



We have asked several best world o-runners whether they are ready for competing at the World Cup in Liberec, if they prefer middle distance to long distance and also how much they favour chasing start. Here are their answers...



MARIANNE ANDERSEN (NOR)

“I have been in Czech Republic several times since I was a junior, but now I haven't been there since WOC2008, and I am really looking forward to compete in Czech terrains again. I like both middle and long with chasing start, but this year I will probably only run the middle distance because I am still building up after Achilles tendon surgery earlier this year.”

HEIDI BAGSTEVOLD (NOR)

“I'm coming to Liberec, and I'm looking forward to compete in the Czech terrain. Last year I ran Euro-meeting in Turnov and I enjoyed the orienteering there. It was technical demanding, and that suits me well. I prefer individual start in orienteering, but if I have to choose I prefer long with a chasing start.”



ANNI-MAIJA FINCKE (FIN)

“I am not sure yet if I am coming to Liberec. My painful Achilles tendon will tell it. Of course I am looking forward to run there. After slow French terrains it will be great to run in the fast Czech terrains. Hopefully. I prefer most middle distance, where you have to manage on your own. In chasing start you can win if you follow others. In the relays it is OK, but in the individual races I don't like that.”

MINNA KAUPPI (FIN)

“I'm definitely coming to Liberec. Usually have been quite tired of orienteering after WOC but as the season has been so hard I'm more than motivated to get back in my best form and I think it's possible to get the form before Liberec. I want to do best possible performances on all disciplines. Of course, the middle is my favorite, but this time I'm really waiting all the competitions with hunger.”





THIERRY GUEORGIU (FRA)

“World Cup is part of my plan for September. Yesterday, I was looking at the old map and pictures from the terrain and I got quite excited. It looks to be a great terrain. I don't know yet how well I'll be trained when I'll show up in Czech Republic as I feel quite empty now. But I'll try to get a good start with the middle distance as the course setters in Czech are always good at making orienteering challenges. Then I will give my all for the chase start. I think it is going to be fun and I looking forward to it!”



DANIEL HUBMANN (SUI)

“Yes, I'm coming to the World Cup races in Liberec. I really like the fast and tricky Czech forests. Since WOC 2008 was really successful I'm really looking forward to come back. I like both middle and long chasing start. But I'm always looking forward to competitions with first to finish decisions!”

MATTHIAS MÜLLER (SUI)

“I am looking forward to come to Liberec. I hope for some more physical terrain after the very "slow-running"- terrain in France. I always have liked Czech terrain, it's often very tricky but still you can and have to run fast. If I had to choose I would take the middle distance. But I also like long distance and especially when it is chasing start. I have the feeling that the gaps after the first day will be quite small so that it will be crowded out in the forest the second day!”



PASI IKONEN (FIN)

“I am coming to Liberec and I am actually quite excited already! The terrain in Czech Republic has been always pleasant on to run and the maps in this year look very good. The races in World Cup seem to suite me quite well, as I am focusing in the "forest-distances". And it's not easy to choice which one is better; both seem to be very nice events. But after I missed my favorite distance - the middle - in WOC, my biggest goal is to do well on middle distance. After that it's of course easier to do well in the chasing start as well.”



AUDUN WELTZIEN (NOR)

“I am planning to go to Liberec - as long as I am selected. It will be nice to run in Czech terrains again. The focus the last years has been Nordic terrains with marshes and stony French terrains. Chasing starts have been my favorite discipline. It is like a last leg in a relay, challenging and stressful. I hope the courses are interesting though, often the middle distances use to be the most fun races when the longer races have boring parts.”

CARL WAALER KAAS (NOR)

“I am definitely coming to Liberec. I have been training in many nice Czech terrains, but never in Liberec. I am looking forward for nice technical challenges in Czech wilderness. I like both middle and long distance, they are challenging in different ways. As the long distance this time is chasing start I must say the middle distance, I really enjoy most running alone in the forest. I really hope the middle distance is a challenging one, giving time differences, so that the chasing start will not end up to be like a mass start where most of the runners run together in the forest. When that is said I really look forward for some hard fights in the end of the long distance against some other top runners!”



ANDERS NORDBERG (NOR)

“The Norwegian team will be selected next week, and I hope of course to be a part of the team to Liberec. My first trip abroad as an orienteer was to Czech back in eastern 1994, and I think you have all kind of interesting terrain in your country. I was also quite disappointed with my performances during WOC, so I really hope for some better races for me in the end of the season. The World Cup in Czech is one of the races I mostly looking forward to now, especially the individual middle distance.”

LAURI SILD (EST)

“I'm planning to participate and I'm really looking forward to it. I've run numerous times in Czech and I've found the terrains challenging and physically very demanding. I've especially enjoyed real technical craggy sandstone terrains. I'm not that fond of chasing start, that's why I prefer middle distance this time.”