the World Cup Final.

In this issue: Time to crown the World Cup winners; More publicity for Hubmann; Looking towards Hungary; Orienteering is full-time for Katri; “Winning overseas is a bigger achievement”, says Adrian Jackson; The Danish MTB Orienteering team: “We motivate and encourage each other”; News in Brief.

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More publicity for Hubmann

BY ERIK BORG

Daniel Hubmann has become more popular among both media and sponsors after his first WOC gold. At the beginning of October he can win one more big title: he has a big lead before the final races in this year's World Cup.

– My sporting life is more or less the same. I try to train and compete as before. But the rest of my sporting life has changed a little bit - the interest of some sponsors and media has been bigger in recent weeks than ever before, says Daniel Hubmann.

The 25-year-old Swiss athlete has in fact been among the very best in the world for several years. He has also won a lot of medals. Before the final of the long distance in Olomouc, he had nine silver and bronze medals from WOC and EOC.

– It's a really nice feeling to be a world champion! It was one of my big goals to be a world champion, and the fact that I had been really close to it many times before made this moment even more beautiful, he says.

That finally he has got the gold is also something a lot of people have given him positive feedback on. – One really nice thing after WOC is the reactions from a lot of people. I can feel they are sharing the joy with me, especially after winning many medals but never gold before, he says.

Now it is just days to the final of the World Cup. Two years ago Daniel was also leading before the final group of races, but he was overtaken by Thierry Gueorgiou in the last races in France in 2006. Now the final is in Switzerland, just as it was last year, and only a short distance from Daniel's home. He lives in Eschlikon, about 40 kilometres from Zurich where this year's final races will be.

Thierry Gueorgiou is in second place ahead of the final races. Daniel has 600 points, whilst Thierry has 513 points. – Right now my lead looks quite comfortable, but in fact a lot can happen during one race, especially with the big point differences; 1st place gives 100 points, but 4th place is only 50 points. For me it's important to concentrate on my own performance,



PHOTOS: ERIK BORG

Daniel Hubmann speaks about his great long distance run in the Czech Republic. More interest from media and sponsors is one of the benefits Daniel has gained after his first gold at WOC.

that's the only thing which can affect the outcome, he says.

Will you be in WOC shape in the last two World Cup races?

– I think my condition is still good enough to produce some good results at the World Cup final. I will of course try to improve my condition before the last two races, he says.



Michal Smola is now heading for a new World Championship.

Looking towards Hungary

BY ERIK BORG

The next World Orienteering Championships (WOC) is the new challenge for Michal Smola, after the championships on home ground had been his big goal for many years. Michal, a big star as a junior, got his first senior WOC medal in Olomouc. Now Hungary is the new target.

– The terrain should suit me very well in Hungary, and the WOC programme is also good as there is always a rest day between my favourite disciplines which are middle, long and relay, he says.

Michal ran into a leading position and was only beaten by Thierry Gueorgiou in the middle distance at this year's WOC in Olomouc. – It was a great feeling to get the silver. Especially because it was in the Czech Republic, the fans were fantastic. The silver medal hasn't or will not change much in my life, but I will probably try even more for a medal in the other disciplines next year, he says.

For Michal, the championships on home ground had been his big goal since the Czech Republic was awarded the championships in 2004. Michal was one of three runners from the host nations to get a medal at WOC; the sisters Brozkova won one medal each. Radka was third in middle



PHOTO: ERIK BORG

distance, and in the long distance final big sister Dana had the best day in her sporting life by winning the gold.

As a junior, Michal did incredibly well at the Junior World Orienteering Championships. In Nové Město na Moravě in the Czech Republic in 2000 he won gold on both short distance and relay. The year after, he got gold in the relay and bronze on both middle and long. The 26-year-old Czech has been among the best seniors in the world for some years. In the World

Cup, his ninth place from 2006 is his best result overall. Now he is placed 21st ahead of the last two races in Switzerland, with a good chance to take a big jump up. – I would like to be in the top 6 in at least one of the races, he says.

What will you do to try to become even better next year?

– I will not change much in my training, but I would like to work better with regeneration, says Michal.



Katri Lindeqvist (closest) and her team mates Minna Kauppi and Merja Rantanen won gold in the relay at World Orienteering Championships in the Czech Republic. Katri fulfilled her dream about winning a World Championship gold, but the 28-year-old Finn has many more goals in her sights.

PHOTO: ERIK BORG

Orienteering is full-time for Katri

BY ERIK BORG

Orienteering is life for Katri Lindeqvist. The Finn became a world champion in Olomouc, is married to an orienteer, is writing her final thesis in a topic on orienteering, and is also working with orienteering in the Finnish orienteering federation.

– I think it would have been very difficult if my husband Markus hadn't been an orienteer. We wouldn't have had so much time together if we couldn't travel together to the competitions and training camps, and couldn't have gone training together so much, Katri says.

Can't there be too much orienteering?

– It's good to be able to talk at home about the things which are important and have somebody who understands and gives support, but we can also do other things and tell each other if we don't want to talk about orienteering. Up to now we are just enjoying our lifestyle, she says.

Better and better

The 28-year-old Finn has stepped up steadily in the forest. In Olomouc she had a good sprint and got 11th place, and ran well on the first leg in the winning Finish team. She was selected originally as a reserve,

and 36 hours before the relay she was put into the team.

– After the sprint race I was preparing physically, technically and mentally for running the relay. When I got the message that I would be running, I felt that I was ready to do it and was very excited and confident about the challenge. I was smiling like a sun, she says.

She has also smiled after the big day.

– I feel extremely happy with my performance and the gold. I have always had the dream to be a world champion in orienteering one day. I hope this achievement can also help me get some new sponsors and therefore the chance to work less during next season, she says.

More rest, more training

For the coming year Katri has big objectives. She aims to be among the three best in a World Championship individual race. More rest is something that she thinks should help her to improve her level more.

– If I can rest more, I can then train more, recover faster and have more time for analysis and preparation for the competitions. I have always liked to train effectively and fast. I should increase my endurance train-

ing and training hours. It could be motivating living in another country for a while during the coming winter, she says.

School orienteering

Her final thesis in her education is about school orienteering, and in the federation she is also working with school orienteering, working 60% of full time.

– I combine my studies, work and hobby, which is nice, but sometimes that is also a negative thing because I have to talk about work matters in my spare time. On the other hand I am responsible for the project myself, so I can decide my daily schedule, she says.

The shadow

In Finland there are two really big stars, Minna Kauppi and Heli Jukkola. Even though Katri is a gold girl from WOC and one of the best, she is a bit in their shadow.

– The media are mostly interested in them. That's sometimes not so nice, but it's also very good to have them in the team and on training camps. With them you know where the world class level is. Even if you are beaten by a couple of minutes or so, the performance doesn't have to be bad, says Katri.

Adrian Jackson, MTB Orienteering star:

“Winning overseas is a bigger achievement”

BY ERIK BORG

Adrian Jackson won gold on home ground four years ago, but he feels that the gold he won this year is bigger. The Australian is now aiming for a totally perfect mountain bike WOC. – It's a bit bigger to get gold overseas. Today the standard is also much higher than it used to be. Had I competed as well as I do now four years ago, I could then have won all the races at WOC, says Adrian.

The 25-year-old Australian from Melbourne started mountain bike orienteering seriously at the end of 2003, and he made really fast progress: in 2004 he won gold on home ground in Australia. He had been active in foot-orienteering for years, and took part in the Junior World Orienteering Championships both in 2002 and 2003. He is still running in some orienteering events.

– Orienteering is good training in reading maps, and I have done a few races in the last year, he says.

Good in all ways

Why have you ended up with MTB orienteering when you also did so well in orienteering and took part in the Junior World Orienteering Championships?

– I didn't change suddenly, it happened over time. I think my body is more suited to cycling than running, he says. – Adrian trains very hard and is very strong psychologically, says Kay Haarsma, the Australian coach and manager.

Outside of sport, Adrian is studying towards a PhD in Aerospace Engineering. He has a couple of years of study left.

High speed

In cross-country mountain biking, Adrian is one of the best in Australia. He was 11th in this year's national championships and eighth last year. He thinks it's good to combine the sports, and he wants to improve his performance also in MTB orienteering, but he denies that he has a goal for going to the Olympics. Riding without a map is also one of the reasons for his success when riding with a map. – When it's fast riding and easier orienteering, I push on hard and try get some plus time to the other competitors. When it's difficult terrain it is hard for any to be faster than the others, he says.

A long trip

Before this year's MTB orienteering championships he went for three weeks to Canada, and then spent seven weeks in Europe where he took part in both the French 5-days and Polish 7-days. He thinks it was very useful to have these competitions before the World Championships, so as to experience tough international races and also get used to European terrain, which is a bit different from what's on offer in Australia.

Aiming to be ‘the perfect champion’

He's heading for Israel and the championships there next year. In Israel the terrain will be more similar to that in Australia than it was in Poland at this year's World Championships. He also wants to perform at top level all the way and see what that can end up with. In fact he did really well also in Poland, with gold on middle just as four years earlier, sixth place on both sprint and long and an 11th place in the relay. But he isn't satisfied with his sprint, the first distance, and he got a bit sick on the rest day before the long and relay.

The Australian Adrian Jackson has won the middle distance twice in the World MTB Orienteering Championships - first in Australia, then in Poland. The next big challenge is the championships in Israel.



PHOTO: JANET BUCHAN



The Danish winning team in the relay: Lasse B Pedersen (left), Torbjørn Gasbjerg and Søren Strunge.

PHOTO: METTE REICK

We motivate and encourage each other

BY ERIK BORG

The Danish team was very impressive during the World MTB Orienteering Championships. The double winner Lasse Brun Pedersen thinks the big success is a result of the hard competition in Denmark, good team mates and good training.

– We have had four to six people who have given each other tough competition in the races in Denmark, and at the same time we have encouraged and given inspiration to each other in a positive way, says Lasse. He won the sprint and had the first leg in the relay at the championships in Poland, where he and his team mates Torbjørn Gasbjerg and Søren Strunge won gold.

– It was terrific to come home with two gold medals. There aren't many that have got two golds in the same championships before, he says.

How was it, getting the different golds?

– The sprint was an individual effort and it's great to be the best in sprint. The relay was in fact completely different. That was team work, and it had been the team's goal since the previous World Championships. We have trained and prepared a lot together to produce an optimal team feeling and have the base for a gold, he says.

The best ever

Denmark also won more medals at the championships in Poland. Søren Strunge got silver at middle distance, and Torbjørn Gasbjerg got the same medal on the long distance. Lise Brun Pedersen got bronze on the long, winning Denmark's first women's medal ever at a World MTB Orienteering Championship. It was also in fact Denmark's best championships in any orienteering discipline ever.

– The success in Poland is a result of a big focus on the championships, mental training, and good team mates with a common motivation, says Lasse.

– The results are excellent for Danish orienteering. There has also been good media interest with items on both TV and radio, says Ole Lind, Sports Director in the Danish Orienteering Federation.

In 2009 Denmark will host the European Championships in mountain bike orienteering.

Very professional

The Danish forests are well suited to mountain bike orienteering. Jan Eg Pedersen, the national trainer, thinks that is one reason for Denmark doing well. – But the most important reason is that the athletes did some serious preparation, says Jan.

The team members are working hard with all the different aspects of doing well - the orienteering skills, the mental skills and the physical skills. – In the team there is also such a great group feeling. Everybody helps each other, and it is easy to see that team members are happy when others are doing well, even when they themselves haven't done so well. This is especially important for the relay, but it is important too for the other races when you are competing for eight to ten days together, says Jan.

Better concentration

One of the things the Danes have been working hard on is how to do the right things in the forest technically. – The relay winners have been working on orienteering technique with a personal trainer, who has looked at route choices from the past and then given them advice. They have perhaps in a bigger way concentrated on the legs they are on and not been focusing so much on what will happen later on the course, says Jan.

Lasse Brun Pedersen has long experience in orienteering. He started orienteering when he was four years old and from 1992 to 1995 was in the national junior team. Then he stopped orienteering at elite level and used more time on mountain biking from about 1995. – I have taken part in mountain bike orienteering since it started in Denmark in 2003, says Lasse.

News in brief



Dana Brozkova

World Games places allocated

Six World Champions and a total of twenty-one nations have qualified for participation in the three orienteering races included in the 2009 World Games programme. Orienteering is entitled to enter a total of 80 runners, 40 men and 40 women.

The winners of the individual races in the 2008 World Orienteering Championships – Dana Brozkova (CZE), Minna Kauppi (FIN), Anne Margrethe Hausken (NOR), Thierry Gueorgiou (FRA), Andrey Khramov (RUS) and Daniel Hubmann (SUI) – have a personal place.

The twenty-one qualified nations are Australia, Brazil, Canada, China, Chinese Taipei, Czech Republic, Denmark, Estonia, Finland, France, Great Britain, Japan, Latvia, Lithuania, New Zealand,



Norway, Russia, Slovakia, South Africa, Sweden and Switzerland.

Seventeen of the nations have qualified for participation in the mixed team relay. They are Australia, China, Chinese Taipei, Czech Republic, Denmark, Finland, France, Great Britain, Japan, Latvia, Lithuania, New Zealand, Norway, Russia, Slovakia, Sweden and Switzerland.

Edmond Szechenyi appointed IOF Honorary Member

The IOF General Assembly held in Prostějov, Czech Republic, appointed the retiring IOF Vice President Edmond Szechenyi (FRA) IOF Honorary Member. He was also awarded the IOF Gold Pin of Honour No. 3. Edmond Szechenyi served the IOF for 31 years, first as a member of the Technical Commission and then as a Council member. He was elected Vice President in 1996.

At the General Assembly, the IOF President Åke Jacobson also presented the IOF Silver Pin to David May (GBR), Juraj Nemeč (SVK), David Rosen (GBR) and

Shin Murakoshi (JPN), and the IOF Bronze Pin to Björn Heinemann (GER), Olli Heinonen (FIN), Taro Koyama (JPN), Frank Kuhn (USA), Jukka Liikari (FIN), Dmitry Miller (UKR), Sixten Sild (EST), Henning Spjelkavik (NOR), Valeriy Tsodikov (UKR) and Pekka Varis (FIN).

New recruits to strengthen IOF Commissions

At its forthcoming meeting in Helsinki, the IOF Council will assess the composition of the IOF Commissions and decide on any possible changes for the calendar years 2009-2010. The joint Council-Commission meeting in January will then be the starting point for the work of the new commissions.

However, due to the heavy workload of the Foot Orienteering Commission and the Ski Orienteering Commission, the Council earlier this year agreed the need to make immediate appointments in order to assist the commissions in coping with their tasks. Following this decision, the Council has recently appointed Mikko Salonen (FIN) member of the Foot Orienteering Commission and Erik Svensson (SWE) member of the Ski Orienteering Commission.

