



INTERNATIONAL ROGAINING FEDERATION Inc.

A0040409P

Newsletter No. 196

Box 3, Central Park, 3145 Australia
www.rogaining.com
May 2013

IRF Executive

President: Richard Robinson
Vice President: Lauri Leppik
Secretary: Rod Phillips
Treasurer: Robin Gardner
Promotions and Development: Alan Mansfield
Technical Manager: Sergey Yashchenko
World Rogaining Championships Manager: Jan Tojnar

IRF Members

New Zealand: Nick Collins, Emma de Lacey
Czech Republic: Jan Tojnar, Miroslav Seidl
Australia: David Baldwin, Richard Robinson
Estonia: Lauri Leppik, Eduard Pukkkonen
USA: Bob Reddick, Barb Bryant
Ukraine: Efim Shtempler, Oleksandr Letychevskyi
Latvia: Guntars Mankus, Ilze Lapina
Russia: Sergey Yashchenko, Evgeny Dombrovksi

IRF Observers

Brazil: José Nilton Silva Vargas
Canada: Francis Falardeau
Finland: Miia Hovi
Germany: Marko Rößler
Israel: Pavel Levitsky
Lithuania: Gediminas Trimakas
South Africa: Lisa de Speville, Ian Bratt
Spain: Filip Gili
Sweden: Bengt Nilsson
Past President: Neil Phillips (Australia)

10th European Rogaining Championships 26-27 January 2013 La Llacuna, Catalonia, Spain

Winners of open categories

Men's Open

Tommi Tölkö (Finland), Aurelio Olivar (Spain)
Frédéric Parzych, Stéphane Dumortier (France)
Roberto Pascual, Eric Colon, Jorge Urquizu (Spain)

Mixed Open

Valters Kaminskis, Anita Liepina (Latvia)
Petri Forsman, Henrika Malmström (Finland)
Aigars Actins, Ilze Lapina (Latvia)

Women's Open

Marina Galkina, Nina Mikheeva (Russia)
Olena Dotsenko, Olena Kostina (Ukraine)
Aiva Jakovela, Alda Brazune (Latvia)

ERC2013 full results:

<http://rogaining.org/attachments/article/224/ERC2013%20results%20IRF.pdf>

Event map:

<http://thewildboar.org/la%20llacuna%20cursa%20erc%2013c.jpg>

Route choices of teams:

<http://thewildboar.org/teamcontrols%2010th%20erc%202013%20la%20llacuna.xlsx>

Split times:

http://thewildboar.org/resultatsrogaining24h_parcials.pdf

GPS tracks:

<http://sportrec.navirec.com/ui/#18g5i5o>

Valters Kaminskis-Anita Liepina
*European rogaining champions 2013 in
mixed open category*



Photo by Mark Petty

Anita Liepina (45) is a well-known Latvian walker and has participated in the Olympic Games in 1996, 2000 and 2004 in walking races. Her best result was 8th place in 10km race walk at the World Championships in 1997. Later she shifted to marathon, long distance running and rogaining. Anita won the title of the world rogaining champion in XO category in 2002 and 2006 teaming then with Guntars Mankus and Raimonds Lapinš.

Valters Kaminskis (45) has been active in orienteering sport from the age of 18. He has regularly won awards in Latvian orienteering competitions, but orienteering remains as a hobby. In 2004, he focused on adventure races for four years and participated in several adventure races with the duration up to 36 hours in Latvia and other Baltic States. In 2006 Valters became interested in rogaining, which has now become his favorite sports. His best achievements in rogaining so far have been bronze medals in XO category at World Rogaining Championships 2008 and 2010. He is also the Latvian rogaining champion in MO category from 2009 and 2012.

Team Kaminskis-Liepina won a bronze medal in XO and XV categories at WRC2010 in Cheviot, New Zealand and a gold medal in XO and XV categories at ERC2012 in Moletai, Lithuania.

Report by Valters Kaminskis:

Our team was formed in autumn 2009 to participate in TAOK rogaine. Both of us are amateurs of different previous sports and experience levels. Before ERC 2013, both of us had completed thirteen 24-hour rogaining events, six of them together in one team.

Our goal at ERC2013 was to perform according to our capacities, taking into account that Anita was still recovering from an unexpected tick-borne infection she caught in summer 2012, preventing regular trainings. Of great importance for our result was regular participation in shorter rogaines before ERC – TAOK rogaine (8h) in October 2012, Stockholm rogaining (6h) in November 2012 and 2nd Gran Canaria rogaining (12h) in December 2012, the latter just one month before ERC2013. Those rogaines provided an opportunity to test our capabilities and tactical options.

We have a cohesive team and we are well familiar with our strengths and weaknesses. Valters' main task is the planning and navigation. Anita participates in key decisions during the race and provides team collaboration. Our main strength is the ability to withstand challenges and complete the race till the end. As Anita often says, even a low speed is still a speed.

Before the race, we do not specifically consider other competitors. We knew that there will be several teams that can perform equal or even better than us and everything will be decided by success on the course.

Route planning was not too complicated and it was quite easy to reach the chosen solution. The map directed the main lines of movement – along the ridges. The measured straight-line length of the planned route was about 95 km, which we believed we can accomplish. In fact,

in the reality we accomplished about 90% of the original planned route. During the race we had to make some changes to the original plan due to navigation errors at night time, linked to map features and short-term uncertainties. Also distance was added as a result of running longer ways by tracks due to dense vegetation on legs where we initially had planned to cut it short without tracks.

We enjoyed the option to make the first tour with light backpacks and return to the event center. During the race we encountered brief moments of weakness associated with drowsiness, which we managed to overcome. Luckily the weather was dry and stable. We had planned the final part of the route mostly downhill with relatively valuable checkpoints. Unfortunately we didn't manage to reach CP 37 towards the end of the race, which would have given us the overall 4th result. But we didn't want to risk being late.

I admired Anita's ability to fight till the end of the race and to cope with difficulties, given her limited training over the previous 6 months. Sometimes the mind enables us to do more than our physical strength allows.

The next aim is to participate at WRC2013 in Russia. For this Anita has to fully recover and resume regular running. It is also important to find practical and financial support. Our goal at any competition is to enjoy the event, but of course we also hope to win medals. Given the increasing popularity of rogaining, competition is becoming tougher from year to year.

Petri Forsman-Henrika Malmström

Petri Forsman (44) was in the Finnish orienteering team until 1998. His best achievements have been winning Jukola and Tiomila team relays, several Finnish championships and a bronze medal at World Orienteering Championships in 1993 in relay event. Over the last 15 years his main sport has been adventure racing. In adventure racing he has won the title of the world champion in

2001, silver medal in 2006 and three times gold medal at the European championships.

Henrika's (32) main discipline has been triathlon. She was 10th at the European Long Distance Triathlon Championships in 2011. From last year she has participated in adventure race and multisport competitions.



Photo by Andreas Strand

How many 24 hour rogaines have you completed before the current ERC?

This was our first 24 hour rogaining event. Three weeks earlier we raced in Finland at an 8-hour rogaine.

What goals did you have for this ERC? Did you do any special training for this specific event?

For us this was a good training opportunity to run in winter on a snow-free land. Due to the forthcoming event we had planned to run more than we normally do in December and January.

Additionally we had planned trainings in the hills once a week over the last month before the event. At the end of the day, we did none of this. The reason was the Achilles tendon of Petri, which was treated with cortisone injection in mid-December. The tendon had been giving problems over the last 1.5 years. After the tendon treatment Petri caught bronchitis, which interrupted all training for 4 weeks. This caused quite some trouble and the legs felt heavy already after 8 hours of race.

How did the team cooperation work out? Do you know each other's strengths and weaknesses well enough for such a long endurance race?

Petri was mainly responsible for navigation. Henrika (Henkka) from time to time questioned some decisions, as the task of women is. Henkka's role was to keep up positive feeling and to take care that we do not become negative in spite of getting tired or making mistakes. As we have competed together at several adventure races over the last year, we have got to learn each other's strengths quite well.

Who did you consider your main rival competitors before the race? What did you know about them before the race?

We knew that Tölkö and Olivar are a tough team and that they will probably win unless some injuries or unexpected fatigue occur. On the basis of results of Gran Canaria rogaining we knew that there will also be a strong Latvian mixed team. However, we didn't even learn their names. We believed that we could be among the overall best three teams, competing even with the best men's teams.

Do you consider your route plan optimal or did you find any better plans after the race?

The terrain was such that in fact already before the race on the basis of general map information we decided that we will return to the event center. The first tour of 6.5 hours with return to the hash house was exceptional and we would probably do it again. However, the second tour wasn't good at all. Looking at

things retrospectively we could have returned to the event center even for the second time.

What surprises (good or bad) did the terrain offer? Did you have to make on-route corrections to your original plan during the race?

Due to dense vegetation we had to make a lot of changes to the original route plan. These changes added some 5 km to the distance as we were going around by tracks. For this reason we should have taken controls in a different order compared to what we actually did.

What were the reasons for visiting the event center during the race? Was this necessary and optimal?

We didn't want to carry too much stuff and in my view visiting the event center during the race was a particularly good decision at this race. Now afterwards I am nearly certain that we could have visited the event center even twice.

How much equipment (lamps, clothing, food etc) did you carry and was it suitable and optimal for given circumstances?

We did the first tour with really light backpacks. We only had 6 packs of sports gel, one headlamp and compulsory equipment. Henkka had a small spare lamp in case we didn't reach the event center before darkness. We both took about 1.7 l of sports drink. We were filling up on the hill about half an hour before reaching the event center. For the second tour we packed quite a lot of stuff. Of course, all the food for the rest of the race. Now afterwards I think I should have taken more salty food, like salami etc. We had a bit too much sweet stuff, like gels.

What were the most difficult moments on course? Was your motivation strong enough to achieve the best result?

My thigh muscles got tired over the last two hours of race. Additionally, I didn't sleep well last nights before the race and for this reason I had to take several short naps during the night, which normally does not occur on the first

night of longer races. Henkka had also unexpected problems with painful thighs already after 10 hours. After this our pace slowed down in vegetation and other difficult parts of the track. However, Henkka managed well and as usual did not complain much. We were prepared to fight the best possible over the last five hours of the race. We did fight, but due to leg pain the pace became really slow.

GPS tracks indicate that the distance covered by Forsman-Malmström was about 10 km more than that of Kaminskis-Liepina (we note that some GPS tracking errors may partly explain this). What do you consider as decisive this time, was it skilful route planning, passing the route without mistakes, running speed, some tactical aspects or other?

Our route was extended by about 5 km due to on-track route changes caused by difficult vegetation. In normal circumstances our speed should have been sufficient to challenge even the best men's teams. We believed that we should be able to cover a longer distance than others if the kilometers come from fast areas.

The score of the last 3 hours was 34 to 24 in favor of Kaminskis-Liepina and this determined the final result. How do you assess your performance over the last hours after dawn and did you see any possibilities for collecting additional points?

In the final part we made an estimation mistake as we believed that we can still collect also CP80. Now after CP71 we didn't reach there. For the final part, the best route for us would have been 70-51-90-80-32-40-31, which would have given us additional 8 points and victory in mixed category. So we lost the competition over the last two hours. I still believe that with some better planning and navigation, and without leg problems we should have been able to collect all controls as we had planned before start.

World Rogaining Championships will be held this year in Russia and next year in the USA. Are you planning to participate in either of these events and if so, what are your goals?

I have earlier considered rogaining to be the second most ridiculous endurance discipline after ultra-running. I am not sure if we are going to participate. If we do, the only goal is victory. Rogaining may be practiced either as a fitness exercise or then seriously. There is no half way, it is not that fun.

Interview questions by Eduard Pukkonen, English translation and editing by Lauri Leppik

Event report by Lauri Leppik:

10th European Rogaining Championships were successfully completed 26-27 January 2013.

The event was held in Catalonia with an event center in a small town of La Llacuna, about 100 km from Barcelona. The terrain featured rugged ridges centered around Serra D'Ancosa, intercepted with valleys. With the highest peak of 945 m and the lowest point on the terrain around 450 m, the relative heights of ridges reached 300 m, entailing thus quite some climb. Ridges were covered with Mediterranean pine forest, while valleys had fields and vineyards. Spiky undergrowth of the forest made shortcuts often very slow and painful.

The course was very well designed, offering several strategic route plan choices and tactical route choices on legs. Moreover, it was of very appropriate length as the winners score was 98.6% of the maximum. On the other hand, the location of controls can be generally described as 'humane' with regard to objects, features and access. Overall, it was a tough course offering several challenges - some strenuous climb on slopes and fight with spiky bush. Add to this nearly 14 hours darkness compared to 10 hours sunlight. While daytime temperatures reached over 12 degrees C, nighttime temperatures dropped to 0 C. However, all this was fully appropriate considering the championship level.

The map was of very high quality - accurate, reliable and consistent over the whole terrain, printed on a water and tear proof material and surviving the 24-hour event (including fight with the nasty bush) with very minor damages.

169 teams with 367 competitors from 18 countries participated in the ERC, while nearly 200 more took part in the concurrent 6-hour Wild Boar Rogaining. The largest groups at ERC were from Spain, followed by Russia, Ukraine, Latvia and Finland, while more than a dozen participants came also from Estonia, Poland and France.

The new European rogaining champions in Men's Open are Tommi Tölkö (Finland) ja Aurelio Olivar (Spain) with 358 points from the maximum score of 363. On second place Frédéric Parzych and Stéphen Dumortier from France (349 p) and on third place Roberto Pascual, Eric Colon and Jorge Urquizu from Spain (333 p).

In Mixed Open, Valters Kaminskis and Anita Liepina from Latvia defended their title collecting 328 points, followed by Petri Forsman (member of the winning team at the first ever Adventure Race World Championship 2001) and Henrika Malmström from Finland (322 p), and another Latvian team Ilze Lapina and Aigars Actins (301 p).

In Women's Open category the Russian veteran team of Marina Galkina and Nina Mikheeva with 272 points defended their title from previous year, exceeding Olena Dotsenko and Olena Kostina from Ukraine (268 p) and Aiva Jakovela, Alda Brazune from Latvia (252 p).

Overall, the Championship was a major success. In particular, I would stress its role in broadening the geography of rogaining by attracting teams from Southern Europe to 24-hour rogaining. We shall hope that these teams have got the taste of challenge and will seek to enter also future European and World championships. In any case we shall encourage and invite them to do so.

A big-big thank you Felip Gili who was the man behind and in front of this ERC, as well as to all of his colleagues and supporters,

including the Catalonian Orienteering Federation. This event will be remembered!