



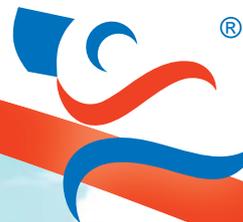
Dana Brožková

First Czech
WOC gold medal
from long ever

WOC News

No. 10





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1. Dana Brožková
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Daniel Hubmann (SUI)

After seven silver medals from the World and European champs, this is a fantastic tape for you, Daniel.

Of course it is. It's great to win finally. It was my dream for years to win one of these gold medals and now it really happened.

You did a fantastic race on the sprint. Even though, you were beaten by Khramov. Then, on the middle, you were fourth, close to medal. How did you try to think positive to get the gold, because it seemed as it was not your day at all?

After sprint, I was very satisfied with my race. But of course, it was not a good feeling to be beaten by two seconds. After middle, I was really unhappy, because I made a more than a minute mistake. I just tried to look forward and to do my best today. Somehow I managed to keep the motivation and although I was a bit nervous after passing the spectators' control, I managed to stay calm.

On the middle distance, you were really fast from the spectator control to the finish. It was only Thierry, who could match your speed. And today, you were also the fastest on the last part of the course. So you really have something extra.

On the middle distance, I realized that it was a really good last part and it gave me self-confidence to do the same today.

How did you feel about the race today before you heard that you were fighting for a gold medal?

Physically, I felt really great even during the warm-up. But I missed the second control and lost maybe one minute there. And I was never really sure whether I have chosen the right route choice. I was never sure if I was fighting for the medals, but I just tried to think positive and run as fast as possible.



You have been running all the individual races and I suppose that you will run tomorrow's relay as well. How do you feel it is to compete in all the races? There are very few men running all.

Until now, it has not been a big problem, my legs are still fresh. I think it is also because I'm in a good shape so I can recover fast. It was also positive to me that the weather has not been too hot the last days, so I did not lose too much energy.

And the terrain? Maybe it was not so different from the Swiss ones.

Yes, it is something similar as we have in Switzerland, with these hills and valleys. There are many route choices, so it is quite the same way to orienteer.

On the long leg, you went completely the opposite direction as Anders and went left on the road. Was there any specific reason for this?

I checked some other possibilities, but then I saw there is an option to run almost all the way on the paths. It looked really good for me, so I chose this way.

You did not have the option to plan this route earlier in the race, since you got the map at the map change, just turned it and saw a three-kilometer route. Was it stressing for you?

The most important thing was to take some time to look into the map and to decide. There was also a refreshing point, so you had to stay anyway and meanwhile you could drink some water.

Anders Nordberg (NOR)

Anders Nordberg was the bronze medalist last year. So you are going a little bit up step by step. How was it for you today?

It was a great race. I did quite good in the first part, where I caught Olle Kärner. I saw him already at the third control, so I was very satisfied about my start. Then, maybe after 30 or 40 minutes, I made some small mistakes, but still I felt very good about the race.

When you came here to the spectators' control, you were in the lead. But then, in the last part, you had some problems.

Yes, I heard that I was leading by two and a half minute, but I saw that François was coming from behind. So I tried to push hard in the last part and I did a few mistakes. I was really scared, as the controls were very difficult.

So how did you feel after the race when you were leading here and you lose one and a half minute in the last part? Did you feel as if you lost the gold, or won the silver?

Maybe I felt both. But now I'm very satisfied about the race. My legs were fresh all the way, but maybe I should have been a little bit cooler in my head in the end.

Just over a month ago in the European championships, you were completely out of shape and you could not fight for a good position. But now, you are up there. What happened after the European championships?

Maybe I felt both. But now I'm very satisfied about the race. My legs were fresh all the way, but maybe I should have been a little bit cooler in my head in the end.

I cannot explain about the European championships. I'm not sure what happened there. But I would like to think this is my normal level.

And what about the terrain and the course? Was it as you had expected or any surprise?

As for the choice on the second control, I saw something quite similar in the map last night. But at the very long one from 15 to 16, I was not sure, but I decided quite early that I would go right and I felt good about it.

And what about your ice on your knee? No danger tomorrow's relay, or is it a bad injury?

It's something I caught on the middle distance. I was a bit afraid yesterday and I was not feeling that good during the warm-up, but when I started the race, it was not a problem at all.





François Gonon (FRA)

How do you feel, François?

I feel great. I'm very satisfied

I guess that bronze medal is like a small victory for you.

Of course I was able to run a little bit faster today, but I have to think step by step and I'm very satisfied today.

2 years ago you were no. 6 and today you're no. 3. So it's going in the right direction.

Yes. And I hope I will be at the top in 2011 in France.

How did you experience the race today? How did you feel during the race?

Actually I didn't know exactly that I was running that good before the spectators' control. I was running alone all the way, running my own course, focusing on myself and I had some feeling that I took all the controls without any problem. I only didn't know whether my choice on the long leg was good or not. When I came there, I understood that I was on a pretty good position. I had a feeling to be a little bit tired and I made a couple of small mistakes in the end.

In the last part, the terrain changed a little bit and there were 3 or 4 quite green controls. How did you feel when you ran into this area and you knew that you were fighting for a medal? You have been already running 1 hour and 40 minutes, you are tired and you have to go into this really difficult area. How is it in your head?

I think it was a good idea of the course setter to save this challenging area for the end. I just thought to take it easy and to relax and to focus quite much on my compass.

Tomorrow, it will be the relay. Will you be in the team?

Yes, I guess.

And you will be running with two others with fresh legs.

Yes. We did not change the team, so I will run the first leg, Damian the second and Tero will finish. They have two more days of rest and I hope we will fight for the gold.

So no really big celebrations tonight?

No, we will celebrate tomorrow evening.





Dana Brožková (CZE)

You are the first Czech gold medalist on the long distance ever. How do you feel?

Oh, it is a great feeling. I was dreaming about this and now the dream came true.

How was the race for you? How did you feel in the forest?

In the beginning it was feeling very good because I started very well. Before the long leg, I was not sure which route to chose. I decided to take the left one, but when I was crossing one hill, I saw Marianne who started behind me. I started to feel a little bit nervous about that and started to make some mistakes. Nevertheless, I was still trying to do my best. I tried to focus on the map in the end because the part after the public control was very tricky. I have to say that Anne Margarethe helped me a bit in the last part of the course, as we met each other at the 11th control and ran together since then.

The 11th control was just after the long leg. But you were about one minute ahead her already on the first radio on the 4th control.

I saw her already on the first control, but then I was a little bit faster, so she caught me again as far as on the 11th.

Was the course and terrain somehow surprising for you as a Czech runner?

No surprise for me in the forest. But in the qualification I had some problems with the map, because it was different from the Czech standards. There were some changes in mapping the green areas, so it was more similar to Sweden or Norway. It was not a typical Czech map.

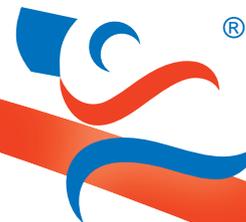
When you were running to the spectator control, did you understand that you were fighting for a gold medal?

Oh no, no. I knew I was fighting for a medal, but did not know I was fighting for the gold.



photo: Jan Kocbach





Marianne Andersen (NOR)

You are starting to have a lot of silver and bronze medals, but no gold. Today, you were leading for one hour and twenty minutes, but then finally lost in the end. What has happened on the last controls?

Well, I was very tired and I have done few small mistakes. And I think Dana ran faster than me in the end.

During the winter and spring you had some injury problems with your Achilles. Did you feel this in the last part of the course?

I do not know if it had something to do with that. I think I have done a lot of alternative training, and I also ran a lot the last couple of months, so I am not sure how much it affected me today.

You were quite close to the medal on the middle distance with your fourth place. Now you got the medal. Are you satisfied with the silver medal or you would like to have the gold?

In fact I was a bit disappointed when I finished. I lost one of my contact lenses after one third of the race. I do not know how much time I have lost on that. I just tried to struggle and run like in the first part, but I did not feel it like an advantage though.

How did you read the map? You were focusing only with one eye?

Fortunately my body adjusted to the new situation. I was only struggling a bit to see the ground in front of me, because you lose the depth perception when you look only with one eye.

Dana Brožková said that she saw you during the course. Did you see her as well?

No, I did not see her, she was running the more straight way.

And now for tomorrow. I think all the three women in your team have competed today and they all have been in the top twelve. How do you see the relay tomorrow?

I think we are in a good shape and we will do our best. But there are many good teams, so we will see. It will be exciting anyway.

photo: Jan Kocbach





*Some words about the course and the map?
Has there been any surprise for you?*

No big surprise, but I liked it. It was a good mix of route choices and some tricky controls in the end.

Annika Bilstam (SWE)

Annika, for you it is your third race in World Championships and second medal. It is not so bad.

No, not so bad. It is really great for me.

Tell me something about your today's race.

My plan was to run a safe race and I think managed to do that today, so I am really satisfied.

And how about the course? We could see that there were quite a lot of hills, and it was very physical too. You had to be also in a good shape to take a medal on this course.

Yes, of course. This has been my goal for a whole year. I have not focused so much on the European Championships and I continued my base training in may. I think it was the right thing for me to do.

And the course and terrain? Was it like you expected? I guess there were no big surprises such as the rocks on the middle distance.

No, no big surprises today. I think the course setter have made a good job.

Have you lost any time? Do you think it was possible for you to beat the silver or gold medal time? You were not so far behind.

If I could change something in today's race, it would be the long leg. I think it was faster to run the left route, but I am not sure.

