

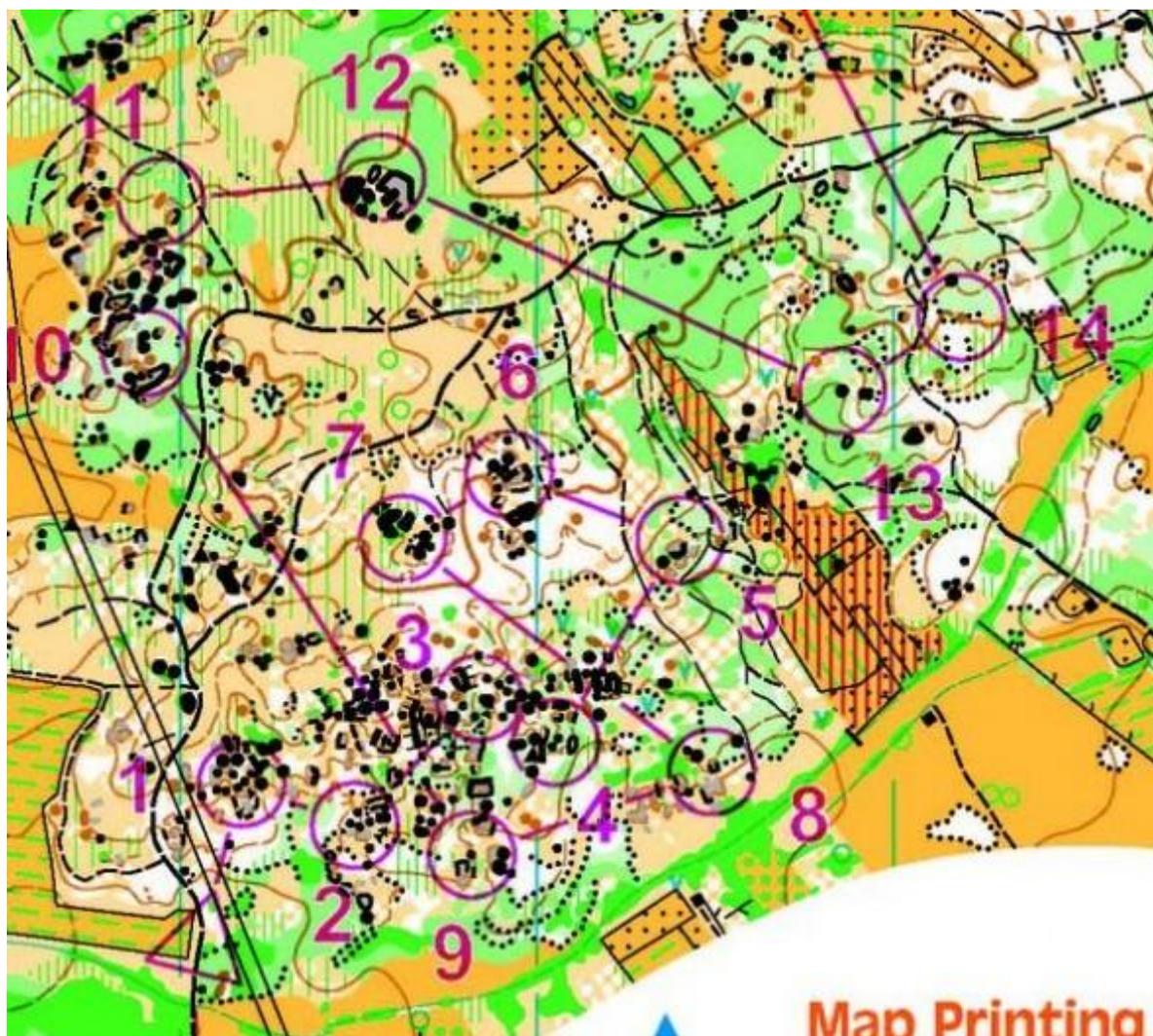
## EXAMPLES OF EXCELLENT LONG AND MIDDLE DISTANCE COURSES

### MIDDLE DISTANCE

#### From the OA Rules

The Middle distance profile is technical. It takes place in a non-urban (mostly forested) environment with an emphasis on detailed navigation and where finding the controls constitutes a challenge. It requires constant concentration on map reading with occasional shifts in running direction out from controls. The element of route choice is essential but should not be at the expense of technically demanding orienteering. The route in itself shall involve demanding navigation. The course shall require speed-shifts, e.g. with legs through different types of vegetation.

#### Thierry Gueorgiou: What was the best course you run in 2014 - and why?



For me, the best course was the World ranking event of Portugal O'meeting (3rd stage, see map sample above and complete course [here](#)), held in Arcozelo da Serra. This middle distance was

challenging from the very first control to the last one, and luckily the map was really good too. Right from the first meters, you got oppressed by the uncommon terrain and always lacked time, that's how a challenging middle distance should be.

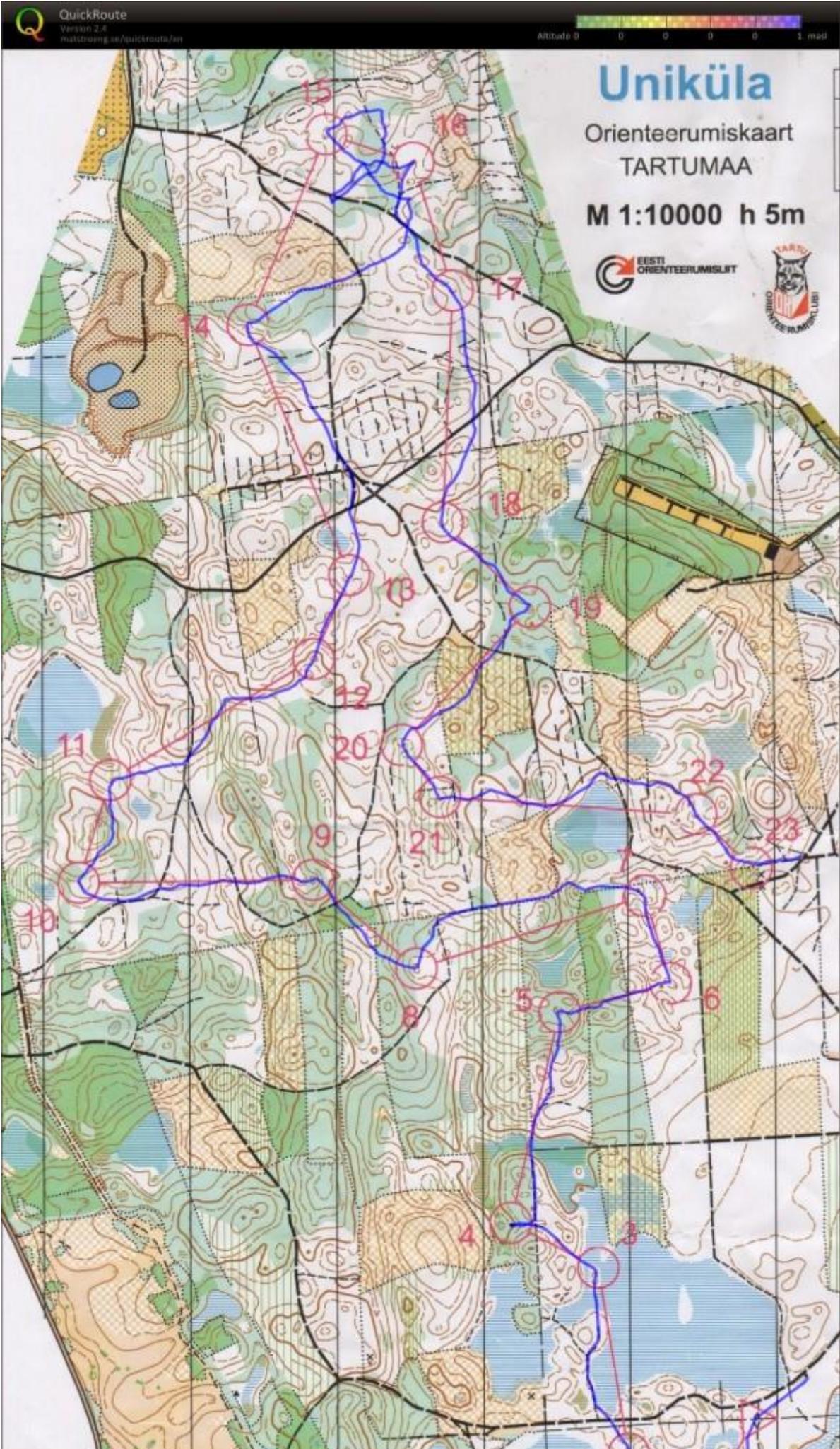
### **And for a not so good course:**

Lauri Sild fought his way into the top international orienteering elite with his fabulous 6th place at the WOC middle distance in Italy earlier this year – now the sky is the limit for the Estonian!

### **What is the worst course you run in 2014?**

I'm glad to say that this was actually not that easy to find, since most of the courses have been at least OK, or better. But if I'd have to point out just one, it would probably be the Estonian Championships middle distance ([see map with course here](#)). I mean, I've ran a lot worse courses before, but I think that this time it was not a worthy course for championships.

It was held on the same terrain as JWOC 2003 long distance and, if I remember correctly, hasn't been used for local major competitions since. The terrain is great and offers many opportunities for a challenging course, but I think this course did not use the potential of it. First of all, the course was technically too easy. Secondly, it didn't really offer any real route choices (maybe 19-20 was the only one). And lastly, the course didn't have much diversity – the lengths of the legs were approximately the same throughout the course and there wasn't much change in direction, running speed or orienteering technique. What is funniest though, is that I managed to make basically the season's biggest mistake on this course! Naturally, there is a long story behind the mistake, but seems like there doesn't seem to be any rational excuse for this one!



## LONG DISTANCE

### From the OA Rules

The Long distance profile is physical endurance. It takes place in a non-urban (mostly forested) environment, and aims at testing the athlete's ability to make efficient route choices, to read and interpret the map and plan the race for endurance during a long and physically demanding exercise. The format emphasises route choices and navigation in rough, demanding terrain, preferably hilly. The control is the end-point of a long leg with demanding route choice, and is not necessarily in itself difficult to find. The Long distance may in parts include elements characteristic of the Middle distance, with the course suddenly breaking the pattern of route choice orienteering to introduce a section with more technically demanding legs.

**Swiss star Baptiste Rollier: Q: Usually the courses in interesting terrains are the ones you remember – so a challenge for you: Can you remember a very good course you ran in “boring” terrain this year?**

As you write it's difficult. EOC terrain for Long and Middle didn't offer much technical challenge but the EOC long distance [in Portugal] was a good course (made in a few hours in the middle of the night because the map was published the evening before the race). The challenge was to be accurate during 90 minutes and never lose concentration pushing hard physically. The course setter played with the length of the legs and put direction changes. In my opinion it was a good course according to the terrain.

See map [http://traclive.dk/events/event\\_20140409\\_Eocetoc/automaps\\_new/ddd0c5e0-a690-0131-9a03-10bf48d758ce/original\\_menaFinal\\_15Abril.jpg](http://traclive.dk/events/event_20140409_Eocetoc/automaps_new/ddd0c5e0-a690-0131-9a03-10bf48d758ce/original_menaFinal_15Abril.jpg)

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March 2015