

# ORIENTEERING WORLD



1996 No. 1 - FEBRUARY



  
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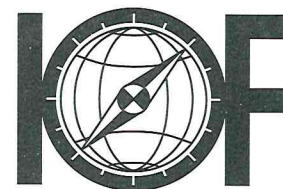
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## CONTENTS

<b>Editorial, newlines</b>	4
David Hogg reports on APOC '96 and the Australian 5-days	5
<b>Temuco, Chile - new orienteering hot spot</b>	
introduced by Kjell Melander & Jörgen Gustafsson	6
Peter Palmer describes	
<b>Britain's National Navigation Award Scheme</b>	8
<b>The Ladies' Orienteering Team Trinec:</b> Anna Gavendová	
& Ota Gavenda set down their recipe for success	10
<b>A new range of Suunto compasses</b>	11
<b>News from the IOF</b>	12
Sue Harvey's <b>President's Column</b>	13
<b>The IOF travels east, part 2</b>	
Lennart Levin describes his recent visit to Korea	14
<b>On the slope:</b> Polish orienteering's ups and downs,	
told by Lech Trzpił	15
<b>Ski-orienteering:</b>	
Lillehammer welcomes the <b>World Championships</b>	
<b>Nordic Open Championships</b> report and results	16
<b>Finnair</b> - the new Official IOF Carrier	17
<b>Viennese Racing Bike Orienteering</b> by Martin Färnkranz	18
<b>The first orienteering championships for railway employees</b>	
described by Dusan Vystavel	20
<b>International Fixtures List</b>	21
<b>Events noticeboard</b>	22

## 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 - please ring first to check compatibility and also send printed copy.

**Readers' letters, articles and photographs** for publication are welcomed. Permission from the Editor should be sought prior to reproduction of articles or photographs.

*Outside IOF news sections, opinions expressed by Orienteering World's Editor and contributors do not necessarily represent I.O.F. policy.*

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96/3	6 June	13 May
96/4	16 August	22 July
96/5	17 September	22 August
96/6	5 December	11 November

**COVER PHOTO:** Orienteering amongst the Araucaria trees of the southern Andes in Chile: Jörgen Gustafsson (l) and Dietrich Kühnemuth in the Parque Nacional Los Paraguas (see page 6)  
photo: Kjell Melander



## Variety is the Spice of Life

One of the fascinations of orienteering is its endless variety. Even with standardised international rules, an orienteering visit to a new land comes as a completely new experience. In part this is due to our sport's particularly close contact with the shape of the terrain and its flora and fauna, and in part due to the often quite different customs established by organisers in different countries within the rules framework. And because an orienteering event caters for all age groups and standards, one feels much closer contact with the new country's life-style too.

Recently China held its first multi-day event, and I'm sure many orienteers will already be pencilling the next APOC - in October 1998 in China - into their diaries. Chile comes into the spotlight in this issue of *OW*, and there are promising signs that Chile and its neighbour Argentina will soon also be members of the IOF family. With support particularly from Spain and Portugal, South America could become a significant orienteering growth area in the next few years - but, in accordance with local life-style, events seem likely to be largely more recreational in nature than is the norm in Europe.

In July this year the IOF Congress will take place in Israel - another country where high participation by recreational orienteers has been a central feature of the sport's rapid growth in recent years. The Congress will be asked to decide on adopting mountain-bike orienteering as a new discipline, and the new vogue for elite park races will no doubt also be discussed. Yet more variety; park orienteering by bicycle is another variation, see page 18!

Whilst most sports aim for standard conditions the world over, this endless variety is one of the plus-points of orienteering - part of the fun which, as Sue Harvey argues in this issue's *President's Column*, should be one of our main objectives when framing our rules.

Clive Allen

## The Editor is Moving!

From March 1st, as well as being Editor of *Orienteering World* I shall be warden of Crowcombe Heathfield Youth Hostel in south-west England. Visitors are welcome! The new Editorial Address is:

**Denzel House, Crowcombe Heathfield, Taunton, Somerset, England TA4 4BT, telephone & fax +44 1984 667249.**

## Skogssport's World Rankings

Classic distance world champions Jörgen Mårtensson and Katalin Oláh head the 1995 ranking lists published by the Swedish O-magazine *Skogssport*, with the two short distance champions, Yuri Omeltchenko and Marie-Luce Romanens, taking the second places.

This is the 11th year that Jörgen Mårtensson has appeared in the top ten since the lists were started in 1982, and the 4th time he has been at the top - a remarkable record.

### MEN

- |        |                   |     |
|--------|-------------------|-----|
| 1 (8)  | Jörgen Mårtensson | SWE |
| 2 (-)  | Yuri Omeltchenko  | UKR |
| 3 (1)  | Janne Salmi       | FIN |
| 4 (3)  | Carsten Jørgensen | DEN |
| 5 (10) | Thomas Bührer     | SUI |
| 6 (-)  | Bjørnar Valstad   | NOR |
| 7 (-)  | Lars Holmqvist    | SWE |
| 8 (9)  | Johan Ivarsson    | SWE |
| 9 (-)  | Timo Karppinen    | FIN |
| 10 (-) | Svajunas Ambrazas | LTU |

### WOMEN

- |        |                     |     |
|--------|---------------------|-----|
| 1 (-)  | Katalin Oláh        | HUN |
| 2 (-)  | Marie-L. Romanens   | SUI |
| 3 (5)  | Yvette Hague        | GBR |
| 4 (-)  | Eija Koskivaara     | FIN |
| 5 (1)  | Marlena Jansson     | SWE |
| 6 (-)  | Frauke Schmitt-Gran | GER |
| 7 (-)  | Marcela Kubatkova   | CZE |
| 8 (-)  | Annika Viilo        | FIN |
| 9 (7)  | Anna Bogren         | SWE |
| 10 (4) | Hanne Sandstad      | NOR |

## International Park Cup Programme Finalised

Dates and venues have now been finalised for the international Park Cup series announced in *OW* 95/5 and 95/6. At a press conference held in Vasa, Finland, where the first event will take place on 13th June, event coordinator Anders Vestergård announced that the competition has attracted 90 minutes' live coverage on Finnish TV. 20 men and 20 women will run 'super short distance' courses of just 3 km, with expected winning times of 11 and 13 minutes for the two classes.

The series continues in Laxå, south of Örebro, Sweden on 20th July and in Oslo on 31st July, and the final will be held in Prague on 29th October. All the races have been arranged in conjunction with major international events - the first, for example, is 2 days before the Jukola relays, whilst the third slots in between World Cup races in Sweden and Norway.

Invitations to take part in the series are going out to 24 of the world's best orienteers, including world champions Jörgen Mårtensson, Yuri Omeltchenko, Katalin Oláh and Marie-Luce Romanens. Twelve further places will be decided after the first World Cup series in Latvia and Lithuania, and the remaining four places will be allocated by the local organisers.

A Steering Committee has been set up comprising Ola Gustafsson, Sweden, Jaroslav Kacmarcik, Czech Republic, Jörgen Mårtensson, Sweden, Erik Unaas, Norway, Anders Vestergård, Finland and Gåvert Wååg, Sweden.

The IOF is following developments closely, keen to support initiatives with strong media potential whilst concerned to ensure that no conflicts are created with existing commitments for runners and arrangements made by - for example - World Cup organisers. IOF President Sue Harvey comments: "It is important that our event programme develops and experimenting with new ways of doing things is part of this process. I believe that many of the top international runners are in favour of park events in limited number and in conjunction with (before or after) other major events which draw the elite. Our national federations will have varied views, of course, but I believe they could be supportive of such an initiative provided that clashes with other legitimate demands on athletes' time and energy and funding are avoided. Careful planning of the international calendar is of prime importance to the sport as a whole".

### The 24 Invited Runners

Jörgen Mårtensson (SWE), Yuri Omeltchenko (UKR), Janne Salmi (FIN), Carsten Jørgensen (DEN), Thomas Bührer (SUI), Bjørnar Valstad (NOR), Johan Ivarsson (SWE), Timo Karppinen (FIN), Svajunas Ambrazas (LTU), Petter Thoresen (NOR), Allan Mogensen (DEN), Steve Hale (GBR), Katalin Oláh (HUN), Marie-Luce Romanens (SUI), Yvette Hague (GBR), Eija Koskivaara (FIN), Marlena Jansson (SWE), Frauke Schmitt-Gran (GER), Marcela Kubatkova (CZE), Anna Bogren (SWE), Hanne Sandstad (NOR), Reeta-Mari Kolkkala (FIN), Hanne Staff (NOR), Vroni König (SUI).



# APOC '96 in Hong Kong

## Three in a row for Katie Fettes

New Zealander Katie Fettes won her third successive W21E APOC title in Hong Kong with a 5-minute win over APOC newcomer Irina Tschscheglova of Kazakhstan. Third was Japan's Sanae Kiue. Maria Eriksson of Sweden finished over a minute ahead of Irina, but was not eligible for an APOC placing as these placings are restricted to competitors from Asian or Pacific nations.

In the M21E competition Switzerland's Martin Okle was the fastest competitor around the course, but Japan's Shin Murakoshi, a veteran of several World Championships, finished just over a minute behind him to take the APOC title. Then followed Ryohei Toshimitsu of Japan and Alex Morgan of Hong Kong.

Competing at APOC for the first time were China, Chinese

### Report on the Asia-Pacific Orienteering Championships by DAVID HOGG

Taipei and Kazakhstan. The small team from Kazakhstan, which made its international debut at WOC 95, finished with reasonable success, winning 3 medals in the classic event as well as the M35 relay. China also picked up some medals in the shorter M21 classes.

The short course event, in contrast to the classic, offered medals to all comers, opening up the competition to the European representatives. The gold medals in the elite classes still went to APOC orienteers. In W21E Australia's Christine Brown just edged out Sanae Kiue from Japan by 6 seconds while Shin Murakoshi turned the tables on Martin Okle to take M21E by over a minute.

The decision to hold APOC '96 in Hong Kong was taken in order to give Hong Kong its last chance to hold APOC before the British colony is returned to China in mid-1997. Hopefully the orienteering expertise that has been developed in Hong Kong in recent years will be used to promote the sport in China, which is one of the world's current growth areas in orienteering.

### Chinese Curtain-Raiser

Many of the APOC visitors had a taste of Chinese orienteering in Guangzhou in the south of China immediately before APOC. The Chinese event provided a rare experience, both in the orienteering and in seeing the Chinese way of life.

The Chinese hosts made sure that the visitors were well looked after throughout their stay, even providing police escorts to guide the orienteering buses efficiently through the congested and noisy city traffic. While the technical standard of the maps and courses reflected the fact that China is still on its way up a steep learning curve, the competitors still enjoyed the new experience of orienteering through orange orchards and pineapple plantations, with the place-getters being rewarded with attractive Chinese vases and tea sets. Swedish orienteering missionary Peo Bengtsson was full of praise and encouragement for the hosts when he spoke at the closing banquet.

The real test of orienteers' faith in China as a future orienteering nation came at the meeting of APOC nations in Hong Kong which supported China's application to host APOC '98. This will be held in Beijing in October 1998, and should be a great experience.



*Katie Fettes in the finish chute, winning her third successive W21E APOC title  
photo: David Hogg*

## Carsten On Top Down Under

DAVID HOGG reports on the Australian 5-Days

Denmark's Carsten Jørgensen just managed to hold out Australia's Grant Bluett to win the M21E class in the International Five-days Event held in Ballarat, Australia in January. The last day was a chasing start based on the best 3 results from the previous 4 races, worked out via a points system. Carsten started the final day 2m 32s ahead of Grant, but finished only 8 seconds ahead with Grant punching the last control in sight of the finish while Carsten crossed the line.

Tracy Bluett, Grant's sister, who raised her profile in Europe last year with 5th and 7th placings in W20 in the Nordic Championships, won W21E. Starting 5 minutes clear in the chasing start, she was untroubled to win. Most interest centred on the battle for 2nd place with Mary Fien gaining 2 minutes on Australian Champion Natasha Rowe to take the honours.

A feature of the week, held on Day 4, was the inaugural Aus-

tralian Orienteering Speed Challenge, a brainchild of Warren Key who set the courses. Set in very fast, undulating eucalypt terrain, this was ideal for Carsten Jørgensen who won the course of exactly 10 km in 43m 44s. Two and a half minutes behind was Tom Quayle (4th place-getter in the last two JWOC classics).

The women had a similar race over 5 km, won by Tracy Bluett just 2 seconds ahead of veteran Louise Fairfax. The Speed Challenge provided great entertainment for all the other participants at the Five-days and was enjoyed by the elites.

### Spring in Spain Attracts Veterans

By late January, more than 2,000 entries had been received for this year's Veteran World Cup in Spain in mid-April, representing more than 30 countries.

The course planners, led by Martin Kronlund who will be 80 this year, have been working hard to provide good quality orienteering in the Spanish pine forests. The social side of the event appears likely to be unforgettable, with it coinciding with Murcia's Spring Festival.



# Temuco, Chile - new orienteering hot spot

by KJELL MELANDER and  
JÖRGEN GUSTAFSSON, Sweden

*In the city of Temuco, orienteering activity is today at simmering level amongst the sympathetic Chileans. All the right conditions exist to raise the temperature and let the activity boil!*

## How it started

The former West German national squad member Dietrich Kühnemuth settled down near Temuco in Chile in 1982 where he invested in a farming property on a long term basis to make his living. Parallel to his purposeful development of the farm, Dietrich has kept his passion for orienteering. During the Military World Championships, CISM, in Brazil in 1992, Dietrich was present as a spectator to establish important orienteering contacts. There is

no doubt that Temuco, the third largest city in Chile, can become a focal point for orienteering activity in South America.

In 1991 Dietrich produced the first orienteering map, of an area at the foot of the beautiful volcano Llaima, in the Parque Nacional Los Paraguas. The fabulous and unique Araucaria trees at 1400 metres above sea level, growing on old lava streams with incredible detail, provide perfect conditions for

orienteering propaganda at the highest level. The map is designed in Spanish and printed with complete IOF norm, control definitions and technical competition rules.

On this map Dietrich arranged the first Chilean Orienteering Championship, with participants from Arica in the north to Punta Arenas in the south. Through his good contacts he succeeded in attracting two national TV channels to cover the 4-day Championship, in addition to the press. One of the TV channels even filmed from a helicopter to get the best shots!

## Good Access

There is good transport access to the Parque Nacional Los Paraguas which is frequently visited by tourists interested in observing the nature. It is also possible to climb the snow-covered active volcano Llaima, 3125 metres high. In the centre of the map there is a very nice youth hostel equipped to a high standard. In the vicinity of Llaima there are excellent possibilities to extend the mapped area.

## Activities so far

On his farm, Fundo El Gringo, Dietrich arranged the first Chilean Army Championship in October 1994 on a five-colour map with IOF norms. The two individual competitions and the terminating relay on the map La Isla, situated only 5 minutes from the centre of Temuco, also served as selection races for the nation-wide Defence Championship.

The Chilean defence has had a lot of support from Dietrich, with his broad knowledge of orienteering organisation. He arranged the latest Defence Championship, in November 1994, on the Parque Nacional Los Paraguas map with great success and received a lot of appreciation from the Air Force Generals. University squads participated in the competitions to compare their orienteering skills with military groups from all 12 Regions in Chile.

## Strong Media Interest

The events were very well covered by the media, including 6 radio stations and 2 national TV channels, one of which had well-developed plans to broad-

Part of

## PARQUE NACIONAL LOS PARAGUAS

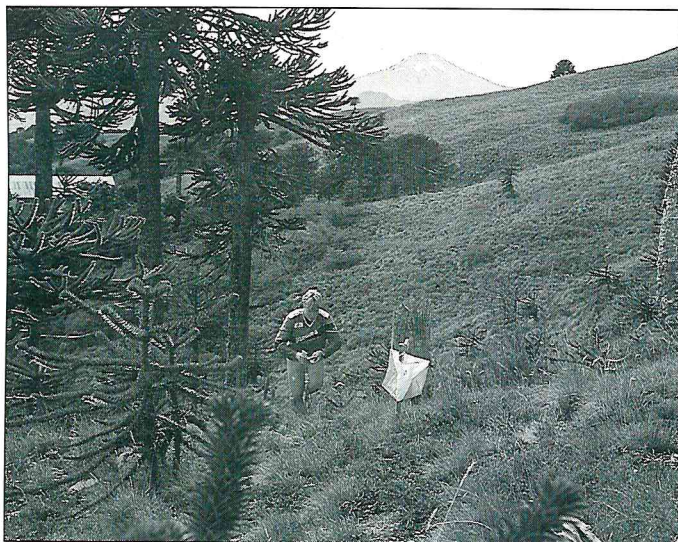
Scale 1:10 000, 5m contours



Mappers: Kjell Melander & Jörgen Gustafsson

Map sponsored by  
World Wide Orienteering Promotion





In the Parque Nacional Los Paraguas photo: Kjell Melander

cast its news programmes with orienteering coverage to the whole of South America by satellite. On the rest day between the two individual events and the relay, the Chilean Open Championship was held. P.E. teachers, scout leaders, track and field runners, cross-country runners, mountaineers and Dietrich's friends from the Rotary Club of Temuco took part.

In Vilcún near Temuco, Dietrich has been running a beginners' course for 20 school children since January 1995. Local, regional and national newspapers are currently writing articles about orienteering.

### The future

At the beginning of 1994 a big effort was made to produce orienteering maps in the Temuco region (see OW95/3). The work was mainly concentrated on producing teaching maps. Three such maps now exist and one of them covers Parque Isabell where all Chilean scouts regularly gather for camping activities. Here there is enormous potential; O-interested scouts can spread our sport nation-wide even more quickly. International scout camps are held at intervals in the same park, so here are unlimited possibilities to introduce orienteering to people from throughout South America.

A request from the Generals of the Board of CODEFEN, Confederación Deportiva De La Defensa, came to Dietrich

asking if he would again arrange the Chilean Orienteering Championship in November 1995. Through the annual Championships in the Temuco region, orienteering know-how is continuously being spread to all parts of Chile.

In the mountain range west of Temuco, on the border between Chile and Argentina, a perfect competition forest is located. Dietrich has plans to organise a big competition there. He also plans to invite military people from Argentina and Chile. In this way military rivals can come together on border neutral ground in a sporting environment, further contributing to military relaxation between the countries.

To continue the positive development of orienteering in Chile it is necessary to have more O-maps in the Temuco region. All other conditions for good development already exist through Dietrich's wholehearted commitment and his many fruitful contacts.

Maybe your club is interested in an exotic orienteering camp? On the Fundo El Gringo farm there is an orienteering map, cottages, horses, a swimming pool, training tracks and not least the very welcoming hosts Dietrich and Adriana.

Write in Spanish, German, English or Italian to Dietrich Kühnemuth, Fundo El Gringo, Casilla 57, Vilcún - Temuco, Chile.

## 1995 Chilean Championships

The 1995 Chilean Orienteering Championships - 2 individual events and a 4-man relay - were held at Vulcan Llama from 27th November to 1st December and attracted 95 competitors, writes Dietrich Kühnemuth. Over 2 days, just 27 seconds separated the leading three competitors - close competition indeed!

The results from all three days together with a short report were given out on both main TV channels in their news programmes at 9 o'clock each evening. Chilean newspapers also showed considerable interest.

Chile now has three registered orienteering clubs, with four more in the Santiago and Viña del Mar areas in the process of formation.

### CHAMPIONSHIP RESULTS

#### INDIVIDUAL

- |  |         |
|--|---------|
| 1. Jose Araya, OL-FEDENA (Viña del Mar)  | 2.22.17 |
| 2. Rojelio Cisterna, OL-FEDEM (Santiago) | 2.22.23 |
| 3. Egidio Jara, OL-FEDENA                | 2.22.44 |

#### RELAY

- |                             |         |
|-----------------------------|---------|
| 1. OL-FEDEM (Santiago)      | 2.31.45 |
| 2. OL-FEDECAR (Santiago)    | 2.55.21 |
| 3. OL-FEDENA (Viña del Mar) | 2.59.27 |

## Get Fit for Orienteering

A new book by Steve Bird,  
Principal Lecturer in Sport Science,  
Canterbury Christ Church College, Kent, England

This will be a key text for all who undertake physical training with orienteering in mind.

Starting from the background physiology and the principles of planning training - by the session, by the week and by the year - this well-illustrated book clearly explains all forms of physical training appropriate to orienteers including running training, strength training, flexibility and suppleness, etc. Also looks at nutrition, illness, underperformance. Aimed at the club orienteer and above this book will help you plan your training for maximum personal benefit. Foreword by well-known British veteran champion and former WOC runner Mike Murray.

This book is expected to be ready for dispatch March 1996. Expected price £10.95 plus postage. Orders (by credit card only - VISA/MASTERCARD) are being accepted now for despatch on publication. Your card will not be charged until the book is sent.

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Who are the experts in land navigation? Orienteers, of course! So it must make sense to use orienteering techniques for teaching the skills of navigation in the wider world of outdoor recreation. PETER PALMER, former Director of Coaching in the British Orienteering Federation, describes

## *Britain's National Navigation Award Scheme - Orienteering Extended to the Great Outdoors*

The National Navigation Award Scheme (NNAS) in Great Britain is now nearly 2 years old. 75 organisations have been accredited to run courses and 1,700 badges and certificates have been awarded to successful candidates. In terms of giving orienteering a recreational dimension and using the orienteering system of navigation as an incentive to improve navigational skills in the outdoor world, it can be seen as a success.

### **Why an Award Scheme?**

Several strands of thinking contributed to the creation of the NNAS. The sport of orienteering has a proven system of teaching and developing map and compass skills. The inclusion in the last few years of orienteering in the Physical Education section of Britain's National Curriculum has introduced many thousands of children to the sport. And while it was true that relatively few were entering the mainstream sport many more were being attracted to coun-

tryside challenges offered by the Duke of Edinburgh Award Scheme, mountain biking and adventure activity courses offered by commercial and education-run outdoor centres.

All these activities relied on accurate navigation and since orienteers tended to be good navigators and their sport offered a progressive system for teaching navigation, it seemed common-sense to apply the orienteering system to the wider outdoor world and to devise an incentive scheme which could encourage participants to move up a progressive ladder to improve their skill with a badge and certificate to mark each significant step in achievement.

### **Enthusiastic Backing**

The National Navigation Scheme was launched from the Royal Institute of Navigation HQ in London in March 1994 with the enthusiastic backing of the Central Council of Physical Recreation, The Brit-

ish Orienteering Federation and education bodies who saw it as an important way of improving safety standards in the countryside. It is administered by a committee of 6 representing a variety of outdoor interests including orienteering which meets twice a year to monitor standards and progress and support the National Secretary in accrediting centres to operate the scheme.

Registered centres have to comply with instructor standards based on teaching qualifications offered by the Mountain Leadership Training Board or the British Orienteering Federation. For a fee of £20



*City parks like this one in the heart of Boston, USA are ideal for Bronze level teaching and assessment*  
photo: L & S-M Berman

they receive advice on how to operate the scheme and the right to order and issue badges and certificates from the central office. A Teaching Guide and Instructional Fact Sheets are available for a further fee.

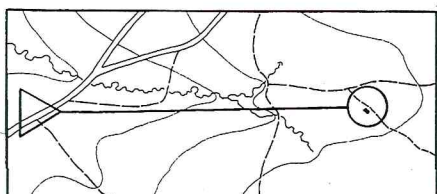
At present, administration is unpaid, but now that the scheme is starting to pay for itself, after generous support in the early stages from Silva UK Ltd this practice

### **BADGES AND CERTIFICATES**

are awarded for three levels of attainment

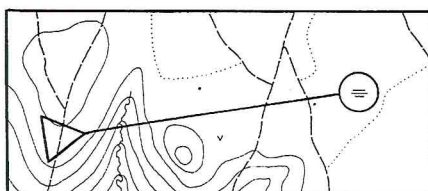
#### **Level 1 - BRONZE**

Handrail navigation following linear features like paths and fences



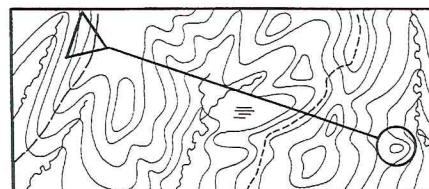
#### **Level 2 - SILVER**

Simplifying navigational problems by splitting legs into 'rough' and fine sections with the use of attack points, check points and strategies like 'aiming off'



#### **Level 3 - GOLD**

Contour navigation using the full range of interpretative and compass techniques







*"Where are we now?"  
Concentrating on the map, deep in the forest. Several different types and scales of map - including orienteering maps - are used for navigation exercises in unfamiliar terrain*

*photo:  
Marlene Palmer*

may change. One possibility already being considered is a National Centre to train instructors and assessors and to act as a practical focus for the scheme.

## Teaching and Assessment

All levels build on the foundation skill of orientated map to establish map-ground contact and direction. All involve some element of relocation technique. Candidates are also expected to understand the effects of fatigue and physical factors like bad weather on decision making - and to be environmentally aware.

Assessment is carried out on a course set at the appropriate level in forest, open moorland or even (for bronze level) an urban park. Candidates are rated on their competence and confidence in applying skills, *not* on time taken. Practical evidence is supplemented by an oral or written test.

## Open to All!

This scheme is open to men and women of all ages within and outside the educational world. It caters for walkers, mountain bikers and horse riders as well as fell runners, rogainers and climbers. Bodies registered so far include outdoor education centres, schools, colleges of Further Education, community organisations, ramblers associations, military units - and even a prison.

As expected, most interest comes from outside the mainstream world of orienteering - and particularly in recent months from bodies sensitive to new government rules in Britain on safety in the countryside. A high proportion of serious accidents arise from faulty navigation and the NNAS is seen as a powerful tool for improving standards. Although the NNAS has no major sponsor at present the wide range of

its appeal is interesting a variety of manufacturers of outdoor equipment, some of which are expected to add to Silva's 'pump priming' in the coming year. Interest is also being shown in a new Young Navigator Star Award for very young children based on classroom and school site maps.

## Interlocking Programme

Orienteering should now feel confident that after periods of ups and downs in recruitment - particularly amongst the young - it can now find a consistent place in an interlocking programme of outdoor adventure activities which, although of-

fering the same type of navigational challenge, vary in their competitive, physical and terrain demands.

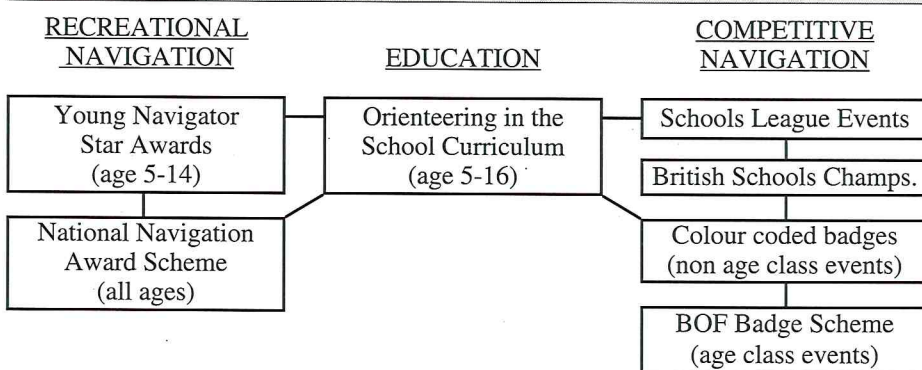
People can choose an activity and incentive according to their inclination and local resources of terrain and accessibility - without having to go for the full-blown competitive events offered by orienteering as a sport. A new British Schools Orienteering Association encourages this approach with children and young people and acts as a link between the environmental world, BOF and other outdoor organisations.

We have so little snow in the UK, but it is easy to see how the pattern could be extended to include skiing programmes. Similarly, water activities like canoeing could be included.

## Orienteering - Infinite Adaptability

I have always felt that the great strength of the orienteering experience is its infinite adaptability. The National Navigation Scheme is an attempt to exploit this and at the same time bring the experiences we all enjoy so much as orienteers to a much wider range of participants. Having the confidence to know where you are, where you want to get to and the skill to plot your route to your given destination is a basic life skill to which everyone should have access. The National Navigation Award Scheme can play a significant part in opening wider this door of opportunity and appealing to the explorer instinct deep in every one of us.

## ROUTES TO PROFICIENCY IN NAVIGATION SKILLS



*Quotes from satisfied NNAS customers:-  
"All I can say is that I should have used the NNAS sooner. The youngsters took to it like ducks to water" - Susan Hodgson (All Saints School, Wyke Regis, Dorset, England)*

*"It is excellent to see the NNAS come to fruition in a relatively short period of time. We will promote the scheme in conjunction with the coming programme*

*of tutor training days" - Stephen Saddler (Technical Officer, Central Council of Physical Recreation)*

*"We are very keen to become involved in the scheme as I believe it will fit in very well with the work we undertake here in Germany with the Duke of Edinburgh Award and the International 'Jugendprogram' in Germany" - Glyn Gilmore (British Liaison Office)*





In OW 95/4 Olli-Pekka Kärkkäinen, coach to the Danish national team, described the Ladies' Orienteering Team Trinec from the Czech Republic as "an example of good organisation". In this article ANNA GAVENDOVÁ and OTA GAVENDA outline the background to its formation

## *The Ladies' Orienteering 1.Silas Team Trinec (LOT)*

We thought it might be interesting for coaches to know how and why our team was formed. It wasn't a split-second decision; in essence we had been preparing to establish such a team for a long time. Our intuition indicated to us already under the totalitarian regime in our country that such a political system could not continue - confirmed during our trips to the orienteering events in the West since the year 1968.

In our discussions we had often talked about which way orienteering would head in the future. And we always approached questions of training without



*Coach Anna Gavendová  
logs the day's training*

emotion, pragmatically, which we consider to be one of the most important aspects of success in coaching work. We both agreed on the following aspects before the team was established:

a) Orienteering has literally flaunted its amateurism as an advantage. It was our belief that such a situation could not last. There would surely be the same tendency towards more professionalism amongst top sports people as in many other sports. We knew that we would have to work on a professional level with the latest knowledge. Of course our professional approach to training would not have financial backing at first, but it was our belief that it would come.

b) Repeatedly we have expressed the opinion that one weakness in orienteering coaching is that there are virtually no personal coaches. By the term personal coach we mean a person who is present at training sessions every day, and who provides daily evaluation of both training progress and competitions (nowadays, naturally, using a computer). He/

she takes care of vitamin and dietary matters, suggests appropriate spare time activities, and provides other kinds of support (e.g. contacts with schools, parents etc). On principle we reject the notion of the so-called personal coach who trains from a distance by means of written training plans. Such people are not personal coaches, but consultants at best.

c) Ota's main sport was athletics. It was clear to both of us that those orienteers with excellent athletic preparation would be the future winners. In our opinion this has now been proved. We knew that the fundamentals of our training work would be in athletic preparation. In our estimation, training with maps has been over-estimated - again, we emphasise that we are talking about top orienteers, who must already be at the appropriate level in that aspect.

d) We felt that the formation of a top orienteering team would bring mass-media publicity, which would be important for -

e) We believed that as soon as our work with our athletes created success, we would be able

So these were the main propositions for our training work, and about 14 years ago we established the LOT team. It was registered at the Ministry of the Interior of the Czech Republic for tax reasons because of the sponsorship; it has not been registered with the Czech O-Federation because any woman athlete of any club may become a member.

A condition of membership is that other interests take second place to coach Anna Gavendová's comprehensive training programme.

*Ladies'*  
**ORIENTEERING**  
**1.SILAS TEAM TRINEC**  
CZECH REPUBLIC

Jana Cieslarová, Marcela Kubatková and Mária Honzová have been members of the team from the very beginning. Later Hana Dolezelová (3rd at JWOC, Czech 10 km track record holder) joined the team, and Regina Kickerková is the youngest junior. In 1995 Iveta Liberdová returned to the team; she trained with us until she was 19, then she studied in and



*Jana Cieslarová was much in demand for signing T-shirts at the Word Championships in Germany photos: Ota Gavenda*

to find sponsors for the team. We started with the annual sum of 50,000 Czech Crowns (Kc). Nowadays our main sponsor is the joint stock company 1.Silas. Naturally we cannot talk about the size of our present-day sponsorships, but for example it was no problem for us that our team contributed 120,000 Kc to the Czech Orienteering Federation for the national team in 1995.

represented Slovakia. After greatly improving the quality of her training she has now been nominated to the Czech Republic national squad.

It is said that mathematics doesn't tell lies, and the following facts testify for the good work in our team: our athletes have won 82 gold, 41 silver and 35 bronze medals at the Czechoslovak and now Czech



Republic Championships. From the junior European and JWOC, the WOC and World Cup and Student World Championships they have 13 gold, 6 silver and 12 bronze medals in their collections.



*Maria Honzová, Iveta Liberdová and Jana Cieslarová training in Switzerland, July 1995*

Unfortunately the sun has not always been shining; after the 1994 injury to Jana Cieslarová when she fell over a cliff, other injuries in the team have followed. Jana had nearly recovered but in light training last year she stepped badly and suffered a small metatarsal fracture of her leg.

Nowadays we are taking an interest in an experiment which has proved successful in other sports: working with the subconscious using relaxation techniques.

In conclusion, we would like to propose that the IOF identifies some of the most competent coaches in orienteering who have broad and rich experience, and publishes a summary of their knowledge of orienteering training techniques and practice. It would be a demanding task, but worthwhile!

*Translation: Rudolf Rychly*

*Ladies*  
**ORIENTEERING**  
**1.S** ILAS TEAM TŘINEC  
CZECH REPUBLIC

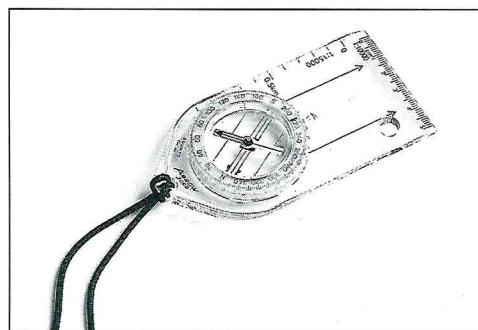
# Suunto Launches New Series of Competition Compasses

During the past year, Suunto has notably increased its investment in the field of competitive orienteering.

A sign of the fact that Suunto is to be taken seriously within this field is its sponsorship agreement with the IOF signed in August last year. Another sign is the investment in development of new products for the competition orienteering market.

Last autumn Suunto introduced its own control markers as well as punches for orienteering competitions. Now Suunto is getting ready to launch its newest series of competition compasses: the Arrows.

The Suunto Arrow series consists at the moment of three models, namely the baseplate models Arrow 2000 and Arrow 2200, and Arrow M-9, a wrist model for ski-orienteers. Yet another model is expected later this spring.



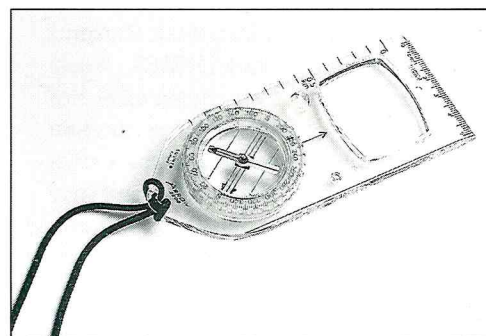
*Arrow 2000*

The new feature characterising the entire Arrow family is the double-bearing of the lightweight plastic compass needle. The neodymium magnets on both sides of the pivot ensure low inertia, and thus make the needle move very rapidly.

Thanks to the new ingenious assembly of the double-bearing needle, the needle will also settle very fast. At the same time, sideways swing of the needle has been eliminated.

The graphic design of the Arrow compasses makes them easy to read, even in the worst conditions. The compass needle is distinctly coloured, a bright orange indicating the north end. The length and width of the needle has been optimised to ensure best possible readability. The red printing of the scales 1:10,000 and 1:15,000 on the baseplate is equally easy to read, and the printing technique used ensures life-long endurance.

The baseplate models of the Arrow series are very compact in size, which makes them suitable for every orienteer, irrespective of age or size of hand.

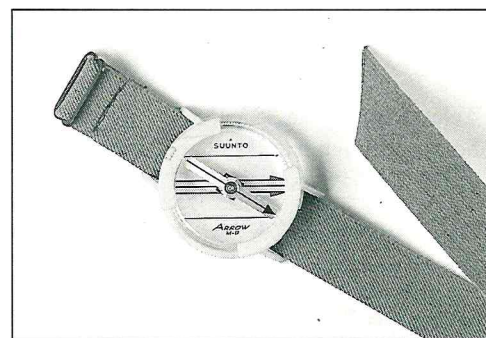


*Arrow 2200*

These compasses fit equally comfortably in the hand of a junior, a female or a male orienteer. The ergonomic design of the baseplate with its rounded corners and edges only adds to the comfort of using the Arrow.

The Arrow 2000 and Arrow 2200 are equipped with control marking holes, and the Arrow 2200 also has a large TV-shaped magnifying lens, making the compass easy to use even with poorer eyesight.

The Arrow M-9 is a unique wrist compass with double-bearing. The bottom of the capsule is white, which makes the bright fast needle easily visible. Naturally, the Arrow M-9 is an ideal compass for many other uses besides ski-orienteering, such as mountain biking and horse riding for instance.



*Arrow M-9*

The combination of these features with the over-all high quality of Suunto products makes the Arrow compasses unbeatable!

All Arrow compasses have been designed on the basis of the comments and wishes of top Finnish orienteers.



# Names in the News

## IOF's MBO Committee Established

The provisional IOF Mountain-Bike Committee - its formal existence is dependent on agreement by the IOF Congress in July that MBO be recognised as an IOF discipline - consists of Michel Devrieux (FRA), Anssi Juutilainen (FIN), José Terreros (ESP) and Jan Zemlik (CZE). Anssi Juutilainen is most well-known as one of the world's top ski-orienteers of the past few years - he was world champion over long distance in 1984 and 1988 and over short distance in 1990. Jan Zemlik is curator of the Museum of Orienteering History in Zlín, Czech Republic.

## New Environment Project Team Formed

The IOF Technical Committee has set up a new project team to set guidelines for environmental good practice in orienteering. Team leader is Ernst Gruhn (GER) and the other members are David Hogg (AUS) who is Editor of *The Australian Orienteer*, Vladimir Mikan (CZE), Brian Parker (GBR) who is the BOF Environment Officer, and Jørn Simonsen (DEN).

## New Presidents in RSA and UKR

Dr. Ian Bratt took over last October as Chairman of the South African Federation. The Ukrainian Orienteering Federation has also elected a new President for 1996-97; he is Alexander Sopov, many times a prize winner at the Ukraine Championships.

## BOF Appoints New Secretary General

Following the recent retirement of Hilda Gregson, Office Manager for the British Orienteering Federation, after 17 years' service with BOF, a new post of Secretary General has been established. The person appointed is Neil Cameron, a professional sports administrator who has been deeply involved in the sport of badminton for many years.

## Trail O - or Precision Orienteering?

Trail O, the name accepted by the IOF for the 'multi-choice' form of orienteering in competitions for the handicapped, has no direct translation in Swedish or Danish, and the name 'precisions-orienteering' has now been adopted within these countries. Some concern has been expressed that the use of more than one name might make it more difficult to get a World Championships established or to become affiliated to the International Paralympic Committee.

## Colin Dunlop

One of Ireland's most well-known orienteers both at home and abroad, Colin Dunlop, died of cancer in December. He was an able administrator and also a keen competitor who travelled widely and an experienced event controller. For some time a national selector, he managed the Irish World Championship team in 1983 in Hungary.

## JWOC '96 July 8-14 Romania



This year's Junior World Championships will be the first IOF event to be held in Romania, which became an IOF member in 1990, the year that the autonomous Romanian Orienteering Federation was formed. Orienteering in fact started in Romania way back in 1947, with the first National Championships in 1964, and the first ski-O event there was held in 1954.

The JWOC event centre is Govora, a tourist town known for its baths and thermal waters about 190 km north-west of the capital Bucharest. In July it is warm (average 25°C) in the day and cool at night.

The terrain for all three days is hilly, with some steep valleys. Woodland is mainly deciduous with little ground vegetation; visibility and runnability are very good.

A training camp is being organised in the period July 1-7 and training camps can be arranged at other times on request. Five mapped areas of terrain similar to the JWOC have been made available.

The Romanian organisers are looking forward to hosting the JWOC and are hoping for a record entry.

## International Orienteering Federation

### Secretariat

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Secretary General: Lennart Levin

Staff: Berit Pehrson, Karin Tibbelin

### IOF Council 1994-96

#### President

Susan Harvey, Great Britain

#### Senior Vice President

Åke Jacobson, Sweden

#### Vice Presidents

Hugh Cameron, Australia

Sarolta Monspart, Hungary

#### Council Members

Thomas Brogli, Switzerland

Rimantas Mikaitis, Lithuania

Edmond Széchényi, France

Einar Undstad, Norway

Bruce Wolfe, USA

### IOF Committees

Development (DC)

Events (EC)

Mapping (MC)

Ski-Orienteering (SC)

Technical (TC)

Trail-O (Trail C)

#### Chairmen

DC: Birthe Helms, Denmark

EC: Geir Tveit, Norway

MC: Flemming Nørgaard, Denmark

SC: Veli-Markku Kortenien, Finland

TC: Barry McCrae, Australia

Trail C: Anne Braggins, Great Britain

### Member Nations (\* - associate members)

Australia	AUS	Japan	JPN
Austria	AUT	Kazakhstan	KAZ
Belgium	BEL	Korea	KOR
Belorussia	BLR	Latvia	LAT
Brazil*	BRA	Lithuania	LTU
Bulgaria	BUL	Macedonia*	MKD
Canada	CAN	Malaysia*	MAS
China	CHN	Netherlands	NED
Croatia	CRO	New Zealand	NZL
Cuba*	CUB	Norway	NOR
Czech Republic	CZE	Poland	POL
Denmark	DEN	Portugal	POR
Ecuador*	ECU	Romania	ROM
Estonia	EST	Russia	RUS
Finland	FIN	Slovakia	SVK
France	FRA	Slovenia	SLO
Germany	GER	South Africa	RSA
Great Britain	GBR	Spain	ESP
Hong Kong	HKG	Sweden	SWE
Hungary	HUN	Switzerland	SUI
Ireland	IRL	Ukraine	UKR
Israel	ISR	United States	USA
Italy	ITA	Yugoslavia	YUG



# SUE HARVEY'S *President's Column* **Fun and Fairness**

Every year for the past decade or so my Company has organised a Fun Run in June as part of the village Gala. (The Gala in Doune is called the Grosset Fair. Grosset is a Scots word for gooseberry. No doubt gooseberries are ready for harvesting in June in Doune!)

This Fun Run starts at 19.30 from the village park. Beforehand we, as organisers, have about an hour's work to do: get permission from the landowner and the police, put up some posters and invite the press. We make sure about 4 of us will be available to help. On the day itself we start the job of organising the Run at 17.30, and afterwards we are already in the pub for a post-Run supper by 21.00. The next day someone sends a report to the local newspaper and displays the results in the window.

For this small amount of work a lot of people get a lot of fun - mostly youngsters. I often wish organising orienteering could be that simple. Of course it never can be, but I believe it is worth sometimes thinking about whether we could simplify things. Perhaps we should ask ourselves what is essential to fun and fairness. Are there things which add a lot of work and little to fairness and fun? What is the essence of a good sport?

## **Simple Objectives**

The most popular sports share one characteristic: the objective is simple and it is easy to tell when you've won - or are winning. Thus, in football, the objective is to kick the ball through the goal and when you do that more often than your opponents you are winning. In a 400m race the objective is to get to the tape first and all the time you can see whether or not you are in the lead.

Some sports are less satisfactory: the objective in show jumping is simple enough (jump the fences) but to know who is winning you have to remember how many fences the other riders

knocked down, and you have to wait to the end till everyone has had a go. Other sports are even more obscure: gymnastics, synchronised swimming and ice dancing depend on the opinion of a panel of judges, and again you have to wait for everyone to go before you know if you are winning.

Recently a number of sports (e.g. tennis) made rule changes to speed up the action and reduce the interruptions. While this may be done in the first instance to make the sport better as TV entertainment, the principle remains unchanged: what is more fun for the viewer is probably more fun for the participant too.

Turning to orienteering, the objective is indeed simple enough: to find the markers fastest. Knowing who has won is not so simple. A lot of the fun in any game is in knowing how you are doing during the game and how you have done immediately afterwards. In orienteering, just watch kids (and adults) rush to the results board after they finish!

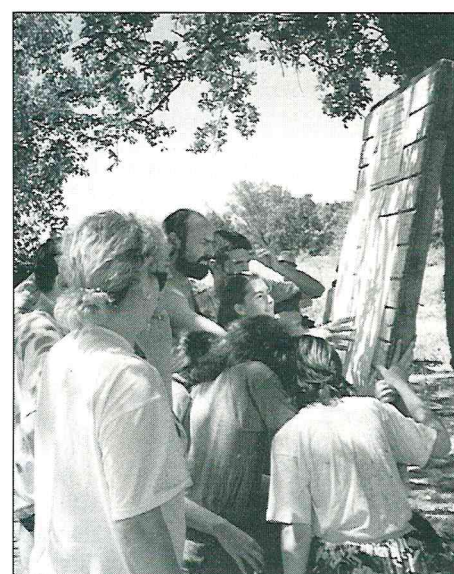
## **"Focus on the Essence of the Sport"**

These considerations make me think we should make sure we put some of our energy into focusing on the essence of the sport and on aspects that increase the fun and fairness, and eliminate the parts that have nothing to do with this essence. Rules that divert attention away from the main objective can reduce the fun.

Here are some possible aspects of orienteering to examine in this light: except in major championships, can we cut the number of courses, let men and women run mixed, letting each person choose for themselves which course to run? It cuts down the work and increases the fun. For fairness sake you can classify results by age and sex in the results for each course if you wish. (The computer is aching to do this for you.) But pause awhile anyway and ask yourself what is fair about age as a way of classifying people in sport. What is fair about a 1.70m tall 12-year-old boy born on 1 January competing against a 1.30m lad born 364 days later on 31 December? Or a 120kg man with heart disease competing against a skinny 55kg ex-Olympian? Age classes are one way of dividing up the field. It is not the only way and on occasion may not be the best way. It is certainly not so 'fair' that fun

is impossible without it. Is it essential to classify people thus in every event? If not, can we save time and energy by allowing greater flexibility sometimes in smaller events, as is happening in some countries already?

For fun and fairness, I'd lay a lot of emphasis on quick results, and perhaps have more events with mass starts. Rome has a highly successful mass start street event. What about simplifying control descriptions, or even abolishing them for small events? Lots of small events, rather than a few big ones, with lots of variety of course length, provide lots of fun - and are environmentally fairer to the flora and fauna.



*Young and old at the results board  
- part of the fun!*

Because we orienteers are always searching for the perfect run, we may have a tendency to try for perfection in our rule book too. But this can lead to our smothering variety and creativity, and ultimately, the future of our sport.

## **Minimum of Rules**

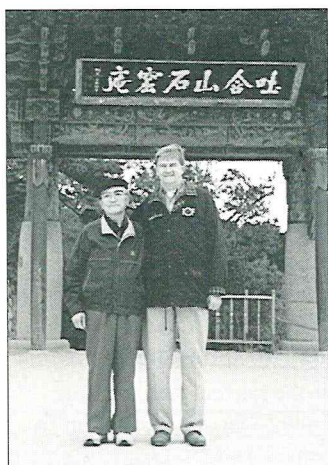
The IOF has a special interest in international elite competition. But all our member federations are composed mostly of non-elite runners. While our elite rules must be specific, detailed and limiting, we have perhaps allowed this to spill over too much into our general practices. For lots of fun and fairness, rules for 'everyday' should be minimum in number, facilitating, broadening rather than narrowing, general where possible, allowing lots of variety. Natural human creativity will then ensure we get lots of new ideas and continuous rejuvenation of our sport.



# Korean Culture and Competition

The IOF's visit to south-east Asia - part two,  
by Secretary General LENNART LEVIN

After the GAISF Congress (Sue Harvey and Veli-Markku Korteniemi having left Seoul) I found myself under the eminent hostship of Mr. Oh Jung-whan, former President of the Korean Orienteering Federation. Before taking me to the Korean Championships in orienteering, which were simultaneously organised as the Korea-Japan Friendship Orienteering Event, Mr. Oh brought me in contact with Korean culture and religious history in the surroundings of the city of Kyongju, the old capital of the Shilla dynasty (BC 57-AD 935).



Mr. Oh Jung-whan - the 'father' of orienteering in Korea - with the author, visiting a buddhist shrine photos: author

Visits to the Kyongju National Museum, the Pulguksa Temple, the Sokkul-am Grotto with a majestic Buddha, 3.5m high, carved in granite, facing east towards the rising sun, the Chomsongdae observatory (built AD 632-647), several of the tumuli scattered over the city, and finally the modern Pomun tourist resort, became memorable experiences. I could not have had a better guide during these excursions than Mr. Oh, also a journalist and a man of letters.

## Typical Korean Terrain

But I am forgetting myself - orienteering is the subject. The Championships were held near the city of Chang-won in the southern part of the Korean peninsula. The events were organised by the regional orienteering federation led by Mr. Ahn Sang-youn.

The organisation was very professional, the maps were excellent, and the terrain was - well, typically Korean. Already during the train journey from Seoul to the southern part of the country I saw what is apparently typical Korean scenery; a myriad of steep hills or small mountains, most of them a bit too precipitous for enjoyable orienteering. What I did not see from the train window but became clear at Chang-won, was the density of the undergrowth. If you don't have to leave the paths, you simply don't do it. In principle, then, Korean orienteering - in so far as this event was representative - is similar to ski-O in the sense that it becomes a path-following exercise.

This of course would not be a problem in itself, were there an abundance of paths, creating an intriguing multitude of possible route choices. Judging from this event, and from numerous maps presented to me, the opposite seems to be the case, alas. In other words, it is difficult for a course planner to create legs where the obvious route is not the sole path leading to the next control.

## Challenge for Course Setters

I am afraid these comments of mine have a sinister smack about them. However, what I suppose I am saying is that the Nordic variety of competitive



The author amidst enthusiastic pathfinders at Chang-won, venue of the Korean Orienteering Championships

orienteering - the runner heading cross-wise through the forest - is only rarely possible in typical Korean terrain, if at all. The terrain being what it is, there is an even greater challenge for leaders and course setters to construe suitable forest exercises for young and old. Enjoying the forest with map and compass is not, or should not be, limited to the 'traditional' form of competitive foot-O. I am convinced that Korean orienteers will develop their variety of orienteering to harmonise with given conditions - organisational skills and enthusiasm are there in abundance!

The Japanese dominated the test match between the two countries, but nobody seemed

to care much about minutes or hours spent on the course at the ensuing rice-wine ceremony. Yet another unforgettable experience, sitting on a tarpaulin spread out on the ground amidst happy Japanese and Korean orienteers, everybody appreciating this annual orienteering exchange between the two countries.

To conclude, may I add to the names of Mr. Oh and Mr. Ahn, also Mr. Son Jin-dong, Secretary General of the Chollapuk-do orienteering federation, Mr. Jang Young-duck, President of the Pusan orienteering federation, Mr. Kim the lodge owner, and Mr. Park the driver. You all contributed to rendering my visit a marvellous experience - thank you.

## Estonian Orienteering in 1995

There are 42 member clubs in the Estonian Orienteering Federation at the moment, with 1,600 members, writes *Mati Poom*. But outside these clubs we have quite a large number of orienteers (or people interested in orienteering) who seldom visit national competitions but are quite active on mid-week evening courses. Last year, evening courses were arranged in 16 regions in Estonia.

In regular competitions in Estonia in 1995 we had about 15,000 starts (maps used), and in evening courses about 16,500. About 800 orienteers took part in the regular competitions, and about 2,500 on

evening courses. Probably almost all those taking part in the regular national events also competed on evening courses, so we estimate about 2,500-3,000 people in Estonia interested in orienteering and having at least one start at a national event or evening course.

At the head of the Estonian ranking lists at the end of 1995 were Sixten Sild (OK Voru/OK Triangel) and Külli Kaljus (OK Peko/Liedon Parma). In ski-orienteering, Raul Kudre and Maret Vaher (who was also 3rd in the women's foot-O rankings) headed the lists. 'Orienteers of the Year' were Sixten Sild and Maret Vaher.



# On the Slope

## LECH TRZPIL describes changes in the pattern of orienteering in Poland

If we consider the number of registered orienteers as an indicator of good or bad times for the national federation in terms of its development, we can say that the best times for us in Poland were the late 80's. At that time the number of registered orienteers oscillated around 1,500 and got as high as 2,000. This state of affairs was possible so long as State subsidy created security and paid the wages of a coach and team travel.

### 1989: Rapid Change

This situation started to change in 1989 and change became rapid. Clubs started to lose their ordinary sources of finance. Sponsoring was unknown in its normal sense, so everyone had to fend for themselves. Very few runners, even adults, could cover all their costs. Within three years the number of registered orienteers decreased to 1,000 or even fewer.

When they found it difficult to travel far away because of cost, clubs started to think about orienteering in their own regions - within 100 km. Somehow this started a new period of development: in parallel with the declining number of registered runners, more and more regional competitions have been organised, regional competition calendars issued and thus the interest in orienteering in the regions maintained.

Since then, traversing the slope has continued for several years. Sometimes up, sometimes down, finding easier or more difficult parts to traverse.

### Sport for the Young

The turning point came last year. *Sport for the Young* was the watchword. This has been the policy of the Minister of Sport, who promised much help to newly established school clubs.

For those who know some of Peter Palmer's ideas, this is nothing new: it has been proved by example that a club established by children and for children (with the help of adults, of course) where the children can work in it, enjoy their sport and arrange sport for others, is the most stable kind of body.

With the helping hand of the Ministry, school clubs started to develop like mushrooms after rain. Within one year 40 of them declared orienteering as one of the sports disciplines they wanted to compete in.

What did this mean for associations and local clubs? First of all much work to educate teachers, some of whom had rather simplistic ideas about orienteering. Then co-ordination of the delivery of basic orienteering equipment (maps, flags, punches etc.), and assisting with the preparation of new



Polish children enjoying orienteering in a Warsaw park  
photo: Jaroslaw Mycko

maps where necessary.

Then it was necessary to develop regional competitions, organise special open events for school children and help everyone who asked for help. Many people were surprised when on a cold, rainy and snowy Saturday almost 300 children arrived in the park, or on another spring Saturday some 450 children! During last autumn, 4 competitions were organised in Warsaw, and altogether 1,500 pupils and teachers from 100 schools participated.

### Fewer Organisers

On the other hand we managed to reduce to the minimum the number of organisers. This was possible thanks to Marek

Wotowczyk and the latest available technology. Courses are drawn on a plotter very efficiently with the use of O-PLOT linked with the OCAD mapping program. With OCAD we can draw controls in specific places on the map, whilst O-PLOT does everything else: control descriptions, courses, and plotting courses onto maps with the plotter. Each runner gets a start card with a bar code, which at the finish is read by a device which instantly produces the runner's time taken.

The process of development continues. Where it leads us, we must wait and see. Now it is time to think how to keep all these new birds, because they can easily fly away again!

## Skerletz Celebrates 25 Years



Iván Skerletz in younger days

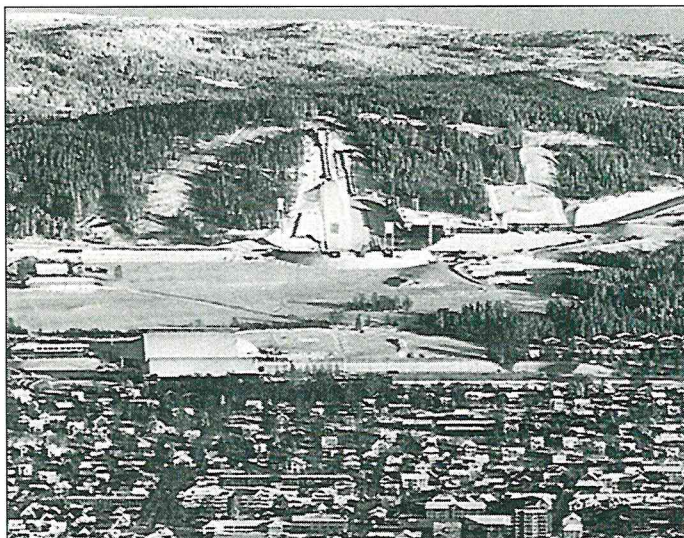
Iván Skerletz last year celebrated his 25th year as Secretary General of the Hungarian Orienteering Federation - itself just 25 years old. It was on 1st January 1970 that the HOF was formed as a body independent of the Tourism and Alpine Federations and appointed its first Secretary. At that time there were 2,000 orienteers in Hungary, and Iván Skerletz has seen, and helped, this number grow to the present total of about 5,000.

1995 was also the 70th anniversary of the start of orienteering in Hungary. The first event, on the Buda mountain in Budapest, was held on 11th January 1925 - copies of the original newspaper report of this event still exist. In 1995, the double anniversary was celebrated by re-runs of the original courses, with the women's course of 4.2km won in November by twice world champion Katalin Oláh in 23.21 (the 1925 time was 27.20).

The anniversaries were marked by a number of special events during the year and, not least, by a 100% rise in the number of Hungary's World Championship victories! Previous winners at WOC level were Sarolta Monspart in 1972 and Katalin Oláh in 1991, and Gábor Pavlovics was JWOC classic champion in 1987. This year, Katalin Oláh's repeat victory in Germany and Gábor Dominyik's two JWOC wins gave extra flavour to the anniversary festivities - much to the pleasure, no doubt, of Iván Skerletz.



# Lillehammer - an Ideal Venue for Ski-O WOC



It was in February 1994 that the spotlight was last on the small town of Lillehammer, some 200 km north of Oslo. Then, the town and its surroundings appeared on TV screens around the world as the story of the 17th Olympic Winter Games unfolded. Now, Lillehammer is host to another major winter event, the 11th World Championships in Ski-orien-

teering. Surprisingly, this is the first time that the championships have been held in Norway, and the Norwegian hosts are determined to make the best possible use of the excellent facilities to provide exciting sport for competitors, spectators and the media.

The competition venue is the splendid Birkebeineren Ski

Stadium, situated in the upper part of the Lillehammer Olympic Park about 4 km from the town. The race terrain is between 450 and 600 m above sea level and is typically Nordic coniferous and birch woodland containing a multitude of ski trails. The individual events will use the 'one-man-relay' format with couple starts, and a seeding system, used in last year's World Cup, designed to increase the tension towards the end of each race.

## Big-screen Displays for Spectators

As in the foot-orienteeing World Championships in Germany last year, the Regny electronic recording system will be used in a Ski-O WOC for the first time. The IOF Ski-Orienteeing Committee has also given the organisers permission to use GPS satellite

transmission techniques to display TV pictures of skiers out in the terrain on a big screen at the finish.

The system should greatly increase interest for spectators and the media, but a number of restrictions have been laid down to ensure that the pictures shown can in no way, because of the information given about skiers or terrain, influence the outcome of the competition. The Championships will also have 30 minutes' transmission each day on the Nordic TV channel *Supersport*.

Preliminary entries were received from 25 nations, and it is hoped that 1996 will see a record entry. One thing is certain - competition at the top will be very tight, and an exciting week of competition is in prospect.

## World Championships Programme

Tuesday 20 February - Opening Ceremony  
Wednesday 21 February - Individual long distance event  
Friday 23 February - Individual short distance event  
Saturday 24 February - Relay event

# Double Victories for Benjaminsen and Zell at Nordic Championships

Ski-orienteeers from 10 nations took part in the Nordic Open Championships based on the northern Sweden city of Östersund over the third weekend in January. It would have been only 9 nations were it not for the generosity of the Östersund City Council, who stepped in to help when the Lithuanian team announced that they could not attend for financial reasons.

Scarcity of snow 2 weeks before the events forced the organisers to switch the long-distance event to the reserve venue at Ånn, 150 km west of Östersund. They were rewarded with excellent snow conditions and fine, calm weather with splendid views of the moun-

tains. Annika Zell (SWE) and Vidar Benjaminsen (NOR) achieved convincing victories by 1m 58s and 1m 18s respectively over nearest rivals Lena Hasselström (SWE) and Vesa Mäkipää (FIN) in the senior classes.

The short distance race the following day was held at Östersund as planned: In the women's race the order was again 1st. Zell, 2nd. Hasselström, the margin this time being 1m 22s. Vidar Benjaminsen's second victory was a close one: second placed Björn Lans (SWE) was only 9 seconds slower.

As expected, Scandinavians dominated the top placings, the

best from other lands being world champion Nicolo' Corradini, 6th over long distance and 7th over short. Svetlana Haoustova gained an impressive 4th place in the women's long distance race, just 4m 40s down on the winner.

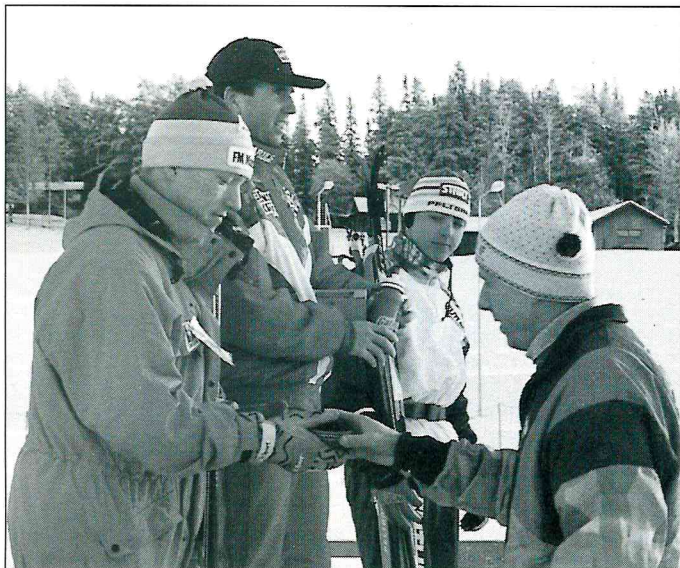


Annika Zell  
- double winner in Östersund

## LEADING RESULTS

**Long distance: Men, 19.4 km:** 1. Vidar Benjaminsen NOR 1.23.24, 2. Vesa Mäkipää FIN 1.24.52, 3. Raino Pesu FIN 1.25.29, 4. Bertil Nordqvist SWE 1.26.44, 5. Arto Lilja FIN 1.26.58, 6. Nicolo' Corradini ITA 1.27.29. **Women, 10.8 km:** 1. Annika Zell SWE 58.37, 2. Lena Hasselström SWE 1.00.35, 3. Arja Nuolijoa FIN 1.01.08, 4. Svetlana Haoustova RUS 1.03.17, 5= Erica Johansson SWE & Riitta Karjalainen FIN 1.03.33. **Short distance: Men, 10.1 km:** 1. Vidar Benjaminsen NOR 46.45, 2. Björn Lans SWE 46.54, 3. Arto Lilja FIN 47.00, 4. Kjetil Ulven NOR 47.34, 5. Pär-Ove Bergqvist SWE 48.09, 6. Peter Fredriksson SWE 48.31. **Women, 7.2 km:** 1. Annika Zell SWE 35.06, 2. Lena Hasselström SWE 36.28, 3. Erica Johansson SWE 36.31, 4. Terhi Holster FIN 37.42, 5= Riitta Karjalainen FIN & Ulrica Svärd SWE 37.45. **Relay, men:** 1. Sweden 1 101.01, 2. Finland 1 101.23, 3. Norway 1 101.28. **Women:** 1. Sweden 1 95.06, 2. Finland 1 97.18, 3. Sweden 2, 97.25.





*Nordic Championships prize-giving, short distance:  
(l to r) Björn Lans (SWE), Vidar Benjaminsen (NOR), Arto Lilja  
(FIN). Prizes were presented by Brigadier Håkan Epmark  
photos: Lennart Levin*

## Olympic Project Progress

IOF Secretary General Lennart Levin spoke at the Nordic Open Championships event banquet about progress with the Ski-O Olympic Project.

Plans are progressing for ski-orienteering to be part of the cultural programme at Sugadaira, Japan in conjunction with the 1998 Winter Olympics (see OW 95/3).

A meeting with the 2002 Winter Olympics organisers in Salt Lake City is being arranged for a date in March. A new version of the ski-O promotional video is being prepared.

## Slovakia Prepared for JWOC

The Slovak Orienteering Association hosts its first major IOF event this year, the Junior World Championships in Ski-orienteering from 6th to 10th February.

The event centre is Tajov, about 10 km from Banská Bystrica. About 18 nations are expected to send teams. Short distance and relay races in the Alpen Cup are being arranged in conjunction with the Championships.

### TASMANIAN TIGER SEARCH 1996 AUSTRALIAN ORIENTEERING CHAMPIONSHIPS CARNIVAL

TASMANIA, AUSTRALIA  
Saturday September 28 - Sunday October 6 1996  
including an IOF Elite Classic Event

#### Carnival includes:

- Australian Championships (IOF Elite Event)
- final 2 races of the Australian O-League competition for elites
- the international Southern Cross Junior Challenge for Pacific Rim teams
- Tasmanian Championships
- Australian Schools Championships
- mid-week and model events

**Hosted by Orienteering Tasmania** - who brought you APOC and the first World Cup heat outside Europe in 1988 and the Veteran World Cup in 1992

*For the Australian Championships entirely new maps, again in the exciting St. Helens terrain with extensive granite rock detail and fast open forest. Additional events on new maps in a new area combining old mine workings with fast, open forest. A week of excellent orienteering in Australia!*

#### INFORMATION:

Howard Smith, 11 Trotsford Crescent, Launceston, Tasmania 7250, Australia  
(home tel. +61 03 311939) or fax Valerie Bramall (+61 03 272864)

*In the December issue of Orienteering World a new sponsorship by Finnair was announced. Founded in 1923, the Finnair Group carried 5,432,000 passengers all over the world in its last financial year.*

## FINNAIR - the new Official IOF Carrier

**F**innair, the flag carrier of Finland, is the sixth oldest airline in the world. In addition to domestic and international flights it offers a range of travel-related services.

As a medium-sized airline Finnair has focused on top quality service in selected niche markets. Helsinki, the main hub of Finnair, is an ideal gateway for connections on many inter-continental flights.

Finnair actively co-operates with other international carriers, but intends to remain an independent airline.

Finnair Group's scheduled flight network includes 50 international destinations and 21 destinations in Finland. In addition Finnair runs charter flights to most of the popular holiday destinations in Europe and around the world.

Finnair Group consists of Finnair Oy, the listed parent company, and its travel related subsidiaries.

The Group's net sales amount to FIM 6.7 billion of which the parent company accounts for 85%. The Group's operations are divided into four sectors. Flight services account for 82%, tour operations and travel agencies 14%, and hotels and other operations 4%.

The total personnel of Finnair Group amounts to roughly 10,200.

## The Everlasting Rogaine

Entries are now open for the Fruit 'n' Veg 2nd World Rogaining Championships in Western Australia on 31st August and 1st September 1996. The event site is Mount Singleton, about 400 km north of Perth. This area is world renowned for its unique native flora, in particular Everlasting flowers which will be in full bloom.

The terrain is hilly and semi-arid, quite rocky in parts, with extensive complex gully systems. Tree cover is light, sufficient to reduce visibility without impeding progress. It is typical outback or station country - the real Australia!

The event is a standard 24-hour rogaine for teams of between 2 and 5; a central base camp will provide hot food throughout the event and teams may return at any time to eat, rest or sleep. Top competitors can expect to cover around 100 km in the 24 hours.

As a result of good sponsorship from Healthway, Wilderness Equipment, Macpac and the Australian Rogaining Association, free entry is offered to all overseas based rogainers. Contacts: Maggie Jones, P O Box 369, Nedlands WA 6009, Australia, telephone +61 9 381 8608. E-mail: Gary.Carroll@per.ml.csiro.au. Fax: +61 9 246 8233.



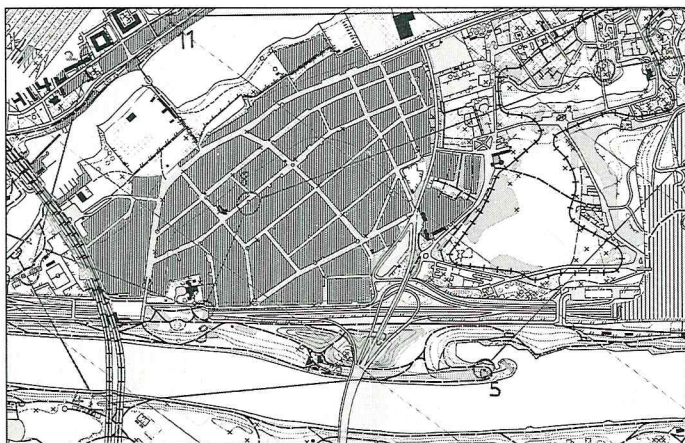
# Viennese Racing Bike Orienteering

A good urban alternative to MBO, suggests  
MARTIN FÜRNKRANZ

Probably the first big event anywhere in the world in racing-bike orienteering took place on 30th April 1983 in the world-famous Prater area of the Austrian capital Vienna, close to the gigantic all-year fun fair with its huge Ferris wheel. About 60 competitors participated in that historic event. Since then a regional competition called Wiener Rad-OL (Viennese bike-O) has been held every year with numbers of competitors ranging between 15 (in 1984 when there was snow) and 150.



*Concentration on the map at the start photos: author*



## Thirteenth Year

In the early years, revised Ordnance Survey maps were often used - nowadays high class O-maps are prepared. The event went into its 13th edition in 1995 when orienteers gathered only a stone's throw away from the UN office. So one can compare the tradition of mountain bike orienteering in Spain with that of its Austrian counterpart - probably the Austrian form is older!

The most prominent feature of racing bike O is the very high percentage of paved roads and paths; in the last 13 years it has varied from approximately 70 up to 98% (the latter in 1995). But the unpaved roads and tracks are of higher quality than in any MBO event. Although you are allowed to compete on a mountain bike (many competitors do) you travel much faster on a racing or touring bike. But bikes such as are used in professional street racing are not suitable because they can be severely damaged on the unpaved tracks.

All 13 races have been held in the Vienna suburbs; on some occasions open areas close to the fringes of the city have been included in the predominantly open courses. One might think that the O-component might suffer in comparison with MBO - but that's only true to a minor extent. Vienna has a lot of parks with a dense network of small asphalted trails where no automobile is allowed to drive or even can, because they are too narrow.

When combined with the high speed - much higher than in MBO - this environment implies a great deal of high-level orientation technique. A lot of route choices have to be made and the competitor must be cautious not to lose his chosen route by taking the wrong trail at junctions. If you look at the extract (alongside - reduced by 100%) from the brand new 1995 map, situated almost in the heart of Vienna between different branches of the River Danube, you can understand this.

Two natural problems connected with orienteering in a metropolis are cars and people. Busy streets and traffic lights can be time-consuming factors. Parks and their trails are often crowded with people - the event always takes place on a holiday.

## Park and Run!

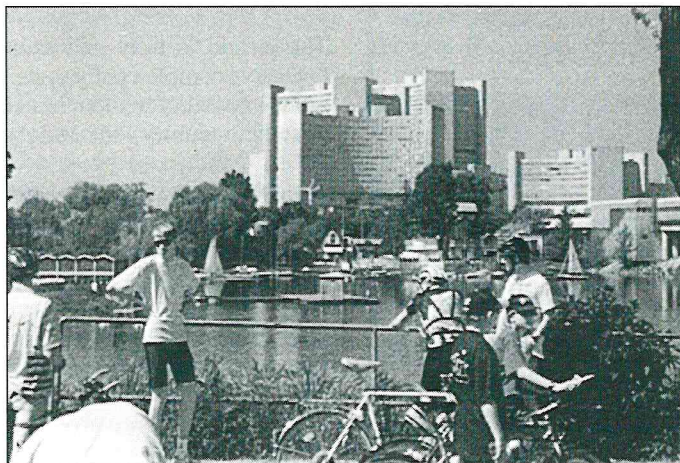
One small difference from MBO should be mentioned - 2 or 3 controls can be set such that it is impossible to reach them by riding. So you have to

park your bike at a suitable place and run - but the running distance is less than 100 metres. The courses are relatively short with winning times in the elite between 40 and 70 minutes over a maximum of 20 km as the crow flies - the complete flatness of most of Vienna contributes to a high speed.

But all this would be nothing without the man who invented it and runs it almost as a 'one man show', drawing most maps and setting out the courses himself whilst having only a few helpers in the start and finish areas. He is Paul Grün of OLC Tyrolia, who has a university diploma in surveying, with photogrammetry and cartography as special subjects.

Nowadays he is a professional photogrammetrist and O-map surveyor with his own "Orientierung" company, which is responsible for the creation of a wide range of O-maps throughout Austria. For many years he has also worked as an editor of the Austrian O-magazine of the same name.

Any MBO freak who is interested in trying something a little different and enjoying a package full of fun and surprises is invited to join the assembled crowd every spring in Vienna - which also offers a lot of sight-seeing. The event is on the official Austrian O-calendar which is part of the IOF electronic calendar, or information and an invitation can be obtained from the Austrian Orienteering Federation ÖFÖL, Prinz-Eugen-Straße 12, A-1040 Vienna.



*Waiting for the 1995 start - in sight of the UN office*





# PUBLICATIONS & PRODUCTS



## PRICE LIST - FEBRUARY 1996

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IOF SECRETARIAT, P.O. BOX 76, S-191 21 SOLLENTUNA, SWEDEN

TEL. +46 8 35 34 55, FAX +46 8 35 71 68

### GENERAL ORIENTEERING LITERATURE

				SEK
6117	IOF Calendar of International Orienteering Events 1996 (diskette)	1996	E	50,-
6113	Orienteering Technique from Start to Finish (B Norman, A Yngström)	1991	E	65,-
6118	Orienteering for the Young (T Renfrew, C McNeill, P Palmer)	1993	E	30,-
6120	Developing Orienteering (P Palmer)	1993	E	15,-
6103	Orienteering - Take it to the World (P Sandberg)	1987	E	55,-
6104	Report on 1st International Symposium on Land Access	1987	E, G	50,-
6105	Orienteering on Permanent Courses	1988	E	17,-
6108	IOF 25, Anniversary Issue	1986	E, G	10,-
6109	IOF Report, back issues: 1975; 1976/1; 1977/1,2; 1978; 1979/1; 1980/1,2; 1981/1,2; 1982; 1983; 1984; 1985		E, G	10,-
6116	Biennial Report / Zweijahresbericht (Congress Period 1990 -1991)	1992	E, G	30,-
6121	Biennial Report (Congress period 1992-1993)	1994	E	50,-
6119	Photogrammetry in Orienteering (R Harvey, F Nørgaard)	1993	E	25,-
6112	Simple Maps for Orienteering	1990	E	20,-
6114	Media Coverage and Orienteering (C Aichholzer)	1991	E, G	20,-
6115	Orienteering Bibliography (IOF Scientific Group)	1991	E/G	25,-

### IOF MAGAZINES

5100	Orienteering World (formerly IOF Bulletin), ISSN 1015-4965, back nos.: 1987/4; 88/2-4; 1989, 90, 91/1-4; 1992/1,2, 3/4; 93, 94, 95/1-6: one volume: 70,- except 1993, 1994 & 1995:			20,-
	1996 back issues:			100,-
	Subscription fee, 6 issues (add 35,- for air mail outside Europe)		E	30,-
5200	Scientific Journal of Orienteering, ISSN 1012-0602, back issues:		E	140,-
	1986 - 1990 incl.: 2 issues per year. Single issue: 35,-. Both issues:			
	Vol. 7 1991/1-2 (combined issue):		E	50,-
	Vol. 8 1992/1,2: single issue: 40,-; both issues:		E	60,-
	Vol. 9 1993/1-2, vol. 10 1994/1-2 (combined issues):		E	70,-
	Vol. 11 1995/1,2: single issue: 40,-; both issues:		E	70,-
	Subscription fee, vol. 12 1996 (single issue: 50,-):		E	70,-

### STATUTES, RULES etc.

6301	IOF Statutes	1995	E	25,-
6302	International Specifications for Orienteering Maps	1990	E, G	25,-
6317	Principles for Course Planning	1993	E	20,-
6303	Control Descriptions	1990	E	25,-
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6313	Rules for the World Cup in Ski-Orienteering	1995	E	30,-
6314	Guidelines for the World Cup in Ski-Orienteering	1991	E	25,-
6315	Guidelines for Organisers of Major International Ski-O Events	1991	E	25,-
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### OTHER ITEMS

6805	IOF metal pin, 15 x 10 mm			25,-
	10 pins			200,-
6801	IOF textile patch - white, dark green & orange, 7 x 7.8 cm			20,-
	10 patches			150,-
6802	IOF tie, navy blue polyester with IOF symbol in green			70,-
6803	Silver plated necklace with chain with orienteering motif			30,-
6804	World Cup T-shirt, white with green & orange print: sizes S, M & L			40,-



# The First Orienteering Championships for Railway Employees

DUSAN VYSTAVEL, Czech Republic, reports

The first world orienteering championships for railway employees was held in Vuokatti, Finland from 13th to 17th June 1995. It was organised by the sports union of railway employees (USIC) which has its championships every four years. This time orienteering joined the list of sports.

## 13 Nations

The championship consisted of two races - individual and relay - in one class (H21). Each country could be represented by no more than 7 individual competitors and 2 relay teams. 78 competitors from the following 13 European states took part: Czech Republic, Denmark, Finland, Great Britain,

Hungary, Norway, Poland, Romania, Russia, Slovakia, Slovenia, Sweden and Switzerland.

## Prizegiving Audience of 5,000!

Both races were held near the Vuokkatinvaara hill (325 m above sea level), not far from the city of Sotkamo-Vuokatti, central Finland.

The individual course was over 8.6 km with 510 m climb and 13 controls. 25-year-old surveyor Tommy Johansson of Sweden was the fastest in 1.04.30, the other medals going to Markus Gerber, Switzerland (1.07.22) and Matti Sipponen, Finland (1.08.53).

The winners were applauded by 5,000 people awaiting a baseball match.

## Sweden Wins Relays

The relays were expected to be won by one of the Swedish teams (each member was amongst the first 15 in the individual race). Sweden II was in front for a long time, but last

leg runner Tommy Johansson outran them and brought victory to Sweden I. Second were Finland and third Sweden II. There were 28 teams in all.

The next USIC Championship is planned for Sweden in 4 years' time, when it is expected that there will be classes for H21, H35, H45 and for women.



The individual prizegiving - in front of 5,000 spectators!  
photo: author

Welcome to Norway

## MODUM O-CAMP

For the last three World Champs I've done my final preparations at Modum O-Camp. They've got the best orienteering training opportunities in the world there.

Modum O-camp congratulates Jörgen Mårtensson on his second WOC Gold. Jörgen trained for 5 weeks at Modum O-camp before this year's championships.

The Swiss O-Federation used Modum O-camp as its official training camp in Scandinavia in 1995. They won 2 WOC Golds - congratulations!

Modum O-camp is situated 80km west of Oslo. 30 courses with controls set out in 1996. Various accommodation options.

## MODUM O-CAMP

Bøen gård  
3370 Vikersund, NORWAY  
☎ +47 32 78 39 66 ☎ +47 32 78 37 35  
ELITE RECREATION YOUTH FAMILIES



## 1996 Events in Hungary

News of the following events came too late for inclusion in the main international fixture list:

**April 13-14:** Postás Kupa (classic): Márton Söter, Lotz K.u. 5/a., H-1026 Budapest, tel. +36 1 176 2785.

**April 20-21:** Mecsek Kupa (classic): PVSK, Pf. 34, H-7602 Pécs, tel. +36 72 444 369.

**May 25:** Killián Memorial Event (classic); **May 26:** Budapest Kupa (sprint); **May 27:** Budapest Kupa (relay): BTFSZ, Curia u. 3, H-1053 Budapest, tel. +36 1 136 488.

**July 5-7:** Alpok-Adria Kupa: Ferenc Fehér, Patkó u. 13/4, H-8900 Zalaegerszeg, tel. +36 92 321 974.

## ORIENTEERING COMPETITION THE 3rd "PHONE GAMES" IN FORSSA, FINLAND, JUNE 11(TUESDAY), 1996

Forssa is situated from Helsinki 100 km to north-west!

Suunto-Games, Hki (June 8-9, -96) -> PHONE GAMES  
IN FORSSA (June 11, -96) -> Jukola Relay, Kuopio (June 15-16, -96)

Course-length: Short distances, time of winner about 20 - 30 minutes.  
Classes: H/D 21A,C, H35-70, D35-55, H/D14-18, H/D12TR, H/D10RR.  
Registration: H/D21-70 45 FIM, H/D18-16 35 FIM, H/D14-10RR 25 FIM before May 7, 1996.  
FIRST START: 5.30 P.M. (17.30).  
Map: Scale 1:10 000, printed 5/96  
Inquiries from: Timo Rapakko, adress: Ylätie 2, SF-31 600 JOKIOINEN, FINLAND or fax +358-16-4383 682.

## WELCOME TO FORSSA!

(after Suunto-Games and/or before Jukola -relay!)

LOUNAI-HÄMEEN RASTI RY







# INTERNATIONAL FIXTURES LIST



This list includes all open events in the 1996 IOF Calendar with closing dates up to 30th April, plus some newly-notified mid-summer events. The entry closing date, where known, is shown at the end of the event name. Then follows the type of event: I - individual, C - classic, S - short distance, L - long distance, R - relay, N - night. A number shows the number of days, e.g. 2I/R means 2-day individual followed by relay. Line 2 gives the contact address and telephone and fax numbers. A \* indicates that the event is designated an IOF Elite Event.

## MARCH

- 2, 3 \* **III Mafra O-meeting, Mafra, Portugal** (20/2) 2C  
Amigos do Atletismo de Mafra, Rua dos Bombeiros  
Voluntarios, B, P-2640 Mafra, Portugal  
T +351 61 811482, F +351 61 812710
- 9, 10 **Lipica Open, Gorica, Trieste, Slovenia** (26/2) 2I  
EOL d.o.o., Aleseveca 10, 61000 Ljubljana, Slovenia  
T +386 61 556251
- 9, 10 **Clinton '96, Lawrence, Kansas, USA** S/C  
F Menninger, 2233 New Hampshire, Lawrence,  
KS 66046, USA T +1 913 841 1655
- 15, 16 **Israel Open Championship 2C**  
ISOA, P.O. Box 1392, Ramat Hasharon 47100, Israel  
T +972 9 981758, F +972 9 984323
- 15-17 \* **Spring Cup, Hillerød, Denmark** N/C/R  
L Søndergaard, Langbjerg Park 53, DK-3400 Hillerød,  
Denmark. T +45 4226 4159
- 23, 24 **V Meeting International ANORT, Eixo-Oporto, Portugal** (14/3) 2C  
Associação do Norte de Orientação, Rua G, Bl 1, R/C  
C/Esq - Azurva, P-3800 Eixo-Aveiro, Portugal  
T +351 34 931641, F +351 34 382395
- 23, 24 **Aalborg OK 2-day, Denmark** 2C  
S Bak, Lindholm Søpark 26, 2.tv,  
DK-9400 Nørresundby, Denmark T +45 9817 4410
- 30, 31 **AROS Elite Test, Stirling, Scotland** (15/3) S/C  
Elite Test '96, 19 Glamis Gardens, Polmont, Scotland,  
U.K. FK2 0YJ T & F +44 1324 716041
- 30, 31 **Final Four-O / S.E. Reg. Ch., Raleigh NC, USA** 2C  
R Bromer, 904 Dorothea Drive, Raleigh, NC 27603,  
USA T +1 919 828 6068

## APRIL

- 5-6 **Påskeløb 96, Esbjerg, Denmark** 3C  
E Winterskov, Ivigutvej 92, DK-6715 Esbjerg N,  
Denmark T +45 7515 3642
- 6-8 **Australian 3-days, Orange, NSW** (29/2) 3I  
Australian 3-days, PO Box 350, Epping 2121, Australia  
F +61 2 9959 3153
- 6-8 **Jan Kjellström Trophy, N. Yorkshire, England** 2C/R  
J Dixon, 70 Moor Road North, Newcastle upon Tyne,  
England NE3 1AB T +44 191 285 3819
- 8-12 **Veteran World Cup, Murcia, Spain** (20/2) 3I  
VWC '96, Apartado 27, 30840 Alhama de Murcia, Spain  
T +34 68 639136, F +34 68 639952
- 13, 14 **IX Martin Kronlund Trophy, Madrid, Spain** (30/3)  
2C C.O. Adyron, Gran Via 66, 6º, puerta 3,  
28013 Madrid, Spain T & F +34 1 541 5457
- 13 **Lørdagskjappen, Moss, Norway** (18/3) I  
O Gundersen, Korndalsvn. 32, N-1591 Sperrebotn,  
Norway T +47 6928 8091
- 14 **Sol-Renningen, Sarpsborg, Norway** (18/3) I  
O Kjoes, Box 126, N-1701 Sarpsborg, Norway  
T +47 6916 3996
- 14 **Western Cape Championships, S. Africa** C  
I Bratt, P.O. Box 8968, Cinda Park, 1463 Gauteng,  
South Africa T +27 11 913 1978, F +27 11 360 3683
- 20, 21 \* **Vårspretten & Vårstafetten, Halden, Norway** (25/3)  
C/R K Pettersen, Kjærlighetsstien 9, N-1781 Halden,  
Norway T +47 69 18 51 39
- 26-28 **3-Valleys, Velenje, Slovenj Gradec, Slovenia** (1/4) 3C  
OK Slovenj Gradec, Tomsiceva 72, 62380 Slovenj  
Gradec, Slovenia T +386 602 42 554
- 27 **Slovakia Long Dist. Champs., Topolcianky, Slovakia**  
(20/4) I D Richter, Moravecká 22, 95193 Topolcianky,  
Slovak Republic T +42 87 22585
- 27, 28 **Isotonic Relay, Kermiö/Turku, Finland** (15/4) 2R  
Jorma Ake, Kirsikkapolku 4, FIN-21600 Parainen,  
Finland T +358 21 4583470, F +358 21 4581042

## MAY

- 4, 5 **Tiomila, Stockholm, Sweden** (1/3) 2R  
L Alfredsson, Sadelvägen 5, S-191 62 Sollentuna,  
Sweden T +46 8 966 335
- 4, 5 **Irish Orienteering Champs., Galway, Ireland** (20/4)  
I/R J Walshe, Moneymore East, Oranmore, Co. Galway,  
Ireland T +353 91 90408
- 4, 5 **1996 New York State Champs., USA** I/R  
A Buraczynski, 36 Cartier Court, Newark, DE 19711-  
5954369, USA T +1 302 368 4455
- 4, 5 **Memorial cika Duska Jovanovica, Rajac, Yugoslavia**  
(15/4) 2I PD 'Pobeda', Macvanska 8, 11000 Beograd,  
Yugoslavia F +381 11 647 672
- 5 **Ière Nationale, Reims, France** C  
Région Champagne-Ardenne, 2 Rue de la Barre,  
51500 Sillery, France T +33 2649 1825
- 17-20 **Vilnius-96, Vilnius, Lithuania** (15/4) 4C  
OK Perkūnas, P.B. 455, 2007 Vilnius, Lithuania  
T +370 2696 632, F +370 2220 149
- 25-27 **Internationaler 3-Tage-OL, Simmerath, Germany** 3C  
no details received
- 25, 26 **Slovakia Cup events 1 & 2, Pezinok, Slovakia** (10/5)  
2C P Poláček, Kupeckého 47, 902 01 Pezinok, Slovak  
Republic T +42 704 402100
- 25, 26 **15-stafetten & Knut Valsstads Minneløp, Oslo, Norway** (13/5) R/I T Engblad, Munkebekken 24,  
N-1061 Oslo, Norway T +47 2230 7150

## JUNE

- 8, 9 **Suunto Games, Helsinki, Finland** (25/5) 2C  
V-M Salmenkylä, Box 88, FIN-00501 Helsinki, Finland  
T +358 0 701 5115
- 15, 16 **Jukola & Venla Relays, Rautavaara/Kuopio, Finland**  
(10/5) R Mehtä-Jukola '96, P.O. Box 32, FIN-73301  
Nilsia, Finland T +358 71 480 380, F +358 71 480 381
- 26-29 **Quatre Jours d'orientation, Marche en Famenne, Belgium** (1/6) 4I  
Jean-Noël Debehogne, 31 avenue Général Bernheim,  
1040 Bruxelles, Belgium. T & F +32 2 640 6922
- 28-30 \* **Norwegian O-Festival, Trondheim, Norway** (20/5)  
S/C/R Karl B Olsen, Alvheimsvingen 19,  
N-7026 Trondheim, Norway T +47 72 55 60 42,  
F +47 73 51 89 70
- 29-7/7 **Colorado 7-day, Lake George, USA** 7I  
D Walker, 350 Bates Avenue, Boulder, CO 80303-5304  
USA T +1 303 494 8695

## JULY

- 3-7 \* **Takas-96, Plateliai, Lithuania** (15/5) 5C  
OK Takas, P.B. 558, 3031 Kaunas, Lithuania  
T +370 7206 326, F +370 7205 733
- 4-7 **2nd 'Cupa Variant 5', Targoviste, Bulgaria** (30/4)  
3C/R Variant 5, Box 234, 7700 Targoviste, Bulgaria  
T +359 601 486 89
- 5-7 **3 Giorni d'Italia, Lavarone, Italy** (15/5) 3C  
Comitato Trentino FISO, Passaggio S. Benedetto 8,  
38100 Trento, Italy T & F +39 461 981 051
- 8-13 \* **Int. 5-Tage-OL, Wiener Neustadt, Austria** (1/5) 5I  
G Tobler, Paul-Troger-Gasse 34, A-2700 Wiener  
Neustadt, Austria T & F +43 2622 23410
- 22-26 \* **O-Ringen 5-dagars, Karlstad, Sweden** (1/3) 5C  
S Kringstad, Box 17, S-651 02 Karlstad, Sweden  
T +46 541 46238, F +46 541 46245

## AUGUST

- 10, 11 **Canadian Champs., Wakefield, Ottawa** (12/7) 2C  
L Guttormson, 1310 Normandy Crescent, Ottawa,  
Ontario, Canada K2C 0N3 T +1 613 226 3947
- 17-25 **American O-Roundup, Harriman State Park, USA**  
(1/6) 6C/R/N R Slater, 28 Hanover Drive, Cookstown,  
NJ, 08511, USA T +1 609 758 0785



# Events Noticeboard

## Howdy Partner!

The 1996 North American Orienteering Festival offers you 12 days of top-class orienteering competition in August, starting with 5 days in the Ottawa area of Canada which includes a fun relay, the 2-day Canadian Championships, an A-meet and the Canadian Short Distance Championships. Challenging, technical terrain is promised for the 2-day Championships, to be held on 10th and 11th August at Rivière Lapêche in the National Capital Region's Gatineau Park and for the A-meet at Camp Fortune in the same area.

Move on then to the American Orienteering Roundup, a 6-day event over the period 17-25 August split by 2 rest days and a day when the US Relay Championships and Night Championships will be held. Set in Harriman State Park only 1 hour's drive from the centre

of New York, all but the last 2 days will use WOC'93 maps. The USOF Convention is planned for the same period and there will be a full programme of parties and outings, including the renowned *Orienteering North America Ice Cream Social!*

## Velkommen!

The Norsk O-festival from 28-30 June will again be one of the highlights of the Scandinavian season. This year's events are based at Granåsen Ski Centre, 5 km south of Trondheim. The festival starts with a short distance race on Friday 28th June, and a 'supersprint' (park race style) for 30 elite men and 30 elite women in the evening in the area beside a local folk museum where everyone else is invited to an 'open air family fete' with entertainment and dance. A classic race which is designated an IOF Elite Event is planned for the Saturday and

a relay - 6 legs for men, 4 for women in the open classes, the final race in the 1996 Nordic Relay League - on the Sunday.

Sørlandsgaloppen, Norway's famous 6-day event held from 9th to 15th July, is in the region where the 1997 World Championships will be held.

## Tervetuloa!

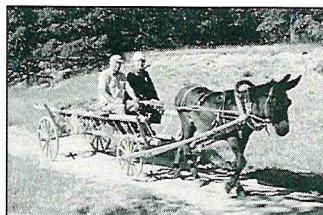
The very popular Jukola and Venla relays, also part of the Nordic Relay League, have a new address for entries: Mehtä-Jukola '96, P.O. Box 32, FIN-73301 Nilsia, Finland. The Venla Relay for women's club

teams is over 4 legs on 15th June with the winners expected to finish in about 3.5 hours. The open Jukola Relay has 7 legs - 84.2 km in all - with the 2nd and 3rd legs in the middle of the night. Here the winning time is anticipated to be a little over 8 hours. Mehtä-Jukola is situated in the centre of Finland, about 460 km from Helsinki, with Kuopio airport 60 km away.

## Dobre Doschli u nas!

Welcome to Bulgaria - for the 2nd 3-day 'Cupa Variant 5' and relay event put on by the Targoviste O club, with Swiss support, from 4-7 July.

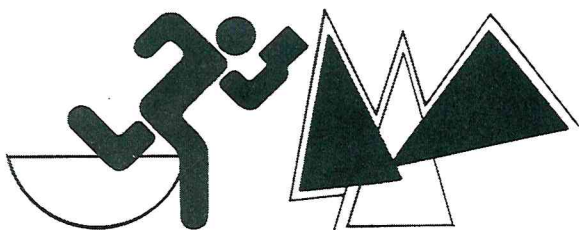
Targoviste is in a delightful country area just east of the Balkan Mountains, 125 km from Varna on the Black Sea coast. The terrain is mainly hilly oak woodland with a network of ditches. Further details from Marc Lettau on +31 972 4476.



A donkey cart in the finish area is a not uncommon sight in Bulgaria!



FEDERAZIONE ITALIANA SPORT ORIENTAMENTO  
COMITATO TRENINO  
TRENTO



**3 GIORNI D'ITALIA 1996**

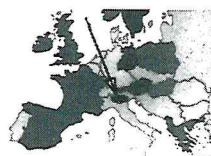
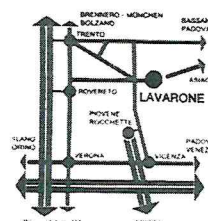
GARA INTERNAZIONALE DI CORSA DI ORIENTAMENTO

**TRENINO**

**LAVARONE**

**ITALIA**

**5-6-7 LUGLIO 1996**



**COMPETITION CENTRE:** Lavarone Congress Centre

**Classes:** DH-12/-14/-16/-18/-20,  
DH Elite, A, B, C; D/H+35/40/45/50/55/60/65,  
H+70, DH/N (Beginners)

**Entry Fees:** Classes up to DH-20 incl. & beginners: L. 40,000  
Other classes: L. 50,000

**Training:** From 1 July on 4 different maps in the surrounding area

**Terrain:** A high plateau, altitude between 1200 and 1600 metres, covered with coniferous forest and semi-open land

## Accommodation:

Hotel: from L. 55,000 to L. 60,000 per day half board  
Camping: approximately L. 18,000 per day  
Dormitory: approximately L. 5,000 per night

It is also possible to book at Azienda di Promozione Turistica di Lavarone (tel. +39 464 783226, fax +39 464 783118)

**Maps:** IOF norm - scale 1:10,000 - contours 5m - survey 1995/96

**INFORMATION & ENTRIES:** by 15th May by post or fax to:

Comitato Trentino FISO, Passaggio S. Benedetto 8, 38100 Trento, Italy, Tel. & fax +39 461 981051

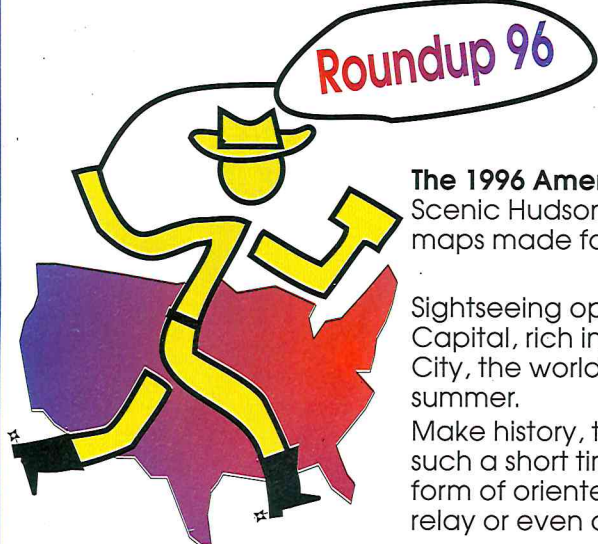
Holidays in Lavarone: it is possible to have tours and free or guided excursions to some very interesting towns/places: trip to Venice (also by train); trip to Garda Lake; tour of Dolomites; visit to Trento, a historical and artistic city with a lot of castles around; excursions on foot, on horseback, by MTB; you can even visit a First World War fortress!



# The North American Orienteering Festival '96 ...

It's an opportunity that may not happen more than once in a lifetime. Join us next summer for 12 days - and one night - of some of the best orienteering you will ever experience, including:

**The 1996 Canadian Championships Jamboree, August 10-14** in Canada's Ontario and Quebec provinces. Can you rise to the technical challenge of orienteering in Gatineau Park?



**The 1996 American Orienteering Roundup, August 17-25** in New York's Scenic Hudson Valley. Your opportunity to orienteer on the acclaimed maps made for the 1993 World Championships.

Sightseeing opportunities abound. Visit beautiful Ottawa, Canada's Capital, rich in architecture and historic buildings. Experience New York City, the world's most exciting city, which really comes to life in the summer.

Make history, this much top level orienteering has never been offered in such a short time anywhere in North America. and, whether your favorite form of orienteering is a classic distance challenge, a short course, a relay or even a night-O, there will be something for you!

**MAKE YOUR PLANS NOW!** To receive meet announcements and entry forms, please write:

Barry Elkington

South Ways - 5, Round Hill

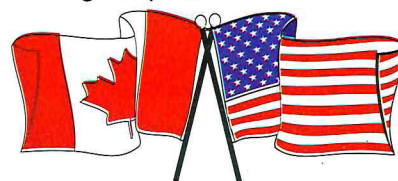
Kenilworth, Warwickshire CV8 1DW

-or-

HVO

PO BOX 61

Pleasantville, NY 10570 USA



## VETERANS WORLD CUP '96

### MURCIA, Spain

8-12 April 96

**In one week: orienteering, sun, sea and big festivals**

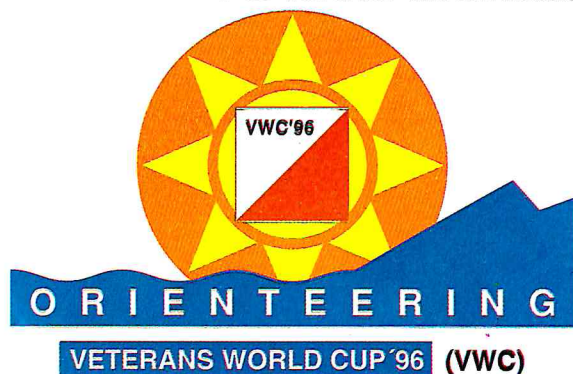
**Spain is waiting for you!**

**Come to the VWC 96 and you will come again to Spain**

**Feel young with us!**

**Do you accept the challenge?**

**For further information, make contact with us:**



**VWC '96**  
**Apartado 27**  
**30840 Alhama de Murcia**  
**Spain**

**Tel: +34 68 63 91 36**

**Fax: +34 68 63 99 52**





Coming soon!

A rival featuring double bearing **from Suunto.**

