



ORIENTEERING CANADA

Published by the Canadian Orienteering Federation

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OFFICIAL NEWSLETTER OF THE CANADIAN ORIENTEERING FEDERATION

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EDITORIAL

This issue of Orienteering Canada is the largest ever produced to date - really a combined Summer, Fall 2006 and Winter 2007 edition. As the major items in the issue were the 2006 Canadian, North American and World Championships I named it 2006 Year End Issue.

A major problem was when and where to cut off. With COC, NAOC and WOC Reports and Results taking more than 20 pages and several interesting articles from members I just keep going until I ran out of material. It was necessary to delete several photographs were included with articles – there simply were not enough pages to use them.

Preparing the newsletter is a very time-consuming and frustrating task. Promised articles don't get submitted or submitted after the cut-off date. On this occasion so many articles were received that the newsletter took on a life of it's own and kept expanding to the extent that I contacted the printer as to maximum number of pages that could be stapled before going to another binding format.

Many thanks to all who contributed to the issue, especially Bill Anderson, Ted de St Croix, Elisa Reitzschel and Adrian Zissos for their articles. I was especially pleased that Bill, Ted and Adrian wrote about the Swiss event. This has always been my favourite event. Other events may be bigger but the Swiss meet has a unique quality that makes it very special – perhaps it is the spectacular meet sites and usual backdrop of mountains.

With this being the Off Season for Canadian orienteers the extra pages in this issue will help fill the void until the start of the 2007 season in your region.

Best wishes for an enjoyable season of orienteering in 2007.

UPDATE FROM THE COF BOARD OF DIRECTORS

submitted by Charlotte MacNaughton, President

Wishing you all a great 2007. Welcome to this double-issue newsletter. A big thanks to Colin Kirk for compiling and editing this edition.

Here is a short recap of some of the major things that happened since the last newsletter and some projects currently on to go.

COF EXECUTIVE DIRECTOR

Earlier last fall Colin Kirk retired from his role of COF Executive Director. Many of you were present at the banquet at the COCs where we had fun roasting Colin and paying tribute to his huge contributions to Canadian orienteering during his many years as Executive Director. Colin reiterates that while he has retired from his role at the COF he has certainly not retired from orienteering and he will be keeping busy. Fortunately for us this includes putting together this issue of the newsletter.

Charlotte MacNaughton will be filling in as the interim Executive Director. As a result of this change, the COF has new contact information:

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info@orienteering.ca

COF WEB SITE

The new COF website went on-line in August. Check it out at www.orienteering.ca. We heartily welcome feedback – please send it along. Also please send us information about your larger 2007 events so that we can add to the schedule. Please e-mail any web related info to info@orienteering.ca

NATIONAL E-MAIL LIST

A country-wide email list was created to help facilitate better communication between Canadian clubs, associations and orienteers. We have done our best to make sure that there is a least one person from every club and association on the list, but everyone are welcome to join. To join the

list, send an email to:

orienteeringcanada-subscribe@yahoogroups.com

ORIENTEERING WEEK IN CANADA

Orienteering Week in Canada (OWIC) is a go for May 2-9, 2007. We are encouraging all Canadian clubs to host an event that week targeted at introducing the sport to newcomers. Send your event details to info@orienteering.ca so that we can create a master list of OWIC events and we'll do our best to try to drum up some media interest. The Victoria Orienteering Club who have been busy changing their name from the Victorienteers have suggested a name change from OWIC to National Orienteering Week (NOW). Let us know what you think.

AGM SUMMARY

The COF AGM was held in October in conjunction with the North American championships. You can find the full minutes at www.orienteering.ca/2006agm.htm. A few of the highlights include:

- New course guidelines for the Eastern, Western, Canadian and North American Championships. A big thanks to Ross Burnett and Brent Langbakk for the volunteer time in putting together these guidelines. You can find the guidelines at www.orienteering.ca/pdfs/Course_Category_guidelines.pdf. The key changes include: 10 courses for middle and long races, and 5 courses for sprint races; the inclusion of a M and W 21-34A class so that new orienteers in that age category can run an easier course than the elite course; the inclusion of the M and W 75+ categories. We are looking for feedback on how to apply these guidelines to smaller events.
- The COCs in 2009 have been awarded to Manitoba. We are without a confirmed host for the COCs in 2008, but a potential host is in the works.
- The application for membership from the Saskatchewan Orienteering Association was approved. Welcome Saskatchewan!
- Ian Sidders and Nina Wallace, both from Ontario were elected to the Board.

ROUTE GADGET

The RouteGadget database is up and running and being

well used by some clubs, It's a great race analysis tool and we encourage other clubs to use it as well. Information is at www.orienteering.ca/results_route_gadget.htm.

2007 WORLD RANKING EVENTS

Canada will host 3 World Ranking Events next year. They will all be at the Canadian Orienteering Championships in Saskatchewan, July 27 – 29.

AN INTERNATIONAL LOBBYING EFFORT

Canada was at the forefront of a protest to the IOF concerning a proposed rule change for the World Cup in 2007 that limited participation to one male and one female runner for countries that don't rank well on the "federation league table" (a ranking of countries based on the World Ranking Points). Previously each country was allowed six men and six women. The COF sent a letter to the IOF president arguing that this rule change would be detrimental to the sport in developing orienteering nations and suggested that the minimum number per country should be three men and three women. This letter was endorsed by many other national federations and the majority of the athletes competed at the World Cup in France in November signed a petition supporting the letter. In November the IOF Council changed the 2007 World Cup rules to permit 3 men and 3 women from the lower ranked countries. It was quite a process – and we were happy to see the IOF listen to our concerns and make the change. If you are interested, the full text of the letter is posted here: www.orienteering.ca/pdfs/WCquota_letterto%20IOF.pdf.

COF MEMBERSHIP

A committee with representation from most of the provinces is just getting off the ground to examine and recommend changes to the COF membership structure. If you have ideas about membership that you would like to forward, let us know at info@orienteering.ca.

OFFICIALS COURSE UPDATING

John Rance has volunteered to head up the officials course updating and he is looking for assistance. You'll find his update elsewhere in this newsletter.

COACHING COURSE UPDATING

A committee spearheaded by Bill Anderson continues their work on revamping the coaching program.

VOLUNTEER OPPORTUNITIES

We have a number of projects on the go at the COF and we need your help. Here are some of the current volunteer opportunities that we are very keen to find people to assist with:

- someone to take charge of the officials list and keep it up to date.
- assistance with the newsletter – a variety of tasks are up for grabs: collecting articles, writing articles, lay-out, printing and mailing logistics
- someone willing to sit-in on the COF Board meeting conference calls and take minutes (around 6 meeting/year)
- help us develop some media materials for Orienteering Week in Canada
- we are looking to strike a committee to look at junior development in Canadian orienteering. Interested in sharing your ideas?
- help us organize the national orienteering conference to be held just before the COCs in Saskatchewan
- anything else that you would like to contribute – we want to hear from you.

NEW PRESIDENTS ELECTED

British Columbia

Marg Ellis is the new OABC president, succeeding Alex Kerr. Marg started her orienteering career while attending Guelph University and has a lot of experience in all aspects of the sport. She won the COC W 21 title twice and was a member of our national team at the 1976 and 1981 WOC. Marg, is a member of the Greater Vancouver Orienteering Club.

Ontario

Heather Shepherd is the new president of OO. Heather started her orienteering career in the early 1970/s while living in Montreal and a member of the Viking Ski Club. Heather succeeds Annette Van Tyghem as OO president Heather is a member of the Toronto Orienteering Club.

Saskatchewan

Kevin Ansdell was elected president of the newly formed Saskatchewan Orienteering Association. The SOA was formed in the summer of 2006 and will host COC 2007 (with assistance from AOA and the Foothills Wanderers OC).

Congratulations and best wishes to Marg, Heather and Kevin for a successful and enjoyable term in office.

JANUARY 2007 UPDATE ON THE NATIONAL COACHING CERTIFICATION PROGRAM (NCCP) TRANSITION PROJECT

I am happy to report that the project is progressing at a steady pace thanks to Pippa McNeil (Whitehorse) who has taken over the major development responsibilities in this phase. She has completed the first draft of the Community Sport Coach workbooks and reference manuals. They are currently under review by the CAC and a committee of O-coaches from our provincial associations.

The Coaching Association of Canada (CAC) has provided some funding for the development of the workshop materials as well as a small budget for communications. Our latest conference call was on January 7th where the reps from all the orienteering provinces (except Sask.) provided feedback on the draft workbooks. New ideas were also discussed including the development of a “made in Canada” video for demonstrating O-skills that could be used by all our coaches.

There are four workbook/manuals under development: the Coach’s Toolbox of exercises and training plans; the Learning Facilitator’s (Course Conductor) Guide; the Coach’s Workbook (for the course); and the Reference Manual of coaching theory. This large volume of material (300+ pages) is due to the integration of the theoretical component of a new coach’s training that used to be presented in separate sessions. Fortunately, the CAC provides comprehensive, generic templates for all the above manuals. The Coach’s Toolbox will be 90% orienteering-specific. For the other manuals we will add the orienteering-specific information to the CAC template.

Attending the new Multi-Sport training sessions conducted by the CAC through its provincial associations is now only required for the certification of Competitive Stream coaches. This would seem to simplify the scheduling and delivery of the Community Coach training but it looks like a proposed one-time training session could take longer than the CAC target of 10-12 hours. This is a concern that we will have to resolve when we plan and conduct our pilot training sessions.

Here is a summary of the next steps in the project.

1. Review and conditional acceptance (by the

provincial reps and the CAC) of the training material including a video.

2. Schedule and conduct pilot sessions; evaluate the results and update the material.
3. Select and train the first generation of Learning Facilitators.
4. Confirm the target population and logistics for initial Community Coach training.
5. Establish tracking systems for feedback on course quality and for the CAC coaches’ training database.
6. Submit above package for conditional CAC approval.
7. Prepare implementation plans for national distribution. Note: large sport associations coordinate their training through the provinces.
8. Obtain final CAC approval.

It will take all of 2007 to complete these tasks. Fortunately, the CAC understands the situation in our thin and widely distributed sport and will continue to support us. Thanks to Pippa and our provincial reps, we can look forward to an exciting new product to help us promote and deliver quality coaching to our new orienteers.

Bill Anderson

ONTARIO CADET CHAMPIONSHIPS

Orienteering Ontario organized a series of Ontario Regional Orienteering Cadet Championships in October and November, 2006. Four regional championships were held: East - Gould Lake/Kingston; West - U Western Ontario/London; North – Ramsay Lake/Sudbury; Central – Uxbridge. Cadets from 40 different corps competed.

An Ontario Cadet Championship is scheduled for April at Mansfield.

ORIENTEERING AND THE NATIONAL ARCHIVES

The COF has been contacted by “Library and Archives Canada” (LAC) – it seems people are starting to hear about orienteering! There were three issues brought up:

1. There is actually a law (called “Legal Deposit”) that requires publishers of all materials to send copies to the LAC. This traditionally includes books, music recordings, and other obvious stuff. However in the near future it will be expanded to include maps! We were informally assured that they do not want us to send copies of every map we make.
2. They do want us to send copies of the maps used in future major championships – the Canadian Champs, the North American Champs, and any other international events (e.g. APOC, WMOC) for the purposes of recording the nation’s published heritage and development. They would like two copies of the maps – probably best to send one copy each of the men’s’ and women’s’ elite courses. And we will modify the COF “A Meet Sanctioning Form” to remind organizers of this obligation and to provide the information about how to submit the maps.
3. Although they are asking us to make sure future events are archived at LAC, they have also asked if organizers of previous major events could send in two copies of the maps used at those championships. If you have access to any such maps could you please submit them as described at the end of this email – and could you please let Adrian Zissos (adrianz@barebones.ca) know by email if you have done so.

It’s exciting that orienteering will be part of the Library and Archive Collection of Canada. It will not be too onerous a job to contribute.

All maps are to be mailed to this address :
Library and Archives Canada / Bibliothèque et Archives Canada
Legal Deposit Division - Maps / Division du Dépôt légal - Cartes
395 Wellington Street / 395, rue Wellington
Ottawa, ON K1A 0N4

Please insert a short note describing the event the maps were used for and the location of the maps.

Thanks to Adrian Zissos for his assistance with this.

Note: As per #1 the Library and Archives Canada receives two copies of all COF publications: A Meet Manual; B Meet Manual; Level 1, 2 and 3 Coaching Certification Manuals. The LAT have also received 2 copies of every issue of Orienteering Canada published.

WOC SELECTION

From Ted de St. Croix – National Coach

“Up to a maximum of 6 men and 6 women will be selected for the WOC in Ukraine (2007) by the National Coach, Ted de St. Croix, by discretion, based on results at one or both selection races.

1. Alberta selection races, May 2007 (Date and location to be determined but likely end of May near Bragg Creek), (middle, long and sprint distance).
2. Nav-Stock, Ontario hosted by GHO in June 2007. Middle, long and sprint distance).

Athletes intending to attend the World Championships must declare this intention in person, by telephone, by email or in writing prior to the first start of the first selection race in order to be considered for selection. Up to 2 non-traveling alternates will be named by discretion.”

Final details will be provided on the COF website
www.orienteering.ca

JWOC TEAM SELECTION

From Ted de St. Croix – National Coach

Congratulations to Scott Foubister, Fraser Ross, Robbie Anderson, Ben Phelan, Matt Hryciuk, Carol Ross and Natasha Ouellette who have been selected and have declared their intention to compete in the 2007 Junior World Orienteering Championships (JWOC) in Australia this year. They will be accompanied by former National Team Member and Coach, Ross Burnett as Team Coach/Leader.

Up to 6 men and 6 women are eligible to compete the annual Junior World Championships and in 2006 we had 6 men and 3 women compete, our largest contingent to date. There are still several positions available for the women’s side (we need 3 to make up an official relay team).

COME FIND YOURSELF IN SASKATCHEWAN – COC 2007!

What an exciting year for COF as the Canadian Orienteering Championships will be hosted by our first new Provincial Association Member since Yukon joined in 1989. The newly formed Saskatchewan Orienteering Association has 79 members and with the help of Sheldon Frieson of Manitoba, Jim Baker and Adrian Zissos of Alberta SOA will be providing orienteers with an exciting championship using the newly adopted COF 10 course guideline.

The sprint event will show case the stunning river valley views from the University of Saskatchewan in Saskatoon. A welcome BBQ social will follow the event and medals will be awarded. The middle and long events will test orienteers skills at Nesbit Forest which was mapped in 2006 by the team of Ales Hejna and Vendula Svobodova, Radim Ondracek and Ludek Kritcka of the Czech Republic. Ales and Vendy were part of the team who mapped the acclaimed 2005 World Masters Orienteering Championships in Alberta. In 2005 Radim and Ludek mapped the area used for the wonderfully challenging 2006 Alberta Orienteering Championship long event. All the mappers thought the terrain was excellent and found the people of Saskatchewan friendly and they enjoyed their accommodations at both venues with no complaints of bugs and after their stay in Ontario the mappers thought the low humidity was just fine!

With the Holiday Season behind us, the organizing committee is heading into the New Year finalizing courses, banquets, T-shirts and websites! Additional volunteers are always welcome. You can email Mark Rosen at mhrosin@sasktel.net or me at andreepowers@shaw.ca and we will be thrilled to add you to the team.

Kevin Ansdell President and Mark Rosen Vice President of SAO look forward to meeting all the great orienteers of North America that I have been bragging about while convincing them this event would be a terrific way to launch orienteering in the “GAP” between Alberta and Manitoba. So don’t miss this opportunity to add another unique venue on your list of great places in the world that you’ve orienteered!

Online registration (sporg) is open. Check out for the link to COC2007 at www.orienteering.sk.ca.

IT’S TIME TO REVISE THE TRAINING AND CERTIFICATION OF COF MEET OFFICIALS.

The high standard of local, regional and national orienteering events is largely the result of a standardized training programme which sets out the principles for planning, organizing, and conducting events. The programme also provides a structure within which participants can progress from novice to expert level.

The COF programme for training and certifying officials has served us well over the years, but we now need to bring it up to date. Sprint and middle distance events, electronic timing, OCAD mapping and home computer map printing technology are examples of recent (and not so recent) developments that are not part of the current curriculum. In order to address this issue, COF is beginning the process of gathering a group of interested people to share ideas about the current state of training and certification for officials and how the programme can be modernized.

We need to know what adaptations course conductors have made in recent years to adapt to changing needs. We also need to know what members think is needed in our programme to effectively train new generations of officials. I have agreed to begin the process. We need ideas on how the revision should actually be done and what form the finished product should take. Should, for example, we design a traditional “paper” programme or should we opt for a web-based product? Sportweb.ca has recently contacted COF to offer such a service.

We are especially interested in hearing from people who are willing to serve on a team to do the actual work of establishing the new officials’ programme. Please let me know if you can help. But, even if you cannot serve on the revision committee, we still want to hear your ideas and see any new materials you have developed.

Please share your insights, frustrations, and hopes:
rance1@shaw.ca
John Rance 604 526 3319

2006 CANADIAN CHAMPIONSHIPS

Several changes adopted by delegates at the 2006 COF Annual General meeting were introduced in COC 2006.

- a) Long distance changed from 2-Day Total Time format to single day event.
- b) Sprint event introduced as an official Canadian Championship event. The COC now consists of: three individual events - Sprint, Middle, Long.
- c) Additional age classes to provide 5 year age classes up to M/W 75.

The three competition areas were within short driving distance of each other and easily accessible from major highways. The excellent terrain provides the Gators club opportunities to organize many more events in the future.

Many younger competitors attend the national junior camps held prior to the COC and it is interesting to note their development through the various age classes. Most current national junior team members attended junior camps and no doubt many of the current group of youngsters will graduate to the national junior team in future years.

Event 1 – Middle Distance – Terra Nova

An excellent area with numerous gulleys, re-entrants, knolls, spurs, depressions and fine open woods - ideal terrain for the high speed technical nature of Middle distance. Parking was a considerable distance from the Competition site. A planned shuttle service from the parking to the meet site did not materialize. The Competition Site – a clearing in the forest – involved a long trail walk. Much of the area is privately owned and the organizers had difficulty obtaining permission from all land owners.

Natasha Ouellette (F19), Katarina Smith (F-Elite), Mike Smith (M-Elite), Ted de St Croix (M35) successfully defended their titles by comfortable margins.

Unfortunately two misplaced control markers affected several categories. Ribbons were at the correct sites but the markers were outside the control circles. The most serious was one located much higher in a re-entrant than marked on the map.

A misplaced control marker causes problems for some and

not others – it depends on the route taken to the control. In spite of the misplaced controls the organizers did not receive any official protests and decided not to cancel the affected courses/categories. This is contrary to COF Competition Rules.

Event 2 - Sprint - Monora Park

Monora Park is located on the outskirts of Orangeville. The main building, on a hilltop overlooking an area of open parkland offered excellent views of runners approaching the Finish. The COC Banquet was held at Monora Park

A communication problem resulted in mal function of some Sport Ident Punch Timing Units making it impossible to obtain accurate results – the problem was remedied after the championships. Meet Director, Doug Innes, is one of the most experienced COF officials in the use of SI and this was the last thing he expected .

Sprint is a new event in Canada and it will take time for course planners to set courses that meet Recommended Winning Times for all categories, especially the older age ones. The younger classes and those up to M/W 35 were pretty much in line with the RWT but several of the older age ones were well above the RWT.

Katarina and Mike Smith won their second COC Elite titles of the day. US junior, John Frederickson, was fastest in M-Elite but ineligible. Mike was 9 seconds ahead of Brent Langbakk with Wil Smith 3rd 25 seconds back, Heather Smith was runner-up to her sister-in-law, Katarina with Anita O'Brien 3rd.

The Jarvis/Powers family did well in this event. Andree and Bill won the F45 and M45 classes and daughters, Molly and Nicole were 1st and 2nd in the F12 – earlier in the day, Nicole won the F12 Middle with Molly, Andree and Bill placing 3rd in their classes.

Event 3 – Long Distance – Mono Cliffs

Mono Cliffs Outdoor Centre is an excellent facility and very suitable for the organization of a national championship. The terrain – open forest, lots of small features and intricate contour detail provide an abundance of control sites and excellent orienteering.

Start and Finish areas were adjacent to the main buildings.

Mike and Katarina Smith completed their 'clean sweep' of the Elite titles, both with comfortable 10 minutes margins. Finish order in the M20 was a duplicate of the Sprint: Mike Smith, Brent Langbakk, Wil Smith. Fourteen year old, Emily Kemp, was second in F20 with two other members of the Smith clan, Heather and twin sister, Victoria, taking third and fourth position.

Due to the problems with the Sprint results the organizer was unable to present medals to the winners – these were forwarded after results were determined. In addition to COC medals winners received commemorative awards made by Annette Van Tyghem and Lyndsey Innes. Annette also organized the banquet and prepared many of the food dishes. Organizing a major competition is a huge undertaking and to increase the work load by making banquet food is beyond normal limits. The Banquet was excellent with great variety of dishes and lots of food for everyone.

Gators OC is a relatively small club and their resources were stretched to the limits to organize the championships and related events. Most recent COCs have been organized by associations rather than individual clubs. eg. 2000 – ONB; 2001 – MOA, 2003 & 2005 – OABC, 2004 – YOA. There are few clubs with the necessary manpower to organize a major championship by themselves. With the COC now consisting of three individual events it is increasingly difficult for smaller clubs to undertake such a workload.

Gators OC are to be complimented and sympathized with. They stepped in and offered to host the Championships only after no other applications had been received. It is unfortunate their efforts did not result in an error free event.

COF COMPETITION RULES

10.6.12

Even in the absence of a protest, the Meet Committee or the jury may for valid reasons annul a course or an event.

10.6.14

An entire course **shall** be cancelled for:

- a) Control hung at the wrong location (6.3.1)
- b) Incorrect code on a control marker.

These rules were introduced to avoid competitors having to lodge protests for obvious errors and provide consistency in decision making for all events. Courses were canceled in two previous COCs without protests being lodged.

The COC Middle distance courses affected by the misplaced control markers should have been cancelled. The errors were the result of SI units and markers not placed at the ribboned locations. This should have been caught during the final vetting process and remedied prior to the event start. The problem was due to a communication break down. Procedures for hanging, vetting, controlling were not followed.

The control sites had been ribboned and vetted by the Controller, Janis Kuszalik (Romania), an IOF Licensed Controller. Janis returned to Romania after completing mapping contracts in Canada and was not present at the COC.

In a sport that depends so much on volunteer efforts, for championships many hundreds of hours, errors unfortunately happen. Competitors have a right to be upset but their frustrations are no where near those suffered by the organizers.

It is important to learn from mistakes and avoid similar errors in future. Finalizing major tasks well in advance is crucial, particularly map printing, course planning, vetting, control description preparation, SI and control hanging, final vetting, etc.

COC LONG RESULTS

F12 (6)	2.3 km 45 m	10 C		5	Carol Ross	Falcons - NB	112:21
1	Nicole Jarvis	FWOC - Foothill Wanderers	23:06	6	Sarah Brandreth	FWOC - Foothill Wanderers	113:31
2	Victoria Looker	Falcons - NB	23:38	7	Charlette MacNaughton	FWOC - Foothill Wanderers	116:29
3	Molly Jarvis	FWOC - Foothill Wanderers	24:39	8	Anita O'Brien	Falcons - NB	116:57
4	Nicole de St. Croix	CN - Caledon Navigators	26:31	9	Cherie Mahoney	OOC - Ottawa	127:50
5	Emma Waddington	GHO - Golden Horseshoe	29:30	10	Sabine Stoetzel	Siegerland OLG	128:26
6	Katya Tarasov	Gators - ON	35:59	11	Linda Kohn	ROC - Rochester	151:08
				12	Amanda Edmunds	OOC - Ottawa	154:48
				13	Laura Kitowski	GHO - Golden Horseshoe	169:28
M12 (5)	2.3 km 45 m	10 C		M-Elite (17)	11.8 km 240 m	30 C	
1	Zachary Lyons	ROC - Rochester	15:54	1	Mike Smith	Falcons - NB	87:42
2	Alexander Bergstrom	OOC - Ottawa	18:14	2	Brent Langbakk	YOA - Yukon	94:59
3	Joshua de St. Croix	CN - Caledon Navigators	19:51	3	Wil Smith	Falcons - NB	95:34
4	Robbie Graham	OOC - Ottawa	20:56	4	Brian Graham	OOC - Ottawa	97:07
5	Ian Kemp	OOC - Ottawa	27:03	5	Nick Duca	Gators - ON	102:19
F14 (4)	3.4 km 80 m	12 C		6	Jon Torrance	OOC - Ottawa	103:28
1	Lyndsey Innes	Gators - ON	33:57	7	William Hawkins	CSU -	106:49
2	Danika Ouellette	Falcons - NB	58:42	8	Randy Hall	DVOA - Delaware Valley	121:57
3	Kerstin Burnett	YOA - Yukon	60:08	9	Darius Konotopez	CdeB - Winnipeg	128:05
4	Emma Duca	Gators - ON	68:00	10	Steven Graupner	CdeB - Winnipeg	133:59
M14 (3)	3.4 km 80 m	12 C		11	Frederic Bedard	OOC - Ottawa	140:47
1	Andrey Koptelov	Ramblers - Montreal	28:01	12	Morton Olesson	OOC - Ottawa	159:41
2	Dylan Innes	Gators - ON	30:17		Hans Fransson	GHO - Golden Horseshoe	mp
3	Andrei Calinescu	Gators - ON	45:41		Laszlo Orosz	Gators - ON	mp
F16 (5)	4.2 km 75 m	13 C			Tim Lee	CdeB - Winnipeg	mp
1	Rhiannon Jones	YOA - Yukon	42:05		Igor Palagnuk	UKR - Ukrainian	mp
2	Emily Ross	Falcons - NB	48:55		Michael Lucente	Gators - ON	mp
3	Molly Kemp	OOC - Ottawa	50:49	F35 (9)	5.8 km 185 m	18 C	
4	Kim Preston-Thomas	OOC - Ottawa	59:03	1	Julia Cioban	Gators - ON	71:07
5	Polina Koptelov	Ramblers - Montreal	62:27	2	Marianna Weber	GHO - Golden Horseshoe	76:11
M16 (6)	4.2 km 75 m	13 C		3	Elena Logvina	GHO - Golden Horseshoe	83:21
1	Lee Hawkings	YOA - Yukon	38:07	4	Lumi Duca	Gators - ON	83:42
2	Graham Ereaux	Falcons - NB	39:28	5	Val Duca	Gators - ON	86:34
3	Nathaniel Lyons	ROC - Rochester	39:46	6	Marketa Graham	OOC - Ottawa	91:46
4	Serghei Logvin	GHO - Golden Horseshoe	45:54	7	Nina Wallace	GHO - Golden Horseshoe	93:31
5	Damian Konotopetz	CdeB - Winnipeg	48:48	8	Cathy Bakker	OOC - Ottawa	116:45
6	Daniel Lewis	Hustlers - Halifax	50:58	9	Brigitta Ouellette	Falcons - NB	124:26
F19 (1)	5.0 km 165 m	18 C		M35 (22)	9.8 km 210 m	24 C	
1	Natasha Ouellette	Falcons - NB	71:15	1	Ted de St. Croix	GVOC - Vancouver	93:26
M19 (5)	5.8 km 185 m	18 C		2	Andrei Logvin	GHO - Golden Horseshoe	98:54
1	Robbie Anderson	OOC - Ottawa	57:59	3	Randy Kemp	OOC - Ottawa	99:09
2	Eric Kemp	OOC - Ottawa	61:32	4	Eugene Mlynczyk	UKR - Ukrainian	104:26
3	Ben Phelan	Falcons - NB	67:39	5	Mark Fochesato	SMOC - Southern Michigan	104:31
4	Fraser Ross	Falcons - NB	69:58	6	Ross Burnett	YOA - Yukon	107:21
5	Thomass Graupner	CdeB - Winnipeg	102:17	7	Michael Lyons	ROC - Rochester	108:13
F-Elite (13)	8.6 km 180 m	21 C		8	Adrian Zissos	FWOC - Foothill Wanderers	109:21
1	Katarina Smith	Falcons - NB	85:39	9	Michael Warlters	QOC - Quantico	121:22
2	Emily Kemp	OOC - Ottawa	95:00	10	Paul Looker	Falcons - NB	125:31
3	Heather Smith	Falcons - NB	104:21	11	Lev Tarasov	Gators - ON	127:48
4	Victoria Smith	Falcons - NB	106:12	12	Alan Beauchamp	TOC - Toronto	132:45
				13	Sebastian Irimie	Gators - ON	135:46
				14	Nick Preda	Gators - ON	140:44
				15	Sean Hassett	Setanta -	143:02

16	Raymond Chung	TOC - Toronto	153:21	5	Heather Shepherd	TOC - Toronto	115:59
17	Don Riddle	SZOC - AB	155:12	6	Marilyn Edmunds	EOOC - Edmonton	118:17
18	Boon Tan	TOC - Toronto	156:59	7	Svatka Hermanek	TOC - Toronto	124:31
19	Serge Ouellette	Falcons - NB	167:10	8	Sue Waddington	GHO - Golden Horseshoe	129:34
20	Alexander Izzo	SMOC - Southern Michigan	188:08	9	Odile Waslander	OOC - Ottawa	140:21
	David Bondy	TOC - Toronto	mp	10	Caroline Phillips	OOC - Ottawa	154:38
	Tiberiu Cioci	Gators - ON	mp		Ilona Dobos	Gators - ON	mp
					Muriel Gamey	Neepawa -	mp
					Marion Loewen	CdeB - Winnipeg	mp
F45 (13)	5.0 km 165 m 18 C			M55 (13)	5.0 km 165 m 18 C		
1	Andree Powers	FWOC - Foothill Wanderers	62:24	1	Geraint Edmunds	EOOC - Edmonton	57:34
2	Natalia Babet	Other -	69:43	2	Greg Yarkie	EOOC - Edmonton	63:51
3	Cathy Hayhow	TOC - Toronto	79:03	3	Gord Hunter	OOC - Ottawa	65:17
4	Barb Campbell	GHO - Golden Horseshoe	79:48	4	Bert Waslander	OOC - Ottawa	74:08
5	Ariane Burke	OOC - Ottawa	89:14	5	Jim Blanchard	AVOC -	74:15
6	Vicki Bondy	TOC - Toronto	90:56	6	David Cady	BFLO - Buffalo	81:06
7	Janet Tryson	EMPO -	114:51	7	Larry Konotopetz	CdeB - Winnipeg	81:49
8	Trudy Deumer	GHO - Golden Horseshoe	122:15	8	David Baldock	GHO - Golden Horseshoe	98:16
9	Jennifer Hamilton	CdeB - Winnipeg	138:03	9	Bill Anderson	OOC - Ottawa	99:56
10	Terri Kitowski	GHO - Golden Horseshoe	144:04	10	Richard Guttormson	OOC - Ottawa	102:11
11	Bobbie Ross	Falcons - NB	154:30	11	Harold McQuade	Falcons - NB	119:55
	Maureen de St. Croix	GVOC - Vancouver	mp	12	Sheldon Friesen	CdeB - Winnipeg	129:49
	Beth Hawkings	YOA - Yukon	mp		Tom Hamblin	TOC - Toronto	mp
M45 (26)	5.8 km 185 m 18 C			F65 (4)	3.7 km 75 m 14 C		
1	James Tasker	EOOC - Edmonton	56:55	1	Nesta Leduc	YOA - Yukon	91:16
2	Afan Jones	YOA - Yukon	62:26	2	Gwen French	GHO - Golden Horseshoe	112:54
3	Andrew Cornett	OOC - Ottawa	63:49	3	Judy Adams	Viking - Montreal	120:06
4	Bill Jarvis	TOC - Toronto	64:33	4	Anne Jankulak	TOC - Toronto	133:34
5	Stefan Bergstrom	OOC - Ottawa	71:04	M65 (9)	3.7 km 75 m 14 C		
6	Tom Wolever	TOC - Toronto	75:32	1	Malcolm Mclvor	OOC - Ottawa	54:21
7	David Webber	HVO - Hudson Valley	79:51	2	Einer Viddal	EOOC - Edmonton	55:07
8	Glen Tryson	EMPO -	80:39	3	Jack Lee	GHO - Golden Horseshoe	63:16
9	Juri Peepre	YOA - Yukon	80:42	4	Jim Waddington	GHO - Golden Horseshoe	66:49
10	David Ross	Falcons - NB	84:16	5	Earle Phillips	GHO - Golden Horseshoe	74:06
11	Mike Capper	WAOC -	84:32	6	Alex Kerr	GVOC - Vancouver	80:40
12	Paul Regan	HVO - Hudson Valley	85:08	7	Frank Jankulak	TOC - Toronto	91:04
13	Glenn Birnie	GHO - Golden Horseshoe	90:37	8	Paul Golightly	TOC - Toronto	101:01
14	Dave Graupner	CdeB - Winnipeg	99:38	9	Paul Rietzschel	Viking - Montreal	108:26
15	Ralph Lindzon	TOC - Toronto	102:02	F75 (2)	3.7 km 75 m 14 C		
16	Jim Hawkings	YOA - Yukon	104:08	1	Gloria Charlow	Ramblers - Montreal	96:19
17	Clive Hayhow	TOC - Toronto	104:18	2	Patricia de St. Croix	OOC - Ottawa	104:47
18	Donald Ross	TOC - Toronto	107:00	M75 (2)	3.7 km 75 m 14 C		
19	Donald Watson	OOC - Ottawa	108:42	1	Richard de St. Croix	OOC - Ottawa	127:42
20	Ray Kitowski	GHO - Golden Horseshoe	112:30	2	John Charlow	Ramblers - Montreal	128:52
21	Ian Sidders	GHO - Golden Horseshoe	116:32	Rec1 (2)	2.3 km 45 m 10 C		
22	Don Merriam	FWOC - Foothill Wanderers	127:30	1	Tommy Graham	OOC - Ottawa	26:05
23	Oleg Koptelov	Ramblers - Montreal	163:04	2	Danielle Tremaine	Gators - ON	36:09
	Nick de St. Croix	CN - Caledon Navigators	mp	Rec2 (2)	3.4 km 80 m 12 C		
	Keith Sanger	CN - Caledon Navigators	mp	1	Nancy Baldock	GHO - Golden Horseshoe	63:58
	Jim Eagleton	DVOA - Delaware Valley	mp				
F55 (13)	3.7 km 75 m 14 C						
1	Lois Watts	CdeB - Winnipeg	70:03				
2	Gloria Rankin	OOC - Ottawa	78:24				
3	Pat Lee	CdeB - Winnipeg	89:05				
4	Lorna Guttormson	OOC - Ottawa	107:49				

2	Ariane Looker	Falcons - NB	70:37
FOpen3 (3) 4.2 km 75 m 13 C			
1	Brenda Jones	CN - Caledon Navigators	83:58
2	Sharon Evans	BAOC - Bay Area	98:09
3	Lorraine Lee	GHO - Golden Horseshoe	123:16
FOpen4 (3) 3.7 km 75 m 14 C			
1	Lindsay Worner	ROC - Rochester	62:28
2	Jennifer Anderson	OOC - Ottawa	82:03

3	Linda Scrivens	OOC - Ottawa	107:00
MOpen6 (2) 5.8 km 185 m 18 C			
1	Zoltan Szecsody	TOC - Toronto	68:15
2	Malcolm Goddard	TOC - Toronto	194:11
MOpen7 (2) 9.8 km 210 m 24 C			
1	Jamie Humphries	TOC - Toronto	168:54
	Rick Worner	ROC - Rochester	mp

COC SPRINT RESULTS

F12 (3) 1.5 km 36 m 12 C			
1	Molly Jarvis	FWOC - Foothill Wanderers	16:33
2	Nicole Jarvis	FWOC - Foothill Wanderers	17:28
3	Victoria Looker	Falcons - NB	24:16

M12 (3) 1.5 km 36 m 12 C			
1	Alexander Bergstrom	OOC - Ottawa	15:19
2	Zachary Lyons	ROC - Rochester	17:42
3	Robbie Graham	OOC - Ottawa	28:28

F14 (3) 1.5 km 36 m 12 C			
1	Danika Ouellette	Falcons - NB	16:26
2	Emma Duca	Gators - ON	22:35
3	Kerstin Burnett	YOA - Yukon	26:11

M14 (4) 1.5 km 36 m 12 C			
1	Andrey Koptelov	Ramblers - Montreal	10:06
2	Anton Pravdin	Gators - ON	12:06
3	Dylan Innes	Gators - ON	16:02
4	Jeremy Leblanc	Falcons - NB	25:12

F16 (5) 2.3 km 52 m 17 C			
1	Molly Kemp	OOC - Ottawa	22:11
2	Rhiannon Jones	YOA - Yukon	24:02
3	Emily Ross	Falcons - NB	24:55
4	Kim Preston-Thomas	OOC - Ottawa	27:38
5	Polina Koptelov	Ramblers - Montreal	27:48

M16 (6) 2.3 km 52 m 17 C			
1	Serghei Logvin	GHO - Golden Horseshoe	16:17
2	Damian Konotopetz	CdeB - Winnipeg	17:21
3	Graham Ereaux	Falcons - NB	17:28
4	Nathaniel Lyons	ROC - Rochester	18:19
5	Lee Hawkings	YOA - Yukon	22:06
6	Daniel Lewis	Hustlers - Halifax	22:29

F19 (3) 2.5 km 60 m 18 C			
1	Justine Scheck	YOA - Yukon	21:25

2	Natasha Ouellette	Falcons - NB	22:32
3	Ingrid Orosz	Gators - ON	26:42

M19 (5) 2.9 km 72 m 21 C			
1	Fraser Ross	Falcons - NB	18:03
2	Robbie Anderson	OOC - Ottawa	18:52
3	Ben Phelan	Falcons - NB	20:23
4	Eric Kemp	OOC - Ottawa	22:40
5	Thomass Graupner	CdeB - Winnipeg	25:11

F-Elite (14) 2.5 km 60 m 18 C			
1	Katarina Smith	Falcons - NB	17:10
2	Heather Smith	Falcons - NB	17:41
3	Anita O'Brien	Falcons - NB	17:56
4	Emily Kemp	OOC - Ottawa	18:16
5	Victoria Smith	Falcons - NB	18:55
6	Julia Cioban	Gators - ON	19:26
7	Cherie Mahoney	OOC - Ottawa	19:37
8	Charlette MacNaughton	FWOC - Foothill Wanderers	20:07
9	Sarah Brandreth	FWOC - Foothill Wanderers	20:22
10	Sabine Stoetzel	Siegerland OLG	21:15
11	Val Duca	Gators - ON	23:39
12	Carol Ross	Falcons - NB	25:51
13	Amanda Edmunds	OOC - Ottawa	28:03
14	Linda Kohn	ROC - Rochester	38:06

M-Elite (20) 2.9 km 72 m 21 C			
1	John Fredrickson	CSU -	15:20
2	Mike Smith	Falcons - NB	15:37
3	Brent Langbakk	YOA - Yukon	15:46
4	Wil Smith	Falcons - NB	16:09
5	Hans Fransson	GHO - Golden Horseshoe	16:39
6	Mike Waddington	GHO - Golden Horseshoe	16:40
7	Jon Torrance	OOC - Ottawa	16:45
8	William Hawkins	CSU -	17:16
9	Igor Palagnuk	UKR - Ukrainian	17:59
10	Laszlo Orosz	Gators - ON	18:08
11	Brian Graham	OOC - Ottawa	18:22

12	Steven Graupner	CdeB - Winnipeg	18:41
13	Ross Burnett	YOA - Yukon	19:16
14	Darius Konotopez	CdeB - Winnipeg	19:28
15	Christiaan Piller	VicO - Victoria	20:26
16	Tim Lee	CdeB - Winnipeg	20:48
17	Michael Lucente	Gators - ON	21:56
18	Frederic Bedard	OOO - Ottawa	26:33
19	Morton Olesson	OOO - Ottawa	31:21
20	David Agar	OOO - Ottawa	41:32

F35 (7) 2.5 km 60 m 18 C

1	Marianna Weber	GHO - Golden Horseshoe	21:46
2	Marketa Graham	OOO - Ottawa	24:08
3	Nina Wallace	GHO - Golden Horseshoe	24:10
4	Elena Logvina	GHO - Golden Horseshoe	24:22
5	Lumi Duca	Gators - ON	25:43
6	Cathy Bakker	OOO - Ottawa	35:32
	Brigitta Ouellette	Falcons - NB	mp

M35 (11) 2.9 km 72 m 21 C

1	Eugene Mlynczyk	UKR - Ukrainian	19:33
2	Ted de St. Croix	GVOC - Vancouver	20:20
3	Paul Looker	Falcons - NB	21:38
4	Andrei Logvin	GHO - Golden Horseshoe	21:53
5	Adrian Zissos	FWOC - Foothill Wanderers	21:56
6	Randy Kemp	OOO - Ottawa	27:09
7	Serge Ouellette	Falcons - NB	31:47
8	Raymond Chung	TOC - Toronto	36:20
9	Alexander Izzo	SMOC - Southern Michigan	36:28
10	Alan Beauchamp	TOC - Toronto	50:41
10	Michael Lyons	ROC - Rochester	50:41

F45 (10) 2.5 km 60 m 18 C

1	Andree Powers	FWOC - Foothill Wanderers	27:20
2	Barb Campbell	GHO - Golden Horseshoe	29:45
3	Ariane Burke	OOO - Ottawa	31:17
4	Janet Tryson	EMPO -	31:43
5	Natalia Babet	Other -	35:11
6	Trudy Deumer	GHO - Golden Horseshoe	35:58
7	Beth Hawkings	YOA - Yukon	36:37
8	Jennifer Hamilton	CdeB - Winnipeg	43:36
9	Maureen de St. Croix	GVOC - Vancouver	50:25
10	Bobbie Ross	Falcons - NB	64:56

M45 (18) 2.9 km 72 m 21 C

1	Bill Jarvis	TOC - Toronto	23:24
2	Andrew Cornett	OOO - Ottawa	24:08
3	Afan Jones	YOA - Yukon	24:21
4	Juri Peepre	YOA - Yukon	26:30
5	Mike Capper	WAOC -	26:46

6	Glen Tryson	EMPO -	26:51
7	James Tasker	EOOC - Edmonton	28:05
8	David Ross	Falcons - NB	28:07
9	Stefan Bergstrom	OOO - Ottawa	28:19
10	Ralph Lindzon	TOC - Toronto	34:00
11	Glenn Birnie	GHO - Golden Horseshoe	34:05
12	Jim Hawkings	YOA - Yukon	34:15
13	Ian Sidders	GHO - Golden Horseshoe	34:56
14	Oleg Koptelov	Ramblers - Montreal	41:29
15	Donald Ross	TOC - Toronto	42:49
	Don Merriam	FWOC - Foothill Wanderers	mp
	Richard Ehrlich	GHO - Golden Horseshoe	mp
	Donald Watson	OOO - Ottawa	mp

F55 (2) 2.3 km 52 m 17 C

1	Odile Waslander	OOO - Ottawa	46:11
2	Sue Waddington	GHO - Golden Horseshoe	60:46

M55 (8) 2.3 km 52 m 17 C

1	Geraint Edmunds	EOOC - Edmonton	19:08
2	Greg Yarkie	EOOC - Edmonton	20:35
3	Hugh Connolly	TOC - Toronto	23:40
4	David Cady	BFLO - Buffalo	23:44
5	Bert Waslander	OOO - Ottawa	26:03
6	Sheldon Friesen	CdeB - Winnipeg	27:59
7	Harold McQuade	Falcons - NB	36:46
	Larry Konotopetz	CdeB - Winnipeg	mp

M65 (2) 2.3 km 52 m 17 C

1	Nesta Leduc	YOA - Yukon	53:21
2	Judy Adams	Viking - Montreal	102:14

M65 (6) 2.3 km 52 m 17 C

1	Jim Waddington	GHO - Golden Horseshoe	22:33
2	Alex Kerr	GVOC - Vancouver	23:26
3	Malcolm McIvor	OOO - Ottawa	25:03
4	Jack Lee	GHO - Golden Horseshoe	30:23
5	Einer Vidval	EOOC - Edmonton	31:16
6	Paul Rietzschel	Viking - Montreal	43:49

F75 (1) 2.3 km 52 m 17 C

1	Patricia de St. Croix	OOO - Ottawa	39:53
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Rec2 (1) 1.5 km 36 m 12 C

1	Ariane Looker	Falcons - NB	28:01
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FOpen4 (1)

1	Jennifer Anderson	OOO - Ottawa	39:47
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MOpen7 (1) 2.9 km 72 m 21 C

1	Rick Worner	ROC - Rochester	34:30
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16	Michael Warlters	QOC - Quantico	95:49
17	Serge Ouellette	Falcons - NB	99:53
18	Don Riddle	SZOC - AB	101:18
19	Joel Regenstreif	EOOC - Edmonton	157:17
	Tim Seddon	TOC - Toronto	mp
	Mark Fochesato	SMOC - Southern Michigan	mp

F45 (13) 3.7 km 105 m 17 C

1	Natalia Babet	Other -	50:07
2	Barb Campbell	GHO - Golden Horseshoe	62:42
3	Andree Powers	FWOC - Foothill Wanderers	74:59
4	Cathy Hayhow	TOC - Toronto	78:46
5	Ariane Burke	OOO - Ottawa	84:04
6	Terri Kitowski	GHO - Golden Horseshoe	87:48
7	Janet Tryson	EMPO -	92:14
8	Vicki Bondy	TOC - Toronto	97:06
9	Beth Hawkings	YOA - Yukon	112:11
10	Maureen de St. Croix	GVOC - Vancouver	116:01
11	Jennifer Hamilton	CdeB - Winnipeg	125:28
12	Trudy Deumer	GHO - Golden Horseshoe	143:43
	Bobbie Ross	Falcons - NB	mp

M45 (24) 4.4 km 130 m 17 C

1	James Tasker	EOOC - Edmonton	43:35
2	Afan Jones	YOA - Yukon	50:03
3	Bill Jarvis	TOC - Toronto	51:33
4	Mike Capper	WAOC -	58:18
5	Juri Peepre	YOA - Yukon	60:49
6	David Ross	Falcons - NB	67:22
7	Glenn Birnie	GHO - Golden Horseshoe	70:52
8	Nick de St. Croix	CN - Caledon Navigators	77:35
9	Clive Hayhow	TOC - Toronto	80:47
10	Donald Ross	TOC - Toronto	81:47
11	Donald Watson	OOO - Ottawa	86:04
12	Ray Kitowski	GHO - Golden Horseshoe	86:43
13	Ralph Lindzon	TOC - Toronto	92:46
14	Dave Graupner	CdeB - Winnipeg	96:01
15	Glen Tryson	EMPO -	102:14
16	Don Merriam	FWOC - Foothill Wanderers	103:17
17	Oleg Koptelov	Ramblers - Montreal	116:40
18	Ian Sidders	GHO - Golden Horseshoe	132:58
	Andrew Cornett	OOO - Ottawa	mp
	Tom Wolever	TOC - Toronto	mp
	Stefan Bergstrom	OOO - Ottawa	mp
	Jim Hawkings	YOA - Yukon	mp
	Jim Eagleton	DVOA - Delaware Valley	mp
	Richard Ehrlich	GHO - Golden Horseshoe	mp

F55 (12) 3.2 km 105 m 15 C

1	Gloria Rankin	OOO - Ottawa	62:02
2	Muriel Gamey	Neepawa -	64:30
3	Ilona Dobos	Gators - ON	65:20
4	Svatka Hermanek	TOC - Toronto	67:13
5	Lois Watts	CdeB - Winnipeg	72:12
6	Pat Lee	CdeB - Winnipeg	72:48
7	Lorna Guttormson	OOO - Ottawa	83:56
8	Odile Waslander	OOO - Ottawa	86:21
9	Heather Shepherd	TOC - Toronto	104:34
10	Marilyn Edmunds	EOOC - Edmonton	107:26
11	Caroline Phillips	OOO - Ottawa	109:46
	Marion Loewen	CdeB - Winnipeg	mp

M55 (13) 3.7 km 105 m 17 C

1	Greg Yarkie	EOOC - Edmonton	49:06
2	Bert Waslander	OOO - Ottawa	58:38
3	David Cady	BFLO - Buffalo	70:37
4	Hugh Connolly	TOC - Toronto	76:28
5	Jim Blanchard	AVOC -	76:52
6	Bill Anderson	OOO - Ottawa	79:27
7	Richard Guttormson	OOO - Ottawa	80:48
8	David Baldock	GHO - Golden Horseshoe	99:15
9	Sheldon Friesen	CdeB - Winnipeg	99:30
10	Tom Hamblin	TOC - Toronto	124:12
	Geraint Edmunds	EOOC - Edmonton	mp
	Larry Konotopetz	CdeB - Winnipeg	mp
	Harold McQuade	Falcons - NB	mp

F65 (3) 3.2 km 105 m 15 C

1	Gwen French	GHO - Golden Horseshoe	104:32
2	Judy Adams	Viking - Montreal	107:04
3	Nesta Leduc	YOA - Yukon	149:06

M65 (7) 3.2 km 105 m 15 C

1	Malcolm Mclvor	OOO - Ottawa	38:57
2	Alex Kerr	GVOC - Vancouver	40:15
3	Einer Viddal	EOOC - Edmonton	45:46
4	Jack Lee	GHO - Golden Horseshoe	53:14
5	Earle Phillips	GHO - Golden Horseshoe	57:51
6	Paul Rietzschel	Viking - Montreal	58:33
7	Paul Golightly	TOC - Toronto	77:29

F75 (2) 3.2 km 105 m 15 C

1	Patricia de St. Croix	OOO - Ottawa	79:07
2	Gloria Charlow	Ramblers - Montreal	83:51

M75 (2) 3.2 km 105 m 15 C

1	Richard de St. Croix	OOO - Ottawa	76:04
2	John Charlow	Ramblers - Montreal	89:09

Rec1 (2) 2.4 km 65 m 10 C

1	Tommy Graham	OOO - Ottawa	38:30
2	Maja Bergstrom	OOO - Ottawa	71:37

Rec2 (2) 2.4 km 70 m 11 C

1	Nancy Baldock	GHO - Golden Horseshoe	31:11
2	Ariane Looker	Falcons - NB	48:47

FOpen3 (3) 2.8 km 100 m 11 C

1	Sharon Evans	BAOC - Bay Area	82:58
2	Pat Graupner	CdeB - Winnipeg	95:54
3	Lorraine Lee	GHO - Golden Horseshoe	102:25

FOpen4 (1) 3.2 km 105 m 15 C

1	Jennifer Anderson	OOO - Ottawa	67:27
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FOpen5 (1) 3.7 km 105 m 17 C

	Linda Scrivens	OOO - Ottawa	mp
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FOpen6 (1) 4.4 km 130 m 17 C

1	Lindsay Worner	ROC - Rochester	170:49
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MOpen7 (1) 4.8 km 185 m 18 C

1	Rick Worner	ROC - Rochester	192:15
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NORTH AMERICAN CHAMPIONSHIPS REPORT

The NAOC is held every second year and alternates between the US and Canada. The previous NAOC organized in Canada was in Alberta in 2002 as part of a multi day event that included the Asia Pacific, Canadian and North American Championships.

The NAOC follows the same format as the Canadian Championships: Sprint, Middle and Long. The NAOC was organized by the Golden Horseshoe OC. The Sprint event was held on Oct. 7 in Hamilton. The Middle and Long were held at the Rocky Ridge Ranch (Milton) on Oct. 8 and 9. Complete results are included – Split times are available from the GHO website: <http://www.dontgetlost.ca/glof/results.htm>

The Competition Centre for the NAOC Middle and Long, Rocky Ridge Ranch, near Mikton, Ontario, is the best I have seen at a Canadian event. Rocky Ridge Ranch is an outdoor summer camp and as such has all of the amenities required for such an enterprise. Main building and dining hall, shower building, activity chalets, sleeping quarters/cabins, snack bar, parking, and congenial and cooperative owners. An outdoor barbecue operated full blast both days with a long line-up of hungry orienteers eagerly watching and waiting for hot dogs and ham burgers throughout the afternoon. This plus ice cream and soft drinks available at the adjacent snack bar provided A One Stop Feeding Centre.

Results were posted at a building 20 metres from the Finish line with the building veranda used for awards presentation and interviews with some runners. All in all, an absolutely unbeatable Competition Centre and site. The weather was the perfect Fall variety everyone hopes for – bright sunshine, clear skies, no bugs, much of the leaf cover fallen.

It is hard to imagine a more suitable facility for an orienteering championship, especially one adjacent to excellent orienteering terrain - relatively flat, no large hills, lots of small detail, marshes, open forests, many trails. A common description from competitors was “very subtle terrain”.

A major goal of the NAOC is to schedule the event at

dates and locations attractive to competitors from the other nation. Southern Ontario is probably the region most convenient for US competitors. Rocky Ridge Ranch is close to Highway 401 and about 45 kms west of Toronto International Airport.

All facilities were located within 150 metres of the Finish line - some as close as 70 metres. Some orienteers were housed in cabins 70 metres from the finish. It was almost possible to fall out of bed quite literally possible for runners near the Finish. There were about 340 competitors with an approximate 50-50 split of Canadians & Americans including a bus load of cadets from the US Military Academy at West Point.

The event organization was excellent in all aspects. Congratulations to the Golden Horseshoe OC on organizing such a high class championships.

With such a large number of events and classes - 20 age classes in three disciplines: Sprint, Middle, Long there is insufficient space to cover all events and performances and only a few items are reported on.

The Next Generation F/M 12 and F/M 13-14 results include many youngsters with familiar surnames: Fiona Adams, Alexander Bergstrom, Evalin Brautigam, Nicole & Joshua de St Croix, Aanika & Tilvo Ruutopold, Alex & Laura Teutsch, Masha Velichko, Emma Waddington. Look for these names to appear frequently at future COCs and NAOCs. Evelyn’s mum, Pavlina, and Emma’s dad, Mike competed in WOC 2006.

Rising Stars. Patrick Goeres: won the M20 Sprint in his first year as a senior. Patrick was a member of the Canadian team at WOC 2006. John Fredrickson won the M20 Middle distance and was third in M20 Long – very impressive performances for this young US runner. Fredrickson was the top North American junior in JWOC 2006 – several other members of the US and Canadian Junior teams competed in the NAOC and turned in some fine performances.

Katarina the Great – Double Triples. Double triples is a term more associated with Figure Skating but also

applies to the performances of Katarina Smith in the 2006 COC and NAOC. Katarina, a long time member of the Swedish National team and medal winner in World Cups and WOCs is on a higher level than other North American women. Since coming to Canada in 2005 she has won 8 consecutive championship events: COC 2005, Short, Long; COC 2006 – Sprint, Middle, Long; 2006 NAOC – Sprint, Middle, Long. Her ability and consistency in all disciplines has established new bench marks for our younger athletes. Two Triple Plays in one season is a record that can't be beaten and can probably only be equaled by herself.

Peter the Great. In keeping with the Russian theme the next performances of note are those of the remarkable Peter Gagarin. His winning the M55-64 Long is not surprising, it would be more surprising if he had not won, but rather with the margin of victory – 9 minutes in front of second place finisher, Bob Lux, and 10 and 11 minutes ahead of two very experienced and competitive runners, Gord Hunter and Doug Dowell. Although 62 he competed in M35-44 Sprint and finished 6th just over a minute behind winner, Nick Duca. A truly remarkable athlete.

A Family Affair. In addition to Katarina winning all three F20 titles, Wil edged brother, Mike, to win M20 Long. Mike won the COC Middle and Long earlier in the summer so the win was a bit of redemption for Wil.

Other Noteworthy Performances

M35-44 Middle & Long: Very close competition – 1.23 separating 1st and 3rd in Middle and 5:54 separating 1 from 8th in the Long. Good win by Eugene Mlynczyk in the Middle.

M45-54. Impressive double wins by James Tasker (Overlanders) in Middle & Long.- 5 minutes winning margins in both events.

M17-19. Olof Sandgren (TOC). Olof won all 3 events – Sprint, Middle, Long – by comfortable margins.

NOTE. Sprint event. Although Olof won this event 18 year old Steven Graupner (Coureur de Bois), had a time of 1 second faster. Steven compete din M20 rather than M17-19. If he had competed in his age class he would have been NAOC Sprint champion.

M65-74. Close encounters between Tony Federer and Einar Viddal in both Middle and Long - Tony eked out wins by .12 in the Middle and 1:11 in the Long.

W45-54: Peggy Dickison won the Middle distance event by a slim 8 seconds over Sandy Fillebrown while Angela Pearson held off the challenges of Linda Kohn and Peggy Dickison by .32 and 1:45 respectively to win Long distance title.

Junior Women Move Up

Emily Kemp, Natasha Ouellette, Carol Ross, Justine Scheck, moved up in class and competed in W20. Natasha, Carol and Justine competed in the 2006 Junior WOC and Justine also competed in the Senior WOC. Competing against more experienced athletes over longer distances and tougher courses is the path followed by former national champions Susan Budge, Magali Robert, Ted de St Croix and Ron Lowry. We can expect to see these girls competing in F20 on a regular basis.

New older age classes – M/W 75

The category may have changed but the names and results are the same as before. Pat de St Croix and Gloria Charlow continued their 'your turn - my turn' competition that has existed for many years and shows no signs of coming to an end. In the COC Long, Gloria won with Pat second while Pat won the Middle won with Gloria second. In the NAOC they reversed the script: Pat won Long with Gloria second and Gloria won Middle with Pat second. Either way each ended up with winning a gold and silver in both disciplines.

Gloria and Pat have probably won more COC/NAOC medals than any other COF members.

Triple Crown Michael MacConnail

Michael rarely competes outside the Ottawa/Montreal region. but is a regular at Ottawa area events. Michael competed in the first COC (1968 – Camp Fortune, Gatineau Park).

He did not compete in the COC but won all three NAOC events. The Long by a wide margin, the Middle by 2:30 ahead of runner-up. Neither of his closest challengers, Dick de St Croix and John Charlow competed in the Sprint.

NORTH AMERICAN CHAMPIONSHIPS LONG

RESULTS

M12 (2) 1.9 km 25 m 9 C							
1	Tiivo Ruutopold	KOC	20:49	5	Nick Duca	WSOC	1:30:44
2	Joshua Bronfman	TOC	30:01	6	William Hawkins	CSU	1:31:00
M13-14 (11) 2.5 km 35 m 8 C							
1	Alex Teutsch	OOC	20:08	7	Eric Bone	COC	1:31:12
2	Nathaniel Lyons	ROC	21:57	8	Brent Langbakk	YOA	1:31:22
3	Andrey Koptelov	Ramb	22:29	9	Brian May	SAGE	1:34:06
4	Jeremy Leblanc	FOC	26:54	10	Scott Foubister	SAGE	1:38:30
5	Ben Parson	NEOC	30:59	11	Leif Anderson	SAMM	1:39:01
6	Anton Pravdin	GGO	31:29	12	Laszlo Orosz	GGO	1:39:19
7	Graham Harrison	QOC	38:41	13	Patrick Goeres	CdB	1:39:33
8	Adam Welsh	QOC	53:03	14	Clem Mcgrath	DVOA	1:40:12
9	Alexander Bergstrom	OOC	53:06	15	Magnus Johansson	GVOC	1:40:25
10	Joshua De St. Croix	CN	1:06:52	16	Ross Smith	CSU	1:40:34
	Andrei Calinescu	WSOC	dnf	17	Ted De St. Croix	GVOC	1:41:06
M15-16 (7) 3.6 km 55 m 9 C							
1	Sergei Logvin	GHO	38:15	18	Ken Walker Jr	CSU	1:41:27
2	Damian Konotopetz	CdB	44:15	19	Jon Torrance	OOC	1:41:32
3	Haden Yonce	QOC	48:52	20	Christiaan Piller	VICO	1:41:54
4	John Warren	QOC	53:26	21	Igor Palagnuk	UKR	1:44:59
5	Joshua Timmons	QOC	1:02:22	22	Margus Hallik	OOC	1:45:15
6	Scott Prichard	QOC	1:21:41	23	Vadim Masalkov	DVOA	1:45:19
	Tanner Harrison	QOC	dnf	24	Hans Fransson	GHO	1:47:20
M17-19 (20) 8.4 km 130 m 14 C							
1	Olof Sandgren	TOC	57:24	25	Joe Brautigam	WCOC	1:48:21
2	Erin Schirm	HVO	1:10:45	26	Mark Innes	GGO	1:51:47
3	Robert Louis Paddock	NTOA	1:12:39	27	Bob Miller	GHO	1:53:48
4	Andy Strat	QOC	1:18:12	28	Ed White	UTAH	1:54:02
5	Eric Kemp	OOC	1:23:43	29	Mark Gregson	FWOC	1:54:54
6	Robbie Anderson	OOC	1:26:15	30	Mikkel Conradi	CSU	1:55:33
7	Graham Ereaux	FOC	1:27:47	31	Sergey Velichko	CTOC	1:56:22
8	Dylan Thies	HOC	1:28:55	32	Kristaps Tamuzs	NEOC	1:59:12
9	Alexander Gebhard	Ital	1:29:28	33	Andrew Komm	USMA	1:59:23
10	Ben Phelan	FOC	1:35:06	34	Thomas Carr	NTOA	1:59:34
11	Matthew Hryciuk	EOOC	1:38:33	35	Eddie Bergeron	SVO	2:01:31
12	Jeffrey Teutsch	OOC	1:39:51	36	Brendan Shields	CSU	2:01:33
13	Justin Lane	QOC	1:54:03	37	Alan Young	HVO	2:03:15
14	Neal Trump	USMA	2:02:06	38	Zach Taron	USMA	2:07:03
15	James Sheldon	UGOC	2:15:53	39	Jake Cook	USMA	2:07:31
16	Thomas Graupner	CdB	2:38:46	40	Roger Macleod	VICO	2:12:41
	Fraser Ross	FOC	dnf	41	Jeremy Colgan	HVO	2:20:37
	Erick Thompson	QOC	dnf	42	Steven Graupner	CdB	2:23:05
	Michael Helm	QOC	dnf	43	Todd Nowack	VICO	2:23:33
M20-34 (65) 12.2 km 185 m 22 C							
1	Wil Smith	FOC	1:23:51	44	Bradley Hutchison	USMA	2:28:31
2	Mike Smith	FOC	1:24:45	45	Darius Konotopetz	CdB	2:28:37
3	John Fredrickson	HVO	1:29:08	46	Tim Grant	GHO	2:31:20
4	Thomas Nipen	GVOC	1:29:26	47	Nevin French	GHO	2:39:15
				48	John Knight	USMA	2:55:14
				49	Benjamin Bruder	USMA	3:01:51
				50	Chris Beckwith	USMA	3:02:02
				51	Kyle Stilwell	USMA	3:15:01
				52	Viktor Nikolenko	CAOC	3:25:56
				53	Matthew Sherburne	USMA	3:27:15
				54	Bill Wells	CN	3:27:40
				55	Martin Schmoll	EOOC	3:36:18
				56	Ben Scrivner	USMA	3:42:06

Gregory Balter	DVOA	mp	19	Desmond Mott	GVOC	1:32:19	
Kristoffer Nielsen	UNO	mp	20	Nick De St. Croix	CN	1:32:55	
Randy Hall	DVOA	dnf	21	Gyorgy Nagy	GGO	1:33:34	
Alex Creamer	Ramb	dnf	22	Mitch Collinsworth	ROC	1:35:04	
Aaron Fairman	USMA	dnf	23	Glenn Birnie	GHO	1:35:37	
Doug Mahoney	GHO	dnf	24	Vladimir Kopanicak	SVK	1:36:06	
			25	David Ross	FOC	1:37:36	
M35-44 (31)	8.4 km 130 m 14 C		26	Fraser Macdonald	SAR	1:38:36	
1	Michael Eglinski	OK	1:15:02	27	Don Riddle	SZOC	1:39:02
2	Jonas Wolff	FIN	1:16:10	28	Donald Ross	TOC	1:40:18
3	Ognyan Dimitrov	TOC	1:16:19	29	Rick Worner	ROC	1:41:08
4	Adrian Zissos	FWOC	1:17:08	30	Don Bayly	FWOC	1:42:20
5	Benoit Letourneau	OOC	1:17:30	31	Ray Kitowski	GHO	1:43:21
6	Ross Burnett	YOA	1:19:20	32	Andrew Cornett	OOC	1:46:11
7	Eugene Mlynczyk	UKR	1:20:30	33	Guy Olsen	HVO	1:50:00
8	Andrei Logvin	GHO	1:20:56	34	Ian Sidders	GHO	1:50:10
9	Sergiy Gnatiouk	HVO	1:24:45	35	Dave Graupner	CdB	1:50:18
10	Beat Renz	SWI	1:29:21	36	Clive Hayhow	TOC	2:11:36
11	Michael Lyons	ROC	1:31:04	37	Robert Charles Paddock	NTOA	2:16:45
12	Edward James	AVOC	1:36:33	38	Ralph Lindzon	TOC	2:24:55
12	Angus Forsyth	VICO	1:36:33	39	Oleg Koptelov	Ramb	2:30:06
14	Joseph Sackett	CAOC	1:46:09		Kevin Mielock	CN	dnf
15	Tiberiu Cioci	GGO	1:48:12				
16	Rob Millar	GHO	1:50:01	M55-64 (22)	6.1 km 95 m 10 C		
17	Csaba Tisztartó	HVO	1:54:08	1	Peter Gagarin	CSU	55:29
18	Randy Kemp	OOC	1:54:39	2	Bob Lux	UNO	1:04:12
19	Sevastian Irimie	GGO	1:58:47	3	Doug Dowell	EOOC	1:07:53
20	Raymond Chung	TOC	2:02:08	4	Gord Hunter	OOC	1:08:33
21	Jeffrey J Watson	ORCA	2:11:44	5	George Walker	WCOC	1:10:58
22	Giles Malet	GGO	2:20:12	6	Rick Armstrong	SLOC	1:16:45
23	Matthew Robbins	OCIN	2:27:24	7	Larry Konotopetz	CdB	1:20:12
24	Scott Drumm	CROC	3:10:07	8	Donald Davis	QOC	1:20:40
	David Bondy	TOC	mp	9	Walter Siegenthaler	COK	1:23:46
	Jim Baker	FWOC	dnf	10	David Cady	BFLO	1:27:24
	Serge Ouellette	FOC	dnf	11	Bill Anderson	OOC	1:27:33
				12	Bob Bullions	HVO	1:29:33
M45-54 (42)	6.9 km 100 m 12 C			13	John Rance	GVOC	1:34:41
1	James Tasker	EOOC	1:01:39	14	Geraint Edmunds	EOOC	1:39:23
2	Stanislav Rachitskiy	NEOC	1:06:34	15	Harold Mcquade	FOC	1:40:53
3	J-J Cote	RMOC	1:07:23	16	Bert Waslander	OOC	1:48:37
4	Nadim Ahmed	QOC	1:08:52	17	Richard Guttormson	OOC	1:51:13
5	Stefan Bergstrom	OOC	1:09:57	18	Hugh Connolly	TOC	1:57:49
6	Alar Ruutopold	KOC	1:10:40	19	Tom Hamblin	TOC	2:18:33
7	Jp Ingebrigtsen	RMOC	1:11:21	20	Clark Maxfield	CAOC	2:53:23
8	Jerry Bakker	TOC	1:12:39		Michael Keating	SMOC	disq
9	Tim Parson	NEOC	1:14:15				
10	Mark Voit	SVO	1:14:41	M65-74 (8)	4.6 km 70 m 10 C		
11	Charlie Shahbazian	CAOC	1:16:07	1	Tony Federer	UNO	1:06:35
12	Ove Albinsson	GVOC	1:20:24	2	Einar Viddal	EOOC	1:07:46
13	Jim Eagleton	DVOA	1:23:34	3	George Hawes	HVO	1:16:47
14	Glen Tryson	EMPO	1:23:36	4	Jack Lee	GHO	1:36:57
15	Phil Bricker	NEOC	1:27:19	5	Frank Jankulak	TOC	1:43:42
16	Tom Strat	QOC	1:28:45	6	Dick James	HH	2:13:58
17	Stephen Richardson	WCOC	1:28:59		Alex Kerr	GVOC	mp
18	Michael Minium	OCIN	1:30:48	nc	Paul Rietzschel	Vikg	1:14:30

M75+ (3)	4.6 km 70 m 10 C		
1	Michael MacConaill	OOO	1:47:32
2	Richard De St. Croix	OOO	2:28:05
	John Charlow	Ramb	mp

F12 (8)	1.9 km 25 m 9 C		
1	Masha Velichko	CTOC	17:22
2	Evalin Brautigam	WCOC	23:01
3	Meg Parson	NEOC	23:28
4	Emma Waddington	GHO	27:52
5	Aanika Ruutopold	KOC	30:27
6	Laura Teutsch	OOO	32:39
7	Nicole De St. Croix	CN	34:32
8	Fiona Adams	GHO	35:55

F13-14 (3)	2.5 km 35 m 8 C		
1	Dahria Beatty	YOA	21:14
2	Danika Ouellette	FOC	28:47
	Emma Duca	WSOC	dnf

F15-16 (3)	3.6 km 55 m 9 C		
1	Molly Kemp	OOO	48:04
2	Polina Koptelova	Ramb	51:35
3	Emily Ross	FOC	52:36

F17-19 (1)	6.1 km 95 m 10 C		
1	Michelle Alderson	USMA	1:34:32

F20-34 (26)	8.3 km 125 m 14 C		
1	Katarina Smith	FOC	1:09:18
2	Pam James	YOA	1:14:06
3	Samantha Saeger	NEOC	1:16:50
4	Erin Nielsen	UNO	1:17:05
5	Heather Smith	FOC	1:18:02
6	Louise Oram	GVOO	1:19:47
7	Vicky Whaley	FFOC	1:20:04
8	Pavlina Brautigam	WCOC	1:21:30
9	Emily Kemp	OOO	1:22:13
10	Marie-catherine Bruno	SAGE	1:30:49
11	Victoria Smith	FOC	1:33:55
12	Charlotte Macnaughton	FWOC	1:37:34
13	Sarah Klaben	USMA	1:37:53
14	Cristina Luis	NTOA	1:38:18
15	Andrea Balakova	GVOO	1:40:10
16	Chelsea Cunningham	USMA	1:41:50
17	Cherie Revells	OOO	1:41:56
18	Käti Kangro-Hallik	OOO	1:43:18
19	Meghan Rance	GVOO	1:45:27
20	Carol Ross	FOC	1:49:29
21	Natasha Ouellette	FOC	1:52:39
22	Lindsay Worner	ROC	1:55:34
23	Amanda Edmunds	OOO	2:01:24
24	Justine Scheck	YOA	2:04:39
25	Laura Kitowski	GHO	3:12:31
	Angelica Riley	DVOA	dnf

F35-44 (13)	6.9 km 100 m 12 C		
1	Julia Cioban	GGO	1:11:19
2	Marianna Weber	GHO	1:19:31
3	Val Duca	WSOC	1:21:13
4	Elena Logvina	GHO	1:25:03
5	Kris Beecroft	QOC	1:25:31
6	Lumi Duca	GGO	1:38:14
7	Lisa Carr	NTOA	2:28:04
8	Megan Donahue	SVO	2:31:48
9	Rosemary Macdonald	SAR	3:10:14
	Brigitta Ouellette	FOC	dnf
	Mary Jones	OK	dnf
	Eva Ruutopold	KOC	dnf
	Gail Richardson	WCOC	dnf

F45-54 (19)	6.1 km 95 m 10 C		
1	Angela Pearson	EOOC	1:24:24
2	Linda Kohn	ROC	1:24:56
3	Peggy Dickison	OK	1:26:09
4	Barb Campbell	GHO	1:28:28
5	Sandy Fillebrown	DVOA	1:28:59
6	Andree Powers	FWOC	1:33:31
7	Laurie Collinsworth	ROC	1:36:27
8	Trudy Deumer	GHO	1:41:30
9	Vicki Bondy	TOC	1:47:00
10	Cathy Hayhow	TOC	1:48:14
11	Valerie Meyer	QOC	1:48:50
12	Anne Teutsch	OOO	1:52:32
13	Nancy Koehler	UNO	1:58:14
14	Maureen De St. Croix	GVOO	2:02:44
15	Barbara Ross	FOC	2:08:16
16	Paula Whipple	ORCA	2:18:46
17	Laura Querengesser	EOOC	2:39:38
18	Barbara C. Scheck	YOA	2:47:13
	Terri Kitowski	GHO	dnf

F55-64 (13)	4.6 km 70 m 10 C		
1	Christin Lundgren	FWOC	56:58
2	Gloria Rankin	OOO	1:13:57
3	Gail Gagarin	CSU	1:16:06
4	Ardis Dull	COC	1:19:34
5	Ilona Dobos	GGO	1:38:54
6	Trina Cleary	3ROK	1:42:48
7	Lorna Guttormson	OOO	1:46:57
8	Joan Bernard	SAGE	2:00:00
9	Svatka Hermanek	TOC	2:04:35
10	Jean Wessel	GHO	2:19:11
11	Marilyn Edmunds	EOOC	2:26:15
12	Odile Waslander	OOO	2:38:53
13	Caroline Phillips	LGO	3:31:51

F65-74 (8)	4.6 km 70 m 10 C		
1	Lynette Walker	WCOC	1:26:11
2	Suzanne Federer	UNO	1:41:55
3	Marit Davis	QOC	1:49:31

4	Margaret James	HH	1:55:41
6	Anne Jankulak	TOC	2:18:00
7	Beth Lux		2:36:44
8	Betsy Hawes		2:48:19

F75+ (2) 4.6 km 70 m 10 C

1	Patricia De St. Croix	OOC	1:54:45
2	Gloria Charlow	Ramb	2:04:02

open1 (1) 1.9 km 25 m 9 C

1	Michal Kopanicak	SVK	25:02
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open2 (1) 2.5 km 35 m 8 C

1	Tamara Renz	SWI	1:21:41
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open3 (3) 3.6 km 55 m 9 C

1	Brenda Jones	CN	1:20:01
2	Roy Boerschke	OOC	1:54:16
	Michael Revells	OOC	mp

open4 (19) 4.6 km 70 m 10 C

1	Wyatt Riley	DVOA	41:03
2	Philippa Mcneil	YOA	1:00:40
3	Steve Hughes	NEOC	1:04:36
4	Nick Lewis-Walls	USMA	1:14:58
5	Shawn Soviak	USMA	1:16:38
6	Alex Reiter	USMA	1:17:12
7	Matt Scrivner	USMA	1:22:54
8	Jennie Anderson	OOC	1:29:56
9	Ruben Veliz	USMA	1:33:14
10	Zack March	USMA	1:35:55
11	Nick Fuhriman	USMA	1:51:11
12	Daniel Keyser	USMA	1:55:23
13	Eric Flowers	USMA	1:55:55
14	Cathy Bakker	OOC	2:27:44
15	Josh Wiley	USMA	2:32:06
16	Heidi Miller	USMA	2:32:55

NAOC SPRINT RESULTS

M12 (3) 1.4 km 5 m 9 C

1	Alexander Bergstrom	OOC	8:19
2	Tiivo Ruutopold	KOC	9:31
3	Ian Kemp	TOC	11:49

M13-14 (4) 1.4 km 5 m 9 C

1	Nathaniel Lyons	ROC	6:23
2	Ben Parson	NEOC	10:26
3	Jeremy Leblanc	FOC	12:49
4	Adam Welsh	QOC	22:13

M15-16 (7) 2.5 km 10 m 16 C

1	Damian Konotopetz	CdB	13:34
2	John Warren	QOC	17:32
3	Graham Harrison	QOC	18:31
4	Haden Yonce	QOC	18:37
5	Scott Prichard	QOC	28:12
6	Joshua Timmons	QOC	36:34
	Tanner Harrison	QOC	mp

M17-19 (16) 3.2 km 15 m 18 C

1	Olof Sandgren	TOC	16:29
2	Fraser Ross	FOC	17:46
3	Erin Schirm	HVO	17:48
4	Serghei Logvin	GHO	18:04
5	Matthew Hryciuk	EOOC	18:43
6	Robert Louis Paddock	NTOA	18:52
7	Ben Phelan	FOC	19:14
8	Dylan Thies	HOC	20:27
9	Eric Kemp	OOC	20:30
10	Graham Ereaux	FOC	22:10
11	Alexander Gebhard	Ital	22:43

12	Erick Thompson	QOC	23:05
13	Michael Helm	QOC	24:12
14	Thomas Graupner	CdB	24:36
15	Justin Lane	QOC	25:20
	James Sheldon	UGOC	mp

M20-34 (47) 3.2 km 15 m 18 C

1	Patrick Goeres	CdB	15:31
2	Hans Fransson	GHO	15:42
3	Mike Smith	FOC	15:45
3	Thomas Nipen	GVOC	15:45
5	John Fredrickson	HVO	15:55
6	Doug Mahoney	GHO	16:05
7	Margus Hallik	OOC	16:09
8	Brent Langbakk	YOA	16:15
9	Eddie Bergeron	SVO	16:16
10	Jon Torrance	OOC	16:19
11	Ken Walker Jr	CSU	16:20
12	Steven Graupner	CdB	16:28
13	Ross Smith	CSU	16:33
14	Wil Smith	FOC	16:35
14	Brian May	SAGE	16:35
16	Magnus Johansson	GVOC	16:40
17	Sergey Velichko	CTOC	16:45
18	Igor Palagnuk	UKR	17:12
19	Todd Nowack	VICO	17:20
20	Clem McGrath	DVOA	17:23
21	Mark Gregson	FWOC	17:32
22	Thomas Carr	COC	17:35
23	Vadim Masalkov	DVOA	17:38
24	Scott Foubister	SAGE	17:43
25	Christiaan Piller	VICO	18:01

26	Mikkel Conradi	CSU	18:07
26	Gregory Balter	DVOA	18:07
28	Nevin French	GHO	18:28
29	Robin Foubister	SAGE	18:39
30	Ed White	UTAH	18:52
31	Wyatt Riley	DVOA	19:27
32	Roger Macleod	VICO	19:46
33	Kristaps Tamuzs	NEOC	19:47
34	Randy Hall	DVOA	20:03
35	J-J Cote	RMOC	20:04
36	Angus Forsyth	VICO	20:25
37	Jeremy Colgan	HVO	20:48
38	Kristoffer Nielsen	Other	21:39
39	Viktor Nikolenko	CAOC	22:01
40	Kevin Tearle	GHO	22:27
41	Greg Porter	NEOC	24:05
42	Alex Creamer	Ramb	28:17
	Darius Konotopetz	CdB	mp
	Simon Donato	GHO	mp
	Brendan Shields	CSU	mp

M35-44 (30) 3.2 km 15 m 18 C

1	Nick Duca	WSOC	17:03
2	Mark Tarnopolsky	GHO	17:32
3	Joe Brautigam	WCOC	17:35
4	Ross Burnett	YOA	17:49
5	Adrian Zissos	FWOC	17:58
6	Peter Gagarin	CSU	18:14
7	Eugene Mlynczyk	UKR	18:30
7	Michael Eglinski	OK	18:30
9	Edward James	AVOC	19:15
10	Michael Lyons	ROC	20:50
11	Alan Young	HVO	20:54
12	Jeffrey J Watson	ORCA	21:26
13	Nadim Ahmed	QOC	21:27
14	Michael Minium	OCIN	21:42
15	Beat Renz	SWI	22:17
16	Joseph Sackett	CAOC	22:20
17	Sevastian Irimie	GGO	22:24
18	Jim Baker	FWOC	22:34
19	Mitch Collinsworth	ROC	23:45
20	Carl Muench	QOC	23:54
21	Serge Ouellette	FOC	25:51
22	Scott Drumm	CROC	26:10
23	Nick Preda	GGO	26:48
24	Csaba Tisztartó	HVO	26:51
25	Matthew Robbins	OCIN	28:59
26	Tim Seddon	TOC	36:27
	Randy Kemp	OOC	dnf

M45-54 (28) 2.5 km 10 m 16 C

1	Mark Voit	SVO	12:29
2	Charlie Shahbazian	CAOC	14:08
3	Alar Ruutopold	KOC	14:10
4	JP Ingebrigtsen	RMOC	14:33
5	Andrew Cornett	OOC	14:50

6	Phil Bricker	NEOC	14:59
7	Jim Eagleton	DVOA	15:23
8	Ove Albinsson	GVOC	15:58
9	David Ross	FOC	16:02
10	Stefan Bergstrom	OOC	16:10
10	Glenn Birnie	GHO	16:10
12	Glen Tryson	EMPO	16:18
13	Don Riddle	SZOC	16:33
14	Don Bayly	FWOC	17:08
15	Fraser Macdonald	SAR	17:12
16	Tim Parson	NEOC	17:13
17	Vladimir Kopanicak	SVK	17:15
18	Desmond Mott	GVOC	17:25
19	Ray Kitowski	GHO	17:42
20	Ralph Lindzon	TOC	17:53
21	Robert Charles Paddock	NTOA	18:27
22	Dave Graupner	CdB	19:28
23	Guy Olsen	HVO	20:24
24	Donald Ross	TOC	21:07
25	Steve Hughes	NEOC	58:30
	Ian Sidders	GHO	mp

M55-64 (15) 2.5 km 10 m 16 C

1	Hugh Connolly	TOC	15:21
2	Larry Konotopetz	CdB	15:28
3	Walter Siegenthaler	COK	15:41
4	Bob Lux	UNO	15:52
5	George Walker	WCOC	15:56
6	Geraint Edmunds	EOOC	15:58
7	Rick Armstrong	SLOC	16:08
8	Doug Dowell	EOOC	16:11
9	David Cady	BFLO	16:47
10	Gord Hunter	OOC	17:09
11	John Rance	GVOC	17:24
12	Bob Bullions	HVO	21:33
13	Clark Maxfield	CAOC	22:27
14	Harold Mcquade	FOC	23:11

M65-74 (4) 2.5 km 10 m 16 C

1	Jack Lee	GHO	21:25
2	Einar Viddal	EOOC	23:50
3	George Hawes	HVO	45:49
	Alex Kerr	GVOC	mp

M75+ (1) 2.5 km 10 m 16 C

1	Michael Macconail	OOC	29:05
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F12 (4) 1.4 km 5 m 9 C

1	Masha Velichko	CTOC	8:33
2	Evalin Brautigam	WCOC	9:36
3	Aanika Ruutopold	KOC	10:13
4	Meg Parson	NEOC	12:25

F13-14 (3) 1.4 km 5 m 9 C

1	Dahria Beatty	YOA	7:05
2	Danika Ouellette	FOC	17:51

F15-16 (2) 2.5 km 10 m 16 C			
1	Molly Kemp	FOC	17:33
2	Emily Ross	FOC	18:46

F20-34 (22) 2.7 km 15 m 16 C			
1	Katarina Smith	FOC	15:01
2	Louise Oram	GVOC	15:20
3	Samantha Saeger	NEOC	15:23
4	Pam James	YOA	16:00
5	Victoria Smith	FOC	16:15
6	Emily Kemp	FOC	16:26
7	Marie-Catherine Bruno	SAGE	16:39
8	Heather Smith	FOC	16:42
9	Erin Nielsen	UNO	17:04
10	Pavlina Brautigam	WCOC	17:11
11	Angelica Riley	DVOA	17:30
12	Charlotte Macnaughton	FWOC	17:48
13	Julia Cioban	GGO	18:09
14	Natasha Ouellette	FOC	18:19
15	Justine Scheck	YOA	18:52
16	Andrea Balakova	GVOC	18:57
17	Vicky Whaley	FFOC	19:11
18	Cristina Luis	COC	19:23
19	Laura Kitowski	GHO	23:24
	Meghan Rance	GVOC	mp
	Käti Kangro-Hallik	FOC	mp

F35-44 (12) 2.7 km 15 m 16 C			
1	Peggy Dickison	OK	18:27
2	Marianna Weber	GHO	18:45
3	Megan Donahue	SVO	18:48
4	Kris Beecroft	QOC	19:22
5	Nina Wallace	GHO	20:07
6	Val Duca	WSOC	20:18

7	Brigitta Ouellette	FOC	24:33
8	Starr Waddington	GHO	25:19
9	Mairead Young	HVO	26:05
10	Mary Jones	OK	32:21
11	Rosemary Macdonald	SAR	34:41
	Lisa Carr	COC	mp

F45-54 (11) 2.5 km 10 m 16 C			
1	Andree Powers	FWOC	17:02
2	Barb Campbell	GHO	17:55
3	Valerie Meyer	QOC	19:01
4	Paula Whipple	ORCA	19:10
5	Angela Pearson	EEOC	19:44
6	Barbara C. Scheck	YOA	19:56
7	Sandy Fillebrown	DVOA	20:06
8	Nancy Koehler	UNO	23:02
9	Trudy Deumer	GHO	26:53
10	Terri Kitowski	GHO	31:02

F55-64 (5) 2.5 km 10 m 16 C			
1	Christin Lundgren	FWOC	17:05
2	Ardis Dull	COC	22:29
3	Ilona Dobos	GGO	23:40
	Trina Cleary	3ROK	mp

F65-74 (2) 2.5 km 10 m 16 C			
	Betsy Hawes	HVO	mp
	Lynette Walker	WCOC	mp

open2 (3) 2.5 km 10 m 16 C			
1	Philippa Mcneil	YOA	19:25
2	Tamara Renz	SWI	28:43
3	Edward Moore	QOC	42:33

NAOC MIDDLE RESULTS

M12 (2) 1.6 km 25 m 9 C			
1	Tiivo Ruutopold	KOC	28:56
2	Ian Kemp	TOC	33:12

M13-14 (11) 1.8 km 30 m 7 C			
1	Andrey Koptelov	Ramb	15:52
2	Jeremy Leblanc	FOC	17:19
3	Alexander Bergstrom	OOC	18:15
4	Anton Pravdin	GGO	19:24
5	Alex Teutsch	OOC	20:17
6	Ben Parson	NEOC	20:31
7	Andrei Calinescu	WSOC	25:35
8	Graham Harrison	QOC	30:19
10	Joshua De St. Croix	CN	35:20
11	Adam Welsh	QOC	45:26

M15-16 (6) 2.8 km 40 m 8 C			
1	Damian Konotopetz	CdB	27:39

2	Haden Yonce	QOC	29:53
3	Tanner Harrison	QOC	35:52
4	John Warren	QOC	40:27
5	Joshua Timmons	QOC	42:29
	Scott Prichard	QOC	dnf

M17-19 (20) 3.6 km 50 m 13 C			
1	Olof Sandgren	TOC	23:56
2	Robbie Anderson	OOC	28:46
3	Robert Louis Paddock	NTOA	31:36
4	Ben Phelan	FOC	37:04
5	James Sheldon	UGOC	38:00
6	Graham Ereaux	FOC	42:26
7	Andy Strat	QOC	46:04
8	Fraser Ross	FOC	46:42
9	Dylan Thies	HOC	47:29
10	Serghei Logvin	GHO	50:50
11	Thomas Graupner	CdB	52:54

12	Jeffrey Teutsch	OOC	55:14
13	Neal Trump	USMA	56:08
14	Eric Kemp	OOC	58:16
15	Matthew Hryciuk	EOOC	1:01:29
16	Justin Lane	QOC	1:06:22
17	Alexander Gebhard	Ital	1:09:47
18	Erick Thompson	QOC	1:17:24
19	Michael Helm	QOC	1:21:24

M20-34 (71) 4.5 km 65 m 17 C

1	John Fredrickson	HVO	29:33
2	William Hawkins	CSU	30:26
3	Brian May	SAGE	31:28
4	Wil Smith	FOC	32:18
5	Magnus Johansson	GVOC	33:01
6	Mike Smith	FOC	33:43
7	Gregory Balter	DVOA	34:20
8	Nick Duca	WSOC	34:53
9	Erin Schirm	HVO	34:55
10	Ken Walker Jr	CSU	35:35
11	Sergey Velichko	CTOC	35:52
12	Eric Bone	COC	36:17
13	Scott Foubister	SAGE	36:29
14	Brendan Shields	CSU	36:44
15	Leif Anderson	SAMM	36:50
16	Ross Smith	CSU	37:35
17	Igor Palagnuk	UKR	37:46
18	Ed White	Utah	38:07
19	Clem Mcgrath	DVOA	38:34
20	Wyatt Riley	DVOA	39:12
21	Ted De St. Croix	GVOC	39:30
22	Eddie Bergeron	SVO	40:02
23	Andrew Komm	USMA	40:17
24	Christiaan Piller	VICO	40:24
25	Joe Brautigam	WCOC	40:42
25	Mark Innes	GGO	40:42
27	Peter Gagarin	CSU	41:02
28	Ross Burnett	YOA	41:42
29	Kristaps Tamuzs	NEOC	42:01
31	Randy Hall	DVOA	42:14
32	Margus Hallik	OOC	43:18
33	Hans Fransson	GHO	47:41
34	Jon Torrance	OOC	48:25
35	Tim Grant	GHO	48:35
36	Mikkel Conradi	CSU	49:28
37	Thomas Carr	NTOA	50:23
38	Darius Konotopetz	CdB	51:38
39	Zach Taron	USMA	51:57
40	Michael Lucente	GGO	53:16
41	Mark Gregson	FWOC	53:28
42	Jim Baker	FWOC	54:22
43	Brent Langbakk	YOA	54:40
44	Thomas Nipen	GVOC	56:28
45	David Ross	FOC	59:20
46	Steven Graupner	CdB	59:52

47	Laszlo Orosz	GGO	1:01:01
48	John Knight	USMA	1:02:48
49	Michal Kopanicak	SVK	1:06:37
50	Patrick Goeres	CdB	1:08:12
51	Jeremy Colgan	HVO	1:10:28
52	Alex Creamer	Ramb	1:11:24
53	Matthew Sherburne	USMA	1:20:34
54	Todd Nowack	VICO	1:23:55
55	Roger Macleod	VICO	1:30:32
56	Jake Cook	USMA	1:30:36
57	Kristoffer Nielsen	UNO	1:32:24
58	Bradley Hutchison	USMA	1:37:17
59	Angus Forsyth	VICO	1:39:59
60	Aaron Fairman	USMA	1:43:52
61	Martin Schmoll	EOOC	1:50:19
62	Viktor Nikolenko	CAOC	1:50:47
63	Benjamin Bruder	USMA	1:53:57
64	Kyle Stilwell	USMA	2:03:53
65	Chris Beckwith	USMA	2:18:03
	Adrian Zissos	FWOC	mp
	Nevin French	GHO	mp
	Ben Scrivner	USMA	mp

M35-44 (29) 3.6 km 50 m 13 C

1	Eugene Mlynczyk	UKR	32:33
2	Alan Young	HVO	33:38
3	Michael Eglinski	OK	33:59
4	Andrei Logvin	GHO	35:27
5	Sergiy Gnatiouk	HVO	36:27
6	Ognyan Dimitrov	TOC	38:47
7	Beat Renz	SWI	39:54
8	Benoit Letourneau	OOC	42:02
9	Randy Kemp	OOC	46:16
10	Jeffrey J Watson	ORCA	47:12
11	Jonas Wolff	FIN	48:03
12	Sevastian Irimie	GGO	50:26
13	Giles Malet	GGO	51:35
14	David Bondy	TOC	51:39
15	Tim Seddon	TOC	51:58
16	Csaba Tisztarto	HVO	52:27
17	Tiberiu Cioci	GGO	53:27
18	Edward James	AVOC	55:17
19	Matthew Robbins	OCIN	55:22
20	Michael Lyons	ROC	56:54
21	Nick Preda	GGO	59:01
22	Joseph Sackett	CAOC	1:01:47
23	Chris Sigvaldason	EOOC	1:08:11
24	Carl Muench	QOC	1:14:13
25	Raymond Chung	TOC	1:15:41
26	Serge Ouellette	FOC	1:22:11
27	Scott Drumm	CROC	1:49:58

M45-54 (44) 3.6 km 50 m 12 C

1	James Tasker	EOOC	28:45
2	Alar Ruutopold	KOC	34:29

3	Nadim Ahmed	QOC	38:17	13	Geraint Edmunds	EIOC	52:36
4	Gyorgy Nagy	GGO	38:54	14	Harold Mcquade	FOC	54:37
4	J-J Cote	RMOC	38:54	15	David Baldock	GHO	57:50
6	Stefan Bergstrom	OOC	43:01	16	Clark Maxfield	CAOC	59:47
7	Jp Ingebrigtsen	RMOC	45:13	17	Bert Waslander	OOC	1:00:33
8	Charlie Shahbazian	CAOC	46:50	18	Richard Guttormson	OOC	1:13:17
9	Glen Tryson	EMPO	47:32	19	Tom Hamblin	TOC	1:22:16
10	Nick De St. Croix	CN	48:08	20	Michael Keating	SMOC	1:31:02
11	Stephen Richardson	WCOC	48:40	21	Hugh Connolly	TOC	1:55:02
12	Donald Ross	TOC	51:01		Rob Wilkison	DVOA	dns
13	Stanislav Rachitskiy	NEOC	51:05				
14	Michael Minium	OCIN	51:44	M65-74 (7)	3.3 km 45 m 10 C		
15	Tim Parson	NEOC	52:04	1	Tony Federer	UNO	40:03
16	Don Bayly	FWOC	53:09	2	Einar Viddal	EIOC	40:15
17	Mark Voit	SVO	53:32	3	Alex Kerr	GVOC	54:20
18	Jim Eagleton	DVOA	57:01	4	George Hawes	HVO	58:27
19	Dave Graupner	CdB	58:45	5	Jack Lee	GHO	1:01:17
20	Mitch Collinsworth	ROC	1:00:03	6	Paul Rietzschel	Vik	1:15:43
21	Ray Kitowski	GHO	1:01:42	7	Dick James	HH	1:42:56
22	Tom Strat	QOC	1:02:07				
23	Phil Bricker	NEOC	1:02:17	M75+ (3)	3.3 km 45 m 10 C		
24	Don Riddle	SZOC	1:02:18	1	Michael Macconail	OOC	1:06:41
25	Ralph Lindzon	TOC	1:04:34	2	John Charlow	Ramb	1:09:17
26	Steve Hughes	NEOC	1:05:00	3	Richard De St. Croix	OOC	1:46:07
27	Guy Olsen	HVO	1:08:20				
28	Desmond Mott	GVOC	1:08:25	F12 (8)	1.6 km 25 m 9 C		
29	Oleg Koptelov	Ramb	1:12:08	1	Aanika Ruutopold	KOC	14:50
30	Ove Albinsson	GVOC	1:12:32	2	Evalin Brautigam	WCOC	18:04
31	Victor Klassen	ROC	1:12:45	3	Fiona Adams	GHO	21:30
32	Fraser Macdonald	SAR	1:13:15	4	Laura Teutsch	OOC	23:09
33	Vladimir Kopanicak	SVK	1:21:35	5	Masha Velichko	CTOC	24:41
34	Jerry Bakker	TOC	1:23:01	6	Emma Waddington	GHO	25:15
35	Rick Worner	ROC	1:24:10	7	Meg Parson	NEOC	25:40
36	Andrew Cornett	OOC	1:32:39	8	Nicole De St. Croix	CN	27:16
37	Ian Sidders	GHO	1:32:45				
38	Keith Sanger	CN	2:31:03	F13-14 (2)	1.8 km 30 m 7 C		
	Eric Teutsch	OOC	mp	1	Danika Ouellette	FOC	29:25
	Glenn Birnie	GHO	dnf	2	Dahria Beatty	YOA	38:11
	Robert Charles Paddock	NTOA	dnf				
	Kevin Mielock	CN	dnf	F15-16 (4)	2.8 km 40 m 8 C		
	Andy Grupp	BFLO	dnf	1	Molly Kemp	OOC	39:17
				2	Emily Ross	FOC	44:08
M55-64 (22)	3.4 km 55 m 11 C			3	Polina Koptelova	Ramb	1:42:10
1	Gord Hunter	OOC	32:52	4	Sylvia Klassen	ROC	1:50:04
2	Doug Dowell	EIOC	35:13				
3	Walter Siegenthaler	COK	36:23	F17-19 (1)	3.4 km 55 m 11 C		
4	Bill Anderson	OOC	36:54	1	Michelle Alderson	USMA	1:04:03
5	Bob Lux	UNO	38:05				
6	George Walker	WCOC	38:58	F20-34 (28)	3.6 km 50 m 13 C		
7	David Cady	BFLO	41:03	1	Katarina Smith	FOC	31:28
8	Bob Bullions	HVO	42:26	2	Pavlina Brautigam	WCOC	32:45
9	Rick Armstrong	SLOC	44:01	3	Angelica Riley	DVOA	38:26
10	Donald Davis	QOC	46:57	4	Pam James	YOA	41:05
11	Larry Konotopetz	CdB	47:28	5	Chelsea Cunningham	USMA	45:14
12	John Rance	GVOC	47:58	6	Samantha Saeger	NEOC	45:52

7	Cherie Revells	OOC	46:19
8	Andrea Balakova	GVOC	46:24
9	Erin Nielsen	UNO	47:40
10	Marie-catherine Bruno	SAGE	48:23
11	Heather Smith	FOC	49:54
12	Charlotte Macnaughton	FWOC	51:06
13	Louise Oram	GVOC	51:59
14	Emily Kemp	OOC	52:29
15	Val Duca	WSOC	52:39
16	Sarah Klaben	USMA	53:01
17	Victoria Smith	FOC	55:11
18	Meghan Rance	GVOC	56:26
19	Käti Kangro-Hallik	OOC	56:31
20	Carol Ross	FOC	58:02
21	Cristina Luis	NTOA	1:01:46
22	Lindsay Worner	ROC	1:06:43
23	Natasha Ouellette	FOC	1:07:46
24	Amanda Edmunds	OOC	1:08:42
25	Jennie Anderson	OOC	1:28:06
26	Laura Kitowski	GHO	2:45:48
	Vicky Whaley	Foxes	mp
	Justine Scheck	YOA	dnf

F35-44 (13) 3.6 km 50 m 12 C

1	Nina Wallace	GHO	50:35
2	Julia Cioban	GGO	50:55
3	Kris Beecroft	QOC	50:57
4	Elena Logvina	GHO	1:08:14
5	Marianna Weber	GHO	1:14:17
6	Brigitta Ouellette	FOC	1:21:12
7	Megan Donahue	SVO	1:33:08
8	Gail Richardson	WCOC	2:24:15
	Mairead Young	HVO	mp
	Lisa Carr	NTOA	dnf
	Rosemary Macdonald	SAR	dnf
	Mary Jones	OK	dnf
	Eva Ruutopold	KOC	dnf

F45-54 (19) 3.4 km 55 m 11 C

1	Peggy Dickison	OK	46:31
2	Sandy Fillebrown	DVOA	46:39
3	Barb Campbell	GHO	47:44
4	Angela Pearson	EOOC	52:13
5	Laurie Collinsworth	ROC	52:40
6	Barbara C. Scheck	YOA	53:57
7	Andree Powers	FWOC	54:30
8	Linda Kohn	ROC	56:19
9	Anne Teutsch	OOC	56:20
10	Paula Whipple	ORCA	1:14:39
11	Nancy Koehler	UNO	1:15:12
12	Vicki Bondy	TOC	1:20:03
13	Maureen De St. Croix	GVOC	1:30:05
14	Laura Querengesser	EOOC	1:38:31
15	Terri Kitowski	GHO	1:54:39
16	Trudy Deumer	GHO	1:57:16
17	Barbara Ross	FOC	2:13:53

18	Sue Klassen	ROC	2:24:18
	Valerie Meyer	QOC	dnf

F55-64 (14) 3.3 km 45 m 10 C

1	Gail Gagarin	CSU	55:41
2	Christin Lundgren	FWOC	58:12
3	Ardis Dull	COC	1:00:17
4	Gloria Rankin	OOC	1:05:44
5	Ilona Dobos	GGO	1:08:38
6	Joan Bernard	SAGE	1:24:26
7	Sue Waddington	GHO	1:32:51
8	Lorna Guttormson	OOC	1:33:58
9	Marilyn Edmunds	EOOC	1:34:34
10	Jean Wessel	GHO	1:49:17
11	Caroline Phillips	LGO	1:57:54
12	Odile Waslander	OOC	2:25:59
13	Svatka Hermanek	TOC	2:38:04
	Trina Cleary	3ROK	dnf

F65-74 (7) 3.3 km 45 m 10 C

1	Lynette Walker	WCOC	57:50
2	Marit Davis	QOC	1:10:40
3	Suzanne Federer	UNO	1:12:53
4	Betsy Hawes	HVO	1:39:50
5	Beth Lux	UNO	1:42:02
6	Gwenn French	GHO	1:48:51
7	Margaret James	HH	1:59:40

F75+ (2) 3.3 km 45 m 10 C

1	Gloria Charlow	Ramb	1:12:22
2	Patricia De St. Croix	OOC	1:16:23

open2 (2) 1.8 km 30 m 7 C

1	Pat Graupner	CdB	45:43
2	Tamara Renz	SWI	50:15

open3 (3) 2.8 km 40 m 8 C

1	Roy Boerschke	OOC	1:38:49
2	Edward Moore	QOC	1:48:04
3	Brenda Jones	CN	1:50:32

open4 (15) 3.3 km 45 m 10 C

1	Philippa McNeil	YOA	46:58
2	Cathy Bakker	OOC	1:02:36
3	Alex Reiter	USMA	1:04:52
4	Ruben Veliz	USMA	1:10:37
5	Shawn Soviak	USMA	1:16:42
6	Nick Fuhriman	USMA	1:19:28
7	Daniel Keyser	USMA	1:19:46
8	Paul Caston	USMA	1:21:18
9	Eric Flowers	USMA	1:36:52
10	Nick Lewis-Walls	USMA	1:40:49
11	Zack March	USMA	2:02:51
12	Josh Wiley	USMA	2:27:38
13	Matt Scrivner	USMA	2:50:32
14	Heidi Miller	USMA	3:22:54

2006 WORLD ORIENTEERING CHAMPIONSHIPS

AARBUS, DENMARK

This was the second WOC hosted by, the first being 1974 in nearby Viborg. The Aarhus, Viborg, Silkeborg region has superb orienteering terrain: rich in contour detail, small hills, knolls, re-entrants, depression, many paths and trails.

Canadian Team

Women: Marie Catherine Bruno, Sandy Hott Johansen, Pam James, Charlotte MacNaughton, Louise Oram, Justine Scheck, Heather Smith.

Men: Patrick Goeres, Brent Langbakk, Mike Smith, Wil Smith, Jon Torrance, Mike Waddington.

Team Leader: Adrian Zissos

This was the first senior WOC for Justine, Heather and Patrick. Prior to the WOC Justine competed in the Junior WOC in Lithuania while after the WOC, Patrick traveled to Slovakia to compete in the World University Orienteering Championships.

For strong nations the WOC is a forum to demonstrate their superiority and claim Number 1 status. For less developed nations the WOC provides opportunities to compare progress against those of similar circumstances. Whereas Norwegian, Swedish, Finnish, and Swiss teams want to win more medals than the others; goals for athletes from smaller nations is to qualify for the Finals.

WOC Program

3 Individual events: Sprint, Middle, Long and Relays (teams of three)

Qualification races are held for the Individual events with the top 15 in each of 3 heats qualifying for the Final.

Event 1 - Sprint

The Sprint was introduced to the WOC program in 2003 to provide spectators and the media opportunities to view high speed competition in open friendly accessible arenas. Close competitions were envisioned and the WOC 2006 finals certainly provided this. Sprint Qualifications and Finals were on the same day.

Sprint- Qualification

Men: 38 runners in each heat

Heat 1 – Patrick Goeres (26th - 18:05.1); Heat 2 – Mike Smith (25th – 17:42.9);

Heat 3 – Mike Waddington (29th – 18:57.4)

Women: 31 runners in each heat

Heat 1 – Louise Oram (13th – 17:07.1); Heat 2 – Charlotte MacNaughton (29th – 21:46.6); Heat 3 – Sandy Hott Johansen (29th – 22:52.4)

Louise Oram Qualified for the Final. USA team members, Hilary and Samantha Saeger also qualified for the Final.

Sprint Final – Women

Hanny Allston wins first ever gold for Australia

20 year old, Hanny Allston upset odds-on favourite, Simone Niggli-Luder by a slim margin of 5.8. Allston burst onto the international scene in 2005 with a 3rd place in JWOC Middle distance followed by 6th in the WOC Long. The Australian OF predicted a WOC podium position within 3-4 years – she beat the forecast by 3 years. Prior to the WOC she competed in JWOC winning the Long distance.

1	Hanny Allston	Australia	13:13.3
2	Simone Niggli-Luder	Switzerland	13:19.1
3	Kajsa Nilsson	Sweden	13:24.3
29	Samantha Saeger	USA	15:53.5
36	Louise Oram	Canada	16:32.3
42	Hilary Saeger	USA	18:55.3

Congratulations to Louise on making her 1st WOC Final.

Sprint Final - Men

Defending Champion, Emil Wingstedt wins in Squeaker

Predictions were for Wingstedt to successfully defend the title won in Japan. He did win, but only by the skin of his teeth – 1 second over runner-up, and 1.7 ahead of 3rd place.

1	Emil Wingstedt	Sweden	13:35.3
2	Daniel Hubman	Switzerland	13:36.3
3	Claus Bloch I	Denmark	13:37.0

Event 2 – Long Distance.

Men: 3 heats of 38 runners

Heat 1 – Patrick Goeres (34th – 89:13.70); Heat 2 – Jon Torrance (30th – 88:17.50); Heat 3 – Brent Langbakk (26th – 79:25.20)

Women: 3 heats of 32 runners

Heat 1 – Charlotte MacNaughton (30th - 81:43.00); Heat 2 – Justine Scheck (28th – 82:02.50); Heat 3 – Louise Oram (18th – 80:57).

Long Distance Final – Women

Swiss Gold Express back on Track

After settling for silver in the Sprint the Swiss Super-Star returned to her winning ways. This one was not easy win and came only after a back and forth battle with Marianne Andersen – the winning margin was less than 30 seconds with third place finisher, Dana Brozkova almost 3 minutes behind.

1 Simone Niggli-Luders	Switzerland	1:19:50.4
2 Marianne Andersen	Norway	1:20:16.1
3 Dana Brozkova	Czech Rep	1:22:42.4

Long Distance Final – Men

Superb Run Earns Victory for Jani Lakanen

A review of the Split Times show Lakanen taking the lead mid way through the race and maintaining it to the Finish – a great demonstration of consistency and focus. Other runners were faster on some legs but then dropped on the next whereas Lakanen just kept churning along. Defending champion, Andrey Khramov, put up a valiant effort to retain his title but lost time on two controls and was unable to get it back.

1 Jani Lakanen	Finland	1:45:01.0
2 Marc Lauenstein	Switzerland	1:46:10.5
3 Andrey Khramov	Russia	1:46:41.2

Event 3 – Middle Distance

Men: 38 runners in each heat

Heat 1 – Mike Waddington (31st – 38:27.6); Heat 2 – Mike Smith (17th – 32:35.6); Heat 3 – Wil Smith (28th – 35:52.7)

Women: 32 runners in each heat

Heat 1 – Pam James (24th – 44:44.4); Heat 2 – Sandy Hott Johansen (17th – 36:24.7); Heat 3 – Heather Smith (26th – 43:01.0)

Mike Smith missed qualifying by 1.13 and Sandy Hott Johansen by .47.9

Middle Distance Final – Women

Repeat Performances by Niggli-Luders and Andersen

Niggli-Luders captured yet another WOC title while Andersen won her second silver of the championships. Trailing by .19 at the 2nd control, Andersen fought back and led by .3 at control 19. Niggli-Luders gained 17 seconds on the next leg and maintained the advantage on the last two controls to win a very exciting race. Third place finisher, Tanja Riabkina was over 2 minutes back – a huge margin in this event.

1 Simone Niggli-Luders	Switzerland	33:58.1
2 Marianne Andersen	Norway	34:20.5
3 Tanja Riabkina	Russia	36:13.9

Niggli-Luders and Andersen were head and shoulders above the others in the Long and Middle Distance events. With Niggli-Luders in her late twenties, Andersen twenty one and Allston just turned twenty we can expect many more exciting races from this trio in upcoming WOCs.

Middle Final – Men

Holger Hott Johansen Strikes Gold

Congratulations to Holger on winning his first WOC Individual gold medal – one he can place alongside previously won: WOC Relay gold, two WOC Long bronze and World Cup Champion title. Holger was disappointed with his performance in the Long and considered passing up the Middle (he does not consider it his best event.) He will probably have a nightmare every time he thinks that such a decision would have cost him a world title.

This was an extremely tight race throughout with the three medal winners separated by only 10.6 seconds. Defending champion, Thierry Gueorgiou, failed in his bid to win a 4th consecutive title in this event.

Valentin Novikov (Russia) had a mental melt down while leading by a minute and only a few minutes from the Finish. Not only did he not win the gold medal that seemed probable but finished 5th and out of the medals. Novikov also led for a long time in the Long event before making a couple of mistakes and eventually finishing 19th. He was in position to win 2 medals and ended up with nothing but bad memories.

1	Holger Hott Johansen	Norway	35:49.4
2	Jarkko Huovila	Finland	35:58.3
3	Jamie Stevenson	Great Britain	36:00.0

Event 4 – Relays

Relay Gold to Russia and Finland

In many ways the Relays are the most eagerly awaited event. Relay teams demonstrate the talent depth of nations and provide winners to declare “We’re Number 1”.

Teams run the same legs but in different combinations. Course planners perform a remarkable job in keeping the combinations close of one another and maintain excitement throughout the race. The strong nations are always favoured and trying to beat one another while the goals for smaller nations is to beat their closest rival nations.

Men: 38 teams of 3 runners

Positions at the end of Leg 2:

1	Russia	86:46
2	Switzerland	87:05
3	Finland	88:30
4	Sweden	89:34

Valentin Novikov was the anchor runner for Russia and remembering his major errors in the Middle and Long, there must have been some anxious thoughts in the Russian camp. No such problems this time. Novikov was fastest of all last leg runners and romped home with a comfortable 4 minute lead. On this day the “blow –up” came from the Swiss last runner. He lost over 7 minutes to Novikov and 4 and 5 minutes to the Finnish and Swedish last runners.

Final Placings

1	Russia	2:11:41
2	Finland	2:15:44
3	Sweden	2:18:22
4	Switzerland	2:19:25
26	Canada	2:58:22
28	USA	3:01:49

Canadian team members: Mike Smith, Wil Smith, Patrick Goeres

Women: 28 teams of 3 runners

Positions at the end of Leg 2

1	Sweden	86:39
2	Finland	89:14
3	Switzerland	89:57

With former World champion, Karolina Hojsgaard running the anchor leg for Sweden and a 2 minute 35 second lead the gold medal seemed destined for Sweden. Not so, Hojsgaard lost almost 4 minutes and Finland took first place by just over 1 minute, with Sweden 2nd and Switzerland 3rd

By far the most exciting run of the race, perhaps of the WOC, was the amazing final leg by Hanny Allston. With a blistering run of 48:10 she moved the Australian team from 9th to 4th – a Best Ever position for a Non-European team. Only two women, Allston and Dana Brozkova (Czech Rep – 49:10) broke 50 minutes for the final leg.

Final Placings

1	Finland	2:21:05
2	Sweden	2:22:16
3	Switzerland	2:22:55
17	USA	3:00:14
24	Canada	3:08:47

Canadian team members: Sandy Hott Johansen; Louise Oram, Pam James

Split times – for all events are available from the WOC website: www.woc2006.dk

WOC 2007 – Kiev, Ukraine, August 18 - 26

PROFILES OF WOC CHAMPIONS

By Erik Borg, Re-printed from IOF O-zine, Sept. 2006

SPRINT CHAMPION

HANNY ALLSTON (AUSTRALIA)

Hanny Allston - Orienteering is like Painting

Hanny Allston started orienteering at the age of 15. This year, 20-year-old Hanny became a World Champion at both senior and junior levels.

The Australian girl broke Simone Niggli's run of victories in Sprint at this year's WOC. The Swiss star had won the Sprint three times in succession. Simone was 5.8 seconds too slow to make it four times in a row.

Earlier in the summer, Hanny won the Long Distance crown at the Junior World Championships with a margin of almost 5 minutes, and was second in the Sprint. That was her summer's objective achieved, but it was in Denmark where she reached new heights. After the gold at Sprint, she showed her class in the Relay by bringing Australia up to 4th place with the fastest leg time overall.

She learnt quickly

"When I began orienteering as a 15 year old I wasn't very good overall. It was frustrating with all the mistakes I was making, and I asked several leaders and coaches what I could do to run better. The answer was to focus on the compass and to look around and analyse the terrain", says Hanny.

She first ran in the senior WOC in 2004 and particularly in the relay. Only 18, she was right behind the pack at the first change-over. She spent 3 months in Goteborg that year, between the junior and senior world championships. This year she was in Europe from 2 weeks before JWOC until the senior WOC, plus a short visit earlier in the year. Compared with the vast majority of her rivals, she had seen very little of the type of terrain beforehand.

Concentration

When Hanny trains and runs an orienteering race she is 100% concentrated on completing it. When she was staying in Sweden she noticed that not everyone was equally concentrated when out in the forest.

"Over the course of a year, a major part of my training is running training. Two-thirds of the orienteering related

training is in the form of preparation in advance of a World Championships", she says.

"The principles for orienteering are always the same. You get the map at the start, begin rather cautiously and then find the controls. Orienteering can be likened to painting. To make a picture you have to have all the colours available, but it's not certain that you need all of them when you are painting. In an orienteering race it is likewise not certain that you need to use all your knowledge, but what is important is to be concentrated", says Hanny.

MIDDLE DISTANCE CHAMPION

HOLGER HOTT JOHANSEN

Holger Hott Johansen has slowly worked his way towards the top in the forest. He has never given up, but the day before the WOC Middle Distance final he was close to doing so.

The day before his big day in Denmark, Holger told the Norwegian national team coach, Jarle Ausland that if it had been a qualification race instead of the final, he would have let someone else in the team take his place. He felt overall quite out of form, and the previous day he had suffered badly with cramp during the Long Distance race. He didn't at all appear able to "go for gold" but then he managed, somehow, to get himself into the right frame of mind.

- *My shoulders had slumped after the Long Distance final. I felt I should simply run sensibly and see what it led to, says Holger.*

Many homes

The 32-year-old Norwegian is from Trompya near Arendal. He was educated as a civil engineer in Stockholm, has been in Oslo, has lived in the northern part of Norway while his wife, Sandy Hott Johanaen worked there as a doctor, until he and his wife settled in Kristiansand in the southernmost part of Norway.

Holger won silver at the Junior World Championships in 1994, but it took some years before he reached the top as a senior, in contrast for example to Jorgen Rostrup who comes from almost the same place in Sorland. Rostrup won a WOC gold as a 20-year-old; Holger was 12 years older.

SWISS ORIENTEERING **WEEK 2006!**

New ideas

After being a promising runner for a long time, there was a break-through when he joined the Oslo club, Baekkelaget in 1999.

- *Baekkelaget's coach Erik Ostli showed great confidence in me. This meant a great deal to me. Also, the performance level was very high in Baekkelaget. Both Jorgern Rostrup and Bjornar Valstad became world champions in the year I joined. I decided I would do what was necessary to get to the top myself, he says.*

How long do you see your orienteering career continuing?

- *In the past I have just looked forward from one year to the next. Now, I am thinking forward to WOC in Trondheim in 2010. Bjornar Valstad won his first gold medal when he was 32, the same as me., He won his last gold medal when he was 37, says Holger.*

Mentally strong

How did you come to be the winner?

I can cope with pressure: I have demonstrated that in the past. I have run in championships for many years. In pressure situations I can compete with the best in the world. I have created a good platform through strong performances and good training. Then also, heavy ground suits me. All the 'alternative training' has meant that I couldn't run at full speed in easy terrain with a firm surface, says Holger.

He felt that it was heavy going when he was running through marshes and areas where the heather came up to his knees, but he reminded himself that it was just as heavy going for everyone else.

After an hour's wait it became clear that he had won. Then came the tears, and he and his wife Sandy clung to each other crying with pleasure.

- *I have dreamt about winning an individual senior world championships gold medal ever since I won silver as a junior in 1994", he says*

Ever since the 2005 Masters Games in Edmonton, Gloria and I had been looking forward to returning to Europe to visit old friends and to participate in the World Masters O Championships in Austria. We had also gathered brochures for other events on the 2006 summer O-event calendar. The most interesting and highly recommended meet was the Swiss 6-Day in Zermatt - the Swiss Orienteering Week. So I registered early, found an attractive and not too expensive hotel, figured out the travel arrangements from Vienna, and dreamed of six days of hilly runs through manicured forests. As the time to leave for the trip grew closer, I frequently returned to the SOW 2006 web site to read the bulletins that were being updated every month. New information, like preparing for and treating altitude sickness, the availability of downhill ski equipment, and the shortened course lengths due to the difficult alpine terrain caught my attention. An extraordinary event was about to unfold. As it turned out, it was extraordinary, charming, and unforgettable!

The historic mini-city of Zermatt is at the bottom of a steep valley with the majestic Matterhorn looking down from the south. It is one of the most popular tourist destinations in Switzerland and renowned for its downhill skiing. Motorized vehicles are prohibited so most visitors take the train from another Swiss city and then use foot power (along with the network of cog trains, cable cars, gondolas, etc.) to move around the town and up and down the mountains. Our hotel was 103 years old and managed by the third generation of a Swiss family who did not seem at all fazed by 5000 orienteers suddenly arriving in their town. A busy weekend in the winter can bring 20,000 skiers!

Day 1 - Gornergrat - The Heavenly Day

Only a short walk from our hotel, the Gornergrat railway takes tourists and orienteers up the east side of the valley to a mountain top chalet at 3100 metres where you can take gondolas slung between the peaks to view the magnificent glaciers flowing towards the Zermatt valley (but actually receding). The start was just below the chalet and there were definitely no manicured forests to run through. We were far above the tree line, overlooking glaciers to the east, the Matterhorn to the south, and 500 metres of steep rocky terrain down to the finish area at the mid-

mountain railway station where we had dropped off our backpacks.

My first control was a tiny cliff in an extensive field of flat, sometimes wobbly, boulders on a steep hillside at the same altitude as the start. There was a road option higher up but I decided to check out the direct route. It was slow going as I threaded my way through the scree, trying to stay in touch with the incredibly detailed terrain. As I closed in on the control, a chorus of “44?”, “44?” rang through the mountain air. There were about 10 others looking for the same control, and heads were bobbing up and around every boulder and knoll looking for #44. Call it orienteering by “sonar”. I never heard an “over here” but another head bobbed up about 15m below me with a satisfied look on its face so down I went.

The rest of my course twisted downward to the finish through gradually easier terrain towards the station at Riffelberg. My quads were burning and my lungs were aching as I stumbled up the finish chute. Not altitude sickness, just out-of-shape old fart syndrome. Thank goodness they decided to shorten the course lengths. I collapsed by the Canada parasol that Olaf Nipen had brought all the way from Norway and wondered what the organizers had planned for the rest of the week.

Day 2 - Gruensee - The Charming Day

Another ride on the Gronergrat train took us to the Riffelalp station about 500m below the previous day’s finish area in a thin forest of pines just below the tree line. Camping again by the Canada parasol, waiting for our start time, we watched the cog train wind its way up to the summit and waved to the para-sailers who soared above the finish area. The steep walk to the start area was a fitting prelude to the courses waiting for us. My course was just over 3 km and the total climb was 240m including one 800m leg that climbed 120m. Thank goodness there were a few trees to lean on when I paused (many times) to catch my breath.

At the top of the big climb, in an open meadow, hundreds of orienteers from every direction converged at a tunnel under the railway and then fanned out again on the final downward slope towards the last controls. I stopped to drink and watched where the other old farts were heading, double-checked the direction of the Matterhorn, and then stumbled down the mountain to the finish line at the railway station.

Day 3 - Trockener Steg - The Icy Day

After two long, steep gondola rides from the south end of town, we stepped out at the bottom of the Trockener glacier where downhill skiing is available all year. We were perched on a treeless rocky ridge with the Matterhorn close by, the glacier looming above us, and a steep decent back toward town. Where would the orienteering take us?

From the start, my course dropped steeply down a gravel-bed winter ski run and then back up a creek towards the glacier. My fourth control was a small boulder that had just been “dropped-off” by the receding glacier. I touched the ice for good luck and then ran across the fast, flat, but sometimes muddy moraine to my next control at the edge of an icy lake. It was surreal. From that flat plateau, I could see for miles in any direction. So far the navigation was easy and a fresh wind swept down from the glacier to keep me cool (and running) under the midday sun. By the eighth control, however, I descended to more detailed alpine terrain with many overlapping rock faces. By then my tired brain was steering my tired legs in strange directions. I made a big parallel error, but somehow I managed to keep jogging up the last hill to the finish. Unforgettable!

Rest Day - No Way!

Too much to see and do. Only a long, hilly, hike was out of the question. So we took the gondola system up to the top of the Trockener glacier. The stand-up cable car ride to the summit was really steep. Vertigo started to creep into my thoughts so I grabbed a ceiling strap and stared at the faces of the skiers and snow boarders riding with us. I was really glad to make it to solid earth - er, ice.

Feeling the altitude (mostly in my stomach) we slowly hiked across the snowy glacier, meeting up with other orienteers and watching the skiers. We hiked all the way to Italy, checked out the view from that side of the glacier (magnifico!) and headed back to the hotel for some much needed R&R.

Day 4 - Schwarzsee - The Breathtaking Day

The trail to the Matterhorn’s base camp starts at Schwarzsee station and with binoculars we could see the climbers inch their way up the north face of the mountain. We were in for some tough climbing too! The terrain was treeless and not very detailed except for one area with large boulders, small

knolls and steep depressions all covered in moss or long grass. I had four controls in the area and I “found” a half dozen more. I also saw plenty of puzzled looks on competitors faces as they snaked through the mossy tunnels between the boulders. I found my control sites without major errors and then “raced” across an open meadow towards control number 7 only to find the water station near number 8 first. So I verified the direction of the Matterhorn and raced back hoping to find #7 the usual way or maybe hear echos of “83?”, “83?” I missed it again! I have to improve my sonar reception.

The last 1.5 km of my course was a steep climb. All the courses converged onto the same narrow valley trail so, looking up, it reminded me of the Klondike gold rush with a continuous stream of competitors in a single file labouring up the Chilcoot pass. The stream of walking competitors continued right up to the last control. No one was running.

Day 5 - Zermatt - The Tourist Day

For a complete change of pace, we were treated to a long sprint-O through the not-too-hilly streets, alleys, backyards, and foothills of Zermatt. I was lucky to have an early start so navigating around the tourists was not the concern it was later in the day. It was bizarre (but a lot of fun) getting lost in full view of hundreds of other competitors and tourists who must have thought the world had gone mad. The town had many little back streets and alleys to overlook while I rushed around like I knew where I was going.

As it turned out, quite a few people were disqualified for running out of bounds. I had a good run and was feeling pretty smug until I looked closely at my route choices. I had turned into a narrow alley from the wrong end (I had missed the control, ok) and crossed a tiny out of bounds area. Oops!

I returned to the hotel patio for a coffee and to watch the late-starting runners punch in at the control at the corner of the building. Then I hiked over to the finish line at the Sports Centre to join in the cheering for the runners at the last two controls. What a splendid spectator sport!

Day 6 - Sunnegga - The Delightful Day

The ride to the competition area on the east side of the valley was via a steep subway. After a few minutes riding the long, thin, amphitheatre-like train, we popped out at

the finish line. The start required another gondola ride to the top of the ski runs with a great view of the competition area. Between the gravel and grass ski slopes were hundreds of medium, large, and humongous boulders. What a mapping nightmare! Between the boulders hundreds of colorful figures darted in an out, some looking confused and others looking satisfied.

From watching the runners on course I figured that using the ski slopes and trails instead of always trying to cut though the boulder fields would be the best bet. So I did just that for the first leg and then floundered through the boulders to number 2, then number 5, and finally number 8. When will I ever learn? The finish line was on the edge of an alpine lake where, despite the frigid water, hundreds of us took a dip and then recovered in the warm sunshine. Wunderbar!

Thank-you SOW 2006

Six O-days with perfect weather, flawless organization, great venues, unbelievable terrain, incredible maps. The 30 or so Canadians who took part will never forget the experience. Yes, we are planning our next O-adventure in Europe.

More Photographs

Check out the Swiss 6 day web site photo gallery for more great photos. See how many Canadians (6) you can find. <http://www.sow2006zermatt.ch>

Bill Anderson

MAPPERS REQUIRED IN ALBERTA FOR 2007

Various mapping projects include:

2007 Barebones maps near Canmore
2008 Western Canadian Championships map near Sundre
Club park maps in Calgary and Edmonton

The mappers will be coordinated by the Alberta Orienteering Association

If you are an interested mapper, please enquire with Bill Jarvis at orienteering@shaw.ca

2006 Junior World Championships **Drushkininskai, Lithuania**

Canadian Team

Men: Scott Foubister, Matt Hryciuk, Darius Konotopetz, Benoit Phelan, Dougal Owen

Women: Natasha Ouellette, Carol Ross, Justine Scheck
Team Leaders: Marion Owen, David Ross

JWOC events parallel the senior WOC: with the exception there are no Qualification races for Sprint or Long – every athlete gets to run in the Finals. There are Qualification heats for the Middle with top 20 in each of 3 heats qualifying for the A final, positions 21-40 qualifying for the B final and the remainder qualifying for the C Final.

Robbie Anderson and Sarah Brandeth also attended and competed in associated Open events as did the team leaders.

Men – Long 167 runners

1	Anders Skarholt (NOR)	1:10.41
127	Scott Foubiste	2:03.39
140	Fraser Ross	2:25.32
141	Matt Hryciuk	2:25.44
	Darius Konotopetz	DSQ
	Benoit Phelan	DSQ

Women – Long 125 runners

1	Hanny Allston (AUS)	53:57
78	Carol Ross	1:28.06
109	Justine Scheck	2:05.41
111	Natasha Ouellette	2:12.15

Men – Middle C Final – 51 runners

7	Scott Foubister	27:19
17	Benoit Phelan	35:52
24	Darius Konotopetz	37:08
33	Fraser Ross	45:33
40	Matt Hryciuk	53:52
	Dougal Owen	DSQ

Women – Middle B final – 59 runners

21	Carol Ross	32:19
33	Justine Scheck	36:46
43	Natasha Ouellette	44:47

Men - Sprint - 165 runners

1	Mikael Kristensen (SWE)	11:44.8
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102	Scott Foubister	14:16.7
103	Darius Konotopetz	14:18.7
142	Fraser Ross	16:47.0
144	Benoit Phelan	16:59.2
145	Dougal Owen	17:04.6
	Matt Hryciuk	DSQ

Women – Sprint - 123 runners

1	Ingunn Weltzien (NOR)	10:46.5
2	Hanny Allston (AUS)	10:50.1
94	Carol Ross	14:57.3
110	Justine Scheck	17:27.2
115	Natasha Ouellette	18:18.0

JWOC 2007 is in Australia. Several members of the 2006 team plan on competing.

World University Orienteering **Championships 2006** **Kosice, Slovakia**

In August, Sarah Brandeth and Patrick Goeres represented Canada at the World University Orienteering Championships in Kosice, Slovakia. The WUOC is held every two years and features world class competition in a relaxed, fun atmosphere.

Everyone runs four races in sprint, middle, long, and relay with no qualifiers. Since the WUOC is open to any university student, and many of the world's top orienteers are still students, the level of competition was incredible. Undergrads to PhD students compete together among the likes of Øystein Kvaal Østerbrø and medical student Dana Brozkova. Sarah's best race came in the long coming 62nd and Patrick was 47th in the sprint.

The terrain ranged from hilly continental in the relay to classic rocky karst topography in the long to urban/park in the sprint. Held along with a large spectator race with fantastic maps and terrain, the races had a WOC-feel, but the relaxed atmosphere was great for meeting runners from around the world.

In 2008, Estonia hosts the WUOC and is a great opportunity for runners making the jump from their junior to elite years. Hopefully, Canada will send at least four men and women to form full relay teams to take advantage of this world class event!

Men: - Long 13.9 km

1	Michael Smola	Czech Rep	72:31
2	Matthias Merz	Switzerland	74:36
3	Oystein Kvaal Osterbo	Norway	75:45

Women - Long – 8.5 km

1	Dana Brozkova	Czech Rep	53:22
2	Helen Bridle	GBR	56:58
3	Larisa Stanchenko	Russia	58:17
62	Sarah Brandeth	Canada	89:59

Men – Middle - 6.2 km

1	Simonas Krempta	Lithuania	32:37
2	Philippe Adamski	France	34:26
3	Stig Alvestad	Norway	34:50
75	Patrick Goeres	Canada	51:32

Women 4.6 km

1	Line Hagman	Norway	31:21
2	Larisa Stanchenko	Russia	31:43
3	Maria Rantala	Finland	32:07

Many WUOC athletes also competed in the WOC including several WOC Top 20.

Dana Brozkova	Czech Rep	Long 3
Michael Smola	Czech Rep	Long 4
Christain Ott	Switzerland	Long 7
Simonas Krepsta	Lithuania	Middle 7
Matthias Merz	Switzerland	Middle 13
Maria Rantala	Finland	Middle 15
Oystein Osterbo	Norway	Sprint 19

Others who competed in the WOC include: Helen Bridle, Mhairi MacKenzie, Oli Johnson (GBR), Radka Brozkova (Czech); Rachael Elder, Grace Elson (Australia); Viktoria Brautigam (USA); Klaus Schgaguler (Italy); Philippe Adamski (France); Gernet Kerschbaumer (Austria); Antti Harju (Finland); Patrick Goeres (Canada).

Soccer and orienteering in Germany 2006

As we were preparing our trip to Germany, for the FIFA world cup, we were debating if we should travel to Vienna and take part in the world masters championships. As I was clicking away on the Internet looking for other options I came across 3 meets in our area. The first being the Berlin/ Brandenburg championships, the 2nd Berlin Staffel(relays) and 3 rd Germany's first Rogaine in Oberwiesenthal, Germany's training centre for the national cross country ski team, this being right on the Czech border! Great 3 meets in 4 weeks, plus some hiking in between, all that cheese cake we would be forced to eat by my well meaning family would be burned in no time!

So we showed up for the first meet in Spitzmuhle 40Km east of Berlin for our first meet. I had pre-registered, they lent us some SI for free (common practice over there apparently) and we headed for the start. My dad, Paul, had decided to take the train from Berlin and then bike to the event, about a 15Km ride. Turns out he showed up 10 minutes after the last start because no one believes in road signs and no one had ever heard of an area called Spitzmuhle. So he got misdirected and ended up biking about 50 Km before completing his O run!

Kaley, Danica and Wasana competed in their own age categories. The courses were easy by our standards, they were mostly running courses where you could see the controls before the feature. Mostly flat area with 2.5 M. contours, old plantation with overgrown raspberry and nettles bushes. I am a better orienteerer than runner so I did not do too well that day!

Day 2 was a relay in Muhlenfliess We split our family in 2 teams. Team 1 would be myself, Kaley and Jerry, Team 2 Opa Paul, Danica And Wasana. The latter having a shorter course because of age. We were expecting shorter course a usual for relays. The posted description showed an estimated 3Km for team 1 and 1.8Km for team 2.

A first for us was that the clock started ticking when the mass start gun went off, but the triangle on the map was over 150 meters away from the start line! Another new system was the tagging system. Separate ropes are hung for runner 2 and 3 with team numbers written on the back of the maps. Maps are then hung with clothes pines in chronological order. As you run towards the finish you must drop you map in a big box, pick up your partner's map and hand it to him. A person with a walkie/Talkie stood at the



Kaley handing over to Jerry in Relay

last controls advising someone at the finish, who then calls out the number of the racer soon to come to the awaiting crowd. Simple and effective.

My team came in first. Difficulty level being same as a regular course and distance ended up being between 5.0 to 5.3KM per course apparently was an advantage for us! I personally started to panic when 40 minutes had gone by and I had only completed $\frac{3}{4}$ of the course! I thought I was really slow and started thinking that I would really have to use the “family force feeding excuse!” Finally for a 5.3 KM course I did not bad! The girls and Opa didn’t do so well because Wasana couldn’t find where the triangle on the map/ terrain was. After 15 minutes she walked back to the start and someone speaking English explained it to her. By the time the Rogaine came around July 8th and 9th, Germany was experiencing a heat wave! 28 to 32 degrees C. We had been there for 3 weeks and it had only rained on one afternoon. Wouldn’t you know it the only 2 full days of rain in our month holiday were those of the Rogaine! Again, we split our family in 2 teams. The grizzly bears (we thought we would scare them off with such a corny name!) Germans constantly asking about bears in Canada! Kaley, myself and Lisa Femmer (a friend of Kaley’s who participated in some OOC events as she was studying French in Montreal for one year) We were doing the 12 hours.

Big daddy and hot mammas consisted of Jerry, Danica, Wasana doing the 6 hours. Both teams left at 14:00 hours finishing at 20:00 and 2:00 am. The hot mammas and big Daddy had the most points in the 6hours mixed category. We came in first and last being the only women team on the 12-hour course! This was a tough terrain consisting of deep ravines with rocky streams, plantation forests in the process of being logged. It was safest and easiest to stay on trail as logging created new trails and made for very dense, hard to walkthrough, muddy areas.

The start was on the highest point (1100 meters) meaning downwards at the start and uphill at the end, not a happy prospect!

All and all this was a fun event complete with beer, sausages, soup, rolls and showers at the finish. The sun came out on Sunday for the world cup finals. We chose to watch them in a town nearby: Annaberg/Buchholtz. To our surprise, this small town had a live band tank diving games, of course all the food and beer you want and fireworks! So our holiday consisted of tons of soccer, fun orienteering, lots of hiking, shopping for FIFA items, tons of good food and meeting all sorts of interesting people.

Élisa Rietzschel, Jerry Drouin, Kaley Drouin, Danica Drouin
Wasana Drouin, Opa Paul Rietzschel

MY TOP-TEN (MORE OR LESS) ORIENTEERING MEMORIES FROM 2006

Adrian Zissos

The off-season stinks. Yeah, it's nice to ski, and enjoy some recovery time, and start planning next year's events. But true addicts, like you and me, miss orienteering and would happily do without the off-season if we could. But since we can't, my advice to fellow-addicts is to use the off-season to reflect upon and evaluate last season's performances. One game I enjoy is to simply think about the past season and see which memories stand out.

Here is a collection of my personal highlights from last year's orienteering season. It was a season in which I was fortunate to make several trips to events in Canada and two trips to Europe: a summer trip that included orienteering in Croatia, Switzerland, and serving as Canadian Team leader at the World Champs (WOC) in Denmark; and a fall trip to Turkey to orienteer in and around Istanbul. I hope this short article entertains you and jogs your memory to bring back your own favorite moments while you wile away the off-season, and look forward to next year and many more fun events.

May – Barebones, Alberta

1. **My favorite run.** It wasn't even a race! I was test running the Barebones 2006 women's long course on the White Earth map near Edmonton. The forest was wonderful, the terrain variable, and the course was demanding and fun. It was pure happiness, and I was even treated to a rare wolf-sighting.

July – Croatia & Switzerland

2. **My top performance.** Crikvenica sprint in the Croatian Open: 12 minutes 29 seconds of pure concentration and hard running. 1.8km, 15 controls, 20 seconds total time loss. All this on the day that Italy won the World Cup of soccer – I could almost believe it was my victory everyone was celebrating.
3. **Most stylish event: Swiss O Week.** This six day event was blessed with inspired organization and perfect weather. Who would have thought you could make six amazing orienteering maps around the

glaciers and mountains that surround Zermatt? Each day we wandered through the car-less town of Zermatt to take what ever mountain train or cable-car we needed for that day's event. A gob-smacking half hour ride up the mountains to some fun orienteering every day in the high alpine. True Swiss elegance and style.

August - World Champs, Denmark

4. **Listening to Per Forsberg** announce the WOC races. I must admit even I didn't think it was possible to make orienteering this entertaining and exciting. If you've never heard his trade-mark phrases in his trade-mark Swedish accent with his trade-mark enthusiasm then you are missing something special in orienteering. Among my favorites: "That's for shure", "She is SO good", "He's too late", "That's very-very good", "It's un bee leave a bell". For a taste: www.nswstingers.com/gfolder/per_forsberg_breakout.mp3.
5. **Having dinner with Australian Hanny Allston** the night she won the World Championship in Sprint distance. The Canadians and Australians, Germans and Americans, Lithuanians and others were all staying at the same boarding school accommodations. When Hanny walked into the dinner hall that night she received a five minute standing ovation from all the other athletes and officials. It was an awe-inspiring accomplishment – the first time a gold medal was won by a non-European - and a truly heart-felt tribute from her fellow athletes.
6. **Racing Brent** in the WOC public races. When Brent Langbakk wasn't running in the WOC races we'd run on the same public courses together. In the evening we'd compare route choices and it became obvious that I had reached a stage where it wasn't navigation or route choice that was costing me lost time, but that it was laziness – I wasn't running fast enough, especially on the easy legs. In one particular race I was truly 'busted' by Brent as he ran past me while I

was walking up a hill – ever since that memory has inspired me to run harder.

September – BC Champs, Whistler

7. **Establishing new terrain.** Not only was it Magnus Johansson’s idea to hold the 2006 BC Champs in Whistler and his leadership that brought together a great team of organizers, but by himself Magnus made a new sprint map, updated the Brandywine Falls map, and led a group that made the new Lost Lake map. Now Whistler has three high quality maps for our enjoyment.

October – North American Champs and COF AGM, Hamilton

8. **My worst hiccup.** Control 8 at the NAOC sprints. I’d been running fast and hard for almost eight minutes when I noticed I was losing concentration; I had just mis-read a building on the map! I paused to refocus. This loss of focus was truly one of my most disappointing moments of the year. Sprint races demand intensity – that’s why we love them.
9. **Winds of change** at the COF. With some fresh faces on the Board, a new website, and a hyper-cool RouteGadget database (rg.orienteering.ca) the COF is looking rather rejuvenated. I hope we will see more Canadian’s thinking and contributing at the national level to support the COF Board of Directors as they in turn volunteer their time to support the development of orienteering across the country.

October – Saskatchewan

10. **My biggest surprise.** This year Saskatchewan joined the COF and next year they will be hosting the Canadian Champs just north of Saskatoon. James Baker and I will be helping them with the course planning and so we made a late-season trip to visit the terrain. Wow! Fantastic terrain. And not only that, but I was astonished to find out that Louis Riel’s Northwest Rebellion took place within a gun-shot of the map. Be sure to visit en.wikipedia.org/wiki/North-West_Rebellion before coming to Saskatchewan in July 2007.

November – Turkey

11. **My worst blow-out.** The first control at the World Ranking Event in Turkey. The ground was covered in wet heavy snow, I was the very first starter of the race, it was three degrees below zero, and I had packed my suitcase as if I was going to the tropics. I was so cold that all I could think about was ‘how does one self-diagnose hypothermia?’. Maybe I didn’t read the map because my hands were shivering so much? But eventually I stumbled upon the control and when I saw foot prints in the snow my concentration snapped back onto the map, my eyes narrowed, my focus sharpened, my heart accelerated and I soon heated up. If I could have one back from last year it would be that one.
12. **Hippest event of the year: Istanbul 5 Day.** One day cancelled due to flooding, one special day crossing the Bosphorus Straights to orienteer in Asia, one intense day sprinting in the imperial parks of Yildiz palace, one long cold day running in snow, and one magical day racing in the Grand Bazaar. This five day event was organized with sublime aplomb. And even if the orienteering had not been fantastic, this event would still have been the highlight because the event centre was in the heart of fascinating Istanbul – truly “Europe’s Hippest City” (according to Newsweek Magazine). We stayed in the centre of Istanbul among the remnants of this ancient capital. Each day we would board the busses in-between one of the world’s largest and oldest Christian churches (Haghia Sophia, built in 537AD) and one of the world’s largest and most famous Islamic mosques (the Blue Mosque). Following the 5-Days we explored Istanbul for another week – and could have stayed longer. Check out www.ist5days.com and be sure to add the Istanbul 5 Day to your must-do list.

SWISS FAMILY AEBI

Ted de St Croix

In the summer of '78 or so, I found myself scrunched up in a Volkswagen van heading across somewhere in Finland in the middle of the night at the mercy of a gang of Swiss Orienteering juniors. Fritz Aebi, Markus Stappung, Urs Steiner, Ursula Wolf (not her last name at that time). We took a wrong turn but eventually made our way to our destination, pitched our tents and made ready for some hard training the next few days.

Flash forward to the summer '06, fully 28 years later, and I find myself in the company of all these same people but in their homeland of Switzerland in the proximity of the Matterhorn for the Swiss 6-day.

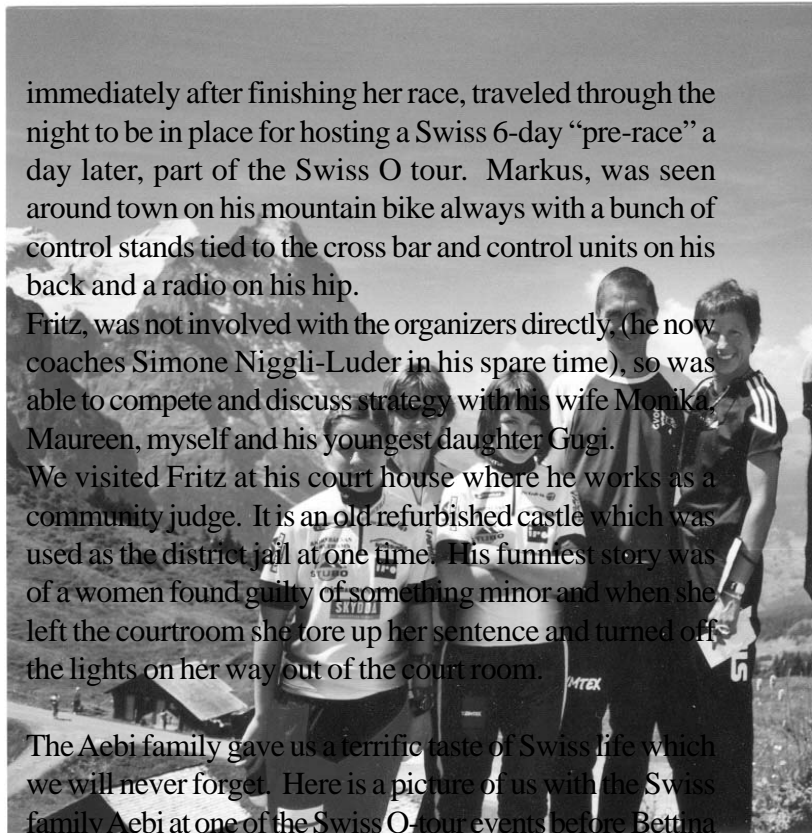
It was a nice reunion after so many years but of course we have met off and on since that great summer so many years before. Urs, the mapper for the most recent World Championships and the main mapper for the Swiss 6 day regaled us with stories from behind the scenes which would make one blush. He spent the week trudging up and down the mountains course setting, controlling and vetting. Ursula attended the World Masters the week before and then

immediately after finishing her race, traveled through the night to be in place for hosting a Swiss 6-day "pre-race" a day later, part of the Swiss O tour. Markus, was seen around town on his mountain bike always with a bunch of control stands tied to the cross bar and control units on his back and a radio on his hip.

Fritz, was not involved with the organizers directly, (he now coaches Simone Niggli-Luder in his spare time), so was able to compete and discuss strategy with his wife Monika, Maureen, myself and his youngest daughter Gugi.

We visited Fritz at his court house where he works as a community judge. It is an old refurbished castle which was used as the district jail at one time. His funniest story was of a women found guilty of something minor and when she left the courtroom she tore up her sentence and turned off the lights on her way out of the court room.

The Aebi family gave us a terrific taste of Swiss life which we will never forget. Here is a picture of us with the Swiss family Aebi at one of the Swiss O-tour events before Bettina left for Norway with the Swiss junior team.



BIG MISTAKES AT WOC

It happens to all of us - that big-180, the 90, or the complete mind explosion. We wonder: "What a simple error – how could we possibly have done that?" Well, rest easy, we are not alone. Here are examples of the simple errors made by some of the world's elite orienteers at the World Orienteering Championships in Denmark.

David Andersson (Sweden)

David Andersson will remember the Men's Middle-distance Final day for as long as he lives – for all the wrong reasons. He was going well until he reached the spectator control #11. Then something went terribly wrong for him. After punching #11 he turned right when he should have turned left and ran off towards #22. All this in front of thousands of spectators, TV cameras, the Big Screen. – the lot. All credit goes to the Swedish commentator who had to bite his tongue so as not to alert Andersson to his mistake.

Andersson certainly wasn't alerted.- he kept going to #21, #20, #20 (a centre surrounded by photo journalists), # 18, #17, #16, #15. Only at #15 did Andersson realize his mistake so he headed off to #12 then retraced his route back to the Finish. What was going through his mind? Only David Andersson knows.

Minna Kauppi (Finland)

In the women's Middle-distance Final the effervescent Finn, Minna Kauppi, finished a very creditable 4th but she could have had a bronze medal had she not made a 90 degree Error at #4. She lost close to one minute on the leg from #4 to #5 but only missed the Bronze by 11 sec. As she punched #4 she must have looked up and mistaken the small hill to the west for the much larger hill to the south. Uh, Oh, what a costly mistake.

Valentin Novikov (Russia)

In the Men's Middle-distance Final, Novikov was leading by a good margin when he punched control #16. the Gold medal was his for the taking – all he needed was a clear run through the last few controls. Unfortunately, he thought he was at #17 and so headed left towards #18 - a long way left. He realized his mistake but lost over two minutes. He finished in 5th place, some 54 seconds behind Holger Hott Johan (Norway).

Michaela Guizzard (Italy) and Hillary Saeger (USA)

Hillary Saeger had a nightmare start to the Women's Sprint Final when she couldn't find #1, then found #2 then almost returned to the Start before she found the correct route to #1. Thoroughly demoralized she ran up to the spectator control #10 right behind Italy's Michaela Guizzard who had passed her earlier. Guizzard then made an (almost) 90 degree error in front of the grandstand crowd of thousands, heading off to nowhere, and Saeger trotted off behind her. Clearly Saeger was following Guizzard but she wasn't disqualified – very interesting.

Reprinted from the Australian Orienteer, October 2006 issue

SUMMER TRIP 2007

Canadian 5-Day, Canadian Camps, Sass Peepe Junior Training Camp, Colorado 5-Day, USOF Convention, USOF Junior Training Camp.

The WaterStop is hosting a Junior trip this summer to the Canadian 5-Day (including Canadian Championships and Sass Peepe Junior Training Camp) in Saskatchewan and Colorado 5-Day (including USOF Convention and Junior Training Camp) in Elbert, Colorado. The trip will start at the Denver International Airport, July 12th, 5 days before start of Canadian 5-Day, and will finish after the end of Colorado 5-Day on August 13th.

We will visit many interesting places including Mount Rushmore National Monument, Devils Tower National Monument, Badlands National Park, Carhenge, Grasslands National Park, a combination of orienteering and sightseeing.

The trip is open to all Juniors. We will have several competent adults as chaperones so parents should feel comfortable sending Juniors as young as 12 or 13 on this trip. We will be traveling, eating, camping, and of course running together, so Juniors who are not necessarily ready to go off on a camping trip on their own should feel comfortable learning it all for the first time. We hope to teach Juniors the skills they need to travel around the world cheaply, because this is what really makes orienteering so much fun!

The trip is sanctioned by USOF and COF. Limited funding is available as per the normal travel grants.

For more information visit:
<http://waterstop.org/summertrip.html>

PHOTOS FROM SWITZERLAND



Directions to Start



Natasha Ouellette - Falcons OC



Marion & Dougal Owen - Foothills Wanderers OC



Team Canada Headquarters

PHOTOS FROM GERMANY



Elisa, Kaley and Lisa - Planning routes



Wasana amd Danika - Relay exchanges

A WALK DOWN MEMORY LANE

COC Banquet: During the lull between letting the main courses settle and contemplating which or how many of the various desserts to attempt, I was honoured in words and by gifts by several long time friends. I would like to extend my sincere thanks to them and others in the orienteering community for their kind words and friendship..

First up was long time friend and former COF President, Pat de St Croix. Pat astonished me with the background information presented - she must have friends in CSIS who provided details. Those at the banquet probably have more information on me than my family members - Perhaps Pat can give me a copy of the info she had.

Second up were two very special friends – Gloria Rankin and Bill Anderson. Gloria recalled our days as members of the Montreal OC and traveling to the Swedish O-Ringen and Swiss 5-Day events. We moved from Montreal to Ottawa within months of each other in the early 80's and continued our friendship both “in and out” of orienteering. For Gloria and I the “out” is gardening. Gloria presented me with a wonderful illustrated book – The English Roses by David Austin. This book won't sit on a shelf gathering dust – it will be constantly referred to for. Thanks Gloria, you can borrow the book to browse..

Bill presented me with a collection of photographs in a 3 section display portfolio. The collection bring back some wonderful memories of early COF AGM and Board meetings, the Swedish O-Ringen and Swiss 5-Days. I could recall most of the photos and occasions but not the one of Snow White and the 7 Dwarfs at a 1988 Halloween O. The “dwarfs” were junior members of the Loup Garou OC and include: Pippa, Andrea and Claire McNeil, Allison Stoddart, Kirsten Watts and Snow White. In the words of the Mastercard commercial “photograph of Colin Kirk in Snow White attire – Priceless”.

From two other friends from the Montreal days, Heather Shepherd and Tom Hamblin, I received a portrait captioned

– Three Lions, Near Guelph, 1985. The Lions - Jack Geddes, (Toronto OC), Don Budge, (Montreal OC member) and myself. The beautiful Fall colours in the background suggest the photograph was taken at the Ontario Championship. I have lots of fine memories of Don and Jack Tom and Heather were members of the Viking Ski Club before moving to Toronto and our paths crossed many times on XC trails and at O events. The photograph is mounted in a display folder and signed by over 100 orienteers in attendance at the Banquet – a wonderful keepsake.

Ted de St Croix recalled that when he stayed at my home one rule was “no onions and no garlic” while Tim Lee remembered that the only music played in my home was Bach and Beethoven.

Loup Garou OC President, Caroline Phillips, spoke of the numerous orienteering events we have organized together over the 20+ years since LGOC was formed – I set the course, Caroline handles registration and helps pick up controls – a good combination and one that hopefully will continue for many more years.

The major reason for the presentations is that many were of the opinion I was retiring. This is not the case. For the last several years I have organized 6 meets each year, 4 ‘B’ meets on the first Sundays of: May, September, October, November and 2 ‘Tuesday evening in the park’ meets in June. I plan to continue this for the foreseeable future. I also plan to update a couple of maps and, if I can find a good area, make a new map for the club. I plan on being around for many more years and to meet and greet both old and new friends on many occasions.

Sincere thanks to all who extended their best wishes to me. Special Thank You to Pat, Bill, Gloria, Heather, Tom for making this a very special occasion for me.

Thanks for the Memories

Colin Kirk

AVAILABLE FROM THE COF OFFICE

(Prices are subject to change without notice)

- | | | | |
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| 1. <u>'A' Meet Organizing Manual</u> (revised 1999) | \$ 10.00 | 7. <u>Level III Coaching Certification Manual</u> | \$ 25.00 |
| 2. <u>'B' Meet Organizing Manual</u> (revised 1999) | \$ 10.00 | 8. <u>COF Competition Rules</u> | \$ 3.00 |
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- Junior age members eligible to participate in Junior Participation Program.
- Eligible for selection to High Performance Program (HPP) - Senior and Junior Tiers.
- Eligible for selection to National Teams to World Championships and other international events.
- National team members are eligible to receive financial support to World Orienteering Championships - Senior & Junior.
- Existence of a national federation and office is a major factor for Provincial/Territorial Associations to receive funding from provincial governments for: administration, staff, travel grants, athlete grants, programmes, etc.

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