

# LEGENDS

The official newsletter of the Canadian Orienteering Federation

In this Issue:  
WOC 2008 in Czech Republic  
COC 2008 in New Brunswick



Fall/Winter 2008

ISBN 0227-6658

**Legends**, is the official newsletter of the Canadian Orienteering Federation.

**Legends** will be published three to four times a year, depending on the amount of content submitted, and the editor's ability to process this material.

All contributions are welcome. Preferably these should be submitted in an electronic format. Submission of articles may not automatically ensure inclusion in the newsletter.

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Please note that not all opinions expressed in the newsletter are the opinions of the Canadian Orienteering Federation, its representatives, or that of the editor.

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**SUBSCRIPTION RATES:**

Non-COF members—\$12.00 per yr.  
Overseas/USA subscribers send a Postal Money Order or a Bank Draft in Canadian funds payable to the Canadian Orienteering Federation

**ADVERTISING RATES-  
PER/ISSUE:**

Outside back cover \$150,  
Inside back cover \$100,  
Inside full page \$75,  
One-half page \$50,  
One-third page \$35,  
Business card size \$20.

**DEADLINE FOR SUBMISSIONS  
FOR THE NEXT NEWSLETTER  
FEBRUARY 28<sup>TH</sup> 2009**

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**On the Cover:**

Patrick Goeres in the Sprint Final at the WOC 2008 in Olomouc, Czech Republic.

Photos used in this issue were taken by the Smith Clan of the Falcons OC.



## Update from the COF Board of Directors

A big thank you to the New Brunswick crew for organizing the 2008 Canadian Orienteering Championships. The Hopewell Rocks sprint definitely goes on my top 10 list of super cool orienteering terrain. What an incredible opportunity to orienteer on the ocean floor!

The COF's annual general meeting was held during the COCs. Here's a quick look at the main outcomes:

An amendment to the COF by-laws was approved which adds an Athlete Representative elected by the junior and senior national team athletes to the COF Board of Directors. That election process happened in November and Brent Langbakk from Whitehorse is now the official Athlete Representative. He will be providing the athlete's perspective to decision making at the COF Board level. And he'll be our official representative to the Athletes-CAN annual forum – an annual gathering of national team athletes from many different sports. You can find more details of Brent's role on the national team page at: [www.orienteering.ca](http://www.orienteering.ca). (and further on in this newsletter, **PSL**).

The 2010 Canadian Ski-Orienteering Championships were awarded to Ontario. The idea is to host the Ski-O national championships every second year – and hopefully mountain bike orienteering championships in the other year, perhaps starting in 2011. And we

are looking for a host for the 2011 foot-O Canadian Championships as well. Would your club/association consider hosting the 2011 COCs?

At the AGM, Alex Kerr (BC) and Mark Rosin (SK) were elected and Ian Sidders (ON) and myself (AB) were re-elected to the COF Board, joining Andree Powers (AB) and Paul Looker (NB).

The COF conference held during the COCs went well. Over 100 people attended the presentation by World Champion Holger Hott. And over 50 people attended the course planning talk by Adrian Zissos. We have received great feedback on the conference and will continue to hold this in conjunction with the COCs. Let us know if you have suggestions for session topics.

We have received sanctioning from the International Orienteering Federation (IOF) for the 2010 North American Championships in BC to be official IOF Regional Championships. The IOF is working to ensure that there are regional championships around the globe. In other IOF news, I have been appointed as the IOF's Regional Development Delegate for the North America region.

The COF priorities for 2009 include the officials program update, several grassroots development initiatives (some promotional material templates that all clubs can use and a kit for teachers/leaders to teach basic orienteering skills), a rules update, creation of an orienteering specific long-term athlete development model, encouraging Canadian orienteers to take the new community coaching program, creating more structure and planning around high performance orienteering in

Canada, continuing to develop the COF policies and tackling other governance issues that will allow us to meet the criteria to apply for Sport Canada funding.

Andree Powers and I attended the Sport Leadership conference in Calgary in November. It was a great opportunity to find out what other sports are up to. I coordinated a session about best practices for smaller sport organizations.

Please remember that the COF is made up of all Canadian orienteers. Please do help out to make sure that orienteering is moving forward in Canada. Season's Greetings to you all. Wishing you a wonderful 2009.



**Charlotte MacNaughton  
President**

**P.S.** Thanks to Paul Looker for putting this newsletter together. And thanks to Nina Wallace, the previous newsletter editor.

## **A little about the editor...**

My name is Paul Looker, some of you may know me, many may not. The COF executive were looking for some assistance with the preparation of the newsletter and, of course, I volunteered.

I know that my better half, Ariane, will understand. My passion for the sport of orienteering has been testing the limits of her patience for years now. But, she knows and has come to accept that it is just who I am. And since we moved to New Brunswick in the early 1990's we have been involved with orienteering. There have been highs and lows, but it is an entrenched part of what defines the family.

### **Wife:**

In a conversation with an acquaintance at Rockwood Park in Saint John, NB: "The guy running around in the woods in those funny silk pyjamas is your husband?" which was also followed by the comment "Oh, you poor girl..."

### **Daughter:**

"Dad our physical education teacher would like to talk to you about orienteering." Which she followed immediately with the admonishment, "and don't you dare wear your stinky orienteering clothes if you come to my school!"

### **Son:**

"Dad, do we have to go orienteering today? I wanted..."

So why did I volunteer to take on the role of producing the newsletter for

COF? Well, in plain simple language, I just love orienteering. I have always enjoyed the physical testing of my limits, the mental challenge of solving the puzzle of the map, and just being off the beaten track while exploring and being outdoors.

In New Brunswick I produced the newsletter ONB Notes. I often used the preparation of the newsletter as a reason to conduct research into and to explore other people's interest in orienteering. I have discovered that I am not alone in my passion for orienteering. It's an incredible sport and there are an amazing variety of talented and interesting people that practice it. In New Brunswick I have met, worked with and gotten to know some fantastic people. But, my knowledge of those who practice this sport in Canada outside of New Brunswick is rather limited. It is time for me to expand my horizons.

I hope you like what I put together for you in this edition of Legends. I unfortunately do not have the same computer software as the previous editor and it may take me some time to attain the same professional appearance for the newsletter. I liked very much what was included in previous issues of Legends and will hope to include some of these types of articles in future issues. I would like to ask you to let me know what you like. What would you like to see in your newsletter? Let's all share our interests, observations, concerns, funny anecdotes, or whatever orienteering related stories you may have with the rest of Canada's orienteering community.

**PSL**

## **Calendar Sales**

Do you have your 2009 orienteering calendar yet?

The junior and senior national teams have once again created a calendar as a fundraiser for the High Performance Program. This year's calendar includes some great orienteering shots taken by Canadian orienteers.

Visit [www.orienteering.ca/calendar.htm](http://www.orienteering.ca/calendar.htm) about how to order the calendar or contact:

**Adrian Zissos** at [adrian@barebones.ca](mailto:adrian@barebones.ca).

## **Vancouver Sprint Training Camp 2009**

The Greater Vancouver Orienteering Club invites you to participate in the 4th annual Vancouver Sprint Training camp.

Scheduled for February 13-15, 2009, this camp will feature 10 sessions in less than 48 hours! 4 of these sessions are designated as races and will be part of the North American Sprint Series. The camp is open to everyone but the intense schedule and level of courses cater more to orienteers at an elite level.

The timing of the camp is intentional -- Vancouver is mainly snow free in the winter and therefore offers many Canadian orienteers the opportunity to race during the winter. Participants will be exposed to a great variety of terrains, from forested areas to urban campuses.

We will try to find accommodation for out-of-towners with local orienteers.

The camp starts out Friday afternoon with a warm up training followed by a race in the evening.

Saturday's program is packed with five sessions, the last one having a race format. We will gather each evening for a communal dinner followed by route choice discussions.

Sunday morning features the two highlight events of the weekend: a set-up race followed by a chase start event an hour later. The courses will often be forked to provide exciting head to head battles. The camp concludes with an informal tenth training session in the afternoon for those that do not have a long way to travel home.

GVOC has produced in excess of 30 sprint maps in the Vancouver region.

There will be opportunities for extra training on these maps before and after the training camp for those wishing to visit Vancouver for a longer period.

Vancouver is hosting the 2010 Winter Olympics so this could be an excellent opportunity to check out the Olympic venues. For more map samples, photos, and up-to-date information check our website: [www.orienteeringbc.ca/sprint/](http://www.orienteeringbc.ca/sprint/)

We hope to see many of you in Vancouver come February.

**Thomas Nipen**

## **2009 National Orienteering Week: May 2-10**

The dates for the 2009 National Orienteering Week (NOW) have been set for May 2-10. As your club puts together its 2009 schedule, be sure to organize a beginner-friendly event during that timeframe. In 2008, there were around 25 NOW events. The COF will be sending out a press release nationally and provides a promotional poster and template plate press release for clubs to personalize and use locally. The idea is to elevate the profile of orienteering that week and encourage beginners to come out and try the sport. Check [www.orienteering.ca](http://www.orienteering.ca) for more information about National Orienteering Week.

## **2009 Canadian Orienteering Championships**



In August 2009, the MOA will host the Western Canadian Orienteering Championships AND the Canadian Orienteering Championships with lots of extra "Made in Manitoba" orienteering fun.

Plan to take in all nine days of Manitoba magic:

**August 22-23** – WCOCs at Hartney, Manitoba: Sprint, Middle and Long in the Lauder Sandhills

**August 24-27** – Relay Event, Goat, Sass Pepree Junior Training Camp and more

**August 28-30** – COCs in Spruce Woods Provincial Park:

Sprint, Middle and Long on the newly mapped area at the Hog's Back – The sprint and long races will be World Ranking Events

South Western Manitoba boasts a vibrant assortment of natural areas: open prairie, rolling sand dunes, wooded parklands and pristine lakes and rivers. Spirit Sands and the “Devil’s Punch Bowl”, the International Peace Gardens and Riding Mountain National Park are also within easy driving distance of the event locations.

Details and registration information shall be available by 1st March 2009. Please check our web site at [www.coc2009.ca](http://www.coc2009.ca)

## **2009 National Team Coach: Magnus Johansson**

Vancouver resident Magnus Johansson has been appointed as the volunteer 2009 National Team Coach. Magnus will be responsible for selecting the Canadian teams for the 2009 Junior World Orienteering Championships (JWOC) in Italy and the World Orienteering Championships (WOC) in Hungary. Magnus will also be providing coaching to the athletes in the run-up to the events.

You can read about Magnus’ role the “national team” page at [www.orienteering.ca](http://www.orienteering.ca).

A big thank you to Ted de St. Croix who has taken on this role in the past and resigned from the position last year. We’re thrilled to have Magnus in the role this year.

**Charlotte**



## **JWOC 2009 Canadian Team Selection**

The Canadian Orienteering Federation has created the selection process detailed below to allow juniors from across Canada to be considered for the Junior World Orienteering Championships on July 5-12, 2009 in Primiero, Italy.

### **(A) Selection Application – January 15, 2009:**

The application is to include the following documentation and is to be submitted to the selection committee on or before January 15, 2009:

**1. Goals:** Athletes are to prepare & submit their short and long term goals as they relate to their orienteering abilities and performance. Athletes may select their own preferred format or use the “SMART” format. (SMART = Specific, Measurable, Attainable, Realistic, Timely)

**2. Racing Results:** Athletes are to submit race results from any 4 races in the long advanced class, the 17-20 age class, or the M21/F21 class from any meets completed between April 1 to November 30, 2008. Results from major meets such as Provincial Champs, COC’s, NAOC’s, JWOC are preferred.

The following information is to be included in each of the race result summaries:

- i. An electronic copy of race maps (JPG or PDF format), with routes drawn (Note: including a commentary of strengths & weaknesses of race performance would be an asset);

- ii. A web link or an electronic copy of the split times or Winsplits for all competitors who competed on that course.

**3. Draft Training Plan:** Athletes are to submit a draft training plan covering the time period of January 1 to JWOC in July 2009 that includes the following components:

- i. Estimated number of hours of training per week;
- ii. Methods of training: -running (road, trail, XC), skiing, biking, etc. - mental training: map reading / analysis, Catching Features, etc. - other training (mental preparation, strength, flexibility, etc)
- iii. Orienteering competition schedule for spring 2009
- iv. Indication of how the athlete will be recording his/her training. (see B)

**(B) Training log submission:** Athletes are required to log their training from January 1 to JWOC in July 2009 on an on-line training journal such as AttackPoint or to submit upon request their personal training log.

**(C) Final Selection – February 15, 2009:** The Selection Committee will make a final selection of the JWOC 2009 Team by February 15, 2009. The team will consist of up to 6 male and 6 female athletes plus 2 alternates for each group.

**(D) Selection committee:** The names of the members of the selection committee and contact information will be announced before the end of 2008.



## **New Position on COF Board**

At the AGM in August, a motion passed to create a position on the COF Board for an Athlete Representative. It was felt, through consultation with AthletesCAN (the Canadian association for national team athletes) that the Canadian Orienteering Federation (COF), like most other national sports organizations, should have Athlete Representation on the Board of Directors to ensure that national team athletes have a voice at the decision making level of the COF. A process to officially have an athlete rep was created. All the information is at: [www.orienteeing.ca/2008\\_AthleteRepElection.htm](http://www.orienteeing.ca/2008_AthleteRepElection.htm).

Here's a quick recap:

### **Responsibility of the Athlete Representative**

The Athlete Representative will serve a 3-year term. The rep is expected to:

- Advocate on behalf of the athletes as a participating member of the Canadian Orienteering Federation Board of Directors.
- Fulfill the duties of a COF board member including possible committee work.
- Provide input on the formation and structure of a new High Performance Program and possible Athletes' Council.
- Be the orienteering athlete rep to AthletesCAN. Attend the annual AthletesCAN Forum (usually held at the end of September). Share the experiences and learning from the Forum with

Canada's national level orienteering athletes.

- Keep all Canada's national level orienteering athletes updated year-round with relevant information from AthletesCAN and the COF Board of Directors.
- Work to enhance the profile of orienteering in Canada.

### **Who elects the athlete representative**

The athlete rep will be elected by the Canadian members of the years Orienteering Championships or Junior World Orienteering Championships teams.

### **Who is eligible to be the athlete representative**

All nominees must have been a Canadian national orienteering team member within the last 8 years. A Canadian national orienteering team member is defined as any individual who has represented Canada as a competitor at a World Orienteering Championships or Junior World Orienteering Championships.

### **Nomination process**

The call for nomination will be circulated via email and web to the Canadian orienteering community. Nominations for the position must be sent to the COF. Individuals can nominate themselves or someone else can nominate an individual with his/her prior approval.

This year the nomination process and election took place in the month of November. And elected to the position of Athlete Representative to the COF Board was Brent Langback.

If you would like to learn more about the full nomination and election process see the following website address for details:

[www.orienteering.ca/2008\\_AthleteRepElection.htm](http://www.orienteering.ca/2008_AthleteRepElection.htm)



*Community Sport Coach:  
Introducing the Sport of Orienteering*



**COACH'S TOOLBOX**



March 2008 Version

**Fig.** Cover page of the new program manual for the Community Coach Program (CCP)

## News from the NCCP – the CCP saga continues!

Since the last report (spring '08) several project milestones have been reached. The first was to obtain approval for our new coaching manuals and other deliverables from a CAC committee of consultants and peer representatives from other sport associations. I had participated as a sport representative in similar conferences but I was still somewhat nervous about the outcome. In the end, it all went very well with only a few “loose ends” and lots of praise for the quality of the material. Excellent manuals thanks mainly to my “Yukon connection” - Pippa, Brent, and Ross.

With the CAC's conditional approval in hand, I prepared for the delivery of the first official Community Coach workshop in Alma, NB during the COC week in August. Eight eager participants from the Yukon to New Brunswick successfully completed the course. Under sunny skies, most of the workshop was held in an open picnic area on an unused corner of the COC championship map where we set up our practice teaching sessions. It will be difficult to find a better setting for a workshop.

One important step towards final approval is the translation of the manuals into French and the subsequent review by an orienteering francophone for clarity. The translation is proceeding at the CAC offices and I have found an experienced coach and keen orienteer in Stephen Novosad to take on the responsibility of Master Learning Facilitator (MLF) in Quebec.

Early this summer, long after the 2008 budget was approved, I received a note from the CAC that additional funds had been approved to produce a module on Trail-O. The funds came from the CAC's AWAD (Athletes With a Disability) program. Good news and bad news! I had no experience with Trail-O and my first few enquiries with the provinces for support and/or experience were not successful. Fortunately, I have recently discovered that Trail-O is alive and well in a couple of regions and have been able to tap into the experience of those organizations. Jen Silverthorn in Calgary will produce a Trail-O module (or perhaps, a separate manual) for the Community Coach program that we can rollout next summer.

Speaking of rollout, that is where we are with the program and there remains a lot to be done over the next few months. The primary objective is to drum up interest in the program at the provincial and club level with the intention of presenting workshops across the country early next year. I have already heard of plans for workshops from some of the MLF's with the cadet corps in those provinces as a prime target group.

Please talk about the opportunity of training new coaches for your community (club, school board, cadet corps, etc.) at your next meeting. Check out the coaching links from the COF web page for contacts, on-going information and news.

It's snowing hard here, gotta go dig out my skis. See you on the Ski-O trails.

**Bill Anderson**

## **The Sound "O" Music...**

This summer, in preparation for the 2008 Canadian Orienteering Championships I had the opportunity to spend many hours in the woods of Fundy National Park. There were some long days spent out on the map. But, talk about being fortunate. It was an amazing experience, and one that I shall remember fondly.

There was one element, not normally associated with orienteering, which became an important part and constant companion during many of my trips to the woods. You see, I was the beneficiary of my daughters desire to upgrade her Ipod for a newer and apparently better model. So, there I was with a "new to me" Ipod in hand. What was I supposed to do I do with it? I didn't even know how to turn it on. How do I add music to it? I knew, if I needed to, I could rely on my daughter to help me load the thing with music. But, it was my wife who came to the rescue. And, it was probably a good thing too. I hadn't really listened to music for years, and her musical tastes led to a summer of discovery and re-discovery for me.

It was a tough decision to initially bring music out into the woods. It really seemed to go against all that I had been taught and believed about being outdoors in the woods and orienteering. You know, time in the woods is supposed to be a time to escape from all the hustle and bustle of our normal active lives. A time to enjoy the peace and solitude of Mother-Nature. And, you need to concentrate in order to orienteer! Right? Listening to music while orienteering just seemed wrong.

Yet, once I started to bring the Ipod with me into the woods I found it to be fabulous. I did not only bring music, but some of my favourite downloaded podcasts as well. The subject of one of the podcasts (Doing Stuff Outdoors, featuring Gary the Outdoor Guy, an old neighbour of mine) ironically was a discussion about bringing your mp3 player into nature with you. People argued both for and against their use while outside enjoying the natural environment. I found, even with the headphones on and music playing, that I could still hear the wind rustling through the leaves, the sound of song birds in the trees and the sound of streams as the water worked its way downhill. These are the good things that one likes to listen to while outside. But, what about the sounds of heavy traffic such as RV's and the annoying sound of Harley Davidson Motorcycles working their way up the hillside that is a significant feature of the park? These sounds sometimes seemed to carry for well over a kilometre from the roadway into the woods. And, because I don't listen to music too loudly, it didn't block out these sounds. But, anything that diminishes that horrible noise is golden in my book.

As the summer progressed my hand-me-down Ipod became an important part of my orienteering kit. I even noticed the difference in my orienteering when I wasn't wearing it. I found without the music I was more easily distracted. So instead of detracting from, or diminishing my ability to concentrate while orienteering I found it to be quite the opposite. How was that so?

Well I found that it often helped me to focus at times that my mind ordinarily

would otherwise have drifted. I was maintaining my focus better when I was tired, when I was excited, or after making a mistake. I also found that I made smaller errors too while I was listening to music. It appeared that, though listening to music required the use of some of my mental activity, this was counter-acted by its actually putting me into a generally more relaxed mental state. Therefore on a cognitive level it appears that the music did not take up too much of my concentration. But, it was on the emotional or sentimental level was where I found the greatest benefit. Music just made me feel good. When I was fatigued there was nothing like an upbeat song to take my mind off the fact that I was in horrible shape and that the following day I was going to regret having pushed myself so hard

There were days this summer that were in my book just perfect. The sun shining, the sunlight filtering through the canopy of leaves of the tree tops. The breeze from the ocean working its way up the hillside in cool gusts, making the weather just perfect for running. The scenery that greeted me at the most unexpected moments was awe-inspiring. And, through all this I was discovering music once again. I found myself thinking repeatedly; "Man, I'm lucky" and "I love this sport".

I know that there are many out there who will think it horrible that I am espousing the benefits of listening to music while orienteering. But, I am not saying that it is something that everyone should try. It is rather an experience that I have had and have found that it works for me. I have even used my Ipod at a couple of O-meets since this summer and have found that my orienteering has vastly

improved. I know it could just be the benefit of a summer spent in the woods. But, I'm convinced that music helps me to relax, prevents me from being distracted by others, and helps me to focus on the map and terrain.

I would love to hear what you have to say about listening to music while orienteering. Do you know of any orienteering songs? And for those that don't take their music with them out into the woods, what music do you listen to in order to prepare, motivate and psyche yourself up for competition?

Some of the Artists whose music was on my Ipod this summer: (alphabetical order,)

ABBA, Amy Winehouse, Andre et les chiens girafle, Beau Dommage, Bee Gees, Bruce Springsteen, Carrie Underwood, Cheap Trick, Corinne Bailey Rae, Elvis Presley, Eric Clapton, Feist, Gerard Darmon, Heart, Jack Johnson, Joss Stone, Lenny Kravitz, Leonard Cohen, Madame Kay, Mika, The Police, Queen, Rawlins Cross, Rihanna, Rod Stewart, Sheryl Crow, Yannick Noah (Yes, this is the French tennis star), Yael Naim

**PSL**

## **Uniacke Estates (Nova Scotia)** **Event Report 03 July 2008.**

(I found this on the web. It is an article depicting the adventures of one brave "Brit" who came to this side of the pond and attended an orienteering meet in our infamous Canadian woods. **PSL**)

### **Q K Crow hits the buffers in Canada**

Early in July, my partner (lets call her 'Mrs Rook' for now) and I had the pleasure to go to Halifax, Nova Scotia for a wedding - and were delighted to find a local orienteering event on the web. We were to arrive on the Friday and the event was on the Saturday morning, but orienteering is too good to miss, so we decided to go along, jet lagged or not.

Since the Canadians are famously relaxed we didn't quite know what to expect and Mrs Rook decided not to compete - so she took the photos.

Uniacke Estates is named after the first Governor of Nova Scotia, and the event was in the extensive land surrounding his early 19<sup>th</sup> Century country home. I figured that it would be bimbly parkland, a Morepeth-like amble. But expectations changed as competitors arrived, smothered themselves in anti-mozzie gunk, and shouldered rucsacks, camel-backs and a variety of high-tech clothing. This was going to be serious country.

I got 'the fear'. This was no place for an old crow.

In the forest it was quickly apparent that every thing was one to two shades of green more impenetrable than was

marked on the map. For 'white', read 'fight'. Even the main trails were hard going - but from the attack point to the first control was hell. Moreover the control was no-where to be seen. Time went on. I seriously contemplated retirement. Somewhere between the wind-blown and the impenetrable, I'd hit the buffers and was casting about without any real contact with the map.

But there was salvation: the mozzies weren't too bad, and as a late starter, I ran into groups wandering about shouting 'Its not over here!'. Eventually some generous soul put the forest out of its misery and the whole field went that-a-way (Déjà vu, Welsh Weekend 1979 - Penmachmo with its rather approximate mapping). Things went smoothly after that, and the 'refreshments control' was especially welcome. Some serious 're-locating' was done from time to time, but after getting the measure of the map, you could play the game.

At the finish, there was Simon Trussler with his clock. Simon mapped the whole place, tuned the base map's straight lines into proper contours, designed the courses, put out the controls, nearly lost an arm dragging that water to the refreshments control, started us all off and timed us all back in. And he found it within himself to be cheery to one and all, and enthusiastic about the sport. He is a god amongst men.

In fact the whole thing reminded me of Orienteering in the late 1970's, back when I first started and before my 30 year absence from the sport. Back then the club scene was friendly, more welcoming, not hardened into a familiar clique. The maps were not what they are now, and there was sometimes an

element of chance (or maybe I was just crap at it!) and you could always be assured of some orange squash. But even in the 1970's the organiser did not deliver huge platters of fresh cut fruit to the finish. In Nova Scotia, the welcome is genuine and generous - they even hand out ribbons and prizes. Nova Scotian Orienteering is friendly beyond comprehension - and helped at least one old Crow recover his lost youth!

Results were posted on the washing line, just like in the old days. It turned out that everyone else on my course had hit the buffers too. 14 out of 18 competitors failed to complete, and for an old crow I'd done pretty well.

So here's my vote: if you find yourself going to Canada, log on to [www.orienteingns.ca](http://www.orienteingns.ca) and go support one of their events - not everywhere is as impenetrable as Uniacke, and it is 100% certain that you will be made to feel very welcome.

Keep your backs to the wind!

Quasimodo K Crow.

*Published in the newsletter of the Newcastle And Tyneside Orienteers (NATO), Sept '08*

**WOC 2008**  
**BY CEZ GROUP**  
OLOMOUC / 10 - 20 JULY  
**CZECH REPUBLIC**



Below I have included short commentaries and notes written by those who attended and represented Canada at the 2008 World Orienteering Championships this summer. **PSL.**

### **PATRICK GOERES**

WOC was an amazing experience for me this year. The week of racing in Czech Republic was really just the last step in a long path leading up to July 13. When I graduated in December, seven months before WOC, I asked myself: "what do I need to do to be 100% prepared for WOC this year?" I had one goal. My goal was to be able to stand at the start line and look back over the past months and say that I had done absolutely everything in my power to be ready. When I stood on the podium at the start of the sprint final, I thought about all the good times leading up to that moment and all I could do was grin. My training took me through Utah, California, Portugal, Spain, Norway, Hamilton, and back to Winnipeg. I received a huge amount of support from friends and family along the way and I'm extremely thankful to them. It was a motivating and humbling experience, and I'm already looking forward to next year!

### **SANDY HOTT**

The 2008 World Orienteering Championships in Czech Republic was a mixed experience for my part. I ran middle and long distances, qualifying for

both finals by the skin of my teeth after less than optimal races. For me the finals were a mixed bag. I made two big mistakes in a complicated stony area in the beginning of the middle distance final, but ran well for the rest of the race. I ended in 26<sup>th</sup> place, having lost all hope of a top-15 placing on my big mistakes in the beginning. I was disappointed with the result but still proud of the way I managed to pull myself together and finish the race. In the long distance I had a better start and ran aggressively in the beginning of the race despite several smaller mistakes. Toward the end I lost motivation and didn't manage to push as hard as I had planned. I ended in 26<sup>th</sup> place again, which I was fairly satisfied with. The downside was that my knee swelled up after the race and I was unable to run the relay but I enjoyed watching and cheering for the rest of the gang in the relay.

I was a bit disappointed with the terrains and course setting, which, with the



**Fig. Sandy in Czech Republic.**

exception of the rocky area in the beginning of the middle distance race, were pretty uninspiring. However the organization was great, and especially the Canadian team spirit and performance was nice to see. Congratulations to Louise and Patrick for making the finals in the Long and Sprint respectively, and thanks to Magnus and Andrea for being fantastic team leaders. And of course a big thanks to Grandma for taking care of Aksel while I was out in the woods!

### **BRENT LANGBAKK**

Going to the 2008 World Orienteering Championships was the end of a long journey that taught me perseverance. Back in September 2007, when I was setting my goals for the 2008 season, I envisioned my best results ever: making it to the finals in all my races. The first challenge that happened was I performed well below my ability level at the trials. I would not be running races, plural, but only one race. The one race was not even my preferred long distance, but the sprint. I was so disappointed that I very seriously considered not going. After much discussion with the sports psychologist, I came to the conclusion that many people would love this opportunity. In fact, even a few years ago I would have been thrilled to go to the World Championships. I became committed to going and felt I had a chance to really do well. The second challenge happened in early June when I injured my Achilles tendon. What I initially thought would mean a couple of days off training, turned out to take several months. During the buildup to worlds, I had to do all my training by visualizing, riding a bicycle and, later when my Achilles could tolerate it, pool

running. This was not what I needed to perform my best. Nevertheless, I had to focus on the things that were in my control. So when I crossed the finish line of the WOC sprint, I was very pleased. Not because it was a fantastic result or even close to my best performance, but because I did the best I could on that day. My perseverance also meant I got to experience all the excitement of running in front of all those spectators, cheering on my team mates and visiting a new country.

I enjoyed the forest and the competition, as the chance to compete against a field like this does not arise often. I was glad that a few other Canadians had come for the spectator races and to support us, and that we had excellent team leaders in Magnus and Andrea. This year's WOC made me think hard about what it takes to be a truly elite orienteer.

### **LOUISE ORAM**

WOC 2008 was definitely one of the best-organized events that I've entered. The host team chose Olomouc and Prostějov as the main cities, and found challenging terrain both within the cities (for the sprint races) and in the surrounding area (for the middle, long, and relay). For the long and relay, the terrain was typical continental stuff, with more higher and blander and faster running than we typically experience in Canada. The middle was held on some very special terrain, and only the runners in the WOC Middle Final got to experience the intricate "City of Rocks" that the pre-race information enigmatically referred to. The sprint races were held in the cities, and the pace there was fast and furious!





**Fig. Louise in the middle qualification race in the Czech Republic.**

### **CHARLOTTE McNAUGHTON**

The 2008 World Orienteering Championships in the Czech Republic were a great experience for me. There was a nice sense of team amongst Team Canada. My most exciting moment was watching Patrick race in the sprint final in the amazing venue of the old downtown of Olomouc. I also enjoyed the athletes village feel as almost all the teams were staying at the same place - a university residence in Olomouc. I didn't have a solid race in the long qualification but I was pleased that I took Brent Langbakk's advice to make sure that I smiled at the start line. Which was a nice and simple technique to calm the nerves. Also a big thank you is in order for Magnus and Andrea for having volunteered their time as the Canadian team leaders.

### **WIL SMITH**

Significant pre-WOC injury problems, coupled with a further injury in the WOC middle qualification race, limited my own WOC experience to the “it can only go up from here” category.

However, excellent runs by Patrick, Louise, and especially Sandy (who managed top-30 finishes in both individual races she entered, despite injury difficulties) more than made up for my own disappointment. It will be exciting to follow their progress over the next couple of years.



**Fig. Wil Smith in the Middle Qualification race**

Special kudos to the organizers for putting together an “Athletes Village”<sup>2</sup>, where 90% of the athletes lived in student apartments, all within close

proximity to one another. While WOC is obviously a very serious competition, it is also an opportunity for athletes from dozens of different countries and cultures to meet, mingle, and exchange ideas. The international flavour is certainly enhanced by creating an athlete village atmosphere - and I certainly hope that subsequent WOC organizers will continue to follow in this model.

## VICTORIA SMITH

The 2008 World Orienteering Championships in Czech Republic was great because it allowed me to gain experience competing at an international level and to develop my navigation skills. I enjoyed having the opportunity to orienteer in the unique and challenging terrain the Czech Republic had to offer. Also, it is always fun meeting new people and building friendships with other athletes from all over the world. Finally, WOC provides a great opportunity to bond and train with fellow Canadian orienteers; this year was especially exciting because four of my siblings were on Team Canada as well.

It was truly an honour to represent Canada again at the 2008 World Orienteering Championships, and I hope to be able to do the same in future years.



**Fig. Victoria and Heather Smith in the Relay Race at WOC 2008.**

## HEATHER SMITH

WOC 2008 for me was a really fun experience. It has always been an honour to attend these races and this year was no different. The entire championships were well organized and the volunteers were helpful. The countryside around Olomouc and Prostejov was beautiful and the cities themselves were charming.

One aspect about this year that I would especially like to highlight is the team cohesiveness and bonding that we experienced. For example, Victoria, Louise, and myself waiting in the Prague airport until Brent showed up and him buying us ice cream in return when he can't even eat any! Cheering each other on at the races, even in the pouring rain. Other examples include the nightly language lessons, the group dinners and city tours. The list goes on. The team bonding made my trip especially enjoyable and should be a given at WOC each year.

Congratulations to Louise, Patrick, and Sandy for their qualifications to the finals, good luck to all training for Hungary, and thanks to Andrea and Magnus for their support and team leadership (and language lessons!).

## MIKE SMITH

WOC 2008 in Olomouc was a great experience. I really enjoyed the blend of modern and medieval in the town of Olomouc. The old cobble-stoned central square, complete with statues, fountains and an ancient church was filled with possibly the most high-tech finish arena I've ever seen with big screens for live television coverage from the course. The huge Czech crowd was absolutely amazing and with the exception of the rain that fell late in the race, watching the sprint final in downtown Olomouc and cheering on Patrick was definitely the spectator highlight of the week.

In my individual races, the long and the middle, small mistakes kept me in my rut of 'close but not quite' WOC results in terms of qualifying for finals. That said, it is always a sweet moment to pass the US team on the last leg of the men's relay, even if we are fighting for lower positions in the pack. The rivalry with the USA and the pride of representing Canada definitely made the relay my race highlight of the week.

I'll remember Czech for the culture and hospitality and I'll remember WOC 2008 as one of the best organized, filled with camaraderie and lots of dramatic moments including Daniel Hubmann's triumph (and Louise and Sandy's runs) in the long and Thierry Gueorgiou's highlights and lowlights from the middle victory to finishing the relay in an ambulance. What excitement will WOC 2009 in Hungary bring?



**fig. Mike in his Long Qualification Race**

## JON TORRANCE

My standout memory of WOC 2008 in the Czech Republic has to be spectating at the sprint final in the main square in the historic center of Olomouc. While watching the excellent coverage of the action on a large screen, the crowd noise echoing off the surrounding buildings competed to be loudest with the thunderstorm that passed (mostly) by just to the south of the race terrain.

However, I expect someone else on the team will have written about that and there must be video online for interested people to check out. So I'll focus on one of the sprint training sessions some of us did with the American team, running a course in the historic center of the second largest city in the Czech Republic, Brno. My previous sprint races in European cities had all been in

mostly park and university campus settings. So this was my first time orienteering in the “bustling with pedestrians” but almost entirely “car-free” downtown city center of a city that has existed since medieval times. It was full of streets laid according to no regular plan, narrow alleys and passages through buildings, including one route through a shopping mall that involved riding down an escalator, the ramparts of the old city wall, etc. It was nowhere near as complex as some European urban sprint maps I've seen, nor would I say it compared to longer urban races such as the annual Venice Street Race. But, it was a blast! It's a pity North American city centers are typically much less interesting and much more full of dangerous traffic."



**Fig. Jon's Sprint Qualification Race in Olomouc**

## **2008 Sass Peepre National Junior Orienteering Training Camp**

**August 17-20, 2008**, at Saint John, New Brunswick

What a great way to make new friends among like-minded orienteers! The prime goal of this annual camp is **HAVING FUN!** And another goal is to **LEARN NEW ORIENTEERING SKILLS**, so you can have a better chance of competing successfully at the Canadian Orienteering Championships. This camp is traditionally held during the week prior to the Canadian Championships, in the same vicinity as these competitions. It is usually 2-3 days long. Boys and girls ranging from 10 to 20 years of age come from across Canada, and some from the United States. This year we had a total of 38 participants, from New Brunswick (14), Nova Scotia (1), Ontario (12), BC (1), Yukon (5) and the USA (5).

We had an awesome bunch of coaches, the most famous of which were Sandy & Holger Hott (from Norway) who gave an entertaining talk, and Katarina Smith (formerly of Sweden, now living in Ontario). There were 4 Canadian juniors who had recently competed in JWOC in Sweden (Emily Ross, Emily Kemp, Robbie Anderson and Graham Ereaux) who gave a presentation about their best races at JWOC and what they liked about being on the Canadian Junior Team. We had 6 coaches who are just transitioning from junior to adult categories (Robbie Anderson, Darius Konotopetz, Matt Hryciuk, Carol Ross, Patrick Goeres and Igor Palagnyuk). All the younger kids must have felt that the

national junior team was something perhaps within their reach because of these people! Other coaches were parents of participants (Karen McKenna, Randy Kemp, Sabine and Erik Blake, and Ted Danciu), and they made it possible for us to offer coaching to the younger and less experienced kids. In addition we had Jon Torrance and Jim Blanchard who were especially useful in many ways.

Despite the lack of equipment in the kitchen of the UNB Saint John residence (where we all stayed), the 5 adults on meal duty made massive efforts to feed us all plenty of healthy, delicious food with as little environmental impact as possible!! Everyone appreciated their meals, from the non-gluten crowd to those of us who ate the freshly picked blueberries found on the map where we were training!

Everyone went onto the Rockwood Park orienteering map 5 times, with different training sessions for different levels of ability. We only had rain on one day, and we managed to reschedule the sequence of activities to avoid the rain. The map was only 5 minutes drive away from the residence, which made logistics easier than normal. Thanks to the kitchen people who helped out with driving the gang to their different training spots.

We neglected to enlighten everyone at the camp about the “Sass Peepre history”. Sass Peepre was a founding “father” of orienteering in Canada in the 1960’s and 70’s. When Sass died, the Sass Peepre Fund was started in his memory for the purpose of  
**SUPPORTING LEADERSHIP OF JUNIORS IN CANADA.** This fund is

held in trust by the Canadian Orienteering Federation, and its main purpose now is to ensure that there is always a national junior training camp in conjunction with the annual Canadian Orienteering Championships. The 3 trustees of this Fund (currently Ted de St Croix, Kitty Jones and Luella Smith – thank you all!) get the planning of the camp going each year, and solicit volunteers to actually come to the camp and coach or help out in some way. Through the use of volunteers, we can keep the cost of the camp to a minimum. If necessary (especially this year!), the Sass Peepre Fund covers any deficit. Donations to the Fund are most welcome. This year, a New Brunswick orienteer, Paul Looker, obtained a \$1250 grant for the camp from the Saint John Canada Games Foundation, for which we are very thankful. This grant brought the fees down by \$30/participant.

A special thanks must go to Anne Teutsch, who handled all the registration, and led the kitchen crew (as well as the bedtime crew?!) as well as Andree Powers for handling all the camp finances.

In 2009, there will be another Sass Peepre Camp in Manitoba, in conjunction with the Canadian Championships there. Keep an eye out for details in the spring of 2009. We hope to see you there!

**Kitty Jones**

**2008 Camp Coordinator**

## **Canadian Orienteering Championships 2008**

**By Nick Barrable**

Canada has always been a place I have wanted to visit and the annual Champs week at the end of the summer is an ideal time to go. We managed to get some cheap flights with Air Transat to Fredericton, although we could have gone to Halifax with Zoom as they went bust 3 days after we got back! New Brunswick is one of the poorest provinces in Canada, but is nevertheless, very rich in beautiful scenery and friendly people. Many thanks to event coordinator David Ross and President of Orienteering New Brunswick and his team for making it all happen and making the week highly memorable for all who took part.

The annual Canadian Orienteering Championships kicks off with a warmup event the weekend before, which this year was called Fishbones, and was based in the port city Saint John, New Brunswick. There was then a three day Sass Peepre national junior training camp followed by the first of four races, which we shall look at here.

A select bunch of Brits made it over for the O-feast, including the Bickles from WAOC and the Drews from Happy Herts, as well as The Editor and John Hartley WSX. Numbers at events are relatively low, so the Canadian Champs, with its 220 odd competitors, is about as good as it gets. Travel to events involves lots of miles and \$\$, although this year, many US runners from New England made the trip north.

The first race was billed as a ‘fun sprint’ and was probably a world first as it was billed as the first “Ocean Floor” event. Such is the tidal range in this area, 15m at extremes, when the tide is out, the rock pillars, rockweed Islands and coastal formations at Hopewell Provincial Park are exposed and thus make an excellent venue for an Orienteering race! Although if you really were too slow on your course, the tide may well come in and you could be sitting on a high boulder for a few hours waiting for it to go out again! But there was never any danger of this and indeed the race was as much about dodging the tourists as finding the flags! There were three courses, the longest of which was 2.2km and was won by Holger Hott, 2006 Middle Distance World Champion from Norway, who won in under 10 minutes, just over a minute ahead of top Canadian Team runner, Patrick Goeres.



**Fig. Control at one of the infamous “flower pots” of Hopewell Park.**

Here is what Holger Hott had to say on the event:- “It turned out to be a really cool event. I imagined the footing would be worse with lots of mud or wet sand, but it was actually nice and fast and not too many tracks at all. Expected more low rocks that would be hard to read at a fast pace, but most of the map was huge cliffs. If you looked far ahead it was quite easy orienteering since it was not that hard to pick out the different cliffs from each other. But easy orienteering makes it fast and then it turns hard anyways! And running off to the wrong cliff would cost you 20 seconds, which is a lot of time on such a short course. It’s fun to know that we were part of the first race on the ocean floor. Even if the area was small, I think we can compete there in a few years without feeling like you know the area.

With lots of controls and busy orienteering you had to stay focused – also on the way back through the same areas. I never felt like I knew the place. With the high speed the course was challenging and good, even without much change of direction and longer route choices.

The map was good. I didn’t have any problems with the mapping and it felt “natural” to understand the map without having seen a map of such an area before. The organizing was well done and the beautiful weather made it nice to relax after the race.

I had a very good run, and managed to flow nicely through the whole race. I did make one mistake on control 17 where I came a little too far left into the circle. I lost maybe 5- 10 seconds. After the race I could not remember all my route choices. I could not remember on what

side of each cliff I had been running. But I guess that is a good sign that I was very focused on where to go next.

Harold McQuade was the planner for the Classic Long race which was the last race of the weekend. Having used the same map for the Middle distance, the Long gave us a chance to go further into the National Park. Here is what he had to say:- “As the course setter it proved to be a challenge to plot courses through the green forest and make them both technically challenging and meet the expectations of the participants. The courses required the approval of Parks Canada as there were areas of the park that were out of bounds because they were protected areas. Wet areas (on certain portions of the map, PSL) were to be avoided, although the first controls for Women’s (course 9) and Men’s elite (course 10) were down a corridor which took participants through a narrow marsh. The Parks Canada restrictions influenced the route choices as controls were positioned to re-route runners around the restricted areas to avoid running through these areas. (Having checked Route Gadget, at least one participant stepped inside the area – this was expected and Parks Canada were also aware that this may happen ... it did not become a problem).

The largest challenge was the many good features. The Maple Grove map was mapped at 1:10,000 scale and the template map was at 1:15,000. The map was extremely detailed through the series of cliffs located along the lower edge of the map. Many features were difficult to see at 1:10:000 and for this reason some of the smaller technically challenging features were avoided.

The courses 9 and 10 were feared to be too short. In 2000 they were longer and for 2008 the vegetation and physical level of technical challenge were considered in the course design. The forest was much greener than in 2000. The Maple Grove map was partially upgraded in 2004 with the thought and expectation that Orienteering New Brunswick could host the Canadian Orienteering Championships in the future. The forest, Acadian forest, is undergoing a transformation and in a couple of years the existing red spruce will all die off and be replaced by new growth. There is much evidence of this going on; increase in dead fall and increase in young fir trees. The weather in Fundy National Park is subject to higher precipitation of rain due to its location - ideal growing conditions.

The course design was a team effort. Paul Looker, Meet Controller, ran every course and even ran several courses more than once (I ran every course many times, trying to see if recommended winning times could be met). Adrian Zissos was the WRE advisor for the Middle distance courses 9 and 10. They both provided valuable recommendations. (Note: The long distance courses 9 and 10 were originally being designed to meet WRE standard and they had to be abandoned because the IOF would not approve an exception to change the map scale from 1:15,000 to 1:10,000. Because of the level of detail, a map at 1:15,000 was not considered practical by the 2008 COC organizing committee.)”

Wil Smith won the Canadian Champs title (in 93:15) ahead of his brother Mike (102:07). The area was technically tricky and physically hard going. Rough



**Fig. Wil Smith leaving the last control of the COC Classic Distance event.**

underfoot, it was definitely one of those ‘slog’ round kind of a race. Here he comments on his Long victory over the 9.1km, 325m climb course – “After an embarrassing outing on the middle distance (where I was too defensive and still made huge blunders), I decided to be more aggressive in my approach to the long. I knew there were still a few places to be cautious – the complex thickets of vegetation near the start (#1), the area of detail at the bottom of the hill (#10-13), and anything on the bland hillside without nearby features to read (#17). Everything else would mainly be a matter of aggressive orienteering, decent execution and trying to keep the “fighting” feeling going despite thick vegetation and tough footing in many places. The run that came out of that plan was solid enough, though not spectacular. I took it very slowly to the



first control, and took an unusual but safe route to #17 (where I had run by another control en route to #6), but tried to manage a steady pace otherwise. I was very tired for the uphill part of the race from #13 onwards, but fortunately didn't lose much time to the rest of the field. Holger was in another class entirely – he blew us away despite losing about 8-9 minutes in total. The wide margins at the top were mainly due to others having difficulty coping with the challenging day. I probably lost less than 5 minutes all told; given this terrain, map, and course setting, that counts as a pretty good day.”

Next year the Canadian Champs will be in the Manitoba Sandhills, in Western Canada, 22nd – 30th August – so fly into Winnipeg and hire a car! See [www.coc2009.ca](http://www.coc2009.ca)

(CompassSport – Britain's National Orienteering Magazine, Vol. 29 Issue 5, October 2008, Pages 14-16. Reproduced with permission of the author and editor)

## **COC 2008 – Results**

I will present here the results of the orienteering events surrounding the 2008 COC's. For the events leading up to the Championships I have included the top three finishers, no matter their country of origin. For the COC's, I have just shown the top three Canadians with their relative overall positions. For a more complete list of the results refer to the following website address:  
[www.orienteering.nb.ca/coc2008/](http://www.orienteering.nb.ca/coc2008/)

### **Fish Bones - Sprint**

Sat 2008-08-16

#### **M12**

1 Graham, Robbie	OOC	20:56
2 Bronfman, Joshua	TOC	22:58
3 Stanford, Scott	Fundy	23:36

#### **M13-14**

1 Danciu, Sebastian	Stars	33:03
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#### **W13-14**

1 Ouellette, Danika	Falcons	16:21
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#### **M15-16**

1 Stanford, Mark	Fundy	20:57
2 Barker, Zac	DVOA	25:14

#### **W15-16**

1 Kemp, Molly	OOC	17:34
2 Danciu, Adela	Stars	57:25

#### **M17-20**

1 Childs, Andrew	GMOC	18:29
2 Rennie, Graeme	GVOC	23:07
3 Lewis, Daniel		24:02

#### **W17-20**

1 Goeres, Caitlin	CdBOC	22:37
2 Klassen, Sylvia	ROC	23:20
3 Ross, Emily	Falcons	24:25

#### **M21-34E**

1 Goeres, Patrick	CdBOC	14:35
2 Graham, Brian	OOC	17:14
3 Anderson, Robbie	OOC	17:49

#### **W21-34E**

1 Hott, Sandy	Falcons	19:01
2 Smith, Katarina	Falcons	19:53
3 Kemp, Emily	OOC	22:28

#### **M21-34A**

1 Tse, Yee Lut	HKIOF	23:54
2 Smith, Troy	NSAC	1:06:10

#### **W21-34A**

1 Bickle, Penny	WAOB	19:25
2 Bickle, Helen	WAOB	29:12
3 Smith, Cheryl	NSAC	51:22

#### **M35-44**

1 Looker, Paul	Fundy	20:43
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**M45-54**  
 1 Cornett, Andrew OOC 24:54  
 2 Kemp, Randall OOC 26:15  
 3 Danciu, Ted Stars 29:01

**W45-54**  
 1 Jones, Kitty FWOOC 22:14  
 2 Fillebrown, Sandy DVOA 26:11  
 3 Hogg, Mary-Lou EOOOC 28:12

**M55-65**  
 1 Anderson, Bill OOC 19:54  
 2 Rennie Bruce GVOC 20:12  
 3 Bickle Michael WAOC 24:10

**W55-64**  
 1 Smith, Luella Falcons 13:34  
 2 Johnson, Rosemary BAOC 19:58  
 3 Bickle, Hazel WAOC 23:12

**M65-74**  
 1 Skarborn, Stig FFOX 14:04  
 2 Viddal, Einar EOOOC 18:23  
 3 Donald, Scott KOC 21:14

**W65-74**  
 1 Donald, Shirley KOC 28:58

**M75+**  
 1 Scott, Don EOOOC 31:00

**W75+**  
 1 Leduc, Nesta YOA 17:44

**Open1**  
 1 Coombes, Gabriel Falcons 36:05

**Open3**  
 1 Ross, David Falcons 24:24

**Fish Bones - Middle**

Sat 2008-08-16

**M12** 1.8 km 10 C  
 1 Tasker, William EOOOC 13:47  
 2 Kemp, Ian OOC 23:04  
 3 Bronfman, Joshua TOC 24:11

**M13-14** 2.1 km 11 C  
 1 Danciu, Sebastian Stars 54:41

**W13-14** 2.1 km 11 C  
 1 Ouellette, Danika Falcons 38:07

**M15-16** 2.5 km 11 C  
 1 Stanford, Mark Fundy 58:12  
 2 Barker, Zac DVOA 1:02:03

**W15-16** 2.5 km 11 C  
 1 Kemp, Molly OOC 47:38  
 2 Danciu, Adela Stars 1:57:52

**M17-20** 3.3 km 18 C  
 1 Childs, Andrew GMOC 45:43  
 2 Rennie, Graeme GVOC 50:01  
 3 Ereaux, Graham Falcons 53:23

**W17-20** 3.1 km 17 C  
 1 Ross, Emily Falcons 1:24:40  
 2 Klassen, Sylvia ROC 1:40:21

**M21-34E** 3.9 km 19 C  
 1 Goeres, Patrick CdBOC 38:42  
 2 Kemp, Eric OOC 43:57  
 3 Torrance, Jon OOC 44:14

**W21-34E** 3.3 km 18 C  
 1 Hott, Sandy Falcons 38:40  
 2 Smith, Katarina Falcons 40:25  
 3 Kemp, Emily OOC 44:15

**M21-34A** 3.1 km 17 C  
 1 Tse, Yee Lut HKIOF 1:32:38

**W21-34A** 3.1 km 17 C  
 1 Bickle, Penny WAOC 1:12:50  
 2 Bickle, Helen WAOC 1:48:46

**M35-44** 3.3 km 18 C  
 1 Looker, Paul Fundy 55:43  
 2 Kemp, Randall OOC 58:22  
 3 Zissos, Adrian FWOOC 58:36

**M45-54** 3.1 km 17 C  
 1 Teschendorf, Kevin BGR 43:11  
 2 Tasker, James EOOOC 49:25  
 3 Strat, Tom QOC 1:02:13

**W45-54** 3.1 km 17 C  
 1 Jones, Kitty FWOOC 1:11:22  
 2 Hogg, Mary-Lou EOOOC 1:27:10  
 3 Fillebrown, Sandy DVOA 1:34:29

**M55-65** 3.1 km 17 C  
 1 Anderson, Bill OOC 57:42  
 2 Blanchard, Jim AVOC 1:03:16  
 3 Bickle, Michael WAOC 1:13:25

**W55-64** 3.1 km 17 C  
 1 Smith, Luella Falcons 1:23:00  
 2 Bickle, Hazel WAOC 1:32:30  
 3 Drew, Elizabeth HH 1:39:06

**M65-74** 3.1 km 17 C  
 1 Skarborn, Stig FFOX 1:20:55  
 2 Viddal, Einar EEOC 1:25:53  
 3 Fellows, David FFOX 1:34:37

**M75+** 3.1 km 17 C  
 1 Scott, Don EEOC 3:12:51

**Open3** 2.5 km 11 C  
 1 Pavey, Bronwyn Falcons 1:39:30  
 2 Munro, Marion VOC 1:48:31

**Open4** 3.1 km 17 C  
 1 Keeling, Doug OOC 1:28:25

**Open5** 3.3 km 18 C  
 1 Riley, Perry OOC 1:46:24

**Fish Bones - Long**

Sun 2008-08-17

**M12** 1.6 km 11 C  
 1 Bronfman, Joshua TOC 29:07  
 2 Kemp, Ian OOC 33:33  
 3 Stanford, Peter Fundy 39:35

**M13-14** 1.7 km 11 C  
 1 Danciu, Sebastian Stars 42:51

**W13-14** 1.7 km 11 C  
 1 Crompton, Emily Falcons 39:54  
 2 Ouellette, Danika Falcons 46:02  
 3 Teutsch, Laura OOC 1:00:19

**M15-16** 3.0 km 11 C  
 1 Teutsch, Alex OOC 1:23:33  
 2 Barker, Zac DVOA 1:26:42  
 3 Stanford, Mark Fundy 1:34:37

**W15-16** 3.0 km 11 C  
 1 Kemp, Molly OOC 1:07:37  
 2 Danciu, Adela Stars 2:21:48

**M17-20** 6.3 km 15 C  
 1 Ereaux, Graham Falcons 1:09:43  
 2 Childs, Andrew GMOC 1:21:38  
 3 Rennie, Graeme GVOC 1:27:53

**W17-20** 4.5 km 13 C  
 1 Ross, Emily Falcons 1:50:59  
 2 Klassen, Sylvia ROC 2:16:01

**M21-34E** 7.6 km 15 C  
 1 Goeres, Patrick CdBOC 1:07:37  
 2 Torrance, Jon OOC 1:23:09  
 3 Kemp, Eric OOC 1:31:29

**W21-34E** 6.3 km 15 C  
 1 Smith, Katarina Falcons 1:13:27  
 2 Hott, Sandy Falcons 1:14:05  
 3 Kemp, Emily OOC 1:15:30

**M21-34A** 4.5 km 13 C  
 1 Nowlan, Julien Falcons 1:52:28

**W21-34A** 4.5 km 13 C  
 1 Bickle, Penny WAOC 1:59:42

**M35-44** 6.3 km 15 C  
 1 Zissos, Adrian FWOA 1:25:32  
 2 Looker, Paul Fundy 1:26:40  
 3 Kemp, Randall OOC 1:38:42

**W35-44** 4.5 km 13 C  
 1 Graham, Marketa OOC 1:52:08  
 2 Hamel, Denise Fundy 3:05:07

**M45-54** 4.5 km 13 C  
 1 Tasker, James EEOC 1:09:49  
 2 Teschendorf, Kevin BGR 1:09:56  
 3 Cornett, Andrew OOC 1:17:34

**W45-54** 4.5 km 13 C  
 1 Fillebrown, Sandy DVOA 1:43:42  
 2 Teutsch, Anne OOC 2:16:07  
 3 Klassen, Susan ROC 2:19:07

**M55-65** 4.5 km 13 C  
 1 Anderson, Bill OOC 1:20:02  
 2 Bickle, Michael WAOC 1:20:41  
 3 Blanchard, Jim AVOC 1:39:44

**W55-64** 4.5 km 13 C  
 1 Drew, Elizabeth HH 2:12:50  
 2 Smith, Luella Falcons 2:29:04  
 3 Bickle, Hazel WAOC 3:18:10

**M65-74** 4.5 km 13 C  
 1 Skarborn, Stig FFOX 1:43:16  
 2 Viddal, Einar EEOC 1:44:12  
 3 Kerr, Alex GVOC 1:56:51

**W65-74** 4.5 km 13 C  
 1 Donald, Shirley KOC 4:01:20

**M75+** 4.5 km 13 C  
1 Scott, Don EOC 5:12:55

**Open2** 1.7 km 11 C  
1 Munro, Marion VOC 1:03:50  
2 Hawes, Betsy HVO 1:11:16  
3 Jamison, Jordan FFOX 1:45:45

**Open3** 3.0 km 11 C  
1 Stanford, Andrew Fundy 1:41:29  
2 Leduc, Nesta YOA 2:09:11

**Group2** 1.7 km 11 C  
1 Heron, Steve Fundy 1:04:50

**Open4** 4.5 km 13 C  
1 Ouelette, Serge Falcons 2:00:53

**Open5** 6.3 km 15 C  
1 Ross, David Falcons 1:56:04  
2 Preobrazhensky, Sergei COH 2:26:03

### **Hopewell Rocks Sprint**

Thu 2008-08-21

**M12** 1.6 km 18 C  
1 Lyons, Zachary ROC 15:47  
2 Stanford, Peter Fundy 19:10  
3 Tasker, William EOC 25:54

**W12** 1.6 km 18 C  
1 Blake, Pia YOA 18:31

**M13-14** 1.6 km 18 C  
1 Danciu, Sebastian Stars 16:50  
2 Bryant, David NEOC 25:09

**W13-14** 1.6 km 18 C  
1 Teutsch, Laura OOC 37:23

**M15-16** 2.0 km 21 C  
1 Teutsch, Alex OOC 16:11  
2 Stanford, Mark Fundy 22:30  
3 Barker, Zac DVOA 27:35

**W15-16** 2.0 km 21 C  
1 Murray, Kendra YOA 25:31  
2 Kemp, Molly OOC 27:21  
3 MacKeigan, Jennifer YOA 27:43

**M17-20** 2.2 km 23 C  
1 Rennie, Graeme GVOC 12:36  
2 Ereaux, Graham Falcons 13:16  
3 Childs, Andrew GMOC 15:12

**W17-20** 2.0 km 21 C  
1 Ross, Emily Falcons 21:38  
2 Klassen, Sylvia ROC 23:40  
3 Goeres, Caitlin CdBOC 25:45

**M21-34E** 2.2 km 23 C  
1 Hott, Holger KOK 9:53  
2 Goeres, Patrick CdBOC 10:25  
3 Barrable, Nick WAOC 11:09

**W21-34E** 2.2 km 23 C  
1 Oram, Louise GVOC 13:56  
2 Kemp, Emily OOC 14:26  
3 Smith, Katarina Falcons 14:42

**M21-34A** 2.0 km 21 C  
1 Hawkes-Teeter, Martin EMPO 15:06

**W21-34A** 2.0 km 21 C  
1 Bickle, Helen WAOC 28:52  
2 Okle, Conny olkpizhasi 32:24

**M35-44** 2.2 km 23 C  
1 Zissos, Adrian FWOOC 13:55  
2 Good, Ted QOC 14:00  
3 James, Edward 16:35

**W35-44** 2.0 km 21 C  
1 Young, Mairead HVO 24:47  
2 Graham, Marketa OOC 24:54  
3 Webb, Pia K CSU 26:36

**M45-54** 2.2 km 23 C  
1 Lyons, Michael ROC 14:38  
2 Sidders, Ian GHO 15:58  
3 Agar, David OOC 17:54  
3 Minium, Michael OCIN 17:54

**W45-54** 2.0 km 21 C  
1 Ritter, Anke OOC 19:52  
2 Mckenna, Karen YOA 21:16  
3 Tryson, Janet EMPO 22:27  
4 Jones, Kitty FWOOC 22:47

**M55-65** 2.0 km 21 C  
1 Bickle, Michael WAOC 17:58  
2 Hunter, Gord OOC 18:59  
3 Rennie, Bruce GVOC 19:06

**W55-64** 1.6 km 18 C  
1 Drew, Elizabeth HH 21:16  
2 Bickle, Hazel WAOC 23:03  
3 Guttormson, Lorna OOC 25:00

**M65-74** 1.6 km 18 C  
 1 Skarborn, Stig FFOX 15:09  
 2 Guttormson, Richard OOC 20:17  
 3 Kerr, Alex GVOC 20:28

**W65-74** 1.6 km 18 C  
 1 Roe, Reta PTOC 26:22  
 2 Donald, Shirley KOC 30:05  
 3 Hawes, Betsy HVO 43:05

**M75+** 1.6 km 18 C  
 1 Scott, Don EOOOC 36:39

**Open1** 1.6 km 18 C  
 1 Norgaard, Helle SLOW 14:03  
 2 Beattie, James SLOW 14:12  
 3 Aronoff, Richard OOC 34:58

**Open2** 2.0 km 21 C  
 1 Ritter, Burkhard OOC 19:15  
 2 Lawrence, Ian Falcons 22:12  
 3 Wade, Cameron Falcons 23:09

**Open3** 2.2 km 23 C  
 1 Ritter, Seigfried OOC 16:11  
 2 Ross, David Falcons 17:14  
 3 Robbins, Matthew OOC 21:13

**Group2** 2.0 km 21 C  
 1 Smith ,T&C NSAC 25:34  
 2 Meeks, S&C NEOC 52:19

**Canadian Orienteering  
 Championships - Sprint**

Fri 2008-08-22

**M12** 1.2 km 15 C  
 2 Kemp, Ian OOC 9:35  
 3 Graham, Robbie OOC 10:28  
 5 Stanford, Scott Fundy 13:35

**M13-14** 1.2 km 15 C  
 2 Danciu, Sebastian Stars 13:50  
 3 Bronfman, Joshua TOC 15:32

**W13-14** 1.2 km 15 C  
 1 Teutsch, Laura OOC 7:35  
 2 Crompton, Emily Falcons 9:43

**M15-16** 2.1 km 21 C  
 1 Stanford, Mark Fundy 22:35  
 2 Teutsch, Alex OOC 24:18

**W15-16** 2.1 km 21 C  
 1 Beatty, Dahria YOA 19:58  
 2 Kemp, Molly OOC 21:09  
 3 Murray, Kendra YOA 28:07

**M17-20** 2.7 km 24 C  
 2 Tree, Andrew FFOX 27:05  
 4 Lewis, Daniel 30:32

**W17-20** 2.1 km 21 C  
 1 Ross, Emily Falcons 24:35  
 2 Goeres, Caitlin CdBOC 26:19

**M21-34E** 2.7 km 24 C  
 2 Goeres, Patrick CdBOC 15:46  
 3 Smith, Mike Falcons 17:09  
 7 Torrance Jon OOC 18:44

**W21-34E** 2.1 km 21 C  
 1 Kemp, Emily OOC 16:07  
 2 Smith, Katarina Falcons 16:19  
 3 Oram, Louise GVOC 16:43

**W21-34A** 1.8 km 19 C  
 2 Smith, Cheryl NSAC 26:39

**M35-44** 2.7 km 24 C  
 1 Mlynczyk, Eugene UKR 21:35  
 3 James, Edward 25:46  
 6 Clark, Ian 48:30

**W35-44** 2.1 km 21 C  
 1 Graham, Marketa OOC 22:24  
 2 Duca, Val Stars 26:18

**M45-54** 2.7 km 24 C  
 1 Tasker, James EOOOC 23:21  
 2 Cornett, Andrew OOC 25:02  
 3 Kemp, Randall OOC 26:51

**W45-54** 1.8 km 19 C  
 1 Jones, Kitty FWOOC 18:10  
 3 Teutsch, Anne OOC 19:58  
 5 Hogg, Mary-Lou EOOOC 22:22

**M55-65** 1.8 km 19 C  
 2 Hunter, Gord OOC 16:25  
 3 Konotopetz, Larry CdBOC 16:59  
 4 Rennie, Bruce GVOC 17:53

**W55-64** 1.5 km 19 C  
 2 Gamey, Muriel CdBOC 14:47

**M65-74** 1.8 km 19 C  
 1 Kerr, Alex GVOG 20:16  
 2 Viddal, Einar EOOC 21:38  
 3 Skarborn, Stig FFOX 21:48

**W65-74** 1.5 km 19 C  
 1 Donald, Shirley KOC 19:20

**M75+** 1.5 km 19 C  
 1 MacConaill, Michael OOC 17:11  
 2 Scott, Don EOOC 25:21

**W75+** 1.5 km 19 C  
 1 Leduc, Nesta YOA 19:11

**W21-34E** 3.1 km 125 m 16 C  
 1 Oram, Louise GVOG 47:25  
 2 Hott, Sandy Falcons 47:46  
 3 Kemp, Emily OOC 52:38

**M21-34A** 2.3 km 65 m 13 C  
 1 Reddin, Andy Falcons 50:44

**M35-44 (9)** 3.1 km 125 m 16 C  
 1 Folkins, Ian 55:39  
 2 James, Edward 58:49  
 3 Mlynczyk, Eugene UKR 1:00:32

**W35-44** 2.5 km 90 m 14 C  
 1 Duca, Val Stars 54:52  
 3 Graham, Marketa OOC 1:27:32

**M45-54** 2.3 km 65 m 13 C  
 2 Tasker, James EOOC 35:41  
 3 Cornett, Andrew OOC 39:00  
 6 Riddle, Don SZOC 48:41

**W45-54** 2.3 km 80 m 12 C  
 1 Mckenna, Karen YOA 41:49  
 2 Jones, Kitty FWOOC 50:12  
 2 Teutsch, Anne OOC 50:12

**M55-65** 2.3 km 65 m 13 C  
 1 Anderson, Bill OOC 36:58  
 2 Yarkie, Greg EOOC 41:00  
 4 Waslander, Bert OOC 44:41

**W55-64** 1.9 km 45 m 9 C  
 1 Smith, Luella Falcons 39:03  
 2 Gamey, Muriel CdBOC 40:15  
 5 Watts, Lois CdBOC 49:27

**M65-74** 2.3 km 80 m 12 C  
 3 Viddal, Einar EOOC 1:01:50  
 4 Fellows, David FFOX 1:08:54  
 6 Kerr, Alex GVOG 1:10:17

**W65-74** 2.2 km 75 m 15 C  
 1 Donald, Shirley KOC 1:10:06  
 3 James, Margaret 1:30:52

**M75+** 1.9 km 45 m 9 C  
 1 MacConaill, Michael OOC 1:33:42  
 2 Scott, Don EOOC 2:47:18

**W75+** 2.2 km 75 m 15 C  
 1 Leduc, Nesta YOA 1:19:04  
 2 Johnson, Ruth NEOC 1:22:26

## Canadian Orienteering Championships - Middle

Sat 2008-08-23

**M12** 2.5 km 65 m 14 C  
 1 Tasker, William EOOC 18:58  
 2 Graham, Robbie OOC 22:54  
 3 Kemp, Ian OOC 25:04

**W12** 2.5 km 65 m 14 C  
 1 Blake, Pia YOA 22:59  
 3 Heron, Rachel Fundy 38:29

**M13-14** 2.3 km 75 m 12 C  
 1 Danciu, Sebastian Stars 35:31  
 2 Bronfman, Joshua TOC 39:40

**W13-14** 2.3 km 75 m 12 C  
 1 Teutsch, Laura OOC 25:47  
 2 Ouellette, Danika Falcons 31:41  
 3 Crompton, Emily Falcons 33:14

**M15-16** 2.2 km 75 m 15 C  
 1 Teutsch, Alex OOC 38:45  
 3 Stanford, Mark Fundy 53:50  
 4 Laurence, Ian Falcons 54:06

**W15-16** 2.2 km 75 m 15 C  
 1 Kemp, Molly OOC 30:39  
 2 Beatty, Dahria YOA 33:25  
 3 Murray, Kendra YOA 41:31

**W17-20** 2.5 km 90 m 14 C  
 1 Ross, Emily Falcons 1:05:00

**M21-34E** 3.6 km 125 m 18 C  
 2 Smith, Mike Falcons 34:40  
 3 Duca, Nick Stars 37:43  
 4 Goeres, Patrick CdBOC 41:12

**Canadian Orienteering  
Championships - Long**  
Sun 2008-08-24

**M12** 2.8 km 65 m 17 C  
1 Tasker, William EIOC 17:36  
2 Stanford, Peter Fundy 20:45  
3 Graham, Robbie OOC 22:31

**W12** 2.8 km 65 m 17 C  
1 Blake, Pia YOA 21:44  
3 Heron, Rachel Fundy 43:28

**M13-14** 2.9 km 80 m 12 C  
1 Danciu, Sebastian Stars 36:59  
3 Bronfman, Joshua TOC 43:11

**W13-14** 2.9 km 80 m 12 C  
1 Teutsch, Laura OOC 30:42  
2 Crompton, Emily Falcons 31:04  
3 Ouellette, Danika Falcons 35:31

**M15-16** 3.3 km 90 m 14 C  
1 Teutsch, Alex OOC 36:03  
2 Stanford, Mark Fundy 38:33  
4 Laurence, Ian Falcons 41:36

**W15-16** 3.3 km 90 m 14 C  
1 Beatty, Dahria YOA 31:24  
2 Kemp, Molly OOC 34:41  
3 Murray, Kendra YOA 41:26

**M17-20** 7.6 km 305 m 16 C  
4 Teutsch, Jeffrey OOC 3:09:33  
5 Lewis, Daniel 3:19:15

**W17-20** 4.3 km 215 m 14 C  
1 Ross, Emily Falcons 2:46:37

**M21-34E** 9.1 km 325 m 20 C  
2 Smith, Wil Falcons 1:33:15  
3 Smith, Mike Falcons 1:42:07  
6 Torrance, Jon OOC 1:52:59

**W21-34E** 7.6 km 305 m 16 C  
1 Oram, Louise GVOC 1:59:45  
2 Smith, Heather Falcons 2:08:33  
3 Kemp, Emily OOC 2:13:04

**M21-34A** 4.0 km 145 m 14 C  
2 Nowlan, Julien Falcons 2:03:15  
3 Reddin, Andy Falcons 2:32:34

**M35-44** 7.6 km 305 m 16 C  
1 Graham, Brian OOC 1:58:29  
3 Folkins, Ian 2:11:10  
5 Mlynczyk, Eugene UKR 2:16:54

**W35-44** 4.3 km 215 m 14 C  
1 Duca, Val Stars 1:52:30  
3 Graham, Marketa OOC 2:19:48

**M45-54** 4.0 km 145 m 14 C  
1 Tasker, James EIOC 1:03:27  
3 Blake, Erik YOA 1:06:39  
4 Agar, David OOC 1:13:41

**W45-54** 3.0 km 75 m 9 C  
1 Jones, Kitty FWOC 49:16  
4 Schweiger, Sabine YOA 1:15:34  
5 Mckenna, Karen YOA 1:19:11

**M55-65** 4.0 km 145 m 14 C  
1 Hunter, Gord OOC 1:04:40  
3 Anderson, Bill OOC 1:11:47  
4 Yarkie, Greg EIOC 1:18:08

**W55-64** 2.9 km 95 m 9 C  
2 Gamey, Muriel CdBOC 1:16:00  
3 Smith, Luella Falcons 1:18:30  
4 Loewen, Marion CdBOC 1:29:12

**M65-74** 3.0 km 75 m 9 C  
2 Kerr, Alex GVOC 1:06:54  
3 Viddal, Einar EIOC 1:13:53  
6 Donald, Scott KOC 1:56:55

**W65-74** 2.7 km 70 m 8 C  
1 Donald, Shirley KOC 1:12:50  
4 James, Margaret 2:20:23

**M75+** 2.9 km 95 m 9 C  
1 Scott, Don EIOC 2:14:25

**W75+** 2.7 km 70 m 8 C  
2 Leduc, Nesta YOA 1:21:11

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