

It has been an incredibly successful couple of months for Australian Orienteering since the last issue of R4YL. We now have our first junior world champion, our first senior world champion, and our best ever result in the relay at the World Championships. All of these achievements have involved a 20-year-old Tasmanian medical student, Hanny Allston.

**Junior World Championships**

In the beginning of July, the junior world championships (JWOC) were held in Druskininkai, Lithuania. First race of the week was the sprint distance; Allston ran a solid race battling it out for the lead with Norwegian Ingunn Weltzien from start to finish. "Our" girl ended up coming out second best, 3.3 seconds down on Weltzien. At the time this was Australia's best ever result at this level, bettering her own 3rd place last year in the middle distance and Troy de Hass's 3rd place in the long distance in 1999.

While Allston's achievement was largely expected, Canberra based Orange boy Matt Parton's 6th place was the surprise packet of the day. Parton is known as a sprint specialist, but had never been tested in international competition before. His result shocked many of his more experienced rivals.

Allston was the favourite to win the long distance race at JWOC, and she didn't disappoint. Hanny led from start to finish and won the race by an amazing 4 minutes and 38 seconds. Australia now had its first Junior World Orienteering Champion, and Allston's goal for the year was achieved. However, over the coming weeks Allston would reach even greater heights!

The 3rd race of the week was the middle dis-

tance. Australia's best performed runner was South Australian Simon Uphill in 26th place, slightly worse than his 22nd placing last year. Uphill is still a junior next year, and big things are expected of him when JWOC will be on home soil in Dubbo, 2007.

The relay capped off the week's racing at JWOC. Australia placed 11th in the women's and 23rd in the men's. Allston put in another incredible run to have by far the fastest leg time of the day.

**World Championships**

A few weeks after JWOC, the Senior World Orienteering Championships were held in Aarhus, Denmark. Many of Australia's hopes were pinned on the first race of the week, the sprint. We were hoping for a position in the top 6; it ended up better than most expected. Allston shocked the world and came away with the victory, 5.8 seconds ahead of the world's greatest ever Orienteer and 12 time World Champion, Simone Niggli-Luder of Switzerland. In doing so Allston became the first ever non European to win a World Orienteering Championships (before this year Allston was the best non European with her 6th place in 2005) and the first person to hold both junior and senior world titles at the same time. To cap off the fairy-

tale, Denmark's crown prince Fredrik (who is no stranger to Tasmania, being married to Hobart's Marry Donaldson) was on hand to congratulate Allston and present her with her gold medal.

Allston's amazing achievement could easily have made the rest of the World Championships an anticlimax for the Australian team. The next two races (Long and Middle Distances) went well for Australia, but nothing spectacular. Then on the final day of racing, the Australian women's relay team of Jo Allison, Grace Elson, and Allston finished in 4th place. Allison and Elson set up the race perfectly on the first two legs and sent out Allston in 9th spot on the final leg. Allston headed out on the back of a pack that stretched from 5th to 9th position. All things going to plan, it looked like Australia would have a good chance of getting the 5th placing, though it was always going to be a tough fight with Russia and the Czech Republic. Allston again exceeded expectations, picking off the runners in the pack ahead of her, and ran down the 5 minute 40 deficit she had to Norway to pick up 4th place for Australia. The three Australian girls celebrated as Elson and Allison accompanied Allston in the run across the finish line. One again Allston had the fastest time of the day on her leg of the relay, and the run was probably the best of her European campaign.

**HANNY ALLSTON INTERVIEW**

On the first of August this year, 20-year-old Hanny Allston of Hobart became Australia's first Orienteering World Champion. Her amazing achievement at such a young age can be credited to natural talent, intelligence, and above all else, hard work!

HANNY'S sporting career started with swimming, which was her main sport until the age of 15. Not a distance swimmer as you might expect, but the 50m sprint was her speciality, with an impressive PB of 27.28. The early mornings and hard training that she was exposed to in swimming have stayed with her since. Over the past five years Hanny has progressively swapped out her swimming sessions for running. This year she has done no swim sessions at all, but only a year ago she was still heading to the pool five mornings a week.

Hanny's running coach is 80-year-old Max Cherrie, who has a squad of around 30 athletes, including the likes of World Cross Country Championship Team bronze medallist Donna MacFarlane. Cherrie himself was once coached by the legendary Percy Cerutti, and he has based his own coaching style on the hard working, never say die attitude of Cerutti.



Crossing the finish line of the relay with fellow Australians, Grace Elson and Jo Allison

Looking at Hanny's training program you can see that she certainly trains hard, with a high emphasis on quality, but what makes it more impressive is what she fits in around her training. Hanny has been studying Medicine fulltime, which is one of the most demanding courses of study you can take. There is not much time for anything else other



than training and study during semester, and simple tasks such as reading emails often take weeks until she finds time for them. In the winter break Hanny heads off to Europe for the major Orienteering races. This trip is inevitably longer than her winter break, so she has to work extra hard before and after her trip to stay on top of her study commitments.

Summer holidays don't get any easier, during which Hanny works as a wilderness guide on Maria Island off the east coast of Tasmania. Working 4 days on, 3 days off, a typical working day is as follows. 5.30am rise and head out for a 45 min run followed by a short swim to cool off. Then it is time to prepare breakfast for the guest, and clean up after them. 9am they head off for their day's

day. After her run Hanny is busy for the rest of the night cooking dinner, cleaning up and entertaining the guests. It's not until all the guests are in bed that Hanny is allowed to climb into her sleeping bag and hit the sleeping mat! This is usually sometime between 11pm and 2am.

What the future holds for Hanny is unsure, since winning the World Championships she has no shortage of offers and opportunities. Most of them would require a move to Europe which is the only place where Orienteering is treated as a professional sport. In the short term Hanny has deferred from her Medicine Degree this semester, and will head back to Europe in late September for an invitational sprint race in Switzerland, and the World Cup Finals in France.

**Hanny's typical training week in the lead up to the world championships:**

	AM	PM
Mon	45min easy run	Hill reps (eg 5 x 1km)
Tues	Longer intervals (eg 6 x 5min)	Track intervals (eg 6 x 1600m)
Wed	2 hour hilly long run on small paths	Rest
Thu	45 min easy run	Shorter track intervals (eg 12 x 400m)
Fri	20min warm up, 20min tempo, 20min warm down	20min warm up, 20min tempo, 20min warm down (same as morning session)
Sat	90 min run with surges	Rest / walk the dog
Sun	Slow morning jog	Race



Showing speed through the controls

RESULTS

**WORLD ORIENTEERING CHAMPIONSHIPS**

**SPRINT WOMEN (2.7KM)**

1. Hanny Allston	AUS	13.13
2. Simone Niggli-Luder	SUI	13.19
3. Kajsa Nilsson	SWE	13.24
39. Grace Elson	AUS	17.10

**SPRINT MEN (3.1KM)**

1. Emil Wingstedt	SWE	13.35
2. Daniel Hubmann	SUI	13.36
3. Claus Bloch	DEN	13.37
39. David Shepherd	AUS	15.40

**MIDDLE WOMEN (5.2KM)**

1. Simone Niggli-Luder	SUI	33.58
2. Marianne Andersen	NOR	34.20
3. Tanja Riabkina	RUS	36.13
20. Jo Allison	AUS	40.41
27. Grace Elson	AUS	41.56
40. Anna Sheldon	AUS	47.03

**MIDDLE MEN (6.3KM)**

1. Holger Hott Johansen	NOR	35.49
2. Jarkko Huovila	FIN	35.58
3. Jamie Stevenson	GBR	36.00
24. Rob Walter	AUS	39.40
36. David Shepherd	AUS	42.05

**LONG WOMEN (11.7KM)**

1. Simone Niggli-Luder	SUI	1:19.50
2. Marianne Andersen	NOR	1:20.16
3. Dana Brozková	CZE	1:22.42
12. Hanny Allston	AUS	1:26.32
44. Anna Sheldon	AUS	1:51.02

**LONG MEN (17.2KM)**

1. Jani Lakanen	FIN	1:45.01
2. Marc Lauenstein	SUI	1:46.10
3. Andrey Khramov	RUS	1:46.41

**RELAY WOMEN (19KM)**

1. Finland	2:21.05
2. Sweden	2:22.16
3. Switzerland	2:22.55
4. Australia	2:26.02

**RELAY MEN (23KM)**

1. Russia	2:11.41
2. Finland	2:15.44
3. Sweden	2:18.22
20. Australia	2:37.18

**JUNIOR WORLD ORIENTEERING CHAMPIONSHIPS**

**SPRINT WOMEN**

1. Ingunn Weltzien	NOR	10.46
2. Hanny Allston	AUS	10.50
3. Eva Svensson	SWE	11.25
62. Vanessa Round	AUS	13.38
76. Neve Jasmine	AUS	14.03
96. Kellie Whitfield	AUS	15.06
103. Ainsley Cavanagh	AUS	16.03

**SPRINT MEN**

1. Mikael Kristensson	SWE	11.44
2. Patrik Karisson	SWE	11.53
3. Ruslan Glebov	UKR	11.55
6. Matthew Parton	AUS	12.08
49. Simon Uppill	AUS	13.12
54. Ryan Smyth	AUS	13.18
81. Murray Scown	AUS	13.48
92. Christopher Naunton	AUS	13.59
118. Evan Barr	AUS	14.45

**MIDDLE WOMEN**

1. Betty Bjerkreim	NOR	26.19
2. Ulrika Uotila	FIN	26.38
3. Signe Klinting	DEN	26.57
38. Hanny Allston	AUS	33.53
55. Jasmine Neve	AUS	40.12

**MIDDLE MEN**

1. Jan Benes	CZE	25.09
1. Soren Bobach	DEN	25.09
3. Olav Lundanes	NOR	25.14
26. Simon Uppill	AUS	29.05
53. Murray Scown	AUS	35.03

**LONG WOMEN**

1. Hanny Allston	AUS	53.57
2. Betty Bjerkreim	NOR	58.35
3. Elin Skantze	SWE	60.13
62. Vanessa Round	AUS	83.16
71. Kellie Whitfield	AUS	86.02
92. Sophie Barker	AUS	95.35
105. Ainsley Cavanagh	AUS	111.15

**LONG MEN**

1. Anders Skarholt	NOR	70.41
2. Olav Lundanes	NOR	73.21
3. Markus Puusepp	EST	76.57
36. Simon Uppill	AUS	87.04
91. Ryan Smyth	AUS	104.18
92. Murray Scown	AUS	104.53
95. Christopher Naunton	AUS	105.53
119. Matthew Parton	AUS	118.45
131. Evan Barr	AUS	129.55

**RELAY WOMEN**

1. Russia	114.35
2. Sweden	115.26
3. Finland	115.37
11. Australia	130.13

**RELAY MEN**

1. Estonia	138.42
2. Sweden	140.21
3. Norway	140.40
23. Australia	163.37