

# GOLDEN ROUTE

## WORLD ORIENTEERING CHAMPIONSHIP 2004 Middle distance / Håpplinge (Sweden)/ 18/07/2004

You will find below, my race analyse, controls by controls, from **WOC 2004 middle distance**.

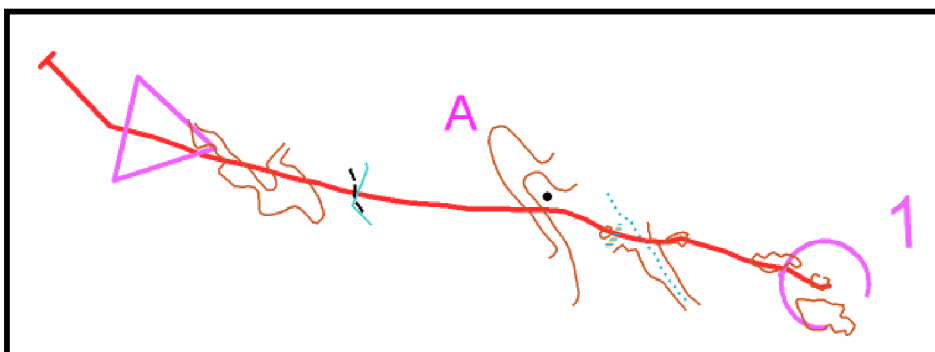
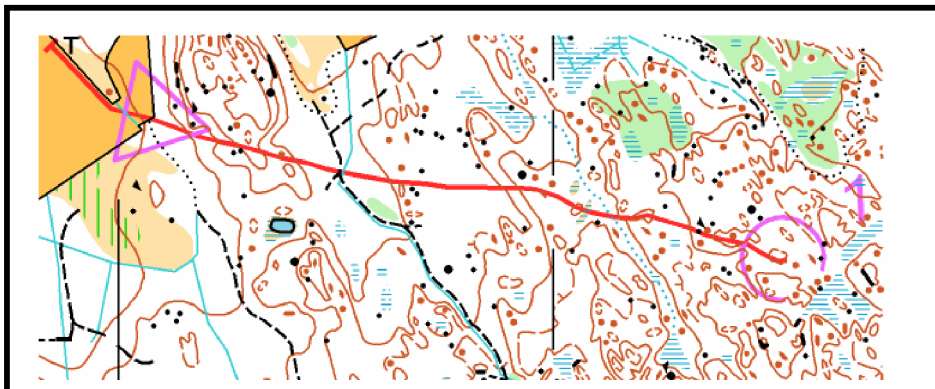
For each leg, I tried "to dissect" as clearly as possible the details which I used for my progress.

Only few hours left before my start (11h07), but since my wake-up, I feel calm and slackened. The light nervousness of the previous days changes into a great serenity. The D-day is finally there, this day which I trained for all the year. I know exactly what I must do, I know also that I do not have anything to invent. I am feeling ready, self-confidence is high.

I start the warm-up forty minutes before my departure. The rainy weather suits me perfectly. Even if I am at few minutes of the biggest challenge of my O-career - to defend my last year title - I try to remain concentrated in myself. At this time of my preparation, nothing is more important than my technique, I try to forget the environment and the stake.

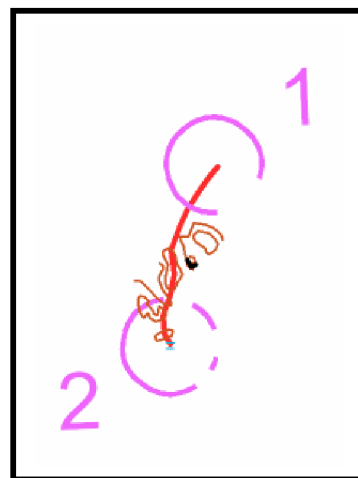
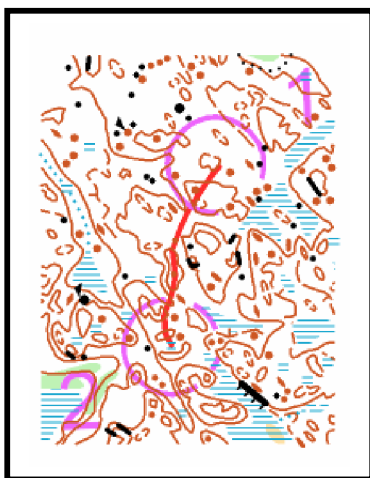
Only few seconds left. I am in front of my map; I remember once more that I must read my map, simply.

S > 1								
Time	3.12	1	Näsman (SWE)	3.11	Näsman (SWE)	3.11	Gueorgiou (FRA)	2
Best	+ 0.01	2	Gueorgiou (FRA)	+ 0.01	Gueorgiou (FRA)	+ 0.01	Novikov (RUS)	9
Place	2	3	Olmenchenko (UKR)	+ 0.03	Olmenchenko (UKR)	+ 0.03	Nordberg (NOR)	9
								+ 0.01
								+ 0.16
								+ 0.16



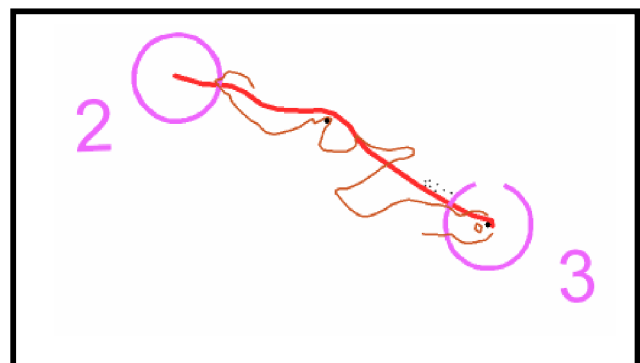
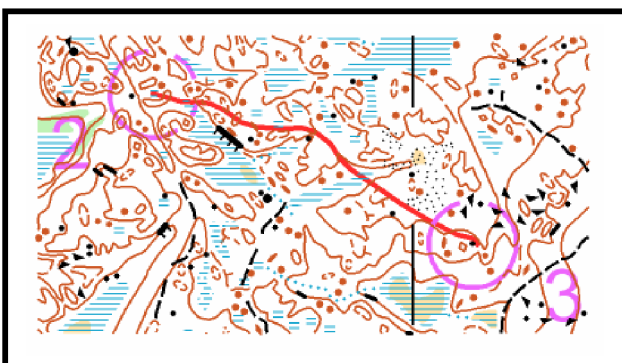
For me, first control is always something really important. Key for a good race is hidden in the race beginning. I try to start with a very good speed and with a good map-reading tempo, because I know that it will be almost impossible to change a wrong attitude during the race. The visibility is very good in this part. First big contours (A) are really remarkable and easy to reach. Then I am waiting for small wet ditch which is very visible between two hills. From there, I use mostly hills tops to use good speed without technical risk. I punch first control, I am feeling well and legs are lights.

1 > 2								
Time	0.51	1	Novikov (RUS)	0.49	Gueorgiou (FRA)	4.03	Gueorgiou (FRA)	1 0.00
Best	+ 0.02	2	Gueorgiou (FRA)	+ 0.02	Näsman (SWE)	+ 0.01	Novikov (RUS)	4 + 0.13
Place	2	2	Johansen (NOR)	+ 0.02	Wingstedt (SWE)	+ 0.09	Nordberg (NOR)	6 + 0.20



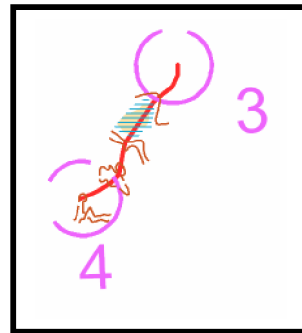
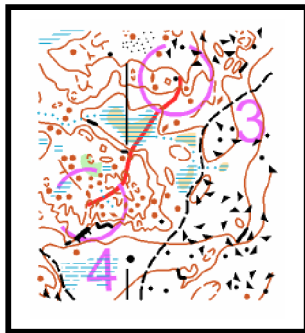
Everything is ready when I am punching first control for second control. I let myself guide by the big hill between controls. I do not go slowly in approach using small hills to the control nr 2.

2 > 3								
Time	1.34	1	Gueorgiou (FRA)	1.34	Gueorgiou (FRA)	5.37	Gueorgiou (FRA)	1 0.00
Best	+ 0.00	1	Sirmais (LAT)	+ 0.00	Näsman (SWE)	+ 0.05	Novikov (RUS)	4 + 0.23
Place	1	3	Olsson (SWE)	+ 0.02	Wingstedt (SWE)	+ 0.19	Nordberg (NOR)	6 + 0.25



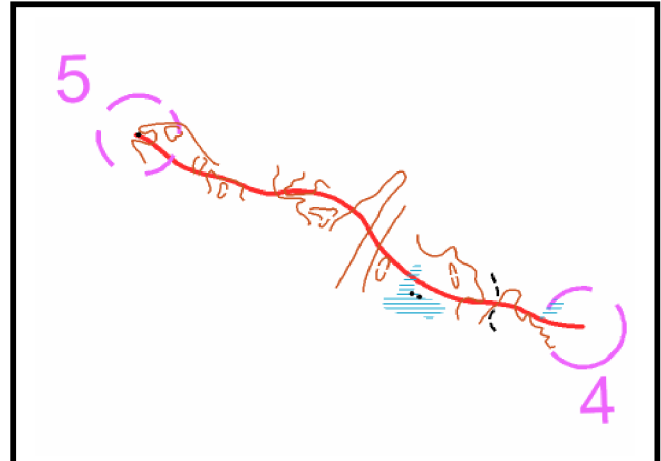
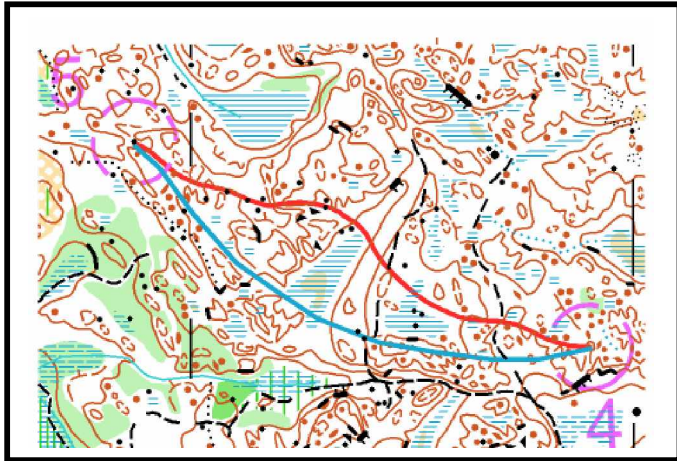
Probably the leg where I had best feelings with map and terrain. I immediately make a good selection, running on the highest part of the area, using hard and fast rocky surface instead of wet and soft marshes. I let myself guide by the contours line to the final slope close to control nr. 3. Then I try to look as far as possible and see the small hill into circle some 70 meters before, avoiding additional map-reading.

3 > 4								
Time	0.54	1	Huovila (FIN)	0.51	Gueorgiou (FRA)	6.31	Gueorgiou (FRA)	1 0.00
Best	+ 0.03	2	Olmenchenko (UKR)	+ 0.02	Näsman (SWE)	+ 0.10	Novikov (RUS)	4 + 0.27
Place	3	3	Gueorgiou (FRA)	+ 0.03	Wingstedt (SWE)	+ 0.24	Nordberg (NOR)	5 +0.28



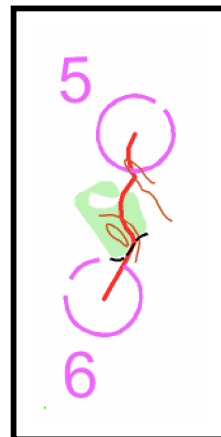
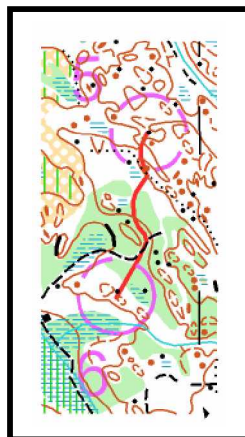
No difficulty until large open marsh. I try to prepare final part of this leg which initially sounds difficult and tricky. I was divided between the idea to take the time to read all small details with the risk to waste a lot of time, or while crossing this area (and by the way, re-entrant where was located control) with a light voluntary left error...but with full speed. Even if forest is rather dense there, I choose this second possibility. First, I reach highest point and then try to cross re-entrant. I find control without any problem.

4 > 5									
Time	2.25	1	Novikov (RUS)	2.24	Gueorgiou (FRA)	8.56	Gueorgiou (FRA)	1	0.00
Best	+ 0.01	2	Gueorgiou (FRA)	+ 0.01	Näsman (SWE)	+ 0.11	Novikov (RUS)	3	+ 0.26
Place	2	3	Nordberg (NOR)	+ 0.02	Novikov (RUS)	+ 0.26	Nordberg (NOR)	4	+ 0.29



The way to next control is difficult in this very broken terrain. In first part of this leg, I keep general direction with my compass. Then in second part, I try to use much rocky surface. Control is quite easy with small hills and good visibility. Afterwards, more left selection, like **Jarkko Huovila** did (FIN – 2'40" – in blue) was really clever, based on big and remarkable terrain features.

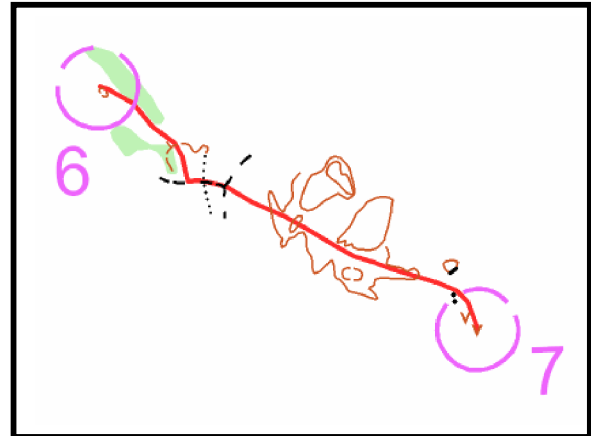
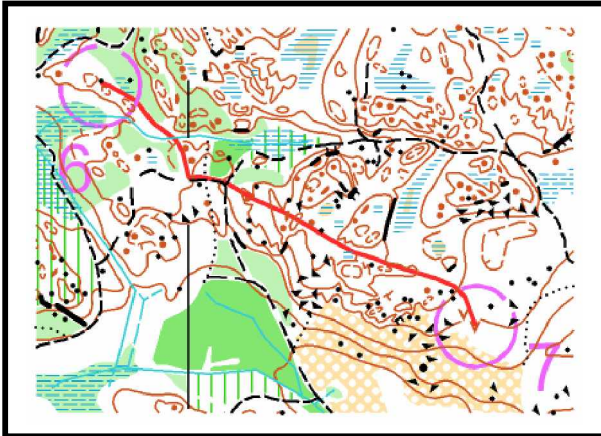
5 > 6									
Time	0.56	1	Huovila (FIN)	0.53	Gueorgiou (FRA)	9.52	Gueorgiou (FRA)	1	0.00
Best	+ 0.03	2	Novikov (RUS)	+ 0.01	Näsman (SWE)	+ 0.10	Novikov (RUS)	3	+ 0.24
Place	4	3	Näsman (SWE)	+ 0.02	Novikov (RUS)	+ 0.24	Nordberg (NOR)	4	+ 0.31



First fight with dark forest. In a very automatically way, I use my compass more often. I try to reach the small path as fast as possible. Control is already visible from turn of path.

6 > 7

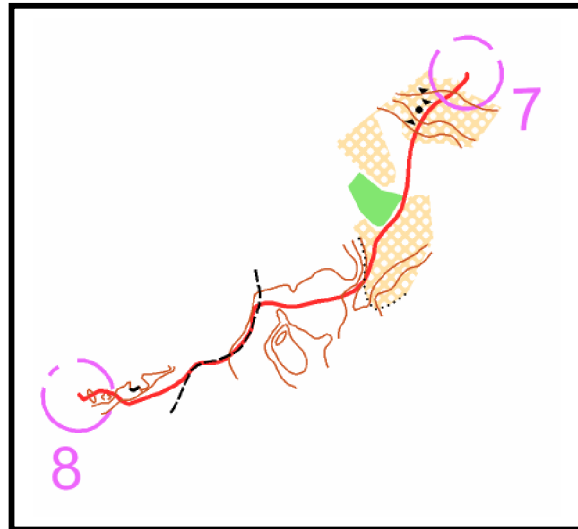
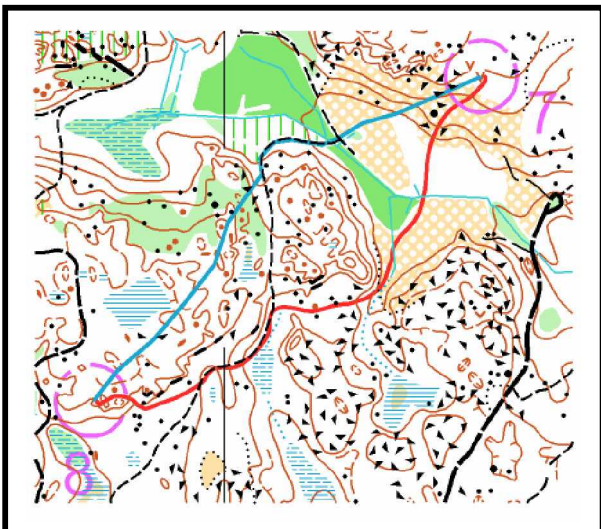
Time	2.11	1	Novikov (RUS)	2.10	Gueorgiou (FRA)	12.03	Gueorgiou (FRA)	1
Best	+ 0.01	2	Gueorgiou (FRA)	+ 0.01	Näsman (SWE)	+ 0.21	Novikov (RUS)	3
Place	2	2	Ikonen (FIN)	+ 0.01	Novikov (RUS)	+ 0.23	Nordberg (NOR)	4
								0.00
								+ 0.23
								+ 0.40



I use white band as a guide toward small path. I choose for a quite straight selection. Forest is very open there and it is easy to use big hills for navigation. Then, I use the long nose and the hill with small cliff as last remarkable point.

7 > 8

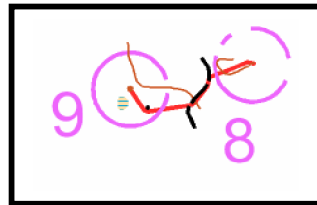
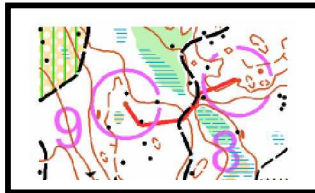
Time	2.58	1	Wingstedt (SWE)	2.55	Gueorgiou (FRA)	15.01	Gueorgiou (FRA)	1
Best	+ 0.03	1	Sirmais (LAT)	+ 0.00	Näsman (SWE)	+ 0.31	Novikov (RUS)	3
Place	4	3	Johansen (NOR)	+ 0.02	Novikov (RUS)	+ 0.36	Nordberg (NOR)	5
								0.00
								+ 0.36
								+ 0.49



I prepared this choice during previous leg. I quickly forget the straight option which does not use any path. I believe that it is always important to have some easier periods where you can refresh your neurons a little, even in middle distance... Two possibilities around the top. I choose the left one to use small path as close as possible from control nr. 8.

I try to be very aggressive in the first part of the route in the low vegetation. Then I use small path with high pace. I wait the last moment to go up on the top where the control is located. I come where I think that control would be, but nothing... Some slight doubt... I am however sure of me. I find the control slightly on my right side. Lost 5 seconds there.

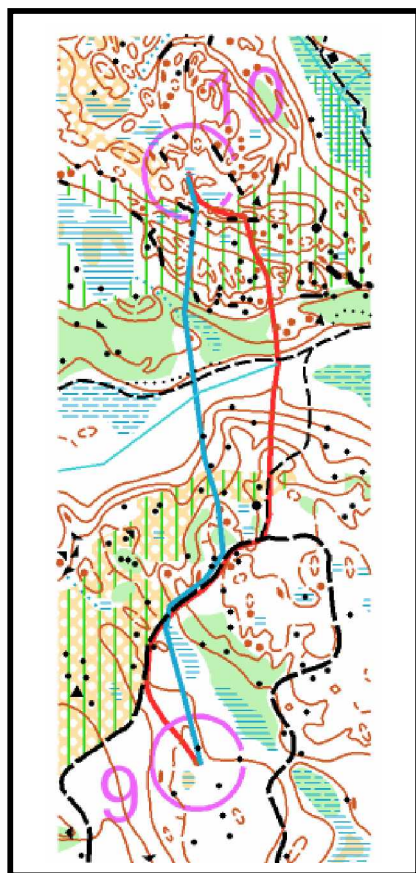
8 > 9								
Time	0.45	1	Ikonen (FIN)	0.42	Gueorgiou (FRA)	15.46	Gueorgiou (FRA)	1 0.00
Best	+ 0.03	2	Johansen (NOR)	+ 0.01	Näsman (SWE)	+ 0.36	Novikov (RUS)	4 + 0.43
Place	5	3	Wingstedt (SWE)	+ 0.02	Wingstedt (SWE)	+ 0.37	Nordberg (NOR)	5 + 0.53



It is very important to quickly change rhythm on this kind of short leg. There is no technical difficulty, even if any relaxation can cost some few seconds. Open marsh close to the control is very easy to see. When I am punching, I see another competitor leaving the control. I think that it is the Russian **Valentin Novikov**, who started 2 minutes before me. In fact, I will realize later that it was the Finn **Mats Haldin**.

9 > 10

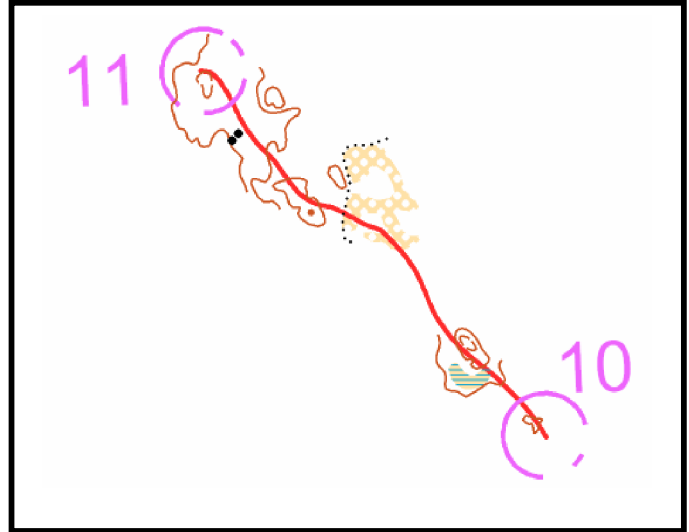
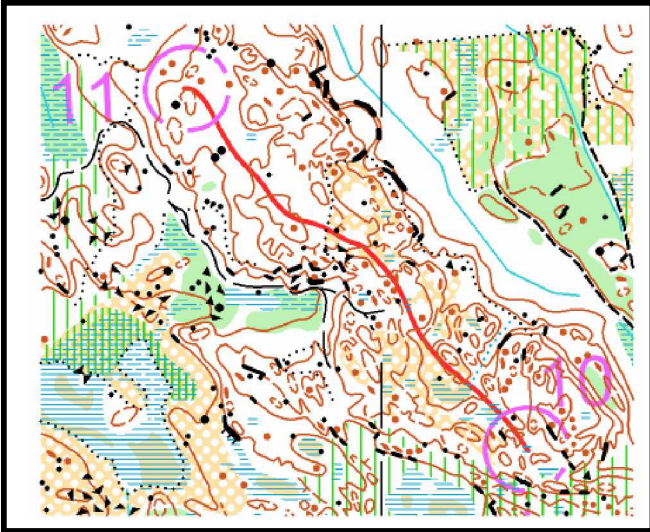
Time	2.52	1	Nordberg (NOR)	2.42	Gueorgiou (FRA)	18.38	Gueorgiou (FRA)	1 0.00
Best	+ 0.10	2	Johansen (NOR)	+ 0.02	Näsman (SWE)	+ 0.33	Novikov (RUS)	3 + 0.37
Place	8	3	Novikov (RUS)	+ 0.04	Novikov (RUS)	+ 0.37	Nordberg (NOR)	5 + 0.43



I reach the track as fast as possible. Then, I hesitate over the option to take. Normally in medium distance, I try to use selection very close to red line, which is often paying or at least never very penalizing. But I do not wish to take any risk with the low vegetation area under the red line. I did not use track as long as possible, I leave it too early. In last meters, map is very difficult to read (low vegetation and detailed), however terrain is much more simple. The control is located on the second big hill. No need to read carefully map too early. The rock between these two hills gives me more information about my exact place. I go up a little bit too on right side and then follow small hills to the control.

10 > 11

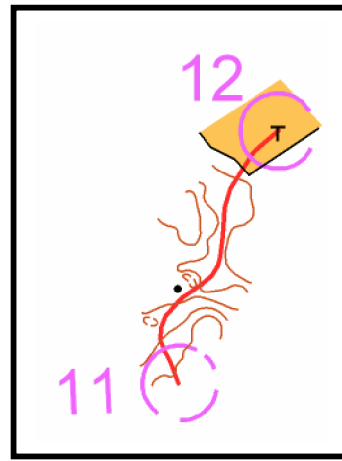
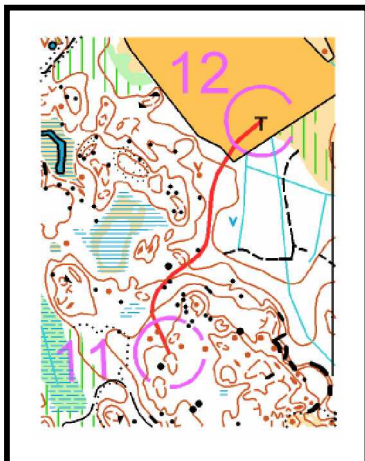
Time	2.18	1	Wingstedt (SWE)	2.12	Gueorgiou (FRA)	20.56	Gueorgiou (FRA)	1	0.00
Best	+ 0.06	2	Pasquasy (BEL)	+ 0.01	Wingstedt (SWE)	+ 0.31	Novikov (RUS)	3	+ 0.37
Place	7	3	Olsson (SWE)	+ 0.02	Novikov (RUS)	+ 0.37	Nordberg (NOR)	5	+ 0.40



Again some quite long leg. But this time there is no route choice. The key will be to carry out the good selection of features to have a fast progression. In the first part of the route, the visibility varies from very good to relatively poor. I use first big hills with small open marsh as first important point. This top is very remarkable, and I see that during end of race we will cross again this area. So, I try to record his characteristics to use it later. I see **Mats Haldin** in the open area. I decide to don't waste time in map reading, and I raise the head to see the vegetation boundary which will be used to me as guide in the first part of the leg. The last meters to the controls are not problematic with open forest and different hills.

11 > 12

Time	1.10	1	Wingstedt (SWE)	1.07	Gueorgiou (FRA)	22.06	Gueorgiou (FRA)	1	0.00
Best	+ 0.03	2	Ikonen (FIN)	+ 0.01	Wingstedt (SWE)	+ 0.31	Novikov (RUS)	3	+ 0.37
Place	6	2	Sirmais (LAT)	+ 0.01	Novikov (RUS)	+ 0.37	Nordberg (NOR)	4	+ 0.39

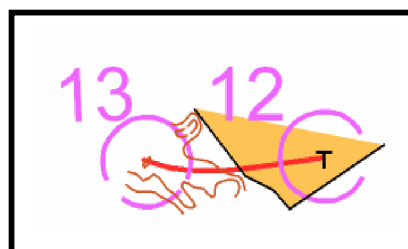
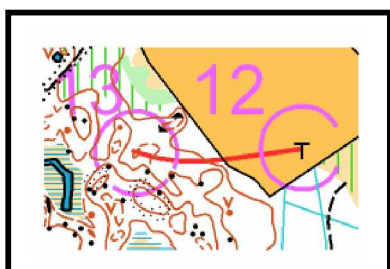




I control the direction with my compass. For the first time of the race, I find some small paths from previous competitors which I use. I try to see as soon as possible the field through the trees.

12 > 13

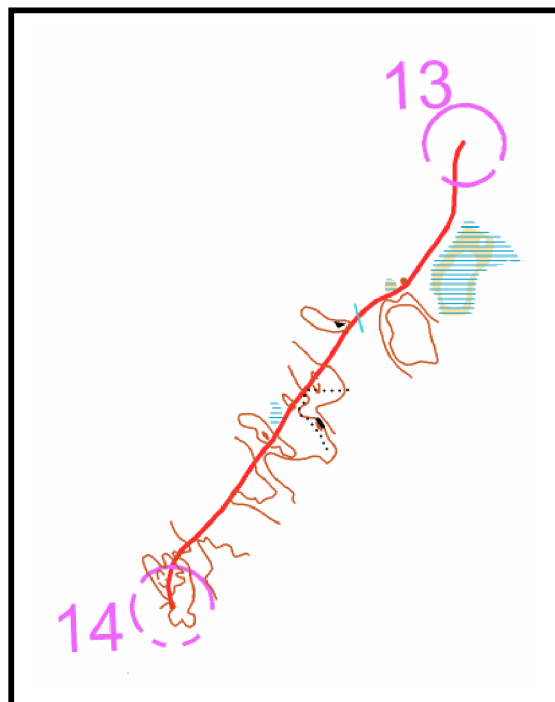
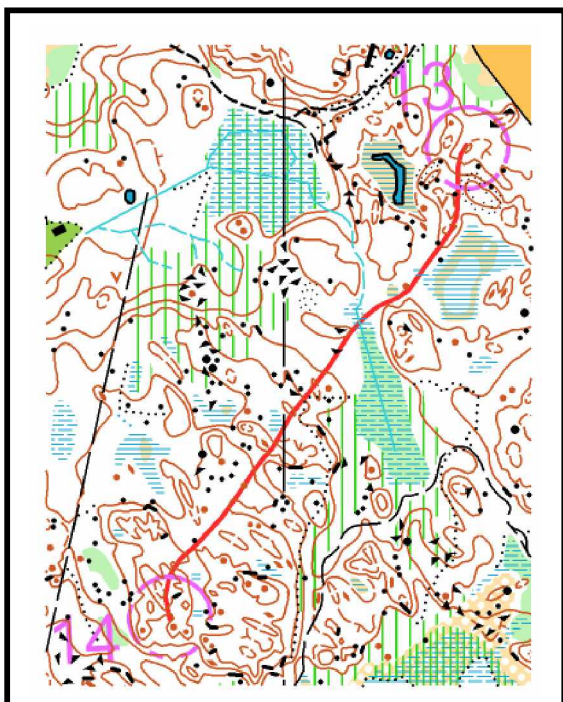
Time	0.40	1	Haldin (FIN)	0.38	Gueorgiou (FRA)	22.46	Gueorgiou (FRA)	1	0.00
Best	+ 0.02	2	Novikov (RUS)	+ 0.01	Wingstedt (SWE)	+ 0.28	Novikov (RUS)	3	+ 0.35
Place	3	3	Gueorgiou (FRA)	+ 0.02	Novikov (RUS)	+ 0.35	Nordberg (NOR)	4	+ 0.39



Spectator control. The risk is always very high to lose his concentration in those moments. I think that the station which follows the spectator control must be approached as the first control with 110 % of concentration and a positive attitude, like if it was a totally new race who started. I heard from **Damien Renard** that I am in the lead, without knowing the exact gap. I know that it is tight. Controls 13 isn't so difficult to find with help of slope.

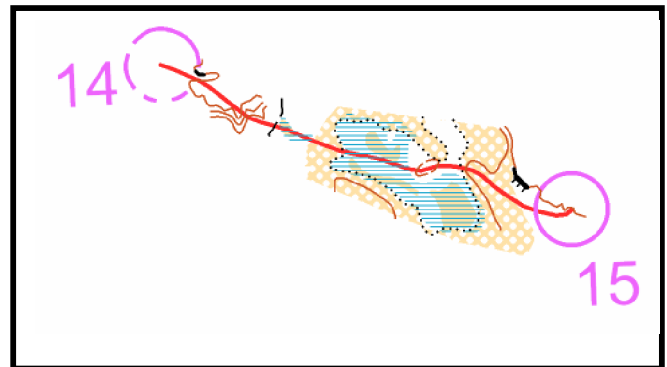
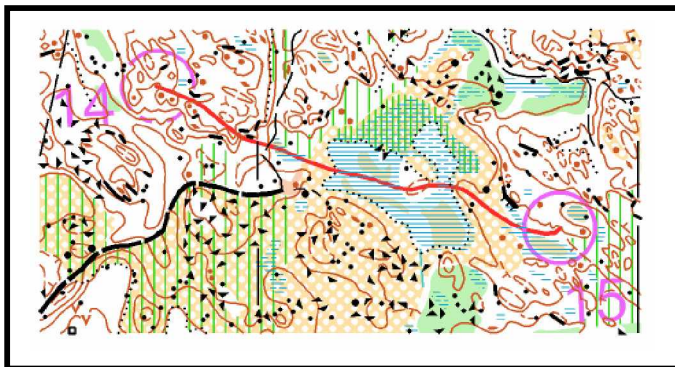
13 > 14

Time	2.59	1	Johansen (NOR)	2.40	Gueorgiou (FRA)	25.45	Gueorgiou (FRA)	1	0.00
Best	+ 0.19	2	Haldin (FIN)	+ 0.02	Novikov (RUS)	+ 0.21	Novikov (RUS)	2	+ 0.21
Place	17	3	Novikov (RUS)	+ 0.05	Wingstedt (SWE)	+ 0.25	Nordberg (NOR)	4	+ 0.34



Probably the worst leg for me. However I do not make really major mistake. But some hesitations combined with a not very relevant selection and with tired legs give a “not so good” time. I loose some seconds immediately after punching 13, trying to locate my position with precision. What I do not manage to make and what is not really necessary at that time. I am probably less lucid and I apply my technique less well. But then, I start to use again big features as marsh and hills. Vegetation boundary and cliff on the slope were quite remarkable. On the flatter area, I use my compass. I do not try to find the control in a direct way. I reach the top of the hill which constitutes for me the controls. The flag is not any more 40cm X 40cm large but becomes as big as 40m X 40m, which is appreciably easier to find. From the top, I see the control.

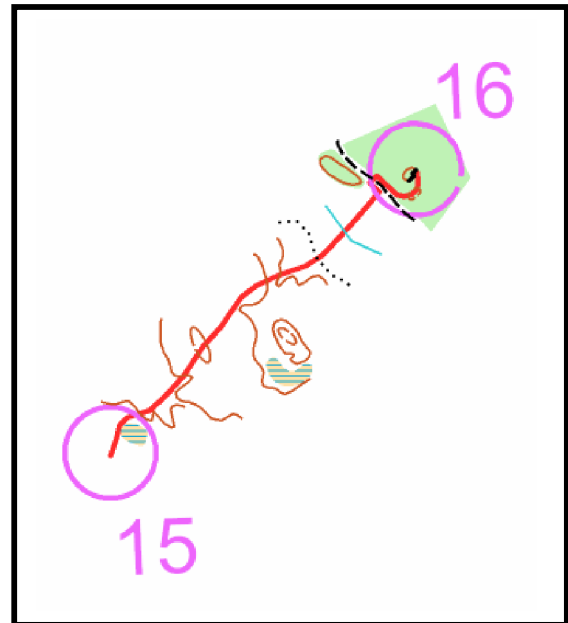
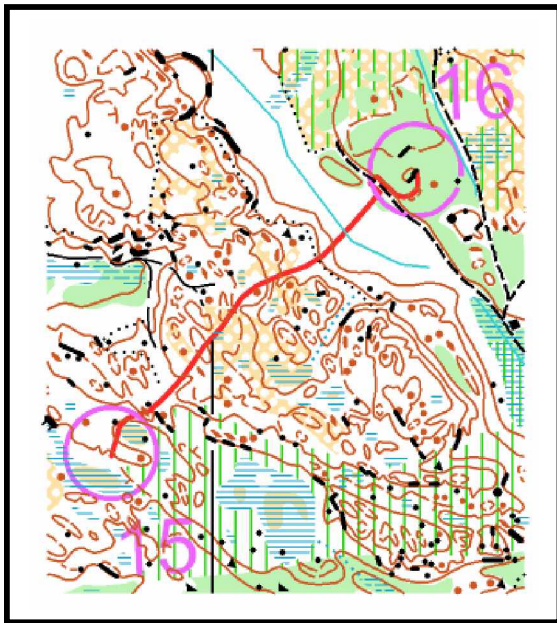
14 > 15								
Time	2.25	1	Johansen (NOR)	2.20	Gueorgiou (FRA)	28.10	Gueorgiou (FRA)	1 0.00
Best	+ 0.05	2	Renard (FRA)	+ 0.01	Novikov (RUS)	+ 0.23	Novikov (RUS)	2 + 0.23
Place	5	3	Nordberg (NOR)	+ 0.03	Wingstedt (SWE)	+ 0.27	Nordberg (NOR)	4 + 0.32



Quite straight selection. I prefers to cross the marsh which, although wet, offers a better runnability than the open area. From the cliff, I follow the contour to the control flag. **Mats Haldin**, which I did not see any more, punches a few meters in front of me

15 > 16

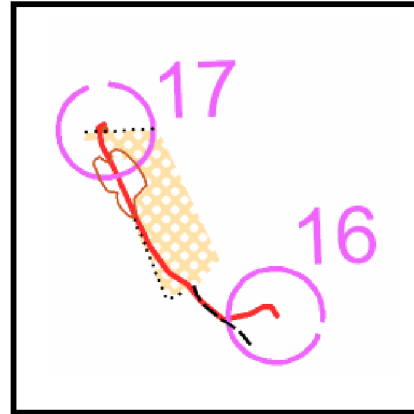
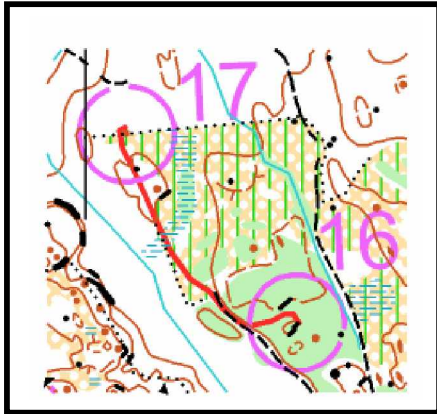
Time	2.09	1	Novikov (RUS)	2.00	Gueorgiou (FRA)	30.19	Gueorgiou (FRA)	1 0.00
Best	+ 0.09	2	Näsman (SWE)	+ 0.01	Novikov (RUS)	+ 0.14	Novikov (RUS)	2 + 0.14
Place	9	3	Nordberg (NOR)	+ 0.05	Nordberg (NOR)	+ 0.28	Nordberg (NOR)	3 + 0.28



In the first part, I try to reach the highest point of the area without however following my progression with precision. Once in the open area, it is very difficult to be located, but I try to see big hill which I used during previous leg. I am located compared to this one. I understood well that nr. 16 is the kind of decisive control where you can lose a race. For this reason, I want absolutely to leave the open area by knowing where I am. That is done due to small turn of vegetation boundary. I use then my compass with lot of care. Once on the path, I do not want to take any risk. I try to fix my exact position with small hill. A few seconds lost but much of safety gain. It is always important in those moments, when the arrival is so close that it is already possible to hear the speaker, to keep its clearness and its cold blood to make right choice.

**16 > 17**

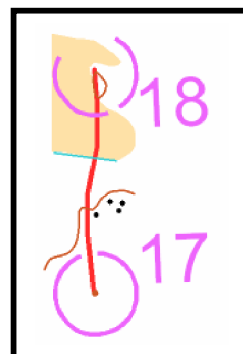
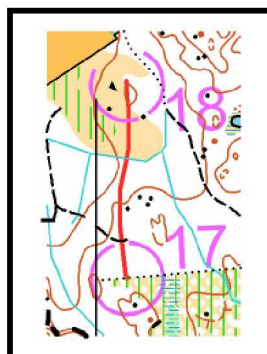
Time	1.05	1	Ikonen (FIN)	1.02	Gueorgiou (FRA)	31.24	Gueorgiou (FRA)	1	0.00
Best	+ 0.03	2	Nordberg (NOR)	+ 0.01	Novikov (RUS)	+ 0.17	Novikov (RUS)	2	+ 0.17
Place	5	3	Merz (SUI)	+ 0.02	Nordberg (NOR)	+ 0.26	Nordberg (NOR)	3	+ 0.26



Now, I know that the technical difficulties are over, but I try to remain concentrated to loose any second.

**17 > 18**

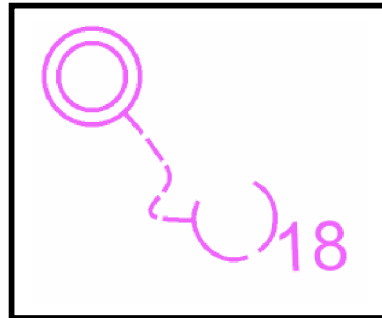
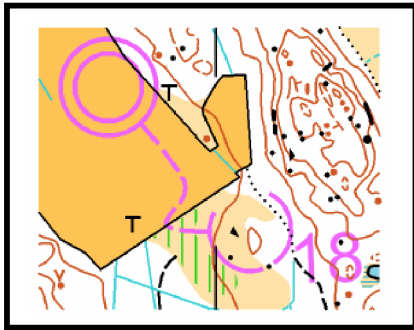
Time	0.46	1	Nordberg (NOR)	0.45	Gueorgiou (FRA)	32.10	Gueorgiou (FRA)	1	0.00
Best	+ 0.01	2	Gueorgiou (FRA)	+ 0.01	Novikov (RUS)	+ 0.18	Novikov (RUS)	2	+ 0.18
Place	2	2	Haldin (FIN)	+ 0.01	Nordberg (NOR)	+ 0.25	Nordberg (NOR)	3	+ 0.25



For last time, I look my compass to leave control in right direction. Now, I can hear very well the speaker: "He will defend his title from last year, that's for sure..." Good news!!! Even if tiredness is high, I understand that my dream will become reality.

**18 > F**

Time	0.35	1	Gueorgiou (FRA)	0.35	Gueorgiou (FRA)	32.45	Gueorgiou (FRA)	1 0.00
Best	+ 0.00	1	Wingstedt (SWE)	+ 0.00	Novikov (RUS)	+ 0.22	Novikov (RUS)	2 + 0.22
Place	1	3	Olsson (SWE)	+ 0.01	Nordberg (NOR)	+ 0.27	Nordberg (NOR)	3 + 0.27



Only few meters left, feelings are incredible nice. I do not touch anymore ground. These last meters contrast completely with the way in which I tried to approach this race. The key was to remain concentrates on my technique, to forget the environment and the stake. I had evacuated emotions.

The finishing line is crossed; my goal is reached, because even if I never acknowledged it a second place would have constituted a disappointment. I did it!



**Thierry GUEORGIU 09/2004**