

## **World Masters Orienteering Championships. Denmark July 2018.**

Only a small contingent of LOC members attended the WMOC this year in Zealand north of Copenhagen in Denmark. There was Roger and Ann Smith, Graham C and myself, and Richard Tiley who used the occasion to catch up with his previous club mates from BOK. Our best performing member Graham Patten was the only one getting anywhere near the podium for his Silver medal in the Sprint race.

It was my first experience of a WMOC and as it was being held in Denmark there were quite a lot of Scandinavians, who tend to be pretty good at this orienteering lark. There were over 4000 competitors with the M70 class being the largest. Making the A final was going to be tough in that age category (sorry Roger) but he pulled it off and for the first time in all his previous attendances at a WMOC made it to the A final in the middle and long forest races. However he asked that I did not mention his performance in the long race ...so obviously I will honour that promise and not say a word.

Thankfully the weather was as beautiful in Denmark as it was in the Lake District, which meant the waiting around in the arena for my qualification sprint race (which was 5 hours after Graham C) was not as tedious as it might have been in pouring rain. The sprint qualification races were held in Horsholm around an intricate mix of office buildings, car parking areas and parkland. Although there were no changes in levels or dead-ends to contend with the changes of direction and mix of short and long legs did mean you had to keep your wits about you. The final on the following day was in the beautiful setting of Copenhagen with the assembly and finish area in the Christiansborg Castle. Unfortunately the plans for the finish area had to be changed due to unfinished building works. The run in was a bit cramped and went around a few bollards and over cobbles, so it didn't lend itself to exciting sprint finishes however there was still a great atmosphere. There were some good route choices and most of the courses managed to avoid the most congested tourist areas whilst still capturing the essence of Copenhagen with its canals and stately buildings.

I was pleased that we went to the model forest event at Tisvilde Hegn. It provided an opportunity to check out the terrain which was mainly forest covered sand dunes. I bumped into Richard on the course who gave me a 'pop-up' coaching session. I tried to recall what I'd be told about only running as fast as you can navigate....I tested that out and found that I had to go slowly (and I mean very slowly!). Both the forest qualification and Middle distance final were held in the same area with the longer courses getting to run in the sand dunes on the edge of the shoreline. My only gripe was the scale of the map. Being a mere W55 I wasn't eligible for the 1:75 scale map and found the 1:10 a bit difficult to read. There were all sorts of features springing to life when I looked at Graham's map post run.

The long final was held in the Gribskov forest. It is the second largest forest in Denmark made up of mainly beech and spruce trees but with mixed visibility. There was no significant climb (for which I think everyone was grateful as it was

a very hot and humid day) but this also meant that there were few definite contour features to spot.

I have omitted to list everyone's performance other than the reference to the outstanding silver medal from Graham Patten. I think we had a mixed bag of results and I'm sure each individual would willingly relive their courses should you ask. From my perspective I was aiming for the A final in the sprint which I achieved and I was very satisfied with my finish position of 15<sup>th</sup>. After that I was just aiming to have a good holiday with some enjoyable orienteering. I applied my steady and safe approach and it paid off with my qualifying for both the A finals in the middle and long courses. Now all I have to do is transfer this new found approach to the Lakes 5 days events.

For those of you who may be interested there were some short videos made of each day which are worth a viewing and the full set of results on the WMOC website at [wmoc2018.dk](http://wmoc2018.dk)

Louise Dunn

