

5 + 5 Park World Tour Itali

1-5th & 8-12th October 2018

by Sarah-Jane Barrable SLOW and Miriam Rosen SROC

FIVE + FIVE
Vasto
2018

5+5 PWT

www.orienteering.it

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Casalbordino race arena.

Blending urban sprints and interesting forest and mountainous races with tourism, culture and cuisine, PWT regularly transports busloads of Scandinavians, Swiss, Czechs and a handful of others, around Italy each spring and autumn. The focus is as much on a fun holiday as it is about orienteering and the events are run by a small, personable team who must need to sleep for a week-straight once the events are over. Generally, competitors have a "package deal" which includes residence at one of the event hotels or self-catering apartments. You can opt to use the Event coach transport and attend social events or drive yourself, and you can find the

start lists in the hotel receptions and race chat at the dinner table.

Vasto itself was the location of stage 1 both weeks, an old-town sprint in the early evening around the historic walled city which has had its current name since 1944 after being renamed following the end of Fascist rule. Its lighthouse is the second-tallest in Italy. The sprint was hilly and technical, although perhaps not overly so for Brits used to confounding dead-ends, tricks and multilevel terrain; it was more a case of staying in contact through a maze of streets and choosing routes that allowed for good flow without too much climb.

Stage 2 moved 20km down the road to Casalbordino for a not dissimilar town sprint, then the next day had both Stages 3 and 4: middle distance races held on the same day. These event areas required a 2+ hour bus journey from the event centre in Vasto to the first area, Centomonti by CampoFelice ski resort and restaurant, followed by a short ride to the impressively different second area, Bosco di Cerasolo in Prato Capito. This also allowed the week of orienteering to incorporate a rest day on the Thursday.

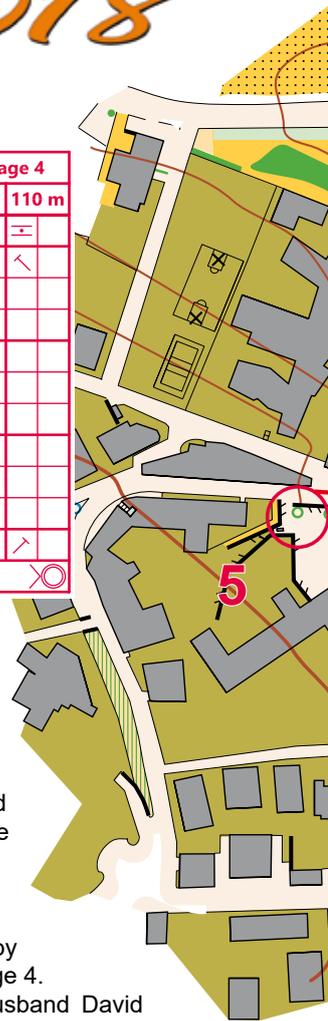
Stage 3 was a lightning-fast race across short, alpine grass on karst hillsides. In theory, running straight was possible and beneficial, but careful consideration of the contours was critical as there was very little else on the ground as catching or collecting features. Mistakes were costly even though it didn't take much time to cover distance. By contrast, stage 4 was mostly forested, with a multitude of platforms and corners of intense, detailed and hard-going limestone labyrinth and stage 5 was back to the town environment. Miriam Rosen SROC, having already won

both stages 1 and 2, won W65 by 6 minutes 34 seconds on stage 3, commenting that it reminded her rather of the Lake District, but she just missed another win that day, coming 2nd by 30 seconds on stage 4.

Miriam and her husband David attended the first of the two weeks of competitions. Miriam had a successful week on W65 and writes:-

5+5 days week 40 stage 4				
	W65	2.8 km	110 m	
▷		▲ ▲		≡
1	47	⊗ ⊙		↖
2	46	⊗ ⊙		
3	40	▲		
4	39	⊙		
5	38	⊗		
6	53	▲		
7	51	⊗		
8	45	⊙		
9	36	⊙		
10	100	↗		↗

70 m



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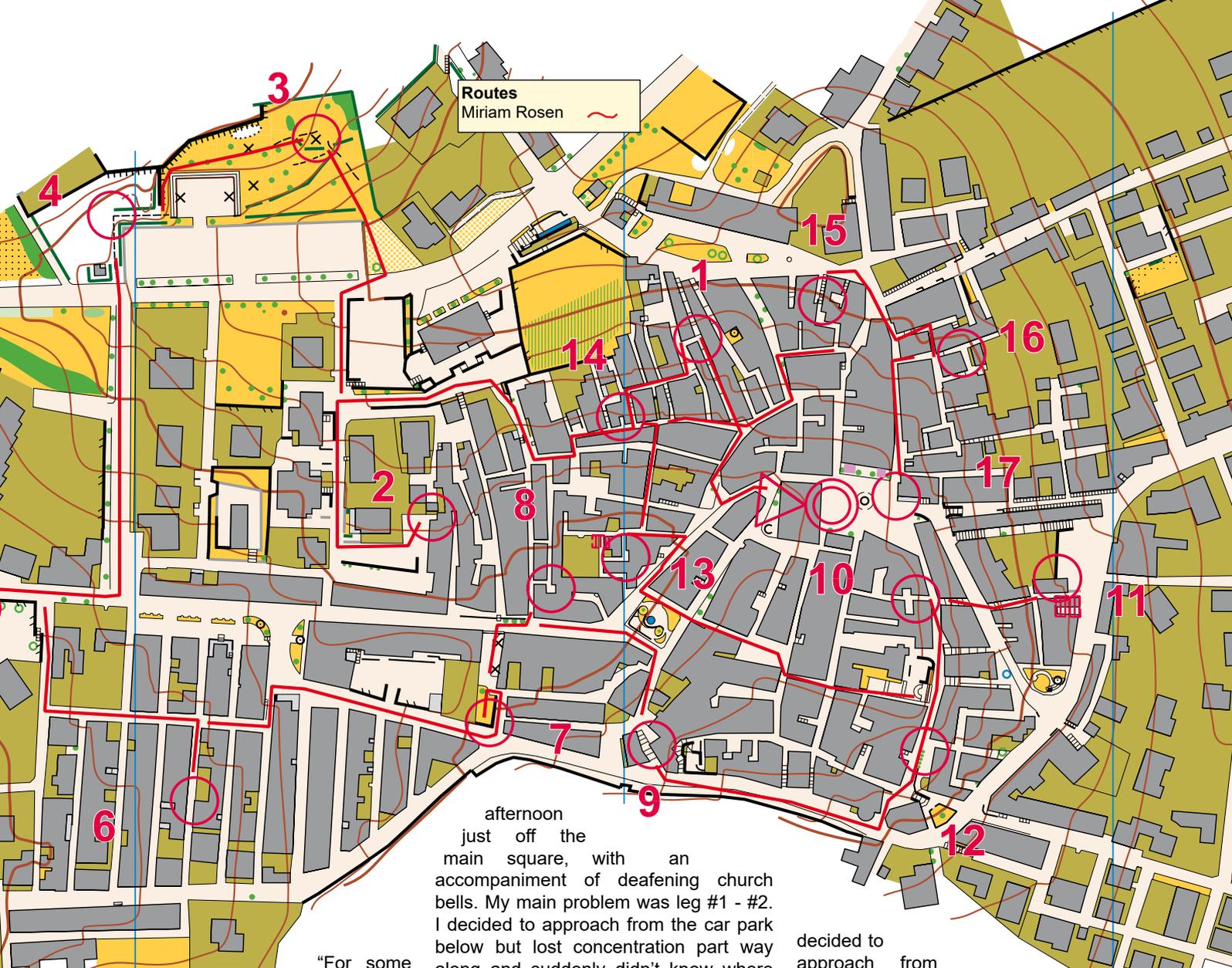


Sarah-Jane Barrable on the last day at Montorio Nei Frentani.

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David and Miriam Rosen.



Routes
Miriam Rosen

“For some years David and I have enjoyed taking part in PWT’s events. The 5+5 takes place in the autumn, usually in Italy, while other events such as the Mediterranean Open Championships are in the spring. This year the 5+5 2018 was based in Vasto on the Adriatic coast, so we were also able to enjoy swimming in the still-warm sea. About 280 people took part, mainly Scandinavians plus a large contingent of Swiss. Along with Nick and Sarah-Jane Barrable, this time we were the only British participants. The first week was made up of five events, three urban sprint type races in hilltop towns around Vasto and two middle races in the mountains. The sprints were all good fun; although not particularly difficult, the number of narrow passage ways and steps meant it was important not to lose concentration as relocation could be difficult. W65 and M65 were running the same course, so David and I could compare our runs. The first race was in Vasto and after a clean run I had a three-minute lead in W65. The second race was in Casalbordino, a small and scenic hilltop town. We started in late

afternoon just off the main square, with an accompaniment of deafening church bells. My main problem was leg #1 - #2. I decided to approach from the car park below but lost concentration part way along and suddenly didn’t know where I was. I just kept going until fortunately I reached an obvious way down to the carpark. I reckon I’d lost about a minute. My other main loss was going around from #9 to #10. David was quicker taking the direct route. I still managed to win; the other W65s I talked to had all had bigger problems. Afterwards the town hosted a party in the square, with displays of singing and dancing, the opportunity to buy a meal of local food and the prize-giving. Race 3 was an open karst area which we found straightforward as we could see the contours. Some of our Scandinavian friends however said they found it difficult because it was open whereas they are used to woods! Race 4, later the same afternoon, in a lovely limestone beech wood with lots of features, was a complete contrast. Our course started with a long path run to get us to the other end of the wood but after that had interesting legs through the terrain. My main error was going from #2 - #3, where I drifted to the right and mis-read the contours. Eventually I dropped until I could see the open area below and then went into the control, losing about 4 minutes on David. The other tricky leg was #5 - #6. I

decided to approach from the big open area and go in on a bearing once I was opposite the patch of wood. Even so I was too low and had to climb up the spur to the control. This leg was David’s only error of the week. He



Swiss MP Ruth Humbel OLG Cordoba in Vasto - Stage 1. Former SUI National Team member was in Italy as part of a club trip of more than 50 club members.

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