

Michael Crone

Born : 1990
Currently Living: Johannesburg
Occupation: Student. Completing my MBBCh and then planning to start a masters in September 2015 overseas.
Training Log: http://www.attackpoint.org/log.jsp/user_5590
First started orienteering: 2009
SA Representation JWOC 2010 (Denmark)
WOC 2011 (France) & 2012 (Switzerland)
World Games 2013 (Columbia)
3000m TT PB: 9:32 (grass, altitude)



Photo from WorldOfO <http://runners.worldofdo.com/michaelcrone.html>

What is your best Local Performance to date and tell us about that race:

My best local performance was probably my first win at the South African Sprint Championships. Running at the V and A waterfront was a completely different experience for me and mirrored the atmosphere that I have now come to expect in international competitions. Running through crowds of people, often completely oblivious to what you are doing definitely creates a stir.

What is your best International Performance to date and tell us about that race:

My best international performance was in the World Orienteering Championships Sprint Qualification held at EPFL and the University of Lausanne in Switzerland. With a very lax embargo on the area we were allowed to walk around the campus weeks beforehand to get an idea of the terrain. I had also managed to spend a significant amount of time making accurate maps of the area and using them to prepare. An 11th place allowed for me to qualify for the WOC sprint final later that afternoon. I became the first South African to ever qualify for a WOC final.

What is your proudest orienteering achievement to date:

I would probably have to say that my proudest achievement was my entire 2012 season. It was my last opportunity to dedicate a significant portion of my time to training (training becomes very difficult during the clinical years because of calls and other commitments). During the season I managed to win the Gauteng Sprint Series, qualify for the WOC sprint final, win the SA middle distance and the SA long distance championships. I was also awarded the Wits Sportsman of the Year award, the first orienteer to receive the award. I will always remember that year that I was really at my peak and will strive to reach that same peak in the future.

What is your first orienteering memory?

My first orienteering memory is of running with a friend at the Wits Education Campus. I was unable to run at the Joburg Zoo (the first event) because I had to do a first aid course. I think that I ran the women's course...

What is your favourite orienteering experience?

I would probably then again refer to my experiences in Switzerland in 2012.

What maps is the most memorable area that you have orienteered in?

There are many places that I can mention: Switzerland (mainly the sprint areas), Colombia (just the experience of running in a completely new country), France (a shocking introduction to the world of WOC)

What is your funniest orienteering experience?

Being so lost with Roark Robinson in Portugal on a circular contours only map that we ended up running towards the sound of the sea so that we could find the car.

Who is your orienteering idol?

Matthias Kyburz. It helps to have someone to compare yourself to. He has reached the top in orienteering just a few years after getting a gold medal at JWOC. He also happens to be my age.

What do you love most about orienteering?

I really enjoy the challenge of combining speed with decision making. I also really enjoy the fact that it is usually just a competition against yourself. Although there are other competitors, often your overall performance is completely dependent on how close you were to your perfect race.

Aside from orienteering, what other sports do you do on a regular basis?

Occasionally I play some Frisbee at the university, but otherwise my focus has been mainly on orienteering, running and trail running. I try to do some ParkRuns every now and then.

What is your favourite pre-race breakfast/snack?

Chocolate Futurelife