

ORIENTEERING WORLD

1994 NO. 1

JANUARY



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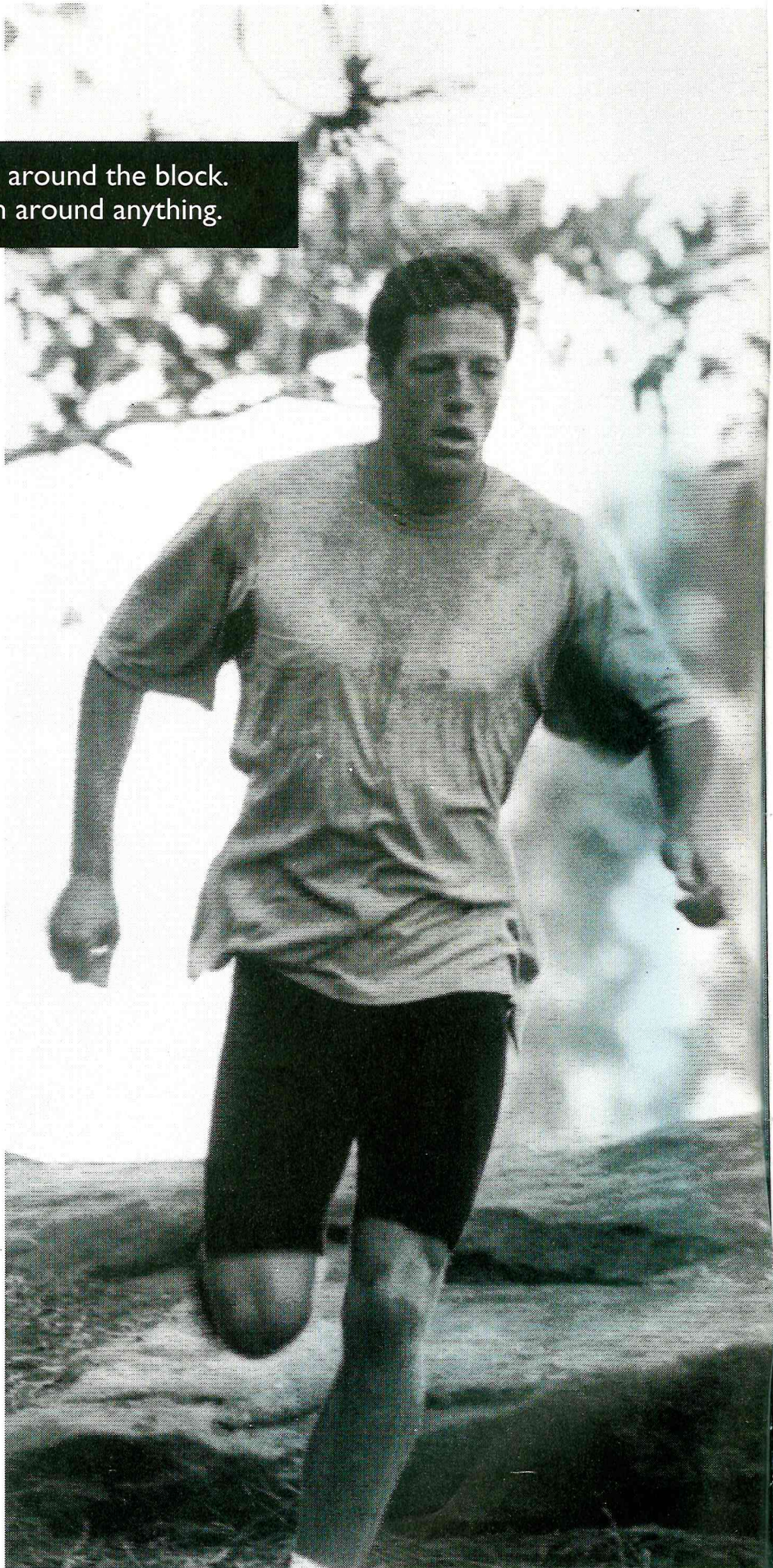


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ORIENTEERING WORLD

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INTERNATIONAL ORIENTEERING FEDERATION



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Tel. (46) 8 35 34 55

Fax (46) 8 35 71 68

Editor-in-Chief : Lennart Levin,
Secretary General, IOF

Editor : Clive Allen

Editorial Address : Tyttbærvej 3, Sejs,
DK-8600 Silkeborg, Denmark.

Tel.: (45) 86 84 55 02

Fax: (45) 86 84 65 04

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address, or the IOF Secretariat.

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PUBLICATION NOTES

All **contributions** should be sent to the Editor to arrive not later than the deadlines listed below. Text and graphics may be sent on floppy disk - ring first to check compatibility and also send printed copy.

Readers' letters and photographs for publication are welcomed.

Permission from the Editor should be sought prior to reproduction of articles or photographs.

Outside the 'IOF News' section, opinions expressed by Orienteering World's Editor and contributors do not necessarily represent I.O.F. policy.

| ISSUE | PUBLICATION DATE | CONTRIBUTIONS DEADLINE |
|-------|------------------|------------------------|
| 94/2 | 25 March | 28 February |
| 94/3 | 25 May | 30 April |
| 94/4 | 13 July | 13 June |
| 94/5 | 21 September | 26 August |
| 94/6 | 23 November | 28 October |

COVER PHOTO: Italy awaits the Ski-O stars

photo: Gianni Zotta

Editorial

Grasping the Nettle of Elite-level Publicity

The topic of publicity features strongly in this issue of *Orienteering World* - and it could well become one of the IOF's dominant themes in 1994. Sue Harvey on page 8 spells out very clearly the link between orienteering's ability to sell itself, through the media appeal of competitions and public recognition of the 'stars', and the funding which comes to the sport and its elite through sponsorship and national support. There have been some fine local initiatives - the Nordic Relay League seems likely to be the latest of these. New sponsorship, most recently from K-Swiss, and good publicity have been generated by the steady development in profile of the World Cup series.

However in many nations there has been little progress in improving recognition or knowledge of our sport, and in the recent years of Western economic recession the amount of sponsorship attracted by orienteering has actually declined in some countries. Whilst the responsibility for tackling this situation lies very largely with

individual national federations, the IOF also has a key part to play because it is the competitions between nations or their representatives on a world-wide level which can attract the most attention from the media. Have we found a televisable form of the sport which adequately retains its essential characteristics? It would seem not, although perhaps we are getting close to it with the 'one-man relay' form of event. Are we providing a consistently attractive world fixtures programme? World star Petter Thoresen said not in his article in *OW* 93/2.

Some new models for the IOF events programme were discussed at the President's Conference in October and will be presented for debate at this year's Congress in June. Following up the argument above, these new models should be examined against the criterion of giving our elite stars adequate opportunity to take part in a media-orientated series of events, hopefully televised for potential world-wide distribution, every year. A lot of work needs to be done; perhaps the IOF should include, in the new structure also to be debated at this year's Congress, a Working Group with the specific brief to tackle all aspects of this question.

And what about *Orienteering World's* role in reporting and giving results of elite

performances? Read Bill Melville's letter on page 18 and write in with your views!

With an eye to the forthcoming application for inclusion in the 2002 Winter Olympics, ski-orienteering will be setting out its stall and hoping for fine conditions and good publicity at the World Championships next month; keen competition for the medals is assured. The Italian organisers have been working hard on their publicity, and the signs (see page 4) are encouraging.

Orienteering could have done without one piece of publicity - the positive doping test at the World Championships, reported on page 10, which has led to the disqualification of the Norwegian women's relay team. The Norwegian Federation has expressed strong regret for what has happened whilst stressing that runners, having been made aware of the doping rules, are then responsible personally. It cannot be stressed too often that even some of the most common medicines contain banned stimulants and must be avoided by athletes preparing for serious competition.

This issue contains a lot of publicity for major events in 1994; travel to compete in foreign terrain is certainly still a growth area. Happy planning!

Clive Allen

AROUND THE WORLD

Leading Scandinavian Runners Retire

Missing from the Swedish elite squad in 1994 are the names of **Marita Skogum** and **Kent Olsson**, both of whom have decided to retire from elite competition after 10 years at the top. In his final World Championships in the USA, Olsson with his 4th place in the classic distance race narrowly failed to equal Norwegian Öyvind Thon's record of 8 WOC medals. He was Individual World Champion in France in 1987. Skogum was 2nd to Annika Kringstad in the Individual race in the 1983 WOC in Hungary and a member of that year's winning Relay team, and then achieved Individual Gold in 1989 and 1993.

Rolf Vestre, 5th in the 1993 WOC Classic race, has also announced his retirement from top-level competition. He gained a Gold medal as a member of Norway's winning relay team in 1989.

Nordic Relay League takes in Top Events

After a successful trial year in which NTHI (Norway) finished as top club, the Nordic Relay League in 1994 will be based on four of the world's top relay events:

Spring Cup in Denmark
10-mila in Sweden
Jukola Relay in Finland
Norwegian O-Festival

Open to club teams from throughout Europe, the Nordic Relay League aims to help improve the media awareness of orienteering as a serious international competitive sport.

The organisers have engaged a top sports marketing firm to find sponsorship which they hope will lead to prizes of value 100,000 Swedish Kroner - the highest ever in orienteering history.

Expansion in Spain

A new Regional Federation, the Valencia OF, has been established to cover the provinces of Castellon, Valencia and Alicante along Spain's east coast.

Teaching orienteering to children and old people, including basic use of map and compass, is made easier from now on for Spanish speakers with the recent production of a new O-video in Spanish.

As in previous years, there is a full programme of international events and training opportunities in Spain and Portugal this spring - see the fixture list on page 19.

Miguel Borrero has retired as President of the Spanish Orienteering Association (A.E.C.O.). He was given a big present at the General Assembly in November in recognition of his many years of service to A.E.C.O.

Skogssport's World Rankings

Dominated by the World Championship results but taking into account performances throughout the 1993 season, the Swedish O-magazine *Skogssport* has named **Marita Skogum** and **Petter Thoresen** as no. 1 in their rankings for 1993. The top 10 (1992 position in brackets) are:

WOMEN

| | | |
|--------|---------------------|---------------|
| 1 (1) | Marita Skogum | Sweden |
| 2 (10) | Anna Bogren | Sweden |
| 3 (8) | Eija Koskivaara | Finland |
| 4 (2) | Yvette Hague | Great Britain |
| 5 (9) | Annika Viilo | Finland |
| 6 (-) | Marlena Jansson | Sweden |
| 7 (7) | Ragnhild B Andersen | Norway |
| 8 (-) | Kirsi Tiira | Finland |
| 9 (-) | Torunn Fosli | Norway |
| 10 (4) | Anette Nilsson | Sweden |

MEN

| | | |
|--------|-------------------|---------------|
| 1 (2) | Petter Thoresen | Norway |
| 2 (3) | Allan Mogensen | Denmark |
| 3 (5) | Jörgen Mårtensson | Sweden |
| 4 (-) | Timo Karppinen | Finland |
| 5 (-) | Steven Hale | Great Britain |
| 6 (4) | Martin Johansson | Sweden |
| 7 (-) | Jon Tvedt | Norway |
| 8 (-) | Kent Olsson | Sweden |
| 9 (-) | Rolf Vestre | Norway |
| 10 (-) | Dominik Humbel | Switzerland |

Spring Cup Sets New Target

The Spring Cup, organised by the Hillerød club in Denmark over the weekend 18-20 March, again promises to set an exciting start to the European season. This year's target is to have 20 national teams present; Finland and Switzerland have notified that they will be sending their top teams for the first time. As in the past there will be special provision for runners from Eastern European countries wanting to take part.

A night Sprint is followed by a classic-distance race, and the climax of the weekend is the Relay, which forms the first leg of the 1994 Nordic Relay League.

Souvenir Issue of *ONa*

A special World Championships souvenir edition of *Orienteering North America* has been published, containing many articles on the Championships and lots of colour photos.

Also included are copies of the two Individual Final maps overprinted with courses and, from the Classic race, the routes of the men and women medal winners.

Copies of this special issue can be obtained, price \$5 inclusive of postage and packing, from SM & L Berman, 23 Fayette St, Cambridge, MA 02139, USA.

More Grants for Trail O

The international fund Sports Disabled has provided a generous grant to enable **Anne Braggins**, Chairman of the IOF Trail O Group, to spend three weeks running introductory clinics in Australia in February. Support is also being given by the Australian and British Governments. She will spend one week in each of Melbourne, Canberra and Brisbane.

The European Community is supporting a Trail O weekend primarily designed for competitors from EC countries to be held in the south of Belgium on June 18/19.

Gaining Help a Continuing Problem at World Championships

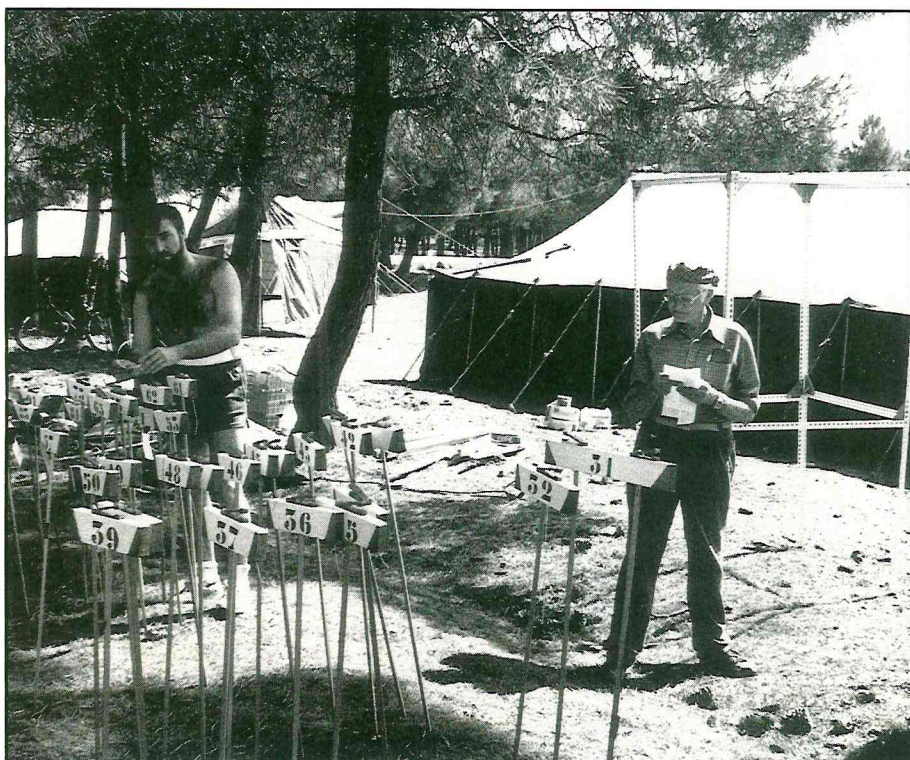
Comment in the World Championships editions of both *Orienteering North America* and *Compass Sport* focuses on the extent to which some competitors asked for and received help during the competition or simply followed other runners.

ONa argues in a strongly-worded editorial that the jury should have taken action on the infringements reported by control monitors, especially as competitors had been reminded of the relevant rules. The jury's attitude was, according to *ONa*, that since not all cases of competitors seeking support could be observed, no one should be punished.

The problem of following is, of course, harder to deal with. Roger Lott has done a detailed control-by-control analysis of the Classic race and reports in *Compass Sport* that in the second half of the course nearly half of the runners were not alone.

According to Roger the longest 'tow' - someone following a second or two behind another - was from control 3 to 14 in the men's race, the offending runner not being dropped completely until the penultimate control. A tow from control 5 to the Finish in the women's race - the offender winning the final sprint - is also reported.

The results of the analysis can be had on disk for either Mac or PC from Roger; send a formatted disk and sufficient return postage to Roger Lott, 27 Clifton Road, Chesham Bois, Amersham, Bucks., U.K. HP6 5PP.



The 'founding father' of orienteering in Spain is Martin Kronlund, seen here (right) in 1992 checking equipment prior to the 2-day international event established in his name

The 1994 World Championships in Ski-Orienteering takes place at the beginning of February in the upper part of Valle di Non in Trentino in northern Italy. This beautiful natural amphitheatre surrounded by famous mountain chains such as the Maddalene and the Dolomite group of Brenta and well-known peaks such as the Macaion, the Roen, the Luco and the Peller is the ideal stage for this event. Because of the many gentle slopes covered by coniferous woods, the Valle di Non is a perfect place for ski-orienteering.

Italy welcomes the best in Ski-O

The Opening Ceremony on 1st February is followed by the long distance event on the 2nd., the short distance race on the 4th. and the relay on the 5th. The race areas are situated between 1,300 and 1,930 metres above sea level and the longest course (following the shortest route), the men's individual long distance, is 25.0 km. The map scale is 1:15,000 with 5m contour interval for all races.

Sixteen nations, represented by 136 competitors, had sent in provisional entries by the deadline for Bulletin 3.

The Italian Federation and the organisers have worked hard to set up good Press facilities and to obtain sponsorship and support from local firms and communities. The Italian national TV network RAI has agreed to give about 25-30 minutes to each of the three races, and two other stations will transmit short extracts. A special video service will provide film of the races for Italian and foreign broadcasting stations and all participating Federations within 3-4 hours of the races finishing. Good contact with national and local magazines and newspapers has been made.



An interesting new initiative is an agreement with the Italian Ministry of Post and Telecommunications to put a big figure of 'Oskey' (the event logo, as above) in 100 of the most important post offices in major Italian cities; on the figure of Oskey there will be a pocket in which will be placed brochures describing the World Championships, the sport of orienteering, and Val di Non. It is the first time that the Ministry has given permission for such an initiative. The same thing will be done on the major news-stalls in these cities. At the Championships there will be an exhibition of sport philately, and a special stamp cancellation design will be used during the days of the Championships.

A Ski-O World Championships 'Who's Who'

IVAN KUZMIN picks out a few of the names to look out for in Val di Non

Vidar Benjaminsen (Norway) was going to end his career after two Individual gold medals and a Relay bronze at WOC 92 in France, but has decided to go on until WOC 96 in Lillehammer. One of the main reasons for this is the stipendium from the Norwegian organisation for elite sportsmen 'Olympia Toppen'. Vidar was training very well last summer and competing in roller-ski races. He gained a very impressive second place in "Rullvasa" - 80km. on roller-skis. Vidar was beaten by just 2 seconds in the finish sprint by roller-ski World Champion Staffan Larsson. This winter Vidar was second to Lars Lystad in "Mästarmöte", the competition between national teams of Finland, Norway and Sweden, and won one of the selection races in Norway.

Pål Rise (Norway) is a new name in the Norwegian team. Pål was doing cross-country skiing before starting ski-O and is still among the 15 best skiers in Norway! Since last year Pål has improved his ski-O technique and he even won one of the selection races.

Lars Lystad (Norway) got a stipendium from 'Olympia Toppen' after his 2nd place overall in the '93 World Cup, which allows him to train much more. Lars won "Mästarmöte" in December and seems to be better prepared physically than before.

Andreas Edvardsson (Norway) had a very good season in '93, winning the Pre-World Championship short distance race and finishing 10th overall in the World Cup. This season in December Andreas had a serious problem with his legs, but it seems as though acupuncture helps him much the same as the Chinese women runners, so he'll be in order for Italy ...

Kjetil Ulven (Norway) had a cancer problem after the '93 World Cup and underwent an operation in the spring. He recovered very quickly and won one selection race in December. Kjetil has the spirit to do well in short distance races and the first legs of relays.

Hilde G. Pedersen (Norway) was a member of the Norwegian cross-country ski team in the 80's. Her best individual result in skiing was 2nd place at the Junior World Championships. Today Hilde is the best in the wom-



Pepa Milucheva (Bulgaria) and Italian star Nicolo Corradini will be striving for WOC medals



Finland, Norway and Sweden have traditionally taken the top placings in Ski-O, just as in summer orienteering. Will Scandinavian dominance prevail, or can the stars from Russia or the Baltic States, or maybe the Italians on their home ground, break the mould? A great week of sport is in prospect!

en's team after much improvement in her ski-O technique. This winter she won "Mästarmöte" and one selection race.

The Norwegian women's team won the relay competition at "Mästarmöte"; they have a big chance of improving on their 3rd position in the WOC 92 Relay in France.

Bertil Nordqvist (Sweden) was very close to a medal in France and will be trying to do even better in Italy. He has improved even more as a skier in the last year. This winter Bertil won the long distance event in an international race in Finland in November and was 3rd in "Mästarmöte". Since then he has been 'in the shadows' in all the selection races in Sweden!

Björn Åkesson (Sweden) is very well prepared this winter. He has won all (!) the selection competitions so far. Björn reminds me of Anders Björkman, the way in 1990 he won all the selection races in Sweden and then won WOC too - but the World Championship was in Sweden that year. Björn is training very seriously and professionally even though he has to pay most of his training expenses himself. In the autumn he attended some training camps at high altitude. Björn is religious in outlook and that probably gives him extra balance in his soul!

Annika Zell (Sweden) had a difficult summer with sickness and problems with her job. She didn't do well at "Mästarmöte" but she has won all the selection races in Sweden so far. So what does this mean? Are the other Swedish girls so bad or is Annika training up very fast? On 29th January in Italy we will find out if Annika can retain her World Champion title.

Nerius Shulchis (Lithuania) is a very rapidly improving ski-orienteer. On a few occasions he was amongst the 10 best in the '93 World Cup stages, and he was 2nd behind Ivan Kuzmin in the North America Ski-O Open Championship last year. Nerius is a highly motivated athlete and gets good support from his team.

Nikolai Bondar (Russia), silver medallist in the '92 WOC Relay and winner of one World Cup stage in 1993, was seriously ill with meningitis in June. Some people can hardly work after that but Nikolai is 'back in business' and achieved good results in the selection races in Russia.

Ivan Kuzmin (Russia) is a 'Swedish Russian' living in Sweden who gained 2 Individual bronze medals and a Relay silver at WOC 92. He was going to quit after that because of the difficulty of improving without financial support and contact with team mates, but started training again last August.

'One Man Relay' system - a hit in Syktyvkar

The format of the annual Syktyvkar Ski-O Week was described in *Orienteering World* 93/1. Syktyvkar - a town of 210,000 inhabitants 1,350km north-east of Moscow - is capital of the Republic of Komi, a nation of people with a culture similar to that of the Laps in Sweden and Finland. The area of Komi is equal to that of France, but Komi has just 600km of asphalt roads! Unfortunately Komi has not fought for its independence, or we could get one more ski-O nation in the IOF.

Probably because of the scary events in Moscow at the beginning of October, there were not as many nations participating as last year - just the Bulgarian,

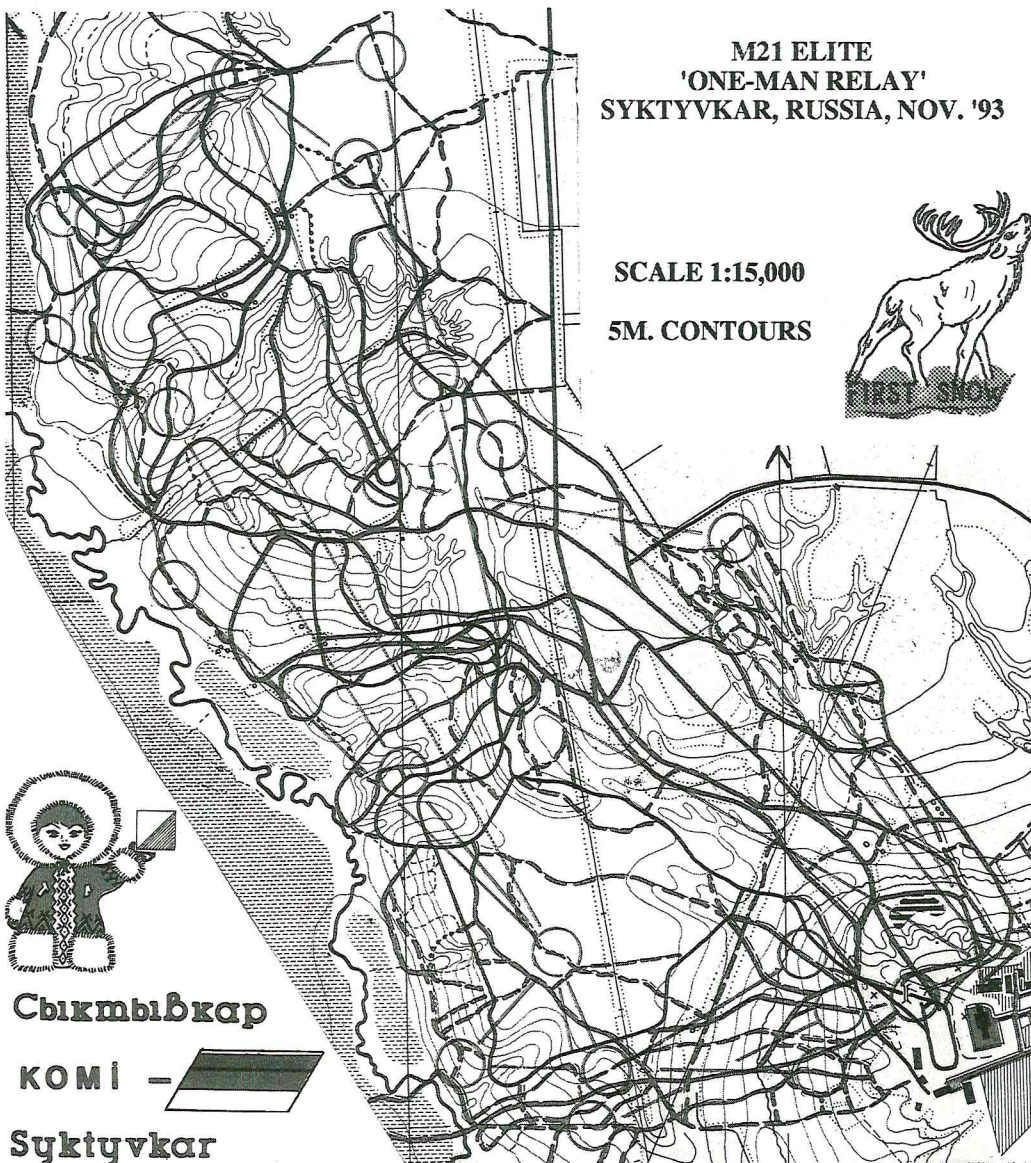
Estonian, Lithuanian and Russian ski-O teams, plus clubs from all parts of Russia. Even so it was an impressive 95 men and 71 women who lined up in the elite classes for the mass start of the classic distance.

Vladimir Golov, Race Director, visited the World Cup races in Sweden last year to study the 'One Man Relay' system (see *Orienteering World* 93/1), and a successful and exciting classic race took place using this system. In the women's race, Bulgarian team member Pepa Milusheva (75-13) won impressively with an almost 6-minute margin from Natalja Frei of Russia (81-11), with Svetlana Rakhimova (Russia) 3rd (83-06) just ahead of Maret Vaher

(Estonia). In the men's class Russian national team members took first 3 places: 1st Anatolii Krilov 91-15, 2nd Nikolai Bondar 92-52 and 3rd Victor Korchagin 92-59.

Elite classes in the Sprint were won by Pepa Milusheva (by almost 5 minutes) and Ivan Kuzmin, who suffered a broken ski-pole in the classic race. 32 men's and 24 women's teams competed in the Relays, won by the Russian men's national team and a women's team from Moscow (which beat their national team!).

The Syktyvkar Ski-O Week is held in late November each year. Welcome to the 1994 edition! **Ivan Kuzmin**



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FURTHER INFORMATION & ENTRIES:

**ANORT, Mr. Candido de Oliveira, Rua G, Bloco 1, R/C,
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H/D 16 H21E
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Shorter World Championship Relays?

The swiftness of the relays in the World Championships last October should serve as a model for the future, writes **GEIR TVEIT**, the IOF Technical Committee Chairman

I think all of us, including myself as the IOF Controller, were surprised by the speed of the runners in the World Championships courses in the Harriman State Park last October. Particularly, I was impressed by the way Anna Bogren in the short distance and Stan Hale in the relay hovered above the stony ground of the beautiful American forests.

but to see the runners live in action more than we did in the USA is difficult unless the courses offer too little challenge to the runners. Therefore I believe it is of the utmost importance that the relay can be a real thriller.

With the course lengths in the present rules and the spread of the capacity of the participants

relay, we knew that the range in capacity of the teams is wide. And the rocks and stony ground would tend to favour the Scandinavians - the presumed best. So, the courses should not be long and difficult.

The major limiting factor in the technical field for WOC 93 was the lack of possible finish areas. So we had to give up any idea of letting the spectators also see each relay runner in the middle of her course. The 'dead' running would have been too long. But given these circumstances, I think Steve Tarry did an excellent job in finding the smooth, fast runnable corridors in the terrain he had at his disposal.

In hindsight, one might criticise us for overdoing it. After all, the deviations from the winning times in the rules were considerable. I take the responsibility for this and accept possible criticism. However, I will propose that we adopt this swiftness of the World Relay Championship for the future and change the rules to shorter winning times.

My opinion is that 40 minutes for the women and 55 minutes for the men per leg are enough. Since we got the short distance as the third discipline in the WOC week, the programme is tough enough for the runners. And I am convinced that the spectators will benefit. And the best will still win.

Editor's note:

Winning times per leg in the present rules are 50 minutes for women and 65 minutes for men.



A proud moment for IOF President Heinz Tschudin, as he presents gold medals to the winning Swiss team in the USA photo: JCA

Even if the course planners expected higher speed than I did prior to the competition - and won our internal fight on that issue - the performances of these two and other top runners also exceeded their expectations. Finding the right course lengths in terrain types like this which are so rarely used by the world elite is an important and interesting subject. Anyhow, I'll let it lie here and discuss the style and winning times of future relay courses instead.

The WOC's classic distance is not very exciting to watch. Even in sunshine it is a lengthy show. And I don't think it can offer more excitement, until we take electronic and radio transmitting technology into use in the forest. The short distance is shorter also for the spectators,

in a World Championship, the relays will too often be a bit of a bore to watch. In Hungary in 1983 there was a fast relay with a lot of excitement for the spectators. Some runners might have thought it was too easy orienteering. And for the relay in USA last October that comment reached me. The interesting thing is that the critical comments came from Norwegians and Swedes. And what did Rolf Vestre and Jörgen Mårtensson do? They missed, with the high speed.

Before the championships, the course planners and I agreed on the point of trying to shape exciting relay competitions - exciting for the spectators as well: meaning we had to offer fast and not too long courses. Particularly in the women's



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Orienteering is Hiding in the Woods

says IOF Vice President SUE HARVEY



From a marketing point of view, any sport has two main markets: potential participants and the spectators/media. In most countries of the world, orienteering has been poor at reaching either of these markets. The reasons are easy to see. As John Pearson wrote in the last issue of *Orienteering World*, orienteers **like** hiding in the woods.

In this article I look at the effects of hiding our sport.

If we examine why orienteers are not good at coming out of the woods and displaying themselves, I think the philosophy is well summed up by Lisa Veijalainen in her book 'Green Routes' when she describes the importance for her of the spiritual experience of competing alone with nature. The kind of people who go orienteering tend to be thinkers (mathematicians, scientists etc). Few orienteers come from the flamboyant professions - marketing, show business etc. It is therefore not surprising that although most orienteers believe their sport to be 'the best', we are singularly ineffective at telling the world how wonderful it is.

Perhaps for some the biggest barrier to embracing marketing wholeheartedly is a deep fear that it inevitably leads to an uncontrollable commercialisation which

would destroy our forest solitude. This year's General Assembly of International Sports Federations focused on just this question. I came away convinced that there is enough experience to draw on worldwide and across all sports for a well managed sport to negotiate round the dangers, considerable though they can be.

It is worth making the effort to do this, because a lack of marketing condemns us to a chronic shortage of cash. Federations complain of lack of money to send teams to international events, clubs complain of the high cost of map making, individuals of high entry fees. In the IOF we lack money for development, for controlling work to ensure technical standards, for our Secretariat, and to involve smaller poorer nations in IOF work. A satisfactory future for our sport depends upon sufficient money coming in. That depends on the successful servicing of both of our two markets, participants and media.

Participants

In marketing terms our failure to effectively service our first market (participants) results in fewer customers, fewer 'sales'. The effect is not evenly spread, however. In most countries we fail to attract large numbers of women into the sport. In European countries we attract few from the ethnic minorities. And in general, people from the disadvantaged sectors of society rarely go orienteering. Less developed countries are almost absent from our membership. (One should add that some of these problems affect other sports too.)

The essence of marketing is to find out what your customer's needs are and to offer a product which meets those needs. We are good at providing a product which meets the needs of our traditional customers. But we have adapted the original formula very little over the years.

Meanwhile the world changes and, recognising that the essential concept of orienteering - moving with a map - is of wide appeal, we should ask ourselves whether we can also cater for other potential customers. Orienteering has been done on skis for years. Why not embrace enthusiastically orienteering on bikes? Modern

youngsters are attracted to the flash and technology of the mountain bike. Except, I believe, in France and Spain these potential customers are going elsewhere because we have shown little interest in working with them to develop a product which meets their needs.

We have adapted our product to suit the disabled by developing Trail O. We can never cater for all possible market sectors. However, I think we could do more to circulate good ideas internationally and to develop innovative concepts and thus ensure that we offer a variety of products that meet the needs of an expanding range of customers.

The Media

Regarding our second market, the media, it is time to look again at the product we offer. The need for the sport to reach the media more effectively has been recognised for a while. We have a Media Group within the IOF Development & Promotion Committee, and we set up the World Cup with increased media coverage as one of its original objectives. We should continue to make small changes that enhance spectator appeal (and thence attraction to the media).

We must not let the difficult task of finding a televisable form of orienteering defeat us. We made a start by introducing sprint orienteering. While awaiting appropriate development of electronic tracking (which has transformed the public appeal of yacht racing) we must pool other creative ideas across borders and make use of schemes from other sports. 3-Day Eventing (on horses) has been successfully adapted for TV. Some of the problems overcome are similar to ours and their experience might point the way to a solution for us.

Publicity First

There is, meanwhile, a need to avoid confusing publicity with commercialisation. Commercialisation, where a sport is spoilt by uncontrolled commercial involvement, is to be avoided. Appropriate commercial partnerships are quite another matter, however, and can bring in substantial finance.

But it is to put the cart before the horse to begin with sponsorship as an aim. Our task would be much easier if we did better on the publicity side FIRST.

We need to give full weight to the benefits of well handled PR. By PR I mean publicity in all its forms - TV, newspapers, word of mouth, magazines, reports, conferences, and publicity achieved through a presence in national and international sports organisations, and in multi-disciplinary Games - all the channels that form the information network of modern life.

The Benefits of Good PR

The Veteran World Cup in Tasmania was a fine example of how good PR can bring the advantages of state and commercial funding and enhance relations with the land owners and local community. Seeing these worthwhile benefits can lead us to change our attitude from hostility to the media as interference in our silent forest solitude towards welcoming them as our front to the world.

Publicity, in making a sport well known, also has a profound effect on the rewards gained by leading athletes. As in other sports, top orienteers must spend hours in daily training, and must sacrifice most other activities for years. Yet when all this effort is finally rewarded in victory - and the real pinnacles of victory come to any one individual only a few times in a lifetime - they find that, except in the Nordic countries, their achievement is probably not even mentioned in their national newspapers. That the competition be fair, so that the best orienteer wins, is vitally important, and it is right that we in the IOF should spend much time trying to ensure the technical standard of our events. But also important for the long-term health of the sport is generation of the publicity that should accompany a victory as just reward for the huge effort put in.

And if our sport is to be world class in terms of athletic performance, we must accept that few orienteers will reach the top and also occupy jobs commensurate with their abilities. Financial support must therefore be available. This is only possi-

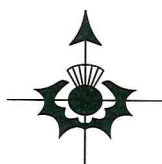
ble if the sport generates the publicity necessary to have money circulating within it which can by one means or another reach the athletes.

Higher Profile

Publicity is not a panacea to solve all our problems. And we cannot work a miracle overnight. But, outside the Nordic countries, there is much to do if we are to increase the visibility of the discipline. Orienteering must become a higher profile sport if we are to get the funding which we need. Paradoxically, it is by bringing the sport out into the open that we shall have the resources to ensure its essence remains intact so that future generations can enjoy 'hiding in the woods'.

Like all the best TV dramas, this is a serial. Editor permitting, I shall explore some thoughts on the practical implications of this in the next issue of this magazine. Meanwhile, whether you agree or disagree, do write to *Orienteering World* with your ideas. It is through lively open discussion that we can find the best way forward.

VETERAN WORLD CUP ORIENTEERING



Aviemore, Scotland
August 1-5, 1994

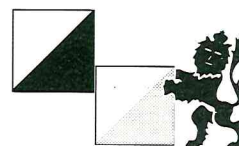


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IOF NEWS

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First Ever Doping Case at 1993 World Championships

As has been previously mentioned in a circular to all member federations, the drug test procedure revealed that a female orienteer had used medicine appearing on the list of banned substances.

According to a report from the Department of Pathology, Sports Medicine Drug Identification Laboratory, University Hospital, Indianapolis, Indiana, USA, the urine sample of the competitor contained *phenylpropanolamine* which is one of the banned stimulants according to the list of prohibited drugs established by the International Olympic Committee.

In view of this, the IOF Council disqualified the competitor in question, Torunn Fossli, Norway. It follows from this that the Norwegian women's relay team was also disqualified in toto.

The amended result list of the Women's relay reads as follows:

| | |
|-------------------|--------|
| 1. Sweden | 168.48 |
| 2. Finland | 176.59 |
| 3. Czech Republic | 180.29 |
| 4. Russia | 190.47 |
| 5. Switzerland | 191.11 |
| 6. Denmark | 191.50 |
| 7. Hungary | 192.21 |
| 8. Great Britain | 192.37 |

It is obvious that this first regrettable case of positive doping at a World Championships in orienteering is not a case of any 'malicious intent' but rather one of carelessness on the part of Torunn Fossli.

In a very open and sympathetic letter to the IOF, Torunn assumes full responsibility for not checking whether the medicine (Rinexin) she took on two consecutive days prior to the relay appeared on the IOF list or not. In her letter, Torunn explains that she has taken Rinexin against rather frequent colds in the past without realising that the medicine contains a forbidden substance.

IOF Applies for Ski-O to Become Olympic

The IOF Council has decided to submit an application to the IOC for ski-orienteering to become part of the Olympic programme at the Olympic Winter Games in the year 2002 (organiser to be decided in September 1995).

The IOC recently changed its criterion for a sport to be included in the Summer Olympics from 'only sports practised in at least fifty countries and on four continents' to 'only sports practised by men in at least seventy-five countries and on four continents, and by women in at least forty countries and on three continents'.

This fact, in combination with the well-known problem of gigantism in the Summer Olympics (how to get rid of sports - not how to include new ones - is the issue) became decisive for the IOF Council in putting priority on ski-orienteering. Council is aware that the decision will not be

IOF SECRETARIAT

Box 76, S-191 21 Sollentuna, Sweden
Telephone: +46 8 35 34 55, fax: +46 8 35 71 68

Secretary General: Lennart Levin
Staff: Berit Pehrson, Karin Tibbelin

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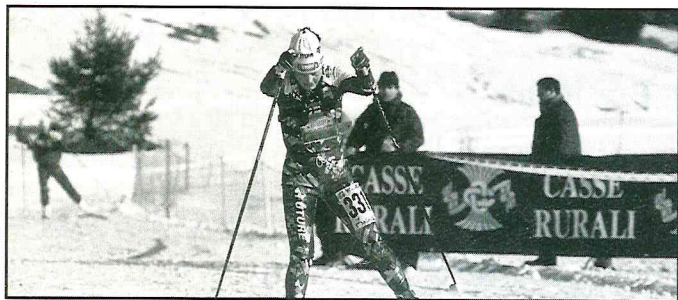
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| Italy | ITA | (* - associate members) | |



popular among the staunchest proponents of orienteering as an Olympic sport.

The application will be prepared by IOF's 'Olympic Project' (co-ordinator: Kalevi Tarvainen, Finland), and a pro-

fessional video introducing the sport of ski-orienteering will be produced to back the application. It will be submitted to the IOC Programme Commission in view of its meeting in April 1994. Let us keep our fingers crossed!



Ski-orienteering - soon in the Olympic arena? photo: Gianni Zotta

The IOF Congress: Call for Proposals

According to the IOF Statutes, proposals for the IOF Congress shall reach the IOF Secretariat at least four months before the Congress.

The General Assembly will be held on 24 June, which implies that proposals from Member Federations must reach the Secretariat by 24 February at the latest.

The IOF Council will then make a first scrutiny of incoming proposals at its meeting in Dresden 4-6 March.

To all Member Federations:

Seize the opportunity to influence what is going on in the orienteering world - voice your opinion!

10th Anniversary for Clinics at This Year's O-ringen!

Since 1985 the O-ringen organisation and the IOF have co-operated in organising clinics in conjunction with the Swedish 5-Days event. This tradition will be kept alive also in 1994; invitations have already been sent out to all Member Federations - check at the national office if you are interested in attending!

This year the following three clinics will be held:

The 'running' clinic 14-22 July

The development clinic 14-22 July

The trail O clinic 16-22 July
(note *not* 18-22 as previously announced)

The purpose of the **running clinic** is to improve the skill of young promising elite runners, the purpose of the **development clinic** is to gather leaders for discussion of practical ideas to develop orienteering from the 'grass-roots' upwards and, finally, the purpose of the **trail O clinic** is mainly to give the participants experience in organising events for disabled people.

The **venue** this year will be Hampnäs folk high school near the city of Örnköldsvik.

The **registration fee**, which includes:

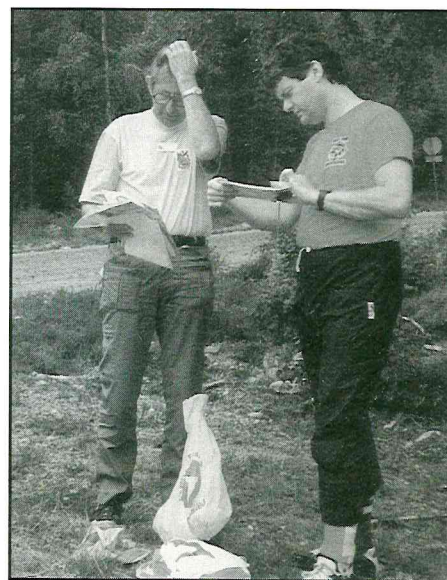
- board and lodging from the beginning of the clinics up to and including breakfast on Saturday 23 July,
- all necessary transportation (including to and from the events),
- study material,
- diploma and participation certificate,
- participation in the 5-day event,

is SEK 2,400 per participant.

Stipends: a limited number of stipends (covering 50% of the registration fee) will be available for participants from non-western-currency countries.



Learning surveying in the Clinic Centre grounds photos: JCA



A puzzling moment for development clinic leader Peter Palmer (left), in conversation with Chris Cassone (USA)

Registration for one of the clinics shall be sent so as to reach O-ringen or the IOF by **1st April**. Registration forms are available at all the offices of the IOF Member Federations. Please **NOTE** that your registration has to be approved and forwarded by your national Orienteering Federation.

These clinics have become increasingly popular - this year's anniversary will be no exception. Therefore, don't risk your participation by a late entry!



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Bertil Nordenfelt, 90, Awarded IOF Pin of Honour



Mr. Bertil Nordenfelt, well-known Swedish veteran orienteer who successfully competed at several major events in recent years - Masters Games in Toronto 1985 and Copenhagen 1989, Veteran World Cup in Sweden 1988, Hungary 1990, Australia 1992, just to mention a few - equally successfully celebrated his 90th anniversary on 8th December 1993.

Literally hundreds of representatives of various sports organisations paid homage to Bertil and his outstanding career in Swedish sports at a magnificent reception in downtown Stockholm hosted by Bertil. On the occasion Bertil was presented with the IOF Pin of Honour as a token of IOF's appreciation of his almost seven decades as a leader in national as well as international orienteering.

It is perhaps not known in all quarters that Bertil is one of the founding fathers of the IOF. Together with some Nordic colleagues, he drafted the first IOF Statutes which were then adopted at the historic meeting of 10 pioneering countries in Copenhagen 21-22 May 1961.

Bertil's plans for 1994 are to participate at the Swedish 5-day event - where he is also preoccupied as a most popular lecturer at the O-ringen/IOF Clinics - and at the Veteran World Cup in Scotland. A few local events will probably serve the purpose of warming him up for the two major tasks mentioned.

New Federation Presidents

The following three Orienteering Federations have informed the IOF Secretariat that a new President has been elected:

| | |
|----------|-----------------------|
| Estonia: | Leho Halna |
| Spain: | Jesus Gonzalez Garcia |
| Ukraine: | Valerij Glushchenko |

The IOF congratulates and wishes all three success in their important leadership roles!

The IOF Council meets in Dresden

The IOF Council will meet in Dresden, Germany, 4-6 March. A major part of the meeting will be devoted to preparation of proposals in view of the IOF Congress in June. For instance, Council will finalise its proposal regarding Structure, the matter so extensively discussed during the Presidents' Conference in USA in October. More particularly, Council will decide on a proposal for amendment of the present Statutes (implying, in principle, abolition of the present Committees and Working Groups), and on a plan for implementation of the 'new order'. Council will also go through its final proposal for a revised Events programme. Hopefully, Council will also have at its disposal a number of proposals from the Member federations for consideration.

At the meeting, Council will also draft a final budget proposal for the financial period 1995-96, including a proposal for

membership fees for that period.

Council will also go through an application - prepared by the 'Olympic Project' - for ski-orienteering to get on the Olympic programme in the year 2002.

As is always the case at the spring meeting, Council will decide about organisers of future championships in orienteering and ski-orienteering. The events at stake this time are
(a) *orienteering*: the Junior World Championships (1998) and the Veteran World Cup (1998);
(b) *ski-orienteering*: the Junior World Championships (1996) and the World Cup organisers in 1997.

Regarding organisers of the World Championships in Orienteering (1999) and Ski-Orienteering (1998), Council will consider incoming applications and prepare its proposal for decision by the 1994 Congress.

Among other items on the Agenda, the following may be mentioned: new punching equipment (proposal from the Technical Committee), mountain-bike orienteering and harmonisation of rules for IOF events.

A busy two days for Council in Dresden!

New IOF Publications

The following two publications are available from the IOF Secretariat:

Robin Harvey and Flemming Nørgaard:
Photogrammetry in Orienteering
SEK 25

Peter Palmer:
Developing Orienteering
SEK 15

Prices exclude postage and packing

You can read reviews of these two publications on page 14



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Electronic Punching

Member Federations and other interested parties are advised that IOF Council approval is required before control marking systems, other than the traditional hand punch, are used in official IOF events and other events included in the IOF Calendar.

Applications for approval should be submitted to the IOF Technical Committee for consideration. Applications should include a clear description of the proposed control marking system and documentary evidence of its trialling in elite competition, including the results of a survey of competitor reactions to the new system.

In recommending approval of a new control marking system to Council, the Technical Committee may direct that the system must be used in appropriate lead-up events before its use in a specific event. (For example, before its use in a World Championship, a new system will have to be used in *at least* the final Training Camp.) Applicants should bear this in mind and ensure that their application is lodged sufficiently in advance of the new system's proposed use.

IOF Technical Committee
Barry McCrae

Hi-Tech Group develops Calendar Database

At the Calendar Conference in conjunction with the 1993 WOC Hans Steinegger, SUI, presented a proposal for a new Calendar Database program. The idea is to include in the database all events which appear on the national fixture lists, regardless of category. However, in order to keep the data volume at a reasonable level, a set of criteria for inclusion may become necessary. Event information could then be distributed on diskette on request. In other words, the current paper version of the Calendar will become superfluous.

A theoretical, hopefully not practical,

stumbling-block may be the absence of computer facilities at some of the offices of the IOF Member countries. However, the IOF optimistically assumes that computer competence and sufficient hardware is available almost everywhere.

Council will decide on the Hi-Tech Group proposal at its meeting 4-6 March. Whether the new system will be in operation for 1995, or the old system will still prevail for that year, the IOF Secretariat will send out instructions to all Member federations mid-March.

Copies of the 1994 IOF Calendar, containing all this year's registered events and outline programmes for 1995 and 1996, are available (SEK 30,- + postage) from the Secretariat.

Historical Section

Bengt Saltin, former IOF President, renowned physiologist and still an active orienteer, sent the IOF the photograph below some time ago.

Its history?

Well, Bengt kindly informs us that he recently met a British research colleague at a conference in England. The researcher (whose name we don't know, alas) gave Bengt the photo and told him he had tried to introduce

orienteering in Cameroon, Northern Africa, when he worked there in 1969.

In the picture our anonymous friend is just about to send out a group of youngsters on a course (in what seems to be less than perfect terrain for orienteering, one might add).

To our knowledge, orienteering never caught on in Cameroon. But we may be wrong - any information on the matter will be appreciated!

Development Reports

Three reports on Development & Promotion Committee activities during 1993 are available from the Secretariat. Two are of development clinics held in South-East Asia - in Korea (see article in OW 93/6) and in Hong Kong. The third covers the 1993 O-ringen Coaching Clinic, where the theme was 'Orienteering for Juniors (16-19 years)'. All three reports cover the clinic programme in detail and contain a wealth of interesting material and comment, with experience and advice which could be of considerable value in many other countries.



REVIEWS

Developing Orienteering

by Peter Palmer

16pp A4 from the IOF

Orienteers from many parts of the world have gained from joining a development clinic run by Peter Palmer in places as far flung as Sweden (O-ringen), Hong Kong, Australia and Bulgaria. The IOF Development and Promotion Committee decided it would be very useful to find a way of spreading Peter's body of experience with developing orienteering nations to the rest of the O-world, and asked him to put his philosophy, thoughts, ideas and experiences down on paper. The result is the small illustrated booklet 'Developing Orienteering' just published by the IOF.

Starting with important maxims such as "keep it simple" and "doing is always better than talking about doing", Peter then describes 10 development precepts which he sees as fun-

damental to successful development. "Offer as many forms of orienteering as possible" he says, "and where an activity is popular, build on it." A strong advocate of the step-by-step approach to learning orienteering skills and the provision of courses appropriate for a competitor's skill and physical levels rather than age, Peter describes in detail how a successful orienteering club operates, giving examples especially from his own club and the coaching and competition structure in Great Britain.

Most orienteers will learn much from this booklet, and can confidently take to heart Peter's final words: "To you, the reader, I can thoroughly recommend the development path. As in making any route choice, keep the goal and its attack points clearly in mind, attack the terrain with determination, navigate skilfully and then the final achievement will give you the same exquisite thrills I have experienced. You too will discover that orienteering is more than a sport - it is a way of life."

Clive Allen

Photogrammetry in Orienteering by Robin Harvey and Flemming Nørgaard
32pp A5, published by the IOF, December 1993

This booklet has been produced on behalf of the IOF Map Committee to give all interested map makers and club leaders basic information on photogrammetry for orienteering maps. The aim is to give all that is needed to communicate intelligently with the specialists in this field and allow realistic anticipation of the quality of a photogrammetric base map.

To achieve a high level of accuracy and quality a specially commissioned photogrammetric plot is the only choice. On the other hand there are circumstances in which photogrammetry will not produce a satisfactory base. The stereo operator can only reproduce the detail that is visible on the photographs. With an area of mature, mixed woodland photographed in mid summer very little detail may be visible. To understand what is possible

through photogrammetry some understanding of air photographs and specialist stereo plotting equipment is required. The booklet, written by the acknowledged best experts on the subject, describes in a straightforward style the characteristics of air photographs and principles of stereo plotting.

There follows a useful chapter on how to choose the best aerial photographs for this purpose and the important things to remember when ordering a base map from a photogrammetry company. The final chapter describes the photogrammetrist's task of identifying the detail important to the orienteer, and how the limitations caused by tree cover, lack of shadow and so on need to be appreciated and allowed for by the field-worker.

The final summary emphasises that a photogrammetric plot is only a base map; a great deal of work is needed on the ground to turn it into an o-map. Anyone concerned to produce good-quality orienteering maps will learn a lot from this excellent publication.

Clive Allen

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6th SHAMROCK O-RINGEN

3-Day Event with Chasing Start on Final Day

July 22, 23 and 24 1994

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Day 1: Ballingearry, Co. Cork

Day 2: Ballingearry, Co. Cork

Day 3: Loo Bridge East, Co. Kerry

Day 1 (on Friday evening, start times from 5.00pm)

will be approximately two-thirds of normal length with a "Sprint-O" emphasis.

Days 2 & 3 will range from 2.5km (M/W10) to 10k (M21E)

Classes offered: M21E, L&S; M/W10-60 open; M/W 15,21,35N

1993 winners: W21E Una Creagh (3ROC, MEROC) Ireland,
M21E Alistair Landels (SYO) New Zealand

Application forms, accommodation information, etc. available from:

BERNARD & MARGARET CREEDON, MOUNT PROSPECT, DOUGLAS, CO. CORK, IRELAND

Tel: Int + 353 21 361824 (home) Int + 353 21 965600 (office) Int + 353 21 361825 (fax)

Entry Fees

Once again, entries will be accepted up to the event and indeed possibly on the day if maps and time slots are available. Entries are accepted on the understanding that competitors take part at their own risk

| | Before 1st June | After 1st June (Postmark) |
|---------------------|-----------------|---------------------------|
| ADULT | £6.00 per day | £8.00 perday |
| STUDENT (Full time) | £4.50 per day | £6.00 perday |
| JUNIOR (Under 18) | £3.00 per day | £4.00 perday |
| FAMILY* | £15.00 per day | £20.00 perday |

*Family consists of parent(s) plus children in classes M/W17 or younger.

Add £2.00 per entry form to cover programme, etc. Cheques, drafts, etc payable to "Shamrock O-Ringen 1994" Entries please to Bernard & Margaret Creedon as below

International Conference in Moscow

Report by Mr. Valentin Mylnicov (Vice-Chairman, Russian OF), Mrs. Irina Kuranova and Mr. Boris Lysenko

In mid-October, Moscow was for the second time the venue for an international O-clinic. The broad programme and the large numbers of intending participants turned the event into a conference instead; more than 200 people sent in an entry.

Of course orienteers are very brave people, but some of them were afraid of the Moscow putsch of 2-5 October and as a result there were only 146 participants, from 6 countries.

Dr. L. Prontisheva from Ukraine came to the conference with her interesting book 'Gold-mine of O-skills', and lectured on the same theme. Another very useful book, 'Ski-O for Children', was presented by its author, the Moscow trainer Mr. Felix Uchovski. One unusual book was 'Psychological Aspects of Orienteering at High Level' by Mr. Aleksandr Drozdovski from St. Petersburg. Altogether there were 3 lectures on psychological topics, by Mr. Drozdovski and by Mr. Sergei Kazantsev, both from St. Petersburg, and by Mrs. S. Afonina from Saratov. Mr. Kazantsev is the real professional in orienteering; for the last 26 years he has been a trainer and the leader of the very popular 3-day 'White Night' event.

For 3 full days a group worked on computer cartography, led

by Mr. Boris Lysenko. His lessons were based on the experience of the Czech group SHOCART and used a demo-program of OCAD3.

A lot of interesting information came from many very different regions including the republics of Saha, Kazakhstan, the Urals, Georgia, the northern republics of Komi, and Belarus. The other main topics of the conference were the work of an O-club, O-training, children's O, orienteering for the disabled and map-making.

Orienteering World 93/4 was translated and printed as a Russian version and presented at the conference. The organising group had also prepared a small historical exhibition, mainly based on the history of O in the USSR. Participants could also see the work of a Moscow children's O-club and join their training.

The participants thought the conference had been very successful and that it would be good to stage a similar event in one or two years.

'MOSCOW RINGWORLD', AUGUST 15-27 1994

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Orienteering for children carries high priority in Moscow. This is a mass start for an M15 competition photo: I Loskutnikov

New Zealanders Take Top Honours at APOC '94

Report by DAVID HOGG

Top New Zealand orienteers **Katie Fettes** and **Alistair Landels** won the elite classes at the 1994 Asia Pacific Orienteering Championships in New Zealand's North Island, retaining the titles they won in Japan in 1992. Katie finished less than a minute ahead of fellow New Zealander Tania Robinson, with Australia's Tracy Bluett the third of the APOC entrants in W21E.

The fastest finisher in M21E was Denmark's **Carsten Jørgensen**, with Alistair Landels just 10 seconds behind. The other APOC placings were Robert Jessop (NZL) and Jock Davis (AUS).

In the APOC Relay, which was also the 1994 Australia - New Zealand Challenge Relay, New Zealand had comfortable wins over Australia

in both M21A and W21A with Japan third.

The APOC Carnival spanned six days of individual competition with the overall result (open also to European competitors) being determined on a points basis from each competitor's five best runs. Katie Fettes made a clean sweep in W21E, winning all six events for a perfect score of 10,000, with Tania Robinson 2nd and Canada's Pam James 3rd. Alistair Landels almost matched this in M21E with a score of 9,996, ahead of Fredrik Sundstrom (Sweden) and James Pearce (Great Britain).

In the Australia - New Zealand Challenge held over a full range of age classes, Australia won the individual challenge by 12 classes to 9, while New Zealand won the relay 11 to 10.

RESULTS: APOC Individual (eligible APOC runners only): **W21E:** 1. Katie Fettes NZL 76-39; 2. Tania Robinson NZL 77-17; 3. Tracy Bluett AUS 84-55. **M21E:** 1. Alistair Landels NZL 76-21; 2. Robert Jessop NZL 79-17; 3. Jock Davis AUS 81-46.

APOC Relay (APOC national teams only): **W21A:** 1. NZL 187-46; 2. AUS 213-23; 3. JAP 275-56. **M21A:** 1. NZL 159-22; 2. AUS 166-56; 3. JAP 225-45.

APOC Carnival: W21E: 1. Katie Fettes NZL 10,000 pts; 2. Tania Robinson NZL 9,041 pts; 3. Pam James CAN 8,322 pts. **M21E:** 1. Alistair Landels NZL 9,996 pts; 2. Fredrik Sundstrom SWE 9,386 pts; 3. James Pearce GBR 8,784 pts.

THE UNIQUE DISCIPLINE OF NIGHT ORIENTEERING

An analysis featuring special characteristics and differences in comparison with day-orienteering

by **Martin Fürnkranz**

Night orienteering cannot be practised just with the usual day outfit, and the better the quality of the necessary accessories the better is the chance for success.

A high-powered two-stage halogen brow-lamp serves best with a wide field of vision, a long burning-time of a little bit more than four hours which supplies security, and a low-powered emergency bulb with more than six lighting hours for even more security.

Carrying the Battery

While there is usually no comfort problem with carrying the light on the head, a lot of models cause some trouble when it comes to how to carry the battery, which should be a rechargeable accumulator (in the long run it is much cheaper to buy an accumulator with charging equipment than to buy new ordinary batteries after each competition). The problem of fixing the battery on the back is to do this in such a way that it doesn't jump up and down all the time. So it seems necessary to test every model before buying it. If you are already owner of a 'jumping' model, then binding a flexible bandage around your upper body (with the battery underneath) is a solution I have successfully tested. Although the weight of a good accumulator is relatively high and can affect running speed a little, it can't be seen as an obstacle to comfort.

Even the best lamp equipment provides a field of vision less than what you have during the day. To go into details this can

best be expressed by the following three points:

(1) A human being naturally has a visual angle of 180° . That doesn't mean that everything in this angle is seen in the same clear quality: objects near both of the angle's sides are only just recognised - but you are aware of them. A head lamp gives a much smaller visual angle which the night-orienteer has to become accustomed to. To see round 180° in special, mostly fine orienteering situations, the technique of appropriate head-turning should be developed so that it becomes automatic.

(2) In the night, clearings and open/semi-open areas are very hard to see from inside the forest. In difficult conditions it is possible that the borderline of perception will decrease to five metres or even less. A narrow ride is sometimes even a problem to identify as such when actually on it.

(3) At night there is almost no outlook over the more distant topography of the terrain, compared to daytime when far-situated ridges and valleys can sometimes be seen from hill tops, clearings or similar places. This reduces one aspect of coarse orienteering.



Clearings such as this are hard to spot in the dark

Those three points can lead to a relatively long list of problems. First there is the general problem of keeping up map contact, because all kinds of features are harder to recognise than during the day. Right at the beginning of a night-O event a major problem occurs which is often under-estimated: getting the very first contact with the map. Here one shouldn't be precipitated into rushing into the forest, but take time - the time you lose standing and planning before setting off for the first control is much less than the time you might lose later whilst running if you don't.

Use the Compass More

Keeping on a line across country is also difficult at night if you do it only by means of your 'O-feeling' - especially in flat terrain. Because you simply don't have the same abundance of reference-points for keeping a direction, increased use of the compass (including taking bearings in special critical situations) becomes obligatory. A similar problem occurs when running from a control. Here the angle between the straight lines of running into and away from the control becomes much harder to estimate.

Parallel errors appear more often and are harder to recognise, sometimes not until it becomes clear that you have made a large detour.

If you are totally lost in the

dark, recapturing map contact takes much longer, if it's possible at all. Competitors without any hope left should make a safety bearing to a clear identifiable long linear object (e.g. a stream, road, edge of a forest).



Sound navigation at night is difficult in this terrain

Carrying the best high-tech lamp cannot overcome the problem of low branches which occur especially in thickets and can affect the correct position of the lamp. This problem can be reduced by developing a stooping running technique for such situations. If it's foggy, users of the best lamps unfortunately suffer most because of the light's reflection and diversion on the small water droplets in the fog.

Listing night-O's characteristics, the influence of the moon (and the stars) also should be mentioned. They make it easier to see forest margins and similar features viewed from open and semi-open areas.

A specific problem which sometimes leads to disagreements between orienteers on the one hand and huntsmen and foresters on the other, is the issue of frightening and disturbing deer in the night more than during the day. Orienteers must be able to run across country, but with well planned courses offering safe withdrawal areas for the deer the disturbing effect can be minimised - see the Swiss research described in the 1992 *Scientific Journal of Orienteering*.

20% More Difficult

Although so many specific characteristics and special problems appear at night, the "royal" discipline can be estimated to be at most 20% higher in difficulty than its counterpart during the day. The difference of the elapsed times on the same course by an elite runner may well be only 2%! It is so small because professionals focus on one very important maxim: never make a route-choice at night different from the one you would make during the day! Night-O is not "path-O" - if you pay attention to all obstacles with a high level of concentration, every route can be followed successfully!

For novices night orienteering is of course much more difficult. For them it is very important not to compete on elite-courses but to choose the simplest ones. Also night-O's on maps with a lot of 'yellow' should be given preference to competitions on difficult maps. The technique for a beginner should not accord with the maxim stated above - getting the necessary safety and self-confidence can best be

achieved by using as many trails and significant linear objects as possible at the first (say three) events, and at subsequent events making a stepwise increase in the difficulty level of the routes chosen.

"Focus all actions on the lower visibility"

Finally it should be stated that a night orienteer must focus all his actions, physically and psychologically, on the lower visibility in the night - that's the barrier which has to be overcome. He must understand that the information which can be gained from the terrain is only a part of that usual during the day. When he has got used to this principle the foundation for a successful night-O career is set. Then he should aim for a high level of self-confidence, meaning fast and precise decision making as well as independence from opponents' route choices. A night orienteer depending on other competitors' routes can never develop his abilities to equal those of a top runner - that is true during the day, but even more so at night.

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**The Australian Orienteer, P.O. Box 263,
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Letter to the Editor

Publishing Championship Results

Following Britain's recent success at the World Orienteering Championships in the USA there was general consternation amongst the nation's orienteers at the lack of domestic press interest and coverage of the event. Much of the criticism came to my attention, not least because I am the only full-time journalist covering the sport in Britain at national level.

"Why?" people ask, or to be more precise - "Why not?" The answer is simple. Take a look at the last edition of *Orienteering World*.

Results from WOC '93 are limited to the first three in each race.

If this depth of coverage mirrors the depth of interest of orienteering enthusiasts in their sport at international level, why should the readers of The Guardian, Daily Telegraph or

The Times be interested at all in what to many must be a strange and esoteric activity.

I will take the argument further.

Turning to page 14 in the same publication I learn belatedly the meanest details of the Norwegian championship results.

This paucity of information does not meet my personal interest in the sport nor does it meet my needs as an orienteering journalist for I find championship and other major results world wide are of the utmost importance when it comes to writing about the sport and interesting editors in events where these champions are taking part.

I suggest that organisers who are trying to market their events to press, TV or sponsors also benefit from having a full and updated pedigree of their potential stars.

Orienteering World as the official organ of the IOF should be meeting this need and interest while at the same time, building up a nationally unbiased historical record of the sport across the world.

I find it incomprehensible that it does not do so. Results, winning, losing, improving are what competitive sport, rather than recreational past-time, is all about.

It is obvious, however, that the present editor, with orienteers and their interests in mind, does not agree with me.

Which just goes to show-

If the editor of *Orienteering World* thinks his readership is not interested in results from major orienteering events, then why should the editors of The Guardian, Daily Telegraph etc., etc., etc.?

There is a belief in current circulation that if only orienteering could get onto television all our problems would be over and orienteers would enter the promised land.

We must ask who if anyone would watch orienteering in any form, bastardised or otherwise, on television.

If the editor of *Orienteering World* is right, certainly not orienteers. I must admit I have found ample evidence at grass roots level of the "Marita who?" attitude to back his contention.

It is my contention, however, that *Orienteering World* should be leading the way. If it does not, then what will?

Bill Melville

The IOF Council's current policy here is to allot only limited space to event reports and results, on the grounds that these appear in some detail in national orienteering magazines. OW will continue to publish leading results from major competitions world-wide and articles and comment related to the elite scene as a whole. But I would like to hear what other readers think! - Ed.

The 1994 World Masters Games

Some details of the orienteering events in the Games, to be held at Mt. Crosby, approximately 30 km west of Brisbane city centre on 27 and 28 September, were given in *Orienteering World* no. 93/5. Start times will be early (9-11 a.m.) to avoid competitors being out in the forest during the hotter parts of the day which average 24-25C.

Before the Games begin, the Queensland Championships will be held on 24-25 September, on spur gully terrain with detailed sandstone features, and following the World Masters Games the Australian Championships are to be held in exciting sand dune country on the coast of South Australia. This programme will run from 30 September to 9 October. The over-all programme of events gives a great opportunity to explore this part of Australia and take part in some challenging competition.

Entries to the World Masters Games will close on 15th July; however entries received by 1st March could win a four-night holiday for two on a Great Barrier Reef island!

More information can be obtained by calling the World Masters Games Orienteering Liaison Officer on +61 7 808 1705.

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| • Basketball | • Orienteering | • Volleyball |
| • Canoeing | • Rowing | • Water Polo |
| • Cycling (road & track) | • Rugby Union | • Weightlifting |
| • Diving | • Shooting | |
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| • Football (Soccer - men & women) | • Squash | |
| • Golf | • Surf Life Saving | |
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Attractive travel and accommodation packages are being prepared now! For more information and an entry form contact:

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The Challenge never ends



INTERNATIONAL FIXTURES LIST



This list includes all events in the IOF Calendar with entry closing dates before 1st May 1994. The entry closing date is shown at the end of the event name, e.g. 'O-Ringen, Örnsköldsvik, Sweden (1/3)' indicates a closing date of 1st March. Then follows the type of event. Line 2 gives the contact address and telephone number. After the event closing date, symbols show the type of event: I - individual, S - short distance, R - relay, N - night event, N+D - night and day event. A number shows the number of days, e.g. 2I/R means 2-day individual followed by relay.

MARCH

- 4-6 **Önos-natten, Skåne-Mixen & Önos-Sprinten, Kristianstad, Sweden** (21/2) NI/R/S
Pan/Önos, Box 5009, S-291 05 Kristianstad, Sweden
+46 44 12 08 16
- 5, 6 **VI Murcia Costa Calida, Murcia, Spain** 2I
Pedro Mayol Clemente, Buenavista 25,
Alcantarilla, E-30820 Murcia, Spain +34 68 80 73 99
- 12, 13 **III International ANORT, Aveiro, Portugal** (15/2) 2I
ANORT, Rua G. Bloco 1-R/C, Centro-Esq., Montes de
Azurva, Eixo, P-3800 Aveiro, Portugal +351 34931641
- 18, 19 **Israel Championships** I/R
Israel Sport O Ass., P.O.B. 1392, Ramat Hasharon
47100, Israel +972 3 540 12 46
- 18-20 **Spring Cup 94, Denmark** NS/I/R
Bo Simonsen, Gyldenstræde 4, 1tv., DK-3000 Helsingør,
Denmark +45 49 26 09 28
- 19, 20 **VII Martín Kronlund Trophy, Madrid, Spain** 2I
Javier Garín García, Urb. Montellano Pxa. Adelinas 4,
E-28490 Becerril de la Sierra, Madrid, Spain
+34 1 85 37 495
- 31/3-2/4 **Påske 3-days, Denmark** (11/2) 3I
Påske 3-days, Sundbyvej 75, DK-7950 Erslev, Denmark
+45 97 74 61 52

APRIL

- 1-4 **Easter 4-day, Auckland, New Zealand** (4/3) 3I/S
North West OC, P.O. Box 65 208, Mairangi Bay,
Auckland, New Zealand +64 9 4158 932
- 1-4 **Jan Kjellström Trophy, Hereford, U.K.** (10/3) 2I/R
JK 94, 80 Crowmeole Lane, Shrewsbury,
England SY3 8AY +44 743 36 88 30
- 2-4 **Australian 3-days, Canberra** (15/2) 3I
OFA, P.O. Box 740, Glebe 2037, Australia
+61 2 660 2067
- 2-4 **3 jours de la côte d'argent, Royan, France** (12/3) 2I/R
D Malatray, Les Olliveaux, F-17460 Preguil, France
+33 46 74 32 26
- 7, 9, 10 **Goldfields Challenge, Ballarat, Australia** (15/2) 3I
OFA, address & tel. no. as above
- 9, 10 **Mecsek Kupa, Pécs, Hungary** (1/3) 2I
Baranya megyei TFSZ, Megye u. 21, H-7621 Pécs,
Hungary +36 72 312 155
- 10 **2nd National Event, Bern, Switzerland** (10/3) I
Marc Streit, Bützbergstr. 66A, CH-4900 Langenthal,
Switzerland +41 63 22 90 38
- 16, 17 **Vårstafetten & Vårspretten, Halden, Norway** (21/3)
R/S Öivind Holt, Båstadlundvn. 46C, N-1750 Halden,
Norway +47 69 18 28 53
- 16, 17 **Postás Kupa, Budapest, Hungary** (15/3) 2I
Kézdy Balázs, Dunaközi út 19, H-1046 Budapest,
Hungary +36 1 1808 219
- 16, 17 **IV Peko Spring Orava, Polva, Voru, Estonia** (15/3)
I/S OK Peko, EE-2615 Värskä, Estonia +372 2 23 7021
- 23 **Semmelweis Memorial Event, Budapest, Hungary**
(25/3) I Mets Miklós, Hangya u. 20, H-1121 Budapest,
Hungary +36 1 18 56 291
- 23 **Lördagskjappen, Moss, Norway** (5/4) I
OK Moss, Box 404, N-1502 Moss, Norway
+47 69 27 05 20
- 24 **Sol-Renningen, Sarpsborg, Norway** (5/4) I
Steinar Dalene, Bryggen Vestre, N-1747 Skjeberg,
Norway +47 69 17 87 85
- 29, 30 **Jordan Valley OL, Israel** 2I
Israel Sport O Ass., P.O.B. 1392, Ramat Hasharon
47100, Israel +972 3 540 12 46
- 30/4-1/5 **Vasutas Kupa, Budapest, Hungary** (1/4) 2I
Zakariás János, Molnár u. 53, H-1056 Budapest,
Hungary

30/4-1/5

Isotonic, Halikko, Salo, Finland (15/3) I/R
Matti Mäkinen, Ojatie 1 as 12, SF-24800 Halikko,
Finland +358 24 62 405

30/4-3/5

Minsk-94, Minsk, Belorussia (25/4)
131/2-5 Skorind Ave, 220114 Minsk, Belorussia
+7 0172 63 61 55

MAY

- 7 **Harvester Trophy Relay, Bracknell, England** R(N+D)
Bryce Gibson, 16 Fernbrook Road, Caversham, Reading,
Berks. England RG4 7QD +44 734 47 22 20
- 7, 8 **V Ciudad de La Coruna, Spain** 2I
Alfonso Mancera, Sta. Teresa, 14, bajo,
E-15002 La Coruna, Spain +34 81 21 31 15
- 7, 8 **Tiomila, Flen, Hälleforsnäs, Sweden** (21/3) R(N+D)
Tiomila, c/o Forslund, Wadgränd 3, S-135 53 Tyresö,
Sweden +46 8 627 40 52
- 13-15 **LOF Open, Riga, Latvia** (15/4) 3I
LOF, Terbatas Str. 4, LV-1723 Riga, Latvia
+371 2 29 36 63
- 14, 15 **9. Thüringer 24-Stunden OL, Ilmenau, Germany**
R(N+D) Anja Brenner, Heimstättenstr. 77,
D-07749 Jena, Germany
- 15 **First Nationale, Fougères, France** (30/4) I
FFCO, B.P. 220, F-75967 Paris Cedex 20, France
Fax +33 47 97 90 29
- 15 **Oripenta, Monte Bondone (TN), Italy** (1/5) R
GS Argentario, Via Venezia 2, I-38100 Trento, Italy
+39 461 23 39 95
- 20-22 **Marele Premiul al Palatului Copiilor, Arges, Romania**
(15/4) 3I Constantinescu Victor, Palatul Copiilor
Bucarest, B-dul Tineretului nr 8-10, sector 4,
R-75125 Bucharest, Romania
- 20-22 **Neva Tour Cup '94, nr. St. Petersburg, Russia** (20/4)
3I Neva Tour, P.O. Box 923, St. Petersburg 194044,
Russia +7 812 530 98 82
- 20-23 **Vilnius 94, Lithuania** (15/4) 4I
OK Perkunas, Post Box 455, 2007 Vilnius, Lithuania
+370 2 69 65 85
- 21, 22 **Grand Prix Praha, Czech Republic** 2I
Jiri Súbrt, Ruženinska 6, CZ-Praha 4 Lhotka, Czech
Republic +42 2 47 17 646
- 21-23 **International 3-day, Simmerath, Germany** 3I
Elfriede Förster, Hauptstr. 3, Monschau, Germany
- 22, 23 **Trofeul Olteniei, Valcea, Romania** (15/4) 2I
Badea Natalia, Calea lui Traian 56, bl. S15, sc. B, et. 2,
ap. 8, R-1000 Valcea, Romania

JUNE

- 4, 5 **Suunto Games, Helsinki, Finland** (15/4) 2I
Erkki Latvasto, Kiertotähdentie 4, SF-01400 Vantaa,
Finland +358 0 87 26 592
- 4-6 **New Zealand Champs., Kawhia, Hamilton** (15/4)
I/S/R Tim Beale, 11 Dawn Rise, Hamilton,
New Zealand +64 7 843 3916
- 18, 19 **Venla & Jukola Relays, Sodankylä, Finland** (15/3)
R/R(N+D)
Esa Turunen, Tähtelä, SF-99600 Sodankylä, Finland
+358 93 13 453
- 26-28 **Bulgarian 3-days, Varna** (1/4) 3I
Bulgarian OF, Bul Vassil Levski 75, Box 427, Sofia,
Bulgaria +359 2 874 427

JULY

- 18-24 **O-Ringen, Örnsköldsvik, Sweden** (1/3) 5I
O-Ringen 1994, Hörneborgsv. 1, S-892 50 Domsjö,
Sweden +46 660 759 50

AUGUST

- 1-5 **Veteran World Cup, Aviemore, Scotland** (30/4) 3I
BOF, Darley Dale, Matlock, Derbyshire, U.K. DE4 2HX
+44 629 734 042

Events Noticeboard

Shamrock O-Ringen Date Change

The 1994 dates for the Shamrock O-Ringen, the annual three-day event with a special Irish flavour, are 22-24 July and not as shown in the fixtures list in the December issue of *Orienteering World*.

Great Lakes Orienteering Festival

'GLOF' - incorporating the Canadian and North American Championships - will be held on best-quality forested glacial moraine terrain with steep slopes and deep valleys about 100km north of Toronto and 200 km north-east of Niagara Falls. With a very sandy soil you are (almost) guaranteed to keep your feet dry! Because the Barrie area north of Toronto is very popular in August, early bookings for accommodation and camping are recommended.

Events in St. Petersburg in May and June

The **Neva Tour Cup** starts at 7 p.m. on 20th May, with daytime events the following 2 days, in an area about 50 km north of St. Petersburg. For details write to P.O. Box 923, St. Petersburg 194044, Russia, last entry date 20th April. **Belye Nochi-94** is a 2-day event, 25-26 June, with training available the previous day, on areas close to those ear-marked for the 1995 Veteran World Cup. Details from Sergei Kazantsev, Rudneva st. 1-9, St. Petersburg 194291, Russia.

Hong Kong to stage APOC '96

With Hong Kong due to become part of China in 1997, the 1996 Asia-Pacific Championships may well be the last major events to be organised by Hong Kong as a separate Federation.

New 3-day Event in Bulgaria

The Bulgarian club 'Variant 5' based in Targoviste, 125 km. west of Varna, is for the first time hosting a 3-day event on 29-31 July, supported by a Bulgaria-Swiss link scheme involving OLG Berne and other Swiss clubs. A compact event is promised with good camping and hotel facilities on the outskirts of this small town set amongst the Rhodopean mountains. Details and entry forms from Variant 5, Box 234, 7700 Targoviste, Bulgaria or c/o Marc Lettau, Schalenholzweg 26, CH-3172 Niederwangen, Switzerland.

SKI-ORIENTEERING FIXTURES

These events are listed in the official IOF Calendar

MARCH

9-13

Open Nordic Ch., Rovaniemi, Finland (10/2) 3I/R
Heikki Hirttiö, Hiihtokeskus, SF-96600 Rovaniemi, Finland +358 60 39 29 46

12, 13

OK Bjursås 2-day event, Sweden (28/2) 2I
Margareta Löfqvist, Kullgärdet 190 C, S-790 21 Bjursås, Sweden +46 23 503 55

APRIL

1-3

Lapin Lumirastit, Finland (15/2) 2I/S
Pertti Ahola, SF-97900 Posio, Finland +358 60 42 18 91



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0-RINGEN 18-22 JULY 1994 ÖRNSKÖLDSVIK

Sweden's Best Orienteering Terrain!

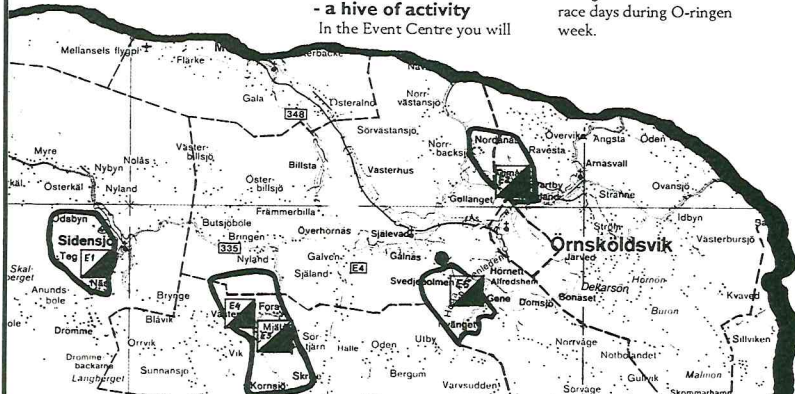
The international orienteering event O-ring-en is a very special experience for you as an orienteer. This year O-ring-en will take place in Örnsköldsvik, Ångermanland, and we hope you will make the decision to enter. Our theme this year is "everything close together", and this theme covers both the events and tourist destinations.

technically demanding and enjoyable, and competitors will also enjoy the fine scenery. Jörgen Mårtensson (gold medal winner, WOC 91) says that the terrain for O-ring-en 94 is the best in Sweden; no terrain can have better recommendation!

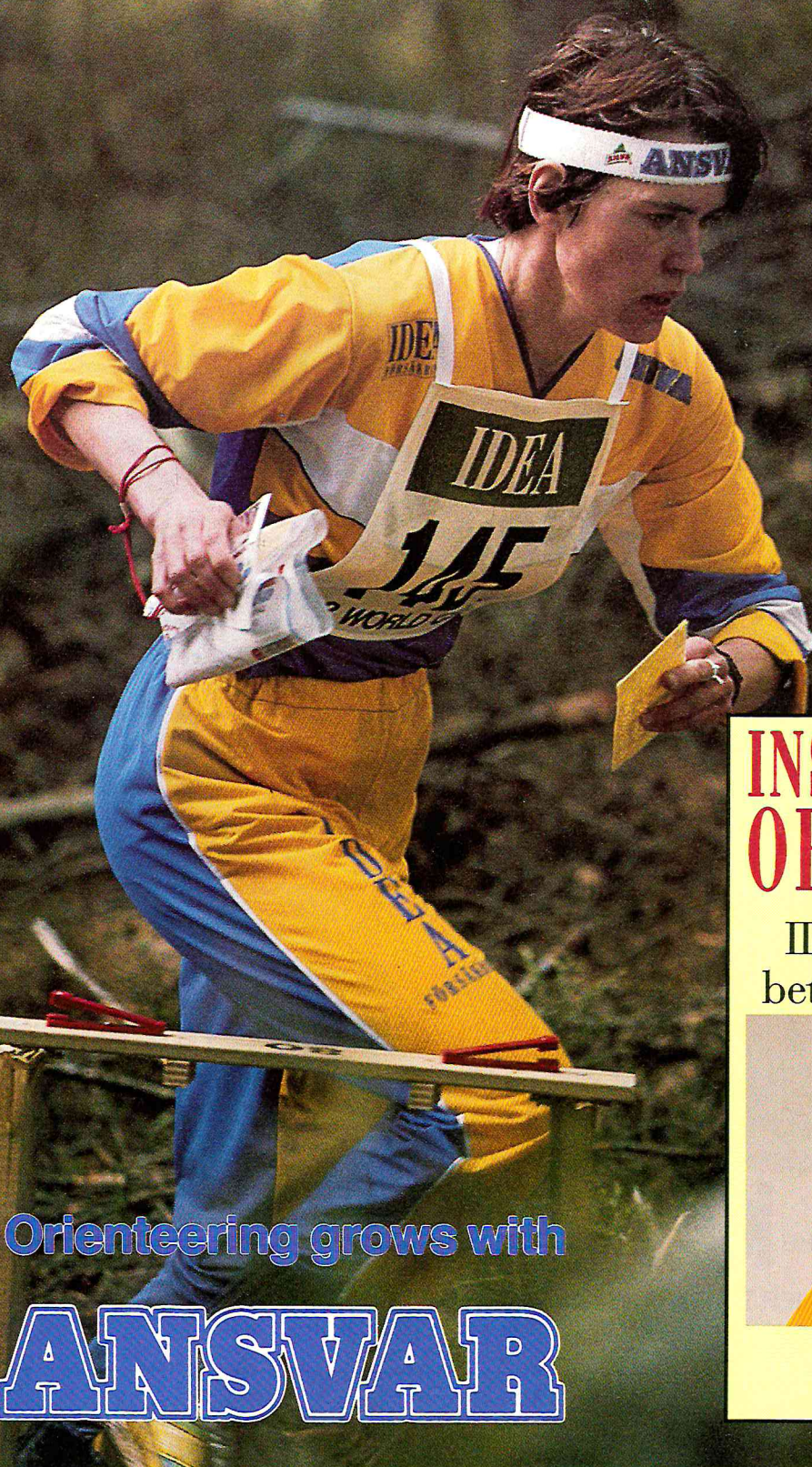
The Event Centre - a hive of activity
In the Event Centre you will find lots to do including dancing and discos, and there is a special centre for young people with competitions, performances etc. Near the Event Centre it is possible to go fishing, swimming, walking and canoeing. The Event Centre is also close to Örnsköldsvik's horse-racing where there are several race days during O-ring-en week.

Close to "fairy-tale" attractions
The short distances to the stages give you more spare time for touring after your run. You are particularly welcome to arrive in the week before O-ring-en to visit some of Ångermanland's many tourist attractions. You can travel on your own or join some of the different touring packages which are available. There's lots of choice! For instance a beautiful archipelago, exotic bathing places, magnificent mountain paths, a historic old town and exciting wild countryside.

Information about the events can be obtained from your club or federation. If you would like more details, please ring the O-ring-en office in Sweden on +46 660 75950.



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WOC 93

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