

NI ORIENTEERING PERFORMANCE FOCUS

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SUMMER NEWS

Where to start?!? It has been an eventful few months.. We have had JWOC, WOC, WPGF & WMOC (and that is just the international competitions!).

LVO's Áine McCann and Jack Millar both had respectable results in JWOC which was held in Czech Republic at the start of July. Áine will move into the senior ranks next year while Jack still has one more opportunity to run JWOC.

Northern Ireland sent 3 ladies to WOC in Finland as a part of the Irish team, which I think is the most Northern Irish females ever on a WOC team. Susan Lambe, Rosalind Hussey and Olivia Baxter all did us proud in what proved to be a very tough competition...but more about the 3 of them on Page 2.

NI Orienteering staged 3 events in the World Police and Fire Games held around Belfast, which included a city centre Sprint race. Northern

Ireland picked up lots of medals including Golds from Robbie Bryson, Ruth Mein and Richard Vasey. The games were a great success and a brilliant showcase for our wee sport! Thanks to everyone involved especially Des Fletcher and Stephen Gilmore.

And finally on the international front, husband and wife Raymond and Teresa Finlay represented us in the World Masters in Italy. Teresa qualified for the Sprint A final and Raymond narrowly missed out, however he did qualify for the A final in the Long and finished 57th with a strong, clean run.

Not everyone can represent their country so I think it is worth mentioning that there have many more of us that have travelled to compete in events such as the Scottish 6 Day and Shamrock O-ringen. Well done on some great results!!



Photos: Philip Baxter

Coaching and Talent Development Officer's Report



As many of you know, I got married this summer! I was under strict instructions that our wedding could not have any sort of orienteering theme! However I could not resist buying Alison a Dibber, personalised with the date of the wedding, 10.08.2013. Hopefully this will prevent me from forgetting our anniversaries in years to come. Another date that has been talked about a lot this summer is 2015– **WOC 2015**. It is only 2 years until the World Champs returns to the UK. Two years may seem like a long time, but in terms of preparing for an event such as this it is just around the corner. We have several elite orienteers that will be targeting this event and as an association we need to support these talented athletes on their path towards selection. By following results and talking to these orienteers we all can play a part in raising the profile of elite orienteering in Northern Ireland.

NI ORIENTEERING WORLD CHAMPS REPORT



WOC 2013 returned to the technical terrain of Finland this July and although it was considered to be a very well organised and successful Championships it could in a way be described as a little predictable. Simone Niggli won all 3 of the women's individual medals (for the 3rd time), Thierry Gueorgiou won Gold in the Long and Silver in the middle (his 11th Gold medal) and Russia won the relay (for the 4th time since the turn of the century). The only 'surprise' (and for many it was not a surprise) was that the Finn, Mårten Boström, won the Sprint (Finland's 1st ever Sprint Gold and their only Gold of the Championships).

If we forget about Simone, Thierry and Russia for a while there were some very interesting results a little bit further down the field that are worth pointing out. Britain's Scott Fraser was the 3rd ever Brit to win an individual medal when he took 2nd place in the Sprint. Young Swede Tove Alexandersson picked up 2 silver medals, this 1st year senior is billed to be the next Simone Niggli. And finally at the other end of the age spectrum 37 year old Jani Lakanen, from Finland, was 2nd in the Long distance— 13 years after winning his first WOC medal.

Being the last WOC to have qualification races for the Middle and Long it seems like the end of an era— particularly for small countries such as Ire-

land who will only have 1 place available in each the Middle and Long finals next year. So it was brilliant that we were able to send so many Northern Irish runners to Finland to gain valuable experience.

Fermo's Rosalind Hussey performed the best out of the NI runners, narrowly missing out on qualifying for the Sprint Final. This was Rosalind's 3rd WOC and her results are improving each year— so things look promising for the future.

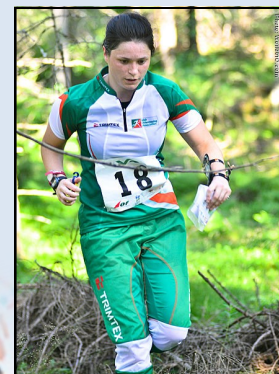


Susan Lambe went to Finland to compete in her second WOC. Susan is a Sprint specialist and was technically well prepared however she has been plagued with injury over the past few years which meant that she wasn't quite quick enough to qualify for the final. If Susan can beat her injury problems there is definitely a spot up for grabs in next years Sprint

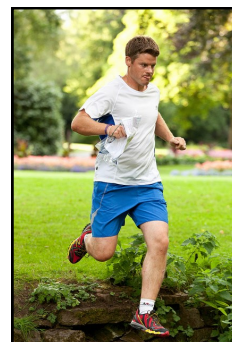
Relay team (which consists of 2 men and 2 women).



WOC 2013 was Olivia Baxter's first taste of international orienteering. Olivia ran a very sensible qualification race which was held in some of the most technical terrain Finland had to offer. The beginning of the course caught many of the World's best orienteers out and massive mistakes were made. However Olivia kept her cool and had a technically clean run, unfortunately this wasn't enough to qualify for the final. Olivia has gained a great deal from competing in her first WOC and will be back for more.



NI ORIENTEERING LOCAL INTEREST



A selection of excellent action shots from LVO's recent WEE in Musgrave Park.

Photos by Philip Baxter

You can check out more of Philip's photos on Flickr– [niorienteer](#)

RUN OF THE MONTH

ONE FOR YOUR DIARY...

SEPTEMBER

Sat 7th SEP	NICS 6	FERMO	Crossmurrin
Sun 15th SEP	SHI Relay/ Connacht Ch	WEGO	Ballymahon
Sun 29th SEP	SHI/ LVO Champs	LVO	Carlingford

OCTOBER

Sat 5th OCT	Autumn Trophy	LVO	Slieve Garron
Sun 6th OCT	VHI	NOC	Norfolk
Sat 12th OCT	NI Champs	LVO	Meelmore
Sat 20th OCT	Running Day	LVO	Portglenone
Sat 26th OCT	NICS 7	NWOC	Binevenagh



Orienteering legend Jorgen Martenson won the M50 class in this month's World Masters Orienteering Championships in Italy. Last month his daughter Heidi won the Sprint race in the Junior World Championships. Obviously orienteering must run in the family.



NI Orienteering

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