

Exciting programme in Ski Orienteering World Cup

The 2012 Ski Orienteering World Cup is the most ambitious ever: it gets under way in January in the USA, continues in February and early March in Ukraine and Kazakhstan, and ends in late March in Sweden. Three IOF Regional Championships are incorporated into the programme, which consists of 17 races in 4 individual and 2 relay formats.

BY CLIVE ALLEN

First time in North America

Round 1 will be at Bear Valley and Lake Tahoe, two well-known ski centres in California, the latter being the venue for the Olympic Winter Games in 1960. Here the four World Cup races double as the North American Championships. This is a first for North America – World Cup races have not been staged here before – and the location will provide exciting racing on open mountain terrain with sparse pine forest, up to 2,300 metres above sea level.

Two rounds with charter-flight link

Nine World Cup races take place in the period 21st February to 4th March. The first five double as the European Championships and will be held in Sumy, Ukraine and the last four make up the first-ever Asian Ski Orienteering Championships



Competitors at a control in the World Ski Orienteering Championships Sprint 2011.
PHOTO: TIMO MIKKOLA

In this issue

- Exciting programme in Ski Orienteering World Cup
- Tessa Hill – New sprint star from Great Britain
- A Good year for the Kiwis
- Behind the Scenes: Roger Aerts
- North South East West: Uruguay
- Daniel Hubmann – Getting back to full fitness
- News in Brief

The O-zine is published by the IOF four times a year. You can receive an email notification whenever a new issue of O-zine is released: www.orienteering.org/o-zine. For current news, reports and interviews from IOF Events, please visit the IOF website: www.orienteering.org.

Season's Greetings and Best Wishes for the New Orienteering Year 2012!

Anna Zeelig, Editor-in-chief

which will take place at Shchuchinsk in Kazakhstan, host country for the World Ski Orienteering Championships in 2013. Specially chartered flights will take competitors from Kiev to and from Kazakhstan. At both these venues the terrain is mainly forested with plenty of tracks and paths. At Shchuchinsk the events take place in a State National Park with detailed contour features and some rocky terrain.

The popular ski resort of Boden in the far north of Sweden is the venue for the final round from 21st to 25th March. Here there will be four races, the last being the World Cup Final, an ultra-long distance race with mass start.

Sprint World Cup

As well as the traditional Individual (twelve races) and Relay (five races) World Cup scoring, there will in 2012 also be a Sprint World Cup competition based on the sprint individual and mixed sprint relay events – seven in all – in the World Cup programme. In the mixed sprint relay, teams consist of 1 man and 1 woman, or 2 women, and federations can enter up to 6 teams.

Emerging stars

This season, much interest will be focussed on the emerging star from Sweden, Tove

Alexandersson and the up-and-coming Norwegian Barbro Kvåle. Both were still juniors last year, Tove's Junior World Championship medal haul being 2 gold and 1 silver whilst Barbro won the long distance gold and 2 silver medals. Tove Alexandersson went further and became Sprint World Champion at senior level – a superb achievement.

In the men's class too there are some very good juniors coming through, especially from Sweden. But the likes of Helene Söderlund, Sweden and Olli-Markus Taivainen, Finland, together with many other long-established top names, will also have their sights set on top placings in the World Cup rankings. As in all ski orienteering seasons, a large contingent of good Russian ski orienteers will be challenging for the podium places along with the always-strong Scandinavian teams and the best from countries such as Kazakhstan, Switzerland and the Czech Republic.

Junior and Masters World Championships in Ukraine

The Junior World and the World Masters Ski orienteering Championships are held every year, and this year the venue for these is Sumy in Ukraine, at the same time as the European Championships and World Cup round. The European Youth Ski Orienteering Championships will also be held there, so it will be a busy week in Sumy.

Get all the latest World Cup news from the IOF website! The section 'Around the Arena' will carry reports and pictures from the World Cup races, along with the leading results, throughout the season.



Long distance mass-start event was a success at the World Ski Orienteering Championships 2011 in Tännålen, Sweden.

PHOTO: VEERA HONKANEN



PHOTO: PIRJO VALANEN

Tessa Hill – new sprint star from Great Britain

BY ERIK BORG

Maybe the happiest athlete in the final World Cup race this year was Tessa Hill from Great Britain. Tessa had an early start, and sat in the red leader chair until almost the very end of the race. Just three girls beat her in the end, and she was only seconds slower than the big names.

“I didn’t think I’d get such a good result, not even after another five years of training. It has been fun over the last few months to be able to dream of higher achievements than before.”

The British athlete, who was 22nd in the World Championships sprint, had her great race in the centre of the city La Chaux-de-Fonds, but she isn’t sure why she was among the best this time.

“I’m looking for the answer. I certainly didn’t feel great that day, but something clicked. I pushed a lot harder physically

than usual, particularly in the first few metres out of each control where I usually waste a lot of time over decisions. I think it also helped that a lot of other athletes were very tired at the end of the season, and some didn’t even start.”

Started with the family

Tessa started orienteering because her dad was an orienteer, but she didn’t really get into it until she was about 14. “At that time I was at a boarding school so I relied a lot on local club members and the regional junior squad to get to races and training. I kept going with the sport because I found some good friends and I enjoyed getting out from school.”

Tessa says she is not really sure if she has a special talent for orienteering. “I have never really been the best in Britain; there have always been others better than me, but I’ve always enjoyed training hard so

eventually that pays off. I have recently got into cross-country and hill running and would like to compete seriously in these races too over the next few years”, she tells.

Multi-national background

When asked where she comes from, Tessa does not have a definitive answer to the question: “I’m not really from anywhere as I spent my childhood living in lots of different countries or at boarding school. I guess I would say I am from London, as that is where I was born and where my parents live now. But I will always support Reading Football Club”, the 24-year-old athlete says.

During her studies from 2008 to 2010 she lived in Trondheim, the Norwegian city that hosted the 2010 World Orienteering Championships, doing an MSc. in Exercise Physiology. She ran for NTNUI and



Tessa Hill came fourth in the final race in the World Cup this year. PHOTOS: ERIK BORG

enjoyed that so much that she will be running for them again next year.

Tessa has just started a full-time job working as a social researcher. She tries to train before and after work and then there is not a lot of time for much else. “Last year, I worked three days a week and that gave me a lot of time for training and recovery. I think this year will be a lot harder.”

Enjoys competing throughout the year

Tessa is keen to keep racing the sprint, and says her goal is to get a top-10 place at the World Championships in Lausanne, Switzerland, next year. “I would also like to be a better forest orienteer, and hopefully that would make me good enough to get in the long distance team. But I'd also like to start running hill races, and I may get a chance to do some in the Alps next year so I will try and focus a bit on them too.”

In Great Britain orienteering events are held throughout the year. “Some of the best competitions in the UK are during the winter time while the undergrowth is low. There is usually nothing too serious though, so we quite often combine them with training weekends. In terms of intensity I would usually try hard in any race but I wouldn't rest up for it. I really like high intensity training and will do that all through the year”, Tessa says.

“Hopefully I will be able to use a few days of the Christmas holidays for a bit of orienteering, but it may be hill running instead. As for Christmas itself, I doubt there will be much orienteering. I am visiting my family who live in very central London, so I suspect a run around Hyde Park will be more likely.”

A new home in Scotland

Last summer Tessa settled down in Scotland, where the World Orienteering Championships were held in 1999 and will again be held in 2015, but that wasn't the reason for moving. She moved to be with Murray Strain, who finished 12th in the sprint in this year's World Championships.

“I have always planned to move here eventually. I love the fact that I can get out and run in the hills nearby, and bigger hills and better orienteering terrain are not far away either. The World Championships being here in 2015 wasn't a factor at all. It's just nice that we have it. My move to

Scotland was partly to be with Murray. He is from a town just outside Edinburgh, and lives and works in the centre of the city now.”

The two orienteers are helping and encouraging each other. “Murray ran really well at the World Championships this year and could well do better next year, which is exciting. I guess we probably do help and motivate each other, but we both just really enjoy training, so it is nice to want to do the same things at weekends and get excited by the next hill to run up”, Tessa says.

She says she is already trying to do some training relevant to the World Championships 2015 terrain. “But I will only keep racing as long as I enjoy it, so I am not setting it as a big goal because I may decide to do other things. It is still four years away. Even if I did run, it is dangerous to expect the best results ever just because it is home terrain. I think it is more the experience that would be so fun to have”, she concludes.



Tessa Hill settled down in Scotland last summer, and is living close to where the World Championships will be in 2015

A good year for the Kiwis

Sights now set on home World Cup

2011 has been a great orienteering year for New Zealand with impressive results in World Championships. And in 18 months' time the World Cup will return to Oceania.

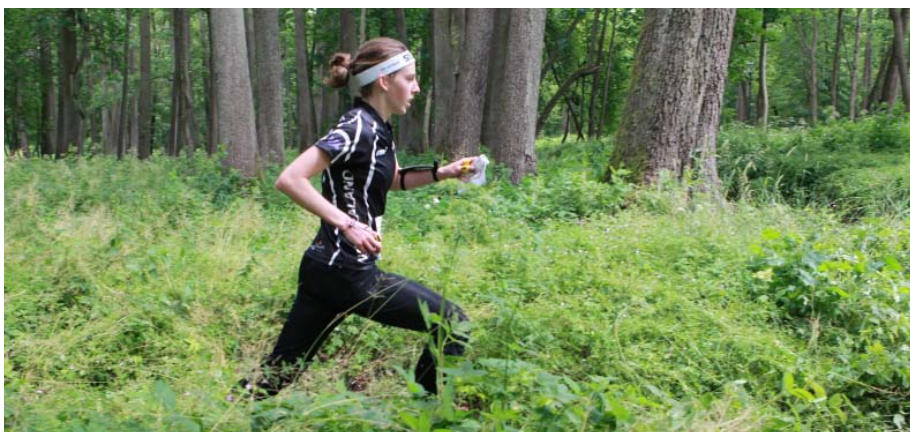
BY ERIK BORG

“There are no other secrets for our success than hard work and honest analysis, and lots of racing against the best in the world”, Owen Cambridge says.

Cambridge is President of the Dunedin Orienteering Club, is a controller and course planner, and was the manager of the New Zealand team at the latest Junior World Championships. He is also the South Island representative on the New Zealand National Council. “I am probably better known as the father of three sons who have represented New Zealand at various levels in orienteering, and all four of my boys have run at O-Ringen as well as me, which we are very proud of. My eldest son Tane has been to the last two World Championships”, he says.



Lizzie Ingham impressed everyone at the World Championships in France – she was among the 18 best in every individual final.



Angela Simpson was almost at medal speed at the Junior World Championships. In the sprint she was sixth
PHOTOS: ERIK BORG

This year New Zealand had its best results ever at a Junior World Orienteering Championships, with Angela Simpson taking 6th place in the sprint and good placings achieved by many of the runners, with six in the A-final in the middle distance. “Our boys had a great relay and the girls’ relay was also very good”, Cambridge says.

Good results in France

The New Zealand results in the World Championships in France were also good, with several A-finals for the men and great runs from Lizzie Ingham who finished 11th, 13th and 18th in the individual finals. “Our other runners at the World Championships mostly improved on their previous placings. Obviously I was pleased that my son Tane improved on his previous results, but I think we have a great group of runners coming through from junior level who will push the standards higher. Also our best orienteer Chris Forne is coming home. He is a great mentor for young athletes, and this will raise our local standards. I think the rise in our standards is mainly a result of so many of our athletes going to Europe, and these people are better orienteers when they come home, and they work with those at home so that we all get better.”

According to Cambridge, orienteering is developing in New Zealand on many levels. The membership is increasing slowly; at the moment there are about

3,000 active orienteers in the country. “As a group we are working hard to increase our numbers by starting on our young people and getting them to bring their parents along. Our goal is to get every student in our country to experience orienteering before they leave school. The challenges are mainly the distances. We are a long narrow country with relatively few people, and our terrain is mostly much steeper than we see in Europe”, Cambridge says.

The World Cup in New Zealand

In the spring of 2013, Round 1 of the Foot Orienteering World Cup will take place in New Zealand. That's a big carrot for the orienteers there and also a challenge. “We are taking the 2013 World Cup very seriously. We have many of our best people working on it to make sure that we can run a world-class event. We also are forming a squad of runners here to train specifically for the world events in 2013. If we are going to be competitive at home in 2013 we need to get as many people as possible to Europe in 2012 to hone their skills. The word is that the 2012 World Championships in Lausanne, Switzerland, will suit our athletes”, Owen Cambridge says.

The World Cup round will be included within the Oceania carnival. “There will be almost a month of orienteering to make it worth coming to New Zealand”, Cambridge advertises.

Behind the Scenes

Behind the scenes is a new regular feature in O-zine. In every issue from now on, we will write about someone working for the IOF. In this issue you meet

Roger Aerts – IOF Anti-Doping Controller

BY ANNA ZEELIG

This year he has spent 41 days travelling abroad on IOF work. When at home he is preparing for the next trip, writing reports on the previous one, or planning next year's work. When he is working abroad, constant attention is required: everything has to go according to the rules, with absolutely no exceptions allowed. All this, and much more, is what

Roger Aerts, IOF Anti-Doping Controller, deals with every year. For the IOF, and for free.

Roger has been the IOF Anti-Doping Controller since 1998. He is appointed for one Congress period (two years) at a time, and he is also a member of the IOF Medical Commission. He comes originally from Belgium.

Roger discovered the sport of orienteer-

ing early on when working in the army. He later had different roles in the Belgian federation. "Before I came to the IOF, I was involved in what we in Belgium call "medically responsible sport" and I got several opportunities to attend national and international meetings relating to fair sport. When the IOF was looking for someone to take over the role of Anti-Doping Controller after Norwegian Brit Volden, I was the Vice President of the Belgian Orienteering Association and felt ready to take on this challenge", Roger tells.

Working to a world-wide Code

The IOF is one of the World Anti-Doping Code signatories, and is designated as an Anti-Doping Organisation. That requires that anti-doping activities are conducted, including doping tests at IOF Events and out-of-competition. The World Anti-Doping Agency (WADA) has recently published its Compliance Report, which follows the conclusion of a three-year monitoring process. According to the report, the IOF is compliant with the World Anti-Doping Code.

The adoption of the Code by the Olympic Movement is mandatory, and only sports that are compliant can be included and remain in the programme of the Olympic Games.

In accordance with the IOF Anti-Doping policy, the IOF Medical Commission submits every year an In-Competition Anti-Doping Testing Programme to the IOF Council. Roger then sends letters to the organisers of all the events involved, setting out the doping test programme and the requirements for the agreement with the event country's National Anti-Doping Organisation (NADO). Closer to the event date, he sends a second letter describing how to set up the Anti-Doping Station and about using chaperones.



Roger Aerts has been the IOF Anti-Doping Controller since 1998. PHOTO: PIRJO VALJANEN

The tasks at an Event

Roger normally arrives at the Event Centre a few days before the first competitions. He checks whether the Doping Control Station meets the requirements of the International Standard of Testing, and asks the organiser for improvements if necessary. A co-ordination meeting takes place when the national sample collection team arrives in the arena. He then meets the National Doping Control Officer (DCO) who is responsible for the sample collection and the transport of the samples to an accredited laboratory. They discuss how the IOF chooses the athletes to be tested, the use and the briefing of the chaperones, and the athlete notification procedure.

In the arena, Roger gives assistance to the national DCOs and the chaperones. Later, in the Doping Control Station, he checks that the sample collection procedure is taking place in accordance with the International Standards. And finally, after the events and back home, he sends copies of the Doping Control Forms of the selected athletes along with a detailed report of the event to the IOF.

Work remains challenging

Despite Roger having more than 10 years' experience, his work on each trip remains challenging. "Doping tests are very expensive. My great concern is to avoid any possible procedural mistake and to ensure that the requirements of the International Standards are met during the whole process. Beyond that, I try wherever possible to offer our athletes the same procedure and the same infrastructure at every location", Roger says, and continues: "That is not always so easy. For instance, there are NADOs who first refuse to organise doping control in a tent in the arena, because their DCOs are medical doctors who require a higher level of comfort than that. If I cannot persuade them to have the tests in a tent, the doping control station may then be sited too far away from the competition area."

Different skills needed

Roger's background in the army and in the Belgian federation have helped him a great deal on the way. Even so there has been a lot to learn. "Of course since I started working as the Anti-Doping Controller I

have been required to read very boring documents such as the Code, the International Standard for Testing and other WADA Guidelines", he says. "Another requirement is the use of a certain degree of diplomacy in my first contact with the national anti-doping organisations. The presence of an international federation representative is not so common, and that can sometimes lead to some suspicion from the NADO personnel. It is of high importance to gain their confidence as soon as possible at the first contact. Also, the Code is a voluminous document and the International Standards are very detailed in the management of the process. It requires skill to decide what is of importance and mandatory and what is secondary."

Roger Aerts says that people sometimes wrongly assume his job is only limited to the checking of the organiser's preparation, and the NADO's sample collecting procedure. "It is also my duty to give assistance to the organisers, NADO's, coaches and athletes in all anti-doping matters relating to the IOF", he tells. "I am therefore busy with anti-doping matters throughout the year", he concludes.

World Ranking, Top 10 (as of 7 December 2011)

Foot Orienteering

Women: 1) Helena Jansson (SWE) 5713, 2) Annika Billstam (SWE) 5710, 3) Dana Brožková (CZE) 5625, 4) Minna Kauppi (FIN) 5559, 5) Signe Søres (DEN) 5517, 6) Lena Eliasson (SWE) 5485, 7) Tove Alexandersson (SWE) 5469, 8) Merja Rantanen (FIN) 5446, 9) Linnea Gustafsson (SWE) 5432, 10) Maja Alm (DEN) 5370.

Men: 1) Thierry Gueorgiou (FRA) 5820, 2) Daniel Hubmann (SUI) 5647, 3) Peter Öberg (SWE) 5601, 4) Baptiste Rollier (SUI) 5559, 5) Philippe Adamski (FRA) 5548, 6) Pasi Ikonen (FIN) 5542, 7) Matthias Müller (SUI) 5538, 8) Francois Gonon (FRA) 5520, 9) Olav Lundanes (NOR) 5518, 10) Oleksandr Kratov (UKR) 5515.

Federation League (for leading 20 athletes)

Women: 1) Sweden 95343 points, 2) Finland 86338, 3) Norway 77574, 4) Switzerland 75957, 5) Czech Repub-

lic 73259, 6) Great Britain 70975, 7) Australia 69513, 8) Denmark 55192, 9) Russia 50482, 10) New Zealand 41040.

Men: 1) Sweden 98568 points, 2) Switzerland 95846, 3) Norway 88519, 4) Finland 85258, 5) Czech Republic 78688, 6) Denmark 76561, 7) Great Britain 75279, 8) Australia 72554, 9) New Zealand 67824, 10) Italy 63221.

MTB Orienteering

Women: 1) Ingrid Stengård (FIN) 7447, 2) Rikke Kornvig (DEN) 7407, 3) Michaela Gigon (AUT) 7369, 4) Marika Hara (FIN) 7317, 5) Christine Schaffner-Raeber (SUI) 7264, 6) Laura Scaravonati (ITA) 7220, 7) Susanna Laurila (FIN) 7193, 8) Kseniya Chernykh (RUS) 7167, 9) Hana Bajtošová (SVK) 7152, 10) Maja Rothweiler (SUI) 7128.

Men: 1) Samuli Saarela (FIN) 7751, 2) Erik Skovgaard Knudsen (DEN) 7692, 3) Jiří Hradil (CZE) 7565, 4) Ruslan Gritsan (RUS) 7518, 5) Anton Foliforov (RUS) 7508, 6) Valeriy Gluhov (RUS) 7491,

7) Tobias Breitschädel (AUT) 7396, 8) Beat Schaffner (SUI) 7388, 9) Jussi Laurila (FIN) 7381, 10) Marek Pospíšek (CZE) 7358.

Ski Orienteering

Women: 1) Josefine Engström (SWE) 1253, 2) Marte Reenaas (NOR) 1251, 3) Polina Malchikova (RUS) 1219, 4) Helene Söderlund (SWE) 1218, 5) Tatiana Kozlova (RUS) 1217, 6) Kajsa Richardsson (SWE) 1197, 7) Alyona Trapeznikova (RUS) 1188, 8) Tove Alexandersson (SWE) 1184, 9) Liisa Anttila (FIN) 1177, 10) Stine Olsen Kirkevik (NOR) 1167.

Men: 1) Staffan Tunis (FIN) 1269, 2) Peter Arnesson (SWE) 1263, 3) Olli-Markus Taivainen (FIN) 1256, 4) Hans Jorgen Kvale (NOR) 1251, 5) Andrey Grigoriev (RUS) 1248, 6) Johan Granath (SWE) 1236, 7) Kiril Veselov (RUS) 1233, 8) Erik Rost (SWE) 1224, 9) Martin Hammarberg (SWE) 1222, 10) Andrei Lamov (RUS) 1201, 10) Matti Keskinarkaus (FIN) 1201.

North South East West

North South East West is a regular feature in the O-zine. In every issue, we focus on one of the IOF's 73 member nations. In this issue we showcase:

Uruguay – an emerging South American orienteering country

One of the countries invited to the Development Clinic held at the World Championships this year was Uruguay, where orienteering started only in 1996. Uruguay became an IOF member in 1999. CLIVE ALLEN asked their coach Winston Robilotta how the sport was growing in his country and about their hopes and ambitions for the future.

Military origins

“The military were the first to practise orienteering in Uruguay”, Winston says, “and it is recorded that 7 Uruguayans competed at the 25th CISM (military) World Orienteering Championships in Brazil in 1992”. But the big break-through in establishing orienteering as a sport in Uruguay happened in December 1996, firstly through a Brazilian army officer, Sergio Brito, who held a map-making clinic which produced the first Uruguayan orienteering map (Barra del Manga) and secondly with a visit by Sivert Axelsson and Ulf Ericsson on behalf of World Wide

Orienteering Promotion (WWOP) who made a second map – Fortin de Santa Rosa.” The first event on that map was held on 3rd January 1997 with runners on a WWOP tour from Sweden, Norway, Finland, Spain and Germany, as well as participants from Argentina and Uruguay. The Asociación Uruguaya de Orientación (AUO) was founded in March 1997.

The second open competition in Uruguay was held in April 1997 with 44 runners in Open and Beginners classes, and later the same year the first national championships were held. Since then there has been a steady development in participation and

map-making. “More than 3,000 people have had some contact with orienteering since 1996”, says Winston Robilotta. “Our Open events attract up to 150 competitors and the record so far is 220”.

45 orienteering maps – quality getting better

There are now 45 orienteering maps, 32 made by Uruguayans and the rest by foreign visitors or as joint ventures between Uruguayans and foreigners. Most are of public forest parks, or heritage sites such as the Antonio Lussich Arboretum, a very special forest with its own micro-climate.



PHOTO: MARTIN ALEJANDRO LOPEZ DOURRON



PHOTOS: MARTIN ALEJANDRO LOPEZ DOURRON

Winston acknowledges that quantity of mapped areas has been more important than the quality of the maps until now: “it is now Uruguayan policy to improve the technical quality of maps and map bigger areas, so that international competitions can be held and Trail Orienteering introduced in conjunction with the most important events in Uruguay”, he tells.

World Championships in France – “an invaluable opportunity”

Winston, the Uruguayan team coach, and his wife attended the World Championships in France along with 2 male athletes, who both participated in the sprint and middle distance qualification races. “This was an invaluable opportunity for us to experience high-performance orienteering”, says Winston. “Until France 2011, the only reference for Uruguay for the organisation of high technical quality orienteering events had been those organised as part of the South American continental

championships, the Latin and Mercosur Cups. We are still evaluating our experiences in France, and also trying to find a way to do a repeat in Switzerland next year”. The AUO is most appreciative of the grants that provided for entries, the Clinic and accommodation in France; finding the money to send a team to Switzerland is of course the biggest challenge.

Wide-ranging objectives

Back in Uruguay, the AUO has a lot of exciting development objectives. Buying an electronic punching system carries high priority, together with other technical developments, so that events can become bigger and better without needing even more people to help organise. The 2012 calendar of races and courses should be the most ambitious yet. “In Uruguay the Maldonado area, on the coast east of the capital Montevideo, has been the Uruguayan ‘capital of orienteering’ with 9 mapped areas and 7 new maps in progress”, says Winston. “The first Inter-

national Maldonado O-Meeting took place between 31st October and 6th November and had participants from Argentina, Brazil, Chile, Guatemala, Spain and of course Uruguay. Now we must try to spread this level of activity to other regions in Uruguay.” Another AUO objective is to spread Trail Orienteering throughout Uruguay.

Improving performance

The performance of elite runners is high on Winston’s agenda. “We would like the chance to compete in many more international events”, he says. The Uruguayan outlook is that there is much that can be done, in the South American confederation of orienteering nations, to improve the standard of the South American Regional Championships and to better represent the interests of all its member federations.

At the beginning of December another WWOP tour from Scandinavia, led by P-O Bengtsson, has visited Uruguay along with Argentina, Brazil and Chile. Two events were held around Punta del Este, near Maldonado, and the group then participated in the 4-day South American Championships held in two venues on both sides of the border with Brazil. This kind of visit is another stimulus to orienteering in this part of the world; we can expect to hear much more from Uruguay in the future.

Small but progressive country

Uruguay is quite a small country by South American standards; with a population of just 3.5 million people, it lies between Argentina (more than 15 times bigger) to the south and Brazil (45 times bigger) to the north. 88% of the population is of European descent, with the earliest European settlements being established by Portuguese and Spanish explorers in the 17th and 18th centuries.

In terms of economic development Uruguay is well advanced, and the country is very progressive; for example, in 2009 Uruguay became the first nation in the world to provide every school child with

a free laptop and internet link. It enjoys a relatively mild climate with little average temperature change throughout the year, but the weather can be stormy with a lot of rain and wind, especially in the autumn and winter, and fog is also common.

Uruguay has no mountains – the highest point is 514 metres in altitude. The landscape features mostly rolling plains and low hill ranges, and a fertile coastal lowland. There are nine National Parks in Uruguay, five in the wetland areas of the east, three in the central hill country and one in the west beside the River Uruguay.



Daniel Hubmann – getting back to full fitness

Last season Daniel Hubmann ran far less distance in training than normal, but he again won a World Championship gold medal, and is now running more. He is looking forward to the 2012 World Championships on home ground.



Daniel Hubmann likes this part of the year, with the focus on training and with less travelling.
PHOTOS: ERIK BORG

BY ERIK BORG

“In this part of the year I try to build up the basics for the upcoming season with some more training hours than during the season. But already now I do some really hard interval sessions together with the best track athletes in Switzerland”, Daniel says. Running with track athletes is nothing new for him, but he did not do it last winter because he was injured.

Daniel, winner of 4 World Championship golds, had a long period of injury that came to an end in June this year. At that time he could again run without pain, following foot surgery in October 2010. When he was injured and for some time after the operation, his running was much restricted. In the year ending October 31st he did 253 hours of running, about half the normal amount.

“Before I had the foot problem in 2009 I did 500 hours of running per year”, he

says. He won the sprint in this year’s World Championships in France, but the lack of running training showed a little on the longer distances.

After the World Championships everything has gone well with him. “The most important thing for me will be to stay fit and healthy so that I can run more again. If I can do more running I’m confident that I can improve my level again. I often try to improve some technical weaknesses during the first part of the winter. It’s always a good opportunity to start with something new or to change some small thing in the way I’m doing orienteering. It can be straightforward things, like reading the control descriptions”, Daniel says.

Staying at home in mid-winter

In December and January the 28-year-old athlete plans to stay at home for most of time, hoping for nice weather. “I like some

snow in the winter, but not for the whole winter. I hope there will be good running and orienteering conditions without snow. For me it’s enough with snow in the mountains. I do a little bit of skiing, but no ski orienteering.” Daniel enjoys the winter when there is not so much stress with travelling and competing. It’s the time for enjoyable training sessions and for doing some other things with friends.

“My break from running in events is usually quite long, more or less three months. I don’t miss the competitions that much during this time. I like to train without being stressed all the time. And when the season starts again I’m really hungry to compete.” Daniel also has a break from maps after the season: “Usually I don’t do much map training in November and December, because I think it’s good to have a break so as to be really motivated again when the important sessions start. But this winter the weather has been so good in Switzerland so far that I have used the opportunities to go to nice areas and train with a map. In February I start with camps, such as a couple of weeks in Portugal.”



News in brief

O-Ringen Academy 2012

The International Orienteering Federation and the organisers of O-Ringen Halland are pleased to announce that the traditional O-Ringen Academy will be organised also in 2012. The O-Ringen Academy is a development clinic organised for the education of

selected participants from developing orienteering countries. The aim of the Academy is to transfer knowledge and experience, and to develop individual competency to be able to promote, organise and teach orienteering in the participant's home country.

WOC in the Future

After discussing the matter with the national federations at the IOF Presidents' Conference in August 2011, the IOF Council has now prepared a proposal for the future World Orienteering Championships (WOC) programme. The proposal, together with background information and implementation details, has been sent to the IOF member federations. The federations

are asked to provide feedback to the IOF by 15 January 2012.

The proposed programme includes the following formats: Sprint, Sprint Relay, Middle, Long, and Relay. For more information on the WOC in the Future process until now, please visit the IOF website: www.orienteering.org/foot-orienteering/woc-in-the-future/

IOF High Level Event Seminar 2012 in Venice, Italy

The fourth IOF High Level Event Seminar will be held in Venice, Italy, 4–5 February 2012.

The High Level Event Seminar is organised for appointed and potential future organisers as well as key persons of IOF High Level Events including the appointed IOF Senior Event Advisers. The national orienteering federations are kindly asked to identify and enter

suitable candidates.

The focus for IOF High Level Event Seminars is on event organising at the highest international level. The theme for the 2012 Seminar will be World Championships, and among the lecturers there will be leaders from earlier World Championships as well as IOF Senior Event Advisers and IT and TV experts.

Kemira

IOF compliant with the World Anti-Doping Code

The World Anti-Doping Agency (WADA) has published its Compliance Report, which follows the conclusion of a three-year monitoring process whereby WADA assessed the anti-doping rules and regulations of signatories to the Code. According to the report, the IOF is compliant with the World Anti-Doping Code.

The adoption of the Code by the Olympic Movement is mandatory, and only sports that are compliant can be included and remain in the programme of the Olympic Games.

Sports must undertake three steps in order to be fully compliant with the Code: acceptance, implementation, and enforcement.

Code acceptance means that a sport organisation agrees to the principles of the Code and agrees to implement and comply with the Code. Code implementation means that a sport organisation amends its rules and policies to include the mandatory articles and principles of the Code. Finally, enforcement refers to the sport organisation actually enforcing its amended rules and policies in accordance with the Code.



PHOTO: PIRJO VALJANEN