

O-zine

International Orienteering Federation

On-line Newsletter

Issue 4 – December 2009

The biggest winter competition ever in Romania

BY ERIK BORG

The forthcoming ski orienteering World Cup races in Romania, incorporating the European Championships, will be the first time World Cup events are held in Romania, both in summer and winter sports.

– There has been a European Handball Championships and a European Weightlifting Championships, but it will be the first World Cup, Klaus Csucs says. The 22-year-old Romanian and his father Andras Csucs are Event Directors of the highlight in ski orienteering this winter. Together with the championships for sen-

iors there are also Junior World, European Youth and World Masters championships in ski orienteering from February 10th to 14th.

– It will be the biggest ski orienteering meeting ever organised. The whole ski orienteering family from young to old will



PHOTO: PAULA LEHTOMÄKI

In this issue

In this issue: The biggest winter competition ever in Romania; Helene only lacks gold; Andrei Lamov: “I am not the king of ski orienteering!”; TempO gives new impetus to trail orienteering; The man behind the rankings; World Ranking, Top 10; New challenges for Hana.

O-zine is an on-line newsletter published by the IOF. You can receive an e-mail notification whenever a new issue of O-zine is released. To register, just fill in the form at http://6prog.org/IOF/oz_reg.asp and press the ‘Subscribe’ button.

Season’s Greetings and Good Wishes for the New Year 2010!

BARBRO RÖNNBERG
EDITOR-IN-CHIEF

meet here. The European Championships races will probably be broadcast live via Internet. Everyone can follow the competitions from their home, but hopefully plenty of people will come and see the races live, he says.

There has been a Junior World Orienteering Championship event in Romania in the past, but no big competitions in ski orienteering. The town Miercurea Ciuc and the surrounding districts where the World Cup will be organized, a bit more than 200 kilometres north of Bucharest, are very proud to be the first in Romania to host such a big competition.

A young Event Director

Around 200 people take part in ski orienteering in Romania. The Csucs have been very keen on it for a long time. For Klaus it will be his 10th Junior World Championship! He has been present every year since 2000.

– I have been either a competitor or a team leader, he says.

You are young to be an event director!

– Yes, I'm quite young for this work, but I really enjoy it. I have also got some pre-

vious experience. I have travelled around a lot and have taken part in many big ski orienteering competitions. My father has also 20 years of international ski orienteering experience. We have seen a lot of good and bad things. Of course we try to take advantage of all the good things we have seen all around the world, he says.

About 60 people will organise the competitions. The team also includes some orienteers from Hungary, including Bence Kiacz, one of the course planners.

TV coverage

What can the Championships mean for ski orienteering in Romania?

– We hope to get TV to broadcast the European Championship races. The competitions will give more people knowledge about what ski orienteering is, Klaus tells.

The men in charge are now working almost full time, with the events getting quite near.

– My father is only working a few hours a week at a hotel. I'm studying economics. It's my last year of the bachelor's degree, and I will write my bachelor thesis at about the same time as our competitions.

Who is number one among father and son?

– We are both number one. He's in charge of the technical part like maps and courses. I'm organising the logistical part like accommodation, entries and ceremonies. Through the coming competitions we would like to say thank you to all our ski orienteering friends who have helped us during the last 20 years to have the opportunity to take part in big competitions, Klaus says.



PHOTO: ERIK BORG

Klaus Csucs is bidding welcome to the biggest competitions ever during winter time in Romania. In February the World Cup and European Championships for seniors and international championships for youngsters, juniors and masters will take place in Miercurea Ciuc in Romania.



PHOTO: KIMURA KEISHI

Helene Söderlund (middle) is going for more gold medals this ski orienteering season. She still lacks an individual gold. A year ago she won four medals at the World Championships, but the only gold was with her Swedish team mates Marie Ohlsson (left) and Josefine Engström in the relay.

World Ranking Leader Helene Söderlund from Sweden has trained well and improved to a new level ahead of the coming season.



PHOTO: KIMURA KEISHI, organiser of WOC in ski orienteering in Japan.

Helene only lacks a gold

BY ERIK BORG

Helene Söderlund was the only athlete to win a medal in every competition at the World Championships (WOC) in ski orienteering in Japan last winter, but one medal colour is still lacking.

– I will not say it is important for me to get an individual gold medal at the European Championships in Romania. Of course it would be very nice and fun, but having a good race is the most important thing for me. I also know that it will be hard to win. There are a lot of really good women fighting for the medals, says Helene.

At the WOC in Japan the 22-year-old Swede won silver in both sprint and middle distance, bronze on the long distance and finally gold in the relay together with her team-mates Marie Ohlsson and Josefine Engström.

Better than expected

– I am very satisfied and proud of my medals in Japan. The outcome was a lot better than I had expected before the championships. The whole season was a great success and almost all my races last season were very good, she says.

The European Championships is a part of the World Cup this winter, which starts on January 15th in St. Petersburg in Russia. The next competitions are in Bulgaria, just before the European Championships which are in Romania from February 10th to 14th. The final World Cup races are in Ånn in Sweden from March 13th to 17th.

– My goal for the coming winter is to protect my place as World Ranking leader, and of course the European Championships is a big goal for me, Helene says.

Helene's summer training has been good; she thinks she has taken a step forward and reached a new and higher level compared to last season.

– Last year I had a lot of problems with my stomach during the spring and summer. It has become a lot better and isn't causing me so many problems now.

Christmas training

Over Christmas Helene will be at home with her family in the city of Mora in central Sweden.

– There will be no big changes in my training during Christmas compared to normal weeks, but maybe I will do a little bit more training to be prepared for the competitions at the beginning of 2010, Helene says.

Andrei Lamov: I am not the king of ski orienteering!

BY ERIK BORG

Andrei Lamov won two gold medals and a silver at the World Championships in ski orienteering, but the Russian's life hasn't changed and he doesn't feel he is the new number one.

– The two gold medals just showed that I am able to achieve top results, nothing more. Russian ski orienteers sometimes joke: “First in the world, but seventh in Siberia”. We have very keen competition in Russia. There's no time to relax, says Andrei.

Andrei impressed everyone at the World Ski Orienteering Championships in Japan. First he won the sprint, then the long distance with mass start ahead of Eduard Khrennikov, the ski orienteer with more World Championship victories than any other. Khrennikov only got one medal in Japan, the silver on the long, but Lamov still has a lot of respect for his team mate.

– There can be only one king. It's still Eduard Khrennikov. So nothing has changed, Andrei says.

So you don't feel that you have become the new king of ski orienteering?

– No, I am still a straightforward guy. A friend of mine once asked me to show him the medals. I really had no idea where they were and had to spend a lot of time finding them, says Andrei.

Andrei leads the World Rankings prior to the start of the season. The Finn Staffan Tunis is second, and in third place is Eduard Khrennikov.

Two big targets

The double World Champion has two big targets this winter: the first round of the World Cup in St. Petersburg, January 15th to 18th, and the European Championships in Romania in February.

– After the World Championships in Japan I continued to train a lot and work on improving myself. I can be better. In October



Andrei Lamov impressed a lot at the World Championships in Japan with two gold medals. Here he is heading for his gold on the long distance.

PHOTO: KIMURA KEISHI, organiser of the World Championships in ski orienteering in Japan

I finished my studies in sport and physical culture at university. Now I can give more attention to sport itself. My theoretical knowledge also helps me to do well in my sport, he says. Sport is his priority in life right now, and when he sometimes does some ‘normal’ work it also involves sport. He works as a sports hall instructor when he is at home.

Small celebrations

He trained even harder than usual last summer, and training before the season starts has gone well. Now Christmas is coming, but he will still be doing a lot of training and preparation.

– I don't celebrate Christmas much. First of all I try to follow my training plan. In Russia we anyway celebrate New Year more than Christmas. Maybe there will be a small party, but on January 1st I will go to a training camp in Syktyvkar to pre-

pare for the World Cup in St. Petersburg, Andrei says.



Eduard Khrennikov took silver on the long distance at the World Championships and got fewer medals than he is used to, but Andrei Lamov says his team mate Eduard Khrennikov is still the king of ski orienteering.

PHOTO: KIMURA KEISHI

TempO gives new impetus to trail orienteering

BY ERIK BORG

The new format TempO is the key to getting more orienteers to take part in trail orienteering and attracting more interest for the sport among both spectators and media.

– TempO measures the speed of decision making in map reading and it's an intense, short and exciting form of trail orienteering. It will recruit new competitors, including juniors and it will be easily understandable for spectators and media, says Sari Salomaa-Niemi. The 47-year-old Finn is the new person in charge of the Trail Orienteering Commission in IOF. She lives in Tampere and works as Coordinator of Special Education in the city.

Making trail orienteering more attractive

It's important to make trail orienteering more attractive to foot orienteers.

– We want to have more of them as athletes and we also need their orienteering knowledge and maps. TempO, the new format of trail orienteering, is one way to get more of them eager to try trail orienteering, she says. Together with getting more athletes, it's our objective to get more participants who are willing to organise international competitions.

More nations

In the 2009 World Trail Orienteering Championships in Hungary, athletes from 18 nations took part. In all there are about 20 active nations.

– We want to increase the number of countries with activity and teams in the World Championships. I think it's realistic to believe to have about one new country every year. I hope the number of countries will be 25 in the 2013 World Championships in Finland. A few weeks ago I got a message from Portugal. They have just created the "Trail Orienteering Commission", a consulting body for the Portuguese Orienteering Federation. Hopefully they will take part in the 2010 World Trail Orienteering

www.orienteering.org



TempO measures the speed of decision making in map reading.

PHOTO: PIRJO VALJANEN

Championships in Norway, she says.

TempO – an official World Championship format?

Sari also hopes that TempO will be an official format in the in the World Championships in Finland.

– There will be TempO at the World Trail Orienteering Championships in Trondheim, and the competition title will probably be The World TempO Trophy, she says. The official rules are not finalised yet for TempO, but the idea is that the competitors have to follow a taped course or a course marked on a map. Along the course there will be a number of timed control stations. The total number of timed controls in TempO should be between 12 and 30.



PHOTO: PAULA LEHTOMÄKI

The maximum time for each time control should be between 30 and 60 seconds. The results calculation is the total used time for giving an answer at the timed controls. For each wrong answer a penalty time is added.

The TempO competition at the World Championships will have a qualification and final. The top 10–15 in the qualification event will be placed in the final, which will consist of 10 timed controls. The times in the qualification and the final will be added together.

Ten years' experience

Sari has been working with trail orienteering for 10 years now, first as an active participant, but mostly with organising and administration.

– Trail orienteering is almost the only sport in which you can compete or take part equally regardless of age, sex or mobility, and that's why I find it very fascinating, she says.

Why have you accepted to lead the IOF Trail Orienteering Commission?

– The discipline is still developing and it has potential to grow in many ways. It is very challenging to lead that kind of great work.

Sari Salomaa-Niemi is leading the work to make Trail orienteering more popular and believes that the new format TempO can give growth to the sport.

The man behind the rankings

BY ERIK BORG

The man behind the information you see when you are viewing the World Rankings lists in foot, ski or mountain bike orienteering is Ray Barnes.

Ray lives in the north-east of England and develops software, mostly for database-driven websites. He is also a very keen orienteer.

– As a boy I didn't spend my pocket money on sweets, instead I bought a map each week. Orienteering combines my life-long interest in maps and the outdoors, he says.

New facilities

IOF's World Rankings began in 1998 but had stalled. Ray was asked to add them to the main IOF website which he was then maintaining. Going live from January 1st 2001, the rankings have gradually been extended. Now the site includes World Rankings for three disciplines of orienteering, and has recently been given a facelift and technical makeover. Behind the scenes of the website there are a dozen web services so that other websites can incorporate live IOF World Ranking information into their own pages. The revised site architecture makes it much easier to add facilities; for example, the world ranking can be displayed as it was at any date in the past, and adding a result set to the database can be done much quicker.

The right names

Ray has always worked hard to have all athletes' names spelt the right way. Now it is possible to see names in the scripts of very different languages.

– On each athlete's detail page you can see names in Cyrillic, Hebrew, Chinese and soon Japanese. Any offers of help will be kindly accepted, as I cannot do this unaided, he says.

One very important aspect to the success of the World Ranking is that it is updated all



PHOTO: private source

Ray Barnes is the man behind the IOF World Ranking system.

the time. Ray gives thanks to event organisers who provide the results immediately after they have been finalised.

– If nothing arrives within a few hours, and I can find the results on the event website, I use those results. Sometimes I get sent results days or even weeks later. Sadly, it is obvious that the organiser has spent hours trying to match names to athlete ID codes. Often they even find codes that I have allocated for a new athlete without realising that it was on their uploaded event results

already! The organisers must ask athletes or team managers to include IDs on the entry forms, he says.

Best at night

Ray is an H55 who has taken part in about 1500 orienteering events since 1992, but in the past year he hasn't been to more than half a dozen.

– I am now living in a region where events are fewer and further away. Trying to be a green person, I am not prepared to travel more than 60 km to compete for a single day event. In fact most of my orienteering nowadays is as Controller, usually three big events a year. Last Easter, I controlled one day of the JK Festival – so for once I had the results of a World Ranking Event under my own control, he says.

Night orienteering is the discipline he likes best, because the navigation is totally dependant on the skills to find controls.

– I've never been very quick around a course. I'm not a runner, and don't train enough. But I seldom make big errors so I'm never last, he says.

Ray has not won many prizes, but he started with a victory. In 1968 he won a team event with the school army cadets.

– No one else understood maps, he smiles.



World ranking, Top 10 (As of 17 December)

Foot Orienteering

Men:

1) Daniel Hubmann (SUI) 5717 points, 2) Thierry Gueorgiou (FRA) 5641, 3) Andrey Khramov (RUS) 5627, 4) Matthias Merz (SUI) 5523, 5) Peter Öberg (SWE) 5493, 6) Emil Wingstedt (SWE) 5478, 7) Martin Johansson (SWE) 5467, 8) Valentin Novikov (RUS) 5459, 9) Matthias Müller (SUI) 5450, 10) Anders Nordberg (NOR) 5445.

Women:

1) Simone Niggli-Luder 5715 points, 2) Marianne Andersen (NOR) 5676, 3) Minna Kauppi (FIN) 5670, 4) Helena Jansson (SWE) 5612, 5) Anne Margrethe Hausken (NOR) 5603, 6) Dana Brožková (CZE) 5543, 7) Signe Søs (DEN) 5440, 8) Merja Rantanen (FIN) 5420, 9) Linnea Gustafsson (SWE) 5400, 10) Vroni Koenig-Salmi (SUI) 5399.

Federation League (for leading 20 athletes)

Men:

1) SUI 98587 points, 2) NOR 95496, 3) SWE 95032, 4) FIN 92052, 5) GBR 80767, 6) DEN 78375, 7) GER 77828, 8) RUS 76738, 9) CZE 76177, 10) ITA 69115.

Women:

1) SWE 93530 points, 2) SUI 90066, 3) NOR 89150, 4) FIN 85592, 5) CZE 71287, 6) RUS 67954, 7) AUS 59538, 8) GBR 59447, 9) FRA 49647, 10) DEN 45542.

MTB Orienteering

Men:

1) Lasse Brun Pedersen (DEN), 374 points
2) Erik Skovgaard Knudsen (DEN) 350, 3) Victor Korchagin (RUS) 349, 4) (RUS) Ian Gritsan (RUS) 338, 5) Jiří Hradil (CZE) 305, 6) Tobias Breitschädel (AUT) 304, 7) Beat Schaffner (SUI) 298, 8) Andreas Rief (AUT) 295, 9) Simon Seger (SUI) 284, 10) Beat Oklé (SUI) 264.

Ski Orienteering

Men:

1) Olli-Markus Taivainen (FIN) 1252 points, 2) Lars Hol Moholdt (NOR) 1248, 3) Andrei Lamov 1242, 4) Staffan

Women:

1) Michaela Gigon (AUT) 405 points, 2) Christine Schaffner (SUI) 380, 3) Hana Bajtošová (SVK) 361, 4) Ingrid Stengård (FIN) 355, 5) Marika Hara (FIN) 345, 6) Sonja Zinkl (AUT) 336, 7) Ksenia Chernykh (RUS) 335, 8) Anna Füzy (HUN) 329, 9) Nadia Mikryukova (RUS) 316, 10) Rikke Kornvig (DEN) 285.

Tunis (FIN) 1238, 5) Eduard Khrennikov (RUS) 1233, 6) Andrey Grigoriev (RUS) 1228, 7) Hans Jorgen Kvåle (NOR) 1223, 8) Ondřej Vodrážka (CZE) 1221, 9) Peter Arnesson (SWE) 1219, 10) Eivind Tonna (NOR) 1217.

Women:

1) Helene Söderlund (SWE) 1250 points, 2) Hannele Tonna (FIN) 1224, 3) Tatiana Vlasova (RUS) 1222, 4) Tatiana Kozlova (RUS) 1202, 5) Olga Novikova (RUS) 1201, 6) Josefine Engström (SWE) 1196, 7) Marte Reenaas (NOR) 1188, 8) Hanna-Maija Mäkelä (FIN) 1186, 9) Polina Malchikova (RUS) 1167, 10) Yuliya Tarasenko (RUS) 1149



PHOTO: PAULA LEHTOMAKI

BY: ERIK BORG

Hana Bajtosova has won gold medals in the last two World MTB Orienteering Championships. Now she is aiming to be among the very best in foot orienteering too.

– I want to do more foot orienteering and as the World Championships in 2011 will be in France, I would like to participate. That is the big challenge for me now, says Hana.

On 14th August the 25-year-old Slovak won the sprint gold in MTB orienteering in the World Championships in Israel.

– My emotions were not as high as with the first victory, but I felt much better this time. I had an almost perfect race, and that was not the case in Poland last year. This time there was also much more pressure. I was very nervous before the start and I am satisfied that I managed to handle that so well.

Now you have two golds in a row! Is the sprint your favourite?

– In sprint the most important thing is to concentrate, using one’s ability to adjust the speed of riding and to memorise as much as possible. I have a good memory and that helps me a lot. I do not need to slow down so often, she says.

A new daily life

Earlier this year she finished her Masters degree in Management at the European School of Management in Paris. Now she works as a financial controller in Saint Heand, a small village close to Saint Etienne.

– At last I have fulfilled my dream and moved to the mountains, she says.

She works for eight to nine hours a day, so there isn't that much time left for training.

– Since I have started work I’m not so sure it will be possible to train as much as I would like to. But I want to continue for some time yet. There are still some medals to win, she says.

Hana is currently third in the MTB Orienteering World Rankings behind Michaela Gigon from Austria and Christine Schaffner from Switzerland.



Hana Bajtosova from Slovakia has won gold at the World MTB Orienteering Championships for 2 years in a row. Now she plans to aim for the top in foot orienteering.

New challenges for Hana

Only championships

World Championships in both MTB orienteering and foot orienteering are in her mind now, but she will not think so much about World Cup races.

– I am not sure I will be able to participate. For students and professional sportspeople it is great, but for the rest of the bikers who are working it is difficult to have so many holidays. There is also the question of finance. For me the most important thing is to enjoy riding my bike and orienteering, she says.

In foot orienteering Hana has taken part in the Junior World, European Youth and University World Championships. Her best performance is 17th in the middle distance at the 2006 University World Orienteering Championships in Slovakia.

In the spring of 2007, Hana got injured and couldn't run for 18 months.

– Now I am running again and I’m getting better and better, so I would like to fulfil my orienteering dream of taking part in a World Championships in foot orienteering, she says.