53rd WORLD MILITARY
CROSS-COUNTRY
CHAMPIONSHIP IN SWITZERLAND

SKIING IN AUSTRIA

63rd CISM GENERAL ASSEMBLY & CONGRESS
CISM: 60 years of friendship

On 18 February of this year, CISM celebrated its 60th anniversary. Sixty-two years 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.
Cross country in Thun

Interview
Mockenhaupt Sabrina

CISM 60th Anniversary
63rd General Assembly and Congress

Great Pump at the Opening Ceremony!

Skating in Austria

Patrol Race Thriller

Sport medicine

Hydrate to be great!

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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 organization. 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 measured 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 guidelines, 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.

G.V.
53rd World Military Cross-country Championship

23 February 2008
Thun • Switzerland

Liking 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 no doubt have approved of the high standards set for the cross-country runners.

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 providing a good test of skills for middle- and long-distance runners. While the relatively flat, 19km course included only one hillock, it had to be climbed twice per lap after completing a hairpin bend. On Saturday 24 February, under the blue sky and a generous sun, the world’s top-notch athletes were eager to represent.

Dunum, an Alpine Treasure Trove

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.

It is 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 Schloss 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 Zähringen 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.
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 last year, the Algerians were not going to be overawed by Qataris 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 legio-nnaire of Moroccan origin Moundor Yassine immediately took the lead, followed closely by Algeria’s Abdou 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 Hyderbad – and fellow countryman Fethi Marthaf – a usual sight in high-level competitions including the very recent 25th edition of the Dutch 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 Hamal took the lead with three of his team mates closely in tow: Felix Kiboro, 3th in the 5,000m at the last World Championships, Zaman Sultan, who featured honourably at the 2004 Olympics in Athens, and C’Kurri James, who finished the 3,000m at the 2004 IAAF World Athletics in second place. Not far behind, the Qataris 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 the team mate Zaman Sultan a deadly blow even as the Algerians further stopped it up. The two Qataris covered the last few yards of the race like cannonballs and sped past Qatar’s C’Kurri James, allowing Fethi Marthaf to conquer bronze and team mate Aouad Rabah to finish 4th. Quite unexpectedly, Ali Thamer won the race, beating fellow countryman Felix Kiboro who bagged silver while C’Kurri 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 Qa-tari team gold, while a very nice bronze medal fell to Morocco 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 Moun-dor Yassine, who did not manage to stay in front of the race very long.
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 will slightly worried too. The world of military athletics 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 event?

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 be 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 training camps in RagstaffAZ as well as Stanford, USA, in early May. See you in Beijing in the 10,000m if it makes the minimum requirement!

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

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 Championships soadetted the Thun rendezvous. The Moroccan Delegation was not gudled by this her absence however, as it could rely on the next generation, including most definitely Manya Laghrissi – not only the national cross-country champion in 2008 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 8th European 20,000m 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 boasts an impressive record – including qualifying with her country for the 2007 world championships in Osaka after the Dutch Open in Ljubljana – and who will likely qualify for the Beijing Olympics, she could claim a place on the podium. Finally, France’s Julie Couaiss, who won the silver medal at the European Championships in Toro last December, was a competitor to be reckoned with.

On a relatively flat course without any major difficulties, 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 Couaiss struggled to catch up with the best. With Belgium’s Nathalie De Vos in tow, Morocco’s Manya Laghrissi went for broke to snatch the opposition for good, but in doing so she failed to reckon with Germany’s Sabrina Mockenhaupt, who, as the German runner made 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 title was lost, 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 reigned 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 be 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.
Qatar
Leaves Only Crumbs

What more is there to say about Qatar's dominance 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: surrounded 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 Hassani, who bagged bronze at the 2005 World Championship in Saint-Girmand, France - in the famous race won by equally famous cross-country star Bekah - and a medal of the same metal in the 2004 edition of the New Delhi's semi-marathon. And then what could we possibly say about his team mate Faisal Essa Elamin, who won the 10,000m at the 2005 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. Selem Gamal and Nasser Jamali.

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

Right off the bat, Austria's Günther Wendlinger and Frenchman James Tamin jointly took the lead, with the Qataris 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 Qataris started setting a faster pace already and Abdullah Ahmad and his two team mates took the lead. A few lengths behind, the Austrian was floundering 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 from the race standings for good: the Qataris 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 Hassani built up a significant lead on his team mates to guard against any bad surprises. All was said: Abdullah Ahmad Hassani bagged gold, Selem Gamal silver while Rashed Essa completed the incredible Qatari treble. The only other athlete who stood out, i.e. Austria's Wendlinger could savour a superb 4th place as the first European to cross the finish line...behind the undisputed and unchallengable 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.

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 53rd 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 2006 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 civil 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 Organising Committee
President du Comité d'Organisation:
Col EMG Beat Schaub (SUI)
CISM Representative
Représentant du CISM:
Brig Gen Gianni Gola (ITA)

President CISM Track & Field Committee
Président du Comité d’Athlétisme 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, Lebanon*, Lithuania*, Luxembourg, Morocco*, Macedonia*, Netherlands*, Poland, Portugal*, Qatar, Slovenia*, Spain*, Sweden, Switzerland, Turkey*, USA*.

Women team / Équipe féminine.

Results

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<td>3. Soldier Rashed Eiss (QAT)</td>
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<td>2. Morocco</td>
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<td>3. France</td>
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Are you a contented man to see that this event is actually held in 2008?

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

How could you avoid such a situation in future?

Parrinello: I think that combining these competitions with civilian competitions is 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: Athletes are a set of disciplines that could each be organised into 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 candle wax on the success of is that the baby has grown indeed! Its five founding members have turned into 131 Member Nations all 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 regional...
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 was happy to bring together its former managers to celebrate its 60th anniversary. Well, they ALL informed the council. 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 Mollot, of course. No need to introduce the lady who was the wife of Chavallier Raoul Mollot, 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 recapture the first 60 years of CISM history. And once again, CISM called upon two of its old honchos: General Arthur Zechner (former President of CISM) and Colonel Roger Van Meerbeeck (former Chief of the Belgian Delegation) to write those 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 Delegation 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!

Because of the 60th anniversary of CISM, this year's Opening Ceremony combined pump and solemnity. General André, Commanding officer of the Swiss Army, presided over an Opening Ceremony whose splendour was further enhanced by the presence of Dr Jacques Rogge, President of the International Olympic Committee, who very much honours 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 Chavallier Raoul Mollot 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 «Faustique de l'Intendant» 16/1/08, conducted by Cap 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 photo sequence that was long awaited. 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 Buhler, 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 Rainy 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 sites 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.

Colourful Ceremonies and Cultural Initiatives

Whenver Switzerland comes up in a conversation, people promptly conjure a few images: cheese, mountains and cows with alpine horn music, Lake Leman and the IOC in the background. Well, the organisers of the CISM General Assembly and Congress helped perpetuate these by mixing a bit of all the above when putting together the cultural programme. This year, rather that taking us on a daylong 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 Chammpery. Following a walk down the steep railway streets offering magnificent views, we were welcomed to an alpine horn concert followed by the traditional raclette – a selection of mountain cheese melted over jacket potatoes. Surely, this most convivial of meals among friends in an enchanting setting was a real treat!

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!
CISM Invites Itself to the IOC Headquarters

The first session of the CISM Board of Directors meeting took place in the Pierre de Coubertin room at the seat of the International Olympic Committee in Lausanne, Switzerland. On the initiative of the 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 one to excel themselves.

Mr. Urs Lacotte welcomed 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 losing the focus 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 then it was time for the General Assembly meeting to start.

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 Tinari, Director of the Geneva Centre for Security Policy, who for his part, presented a geopolitical analysis of the different military crises currently facing humanity. 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 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 a 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 Chairs 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 to the different continents presented their initiatives and the odds are that many of them will somehow be mainstreamed into CISM practice.

A Short Look In The Rear View Mirror and Then... On To 2011

A sizable 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 look 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 Montpellier 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.mw2011.com.br.

The Chief of the Brazilian Delegation, Brigadier General Luis Antonio Pente 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

The Democratic Nature of our General Assembly is Enforced

Goodbye Montreux... Welcome Paramaribo
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 Oliva 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: 140,000 feet stumped the national soil. The Vietnamese authorities invited the European participants to wave the red, white and blue flag and represent the continent on mass. The President of CISM personally made the journey and there were 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 spades or enameled buttons, they are many running for peace. The aim of the CISM Day Run is to illustrate the new face of the world’s 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 and officers 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 not yet run new challenges and the enthusiasm of the community is projecting itself into the future of an even bigger organisation in the international community.
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.
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 Flis course of Fließertal. Local Hochfilzen hero Romed Baumann won the men’s title with a substantial lead over Michael Goller (Italy) and Carlo Janke (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 stumbled his second run and finishing seventh overall. Having produced a solid team performance, the Austrians also claimed the team title, beating Italy and Switzerland.

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

Opening Ceremony

After the first training sessions and the initial team captain meetings, the Military World Championship was ceremoniously opened at the Kufsteinhaus 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, Kathrinis Michael Gailer, Raphael Peifer, Andrea Henkel and Austria’s cross-country skiing Olympic champion, Christian Hörmann. Among the honorary guests were Mr. Johann Holzleitner, President of the Parliament of the Province of Salzburg; Mayor 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 Berkold, Military Commander of the Province of Salzburg; Colonel Stefan Manghan, Official CISM Representative (OCR); Brigadier General Gerhard Herke, Chief of Austria’s Delegation to CISM; as well as Mr. Sebastian Eder and Mr. Herbert Grandler, mayors of Hochfilzen and Fließertal.

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 Mayor General then officially inaugurated the event, uttering the traditional formula: “I declare the 50th World Military Ski Championship open.”
World Class in Biathlon

The first Nordic competition was carried out in the biathlon centre of Hochfilzen military training area. The conditions were very poor, as there was snow at first, which later 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 10 km biathlon sprint event, while Germany's Nicole Gruber was victorious in the 7.5 km 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 organizers, the Hochfilzen Army Sport Club (HSC) and Hochfilzen military training area were able to provide a well-prepared skiing circuit.

A large number of participants – 40 women and 85 men – entered the race and faced the highly demanding world cup courses. Vincent Vittoz (France) beat Tobias Angerer (Germany) and Alexander Gö (Norway) to gold to successfully defend his title in the 10 km men's cross-country event. In the women's 10 km event, Germany's Evika Šifko prevailed over French rivals Marine Laurent, Philipp, and Sandrine Bailly.

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

The patrol race is a classic team event over 26km (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 Ski World Cup circuit to produce a win and upset French favourites who finished second. Norway won the bronze medal thanks to the combined advantage of competing on home turf, putting together a flawless shooting performance and running to excellence. The defending world champion, Germany, finished an unimpressive fourth. In the women's competition, Norway also prevailed after a thrilling and exhausting race, leaving behind Germany as well as the unsuspecting French champions.

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 went to France, followed by Germany and Italy. In his address, the CISM Representative, Colonel Stefan Morgineanu (Romania) thanked the Austrian Armed Forces for organising the championship in such an excellent manner.

Major General Dieter Keidecker, 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.

50th World Military Ski Championship

31 March - 5 April 2006
Hochfilzen and Fieberbrunn - Austria

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

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

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

Participation:
255 athletes, 138 officials,
Participating countries / Pays participants (23):
Azerbaijan, Belarus, Croatia, Czech Republic, Spain, Estonia, Finland, France, Germany, Italy, Latvia, Lebanon, Lithuania, Macedonia, Norway, Pakistan, Poland, Romania, Russia, Slovenia, Switzerland, Slovakia, Sweden.

Results

Giant Slalom women
1. Kjet BAUMANN Romed (AUT)
2. CarScCr OPLER Michael (ITA)
3. Slt JIRAK Carlo (SVI)

Giant Slalom men
1. Kjet BAUMANN Romed (AUT)
2. CarScCr OPLER Michael (ITA)
3. Slt JIRAK Carlo (SVI)

Cross-Country 10km men
1. NC. STEHLE Eric (GER)
2. Col LAURENT Philippe (FRA)
3. Sgt BALLY Sandrine (FRA)

Cross-Country women Team
1. Norway
2. Italy
3. France

Patrol 15km women
1. Norway
2. Germany
3. France
Hydrate to be great!

P

Portions of this text are not clearly visible due to the image quality. However, the text appears to discuss the importance of hydration in sports and the potential consequences of dehydration. The text mentions that athletes can gain weight during events and lose fluid, which can lead to muscle cramping, nausea, and other medical problems. It also notes that proper hydration is crucial for preventing dehydration during exercise.

Dehydration is a factor in a number of sports-related problems. Athletes are more likely to cramp and become injured when they are dehydrated. Recovery from workouts will be delayed if athletes fail to replace their fluid losses. Inadequately hydrated athletes are tired and will train and compete suboptimally. 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 can be your sense of thirst and if you wait until you are thirsty 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
48th CISM World Military Men's Basketball Championship

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, 99-86, in overtime. The weeklong tournament featured military teams from seven countries, including Canada, Latvia and Italy.

CISM President Italian Brig. Gen. (Dr.) Giovanni 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, 20 percent of the men and women that compete in the Olympics are military athletes.

Shooting guard Daniel Nwaelele, USA, small forward Gediminas Kubliauskas, Lithuania, shooting guard Hyun Jung Kim, Republic of Korea, and Bernard James, USA, also were named to the All-Tournament Team. James was also named the Most Valuable Player of the tournament “I love the comradeship,” 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 Labutta, 37th Mission Support Group commander. General Gola then received the flag and handed it to Lithuania’s chief of mission, Markus Kagauskas. Lithuania will host the tournament next year. The Lithuanian team also finished second in the CISM tournament in 2006. 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.

48th CISM World Military Men's Basketball Championship

President of the Organizing Committee: Col. Robert Labutta (USA)

CISM Representative: Brig. Gen. Giovanni Gola (ITA)

President of the CISM Basketball Committee: Mr. George Schuefer (USA)

Participation: 83 athletes, 35 officials, 11 referees.

Participating countries:

North America: USA, Canada, Brazil

Europe: Italy, Greece, Latvia, Lithuania, Republic of Korea, United States.

Observer Nations:

Brazil, Italy, Japan.
A Development Centre in the Heart of Africa

Masai Ewaso Niro, "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 fulfillment of a humble dream but also--more importantly--a giant leap for solidarity with our less-favored members.

Working in the founding fathers' giant footsteps—they initiated several clinics in Sweden (1934), Portugal (1956) and Italy (1977)—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)—worldwide, CISM took its pilgram's staff to position itself in the less-favored 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 organization, solidarity is not merely a word and 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. A step remained to be decided was the selection of priority sports that would benefit from the new knowledge centre. CISM Secretary General Colonel Van Meurs actively sought to identify the happy few in close cooperation with Lieutenant General Touvi and Colonel Khalilah. Boxing and athletics were emerged as the Kenya's top sports 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 Africa Liaison Office (ECALO) and the University of Nairobi and together they fostered 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—medical, medical and sporting support for 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 research. The CISM authorities appointed ECALO Chief Lieutenant General as another step to wear muscle on the Centre on behalf of our organization.

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 Sanchez, 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 Akasa. Trained by Augustine Mutuku and Ali Khadzi—themselves CAD clinic graduates—their coaches also qualified for the all-important Olympic Games by winning gold and silver respectively at the Olympic qualifier organized 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 Clinic. 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 Sage, Ghana, and Mr Bobby Gaselwiesen of Botswana. They were assisted by Mr John Velikan, Director of the local IAAF Regional Development Centre.

At the end of the clinics and following advanced examination, all participants were awarded an IAAF and CISM certificate.

Nairobi, a source of cool, clear waters for new projects on other continents? The odds are that the CISM authorities and its President, General Gianni Dal, will strive to promote the emergence of more such Centres. Memorable projects breed more ambitious projects within our organization—the CISM Day Run, mirroring the IOC's Olympic Day Run is already a great success.
The African Military Sport Organisation (AMSO) held its first General Assembly in Algiers, Algeria, between 19 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 Delegates 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 debates on military sport in Africa, CISM President General Galle (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. Gamri, 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 Hamad Kallaba Mboloum, 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 (CAMFOOT) will be held between 1 and 14 December 2008, Nigeria will host the 2nd African Military Games in 2009, Algeria will organise CAMFOOT in 2010 and the Republic of South Africa offered to host the 3rd African Military Games in 2011. The African Military Sport Organisation decided to meet again in Libya in 2010.

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1st General Assembly of Military Sport in Africa

The world of military sport
Le monde du sport militaire

VERSION FRANÇAISE