



CISM

magazine

The world of military sport
Le monde du sport militaire



53rd WORLD MILITARY

CROSS-COUNTRY

CHAMPIONSHIP IN SWITZERLAND

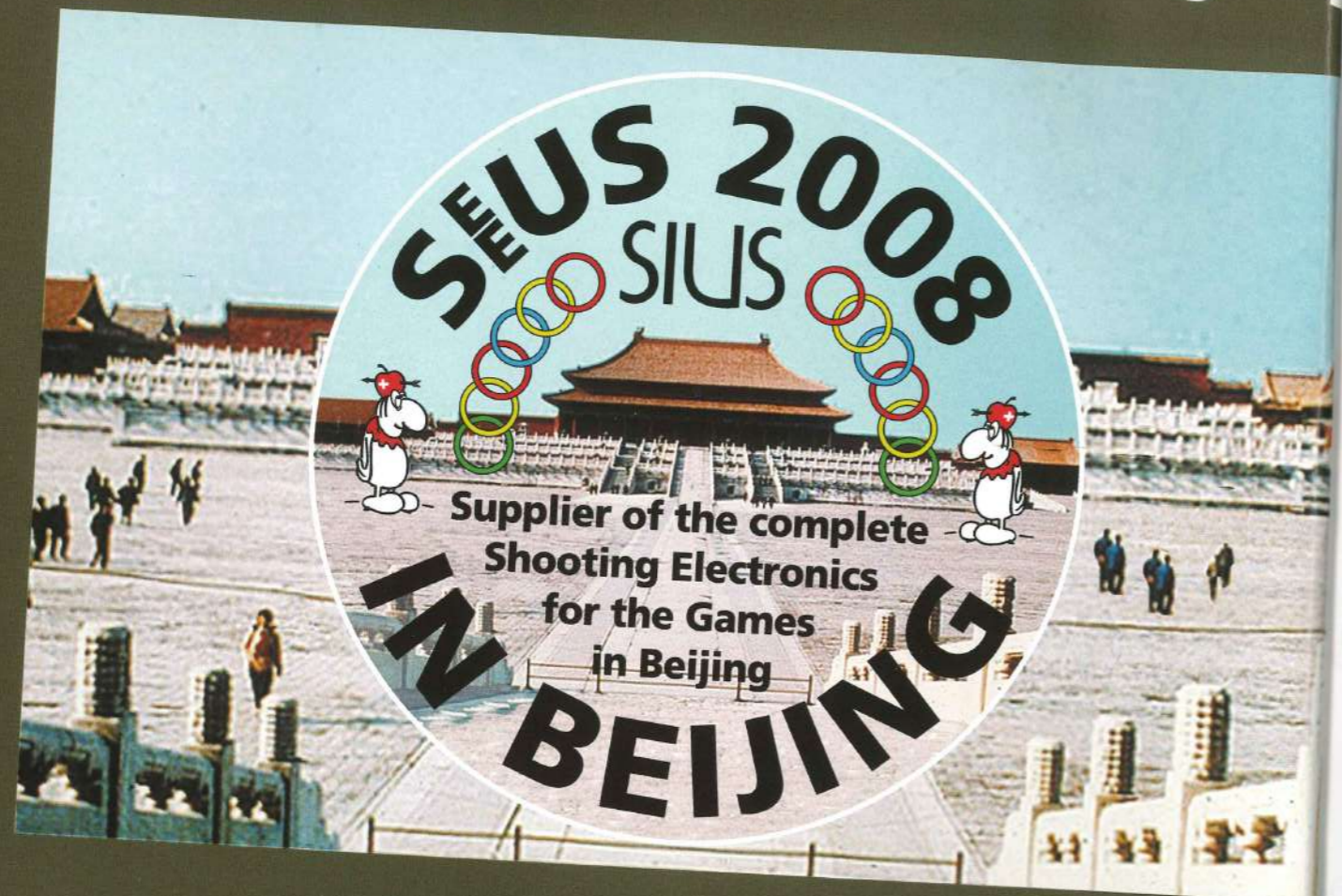
SKIING IN AUSTRIA



63rd CISM GENERAL ASSEMBLY
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CISM : 60 years of friendship

On 18 February of this year, CISM celebrated its 60th anniversary. Sixty-two year ago, in 1946, shortly after the Second World War, a young French Lieutenant, Madame Durieux founded together with some officers, the Allied Forces Sports Council, which included the following countries: Belgium, Czechoslovakia, Denmark, France, United Kingdom, Netherlands, Norway, Poland and the United States.

At our recent General Assembly in Switzerland, Mrs Durieux gave me a medal identical to our CISM logo, but with the inscription "Allied Forces Sports Council". This discovery reveals another part in our history: the Allied Forces Sports Council only lasted two years; indeed, our founding fathers soon realised that they had to turn their concept for bringing together soldiers of the Allied Forces into one that would unite Armed Forces throughout the world. This was how the Conseil International du Sport Militaire (CISM) was created in Nice, France, on 18 February 1948!

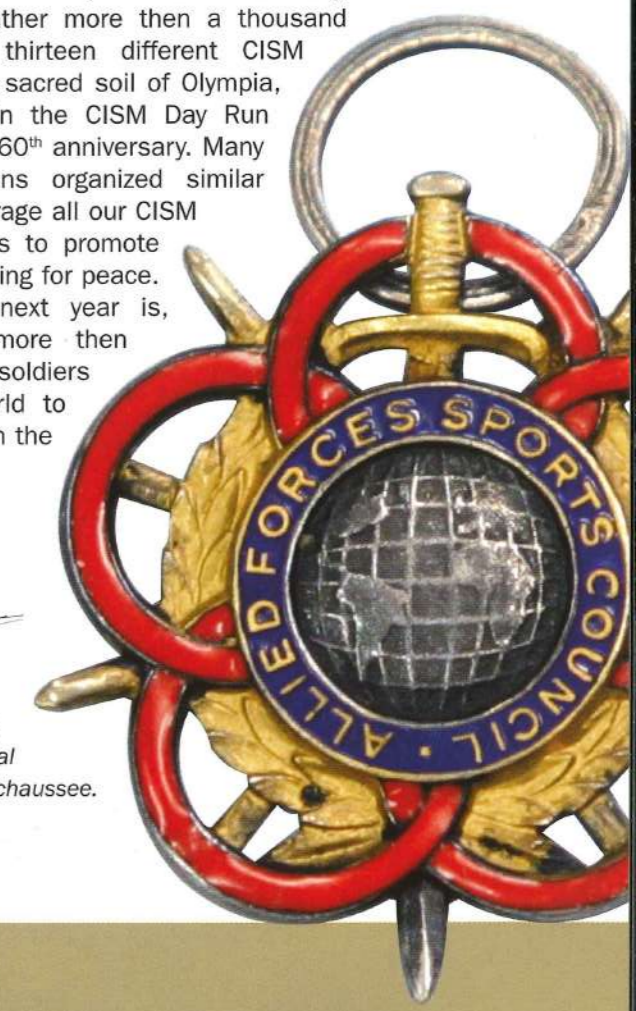
This luminous idea still stands strong today!

On several occasions, we have had the chance to look back in time with pride and dignity. The publication of the first ever CISM History Book will demonstrate how successful we have been in bringing together soldiers from all corners of the world. I also invite you to read, in this magazine, the article about our 63rd General Assembly and Congress in Switzerland, where we celebrated

sixty years of existence and friendship through sport achievements with our CISM Delegations and Mr Jacques Rogge, President of International Olympic Committee.

All over the world, our Member Nations have celebrated this anniversary in their own way. Let me give just one example. The Greek Delegation managed to gather more than a thousand soldiers from thirteen different CISM nations, on the sacred soil of Olympia, to participate in the CISM Day Run celebrating the 60th anniversary. Many other delegations organized similar events. I encourage all our CISM Member Nations to promote the idea of running for peace. Our Goal for next year is, to assemble more than 1,000,000 soldiers around the world to run for peace on the 18 February.

Michel van Meurs,
Colonel of the Royal
Netherlands Marechaussee.



SPORT – A TOOL FOR PEACE

CISM has developed the flyer "Sport – a Tool for Peace" (see it at the back of this magazine). The goal of this flyer is to help building peace and security with the help of sport. In order to do it, CISM can support the organization of sport activities between local inhabitants and the military contingent deployed in the post-conflict areas. CISM can help the organizers with its huge experience in the organization of sports activities and its broad communication network throughout the world. The flyer has been approved by the CISM Board of Directors and will be sent to 131 commanders of armed forces and Chiefs of Delegations of CISM member countries, as well as international organizations involved in peace-keeping missions and post-conflict activities.



6 | 15

Cross country in Thun

interview
Mockenhaupt Sabrina



16 | 23

CISM 60th Anniversary
63rd General Assembly and Congress

Great Pump at the
Opening Ceremony!



26 | 29

Skiing in Austria

Patrol Race Thriller



30 | 31

Sport medicine

Hydrate to be **great!**



Contents

- 1 Editorial
CISM : 60 years of friendship
- 4 Sports Calendar 2008
- 5 Board of Directors in Finland & Sweden
CISM Sails to Tailwinds
- 6 | 15 Cross country in Thun, Switzerland
Dunum, an Alpine Treasure Trove
Qatar in force, Algeria with Nerve!
Abraham Kiprotich, France
Mockenhaupt Sabrina, Germany
Absent Zhor, Everything Was Up for Grabs!
Qatar, Leaves Only Crumbs
The Alps as a Backcloth
Colonel Vincenzo Parrinello (PCSC)
- 6 | 23 CISM 60th Anniversary
63rd General Assembly and Congress in Bern, Switzerland
To know where you are going, you need to know where you come from
Colourful Ceremonies and Cultural Initiatives
Great Pump at the Opening Ceremony!
Board of Directors Meeting: CISM Invites Itself to the IOC Headquarters
Interactivity : The Key Word of Our International Congress
A Short Look in the Rear View Mirror and Then On To 2011
The President Urges Member Countries to Open to the Outside World
The Democratic Nature of our General Assembly is Guaranteed
Goodbye Montreux... Welcome Paramaribo
- 4 | 25 CISM dayrun
Running for Peace
- 6 | 33 Skiing in Hochfilzen/Fieberbrunn, Austria
- 4 | 35 Sport medicine
Hydrate to be great!
- 6 | 37 Basketball in San Antonio, USA
CISM ends with ceremony
- 8 | 39 Regional Development Center in Nairobi, Kenya
Centre de développement au cœur de l'Afrique
- 40 Continental meeting in Alger, Algeria
1st General Assembly of Military Sport in Africa

1 | 16 Version Française

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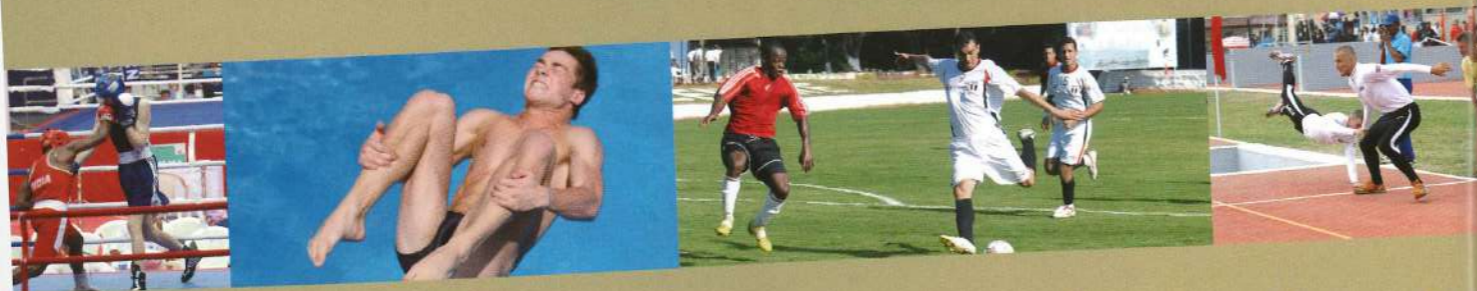


World Military Championships 2008

Championnats du Monde Militaires 2008



Edition	Sports	Organiser	City	Opening	Closing
53	Cross-country	Switzerland	Thun	23 Feb	23 Feb
50	Skiing	Austria	Hochfilzen, Fieberbrunn	02 Apr	04 Apr
48	Basketball (Men)	USA	San Antonio, Texas	15 Apr	22 Apr
18	Taekwondo	Korea R.	Seoul	23 May	27 May
4	Football (Women)	The Netherlands	Ede	29 May	08 Jun
15	Triathlon	Estonia	Otepaa	15 Jun	15 Jun
29	Volleyball	Germany	Warendorf	21 Jun	28 Jun
45	Naval Pentath.	Croatia	Split	15 Jul	18 Jul
40	Modern Pentath.	Latvia	Riga	25 Jul	28 Jul
51	Aeronautical Pentath.	Finland	Tikkakoski	17 Aug	20 Aug
5	Golf	Canada	Ottawa	18 Aug	22 Aug
42	Sailing	Denmark	Soenderborg, Jutland	18 Aug	21 Aug
26	Wrestling	Croatia	Split	03 Sep	08 Sep
55	Military Pentath.	Turkey	Ankara	06 Sep	11 Sep
43	Shooting	Sweden	Boden	15 Sep	20 Sep
21	Cycling(Road)	Slovenia	Novo Mesto	03 Oct	05 Oct
41	Orienteering	Lithuania	Alytus	08 Oct	11 Oct
41	Marathon	Italy	Carpi	12 Oct	12 Oct
52	Boxing	Azerbaijan	Baku	05 Nov	11 Nov



www.cism-milsport.org

CISM

Board of Directors Meeting
Stockholm/Helsinki, 3-7 March 2008

Sails to Tailwinds



For the first time in the history of the Board of Directors, the Delegations of two neighbouring countries agreed to jointly host a meeting of our representatives. A first that will hopefully stimulate other Delegations! And innovation went even further since the meeting was held on one of the Silja Line cruise ships connecting the two Nordic capitals cities.

The obvious aim of this meeting was to prepare the 63rd General Assembly and Congress as well as celebrations of the 60th anniversary of our organisation. The Board of Directors reviewed the different initiatives launched around the world to celebrate our anniversary. A quick overview of the events organised as part of the CISM Day Run reassured the Board of Directors about the growing interest raised by this project among our Member Nations (see the article on the CISM Day Run in this issue). The agenda and general

programme of the General Assembly were approved, as were the different decision files for submission to its approval. General Luis Antonio Pinto Machado, Chief of the Brazilian Delegation, took the trip to present a progress report on preparations for the 5th CISM Military World Games to be held in 2011.

One of the salient moments of the meeting was the approval of the Decision File drawn up by the CISM Sports Commission rescheduling the annual programme of world-level sport events. Many strategic decisions were thus taken to ensure the long-term consolidation of CISM's sport events and guarantee the organisation of at least 16 World Military Championships every year. Among other strategic guidance, priority will be given to the CISM sports (our pentathlons) and in future, world military championships in team sports will be held every other year, alternating with continental qualifier

stages. This decision meets the requirements of the Strategic Plan of CISM in a clear and practical way. Lt-Colonel Hulme, President of the Women in CISM Commission, presented the CISM regulations against sexual harassment. This version will be examined by the Board of Directors and approved at the meeting in Montreux. The Board of Directors also decided to enlarge its membership from 15 to 19 members in order to reflect rapid growth in CISM membership.

This meeting also provided an opportunity to meet with the top military authorities of both host countries, who repeated their belief in the fundamental importance of sport in the Armed Forces and of CISM competitions. In conclusion, CISM's home base in the friendly waters of Northern Europe is as secure as ever.

O.V.

53rd World Military Cross-country Championship

23 February 2008
Thun • Switzerland

Following a dry year in 2007 – despite the Sport Committee's thorough search for potential hosts for the competitions among the countries whose athletes regularly feature on cross-country podiums –, the Swiss city of Thun welcomed the very best cross-country runners for the 1st world military championship in 2008, the year of CISM's 60th anniversary and of the Swiss Armed Forces' 100 years of CISM membership. Surrounded by the Bern Alps, the Swiss mud paths were ready to be trodden by the athletes of 25 nations, and not the worst ones at that, since they included Qatar, Algeria, Morocco and France, whose representatives did not miss the early-year call from the Alps. The only disappointments came from the absences of Kenya and Rwanda, countries that have always breathed life into the discipline.

BY DOMINIQUE EINSWEILER
PHOTOS BY DIRK DE VOS

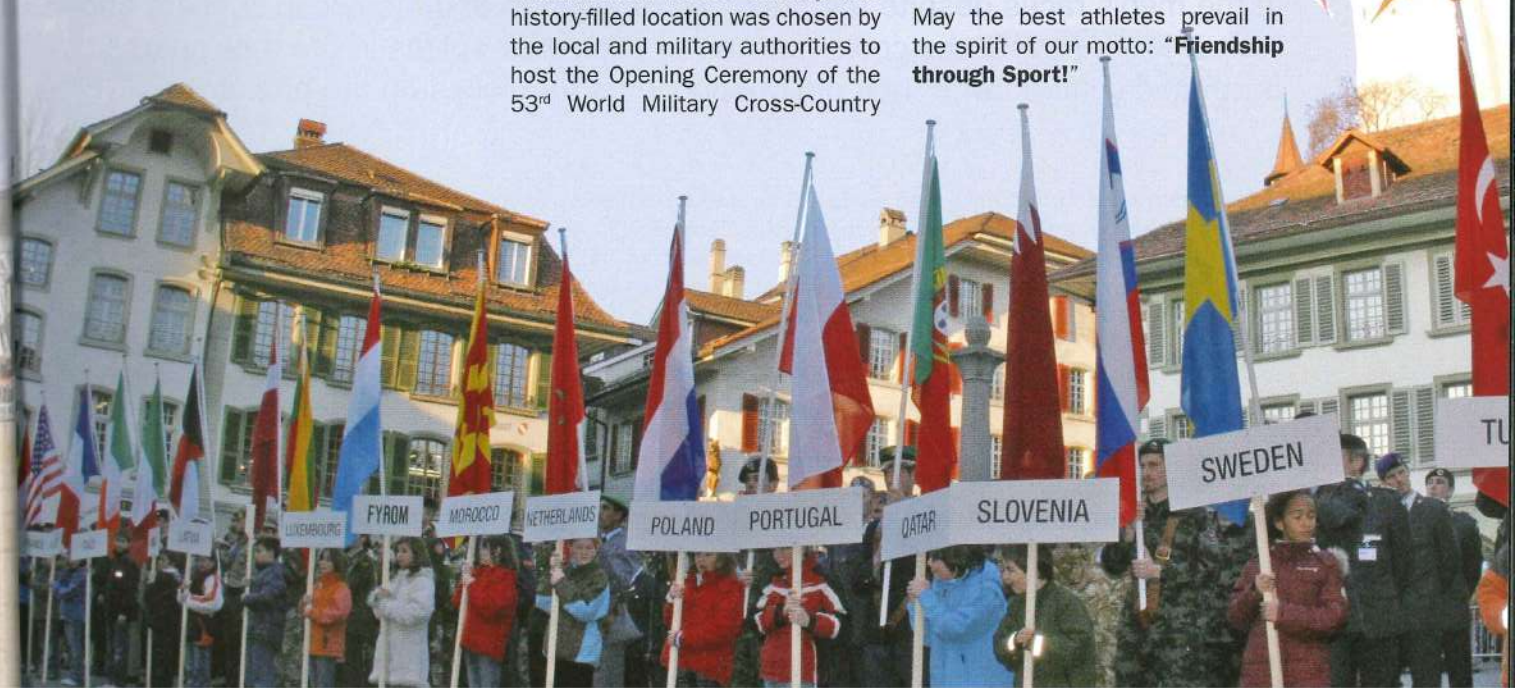


Like a bastion, the military camp surrounded by the Bern Alps worked twice as hard to provide a course that would be worthy of the very best Cross-country runners. Napoleon III, who attended military training in Thun, would not have found a favourable prac-

numbers to watch not only the championship events but also the civilian races held in parallel.

In keep with cross-country tradition, three major races were on the day's agenda: the short cross and women's cross on a 4,000m course

vided a good test of skills for middle- and long-distance runners. While the relatively flat, 1,920m course included only one hillock, it had to be climbed twice per lap after completing a hair-pin bend. On Saturday 24 February, under the blue sky and a generous sun, the world's top-notch cross-country runners were eager to



Dunum, an Alpine Treasure Trove



Mrs Ursula Halle

This is what General Guillaume-Henri Dufour likely whispered in the ear of his student, future Napoleon III, in 1831. Dunum, a Celtic word meaning "fortified hill", was the first name given to the city of Thun, which can pride itself on owning several historical treasures.

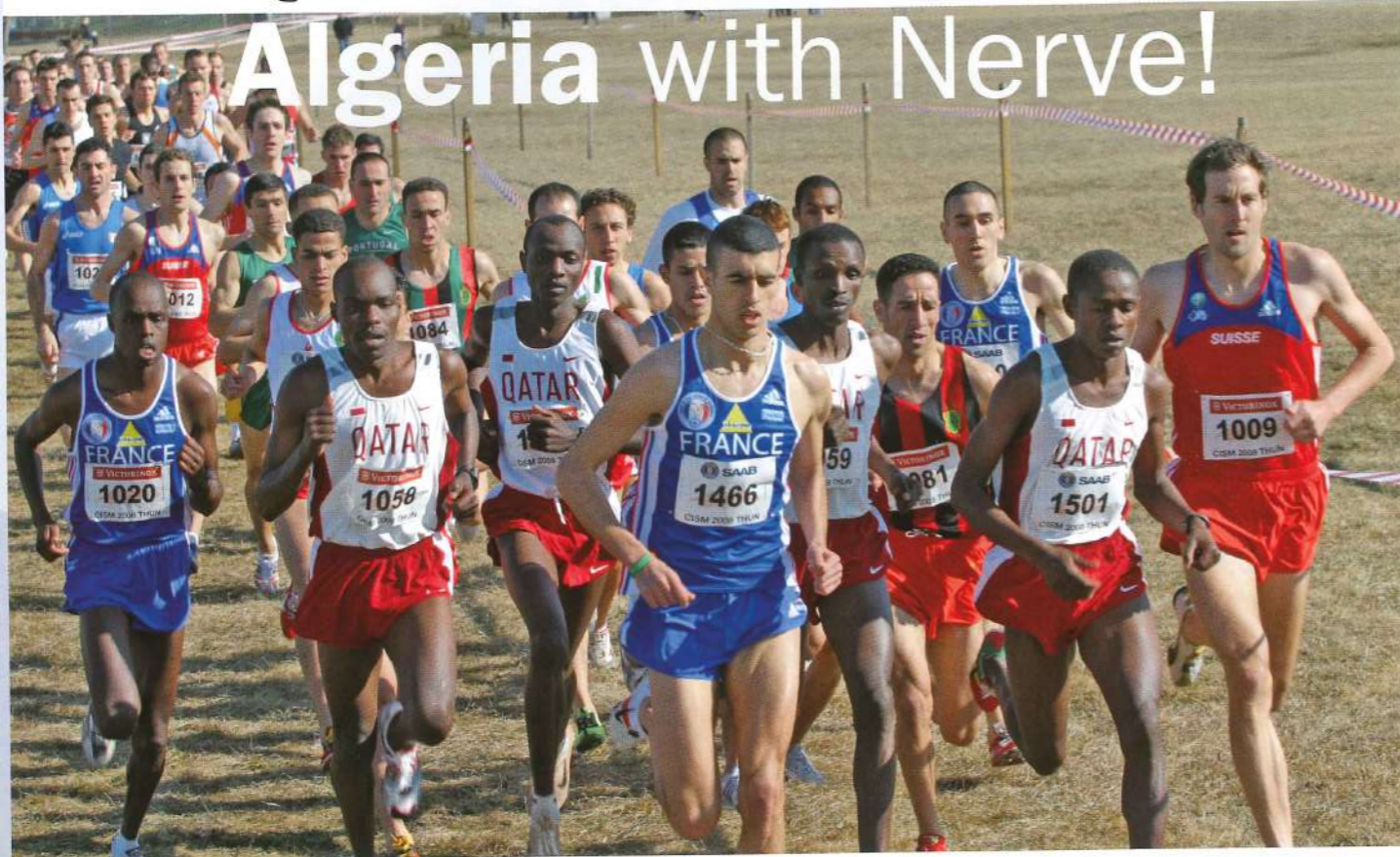
Its historic centre, occupying the islet on the Aar where the river splits into two channels to cross the city, has acted like a fascinating magnet for tourists since the early 19th century. Near downtown, visitors can discover the Thunersee, a lake fed by the water of Steingletscher glacier, as well as Schadau castle, erected between 1846 and 1852.

Small, picturesque streets take passers-by to the main square where the 16th century Rathaus (town hall) sits prominently and visitors can catch sight of the fortified castle built by the Zaehringen dynasty, perched on a hill, as well as of Saint Mary's, a Romanesque church built in the 14th century. This history-filled location was chosen by the local and military authorities to host the Opening Ceremony of the 53rd World Military Cross-Country

Championship. Mrs Ursula Halle, Vice-President of the City of Thun and national Councilwoman was proud to once again welcome the athletes of CISM in her beautiful city in a spirit of brotherhood. Other authorities honoured the Ceremony with their presence, including Dr Müller, President of Swiss Athletics as well as Lieutenant General Luc Fellay of the Defence and Security Policy Department and finally also CISM President General Gianni Gola, who was very keen to inaugurate the first military world championship in 2008 – especially since it is a jubilee year for our organisation – with General Jean-Jacques Joss, member of the CISM Board of Directors.!

May the best athletes prevail in the spirit of our motto: "Friendship through Sport!"

Qatar in force, Algeria with Nerve!



Looking at the start list, Qatar already emerged as the number one favourite in the men's races despite the presence of Algerian and Moroccan soldiers and French legionnaires who could not wait to stick their spikes in the race course earth and contend with their direct opponents for places on the podiums.

In the men's short cross – the first event proposed to the spectators –, the Algerians were not going to be overawed by Qatari in top form and used to first place. Local athlete Phillip Bandy too, fully intended to feature honourably on the home turf.

At the starter's shot, French legionnaire of Moroccan origin Mandour Yassine immediately took the lead, followed closely by Algeria's Aboud Rabah – who very recently conquered the silver medal at Pan-Arabian Cross, having already won bronze in the 5,000m at the 4th Military World Games in Hyderabad – and fellow countryman Fethi Meftah – a usual sight in high-level competitions including the very recent 25th edition of the Cherdioui cross, which he finished a close second behind Rabah. A scant few hundred meters into the race, Qatar's well-oiled machine came

into action and its athletes caught up with the leaders. Into the first lap, as a specialist of the 3,000m steeple, Ali Thamer Kamal took the lead with three of his team mates closely in tow: Felix Kibore, 9th in the 5,000m at the last World Championships, Zaman Sultan, who featured honourably at the 2004 Olympics in Athens, and C'Kurui James, who finished the 3,000m at the 2004 IAAF World Athletics in second place. Not far behind, the Algerians struggled to catch up with the lead pack but never quite succeeded as the Qatari quickened the pace to set the record straight. In the final stretch, the Qatar athletes did not let up and their acceleration even dealt team mate Zaman Sultan a deadly blow even as the Algerians further stepped it up. The two Algerians covered the last few yards of the race like cannonballs and sped past Qatar's C'Kurui James, allowing Fethi Meftah to con-

quer bronze and team mate Aboud Rabah to finish 4th. Quite expectedly, Ali Thamer won the race, beating fellow countryman Felix Kibore who bagged silver while Kurui James had to be content with 5th and Zaman Sultan finished 14th.

The nice team performance put together by the Algerians earned them team silver behind indomitable Qatari with team gold, while a very nice bronze medal fell to Moroccans who managed to conquer top ten spots in the individual rankings. Also worthy of praise was the wonderful 7th place reached by local athlete Phillip Bandy, who stayed with the pursuit group throughout but could not rely on a team mate to push him to a better finishing position. The Swiss athlete completed the race a few lengths ahead of Frenchman Mandour Yassine, who did not manage to stay in front of the race very long.

Abraham Kiprotich France

How old are you?
Abraham : I'm 23.

What is your position in the French Armed Forces?
Abraham : I'm a legionnaire.

What motivated you to join the Foreign Legion?
Abraham : The Legion was in a position to provide both considerable support in practising my sport and a stable situation. I had been in touch with fellow Kenyans who had already taken the same decision and that encouraged me to take the same route.

Has the Legion been up to your expectations?
Abraham : Yes, absolutely. I've grown a lot in this environment; it puts first class support at my disposal.

French citizenship yet, so I will have to opt out of that one. But everything should be in order by the Olympics, administratively speaking.

Don't you miss your country of origin too much?
Abraham : I feel completely French now, but I still have deep respect for my country of birth, with which I still have a lot of contacts. The Kenyan authorities do their best to support their athletes but they also need to face enormous difficulties. I am aware of that and I respect it too.

How do you explain that Kenya is such an incredible reservoir of exceptionally talented athletes, then?
Abraham : It's hard to explain; there is only one thing that can push these athletes: they are fearless in the face

of difficulty. For instance, I can probably point you in the right direction by telling you that as a child, I ran many kilometres every day between home and school. At the beginning, it's something you just have to do, but then it becomes a passion and you grow a desire to excel yourself.

Do you follow a specific training programme?
Abraham : Yes of course, they monitor what we do from a medical and sporting point of view.

Including your diet?
Abraham : Not really... I'm careful and I manage my food.

One last word?
Abraham : See you in Beijing... at least that's what I hope with all my heart.

“The Legion was in a position to provide both considerable support in practising my sport and a stable situation.”

Have you already taken part in military events?
Abraham : This MWC is the first high-level event I've entered and I hope not to disappoint – although I am not delusional either: I need more experience. Still, I won the short cross in 13'52 at the French Championship in Le Mans on 6 February.

What are your objectives in the short term?
Abraham : Taking part in the Olympic 3,000m steeplechase in Beijing. I hope to make the minimum requirement at the Grand-Prix in The Netherlands in May.

Will you be in Edinburgh for the World Championship?
Abraham : No. I haven't been granted



Mockenhaupt

Germany



Sabrina

First of all, congratulations on your gold medal. What was your state of mind before the event?

Sabrina : I was confident, although looking at the opposition here in Thun, I was slightly worried too. The world of military athletes more than stands the comparison with those who compete only in civilian events. Many of the girls present here in Thun belong among the very best in the world.

How do you feel about the course put together by the Swiss Armed Forces for this MWC?

Sabrina : The pitch is good but the course is rather flat. I would have preferred a hillier ride. Other than that, the place is suitable for such an event and the weather is with us, which is a plus for an event like this.

What are your plans for the rest of the season?

Sabrina : This is an Olympic year, so you have to adhere to a pattern that will take you to optimum performance in the run up to the Games so as to bet at your best there. I will take part in the national championship on 8 March and of course, I hope to keep my title. I will also attend a training camp in Flagstaff-AZ as well as Stanford, USA, in early May. See you in Beijing in the 10,000m if I make the minimum requirement.

“The world of military athletes more than stands the comparison with those who compete only in civilian events.”

What do you think of Nathalie De Vos's proposal to work with you to prepare the Olympics?

Sabrina : It is a good idea but we haven't really discussed it seriously yet.

Could you say a few words about your career in the military?

Sabrina : I have been with the Bundeswehr for six years. I am stationed with the Sport Gruppe in Mainz. I did eight months' basic training before joining this outfit, in which I spend most of my time training in my sport. I take part in many civilian competitions, as well as an average of three military events per season.

One last more personal question: are you married?

Sabrina : No, I'm not.

One last word?

Sabrina : I will be back in the Swiss Alps.

Absent Zhor, Everything Was Up for Grabs!



There was no choice but to face the facts: a world championship without Morocco's Zhor El Kamch would not quite be the same... Well...

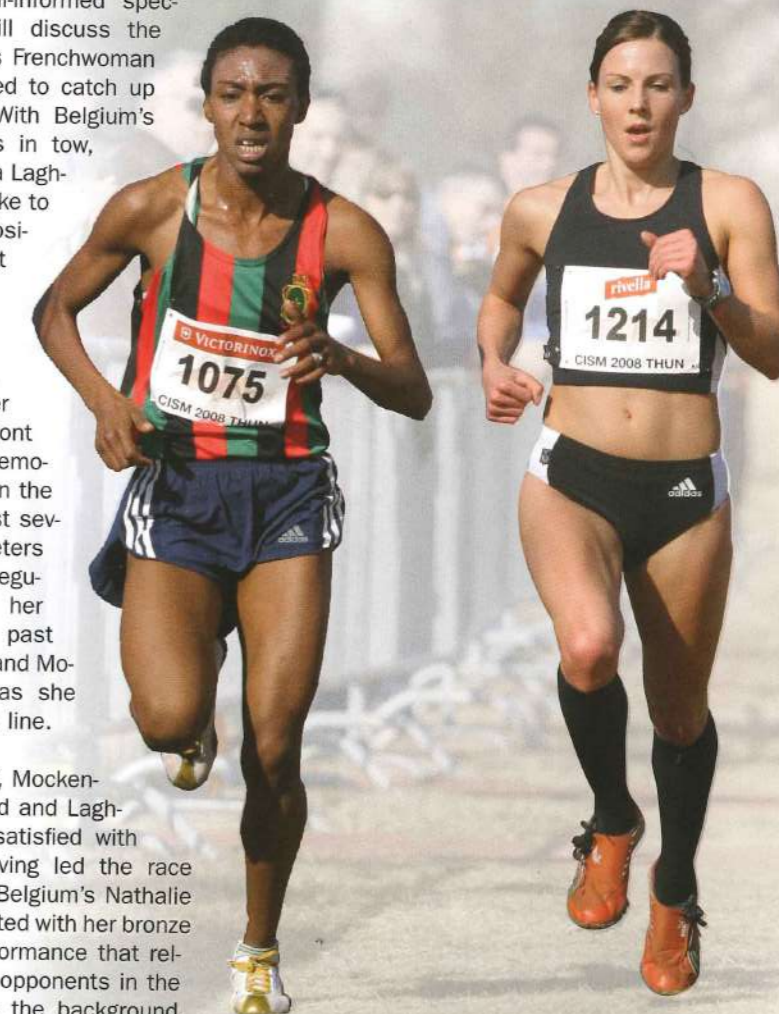
Recovering from an adductor muscle wound and entering the San Juan 10,000 on the very day that the military race was scheduled with the aim of coming back to her best level, the Queen of the Military World Championship sidestepped the Thun rendezvous. The Moroccan Delegation was not gutted by this her absence however, as it could rely on the next generation, including most definitely Mariya Laghrissi – not only the national cross-country champion in 2006 but also a regular feature at major international events including the 2007 Pan-Arabian Games in Egypt. Another pretender to the much-coveted title was Germany's Sabrina Mockenhaupt, whose personal rather impressive record included not only 5 national titles in the 5,000m, 10,000m and indoor 3,000m steeple – including her famous double in the 5,000m and 10,000m in 2003 – but also the bronze medal she very recently won in the 3,000m at the Athletics European Indoor Cup on 16 February and the gold medal she bagged at the 9th European 10,000m Cup in 2004. This record meant that she entered the race a clear favourite. As for Belgium's Nathalie De Vos, who had finished second of the Lotto Cross Cup in Dour a few days before this event and boasted an impressive record – including qualifying valiantly for the 2007 world championship in Osaka after the Dutch Open in Utrecht – and who will likely qualify for the Beijing Olympics, she could claim a place on the podium. Finally, France's Julie Coulaud, who won the silver medal at the European Championship in Toro last December, was a competitor to be reckoned with.

On a relatively flat course without any major difficulty, the Moroccans

immediately decided to go for the front spots so as to impose a sustained pace from the outset. The best cross-country runners in attendance were not to be fooled however, and took the athletes from the Atlas in their stride. Halfway through the race, the podium was taking shape already but well-informed spectators could still discuss the final rankings as Frenchwoman Coulaud struggled to catch up with the best. With Belgium's Nathalie De Vos in tow, Morocco's Mariya Laghrissi went for broke to smother the opposition for good; but in doing so she failed to reckon with Germany's Mockenhaupt, who inched her way back to the front of the race. A memorable finish was in the making in the last several hundred meters as the German regularly increased her pace to speed past both the Belgian and Moroccan athletes as she crossed the finish line.

The die was cast, Mockenhaupt bagged gold and Laghrissi had to be satisfied with silver despite having led the race throughout while Belgium's Nathalie De Vos was delighted with her bronze medal and a performance that relegated her direct opponents in the world rankings to the background. Zhor El Kamch's junior team mate did not manage to repeat her elder's feats... but there will no doubt be other opportunities. And anyway, she led her team mates to excellence

and earned Morocco team gold, beating the French – who still salvaged something from the situation – and the Italians who finished the race in close succession.



Sgt Laghrissi Mariya (Mar), #1075
StUffz Mockenhaupt Sabrina (Ger), #1214



Qatar Leaves Only Crumbs

What more is there to say about Qatar's dominion over this World Military Cross-Country Championship? Their spikes did indeed leave figurative prints in the history of the discipline and, barring a major upset, the die was cast even before the start of the long cross.



Comments abounded at the start of the race – who could deny the Qatari claim? Morocco or the French legionnaires, or maybe an athlete in great shape producing an even greater feat to engineer a major upset...

Qatar entered renowned athletes including Abdullah Ahmad Hassan, who bagged bronze at the 2005 World Championship in Saint Galmier, France – in the famous race won by equally famous cross-country star Bekele – and a medal of the same metal in the 2004 edition of the New Delhi semi-marathon. And then what could we possibly say about his team mate Rashed Essa Ismail, who won the 10,000m at the 16th Asian Championships in 2005. And let us not forget their usual support acts in international events, both on tracks and in the fields, i.e. Salem Gamal and Nasser Jamal.

Following its leader Beloua Brahim, the Moroccan team could hope to bag a team medal and so did the French, whose legionnaires of Moroccan and Kenyan extraction were clearly set on defending their chances all along the 10km of the course.

Right off the bat, Austria's Günther Weidlinger and Frenchman Janes Teuri jointly took the lead, with the Qatari closely in tow. But long was the race and everything could change in any and all of the six laps. The standings were almost unchanged after lap #1, except that the leading pack was even more compact. In the second lap, the Qatari started setting a faster pace already and Abudallah Ahmad and his two team mates took the lead. A few lengths behind, the Austrian was hanging in as best as he could, followed by a small pack comprising the French and Moroccans. In the third lap, it seemed that the die was cast already as nobody

seemed able to have the best of the lead runners. Lap #4 froze the race standings for good: the Qatari were literally flying to triumph even with 4,000m to go; indeed, the Austrian was already 300m behind by then, while the rest of the pack was trailing the leaders by 400m. In the fifth lap, favourite Abdullah Ahmad Hassan built up a significant lead on his team mates to guard against any bad surprises. All was said; Abdullah Ahmad Hassan bagged gold, Salem Gamal silver while Rashed Essa completed the incredible Qatari treble. The only other athlete who stood out, i.e. Austria's Weidlinger, could savour a superb 4th place as the first European to cross the finish line...behind the undisputed and unchallengeable emirs of the discipline.

Qatar obviously won team gold too, while Morocco bagged silver for effectively resisting the French, who finished third.

The Alps as a Backcloth



CISM maintained its tradition and pitched a nice collection of athletes from 25 different countries representing all continents. On the occasion of the first Championship of the year in which the organisation celebrates its 60th anniversary, the spectators were fully satisfied and enjoyed generous sunshine throughout these Alpine days for which the Vice-President of Thun, Mrs Ursula Halle, received the gold medal from the hands of the President of CISM and General Jean-Jacques Joss.



Women's Team of Morocco

At Closing Ceremonies, it is important to pay tribute not only to the athletes who won medals but also to all the delegations who took the trip – this time to Switzerland – including the Former Yugoslav Republic of Macedonia, a very young nation whose athletes entered the cross country championship for only the second time.

Another big event during the Closing Ceremony was the announcement by Qatar of their intention to organise the 54th World Military Cross-Country Championship next year.

The Swiss authorities recalled our next rendezvous with them, i.e. the CISM General Assembly on 05-11 May 2008 as well as the World Military Parachuting Championship next year.

Having expressed much deserved thanks to the Organising Committee and volunteers as well as to the many civilian participants of all ages who acted as forerunners on the mud course, the CISM flag flapped in the wind one final time and was then packed until the next event. All that was left to do was for the crowd to move to the closing banquet and savour a wonderful finale.

53rd World Military Cross-country Championship

23 February 2008
Thun • Switzerland

Chief of Organizing Committee
Président du Comité d'Organisation:
Col EMG Beat Schori (SUI)

CISM Representative
Représentant du CISM :
Brig Gen Gianni Gola (ITA)

President CISM Track & Field Committee
Président du Comité d'Atlétisme du CISM:
Col Vincenzo Parrinello (ITA)

Participation:
254 athletes (198 men, 56 women),
95 officials,

Participating countries
Pays participants (25):
Algeria, Austria, Belgium*, Brazil,
Canada*, France*, Germany*, Ireland,
Italy*, Kuwait, Latvia*, Lithuania*,
Luxembourg, Morocco*, Macedonia*,
Netherlands*, Poland, Portugal*,
Qatar, Slovenia*, Spain*, Sweden,
Switzerland, Turkey*, USA*.

* Women team / Equipe féminine.

Results

4000m women	
1	StUffz Mockenhaupt Sabrina (GER)
2	Sgt Laghrissi Mariya (MAR)
3	Sdt De Vos Natalie (BEL)

Team women	
1	Morocco
2	France
3	Italy

Short Cross men 4000m	
1	Soldier Ali Thamer (QAT)
2	Soldier Kibore Felix (QAT)
3	Caporal Ch Fethi Meftah (QAT)

Team Short Cross men	
1	Qatar
2	Algeria
3	Morocco

Long Cross men 11680m	
1	Soldier Abdullah Ahmad (QAT)
2	Soldier Salem Gamal (QAT)
3	Soldier Rashed Essa (QAT)

Team Long Cross men	
1	Qatar
2	Morocco
3	France



Colonel Vincenzo Parrinello (ITA)

President of CISM
Track & Field committee

Are you a contented man to see that this event is actually held in 2008?

Parrinello : Most certainly. Last year, we had to pass in the absence of potential organisers.

How could you avoid such a situation in future?

Parrinello : I think that combining these championships with civilian competitions is a good thing, provided that it is feasible in practice because many military athletes also enter civilian competitions. We would need a system to combine the civilian and military rankings. The combined marathon championship in Italy was a very positive experiment, paving the way for more such projects.

Do military events enjoy the same visibility as civilian events?

Parrinello : There again, I think that combining events would be a good thing for CISM's reputation; certainly in terms of media attention. This being said, the specificity of military events must be preserved while leveraging the opportunities represented by civilian competitions.

How do you go about organising a World Military Track and Field Championship?

Parrinello : Athletics are a set of disciplines that could each be organised as separate championships. All in all, a track and field MWC is a godsend bringing together athletes in very large numbers and requiring a huge logistical effort. Few CISM Member Nations have the capacity to organise such a huge event... but we're not desperate. Fortunately, we can rely on the Military World Games to mobilise the entire field of military athletes.

One last word?

Parrinello : Given the number of disciplines, the track and field TC represents a sizeable portion of CISM athletes. People get involved in it because they are passionate and they do so with complete selflessness.



CISM Blows 60 candles

63rd General Assembly and Congress

BY OLIVIER VERHELLE
PHOTOS BY DIRK DE VOS

Once upon a time, five countries came up with a vision at the end of a military fencing tournament in Nice, France. The vision of an organisation that would serve peace; an organisation with a global ambition to bring together

level in the military throughout the world, thereby also serving the ideal of friendship through sport.

The obstacles to such an effort seemed so overwhelming that barely anyone would have bet a single penny on the success of

is that the baby has grown indeed! Its five founding members have turned into 131 Member Nations at present and the few sport events organised annually in the early years have become an average of 20 military world championships and around one hundred continental and region-



To know where you are going, you need to know where you come from

This week in Montreux provided many CISM elders with an opportunity to share their memories, and while some of them were deeply emotional and others quite funny, they were all very proud. So, CISM wanted to bring together its former managers to celebrate its 60th anniversary. Well, they ALL answered the call! You cannot imagine how enjoyable it was to see our past presidents, Secretaries General and other historical men and women again... Women of course, because behind every male historical figure, there is a remarkable woman. First among them in the case of CISM is Madame Marie-Louise Mollet, of course. No need to introduce the lady who was the wife of Chevalier Raoul Mollet, founding father of CISM and its Secretary General for

more than 30 years. This lady lived and breathed for CISM every day (indeed, her own private house was the General Secretariat for some time back then) and saw it thrive and grow in recognition. She has become a grandmother of sorts to us all.

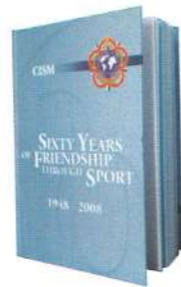
The enthusiasm generated by this trip down memory lane led the CISM Board of Directors to finance production of the first book to recount the first 60 years of CISM history. And once again, CISM called upon two of its old hands: General Arthur Zechner (former President of CISM) and



General Arthur Zechner
Colonel Roger Van Meerbeeck

Colonel Roger Van Meerbeeck (former Chief of the Belgian Delegation) to write these memoirs. The result of their work exceeds all expectations. A superb book in two languages (English and French) was presented as a gift to the Delegations and other CISM authorities. It can also be ordered on our website. Capitalising on this success, the Board also earmarked funding for a CISM Museum – more on this initiative later.

Sixty years... Time does indeed go by very fast!



Past Presidents, Secretaries General and other historical men and women of CISM



Colourful Ceremonies and Cultural Initiatives

Whenever Switzerland comes up in a conversation, people promptly conjure a few images and clichés: cheese, mountains and cows with alpine horn music, Lake Lemman and the IOC in the background. Well, the organisers of the 63rd General Assembly and Congress helped perpetuate these by mixing a bit of all the above when putting together the cultural programme. This year, rather than taking us on a day-long trip of cultural discovery, our

Swiss friends worked out three very special initiatives, the first of which took us to the picturesque mountain village of Champéry. Following a walk down the steep narrow streets offering magnificent views, we were treated to an alpine horn concert followed by the traditional raclette – a selection of mountain cheese melts poured over jacket potatoes. Sharing this most convivial of meals among friends in an enchanting setting was a real treat!

Great Pump at the Opening Ceremony!



CISM President, General Golla with Dr Jacques Rogge, President of the International Olympic Committee

Because of the 60th anniversary of CISM, this year's Opening Ceremony combined pump and solemnity. General Andrey, Commanding officer of the Swiss Army, presided over an Opening Ceremony whose standing was further enhanced by the presence of Dr Jacques Rogge, President of the International Olympic Committee, who very much honoured us when he agreed to attend this celebration of our 60th anniversary. In his opening speech, Dr Rogge was keen to recall that he personally took part in several CISM events when he was young and that the elegance and sound reasoning that were hallmarks of Chevalier Raoul Nolle definitely influenced his career choices. He thanked CISM for its constant efforts to build a better world and reaffirmed the IOC commitment in support of CISM and all its activities. The «Fanfare école de recrue 16/1/08», conducted by Cpt Max Schenk accompanied the various speeches to the sound of Vivaldi's Four Seasons. The Swiss Delegation – in cooperation with the

Communication Section of the CISM General Secretariat – had produced a video and picture sequence that was long applauded. In the space of just six minutes, this audiovisual presentation sought to review the key sporting successes of CISM. Congratulations are in order for the Swiss on this wonderful initiative! Mr André Bugnon, President of the Swiss National Council, was the last – but by no means the least – speaker to convey to us the impressions of the Swiss when it comes to the prominent role that sport can and should play in our ever-changing world. This flawless Ceremony will live on in the memory of everyone present in Bern on 7 May 2008.

The second cultural event took place immediately after the Opening Ceremony in Bern. All participants got on a sightseeing train for a trip across the mountains to Montreux. There were sights around every bend and tunnel exit. Every panorama appearing before our eyes was equally beautiful and we even came close to

touching the snow-covered mountain tops.

Planes, cars, trains... only boats were missing from the list of modes of transport. Well, they were added in the afternoon of Saturday 10 May when we boarded the cruise ship connecting Montreux to Lausanne. This trip on Lake Lemman offered a few moments' relaxation going with the stream. Our one-day sailors discovered the magnificent "Lavaux" – Swiss vines planted on the steep slopes around the lake. Having made landfall, the participants then visited the Olympic Museum in Lausanne and (re)discovered the most beautiful art featuring the sports and athletes represented in the Olympic Movement.

From the above, it is clear that the Swiss Delegation spared no effort in preparing this 63rd General Assembly and Congress. They set a very high standard indeed!

The CISM Flag Decorated for the First Time

The Swiss Armed Forces honoured CISM by officially awarding our flag the highest military medal of the Swiss Armed Forces. This was the very first time that the CISM Flag received such an award... and hopefully not the last!





Board of Directors Meeting
Lausanne, Switzerland 7 May 2008

CISM Invites Itself to the IOC Headquarters

The first session of the CISM Board of Directors took place in the Pierre de Coubertin room at the seat of the International Olympic Committee in Lausanne, Switzerland. On the initiative of Mr Urs Lacotte, IOC Director General, our Board met in the very room in which the IOC has taken its most momentous decisions. In the temporary headquarters of CISM, everything breathed professionalism. This place steeped in history is also very modern: its hi-tech offices and working atmosphere encourage everyone to excel themselves.

Mr Urs Lacotte honoured us with an exhaustive introduction to the international organisation of the IOC, which showed us that CISM can claim to have a system that, in its way and on its own scale, compares in many respects with that of the IOC. Following this presentation, Mr Lacotte took some time to give CISM advice on how to further grow without leaving the less-favoured on the margins of our organisation. Also explored were different avenues to strengthen cooperation between the IOC and CISM.

The Board of Directors then went to work, focusing mainly on the different items on the agenda that related to the General Assembly and Congress. The last few points in need of clarification were settled, the various contributions from the continents and CISM commissions and committees were reviewed. And soon it was time for the General Assembly meeting to start.



Mr Urs Lacotte, IOC Director General

Interactivity : The Key Word of Our International Congress

Humanitarian initiatives and peacekeeping activities: a practical mission for sport! The main theme of the congress set the tone. Three speakers of international stature made presentations. The first was Mr Pat McQuaid, President of the International Cycling Union, who presented the different existing cycling-based development assistance programmes and emphasised the federating and multi-cultural role of cycling. Then came H.E. Fred Tanner, Director of the Geneva Centre for Security Policy, who for his part presented a geopolitical analysis of the different military crises currently facing humankind. He then introduced a few successful initiatives leveraging sport as a communication vehicle and a factor for

integration and unity. The last speaker to take to the podium on Thursday 8 May 2008 was Mr Tommy Gandah Sithole, IOC Director of International Cooperation and Development, who had already worked with CISM on the Sport and Peace seminars held in Mantova (2005) and Hyderabad (2007). As talented speaker, he offered several practical avenues for cooperation between CISM and the IOC and in his conclusion, he officially invited CISM to take up these challenges.

CISM could then have chosen the easy path during the Q&A session and simply listened passively to a few testimonials. But that was not to be. Quite the opposite, in fact: the participants were all challenged to contribute in continental breakout sessions gathering the Chiefs of Delegations, react to the arguments of the three speakers and offer some initial answers. The Vice-Presidents then reported the gist of each continent's thinking in a plenary session of the General Assembly. The President of CISM and its Board of Directors took careful notes as the

different continents presented their initiatives and the odds are that many of them will somehow be mainstreamed into CISM practice.



Mr Pat McQuaid



H.E. Fred Tanner



Mr Tommy Gandah Sithole



A Short Look in the Rear View Mirror and Then... On To 2011

A sizeable part of our internal Congress was dedicated to a debriefing of the 2007 Military World Games held in Hyderabad and to a presentation of the next edition scheduled in Rio de Janeiro in 2011. The Indian Delegation to CISM presented its review of the 2007 Games. The part of their presentation dedicated to "lessons learned and suggestions" was undoubtedly one of the most instructive; the Brazilian Delegation self-evidently

listened to this advice very carefully. This review of the 2007 Games also represented an opportunity to hark back to the extraordinary and successful Indian adventure. For the first time in the CISM General Assembly history, the Brazilian Delegation had organized a videoconference linking the cities of Rio de Janeiro and Montreux during 30 minutes. The Minister of Defence of Brazil delivered a warm address to the General Assembly and then,

together with our President, he launched the official Website of the 5th CISM Military World Games: www.rio2011.com.br The Chief of the Brazilian Delegation, Brigadier General Luis Antonio Pinto Machado then took us on a virtual trip to Rio to discover the diverse modalities of the Games and the main aspects of the organization of the 5th edition of our Games. Still 3 years to wait...

The President Urges Member Countries to Open to the Outside World



When it comes to sponsorship and partnership, we would be mistaken to think that CISM can continue to exist in isolation; our organisation must manage to conclude commercial agreements with international companies in order to both conduct its internal business and promote its activities. In this context, our President spoke up and conveyed in no uncertain terms to our Member Nations the message that despite its 60 years of existence – or perhaps because of

them –, CISM urgently needs to modernise how it talks with sponsors and external partners. Budgeting issues are considered to be ever more significant within every national – and consequently, every international – sport federation. We have reached a turning point in our history. Therefore, a substantial number of Delegations, our Members, need to change approach-

es when it comes to this concept. Why should we fail where so many others have succeeded? Some of our Delegations have extraordinarily effective sponsorship policies. The onus is on us to evolve and take up this new gauntlet!

“Why should we fail where so many others have succeeded?”



The Democratic Nature of our General Assembly is Enforced

The CISM General Assembly proper was held on the morning of Saturday, 10 May. The Chiefs of Delegations unanimously approved the CISM accounts and budgets, thereby demonstrating that our new Treasurer General (elected last year) took over in the best possible way from Colonel André Therry (Ret.), who was our Treasurer General for 21 years. Congratulations, Colonel Van Velthoven... and all the best!

In addition to these financial decision files, the General Assembly approved a proposal to enlarge our Board of Directors. From a present membership of 14 plus the President, it will henceforth comprise 18 members – i.e. one more per continent (5 for Africa, 4 for America, 4 for Asia and 5 for Europe) – plus the President who obviously represents no continent as such. These additional Board members will be elected at the next General Assembly meeting in Surinam. However, a large majority of the General Assembly meeting

rejected a decision file submitted by the Board of Directors for the purpose of amending the procedures for electing the CISM Secretary General. This decision shows that the principles of democracy are strictly enforced within our organisation.

As for elections, congratulations are in order for Colonel Hamad Kalkaba Malboum (Cameroon), re-elected to the Vice-Presidency of CISM for Africa; Colonel Honoré Naberé Traoré (Burkina Faso), re-elected as representative for Africa on the Board of Directors; and General Dr Benzianne Meguedad (Algeria), the most recent addition to the Board. Worth noting is that General Naef Serhal (Lebanon), CISM Vice-President for Asia, put an end to his term in office; the Board co-opted General Saleh Alswat (Saudi Arabia) to fill the vacant seat for one year. Commodore Joshi (India) was also co-opted to represent Asia on the Board for a year.

Goodbye Montreux... Welcome Paramaribo

Colonel Hussainali, the colourful Chief of the Surinamese Delegation to CISM, taught us quite a great deal about his Latin American country, which will host the 64th General Assembly and Congress of CISM in May 2009. This next meeting of our organisation will be an opportunity to train the spotlight on America and more specifically on an extremely dynamic CISM region, and also one that is so close to the values of our founding fathers. In a



**2 New Member Nations,
2 New Flags Hoisted...
2 New Friends in Sport**

This General Assembly provided the first opportunity to meet the representatives of the two new CISM Member Nations: Malta and Montenegro. On this occasion, the General Secretariat decided to restore an old tradition: before the beginning of the General Assembly, the flags of both Malta and Montenegro were brought in the meeting room and placed amidst those of the other countries in attendance; an emotional and proud moment for the representatives of these two newcomers who have already captured the spirit of our organization. We are all looking forward to meeting them and their best athletes during our competitions.

sense, CISM is coming full circle. Let us once again thank the Swiss Armed Forces, the Swiss Delegation to CISM, the region of Montreux and the Cantons of Valais and Vaud as well as the many people who directly or indirectly contributed to the success of our 63rd General Assembly and Congress. Thanks are once again in order for Switzerland for so brilliantly embodying our motto: Friendship through Sport!



Day Run in Belgium

CISM Day Run: Running for Peace

There was one more challenge our organisation wanted to take up, like the gauntlet of our Development Centre in Africa: gathering the whole military community of all CISM Member Nations around an ambitious project for peace.

In 1987, the International Olympic Committee (IOC) launched its Olympic Day Run, which has now become a considerable global event. Mirroring the initiative of the IOC Sport for All Commission – of which General Gianni Gola has been a member in his capacity as President of CISM since 1 January 2003 – aimed at gathering athletes of all levels for a massive cross-country run every 23 June, CISM designated – with the unanimous approval of its Board of Directors – a day to celebrate the anniversary of its creation. Thus, since 18 February 2006, the servicemen and women of CISM are invited every year to take part in the CISM Day Run to pay tribute to the ideal of our organisation.

This annual rendezvous aims not only to advertise the CISM motto of "Friendship Through Sport" with the 19 million soldiers and officers

of its Member Nations but also to generate enthusiasm for the cause of worldwide peace with the international bodies that work in the same spirit.

In addition to the message of peace conveyed by this event, the project also aims to promote the principle of "sport for all" and allows everyone and anyone regardless of sporting ability and rank to show up on the start line. The CISM Day Run also builds enduring relations between our organisation and international sports organisations, Armed Forces and governments.

Thirty Member Nations on all continents showed up for the first edition. On foot or wearing skis in the Nordic countries, the CISM Day Run was an unexpected success.

In 2007, the number of participants

increased and featuring prominently among them were the Vietnamese servicemen and women who showed up in impressive numbers to honour the date by lining up almost their entire national military community throughout the country. As for Finland, it whipped up 6,000 soldiers and officers in defence of the cause.

In early 2008, the virus caught up with the wider CISM community – the participants, from 42 different nations, were now into the tens of thousands. In Vietnam, the CISM Day Run has clearly become a tradition, gathering all of the country's Armed Forces: 160,000 feet stomped the national soil. The Greek authorities invited the European nations to Hellenic soil to represent the continent en masse. The President of CISM personally went to make a contribution and there were



Day Run in Vietnam

13 European countries on the start line. In the Maghreb, Morocco lined up no fewer than 60,000 soldiers with the Chief of the Defence Forces in attendance while 4,000 participants were counted in Algeria. In Belgium, 1,250 runners showed up at the Defence Sports Centre in the presence of the authorities of the CISM General Secretariat. Finally, in many more countries, the civilian staff employed by the Armed Forces followed the lead of their military colleagues. From Luxembourg to Pakistan and from Sweden to Trinidad & Tobago, the message of peace is forging ahead, spreading like wildfire.

Through fields and mountains, with banners and flags, wearing spikes or ankle boots, they are many running for peace. The aim of the CISM Day Run is to illustrate the new face of the worlds' Armed Forces: working

for global stability and finally overcoming the paradox of men at arms the world over hugging each other in friendship even as they carry rifles.

The hope of seeing a million soldiers run in defence of this cause tomorrow may not be an inaccessible dream and the authorities of CISM will work hard to make it come true.

Clearly, CISM has set itself new challenges and the enthusiasm of the community is projecting itself into the future of an even stronger and bigger organisation in the international community. D.E.



Representatives of 13 European CISM member Countries started the year of the celebration of CISM's 60th anniversary in ancient Olympia.

At the occasion of the Greece CISM Day Run on 10th of February, Greece military authorities and CISM representatives came together to contribute the Olympic spirit and ideal and helped the reforestation of this ancient area by planting trees. A commemorative plaque which is installed close to the Pierre de Coubertin monument will indicate that headline-catching event.

50th World Military Ski Championship

31 March - 5 April 2008
Hochfilzen and Fieberbrunn • Austria

BY THE AUSTRIAN DELEGATION
PHOTOS BY DIRK DE VOS



The 50th World Military Ski Championship was held in Hochfilzen and Fieberbrunn, Austria between 31 March and 5 April 2008. More than 400 athletes from 23 CISM Member nations took part in the competitions, contending for medals in the giant slalom, cross-country, biathlon and patrol race.

Women Patrol Team of Norway



Opening Ceremony

After the first training sessions and the initial team captain meetings, the Military World Championship was ceremoniously opened at the Kulturhaus in Hochfilzen on 1 April. Carrying their respective national flags to the music of the Salzburg Military Band, the teams marched in and, subsequently, took position behind their country's signs held by local children. Among the participants were renowned athletes such as skiers Jean-Baptiste Grange, Peter Fill, Ingrid Jacquemod, biathletes Michael Greis, Raphael Poirée, Andrea Henkel and Austria's cross-country skiing Olympic champion, Christian Hoffmann. Among the honorary guests were Mr Johann Holztrattner, President of the Parliament of the Province of Salzburg; Major General Johann Pucher, head of the Security Policy Directorate at the Ministry of Defence –representing the Minister of Defence who had cancelled his visit at the last minute–; Brigadier General Karl Berktold, Military Commander of the Province of Salzburg; Colonel Stefan Marginean, Official CISM Representative (OCR); Brigadier General Gerhard Herke, Chief of Austria's Delegation to CISM; as well as Mr. Sebastian Eder and Mr Herbert Grander, mayors of Hochfilzen and Fieberbrunn.

As Major General Johann Pucher emphasised in his address, it was not exclusively the sports competition that was in the foreground: "members of the armed forces from all

over the world are coming together here, in Hochfilzen, in order to practice sport at the highest level, thereby contributing to a more peaceful and better world." The Major General then officially inaugurated the event, uttering the traditional formula: "I declare the 50th World Military Ski Championship open".



A Big Day for Austria's Giant Slalom Team

The action at the 50th Military World Ski Championship actually started on 2 April with major successes for the host country, particularly in the Alpine skiing events, which were held on the FIS course of Fieberbrunn. Local Hochfilzen hero Romed Baumann won the men's title with a substantial lead over Michael Gufler (Italy) and Carlo Janka (Switzerland). Eventually, Baumann, who was second after the first run, managed to "claim the title in the world championship at home", as he had warned his opponents he would before the event. Italy's Omar Longhi, in the lead after the first run, produced an average performance in the second run and finished eighth overall. Downhill champion Peter Fill fared no better: third after the first run, he fumbled his second run and finishing seventh overall. Having produced a solid team performance, the Austrians also claimed the team title, besting Italy and Switzerland.



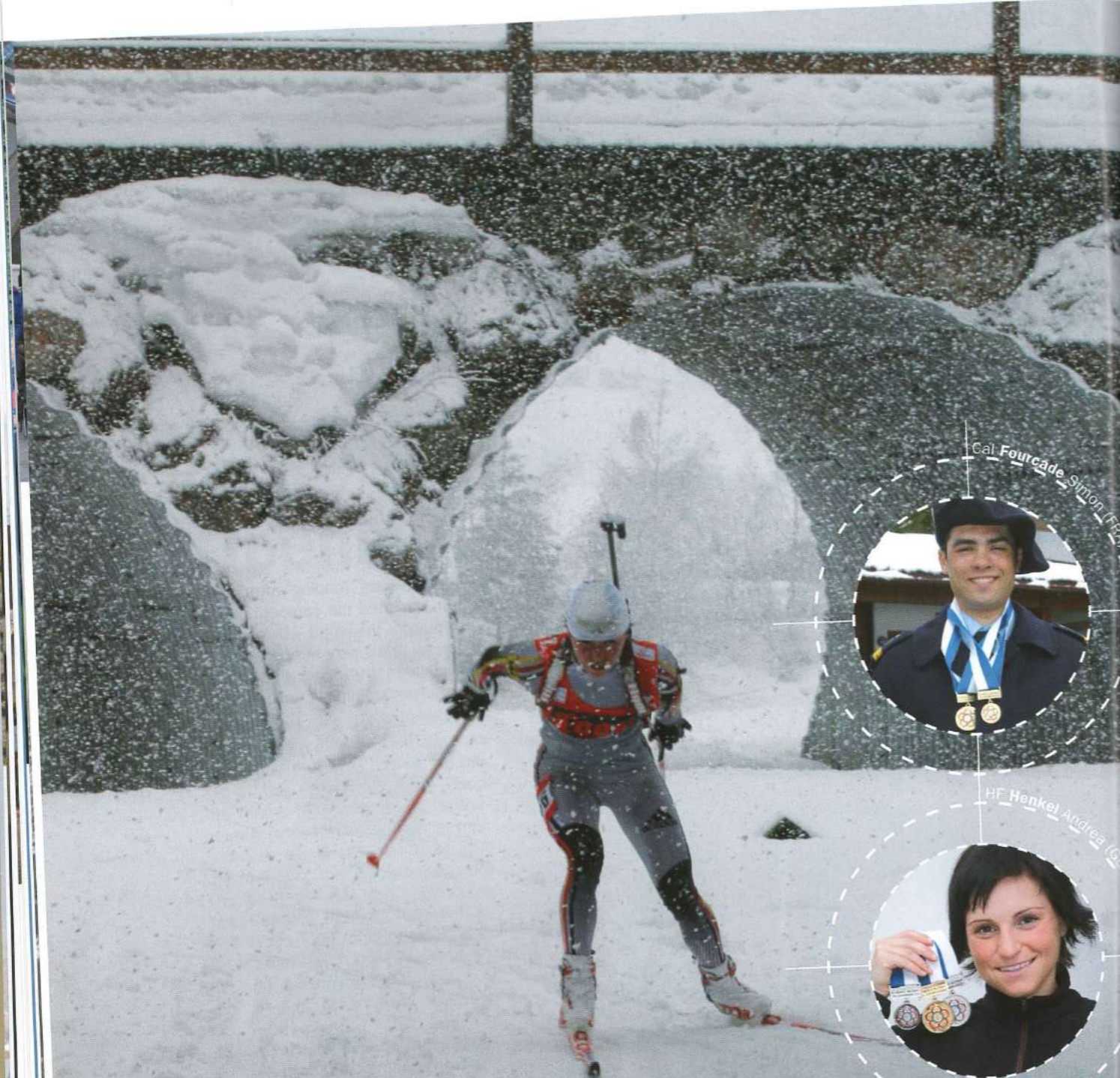
Photo by Günter Filzwieser (SUI)

In third place after the first run of the ladies' event, Johanna Schnarf snatched the women's title for Italy. Ingrid Jacquemod (France) won the silver medal while Austria's Alexandra Daum produced a perfect second run to bag the bronze position on the podium from her eighth place

in the first run. Austria's Stefanie Köhle, who was leading after the first run, finished the competition in fourth place – the worst – by a small margin. Austria's very strong women team claimed the team title while Italy and France finished second and third respectively.



Photo by Günter Filzwieser (SUI)



World Class in Biathlon

The first Nordic competition was carried out in the biathlon centre of the Hochfilzen military training area. The conditions were very poor, as there was rain at first, which later on turned into heavy snowfalls.

In all, 82 men and 43 women faced this challenge on the highly demanding world cup course. At the end of thrilling duels and under

changing conditions, France's Simon Fourcade won the men's 10km biathlon sprint event, while Germany's Andrea Henkel was victorious in the 7.5km women's competition. The French team claimed the men's team title by a comfortable margin, followed by Switzerland and Italy, whereas Norway won team gold in the women's event, with Germany and France in close tow.



France and Germany Dominate the Cross-Country Race

The second Nordic event of the 50th World Military Ski Championship was marked by the falling of large quantities of fresh snow as well as ongoing heavy snowfalls. Despite such adverse weather conditions the organisers, the Hochfilzen Army Sport Club (HSV) and Hochfilzen military training area were able to provide a well-prepared skating circuit.

A large number of participants – 40 women and 85 men – entered the race and faced the highly demanding world cup course. Vincent Vittoz

(France) beat Tobias Angerer (Germany) and Alexander Os (Norway) to gold to successfully defend his title in the 15km men's cross-country event. In the women's 10km event, Germany's Evi Stehle prevailed over French rivals Karine Laurent Philipot and Sandrine Bailly.

The French team claimed the men's team title, besting Germany and Norway. In the women's team event, the French cross-country skiers secured team gold too, followed by Germany and Italy.



FW Stehle Evi (GER)



Sch Vittoz Vincent (FRA)



Sch Vittoz Vincent (FRA)

Patrol Race Thriller

The patrol race is a classic team event over 25km (men) and 15km (women), similar to the biathlon race, but with some minor differences. The competitors start at 2-minute intervals, with every patrol consisting of four team members with one team captain and three runners carrying the biathlon rifle. Shooting is done prone, each of the three shooters having only three rounds of ammunition. Every miss earns the team a one-minute penalty, which is added to the patrol's running time.

Team Norway I performed strongly on the selective 5km World Cup circuit to produce a win and upset French favourites who finished second. Austria won the bronze medal thanks to the combined advantage of competing on the home turf, putting together a flawless shooting performance and running to excellence. The defending world champion, Germany, finished an unrewarding fourth. In the women's competition, Norway also prevailed after a thrilling and exhausting race, leaving behind Germany as well as the unseated French champions.



Men Patrol Team of Norway

Closing and Presentation Ceremony

The closing ceremony of the 50th World Military Ski Championship was conducted under CISM's proclaimed motto of "Friendship through Sport", as embodied by the intermingling of athletes from the 23 participating nations during the closing event.

The Cup of Nations and the various challenge cups and trophies were the only awards presented during the

final ceremony since the prizes of the other competitions had already been distributed. As in recent years, the Cup of Nations went to France, followed by Germany and Italy.

In his address, the CISM Representative, Colonel Stefan Marginean (Romania) thanked the Austrian Armed Forces for organising the championship in such an excellent manner.

Major General Dieter Heidecker, Deputy Commander of the Austrian Armed Forces, then officially closed the 50th World Military Ski Championship. The CISM flag was lowered and handed over to the CISM Representative by the Chief of the Austrian Delegation to CISM: a great military winter sport event at top level had come to an end.



France, Nation Cup Winner

50th World Military Ski Championship

31 March - 5 April 2008
Hochfilzen and Fieberbrunn · Austria

Chief of Organizing Committee / Président du Comité d'Organisation:
Gen Karl Berktold (AUT)

CISM Representative / Représentant du CISM :
Col Stefan Marginean (ROU)

President CISM Ski Committee / Président du Comité du Ski CISM:
Maj Jure Velepec (SLO)

Participation:
259 athletes, 138 officials,

Participating countries / Pays participants (23):
Austria*, Belarus*, Croatia, Czech Republic, Spain, Estonia*, Finland*, France*, Germany*, Italy*, Latvia*, Lebanon, Lithuania*, Macedonia*, Norway*, Pakistan, Poland*, Romania*, Russia*, Slovenia*, Switzerland*, Slovakia, Sweden.
* Women team / Equipe féminine.

Results

Giant Slalom women	
1	Fin SCHNARF Johanna (ITA)
2	Cch JACQUEMOD Ingrid (FRA)
3	Kpl DAUM Alexandra (AUT)

Giant Slalom Team women	
1	Austria
2	Italy
3	France

Biathlon 7,5km women	
1	HF HENKEL Andrea (GER)
2	Cch PERETTO Delphine (FRA)
3	Cpl MOERKVE Jori (NOR)

Biathlon women Team	
1	Norway
2	Germany
3	France

Cross-Country 10km women	
1	Fw STEHLE Evi (GER)
2	Cch LAURENT PHILIPPOT Karine (FRA)
3	Sgt BAILLY Sandrine (FRA)

Cross-Country women Team	
1	France
2	Germany
3	Italy

Patrol 15km women	
1	Norway
2	Germany
3	France

Giant Slalom men	
1	Kpl BAUMANN Romed (AUT)
2	CarScCc GUFLEER Michael (ITA)
3	Sdt JANKA Carlo (SUI)

Giant Slalom Team men	
1	Austria
2	Italy
3	Switzerland

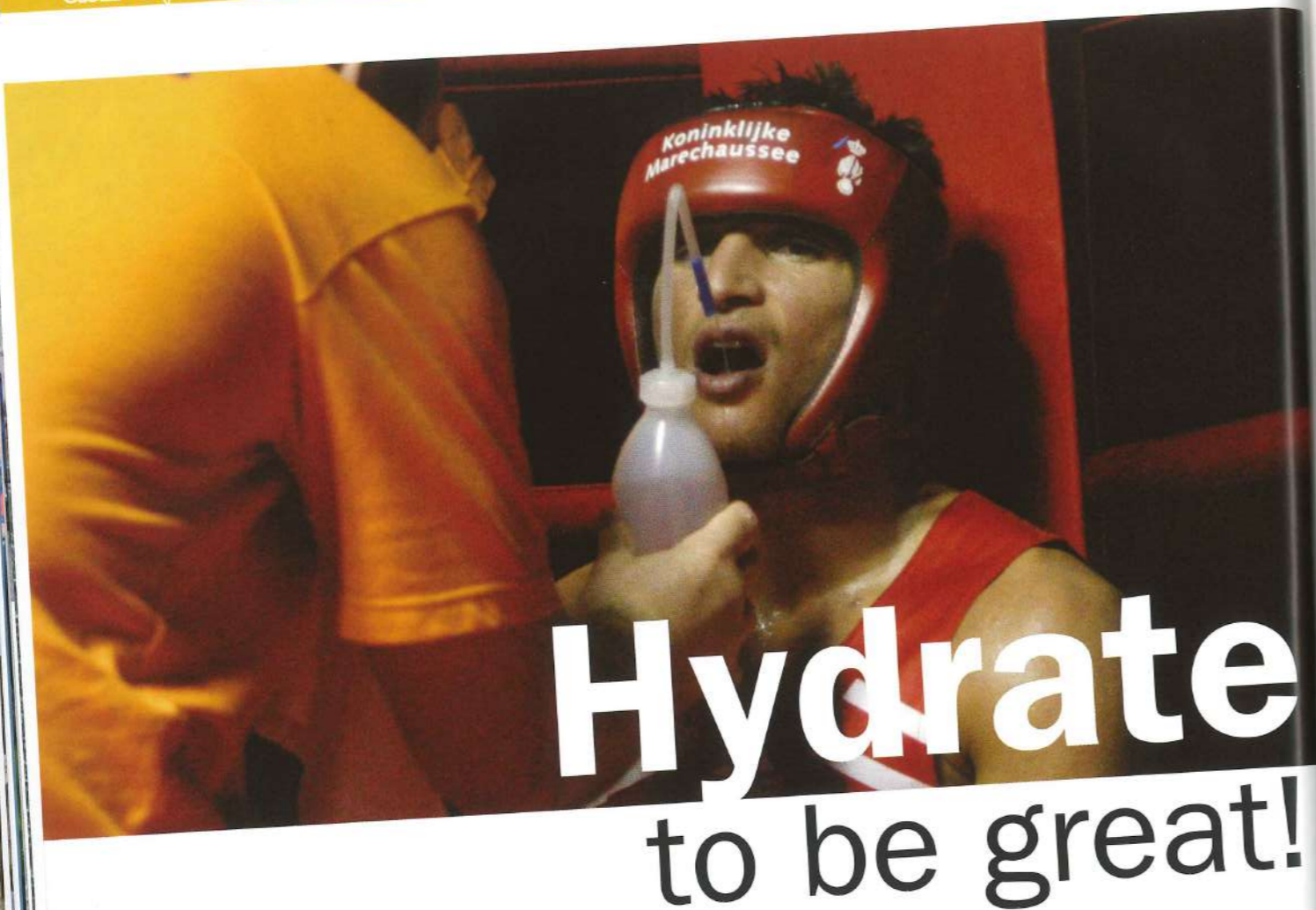
Biathlon 10km men	
1	Cal FOURCADE Simon (FRA)
2	VU BAUER Klemen (SLO)
3	VU RUPNIK Vasja (SLO)

Biathlon men Team	
1	France
2	Switzerland
3	Italy

Cross-Country 15km men	
1	Sch VITTOZ Vincent (FRA)
2	OFw ANGERER Tobias (GER)
3	Cpl OS Alexander (NOR)

Cross-Country men Team	
1	France
2	Germany
3	Norway

Patrol 25km men	
1	Norway
2	France
3	Austria



Hydrate to be great!

Performing maximally is impossible for a body that is low on water. Many athletes do not know this and never make proper hydration an important part of their training and competitive program. A water loss of only 2% of your body weight can produce a 15-20% drop in your physical performance. This would be a loss of 1.4kg for a 70kg runner and could easily occur during a long run. Failing to drink the right kind of fluids at the right time and in the right amounts will keep you from showing the world how good you really are.

Dehydration isn't just something that occurs when you fail to drink enough water while competing in a marathon. Many athletes live in a chronically under hydrated state because they regularly fail to fully replace their daily fluid losses. Athletes who are training for long hours in hot and cold environments can experience huge fluid losses and the volume of these losses will vary considerably from one athlete to the next. Heavy sweaters can lose as much as 3-4 liters of fluid/hour while their training partner who perspire less may lose less than a liter over the same period of time.

Dehydration is a factor in a number of sports-related problems. Muscles are more likely to cramp and become injured when an athlete is underhydrated. Recovery from workouts will be delayed if athletes fail to replace their fluid losses. Inadequately hydrated athletes are tired and will train and compete sub-optimally. Athletes that fail to take in the fluids they need are at a much greater risk of experiencing heat injuries such as heat exhaustion and heat stroke and we have seen this happen at CISM events. Water is also required for the burning of fat and without it you may have more difficulty maintaining your competitive body weight.

You should drink before, during and after training and competing if you expect to keep up with your fluid needs. Physical activity dulls your sense of thirst and if you wait until you are thirsty before you drink during your training or competing you will already be well on your way to becoming dehydrated. As a general rule here are some fluid guidelines:

- Before your event** – Drink 500ml of fluid 30min-2hrs before training/competing
- During your event** – What you

These athletes actually gain weight during their event because they drink more fluid than they lose. This excess fluid intake dilutes their sodium levels and this can cause muscle cramping, nausea and other serious medical problems. Hyponatremia can be avoided by ensuring you add a pinch of salt to your fluids.

The average person needs to drink 8-10 glasses of water a day to meet their needs. Over and above this, athletes need an additional 1.5 liter of fluid for every kilogram of weight they lose in training. The simplest way to know if you are drinking enough is to monitor your urine output. Large quantities of lemon juice colored urine indicate you are well hydrated. If you are peeing small amounts of dark urine you are not drinking enough to meet your needs. You can also get into the habit of weighing yourself before and after workouts to ensure that you know how much fluid you have lost and need to replace.

If proper hydration is not already an important part of your competitive training program,

I hope that the above information will convince you to change your wicked ways. Each of you invests an enormous amount of time and energy into your training and paying attention to important details such as proper hydration can often make the difference between success and disappointment. Train smart and remember that exercise is medicine.

Major Darrell Menard

OMM MD Dip Sport Med
Sport Medicine Consultant
Directorate of the Canadian
Force Health Protection



Photos by Dirk De Vos



48th CISM World Military Men's Basketball Championship

Lackland Air Force Base, San Antonio, Texas, USA
Chaparral Fitness Center
15-22 April 2008

CISM ends with ceremony

The International Military Sports Council Basketball Championship came to a close Tuesday afternoon in the Chaparral Fitness Center with the presentation of the gold, silver and bronze medals to the winning teams. The United States defeated Lithuania, 84-74, in a dramatic comeback victory to win its first CISM championship since 1988. "We haven't gone every year, and sometimes the tournament is held in a third world country and the secretary of state doesn't approve our travel," said Ted Albers, USA head coach. "It's great to be a part of the team that brought it back." Greece finished with the bronze medal after beating the Republic of Korea, 99-88, in overtime. The weeklong tournament featured military teams from seven countries, including Canada, Latvia and Italy. CISM President Italian Brig. Gen. (Dr.) Gianni Gola thanked all the teams for their competitive and passionate performances and for doing an admirable job of promoting friendship through sport. "The quality of the players was so high," said General Gola. "Many of these players play for their club teams back home and their national teams for the Olympics." According to General Gola, 25 percent of the men and women that compete in the Olympics are military athletes. Shooting guard Uldis Rudzitis, Latvia, was honored for being the top scorer in the tournament. He averaged almost 20 points over a seven-game span. Rudzitis was joined by fellow countryman point guard Argis Kazaks on the All-Tournament Team

Shooting guard Daniel Nwaelele, USA, small forward Giedruis Kulbus, Lithuania, shooting guard Hyunjoong Kim, Republic of Korea and Benard James, USA, also were named to the All-Tournament Team. James was also named the Most Valuable Player of the tournament "I love the camaraderie," James said. "A lot of these guys have become like my brothers. I actually talk to a lot of these guys more than my brothers when we are at our different bases." After the awards were handed out, the CISM flag was lowered and presented to the United States chief of mission, Col. Bob Labrutta, 37th Mission Support Group commander. General Gola then received the flag

and handed it to Lithuania's chief of mission, Marius Kugauda. Lithuania will host the tournament next year. The Lithuanian team also finished second in the CISM tournament in 2005. General Gola and CISM representatives will also be present in Beijing, for the 2008 Summer Olympics. "The Chinese armed forces are allowing us to be present to assist our athletes. It is a great opportunity," General Gola said.

By Anthony Perez
37th Training Wing Public Affairs

48th CISM World Military Men's Basketball Championship

Lackland Air Force Base,
San Antonio, Texas, USA
Chaparral Fitness Center
15-22 April 2008

Chief of Organizing Committee
Président du Comité d'Organisation:
Col Robert Labrutta (USA)

CISM Representative
Représentant du CISM :
Brig Gen Gianni Gola (ITA)

President CISM Basketball Committee
(Acting)
Président du Comité du Basket-ball CISM:
Mr. George Schaefer (USA)

Participation:
81 athletes, 35 officials, 11 Referees.

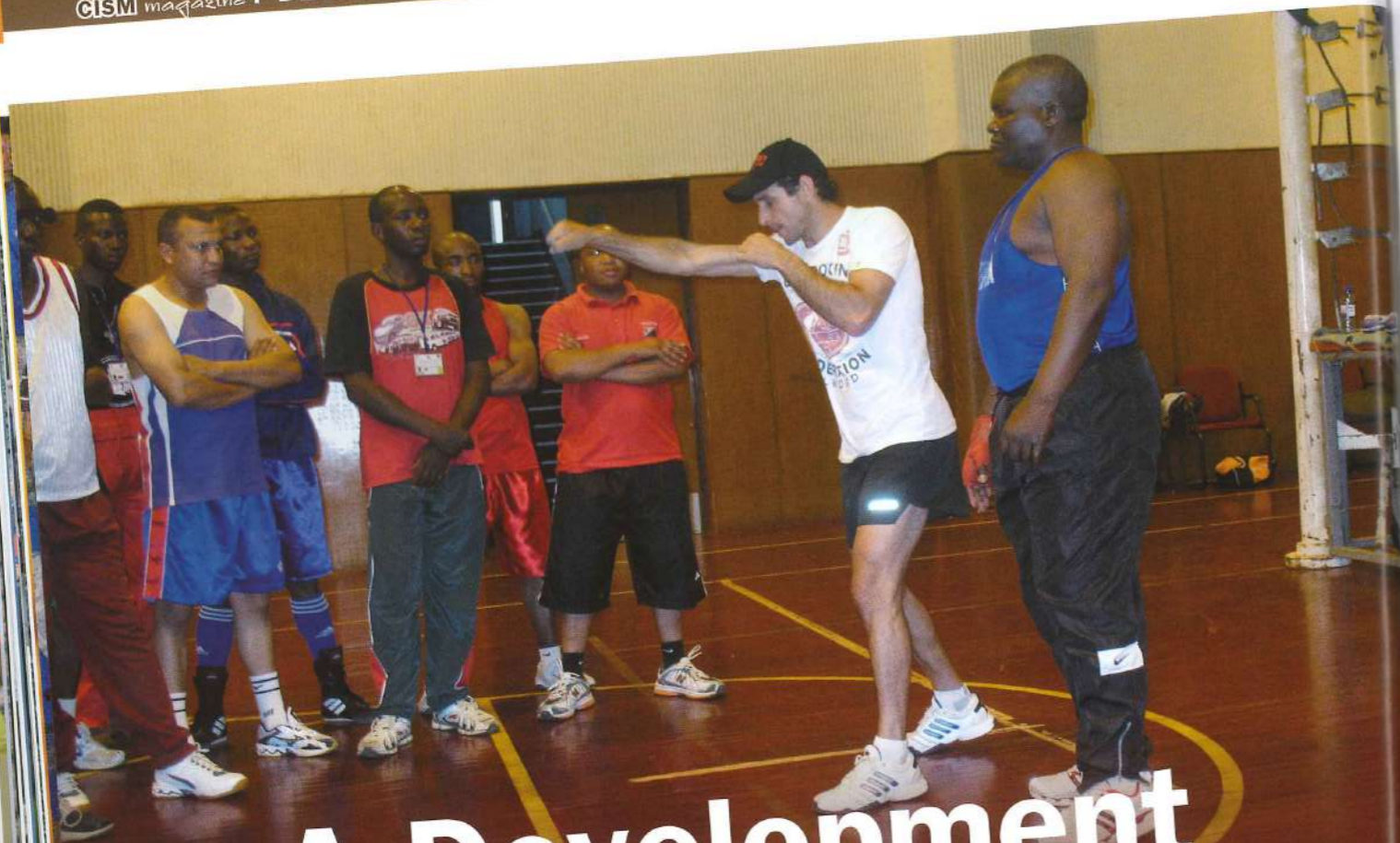
Participating countries
Pays participants (7):
Canada, Greece, Italy, Latvia, Lithuania,
Republic of Korea, United States.

Observer Nations
Pays observateurs :
Brazil, Italy.

Results

Final standings	
1	USA
2	Lithuania
3	Greece





A Development Centre in the Heart of Africa

Maasai Ewaso Nyirobi, "cool water"! This is the etymology of the name of the Kenyan capital city Nairobi, a stone's throw from the Equator – What better place could there be to lay the foundation of the 1st CISM Development Centre?

For the entire CISM Community, getting this major project off the ground was not only a source of renewed commitment and the fulfilment of a humble dream but also – more importantly, maybe – a giant leap for solidarity with our less-favoured members.

Walking in the founding fathers' giant footsteps – they initiated several clinics in Sweden (1954), Portugal (1956) and Italy (1957) – the decision was taken in 1975 to set up a CISM Solidarity Fund in order to boost practical assistance.

Like the IAAF – with its nine Regional Development Centres (RDCs) world-

wide – CISM took its pilgrim's staff to position itself in the less-favoured regions of the world in order to give the Solidarity Fund a new dimension by laying the groundwork for a CISM Development Centre in Africa.

In our organisation, solidarity is not merely a word and so the authorities of CISM took steps with the Kenyan authorities to deliver a project that will make infrastructure and facilities available to African athletes, thereby helping them to become competitive on the international sports scene. What remained to be decided was the selection of priority sports that would benefit from this new knowledge centre. CISM Secretary General Colonel Van Meurs actively sought to identify the happy few in close cooperation with Lieutenant General Tuwei and Colonel Kalkaba. Boxing and athletics soon emerged as the disciplines winning the jury's preference.

Kenya's top sport authorities including the Kenyan Boxing Federation and the Kenyan Olympic Committee reacted favourably to the development of the project, as well as CISM's Eastern and Central African Liaison Office (ECALO) and the University of Nairobi and together they fathered what would become CISM's imprint at the heart of Africa.

The Development centre already provides both technical support for coaches and technical committees and – more importantly – logistical, medical and sporting support to athletes. It is also a laboratory for the development of sport both in strategic terms from the point of view of stimulating and encouraging sporting practice and in the field of sport medicine, studies and marketing. The CISM authorities gave ECALO Chief Lieutenant General Tuwei another cap to wear: managing the Centre on behalf of our organisation.

Between 11 and 24 November 2007, the Centre hosted the CAD Boxing Clinic for the second time. A few household boxing names took the trip, including Cuba's Ruben Pinheiro Sanches, trustee of cutting-edge boxing knowledge and technical coach in charge of advising the participants of this second edition.

And a resounding success it was! No fewer than 16 athletes from seven different participating countries attended (Uganda, Zimbabwe, Morocco, Botswana, Lesotho, Zambia and Kenya). By the way, the Kenyan military boxing team has already started cashing the dividends of this project by qualifying two of its athletes for the Beijing Olympics: featherweight Nick Okoth and welterweight Nick Abaka. Trained by Augustin Mutuku and Ali Khatib – themselves CAD clinic graduates –, Okoth and Abaka qualified for the all important Olympic Games by winning gold and silver respectively at the Olympic qualifier organised by Namibia in March 2008.

Listening to them, the advice provided by CAD was decisive in bagging this wonderful qualification.

On April 6 to 21, 2008, CAD accommodated its 1st Level I CISM Track & Field Clinics. Twenty-three participants from 11 different nations took the trip – thereby setting a new participation record. The IAAF seconded two senior lecturers to conduct



the CISM clinics: Mr Augustin Soge, Ghana, and Mr Bobby Gaseitwisen of Botswana. They were assisted by Mr John Velzian, Director of the local IAAF Regional Development Centre. At the end of the clinics and following an advanced examination, all participants were awarded an IAAF and CISM certificate.

Nairobi, a source of cool, clear wa-

ter for new projects on other continents? The odds are that the CISM authorities and its President, General Gianni Gola, will strive to promote the emergence of more such Centres. Momentous projects breed more ambitious projects within our organisation – the CISM Day Run, mirroring the IOC's Olympic Day Run is already a great success.

D.E.





1st General Assembly of Military Sport in Africa

The African Military Sport Organisation (AMSO) held its first General Assembly in Algiers, Algeria, between 15 and 21 March 2008. The Delegations of some 30 out of 45 African CISM Member Nations attended the event placed under the patronage of H.E. Mr Abdelaziz Bouteflika, President of the Republic of Algeria and Supreme Commander of the Algerian Armed Forces. The participating Delegations appreciated the well-known hospitality of the Algerian people and the warm brotherly welcome they were given by the Algerian National Popular Army.

As a preamble to the planned debate on military sport in Africa, CISM President General Gola (ITA) had an opportunity to recall our organisation's policy, i.e. promoting high-level sport, solidarity and peace through sport by means of regional development centres and synergies between the civilian and military sports spheres. This last aspect was clearly understood by the organisers who had invited many personalities from the civilian world to attend the event. Dr Sami, Secretary General of the Arab Military Sport Union promised to support AMSO, an organisation which he said shares the same aims

and values in a friendly atmosphere. Africa once again demonstrated its dynamism in the field of military sport, another striking example of which was provided by the diversity of nations represented on the Board of Directors elected during this first General Assembly: 12 out of 14 member countries are represented. AMSO President Colonel Hamed Kalkaba Malboum, Cameroon, expressed his satisfaction with the results achieved at the end of the week. The Articles of Association of the organisation were amended and

military sport events were defined for the period 2008-2012.

So, the venues of the next key African sport events were decided: the African Military Football Cup (CAM-FOOT) will be held between 1 and 14 December 2008, Nigeria will host the 2nd African Military Games in 2009, Algeria will organise CAM-FOOT in 2010 and the Republic of South Africa offered to hold the 3rd African Military Games in 2011.

The African Military Sport Organisation decided to meet again in Libya in 2010. D.-M.K.



CISM magazine

The world of military sport
Le monde du sport militaire



VERSION FRANÇAISE