

# WOC News No 3

## Moravian Open Champs

Mid April, a number of national teams made use of the offered competitions held in terrains similar to those of the WOC and giving them a chance to match with their foreign competitors and came to Central Moravia, to take part in the Moravian Open Championships. During the prizegiving ceremonies, Swedish national anthem was the most often played one, mainly thanks to Emil Wingstedt and Lena Eliasson. In the men's relay competition, home team showed to the world, that they must be taken into account...



...under supervision of monumental Bouzov castle, **Michal Smola** did excellent second leg and finished more than three minutes ahead of a group consisting other favourites, Emil Wingstedt, Olav Lundanes, Marián Davidík and Anders Nordberg. On the last leg Tomáš Dlabaja secured the victory for the team, which included Jan Procházka on the first leg.



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

### I tried to use all my experience

In a couple of days, Bulletin No 3 will disclose exact parameters of WOC courses. So it is the right time to place a couple of questions to **Jaroslav Kačmarčík**, the WOC course-setter.

*When did you start to prepare course setting and how does the initial stage look like - are the first concepts for WOC set up even before the maps are finalised?*

Of course, in some cases (the towns of Prostějov and Olomouc), previous maps were used as the basis for inventing concepts of the courses. The other courses (of the middle distance, long distance and relay events) were developed simultaneously with the production of the maps.

(cont. on page 5)

### I believe I can better my last year's position

**Lena Eliasson** was for sure the most successful participant of Moravian Champs, winning all four races. It was good reason to ask her for a couple of questions for our newsletter. The answers came on morning before Tiomila - apparently Lena didn't need any special sort of relaxation before the race, which she did in excellent way - on the last leg she made the victory for her team, Stora Tuna OK!

(cont. on page 2)



## I believe I can better my last year's position

(cont. from page 1)

*The comparison with runners of some other national teams at these competitions ended up for you in very pleasant way. Although not entire world was there, these results are surely not worthless, since complete Swedish, Finnish (just without Minna), Norwegian, Czech and a couple of other teams participated there. So do you see it just as a pleasant moment on longer way or also as a „promising“ signal?*

Of course it was pleasant, but I'm well aware that many of the others have more to give along the season. Since I've had some small problems with an injury until the middle of March, it was a bit surprising to me that the running worked so well,

especially speed in the sprint races and running uphill, but my focus was on the technique and I primarily take the good technical and tactical thinking and feelings with me. Earlier I've had problems reloading between competitions, but this worked fine this time.

*How did you enjoy these competitions, would you have some comments or did you have some surprising experience both from orienteering and the country itself...?*

Apart from a little bit too short long-distance everything seemed to be well planned and well organized. I feel a lot more comfortable with training areas in the Czech Republic compared to Ukraine, with fearing dogs everywhere. Since sweets are one of my weaknesses I

really liked the table with cookies/cakes next to the finish at the sprint ;-).

*How many times have you visited Czech forests during preparation for Czech WOC ? (but you were in CZ also, for example, at JWOC 2000 which might be also good experience I think).*

Training camp before JWOC 2000 was my first contact with the Swedish national team and we went to CZ during Prague Easter Cup that year. In 2003 I ran Euromeeeting in Jihlava and last year we went to CZ two times, in the spring and late autumn. When I look at the maps from JWOC I can hardly understand how I came through them because my orienteering skills were not so good by then. Today I feel that I've really learned a lot about Czech, and other continental, orienteering during trainingcamps abroad last 4-5 years.

*And was it last time now before nomination for WOC (which you will have here by end of June I suppose) ?*

Yes, I'll make the rest of my preparations for WOC in Sweden.

*What are your feelings about Czech terrains - is there something you are afraid of?*

Difficult route choices are a bit scary because it will be frustrating to cross the finish line believing that you've done a perfect race and then realise that you've lost 2-3 minutes due to a bad decision.

*Did you include something special in your training, to get prepared for Czech WOC ?*

A lot of skiing and running in the water. I mostly tried to get prepared mentally through looking at maps and making strategies before every race.

*You are known to be strong especially in sprint and middle - do you really feel yourself this way or would you like to convince the others that you can be amongst the best ones in long too ? The long competition in Moravia was not so long for you in the end - 49 minutes - but still it was almost 10 km...*

I made a lot of sprint trainings before WOC 2006 and that have really paid off after that (note - Lena was 4th). As a junior I often made good results at longer races, because of my strong running, but as a senior I've had problems with lasting



technically throughout the whole course. Last year I made progress at that point and I believe that I'm capable of bettering my 8th position of WOC long last year.

*When looking at the statistics of your international results, one can see, that you are, of course, there for many years, but most of the best results are really from sprint. But 6th overall place in 2007 World Cup and 8th place in long in Kyiv WOC are really somewhat promising also for other disciplines. So did you adjust your training in recent two years to be better on longer races than before ?*

I actually made a big change in my training about two years ago, but it was not with any special discipline in mind. Basically I started PLANNING more and making it towards a few bigger goals but I also started with concentrated periods of speed training. Intervals/high speed training has not been in my training plan more than 2-3 years because I had too many competitions and medium trainings that made me too tired for high speed training.

*What's your best time for 3 km (or 5 ) on athletic track ? I have heard something about 9'40"...*

I've only tried 3000m about 5 times and my personal best is 9'46" both indoors and outside.

*I believe you were everytime sort of good runner – do you remember your time for 3 km (for example) when you were 15 ?*

No, unfortunately not. I mostly ran small cross country races and a few times Lidingöloppet.

*Who do you think, that will belong to the most serious favourites in women's competitions at WOC ?*

Hopefully myself and the other Swedish women.

*And between men ?*

Of course I hope and believe that David Andersson (my boyfriend) will fight about the medals this year.

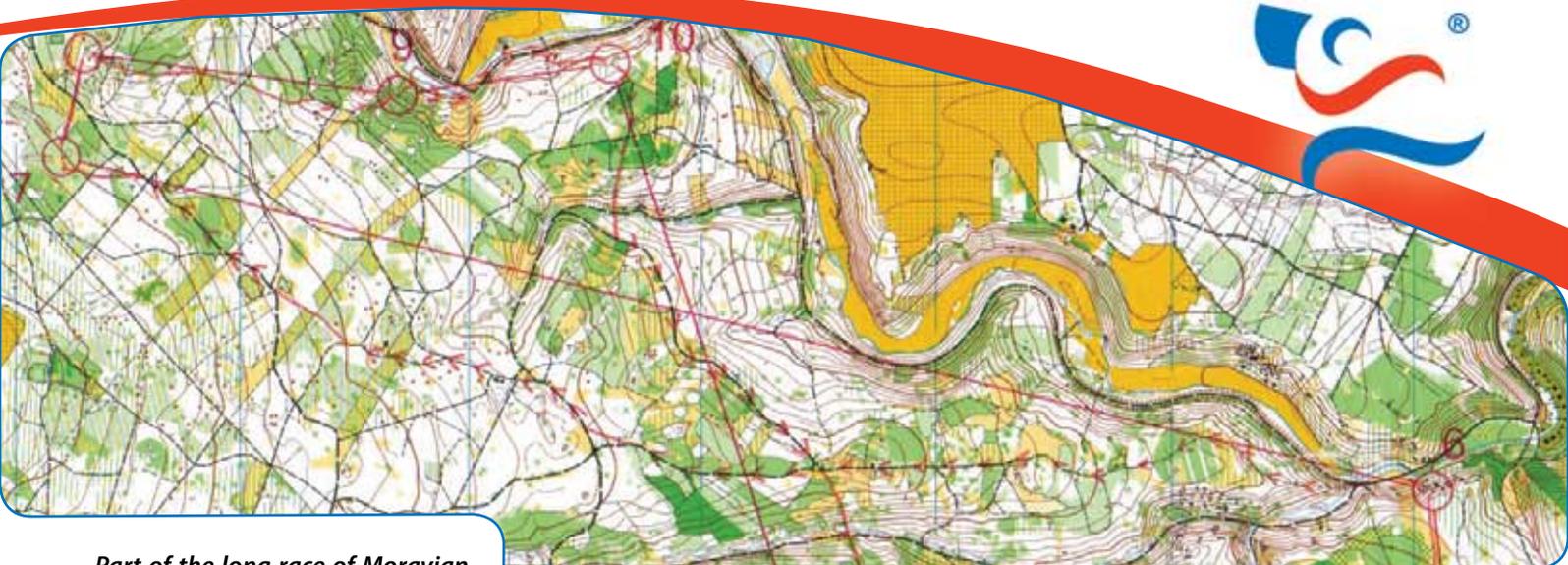
### Questions placed by Petr Kadeřávek

Swedish speaking readers can read more experiences and impressions of Lena at <http://lenaeliasson.blogg.se>, the others can at least have a look at maps and photos.

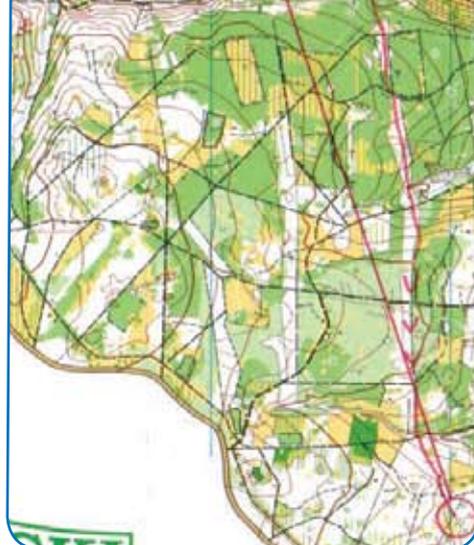


**The best runners of the long race at Moravian Open - Lena Eliasson, Heli Jukkola and Anne Margrethe Hausken were the fastest ladies, Emil Wingstedt won the men's track, ahead of Anders Nordberg and Michal Smola. Interesting coincidence happened two weeks later - just Lena, Heli and Anne were the three fastest on the last leg of Tiomila, with Heli being the absolute best one and Lena securing the overall victory for Stora Tuna OK, after she started her leg on 12th place !**





Part of the long race of Moravian Champs with longer routes, including route choices of Øystein Kvaal Østerbø. Josef Hubáček, WOC course-setter's assistant, created courses of this race. On the 6-7 route, competitors usually took the path along the valley south of the direct line, but Mats Haldin took the same way as Øystein and reached the fastest time on this route. But in case of Mats „the machine“, it might be also question of his excellent shape... The 10-11 route offered various more or less straight choices but also ways more to the west.

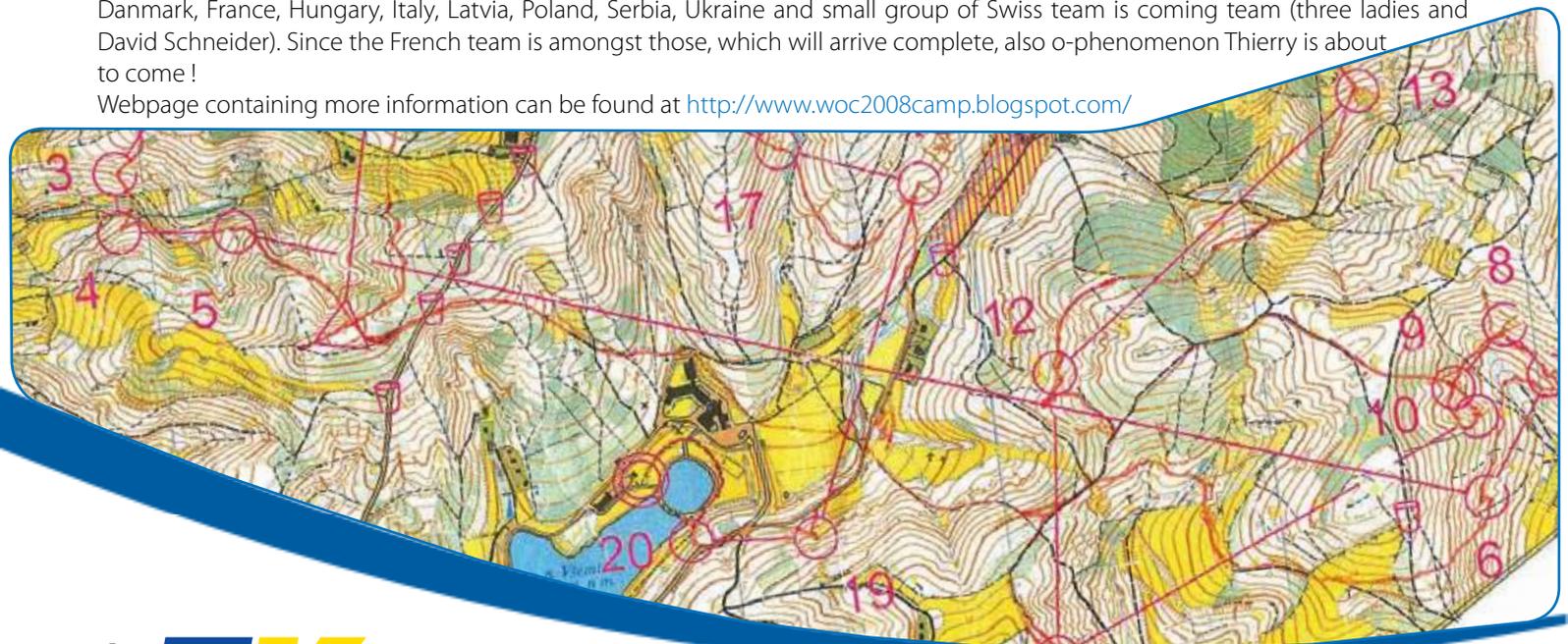


On homepage of Øystein Kvaal Østerbø, <http://folk.ntnu.no/oysteios/kart/2008/var> , you can see maps of all the Moravian Champs' races. If you would like to consider some other routes in Czech terrain, have a look at <http://zbm.eob.cz/zavody/mcr08/coursesm.htm> , where maps from Czech ultralong champs can be downloaded, or into the invitation to O-Festival 2008 on <http://news.worldofoc.com/2008>. There, you can find commented route-choices of one long route of last year's Czech long champs. In WOC Guide, which can be downloaded from <http://www.woc2008.cz> you can see other suggestions and advices for running in Czech terrains.

## Czech Spring is coming

Various national teams will be arriving at Vizovice since 27 April. The one week lasting 2nd official training camp includes also four-day CZECH SPRING 2008, taking place between 1 and 4 May on various sites of the region: sprint in the town of Vizovice, middle near Lidečko, long south of Vizovice (in the same area, where Czech Champs 2007 on long passed) and middle at Všemina (area of WRE event in May 2006 - see the map below with part of H21A course). Portfolio of individual trainings is an offer too and many teams requested also selection races to be organized. Ten teams, and around 100 competitors in total, are awaited, coming from Belgium, Denmark, France, Hungary, Italy, Latvia, Poland, Serbia, Ukraine and small group of Swiss team is coming team (three ladies and David Schneider). Since the French team is amongst those, which will arrive complete, also o-phenomenon Thierry is about to come!

Webpage containing more information can be found at <http://www.woc2008camp.blogspot.com/>





## I tried to use all my experience

*(cont. from page 1)*

*So the conceptual work starts about a year in advance?*

Yes - in theory. The maps of Olomouc and Prostějov were available. The problem, however, is that for the sprint, every detail is crucial and the changes are quite frequent and fast in town areas. Draft courses made are permanently updated to take into account the latest changes.

*With regard to the Czech approach to map making - namely many vegetation details - I expect that the maps will be generalised. Will that affect the courses or did you take it into account from the very beginning trying to avoid features of an "uncertain future" ...?*

I employed all my experience seeking to prevent possible problems, but I did not conform to the "Nordic approach". The Championships are held in Czechia in a typical continental terrain; there are no "Czech specials" and that's why I find no point to succumb to "Nordic comments". The maps are of a high quality. I did notice the fact that the maps contain some symbols which will not be accepted by the IOF Map Commission. My view is that if there is an internationally approved map specification - ISOM - and if, moreover, it concerns World Champs, that specification should be complied with.

*Did you mean by the reference to "Czech specials" that WOC does not take place in a very specific terrain like sandstone rocks, i.e. where difficult compromise solutions would have to be sought?*

Yes, exactly.

*Does it mean that the problem of detailed features, which the IOF Map Commission supposedly won't like, consists in the fact that they are not part of ISOM (such root-stocks or outstanding trees) rather than that their number would be excessive or their drawing too detailed (e.g. vegetation)?*

In the Nordic countries there are a national map

commissions supervising the cartographers to ensure that the maps are of requested quality, the defined symbols are respected etc. In our country, each cartographer, in effect, creates his own symbols. I don't mean by that, however, that the maps are bad. I'm fully satisfied with the quality of the maps for WOC.

*Back to course setting - is it possible to disclose the format of the courses, like butterfly loops in long distance or the type of farsta chosen for the relay event?*

All the information necessary for competitors will be made available in Bulletins No. 3 and/or 4. (note - according to IOF Foot Orienteering Competition Rules,

Bulletin No. 3 is published two months before WOC, i.e. in the beginning of May in our case).

*Well, so can you tell us at least some general characteristics? The terrains of all "forest" events (i.e. of all events except sprint) are rich in contours running in all directions, that's why physical difficulty will largely depend of the course setting. Even if I expect that WOC must be demanding for runners, how did you deal with that? Will the legs crossing valleys be compensated by flat ones or should the competitors count with*

**It is usual, that o-runners strengthen their condition also with other sports and Jaroslav Kačmarčík is not an exception. Here, he copes with the final slope of Marcialonga in 2007. (Photo: Milan Novotný)**





*"blood and tears" ?*

We - Pepino (*the WOC course-setter's assistant*) and me - seek to set the courses so that they comply with the standards. We believe to be successful. The winners will be those best prepared physically, technically as well as mentally.

*As you just mentioned, you share the task with Josef („Pepino“) Hubáček. How did you divide it?*

I know Pepino for a long time, we work as a good team and we seek together to make up good courses. It works like this : we both try to outline "something" and then we discuss it together. Finally we seek to pick up the best of both the concepts. The tasks will be divided only during the Champs themselves because the programme is full and demanding.

*Does it mean that your positions are more or less equivalent ? You live in Sweden and you are engaged in organising sports in China; that means you hardly meet him often. Do you rather use today's communication possibilities for „theory“ and when you visit the Czech Republic do you better spend time together on field work ?*

Yes, our positions are equivalent, except for one point: that's me, who is responsible for the course setting. When I agreed to take the charge of the course setter, I was fully aware of what is involved and what I will have to do. I come to Czechia whenever necessary.

*Do you mean, by your tasks during the Champs themselves, namely to ensure anything what concerns proper placing of the controls ?*

Our task is to determine the exact placement of each control and to mark it. We will do that in a sufficient advance. Placing controls then will be the responsibility of Petr Hynek, chief of the concerning section. Obviously, there must be a double check before each of the WOC events. Any error simply must not occur.

*What is the current stage of inspection of the courses by the IOF Advisor and National Controller ? Do you still expect a significant interference with your work ?*

*ence with your work ?*

Some small modifications will certainly be made but that can only be helpful. Concepts of all the courses are worked out and basically approved. The work on details will go on until the moment where any modifications (even the smallest ones) are impossible. Cartographers will revise the surveys in spring, that will surely bring about some modifications as well.

*When will the ultimate deadline of the course setting come ? Will that be with Bulletin No. 3 in which all the data must be listed ?*

Bulletin No. 3 must specify for each course its length, climbing, number of controls, number of refreshment points, expected winning time. Small changes can be made thereafter, but the data listed in Bulletin No. 3 cannot be affected too much.

*Even if it does not fall directly within the responsibility of the course setter, he is considerably involved - how is it secured that - for example - a new opening does not appear around a planned control ?*

If a "disaster" arrives, reserve areas stand by (exactly in accordance with IOF guidelines). If a new clearance is made, we will have to modify the course(s) to get around it. I believe that no hurricane comes after the maps with courses will be printed.

*Just reminding that Emma hurricane hurried over all the national territory on March 1st, do you have any information that it would "comb" the forest in our competition areas ?*

During running checks of the courses in the middle of April we found out that part of the forest, in particular that prepared for the long distance, was damaged but fortunately the courses were not affected too much.

*We seek to attract media - does that somehow influence course setting, placement of controls, etc. ?*

Most of the events will surely be interesting for spectators. The very conception of the courses was devised with TV involvement in mind. Obviously, this was not possible in all the cases. Anyway I can claim that the courses' quality will not be affected by requirements of media.

*What does it mean that the conception of the courses counts with TV - are there legs across arenas, controls to be visited repeatedly (nodal controls) or was account taken even of technical requirements (e.g. TV cameras should not be far from wireless trucks) ?*

If a large screen is to be at the finish area, some shots must be displayed on it, otherwise it would constitute wasting money. I tried to use all my experience to satisfy the need. I am perfectly aware of what I would myself like to see in the finish area or on TV of an orienteering event. I believe we - all the WOC organisers - will succeed to promote the development of both domestic and worldwide orienteering.

*With all that - do you still have time for an active orienteering ? When and where did you take part in an o-event for the last time ?*

I think I am active in orienteering quite enough even if my activities are almost unknown in our country. I seek to promote Czech orienteering in other countries. My information of o-activities in both our country and the World is quite good. The only activity I cannot find time for is my own training. Last year I ran two (relay) events only.

*That was exactly my question - whether you were hit by the usual problem that as soon as you assume a function, you have no more time to go in for the sport itself. . .*

Around 1996, when we started PWT and when I was still responsible for the national team, my own competition activities became the last of my priorities. I keep looking for motivation to start any training at all. Now WOC organising and my responsibility for course setting constitute such a motivation. Last year I started trainings at least a bit so as to be able to check the draft courses by running them. Otherwise I would feel ashamed. That's why I regularly continue training but I have no ambitions in competitions. My club (Pan Kristianstad), nevertheless, needs me as a member of its relay team and that's my motivation.

**Questions placed by Petr Kadeřávek**