

ADRIATIC MEETING 2010

Started 4 years ago, the Adriatic meeting is the ideal warm-up to the Venice City Race – and currently a bit of a secret! This year, 400 runners from 18 nations ran in San Marino, the oldest Republic in the world. The format is, as usual, two slightly longer than average Sprint races. Winning times for the Men's Elite (won Overall by Francois Gonon FRA – who took the first stage and was 4th on Day 2. Øystein Kvaal Østerbo won Day 2) were 21:25 & 22:20.

CompassSport focuses here on Stage 2 of the Adriatic Meeting, which was held above the low cloud on the historic hill top City of San Marino in glorious sunshine and a balmy 15 degrees. The courses were physically and technically some of the toughest courses ever offered in this fabulous weekend competition. The fight for the medals was tough and

Frenchman, Francois Gonon, Day 1 winner lost time on a control towards the end of the course. Norwegian Øystein Kvaal Østerbo won Stage 2 in 22:20 with Tomas Dlabaja CZE only 6 seconds behind. FIN Tuomas Kari completed the top 3 in 22:54, pushing Gonon into 4th place in 23:07. But it was good enough for Francois to win the overall 2 day competition. In the Women's race, Sarka Svobodna CZE managed a second straight win to take the victory today in 21:06 and thus overall. It was the same person in second place - the British

runner Tessa Hill and former NTNUI student taking the silver position both days. Third was Finn Marjo Niittynen putting in a fine performance in the oldest Republic in the World.

Taking the cable car to hill top San Marino.



Views from the top of San Marino 2010.



© Tuomas Kari

What would you do? Run the race in your head – choose your routes wisely! Then turn over and see what the top 3 did!

San Marino
Scale 1:3000. 2.5m
Cartography by REM Maps
www.remmaps.it

Only 10 Brits were present and hopefully more will try out this excellent pre-Venice two-day. After Hill's Silver, the next best Brits was Bill Hamley M55 SYO who came 4th. (Note that the Venice City Race and Adriatic Meeting have completely different organisers/websites.

Transfer to Venice on Sunday morning via coach is included in your entry

package – see www.orienteering.it/ / info@orienteering.it

The spectacular Prize-giving Finale was held in the Cava dei Balestrieri, accompanied by various songs from the inspirational Nicola Manfredi. Prizes were awarded by the Vice-Minister of the Ministry of Sport and Tourism in San Marino, Mr. Testai. Race organisation was headed up by the ever youthful and smiling Gabriele Viale.

Full results and info at www.orienteering.it/ 'Follow the Sun!'



© Tuomas Kari

Oystein Kvaal Østerbo Day 2: 1st place: 22:20

The Adriatic Meeting in San Marino gave me the opportunity to run orienteering in a new country.

The first race was a short middle distance in a small forest just outside San Marino City on Friday. I was running quite well, but lost

around 30 seconds to both the 4th and 8th control on the second loop. (To the 4th I had to climb a high fence not marked on the map, and the 8th control was probably set out on the wrong tree, so most runners lost some time here.) My result was a 4th place, 1 min behind Francois Gonon.

Saturday, a sprint was arranged in the Historical Centre of San Marino. This was the main goal for my trip to San Marino, because I knew it would be a big challenge to do a clean race in the small town, lying in a hillside with a lot of stairs and steep narrow streets. The map was very detailed, and difficult to read, even at 1:3000 scale. Some places it was extremely challenging to find the best route choice. I lost only some seconds on a few route choices, but was still happy with my performance and that I could win the race 6 seconds in front of Tomas Dlabaja.

Tomas Dlabaja Day 2 – 2nd place: 22:26

This was a very difficult race for me! I had big problems to find the route to #6 (I had no plan, when I punched #5, so I was searching it all the time on the way to #6 and ran

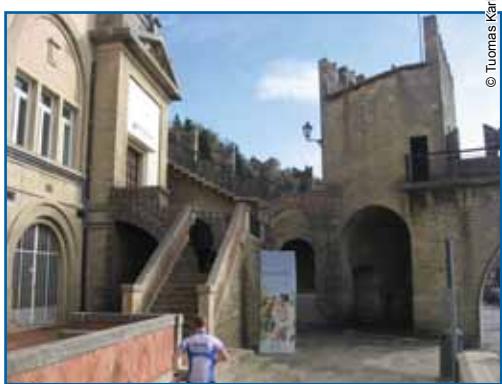
Looking SW with control 5 in the background on the narrow staircase atop the city wall - Tuomas Kari FIN 3rd placer with Oystein Kvaal Østerbo.



© Nick Barrable

Adriatic Meeting - San Marino - M21	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.	11.	12.	13.	14.	15.	16.	17.	18.
1. Oystein Kvaal Østerbo 22:20	00:35/2	00:20/1	00:06/1	00:27/4	00:55/17	01:56/5	00:54/6	01:31/4	03:03/2	01:06/14	00:18/4	00:44/3	00:38/3	01:52/3	01:27/2	00:21/5	00:22/5	01:41/6
NOR	00:35/2	00:55/1	01:01/1	01:28/1	02:23/4	04:19/2	05:13/5	06:44/3	09:47/1	10:53/3	11:11/3	11:55/1	12:33/1	14:25/1	15:52/1	16:13/1	16:35/1	18:16/1
2. Tomas Dlabaja 22.26	00:36/6	00:21/2	00:07/5	00:25/2	00:48/2	02:02/10	00:53/5	01:42/12	03:11/4	00:54/1	00:19/6	00:45/4	00:42/13	01:51/2	01:32/5	00:21/5	00:20/2	01:32/1
CZE	00:36/6	00:57/4	1:04/4	01:29/2	02:17/2	04:19/2	05:12/3	06:54/5	10:05/4	10:59/4	11:18/4	12:03/3	12:45/4	14:36/2	16:08/2	16:29/2	16:49/2	18:21/2
3. Tuomas Kari 22.54	00:37/9	00:21/2	00:08/14	00:27/4	00:51/11	01:55/4	00:49/3	01:31/4	03:10/3	00:58/4	00:21/22	00:48/9	00:38/3	02:16/11	01:28/3	00:20/1	00:23/10	01:35/2
FIN	00:37/9	00:58/6	01:06/6	01:33/7	02:24/5	04:19/2	05:08/2	06:39/1	09:49/2	10:47/1	11:08/1	11:56/2	12:34/2	14:50/4	16:18/3	16:38/3	17:01/3	18:36/3

"somewhere", I think I should use all straight stairs in first half of the leg). To #8 I stood at #7 about 15 seconds working out what to do! To #9 I favoured the same way by #5 and #4, which I knew already, because I could not find any alternative and #14 I decided quite late after punching #13 and ran outside the park and then I found my route. I like such races. I don't think I ran so well, but naturally I was very happy with 2nd place.



The narrow staircase just down from #5.

Tuomas Kari
Day 3 – 3rd place: 22:54

The PWT sprint race in San Marino was one of the most challenging races I have encountered; especially the route choices which were mega tricky and not so easy to spot from the map, and you could lose a lot of time taking the wrong one.

Looking at the results and taking into account the difficulty of the race I am pretty satisfied, even though I made some mistakes. I had a pretty good start when catching Nick Barrable (1min) already on the 7th control and Mårten Boström (2min) soon after. This gave me a boost to my self confidence, although I might have hurried a bit there, because I made a mistake (~15") immediately after 7th, when I first confused the big cliff to stairs on a small detailed map. My biggest time loss was on the leg #13-14 where I didn't see the left route choice, which was clearly faster. I lost 25 seconds to Øystein on this leg, but otherwise I think my route choices were quite good together with my orienteering, which I managed to keep ahead most of the time. It's hard to say about key legs without the splits in front of me, but I think the "long" legs #5-6, #13-14 and #17-18 were quite decisive, because many (myself included) lost significant time on at least one of those.

The views during the race also deserve a mention as they were so magnificent.

Running a super demanding sprint on a

hilltop above
the clouds
in sunshine
really made
this an
unforgettable
experience.

19.	20.	21.	22.	Finish.
01:03/2	01:33/3	00:52/2	00:30/3	00:06/15
19:19/1	20:52/1	21:44/1	22:14/1	22:20/1
01:07/7	01:32/1	01:51/1	00:30/3	00:05/1
19:28/2	21:00/2	21:51/2	22:21/2	22:26/2
01:06/4	01:35/4	01:00/8	00:32/8	00:05/1
19:42/3	21:17/3	22:17/3	22:49/3	22:54/3