

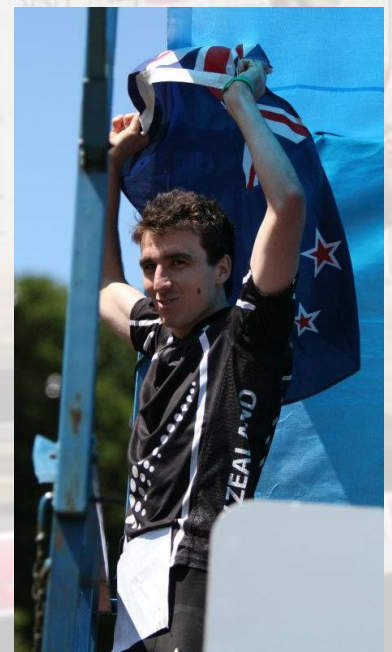
JWOC 2012 – The Perfect Feeling

By Matt Ogden

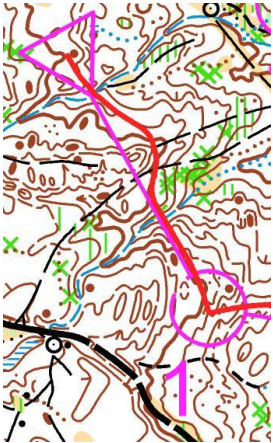
A brief summary of my race in the Middle Distance Final at the Junior World Orienteering Championships.

My goal prior to the race was to execute the perfect race combining the technical, physical and mental elements needed for a flawless performance. My race was not perfect, I had quite a few small hesitations but I never lost a large amount of time which I think was the key in this terrain. I had a good feeling though throughout the race, I knew my pace was high and when I collapsed on the ground at the finish I was 100 per cent satisfied that I had given everything.

My race was not perfect, but the feeling definitely was.



S-1

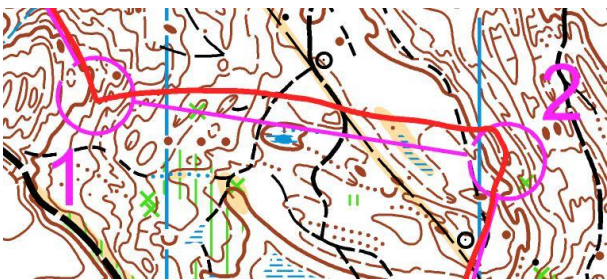


It was quite a long run to the start triangle so there was a lot of time to plan the first leg and have a look at the rest

of the course. I ran quite fast out of the pre-start and was soon passing the start triangle. I identified the spur across the valley then contoured round through the second valley and pretty much straight towards the control. A small hesitation just before the control cost me 5 seconds as I couldn't properly make out the small form line re-entrants. I trusted my compass and got the control relatively cleanly.

SPLIT	DIFF.	PLACING	TOTAL	DIFF.	PLACING
2.38	+0.11	8	2.38	+0.11	8

1-2



I ran down the slope and found the control without difficulty.

SPLIT	DIFF.	PLACING	TOTAL	DIFF.	PLACING
1.25	+0.07	10	3.59	+0.09	3

I had a solid compass out of the first control and planned to run to the left of the small depression with the pond in it. Crossed the track and passed through the end of the clearing. I approached the slope before the control knowing that I had to compensate and

2-3



There was quite a steep climb out of the control but my legs felt good and I climbed the hill easily.

I simplified this leg; a climb to the top of the hill where I would see the cairn then run down into the saddle and then up another hill system with a lot of details. I executed this perfectly except for the last part of the leg where I had a little trouble seeing the knolls. A small hesitation cost me 5 seconds but once I again I just kept on my compass and punched the control cleanly.

SPLIT	DIFF.	PLACING	TOTAL	DIFF.	PLACING
1.14	+0.13	35	5.13	+0.16	5

3-4



I had a very good exit from control 3. This leg was quite simple so I could

push quite hard. I identified the marshes either side of the red line before climbing the hill and dropping into the re-entrant where the control was.

SPLIT	DIFF.	PLACING	TOTAL	DIFF.	PLACING
0.44	+0.02	3	5.57	+0.13	4

4-5



SPLIT	DIFF.	PLACING	TOTAL	DIFF.	PLACING
1.22	+0.14	31	7.19	+0.20	5

My route choice to this control was quite safe, hence I lost a bit of time. The green was easily runnable but I decided to go left and pick up the hill with the large number of rock features. Unfortunately there was a fallen tree in the way so I had to go more left than I intended. The entry to the control was easy enough. I ran up and over the hill and from there I could see the depression which the control was in.

5-6

This leg was the first long leg of the race. The forest so far had been very open with good run-ability and visibility. This is very similar to the forest that I do most of my training in. My technique for this kind of terrain is to run as straight as possible; off the line and you're losing time. So for this leg I would attack it quite straight. I pushed really hard once I had run through the marsh and climbed the first hill. I passed through the small erosion gully and saw the fenced off green area after crossing the track. Then coming off the hill I saw the small single contour hill so I was 100 per cent confident where I was crossing the major track. I then veered left to catch the spur

SPLIT	DIFF.	PLACING	TOTAL	DIFF.	PLACING
3.18	+0.13	10	10.37	+0.03	3



which would lead me into the flattish area with a few small hills. I saw the rocky hill before the control, ran to the right of this, then compensated left at the end - spiking the control.

6-7

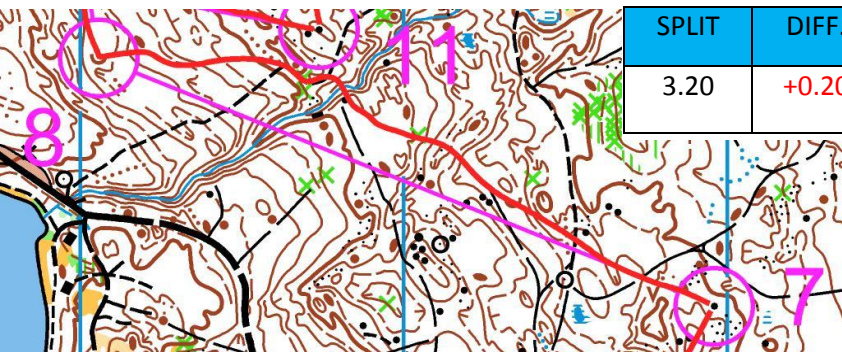


After the long leg there was a tricky short leg. I felt leaving control 6 that this control could

SPLIT	DIFF.	PLACING	TOTAL	DIFF.	PLACING
0.29	+0.04	7	11.06	+0.01	2

cause some problems if I was not careful. I made sure my compass was perfect and I was running over the top of hill. I ran pretty much dead straight and nailed the control. My race so far had been pretty good and I was starting to hurt a little bit as well. The good feeling was building but I knew I had to stay in full control otherwise there could be some major damage.

7-8



SPLIT	DIFF.	PLACING	TOTAL	DIFF.	PLACING
3.20	+0.20	12	14.26	-0.02	1

This was a tricky long leg. I was unsure of exactly where I was in the early stages of the leg. But I knew I would hit the massive valley. I relocated off the form line re-entrant just before I crossed the stream. I then used the track for a short while before climbing up

towards the control. I saw the knoll on the edge of the circle so I had full confidence in the last 25 metres into the control.

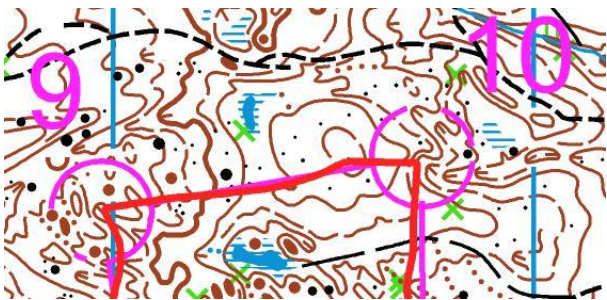
8-9



I lost my direction a little bit leaving control 8. I quickly corrected and ran straight towards the 9th. I read the 3 re-entrants before the control before I fell into the re-entrant where the control was. I think I was reading a little too much on this leg which cost me some seconds. I should have looked for the hill to the left of the control and attacked really hard.

SPLIT	DIFF.	PLACING	TOTAL	DIFF.	PLACING
0.55	+0.11	26	15.21	+0.03	3

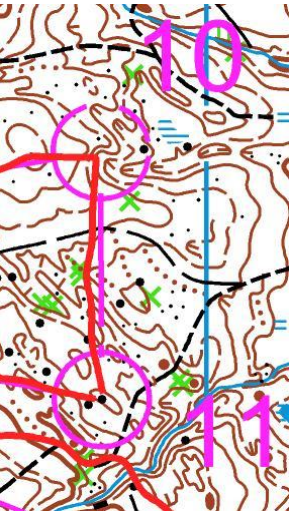
9-10



SPLIT	DIFF.	PLACING	TOTAL	DIFF.	PLACING
0.57	+0.03	2	16.18	+0.02	2

I had a really solid exit direction leaving the 9th which set me up well for this leg. Once again, I ran as straight as possible picking up the spur and hill top before the control. The massive re-entrant beyond the control was very obvious so was easy to find the top of it where the control was.

10-11



I ran out of control 10 and saw the depression to the left of the spur. I ran up the spur then through the small re-entrant. I had to run a bit more left to get the control than I thought I should have but this was no problem. This was also the first time that I saw the runner who started 2 minutes in front of me, Eric Borjeskog from Sweden. This was instant confirmation that my race was going quite well. I thought to myself that I would now have someone to run with and push really hard so that this race could turn into an exceptional one.

SPLIT	DIFF.	PLACING	TOTAL	DIFF.	PLACING
1.00	+0.04	7	17.18	+0.02	2

11-12

This was a very tough uphill leg. There was not that many features to read so using what little there was would be important. I kept a good compass as I climbed. Midway I could see the stumps to my right before I finally saw the stump just before the control. I was really hurting at the top of the climb. The lactic acid was beginning to accumulate and I knew I was in for a couple of painful controls.

SPLIT	DIFF.	PLACING	TOTAL	DIFF.	PLACING
2.08	+0.15	13	19.26	-0.01	1



12-13



Some reprieve from the climb and quite an easy control.

I contoured around the main re-entrant before

dropping down into the control. Lost quite a bit of time on this leg for how short it was, indicating my running speed wasn't as high as some of the others and also I was starting to get tired.

SPLIT	DIFF.	PLACING	TOTAL	DIFF.	PLACING
0.45	+0.07	35	20.11	+0.05	2

13-14



This section of the course was pretty much just

running. The technical difficulty was very low so all that was required was high speed. I crossed the road at the junction then pushed up the hill before finding the control.

SPLIT	DIFF.	PLACING	TOTAL	DIFF.	PLACING
1.40	+0.05	8	21.51	+0.06	2

14-15



I saw the big hill just before the road and decided to go the right of

it. Maybe this route choice was slower and going to the left of the erosion gully and the hill would have been better. Still once I crossed the road I got the control without mistakes. I could hear the noise from the arena and I began to get excited. Eric was just in front of me so all the Swedes were going crazy for him. The noise his supporters made was a mere whisper compared to the deafening echo of the New Zealanders. This is probably the moment I will remember most from the Middle Final. Coming into that arena with that amount of support was an unforgettable feeling.

SPLIT	DIFF.	PLACING	TOTAL	DIFF.	PLACING
2.01	+0.09	19	23.52	+0.15	2

15-16



As I ran through the spectator chute I was amazed at the

noise. It seemed that every NZ'er and Aussie were cheering me on. If I wasn't in so much pain I would have probably heard some thing like 'your in the lead' but I maintained focus. I knew that something special was taking place but I also knew that these last 4 controls were going to be make or break. Control 16 is where I would win

the race. Florian Schneider would miss this and hand the 1st place over to me. I got it cleanly running to the left of the purple line, running through the marsh and climbing up into the control.

SPLIT	DIFF.	PLACING	TOTAL	DIFF.	PLACING
1.34	+0.03	6	25.26	+0.04	2

16-17



My compass was a little off and I veered to the left. I realised when I saw the hill on the edge of the control circle. I looked to my right and I could see the green forest and then the control. I was relieved as this was probably the last real tricky control of the course.

SPLIT	DIFF.	PLACING	TOTAL	DIFF.	PLACING
0.39	+0.04	8	26.05	-0.07	1

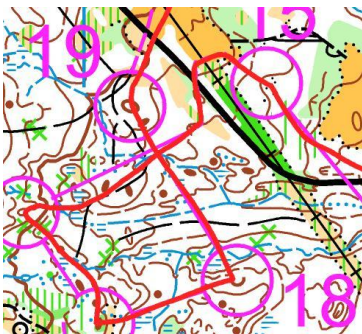
17-18



I ran dead straight on this leg. Picked off the spur before the re-entrant the U-depression was in. I had passed Eric and I heard him say "lets push". This was really motivating and I could find another gear as I approached the finish.

SPLIT	DIFF.	PLACING	TOTAL	DIFF.	PLACING
0.32	+0.02	2	26.37	-0.14	1

18-19



Only one objective on this leg. Run HARD! I could already see some people in the distance so I would use them guide me into the control.

SPLIT	DIFF.	PLACING	TOTAL	DIFF.	PLACING
0.52	+0.04	8	27.29	-0.14	1

19-F



The most painful but satisfying 140 metres I have even run. The NZ supporters were going crazy, once again

SPLIT	DIFF.	PLACING	TOTAL	DIFF.	PLACING
0.26	+0.04	15	27.55	-0.13	1

I was running into a wall of screams and excitement. I crossed the finish line and the words you only ever dream of were said over the commentary.

"...and Matt Ogden takes the lead".

I was completely spent at the finish. I collapsed onto the ground and lay there for a while as I regained some energy. The excitement was building in the arena as the news that I was first came through. I downloaded and all the punching was clean so all that remained now was the waiting. I was the 46th starter which meant that there were still 14 runners to come in. These were the guys who had qualified better in their heats than I did and so were expected favourites. I knew that my race was really good but I thought that these guys were capable of posting faster times. The waiting was extremely painful. I paced around the arena as runners came into the finish and as they did someone would say to me 'they are late'. Finally the last runner was confirmed slower than me and the suspension that had been building was finally released. New Zealand had just won a gold medal at the Junior World Orienteering Championships. The feeling was simply unbelievable. **Complete and total euphoria, I was a WOLRD CHAMPION!**

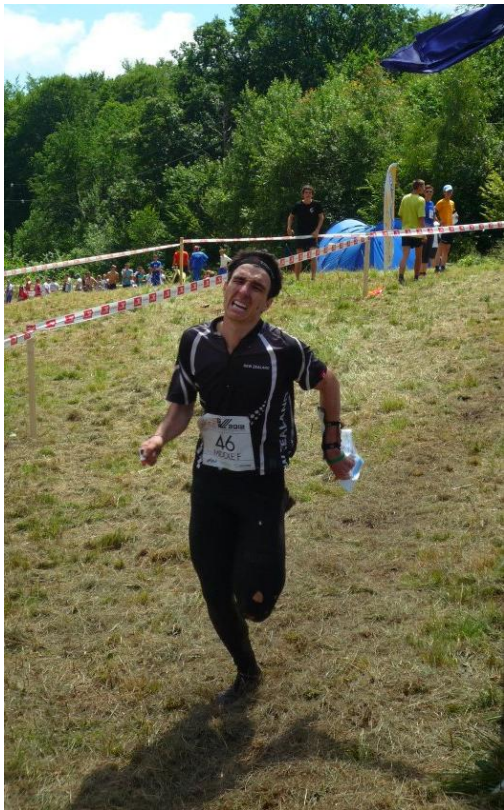
IZRA

1:10 000 E=5M



JWOC 2012 Middle Final			
M 20 A	4.8 km	225 m	
▷	⤴ •	≡	
1 31	⤴		
2 32	↙ ⤴		
3 33	↙ •		♀
4 34	⤴		⚡
5 35	○		
6 36	▲	1	○
7 37	▲	1	♂
8 38	∪		
9 39	⤴		
10 40	↓ ⤴		
11 41	↗ ▲	1	♀
12 42	⤴		
13 43	▲	3x0,5	○
14 44	⤴		
15 45	⤴		⚡
○ — 130 m — →			
16 46	↓ ⤴		
17 47	↓ •	⊗	
18 48	∪		⚡
19 100	↖ ○		
○ — 140 m — →			

Registračné číslo SZOŠ 12.49.010 000
 Mapoval a kreslil (2011, 2012) Róbert Miček
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MEN A			MIDDLE FINAL			WOMEN A			WOMEN B		
1. Ogden, M.	27:55	31.54	1. Alexandersson, T.	23:42	31. Denisova, A.	29:33	1. Klysner, C.	23:19	31.		
2. Petrzela, J.	28:05	31.55	2. Sandberg, F.	24:35	2. Anufrieva, E.	29:34	2. Ivanova, K.	24:29	32.		
3. Schneider, F.	28:10	31.56	3. Mueller, S.	25:30	3. Sandevøir, C.	29:41	3. Poirot, D.	24:32	33.		
4. Denzler, A.	28:15	31.57	4. Hagström, S.	25:47	4. Biller, A.	29:42	4. Risby, L.	24:44	34.		
5. Aukrust O., J.	28:30	31.58	5. Narum, M.	26:07	5. Ramstein, L.	30:00	5. Nārhi, A.	24:50	35.		
6. Ødum, M.	28:48	31.59	6. Kirvesmies, T.	26:36	6. Butt, L.	30:07	6. Pavlovcová, V.	25:00	36.		
7. Regborn, M.	29:04	31.60	7. Basset, I.	26:38	7. Wennemo, O.	30:43	7. Simkovic, A.	25:07	37.		
8. Wängdahl, J.	29:17	31.61	8. Mäkinen, E.	26:50	8. Savolainen, I.	30:23	8. Uiboupin, J.	25:14	38.		
9. Jarvis W., H.	29:34	31.62	9. Watson, C.	27:16	9. Hulkkonen, J.	30:49	9. Feliciano S., V.	26:54	39.		
10. Petter-Lyngen, C.	29:45	31.63	10. Bayer, J.	27:17	10. Sukharevska, V.	30:55	10. Klysner, N.	27:07	40.		
11. Börjeskog, E.	29:57	31.64	11. Mäkinen, M.	27:09	11. Tommer, N.	31:20	11. Ewiak, N.	27:14	41.		
12. Arvola, M.	29:59	31.65	12. Mäkinen, M.	27:14	12. Tommer, N.	31:20	12. Ewiak, N.	27:14	42.		
13. Kozyrev, A.	30:01	31.66	13. Mäkinen, M.	27:14	13. Tommer, N.	31:20	13. Ewiak, N.	27:14	43.		
14. Suominen, M.	30:08	31.67	14. Mäkinen, M.	27:14	14. Tommer, N.	31:20	14. Ewiak, N.	27:14	44.		
15. Tikhonov, G.	30:14	31.68	15. Mäkinen, M.	27:16	15. Tommer, N.	31:20	15. Ewiak, N.	27:14	45.		
16. Chloupek, A.	30:27	31.69	16. Mäkinen, M.	27:26	16. Tommer, N.	31:20	16. Ewiak, N.	27:14	46.		
17. Kuchmenko, I.	30:28	31.70	17. Mäkinen, M.	27:39	17. Tommer, N.	31:20	17. Ewiak, N.	27:14	47.		
18. Juvakainen, T.	30:31	31.71	18. Mäkinen, M.	27:46	18. Tommer, N.	31:20	18. Ewiak, N.	27:14	48.		
19. Stevenson, J.	30:43	31.72	19. Mäkinen, M.	27:47	19. Tommer, N.	31:20	19. Ewiak, N.	27:14	49.		
20. Tranchant, O.	30:44	31.73	20. Mäkinen, M.	27:50	20. Tommer, N.	31:20	20. Ewiak, N.	27:14	50.		
21. Hann, N.	30:50	31.74	21. Mäkinen, M.	27:56	21. Tommer, N.	31:20	21. Ewiak, N.	27:14	51.		
22. Edsen, J.	31:04	31.75	22. Mäkinen, M.	27:57	22. Tommer, N.	31:20	22. Ewiak, N.	27:14	52.		
23. Schuster, M.	31:09	31.76	23. Mäkinen, M.	28:02	23. Tommer, N.	31:20	23. Ewiak, N.	27:14	53.		
24. Huhtinen, M.	31:10	31.77	24. Mäkinen, M.	28:09	24. Tommer, N.	31:20	24. Ewiak, N.	27:14	54.		
25. Short, C.	31:13	31.78	25. Mäkinen, M.	28:24	25. Tommer, N.	31:20	25. Ewiak, N.	27:14	55.		
26. Olejnik, M.	31:16	31.79	26. Mäkinen, M.	28:33	26. Tommer, N.	31:20	26. Ewiak, N.	27:14	56.		
27. Lawford, I.	31:24	31.80	27. Mäkinen, M.	28:45	27. Tommer, N.	31:20	27. Ewiak, N.	27:14	57.		
28. Zernis, R.	31:32	31.81	28. Mäkinen, M.	29:17	28. Tommer, N.	31:20	28. Ewiak, N.	27:14	58.		
29. Aschwanden, S.	31:33	31.82	29. Mäkinen, M.	29:17	29. Tommer, N.	31:20	29. Ewiak, N.	27:14	59.		
30. Nørskov, T.	31:33	31.83	30. Mäkinen, M.	29:17	30. Tommer, N.	31:20	30. Ewiak, N.	27:14	60.		

Acknowledgements

There are so many people that I would like to thank who have helped me develop as an orienteer. So that is why this gold is not mine alone. This is New Zealand's gold medal.

Mum and Dad – I could never have even come close to participating at JWOC if it was not for the love and support of my parents. They have helped me in so many ways. It was truly special for me to be with them at JWOC this year.

James Bradshaw – My training partner and JWOC coach in 2011 and 2012. Probably the one person who has influenced my orienteering the most over the past 3 years.

NZ JWOC Team 2012 – An inspirational group of people. Their support in the middle final was unparalleled and I believe was the difference in the last few controls which enabled me to take the gold.

Mike Beveridge – Introduced me to orienteering and took me to nearly every orienteering event when I was younger. Taught me the fundamentals which I use today.

North West Orienteering Club – My amazing club who have helped me out financially as well as the club members who have taught me so much of what I know.

NZ Supporters – All the people who stayed up so late to watch JWOC and provided support. Your enthusiasm and support was unbelievably inspiring!

Sponsors – There has been a lot of sponsors over the past 3 years who have helped me by providing products. Thanks to Puma, Inov8, leppin, Vitasport, Trimtex NZ, Dirty D.

And thank you to anyone else who has supported me in my orienteering career so far.



"no longer will the Scandinavians laugh when they see New Zealand on the starting list"

Any comments you can email me at mogd001@gmail.com