

World Masters Orienteering Championships 2018 Copenhagen Denmark

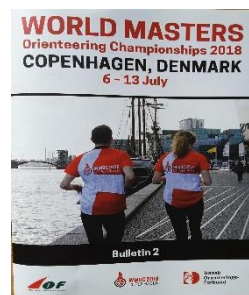
6-13 July 2018

Having participated in the championships last year in New Zealand and feeling that I was at a disadvantage being the oldest in the 5-year classes I wanted to compete in the M65 classes this year, as a youngster, so had made it a goal for 2018 as now I am retired and things are easier to plan.

Unfortunately, after last year's championships my knee swelled badly and doctors advised a new kneecap should stop me running but I devised another strategy. Mountain biking to strength the knee and then ice baths after some training, the mountain biking worked well but the ice baths were a little too cold so just stood or swam in cold sea and lakes. I managed a whole 10 days of warm weather training in Spain one month before the event and then went to army events to try to remember how to orienteer, I felt I was in reasonable condition and enjoying running again so flew to Copenhagen full of hope (possibly because England were playing OK in the world Cup)

Friday July 6th - Model Sprint event and collection of programs detailing all the details, over 4000 orienteers from 45 different countries.

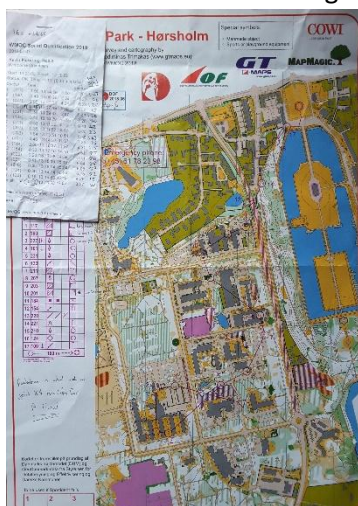
M70 was the biggest class entry of over 400, M80-100,



M90-8, M100-1.

My class had 360 competitors so was in 5 different heats of approx 70 people in each and to reach the A final you had to be in the first 16 places. I had a long look at the sprint map walking round and practiced a few legs but it was very hot to run so found a local lake and dived in to relax.

Saturday 7th Sprint Qualifying parking was 1km away from the industrial park we were going to run in and arrived in the assembly to a great atmosphere, the final run in from the last control was 100m and there was lots of people cheering all the finishers. There were 3 different starts for the sprint about 1km away and my course was 2.6k and 20m climb. For sprints I need to arrive at the start very warm and with the heart already pumping hard, but need to tell myself to make sure I hit first control without mistakes. 4 min call up before starts with no talking just concentration. I can't talk about the course much as it goes so fast, my finish time was 17.02 and I heard several club members shouting my name down the last 100m so I went hard for the finish and was the fastest finisher giving me a finish position of 16th equal, making the A final. One second longer and I would have been in the B. Analysing later I had 17 controls, the longest leg 2 mins. and several at 15 seconds so it was very fast and furious. A couple of little hesitations and going the wrong way around trees to controls but no large mistakes so was quite happy when I left.



Sunday 8th Sprint finals were in the centre of Copenhagen around the Danish Parliament and royal castle. As it was free parking on a Sunday in Copenhagen I managed to park 500m away from the event as I was one of the first starters in my class. The first difficulty was navigating to the start 2 approx 2200m away but at least it would be nearly straight back as my course today was 2.3km with no climb. I was nicely warmed up with the long walk and a few large sprints in the park before the start. I picked up the map, worked out very quickly 2nd left road 2nd right passage. I was 6 sec down on the winning time on this leg, not that I knew that till later, but knew I was running and pushing on well. One hiccup on the long leg between 8 and 9. Another small 30 second error at the end where we were into the last square 10 to 11, I ran to the wrong control as you could see at least 6 controls in the square but soon corrected, sprinted to the end and was announced on the loud speaker as leading the class in 13.27, so knew I had run faster than 2 others as I was 3rd starter, but before I even downloaded a new leader was announced as beating me by 6 Mins! I looked to the commentary van and mouthed the words impossible and they corrected it to beating me by 6 sec. That 30 second error cost me 10 places and I finally finished 1.57 down on the winner, the 4th Britain and in 34th Place, I was well pleased and celebrated with a large Danish Pastry.



Monday 9th July Model event

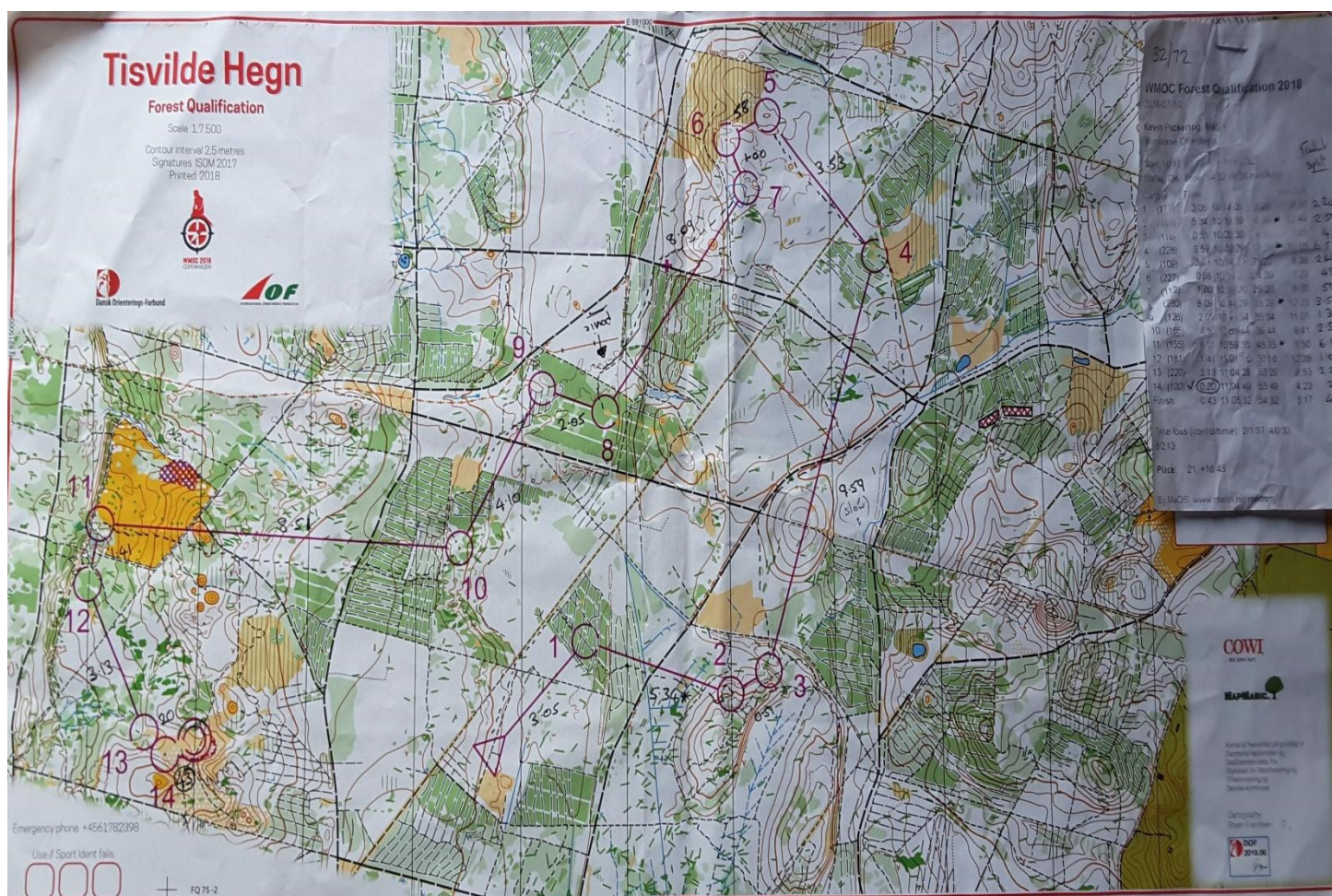
The model event was about 30km away from my Airbnb accommodation and was on all day so wandered over at lunchtime for a little walk around a similar area to where the next 3 events were going to be held. Most interesting new feature for me on the maps was the narrow green areas which were large fallen trees which affect run ability, you just

had to recognise which were marked, same as our pits and rootstocks. It was a lovely day and I had a good chat to 2 brits Chris and Rod who made me a cup of tea in their campervan and then went swimming in the sea.

Tuesday 10th Forest qualification

Again 5 races in my class. The top 16 were through to the A final and the next 16 to the B final. Lets hope there are not too many Swedes in my race! I arrived early to look at the run in and get settled in the assembly area, a good job I did as there was a hold up to the car parking later in the morning. From the last control it was 175m round a very impressive built run in which was going to be used for 2 days. At major events like this there is certainly a buzz around the starts and finish and it feels great to participate in them, although you talk to some people and they wonder if they are going to make it all the way round as they know courses will be hard but fair.

My course today was 5.7k and 70m climb and I made 3 small mistakes costing me about 6 mins in errors. On the other legs I was just slow through the forest but won leg 13 to 14 in 20 seconds as I always try and run the run in hard. I ended 32 out of 72 in a time of 54.32, which made me the first starter in the B final. If I hadn't run those last 2 controls as fast, as I gained 20 second on the gentleman who was 33rd, I would have been in the C final by 1 second.



Wednesday 11th Middle final

Early start today as my final started at 9.30 and I was the 6th starter. If you were in the A final you had starts at 11.30 , still I was all finished and able to enjoy the excellent smorgasbord that they were making in the refreshments tent, maybe I should have tried the pickled herrings before my run it might have made me go faster! The course was 3.6k 70m climb today with the start straight up a hill out of assembly. I had a good run and was pleased only making about 3 minutes of errors and finished in 37.33. The run in today was longer at 250m which I ran in 53 seconds which improved my placing to 57 out of 84, 9.54 mins. down on the winner. When I first started Orienteering (30 years ago) I thought by the age of 65, if I was still competing, I should have a chance of winning but now I have to reevaluate and now think in

another 30 years I should be there but watching the current M95 walking fast up the run in, I am not so sure, but all being well will give it a go !!!

E 689000

Tisvilde Hegn

Middle Final

2018-07-11
Kevin Pickering, M65B
Wimborne Orienteers 57/84

Start 09:35:00, Finish 10:12:33
Status OK, Time: 37:33 (10:25 min/km)

| Control | Time | min/km | Split |
|----------|-----------------|--------|------------|
| 1 (122) | 1:52 09:36:52 | 1:52 | 7:42 1:48 |
| 2 (123) | 2:25 09:39:17 | 4:17 | 12:33 1:33 |
| 3 (170) | 3:30 09:42:47 | 7:47 | 9:15 2:37 |
| 4 (128) | 2:20 09:45:07 | 10:07 | 8:12 1:45 |
| 5 (209) | 6:02 09:51:09 | 16:09 | 12:48 3:27 |
| 6 (193) | 1:01 09:52:10 | 17:10 | 11:25 3:2 |
| 7 (139) | 2:22 09:54:32 | 19:32 | 9:30 1:46 |
| 8 (222) | 1:11 09:55:43 | 20:43 | 12:19 4:4 |
| 9 (177) | 1:54 09:57:37 | 22:37 | 12:45 1:17 |
| 10 (142) | 1:07 09:58:44 | 23:44 | 11:30 3:8 |
| 11 (150) | 2:14 10:00:58 | 25:58 | 10:17 1:40 |
| 12 (194) | 1:16 10:02:14 | 27:14 | 10:49 5:0 |
| 13 (197) | 1:58 10:04:10 | 29:10 | 11:02 1:15 |
| 14 (239) | 2:10 10:06:20 | 31:20 | 12:35 1:20 |
| 15 (234) | 3:16 10:09:36 | 34:36 | 15:07 1:35 |
| 16 (133) | 1:13 10:10:49 | 35:49 | 11:15 4:7 |
| 17 (200) | 0:51 10:11:40 | 36:40 | 8:24 3:1 |
| Finish | ✓ 0:53 10:12:33 | 37:33 | 3:34 5:3 |

Time loss (control/time) 5/1 17 15/1 01
Place: 4 +1 11

By MeOS www.melin.nu/meos

www.cordes.net 9.7.11 Viborg DK
WMOC Middle Final Tisvilde - Final version 1.0 - 11.06.2018

Emergency phone +4561782398

Use if Sport Ident fails

MFS 75

Dansk Orienterings-Forbund

COWI

Cartographic: Steen Frandsen

DOF 2018, 00

Friday 13th July Long Final

I managed to stay in the B final so 6.7km 85m climb today. It was very impressive as organisers had managed to close a major road in Denmark and we could all walk up the middle of it to assembly.

It was baking hot today and people were assembling under the trees not in the open field by the run in to get some shade, I counted 20 different water stops on the map today. I had an early start but the water stops confused me on route 8-9 as I used the wrong one to navigate towards a control. I really should have pushed on without stopping as I relaxed with water and then did not switch back on. Another mistake to number 10, one race too far so 12 minutes of

errors but I was still 24 mins behind the winner. Still it was good fun and as long as it continues to be you will find me out there.



Next years World Masters is in Latvia between the 5-12 July or I might try the World Masters Mountain Bike Orienteering in Germany 2-6 October



Kevin Pickering