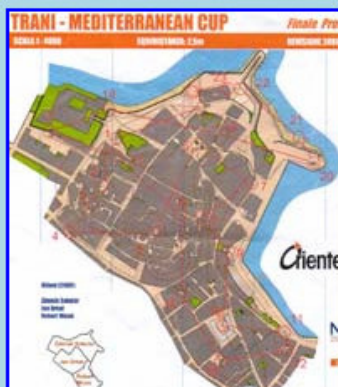




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Mediterranean Cup and Grand Prix



On the last two days of the MOC Camp in Puglia in the south of Italy there were arranged two sprint races. Friday the Mediterranean Cup was held in the historical city of Trani. It was a lot of narrow streets in the city, and because of rain it was slippery and difficult to run for full speed. I did a good technical race, and shared the victory with Andreas Kraas from Estonia. Ionut Zinca was 3rd, 3 seconds behind. Elise Egseth won the women's class with a big margin.



Saturday the Mediterranean Grand Prix was held from the famous [Castel del Monte](#). It was a special sprint race, with most of the course in the forest around the castle. I did a quite good first loop, but to the first control on the second loop I lost as much as 40 seconds because I could not find the pit inside the control circle. I also lost 10 seconds to the next control because I came to low in the hillside. Ionut Zinca won, with me on 2nd place, 5 seconds behind, and Sander Vaher on 3rd place. Elise Egseth won again the women's class with huge margin.

09 Mar 2008 by Øystein

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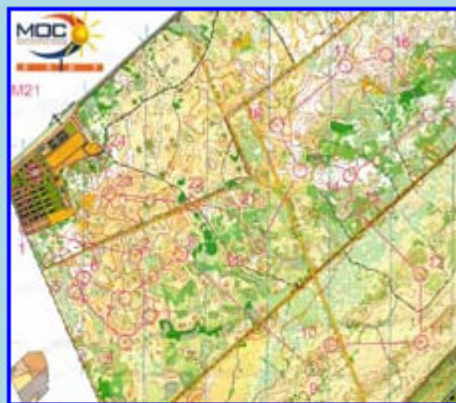
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MOC Camp in Puglia in the south of Italy



The last week I have been in Puglia in the south of Italy. The first weekend there were three events, which in overall counts as [Mediterranean Open Championship](#). I did quite well on the races and was 3rd overall, behind the French stars Thirerry Gueorgiou and Froncois Gonon.

The last days have been spent to training, and I have been running on several interesting maps with both detailed counters and flat areas during the MOC Camp. I will



also thank the Italian national Team that let us participate in their mass-start training on Sunday and gave us maps to a compass-training we had today. On the page with [maps from trainings 2008](#) you can see maps from most of the trainings I have had the last week..

This part of Italy has also a lot of old towns that are great for sprint orienteering, and tomorrow and on Saturday the stay in Italy will be ended with two sprint races in Trani and Castel del Monte.

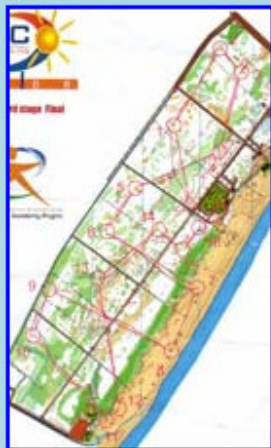
During the 11 day long stay in Italy I have been running 9 trainings in forest (including the races), will be running on 9 sprint-maps, and have 3 sessions on roller-skies. I brought with me the roller-skies because of the pain I have had problems with behind my left knee sine I was in Portugal one month ago. I am still feeling a bit stiff around the knee when I am running, but the foot has been better since I came here even if I have been running two times almost each day and things look great for the coming orienteering season now:-)

06 Mar 2008 by Øystein

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MOC Middle distance



Today the last race of MOC was held with a Middle distance with the coast one hour west of Taranto. The terrain was flat and it was important to keep the right direction. I did a quite bad performance, and had 3 mistakes of in total more than 2 minutes. Froncois Gonon won the race in front of Thirerry Gueorgiou. My result was a 13th place, 2.21 behind Froncois.

Overall Thirerry won in front of Froncois and me. In the women's class Marianne Riddervold won also today. Overall Marianne won in front of Mhairi Mackenzie and Elise Egseth.



[MOC Overall: Gueorgiou and Riddervold - maps and pics on World of O](#)

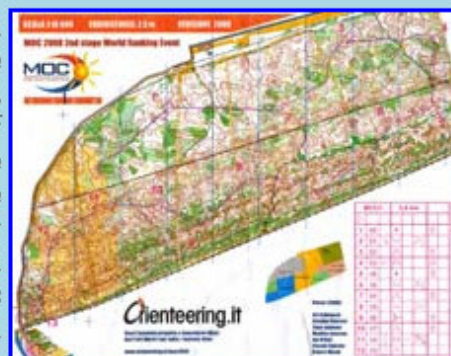
01 Mar 2008 by Øystein

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MOC nce



Yesterday the second race of MOC was held with a Long distance close to where we live near Taranto in Puglia in the south of Italy. The terrain was challenging with a lot of contours and tight vegetation. I did some smaller mistakes in the beginning, and on the way to the 6th control I was caught up by Thirerry Gueorgiou who started 2 min behind me. The rest of the course I was behind him, except when he did a small



mistake I got the lead for a short while.

This is the first time I have been running together with Thirerry in the forest, and it was interesting to see how he is doing. I tried to run different routes from him where I thought it would be better, but it was not so easy because the best was mainly to run straight on and just avoid the greenest areas.

Thirerry won the race and took also over the lead in the overall. Froncois Gonon was 2nd and I 3rd, and we have also the same places overall before the final Middle distance.

In the women's class there were some troubles with the results for the Sprint, and Elise Egseth showed finally out to be the winner. Marianne Riddervold won the Long distance, and took also over the lead in the overall. But it is several runners close behind her before the final Middle distance.

[MOC Day 2 - WRE: Victory for Gueorgiou on World of O](#)

01 Mar 2008 by Øystein

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MOC Sprint in Oria



Today the first race of this year MOC in Puglia in South-Italy started with a city sprint in the historical Oria. It was a nice old city with a lot of narrow streets. I did a good race except one leg, and finished on a 3rd place, 21 seconds behind Froncois Gonon from France. To the 3rd control on the 2nd loop I did not understand that I could pass a wall, and lost 40 seconds because I ran a long way around. Tomorrow MOC continues with a Long distance close to where we live near Taranto.

[MOC Champs: Map, results & pics on World of O](#)



28 Feb 2008 by Øystein

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