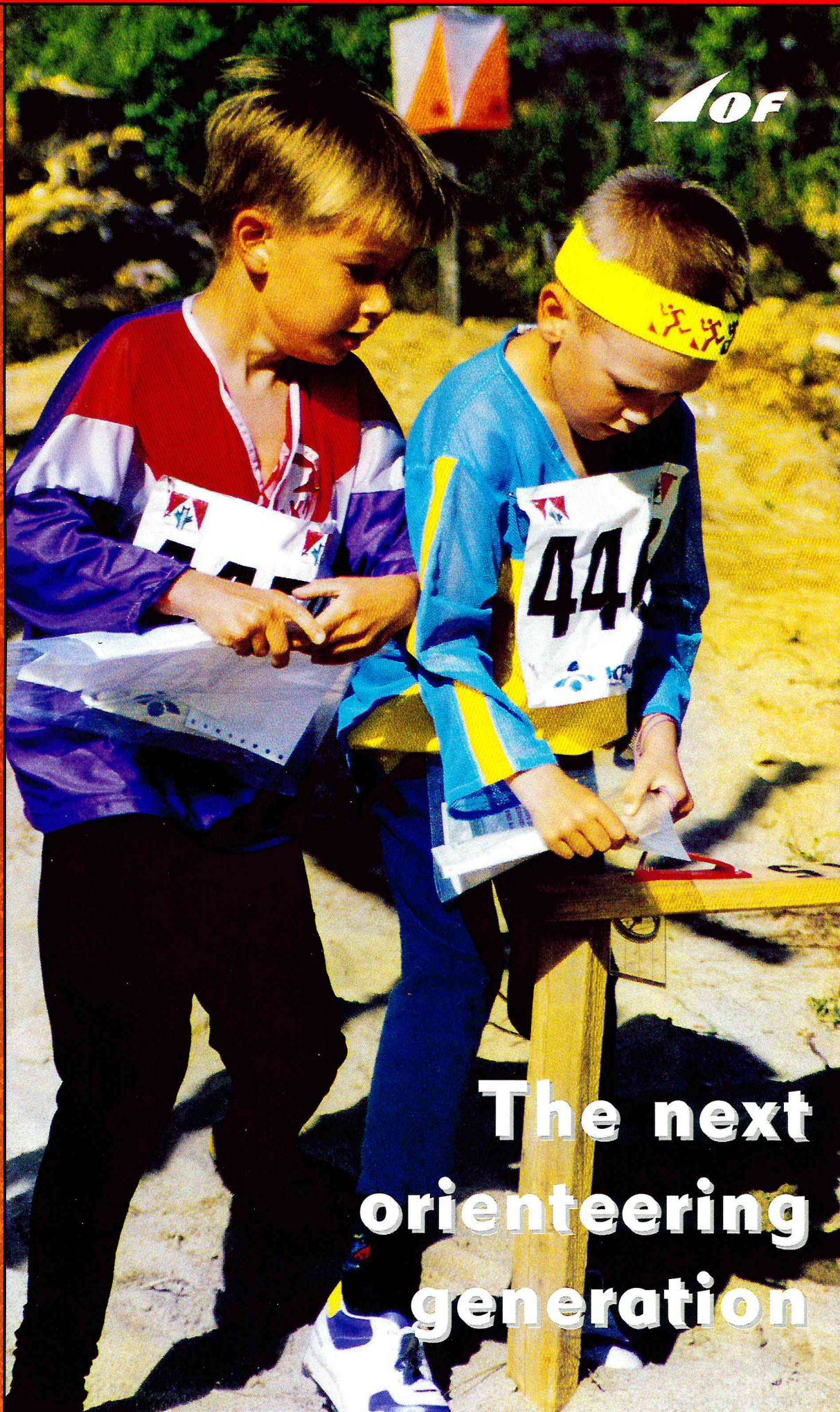


# ORIENTEERING WORLD



IOF

The next  
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No. 1

1999

INTERNATIONAL ORIENTEERING FEDERATION

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## PUBLICATION NOTES

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**Front cover:** Orienteering is an elite sport but it is also an ideal activity for the whole family. Nearly all orienteering events have courses specially designed for young children. Photo: Pirjo Valjanen





**O**rienteering is a sport with long traditions. Since the first event was held more than 100 years ago, a number of new forms of the

sport have seen the light of day. Short distance, relay, night events, park orienteering, and rogaining, to mention only a few of the products.

Orienteering is still orienteering, though. The appearance may vary, but when you remove the make-up, the main product is still the same; the sport where you navigate your way between control points marked on a map.

Like the sport itself, the IOF magazine has been given a different appearance a number of times through the years. Again, the time has come to renew the product and give it a face-lift.

The changes are designed to give the IOF and the sport of orienteering a better publicity profile. The new format is also a response to developments in information technology and to the increased number of high-quality national orienteering magazines, both factors contributing to enable the provision of good news coverage of events. Orienteering World should not duplicate, but be complementary to these.

A product is never for ever. In order to respond to the changing trends, the product needs a new appearance every now and then - without giving up its identity.

Despite the new make-up, Orienteering World is still Orienteering World - the magazine covering the sport of orienteering worldwide.

Enjoy!

*Barbro Rönnerberg*

## Removing Barriers

SUE HARVEY,  
IOF PRESIDENT

**O**rienteering is a sport so intrinsically attractive that it is hard to see how there could ever be a problem of recruitment. All of us started at sometime and each of us can probably still remember the delight of discovering orienteering - especially if it was as an adult. We are, of course, the people who tried it and stayed. - But what about those who tried it and didn't stay?

People talk quite a lot about how to market our sport, and undoubtedly getting people interested enough to try it out is important but it is only the first step. At least as big an issue is finding out why those who tried it just once did not keep coming.

Because the sport is intrinsically attractive, especially in this age of environmental awareness and with health high on the agenda, there ought to be a natural flow of new recruits all the time. Maybe we need to look at what is obstructing that flow. Maybe we should focus on removing barriers.

The very first barrier may be the method of publicising events. Unlike, say, swimming there is no building labelled "swimming pool", where you would automatically think of going to try out swimming. So orienteering is hard to find.

The second barrier is our habit of using an O-marker as the sign to our events, or using a name that is only meaningful to the initiated, e.g. JK 99. The next barrier is a lack of welcome for newcomers who don't know what to do.

Suppose someone has overcome the barriers to finding out about the event, getting there, and getting started on the course, even completing it perhaps; what are the barriers to prevent them coming again?

The biggest one will be a lack of suc-



cess. If you have no success, you probably won't try again. Are beginners able to gain at least partial success on their first orienteering experience?

Many orienteers now aged 40 or more, started when everything was simpler, especially maps. Is it all so complex now that it is difficult for newcomers, especially adult newcomers, to have any success early on? Inaccurate maps are off-putting, but so are also very complicated ones.

Another barrier to people coming back again is distance. A recruit may lose interest if the next event is 100 kms away and in 3 weeks' time. Lots of mid-week events in the streets and parks of a city (as happens in Melbourne, Australia) can be a solution.

We may be able to remove other barriers to people staying on in the sport over the long term. One could be boredom. Do we offer enough variety - different lengths (ultra-short, short, classic, marathon), disciplines (foot and ski), types (normal, score, relay)? Another is helping to organise events. We expect participants also to help organise. And often we overload people. In the long run it takes the joy out of the sport. Eventually people quit.

Some of these barriers are not easy to remove. But we could do a lot if we were able to remove the obstacles that stop people hearing about us, or reaching us, and then tackle the barriers that stop people returning again and again through life. In marketing terms: it is always easier to repeat sell to an existing customer than to find a new one.



# The Italian Concept: Schoolchildren–Environment–Orienteering

BY BARBRO RÖNNBERG

Last year, an internationally important conference on a 'Schools Project for Sport and the Environment' was held in conjunction with the park orienteering event in Assisi, Italy. Orienteering is evidently not one of the biggest sports in Italy, so how did it become a partner in this major project?

– There is a concern in Italy that the schoolchildren are increasingly ignorant of even their own local environments and the knowledge they do have is obtained from the television screen, and thus not always free of editorial bias, says Brian Parker, chairman of the IOF Environmental Group.

## **Orienteering – an ideal educational activity**

– The remedy the Ministry of Education has decided upon is to

develop a curriculum which takes schoolchildren into their local environments. The vehicle for this is sport, and THE sport is orienteering.

– For a multitude of reasons, orienteering is seen as an ideal educational activity for schools. It is not expensive, which is of great importance to the schools because of their tight budgets. Orienteering has the attendant benefits of exercise and health. It also uses skills which are taught across the curriculum. The existence of a detailed map supports a wide range of associated activities such as botany, geography, geology, and many other subjects.

People with knowledge of schools' orienteering in countries where it is well developed undoubtedly recognise these attributes. So what makes this Italian project any different and so special?

– The differences do not really arise in the content of the course instruction but merely in the enthusiastic backing the project has received from influential authorities. This is not a situation where orienteers are trying to promote their sport amongst sceptics but rather the opposite, says Brian Parker.

– The Italian Orienteering Federation, FISO, has been invited to co-operate with a major educational project at the national level. The project enjoys the support of the Ministry of Education, the Ministry of the Environment, and the 'Sorella Natura' environmentalist association.

– It is also strongly supported by local authorities in the regions, the local authorities and the towns. The schools have embraced the project with enthusiasm, seeing it not as imposed ideology but offering real and substantial benefit to them and their pupils.

## **Potential for the growth of orienteering**

The purpose of the 'Natura E Sport chiamano Scuola' conference was to draw attention to this major project involving 750 schools over an initial three-year pilot period.

– At the present time the use of environmentally-designated land for orienteering in Italy is relatively light. If, as expected in due course, the project expands into mainstream education, there is the potential for a large increase in orienteering participation, Brian Parker remarks.

The Italian schools' project with its dynamic links between education, orienteering and the environment is a model worthwhile considering in other countries, too. Recruitment is an issue facing many of the mature orienteering federations as well as the developing ones.







*Orienteering is still in the beginning in China, but it's growing. This is from the start of a park race for youth in Hong Kou Park in Shanghai. 170 took part.*

## The sport for the students

BY ERIK BORG

In the rushing sound and shadow of the Hong Kou stadium two seventeen-year old youngsters smile happily even if they aren't facing the crowds inside the arena. They inhale the fresh air in the surrounding park where they have just finished their courses in a sport which is relatively new in China .....Orienteering

Soccer is one of the biggest sports in China. Orienteering is still small – very, very small. Ma Huimin, the Deputy Secretary General and the only employee of the Orienteering Association of China, estimates that there are approximately 1,000– 2,000 orienteers in the biggest country in the world in terms of population.

In Hong Kou Park, 170 students took part in this competition at the end of March. The participants represented 20 different universities and secondary schools in Shanghai.

For Wei Zhaoling and Wang Wen Hao, both seventeen years old, this was only their second ever orienteering competition. They took part in a race last autumn and they say they enjoy the sport very much.

– It's exciting to find the controls, Wei Zhaoling smiles.

– And it's nice if you win a prize, adds Wang Wen Hao.

In Hong Kou Park there are a lot of paths, some hills, streams and ponds. Wei Zhaoling lost her start card in the water.

– But I got help from her, she says and points at Gudrun Elvhage. Gudrun comes from IF Thor in Uppsala, Sweden and is part of a group of orienteering instructors visiting China. Gudrun helped Wei to retrieve her card from the water using a stick.

Orienteering started in China in the mid 1980's. According to Ma Huimin the sport is mostly spread by teachers. They instruct their pupils in how to use the map and compass.

The federation has produced instruction material for orienteering for use in schools and universities. In some places the teachers are very eager to do this. A teacher in Nanjing explains that she takes her students to the forest and they just have to practise orienteering.

The start signal for the race in Hong Kou Park was started with a shot from a revolver fired by Anders Vestergård, the president of the Park World Tour organisation, and to the accompaniment of a big orchestra.

The Park World Tour sponsored the event in Shanghai and provided the prizes. They also arranged ten seminars during the space of one week in Beijing, Shanghai, Hangzhou and Nanjing and a clinic in event organisation was also held in Hangzhou. Anders Vestergård states that Park World Tour wants to give much more help and bring advice from Europe during the next three years.

This is the Park World Tour's second visit to Shanghai. A young girl proudly shows a T-shirt that she received from Jørgen Mårtensson last autumn.

Sport is quite popular among students in China. It is compulsory to take part in some form of sport and today basket, table tennis and soccer are the most popular sports. Even if the students are very eager in their studies they still want to take part in sports. The seminars in Nanjing, Shanghai



and Hangzhou also showed that a lot of them are interested in learning the relatively new and unknown sport of orienteering. Some small local competitions at different university campuses have also showed that they pick up how to use the map very quickly.

Zhang Huiping is an associate professor at the College of Education in the Hongkou district. She says that it's important that the students are able to improve their abilities. She mentions the mental aspects of orienteering and especially the ability to solve problems, to communicate and also to gain greater physical strength and fitness.

– Nowadays most families in China have only one child. A lot of the children are spoiled and physically weak. This sport helps them to improve their physical fitness, she says.

Qin Bangyong is the office director of the Hongkou Educational Bureau. He says that orienteering is popular among students and pupils in secondary schools for three main reasons. They can practise what they have learned in their geography lessons, they can improve their body and become physically stronger and fitter – and they just simply enjoy this new form of sport.

Deputy secretary general Ma Huimin is

very happy for the co-operation with the Park World Tour.

– We would like to continue it. Right now I think it's most important to train teachers and mappers because we need more maps and to spread knowledge among the Chinese on how to do this, comments Ma.

The noise of cheering from Hong Kou Stadium has now died down. In the park, the controls are being collected in. The best runners have received their prizes. Wei Zhaoling and Wang Wen Hao were not among the best six this time, but they will have more opportunities in the future. This year

four more local park events will be organised in Shanghai – both prior to and following the Park World Tour Final in October.

Orienteering in China is en route. Of course China can be a major and successful nation in orienteering. Their women track and field athletes have already shown the world that they can run fast.

The Chinese invented the compass and paved the way for orienteering some thousand years ago. And a fourteen year old boy beat Anders Vestergr  rd by several minutes over a 2.5 kilometre course in Hong Kou Park.



*China has certainly got enormous potential – in orienteering too.*

*Wei Zhaoling and Wang Wen Hao think it's exciting to find the control flags with the help of the map and compass.*





*Norwegian children shall again become familiar with the great outdoors and learn how to use a map and compass.*

## Norwegian children are taught navigation skills again

BY ERIK BORG

**T**oday, Norwegian children are much more familiar with computer games and "soaps" on TV than with the "great outdoors". However, special teaching material has now been produced to teach orienteering and to allow children to feel safe and confident again in the forests and outdoors.

Orienteering is still a major sport in Norway, but compared to some years ago, there are fewer youngsters taking part in the sport; a trend which can also be seen in other individual sports such as running and cross-country skiing.

Why is this? One major factor is that society has changed and is continually changing. Society has been revolutionised in recent years by the combined impact of computers and the range of television channels on offer.

Nowadays only 29 % of Norwegians are familiar with using the compass. One reason for this is that the teaching of orienteering in schools has not been as good as it could have been.

– I didn't really know how to use a map and compass before I started working at the Norwegian Orienteering Federation (NOF), comments Hild Sveine.

She is currently working with the recruitment of children and young people to orienteering. Hild in fact studied orienteering as part of her degree course at the Norwegian Sports University in Oslo before she started working at NOF and learnt the skills of orienteering properly.

If this is the case for Hild, is it then strange that many other Norwegians cannot use a compass?

There has been a general lack of good material to aid the teaching of orienteering but the new orienteering project, "Trygg i naturen", which can best be translated as "Safety and Confidence in the Great Outdoors", has now changed the situation.

The aim of this project is to teach children to navigate and the principles of orienteering so that they can feel safe and confident in unfamiliar terrain.

The "Trygg i naturen" project consists of a variety of outdoor activities. Various types of educational material have been created to aid the teaching of orienteering.

The main tool is a folder containing teaching material and suggested training exercises in the terrain for different age groups. At the basic level, navigation is made as easy as possible: the



main thing is that the youngest children get used to being in the forest and feel happy and safe there. As the children get older they will then be given bigger challenges and the folder will have to be replaced by other exercises using local orienteering maps.

– The local clubs should appoint club members to act as contacts for their local schools who can follow-up the schools and help them with providing maps, says Hild Sveine.

Østmarka Orienteering Club, outside Oslo, is an excellent example of how this can be organised. The club has produced a lot of school maps and the schools have been given the "Trygg i naturen" project material free of charge by the club, which is also willing to assist with any extra help which may be required. The club also organises school competitions in the autumn orienteering season.

In Nordland, a county in the North of

Norway, the district orienteering federation is organising courses for school teachers to help them get even more out of the "Trygg i naturen" project.

– We have been involved with 5–6 schools during the last year and held a course which has lasted 3–6 hours, states Jan Gaute Buvik, the secretary of the district federation.

### **Is the "Trygg i naturen" project a good idea?**

– It's much better than the previous material. It's not as theoretical as the previous material and seems to be a much better way of learning about how to feel safe and confident in the outdoors.

Eldrid Ask is a member of committee appointed by the Norwegian OF to examine how to promote orienteering and increase membership.

– The main goal for all the regional federations is that more Norwegians should learn how to use a map and compass. But of course we hope that this will also lead to more orienteers, comments Eldrid.

The "Trygg i naturen" project material was created two and a half years ago. In that time about 2,000 sets have been sold, predominantly to schools. The current price of the folder is NOK 195 or roughly USD 22.

At the end of the winter, the Norwegian OF sent a letter to all the schools in the country informing them of this opportunity to help them improve their orienteering instruction and to make it more interesting for their pupils. Orienteering is part of the national curriculum in Norway, as it is in a number of other countries such as the UK.

Orienteering is an important sport, and an important element of a child's education.

*The "Trygg i naturen" project material is designed to make it easy for people of all ages to learn how to use a map and compass.*





# Portugal has solved its resource problem: By allocating more responsibility to schools

By NINA VANHATALO

Orienteering was used for military purposes in Portugal as early as the 1970's. Roughly twenty years later the country established its national orienteering association in 1987. The main objective of this national body was promoting the sport.

Two years after its birth the association was presented with an excellent opportunity to promote orienteering when a new government was elected. This resulted in changes to the sports system and meant that orienteering was included to the national school curriculum.

In 1990 the national federation was created and the new director continued to put more and more effort into education. These efforts were so

extensive that the lack of organised competitions did not please the existing six or seven clubs in Portugal.

The structure of the federation was rethought and in 1994 Mr. Higino Esteves became the new chairman of the federation.

– My job was to create the conditions to enable the establishment of more clubs and to balance the different objectives of promoting orienteering in schools and the need to have a solid fixture schedule of orienteering races.

The Portuguese National Federation now has seven goals, and numbers three and four include the desire to see orienteering in every school and every university in the country.

## Recruitment has worked

The problem is a very old and familiar one – lack of money and so therefore resources are limited. A key issue is making maps to suit all requirements which is why it represents one of the most important elements of the federation's budget.

– It is vital to make maps where there are people in order to attract them and to introduce the sport of orienteering to them.

According to Higino Esteves, the current system has worked well. The federation has more capacity to concentrate on the competitive part of orienteering when schools teach the basics to the children.

– We accept it as a good way to leave the responsibility to the schools, he continues.

In competitions the Portuguese have tried to take everybody in consideration. There are courses both to suit beginners as well as for experienced and elite orienteers. One important objective is to attract

youngsters and to maintain their interest. Therefore, the competitions also often have recreational and social activities to help keep the children interested.

– But it is not the aim to leave the schools entirely alone, Esteves corrects.

The federation needs to be involved in education, if not in other ways, then at least in teaching the teachers. Orienteering has grown considerably in Portugal since the beginning of the 1990s. This year its budget is 5.5 times bigger than it was just five years ago. The Portuguese National Federation is now the third largest sports federation in the country when measured in terms of the size of the budget.

– In 1991 we had only six clubs in the country, now we already have 75. And this figure does not include the clubs at schools, comments Esteves.

– There are 2,500 schools in Portugal and orienteering is part of the curriculum at 1,500 of them. What we require most are teachers who have knowledge and experience of orienteering, he continues.

The main objective is to organise as many clinics as possible to educate the teachers. And then maybe after that the next step will be able to be achieved...

– We don't expect to be World Champions before 2010, but before then we will definitely have some successful elite orienteers in the international arena, promises Higino Esteves.



Mr Higino Esteves is the head of the Portuguese National Federation of Orienteering. He is also a council member of the International Federation of Orienteering.

PHOTO: TONY FOTOGRAFO





Recruitment is of primary importance to the orienteering federations worldwide. New recruits, and in particular children, are the key to success in the next millennium. If the children start liking orienteering, the whole family will be introduced to the sport.

In a number of nations, such as e.g. Portugal, Italy and the Scandinavian countries, orienteering is included to the national school curriculum.

PHOTO: PIIRJO VALJANEN



# Annichen Kringstad World star – turned orienteering recruitment ambassador

BY MARIA NIMVIK



PHOTO:  
© BILDBYRÅN

PHOTO: GÖRAN ÄRNBÄCK  
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PHOTO:  
LEIF FORSLUND  
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ORIENTEERING FEDERATION

**A**nnichen Kringstad, world champion six times in the 1980s, is back in the orienteering world. After a very successful elite career in the late 1970s and 1980s, Annichen has been working since last year for the Swedish Orienteering Federation as the project manager for a major campaign, "Naturpasset", to recruit new orienteers in Sweden.

– Many people work a great many hours and need to relax and go outside on the weekends, says Annichen Kringstad.

– Orienteering is a perfect way to discover and learn more about nature, and at the same time to enjoy themselves in natural surroundings.

– Nature is a wonderful source of inspiration and I want to try to get more people out into the forest, comments Annichen.

– I want to inspire people to discover the outdoors with a map in their hand, she adds.

– The main target group is families with small children, says Annichen Kringstad, herself mother of two daughters.

– Many children think it is exciting to discover all the different things they find in the woods or parks close to



*Annichen Kringstad is one of the best-ever orienteers, who amassed six World Championship individual and relay gold medals in 1981, 1983 and 1985. Today, she makes a comeback to the orienteering scene as project leader of the "Naturpasset" recruitment campaign.*

PHOTO: BOSSE NILSSON  
© BILDBYRÅN

where they live. If the children start to like orienteering, the whole family will be introduced to the sport. And hopefully after a while they will then all go on to become active orienteers.

– If we can get new groups of people out into the forest with a map in their hand, then the next stage of getting more competitive orienteers will

naturally be made easier, says Annichen.

– The effect will be that the more people who come into contact with the sport, the more will be attracted to compete. In addition, it is important to raise the image of the sport, both in terms of the general public and with influential decision-makers.



# Passport to Nature

BY MARIA NIMVIK

Last year, the Swedish Orienteering Federation decided to start a campaign to make the sport more visible in Sweden. It was one of several activities in the programme to celebrate the federation's 60th anniversary. The campaign, which is called 'Naturpasset' (or "Passport to Nature" in English), aims at recruiting new orienteers in all ages.

Annichen Kringstad was asked to be the project manager of the campaign. After her successful period in the 1980s as an elite runner and six times world champion, she had not been active in the sport for many years.

– She is probably the best candidate we could get for this job. As a former world champion and a fairly well-known person, Annichen Kringstad makes a great ambassador for our campaign to spread orienteering in Sweden, comments Kerstin Carlsson, President of the Swedish Orienteering Federation.

– We were very happy when Annichen agreed to take the job, says Kerstin Carlsson.

– She is still a fairly well-known person, she knows everything about our sport and has extensive experience in marketing.

With the campaign, the federation hopes to raise the profile of orienteering and give even more people the opportunity to participate in the sport. Today, there are some 150,000 members in the Swedish Orienteering Federation, but statistics show that the sport is in decline.

The 'Naturpasset' campaign is a modernised form of the previous 'trim-O'. The local orienteering club puts out a number of controls in a small forest or park close to where people live.

The controls are in place for a couple of months, and those interested can buy the map and visit the controls whenever they wish during this period. The important thing is to make it a pleasant experience for beginners. The controls must be easy, so that people who do not usually take part in orienteering are not confused or deterred.



The Swedish Orienteering Federation has signed an agreement with the national retail pharmacy company, which means that the Naturpasset package, which includes the map and information on the local club, is available at several hundreds of chemists' shops all over Sweden.

The federation has also produced a vast amount of marketing material, which the orienteering clubs can buy at a low price.

The first year of the three-year-long campaign, some 35,000 Naturpasset packages were sold all over Sweden. The aim is to sell a total 150,000 packages during the three-year period.

## Some facts about Naturpasset



Kerstin Carlsson, President of the Swedish Orienteering Federation.  
PHOTO COURTESY: SOFT

- A campaign in Sweden to recruit new orienteers.
  - The campaign will last for three years, 1998-2000. There will be continuous evaluation of the project.
  - Annichen Kringstad, former world champion, is the project manager.
  - The local club puts out some 30 controls in a small forest close to where people live.
- The controls are usually in place for

several months. Those interested buy the package (Naturpasset) which contains a map with the controls and information on the local club. The beginner can visit the controls at any time during the period.

- The Naturpasset package costs SEK 30-70 (the local club determines the price).
- In 1998 some 35,000 packages were sold all over Sweden.



# Making the first experience easy

BY IAN BAKER

**S**o-called Come-and-Try-It orienteering events in metropolitan Melbourne (over three million population), Australia, have often attracted many participants.

But it was felt that other interested persons were not taking part because they felt intimidated and feared being unskilled and unprepared for the new and strange experience.

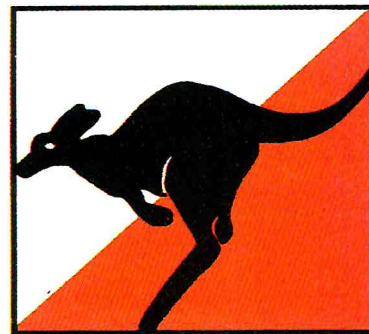
Psychologists tell us that people can be assessed on a scale of aversion to risk. Orienteering involves a substantial degree of "risk"; apart from the obvious technical problems, one risk is ignorance – not knowing what actually happens at an event and how to cope with the situation, especially when everyone else looks confident and knows what to do. The risk of

perceived failure can be high.

A three hour Basic Skills Instruction Course introduces interested persons to orienteering and aims to make the first event experience less intimidating, helping them feel confident about actually going to an event.

The training sessions are locally targeted with recruitment through local newspaper, schools, community groups and scouts/guides; so far numbers attending have been in the range 22–32.

The agenda includes basic skills for a beginner on the orienteering course and, importantly, takes them through the detail of procedures such as how to register, get a start time, what




course to choose, how to read the map and where to find result times.

All aimed at making the experience non-threatening and helping newcomers to feel confident.

These introductory sessions are funded by the government of the State of Victoria.

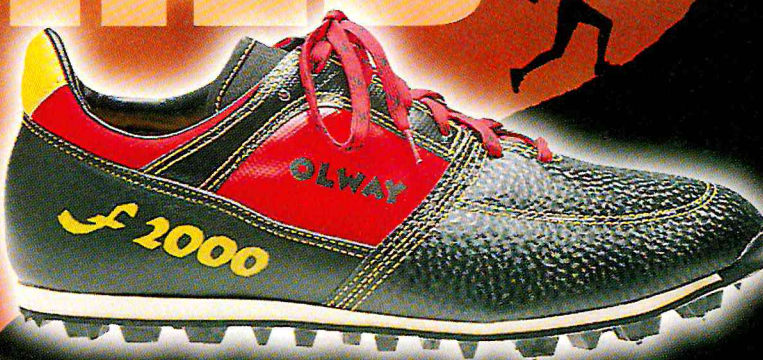

# WORLD

*famous*



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# Co-operation – key to Latin America

By NINA VANHATALO

**O**rienteering has not yet reached everyone in the world. There are still some corners where orienteering as a sport is not very widely known. One of these parts of the world is Latin America. But that does not mean that people there would not be interested in orienteering.

– It is our fault, admits one of the council members of the International Orienteering Federation (IOF), Mr. Higino Esteves.

He is one of the people who is trying to launch the idea of orienteering as a competitive sport to the Latin America. The IOF already has contacts in quite a number of these countries because of orienteering missionaries having made promotional visits, drawn maps and held events.

– Orienteering is a hundred years old. It was started in Europe and it remains the continent where orienteering activity is strongest. We have just not thought much about spreading it, specifies Portuguese council member Higino Esteves.

Now when we are approaching the new millennium, a new strategy has also been formulated.

The first stages of this strategy have now been implemented. Higino Esteves, among others, has visited several Central and South American countries, such as Venezuela, Uruguay and Costa Rica in order to present and promote his favourite sport, orienteering. And now when the first steps have been taken, Esteves sees no major obstacles in his way.

– My main goal is to create an impetus for and arouse interest in orienteering. And in three, four or five years, all the countries in Latin America will have gained established status for orienteering as a sport. I'm sure of it.

– People are very interested in sports in South America and they seem to be

interested in orienteering as well, believes Esteves.

## Various starting points

Orienteering actually had some roots in South America before the arrival of European orienteering missionaries. Some countries have used it for military purposes for a long time. In other parts the interest has been initiated in the schools.

For example in countries like Brazil and Uruguay, the relationship between military and civilians is good. That makes co-operation easier and the civilians can utilise the experience of the military.

But in other countries the political situation is different and this kind of co-operation does not work.

On the other hand, in Colombia, in Venezuela and also in Argentina, the teachers at schools have been the people who have launched orienteering. Esteves can easily list many good ways in which to bring orienteering closer to the Latin Americans.

– First of all, it is a cheap leisure activity, and secondly we like to point out that orienteering is for the whole family. It is also for everybody, irrespective of age and for this exact reason it can be enjoyed well into old age. One major aspect that should be underlined also in these parts of the world is that orienteering is a very environmentally-friendly sport, comments Esteves.

However, the specific characteristics and conditions of each country need to be taken into consideration. Cultural as well as economic conditions vary greatly.

– For instance, in some countries and in some particular areas of countries forests can be a dangerous place to be, and at best not quite as we are used to in Europe. In this event we have to

emphasise the use of new areas, like parks. This is the case for example in Colombia, where there are no forests which can be used for orienteering. But on the other hand, it is normally possible to find good parks in nearly every city, explains Esteves.

## Two-way ladders

One also has to consider that in Latin American countries there are also many problems of transportation and therefore it is better to organise the events as near to where people live as possible. Maintaining and increasing the number of orienteers undoubtedly requires a great deal of work.

One of the main problems, according to Esteves, is money. Still, he believes that the method used by the IOF will work in the long-term.

– We have two ways of working, going from the top of the pyramid down, or building from the bottom of the pyramid upwards, says Esteves.

– First of all, the primary objective is to establish relations with national sports authorities. But we also wish to organise clinics for those who are interested in orienteering, i.e. teachers and other enthusiastic people. The lack of basic material in each country's own language makes the spreading of knowledge about orienteering more difficult. IOF is doing efforts to solve this difficulty.

The most important factor is co-operation. Orienteering in countries like Brazil is already well under way and the example of these countries can provide a stimulus for the other countries.

The first step is to establish some national forums which are able to start organising orienteering events. Next, with the help of the other countries, Uruguay, Costa Rica etc. can start teaching their own experts, such as mapmakers and orienteering cartographers.





**Orienteering in Greenland – True or false?**





By BARBRO RÖNNBERG

**C**ould one possibly do any orienteering here? That was the first thought of the Danish orienteer Olav Odgaard when he came to Greenland in 1996.

As there are almost no trees at all in the whole country it may perhaps seem like a rather foolish idea. Olav Odgaard thought it was worth a try, though. Believe it or not, but today, only some three years later, he has already organised an orienteering event there...

– Orienteering is rather unknown here.

People have heard about the sport but they really don't know much about it, Olav Odgaard says.

– After a number of discovery tours in the hilly terrain I had no doubts whatsoever – the terrain is suitable for orienteering. The orienteering season is of course rather short, from early June to August–September. The rest of the year the terrain is covered by snow and ice.

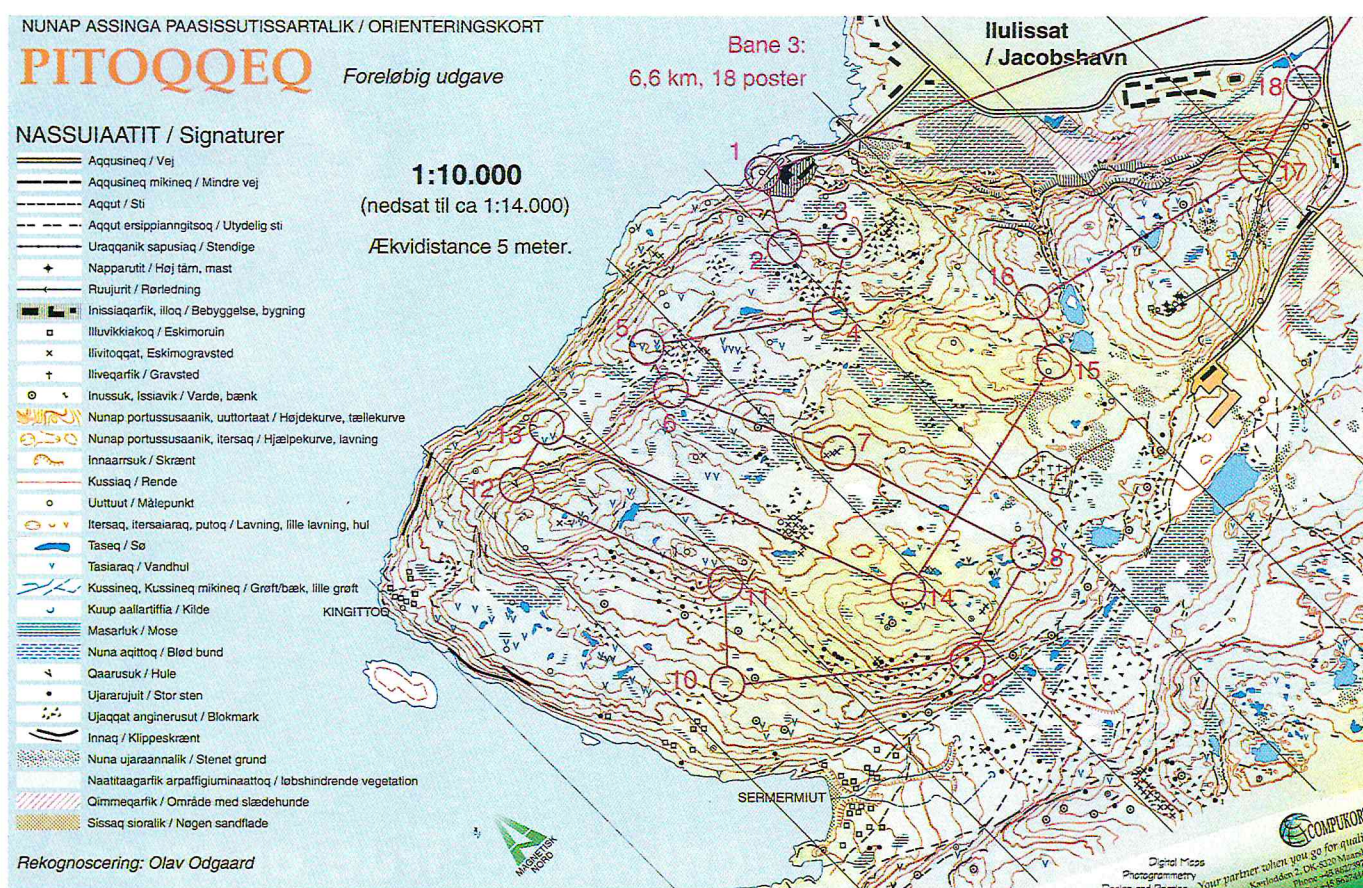
### No orienteering maps – so let's draw one

– In order to attract people into the sport, it was absolutely necessary to have an accurate orienteering map. I

had never drawn any maps before, but after some consultation with experienced mappers from my Danish club Odense OK, I felt confident enough to go ahead, says Odgaard.

– At an early stage, the cartographer Flemming Nörsgaard got involved. Nörsgaard had previously made a number of leisure maps of the southern parts of Greenland, and he immediately became interested in the project, recalls Odgaard.

In August and September 1997 and in July 1998, Odgaard put his heart and soul into the mapping project and



The orienteering map 'PITOQQEQ' is also interesting from a historical point of view, since it includes ancient Eskimo ruins and graves.





**Orienteering  
in Greenland?  
True!**

spent most of his spare time surveying a 2 km<sup>2</sup> area south of the village Ilulissat. By the end of August 1998, the map was ready to be used.

– I planned three courses of various difficulty and posted an invitation to the event on all the notice boards. I even organised a small exhibition of orienteering in the sports hall.

### **The D-Day**

– In general, the Greenlanders are very interested in sports and you can see lots of joggers on the roads and in the terrain. Even so, I got a bit nervous as D-Day drew closer. Would there be any

participants at all? As far as I knew, it would be the first ever orienteering event in Greenland.

When the 13 September 1998 finally came, Odgaard was quite pleased with the number of participants: 17 expectant people in the 8–45 years old age range. Many of them did the course in pairs and only two of them used a compass.

The control set-up was rather primitive: a stick of bamboo with a red-and-white ribbon instead of a control flag, and the code number written on a piece of cardboard. Pencils hanging on a string were

used for marking the control card.

– I actually thought that the red-and-white ribbons looked smashing against the background of the grey-yellow-red-brown ground and the bluish-white icebergs, Olav Odgaard comments.

### **Positive feedback**

– I received very positive feedback from both participants and other people who heard about the event. They have all encouraged me to continue organising events. My next goal is therefore to involve local people in the work in order for them to be self-sufficient in future.





Erkka Laininen (right) explains the idea of a map to the employees of Lumene.

## Experiences and perceptions

By NINA VANHATALO

Location: A forest in Nuuksio, near Espoo, a suburb of Helsinki, the capital of Finland.

After a long day of seminars, a group of industrial workers gathers around at the edge of the forest. They form into smaller groups, receive compasses and maps and following their guides disappear into the forest.

The guides explain the concept of orienteering and teach the participants how to read the map. Then everyone is given an opportunity to lead the group to the next point. Along the route, at the control points, they will have various exercises to do.

This is just one example of a company's recreational day. In Finland, the Espoon Suunta orienteering club has incorporated this kind of organised activity into its agenda.

According to Erkka Laininen, who is one of the organisers of these company orienteering activities, there is a real demand for this kind of event.

– For example, many Finnish companies want to offer employees something different to the normal eating

and drinking company banquets. People need new experiences, explains Laininen.

### **The need for physical activity has increased**

There is definitely some truth in Laininen's statement. All kinds of survival games and various other types of activity have already gained many fans.

While everyday work has become more and more computerised and most of us just spend our days sitting down in an office environment, we really do need something different which can offer a complete contrast in our leisure time. The need for physical activity has grown. According to Erkka Laininen, orienteering is a great way to fill this gap.

– Survival trips and the like often go to extremes. All the employees do not necessarily want to discover their limits by bungee jumping or climbing cliffs. Orienteering can offer a unique experience to all levels and ages, to the beginners as well as to more Rambo-like characters, says Laininen.

To the employer, on the other hand, a

day spent in the forest in groups can easily serve both educational and social purposes. At the end of the seminar day, a couple of hours spent outdoors, can provide a good balance to the indoor work.

In Espoo at least, these orienteering days, which are specifically tailor-made to meet the client's requirements, are increasingly popular among companies in the area.

– Orienteering is something new, "fresh" and unique. You can exercise both physical and mental skills, without going to extremes, explains Laininen.

In orienteering both these aspects of the sport are equally important, the mental and physical factors equally. And one of the most important experiences you can get is the experience of succeeding at something.

– On one occasion we had in our group an older lady who thought she couldn't lead the group by simply looking at the map.

– First we explained to her how she could read it. When she realised she



did understand how to do it, she got so excited that she was at least 200 meters ahead of the group showing them where to go and asking lots of questions, relates Laininen.

– To most participants the challenge of self-development gives a great degree of satisfaction, he continues.

### **In everyday life**

Orienteering cannot, of course, be learned in one single experience. But in the longer term orienteering can help to build many qualities that can also be used in everyday life.

The feeling of succeeding can help to increase self-confidence, which naturally can have positive effects in work situations. When challenges are set in orienteering and you manage to achieve them, it provides positive reinforcement of your own self-image.

Balancing both the physical and mental aspects is an essential characteristic of orienteering. This can also help to ease pressures and stress levels.

– Orienteering builds concentration, as well as the ability to make independent decisions, states Laininen.

Orienteering teaches how to persevere and also improves mathematical skills.

– An essential task in orienteering is to transform the two-dimensional figures into three-dimensional ones and vice versa, explains Laininen.

In a nutshell: Orienteering develops the art of thinking in many different ways.



Ms. Pirkko Kuparinen.

# **A day outdoors in the forest provides stimulation**

By NINA VANHATALO

– I am certain that our recreational days once a month have a great influence on our sales, claims Matti Loukonen and shows some figures to prove his statement.

Matti Loukonen has been marketing manager at the Finnish cosmetic company, Lumene, for over ten years and during his time both the profits and the market share in Finland have doubled.

According to him, the greater part of this development is due to the recreational days which the sales and marketing department holds once a month in conjunction with its monthly meeting.

– I try as often as possible to organise something extra, like spending a day taking part in some kind of sport. Before my time, the meetings were mainly spent inside smoking and drinking beer, emphasises Loukonen.

Being an outdoors man himself, he often has a lot of sports-oriented ideas. But not all of them can be implemented.

– Our group consists of people of all ages, the oldest ones are near to the retirement threshold of 63- years old. And not everyone is as oriented towards sports as I am. Some of my ideas are probably too wild for them, Loukonen explains.

### **A well-organised day provides positive experiences**

Last autumn Loukonen was once again facing the moment of trying to decide what to do with the whole group. He was thinking of hiking, but wanted to combine some other elements with it as well. After a while, he ended up calling Erkkä Laininen and the decision was made.

The whole sales and marketing group

headed for the forest to get some fresh air, to have a good time and to learn the basics of orienteering at the same time.

– All the participants were very excited at the end of their day spent in the forest, is how Loukonen summarises the feedback he received.

According to Loukonen, orienteering can offer a couple of unique benefits compared with some other sports.

– First of all, it was a good choice because our group was so diversified in regard to skill levels. Before venturing into the forest we formed into three smaller groups, one of them was a smaller “slower” one while the other two were so-called normal groups.

Secondly, Loukonen thanks the organisers for making the day very interesting.

– It was not just orienteering, or just walking in the forest. We had, of course, “lessons” on orienteering, but also games and a quiz. So, even the ones who came with some doubts left Nuuksio feeling satisfied and pleased. Orienteering is good exercise for the mind and thought processes as well. It is not only a competitive physical sport, Loukonen continues, listing the benefits of the day.

And he adds that one thing is for certain. They will be coming back to do it all over again at some point in the future.

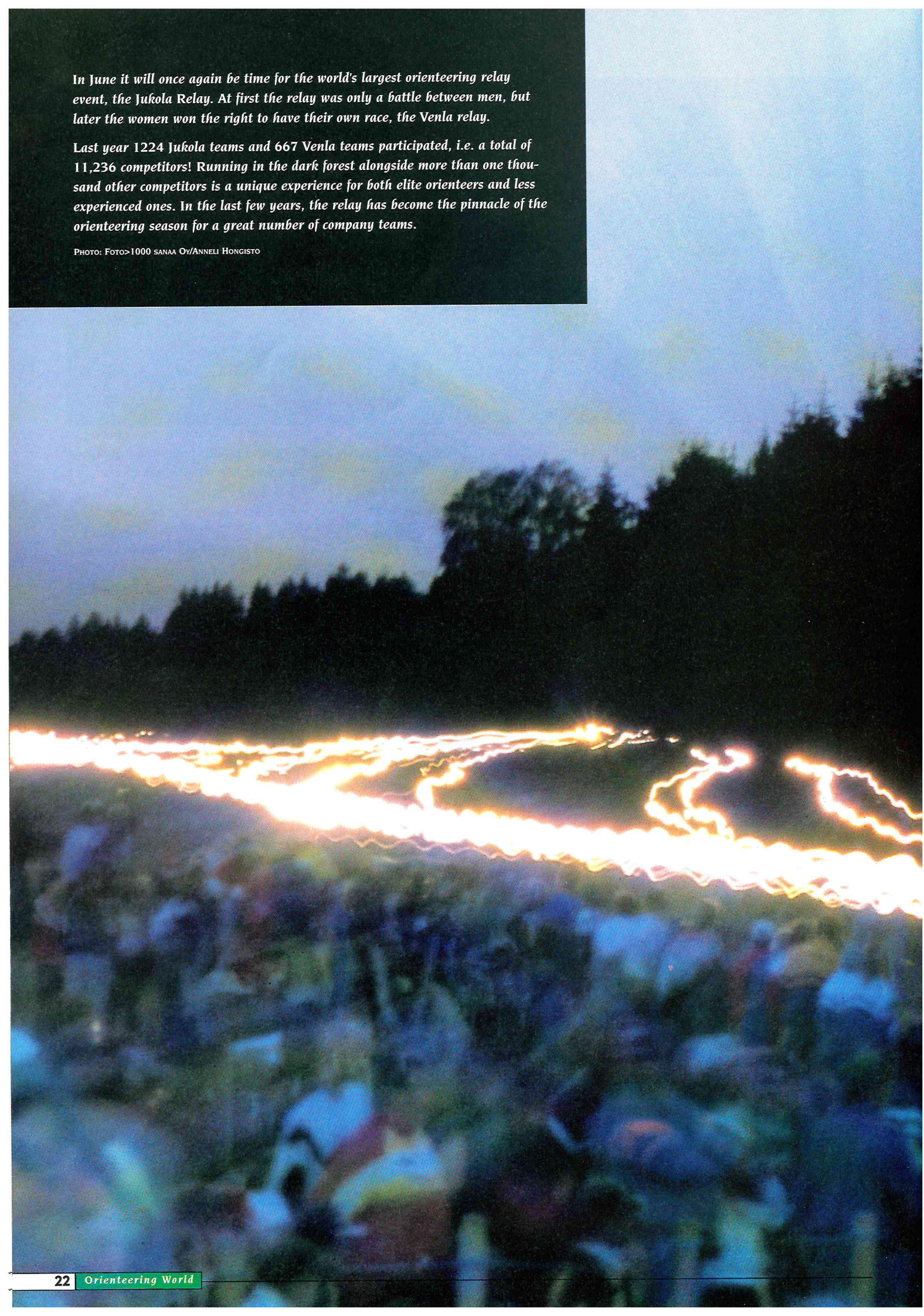
– Now as we are more advanced, we can learn new things, and go on to the next level. And we also want to give the same opportunity we had to the ones who made all the excuses, those who did not come and afterwards regretted it, laughs Loukonen.



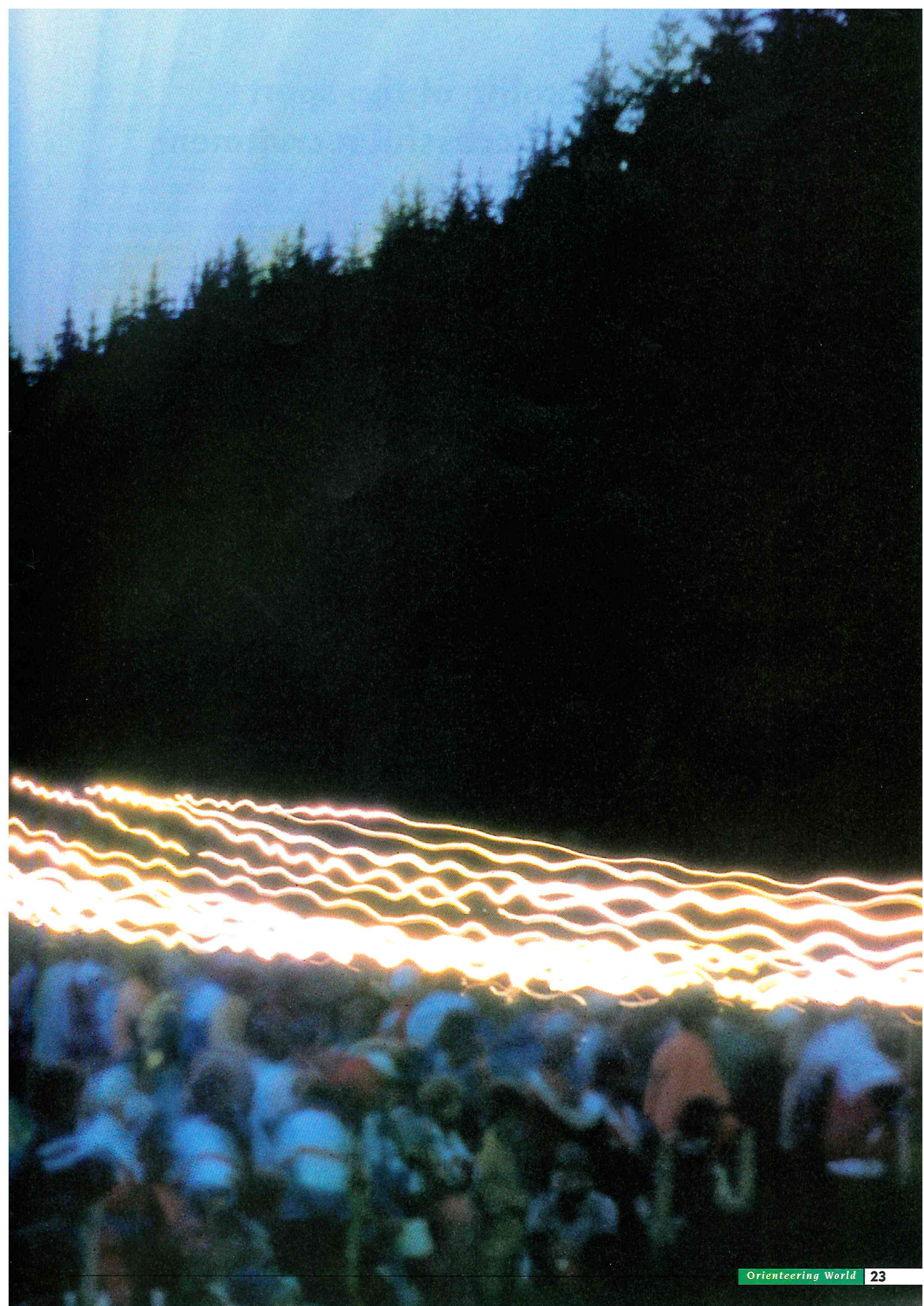
*In June it will once again be time for the world's largest orienteering relay event, the Jukola Relay. At first the relay was only a battle between men, but later the women won the right to have their own race, the Venla relay.*

*Last year 1224 Jukola teams and 667 Venla teams participated, i.e. a total of 11,236 competitors! Running in the dark forest alongside more than one thousand other competitors is a unique experience for both elite orienteers and less experienced ones. In the last few years, the relay has become the pinnacle of the orienteering season for a great number of company teams.*

PHOTO: FOTO>1000 SANAA OY/ANNELI HONGISTO









# High profile of the sport essential to successful recruitment

**1. The activity plan 1998-2000 defined one of the long term goals of the IOF as recruitment: more people, in more places and more times each year. What does this goal mean in figures, Sue Harvey, President of the IOF?**

**I**n terms of places, IOF aims to increase its membership to some 60 member countries during this period.

In terms of numbers, different countries are developing at very different rates.

Due to the problem of defining what is an orienteer (someone who goes to one event a year? Two events? Most weekends? etc.) it is difficult to give figures that have much meaning.

**2. What were the main reasons for this goal?**

**T**he future health of any sport at all levels depends upon having a strong stream of people, especially young people, joining continuously.

Whether in a 'new' country or an 'old' country, unless newcomers come to replace people who leave or older competitors who stop practising the sport, the sport will gradually die.

For the IOF itself, the Federation's strength depends entirely upon the strength of its members, so it is an important issue also for us.

Internationally 'more orienteering' can come from the spread of the sport to new countries. This is an important source of growth.

**3. The main work of recruitment obviously needs to be done at a national level. How would you, as President of IOF, see the role of an international federation in the local work to achieve more people? What are the concrete measures and ways of helping them?**

**C**learly the IOF cannot directly carry out recruitment campaigns. But we can help to spread good ideas about how to attract people, so that the work done within federations is as effective as possible. This is the main action we can, and should, take.

This spreading of ideas can happen through publications, through conferences, via the IOF web site and through personal contact between sportspeople and educators.

We can also make sure that we help spread ideas about methods of introducing orienteering to youngsters in schools – a vital source of recruits in any country. Clearly different countries have different school systems, but many of the good ideas can be transferred nevertheless.

**4. How do you see the development in recruitment since the beginning of the activity plan, since 1998?**

**D**uring the early part of the plan we have concentrated on raising the profile of the sport, which is an essential pre-condition to successful recruitment. We can now start to put some effort into more direct action, hence this year's President's Conference, which will focus on this theme.

**5. What are the main obstacles that IOF faces today in the pursuit of gaining new members?**

**O**ne of the biggest obstacles to gaining new members is orienteering's public profile in most countries. With the exception of the Nordic countries, orienteering has a long way to go before it is generally known.

Television would be the key to this, but since one of the great attractions of the sport is that it happens hidden away in the forest, TV coverage will always be hard to achieve.

We have been working hard on this aspect, and the inclusion of orienteering in the World Games 2001 will help. That will be an opportunity for the sport to be seen by a wider audience.

A second brake on our promotional activity stems from our limited funds. Both spreading the sport to new countries and strengthening it within existing member countries are activities which require continuous funding.

In orienteering, we have to rely mostly on unpaid volunteers, and small numbers of paid people. It would be a major step forward if we had substantial funding for development work.

**6. What are the new challenges the new millennium will bring in the efforts to find new orienteers?**

**I** don't think the new millennium will create a step change. But the pace of change in the world in general is increasing, and this means that there are ever more alternative attractions to lure youngsters in other directions. This pressure will continue to increase.

There are good aspects to conditions in the new millennium too, though. With its environmentally pleasant setting, orienteering does indeed offer an antidote to urban stress - and antidotes could well become increasingly sought after.

**7. Is it necessary to change the point of view in orienteering? Should it be more marketing-orientated or maybe something else?**

**T**he essence of marketing is to meet the needs of the customer. Every product, including orienteering, must do this or the customer will wander away and choose a rival product.

As pressure of alternative activities



increases, orienteering will have to listen carefully to what its customers want, and provide it.

For example, if urban dwellers want to go orienteering 3–4 times a week in order to keep fit, then we will need to organise many small, park-type activities close to where people live, rather than offering one event a month many kilometres away.

**8. What influence would it have, if orienteering would be part of the Olympic Games? In real, practical terms?**

If orienteering were in the Games, in those countries where their nationals won Olympic medals, there would be considerable PR value.

But we should not expect that orienteering would appear for hours on our TV sets just because it was part of the Olympic programme. Minor sports tend to get minor media coverage.

The main effect, however, would be the additional financial support that most of our national federations would be able to receive through their National Olympic Committees. This would

enable federations to do more development work.

We can note that there is, however, a possibility that the IOC (International Olympic Committee) will start to give some support to what are called Recognised Sports – sports like orienteering which are not in the Games but are Recognised by the IOC.

I believe Mr Samaranch is in favour of IOC support for the wider Olympic movement. Such a move could start to bridge the gap in resources between the sports in the Games and those that are not.



At the 1998 General Assembly held in Sintra, Portugal, Sue Harvey was re-elected President of the IOF. The IOF Council (left to right): Higino Esteves, Thomas Brogli, Vice President Edmond Szechenyi, Bruce Wolfe, Senior Vice President Åke Jacobson, Sue Harvey, Vice President Hugh Cameron, Iordanka Melnikliyska, and Jan-Erik Krusberg.

PHOTO: TONY FOTOGRAFO



# World Games - a shop window for orienteering

BY BARBRO RÖNNBERG

**M**ulti-sport games are the shop window of sport. Being on the programme of such events provides a good opportunity to gain worldwide publicity and to be seen as part of the international sports family.

It is therefore extremely pleasing that orienteering is one of the 35 sports included in the programme for the 2001 World Games to be held in Akita, Japan, on 16–26 August, 2001.

## Mixed relay on the programme

The number of participants allotted to the International Orienteering Federation is 80 athletes and 20 officials, i.e. a total of 100 persons. The total number of athletes and officials participating in the World Games will amount to 2,500.

The International World Games Association, IWGA, and the 2001 World Games organiser have given the green light for three orienteering events: individual events for men and women and a mixed relay with an equal number of men and women.

The orienteering events will be held at

the Prefectural University in Akita City according to the following schedule:

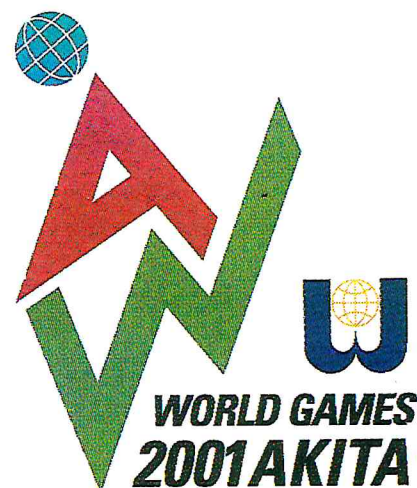
Wednesday 15 August	Arrival
Thursday 16 August	Jet lag recovery day, opening ceremony
Friday 17 August	Training
Saturday 18 August	Competition day
Sunday 19 August	Competition day
Monday 20 August	Departure

## Top-level orienteering events

The World Games are a meeting of the best athletes in the world. The goal is to have all the world elite orienteers participating in Akita. The IOF is currently in the process of developing a qualification scheme taking into account the following three principles:

1) the selection criteria should secure a high-level competition, 2) a reasonable number of nations should be involved, and 3) the federations should be allocated a maximum number of runners.

In order to raise the profile and to streamline the image of major international orienteering events, the



*On the occasion of the Japan Intra-Design Conference, the Akita Organising Committee presented the logo of the World Games 2001. It has been designed to represent the energy, excitement and pleasure involved in sports.*

IOF has recently decided to hire a professional event adviser. The 2001 World Games is one of the major events included in the tasks of this adviser, who will assist the organisers with the work on media and sponsorship issues.

Being on the programme of the World Games gives orienteering a good opportunity to obtain TV coverage. Eleven channels all over the world bought the coverage from the 1997 World Games, i.e. a total of 202 hours reaching some 200 million households.



The International World Games Association, IWGA, was established in 1980 by 12 International Sports Federations. The IOF became an IWGA member in 1995.

## Previous World Games

Year	Venue	Number of athletes	Number of sports
1981	Santa Clara (USA)	1,265	18
1985	London (GBR)	1,550	23
1989	Karlsruhe (GER)	1,965	19
1993	The Hague (NED)	2,275	25
1997	Lahti (FIN)	1,952	25

2001 Akita (JPN)

Some 2,500 participants representing 35 sports



# 1999 World Orienteering Championships - Inverness, Scotland

**T**he main target of the year for the world's elite orienteers will undoubtedly be focused on the forests around Inverness in Northern Scotland where the 1999 World Orienteering Championships will be held in the first week of August.

The organisers of the championships are preparing to welcome both the world's best orienteers who will be battling to be crowned World Champion, and the expected 5,000 orienteers who will also be competing in the Scottish 6-day event which will be held in conjunction with the championships.

The 6-days race schedule has been organised to allow the 6-day competitors to be able to see all the world stars in action, before then being able to run themselves using the same top-class maps and terrain as the world championships runners.

An enormous number of voluntary man-hours will have gone into organising the events by the time the competitors get their chance to experience the challenging terrain. The organisation is being handled in the form of a limited company, WOC Ltd, which is a wholly-owned subsidiary of the British Orienteering Federation.

WOC99 Director, Tim Pugh, and his team have managed to obtain valuable funding from the Lottery fund of the Scottish Sports Council, and the Inverness and Nairn Enterprise Company, an organisation with the objective of attracting inward investment to the Scottish Highland region. The event is also receiving valuable support in kind from the Highland Council and from Silva.

— However, negotiations with other worldwide corporations are in progress right as we speak, and I am confident of being able to announce another major sponsor within the next week, comments Pugh.



PHOTO:MIKE ATHERTON

He adds that he hopes that more orienteers will be encouraged to enter the Highland 99 event, as "It really is excellent terrain, and a unique chance to experience a major world event in a fabulous setting".

The 6-day competitors will also have the chance to take part in a Park orienteering race on Monday evening, August 2nd, and mountain bike orienteering events which will also be organised during the week.

Also complementing the World Championships will be the first World

Cup in Trail Orienteering, with a training event on Friday, 30th July and the two individual events on 31st July and 1st August

This is open both to the less mobile orienteers amongst us and to experienced foot orienteers who might wish to experience a different, but highly technically demanding form of orienteering.

All in all it promises to be a superb orienteering week, and you are sure of a Warm Welcome in the Highlands of Scotland. There is still time to enter!

World Orienteering Championships		Highland 99
Sat 31 July		Day 1 (p.m.)
Sun 1 Aug	Model Events, Opening Ceremony	Day 2
Mon 2 Aug	Classic Distance Qualification	Rest day
Tue 3 Aug	Rest day	Day 3
Wed 4 Aug	Classic Distance Final	Rest day
Thurs 5 Aug	Rest day	Day 4
Fri 6 Aug	Short Distance Qualification (am)	Day 5 (p.m.)
Sat 7 Aug	Short Distance Final (am)	Day 6 (p.m.)
Sun 8 Aug	Relay, Banquet & Closing Ceremony	



# World's Elite aiming for the 1999 World Championships in Scotland

BY IAIN ROCHFORD



As the organisers' preparations are well underway, the world's leading international orienteers are also busy with their training preparations for the championships.

Many national squads have spent time in Scotland since the end of the last competition season preparing for the main elite event of the year – the 1999 World Championships to be held at Inverness, Scotland in August. Recent teams which have trained in Scotland include Germany, France, and Denmark who spent Easter sampling the delights of Scottish terrain.

Many of the leading nations will be in Scotland in June for the second official training camp which will culminate with the Aros White Test, which will take the format of a multi-loop classic race, followed the day after by a short race with a chasing start based on the previous days results. This two-day competition looks like it will be a dress rehearsal for the actual WOC races with up to 250 of the world's best runners taking part.

Other individuals who have also been spotted training in Scotland recently include two of the leading male contenders – Norwegian reigning World Champion Petter Thoresen and Carsten Jørgensen of Denmark. Two of the very best orienteers in the world but with contrasting strengths; Petter is the living embodiment of the saying – "When the going get tough, the tough get going" and thrives on tough terrain and demanding orienteering technique – the tougher the better. And the runners will certainly meet this type of terrain in Scotland.

Carsten, on the other hand, member of the all-conquering gold medal-winning Danish team at recent championships, is renowned for his running ability.

European cross-country champion last year and with 4th place in this year's race, Carsten won the first Park World Tour race of the year in Copenhagen on the Friday before the first major international race of the year – the Spring Cup. However Carsten didn't have time to race there as he was on a plane to Belfast to run in the World Cross Country Championships instead, finishing a very creditable 16th against the almost unbeatable African runners.

However, they are certainly not the only contenders. Expect all of the following runners to be in contention in the forests of the Scottish highlands in the first week of August: Jimmy Birklin, Johan Ivarsson and ever-present veteran Jörgen Mårtensson of Sweden, Petter Thoresen's compatriots in the Norwegian team headed by Kjetil Bjørlo and Bjørnar Valstad, and the Danish team with ex-world champion Allan Mogensen in excellent early season form having just won the Spring Cup in home terrain. However, the other lynchpin of the Danish team and impressive 1998 World cup winner, Chris Terkelsen, is reported to be suffering a setback as a result of serious overtraining. He is being forced to lay off the training for a while but can he regain fitness in time?

Reports suggest that the Finnish men were looking very good on recent training camps in Scotland, with Kenneth Cederberg also hitting excellent early form with 3rd place at Spring Cup. Another outsider is Briton Steve Hale, resident in Sweden and former double Swedish champion. He is concentrating on this year's World Championships in a bid to win a last medal in "home" terrain – he lived in Scotland prior to moving to Sweden.

The other great British hopes in these championships are in the women's

class with Yvette Baker (nee Hague) and Heather Monro who both have realistic medal aspirations in Scotland.

Yvette won the World cup short distance race last year in the Lake District and has recently moved to Copenhagen, Denmark with her husband. She showed that her winter training has been going well with an excellent win the Spring Cup in her new home town, just beating Katarina Borg of Sweden, another favourite for Scotland.

Heather Monro, fresh from her win in the first Park World Tour race, is another British runner in medal contention this year. She was followed home in Copenhagen by Gunilla Svärd of Sweden, and Johanna Asklöf, Finland also aiming to be at the very top of the results in August. Other leading contenders include the current short distance World Champion, Lucie Böhme of Austria, the Swiss runners Birgitte Wolf and Sabrina Meister-Fesseler, 3rd and 4th respectively in the spring Cup, and Reeta-Mari Kolkkala of Finland.

However, Norway's Hanne Staff, last year's World Cup winner and Park World Tour overall winner, will definitely be the runner everyone else has to beat.

One thing is certain, whoever manages to cope with the tough technical and physical demands of the wonderful Scottish terrain will be a worthy World Champion indeed.



## King and his queens

**A** mazing, impressive and easy". Those are the three adjectives Raino Pesu mentions when asked to describe his feelings of the past season and the 1999 World Cup. The 26-year old Finn achieved more than he could ever dream of.

– A World Cup victory with maximum points and a second place as the poorest result in the individual races is not something one can even set as a target, Pesu says.

Pesu believes that the "secret" of his success could have something to do with his attitude - he felt no pressures whatsoever.

– My studies were my main concern and I didn't really worry about the World Cup. The basic work had already been done and I was also mentally ready for the competition. The main reason for the ease in achieving such good results could simply be that I just enjoyed what I was doing.

Raino Pesu won the World Cup with maximum points. His toughest competition came from the neighbouring country of Sweden.

After the final event, Björn Lans had to be content with the silver medal and third place went to Lans' fellow countryman, Bertil Nordqvist. The best non-Scandinavian was Viktor Kortchagin from Russia, who came fifth.

### Triple for the Swedish women

If Raino Pesu was invincible in the men's category, so were the Swedish women in theirs. All of them had an extremely successful season.

The trio of Arja Hannus, Lena Hasselström and Annika Zell took the top places all through the season. They were strong both as a team and in the



*They are the champions of the 1999 World Cup in Ski Orienteering – Finland's Raino Pesu (left) and Sweden's Arja Hannus (above).*

PHOTOS: PIIRIO VALIANEN

individual competitions.

Arja Hannus did it again – she won the World Cup in ski orienteering just like she did in 1991. This means that she has now won a total of 17 medals in foot orienteering and ski orienteering World Championships which makes her the best ever all-round orienteer.

– My success was primarily motivated by the desire to show that I could beat the younger competitors, she says.

– I'm really pleased about winning the title. The season was very intensive and tough and therefore left little time over for the family.

From time to time some other names appeared amongst the top three, such as the Finn, Mervi Väisänen and the Norwegian, Valborg Madslien.

Despite this, the battle for overall World Cup victory was largely a struggle

between Hasselström, Hannus and Zell. As in the men's class, the best non-Scandinavian competitor came from Russia. Natalia Naumova's World Cup season ended with seventh place in the final overall rankings.

The 1999 World Cup in Ski Orienteering did not go through without any mishaps at all. Because of a code error in one of the four relay events, the results of that event did not count for the overall score. That incident did not, however, really have much influence on the final results.

In the men's Relay World Cup the Finnish team of Raino Pesu, Matti Keskinarkaus and Jukka Lanki was the best. The best women's team came from Sweden.

The trio of Hannus, Hasselström and Zell was unbeatable, although the Russians and the Finns tried their best to challenge them.



## The World Cup in MTB Orienteering:

12 October, Innsbruck, AUT  
15-17 October, Brno, CZE  
30 October - 1 November,  
Barcelona, ESP

## A Short history of MTB Orienteering in Australia

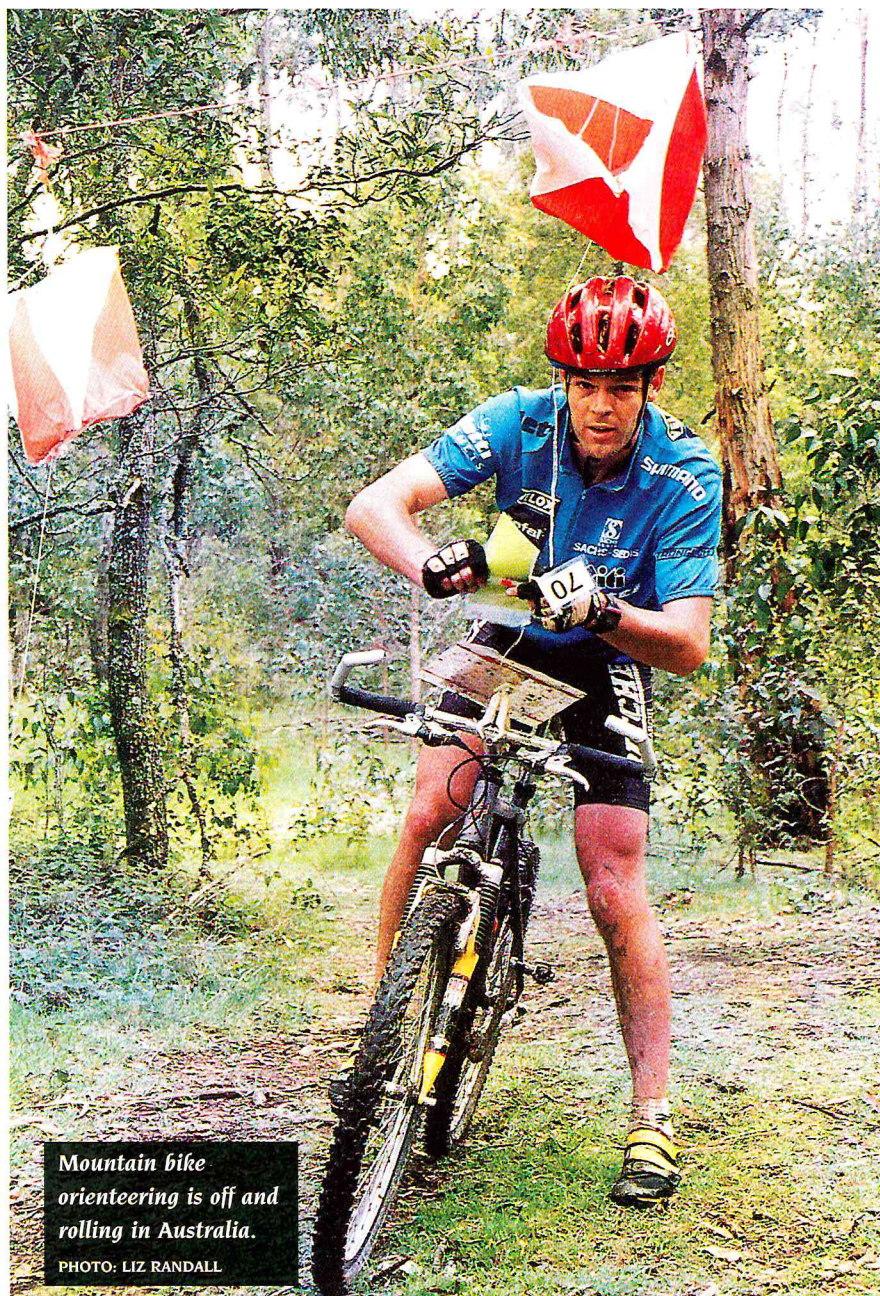
BY BLAKE M. GORDON

One of the first bicycle orienteering events in Australia was held at Bostock Reservoir, north-west of Melbourne in February 1977. But it was not until some 20 years later in the mid-90's that a series of bike orienteering events were staged in South Australia by Kay Haarsma.

In 1997 the Orienteering Federation of Australia (OFA) encouraged states to send representatives to a special meeting and the nucleus of Australian mountain bike (MTB) orienteering was formed. Under convenor Blake Gordon (Victoria), a e-mail network was established between state contact people. MTB orienteering was off and rolling!

In 1997, state championships were held in New South Wales (31 entrants), South Australia (35), Australian Capital Territory (79), and Victoria (59) – a total of just over 200 competitors.

Several purpose-built MTB orienteering maps were produced at 1:20000 or 1:25000 scale in 1997 – with



*Mountain bike orienteering is off and rolling in Australia.*

PHOTO: LIZ RANDALL

the 1:25000 Lal Lal State Forest mapped by Rob Plowright (Victoria) one the best.

### First Australian Championships

At the 1998 OFA Easter meeting at Maldon, Victoria, the inaugural Australian MTB Orienteering Championships was granted to Ballarat, Victoria, on Sunday November 15th.

The organisers – Peter and Carolyn Jackson, Rob Plowright, Tom Norwood and Blake Gordon – decided to stage the Victorian State Championships on Saturday the same weekend so that interstate competitors would get two events; this is an important

consideration in Australia with long travel distances from home to event. This proved a popular choice with 65 (9% up on 1997) riding in the Victorian Championships and 85 competing in the first Australian MTB Orienteering National Championships.

With attendance at state and national championships up 24% in 1998 on the previous year, there is hope for continued growth in 1999.

### Innovations stimulate attendance

Several recent innovations seem to have generated increased attendance. In Victoria the staging of a 10-event 1999 series with cumulative points for the best seven results has already seen



records broken. Seventy competitors competed at Nerrina in mid-February – the largest non-championship attendance in the three year history of MTB orienteering in Victoria. The Victorian rule seems to be – give them points and they will come!

In South Australia, a five-event series was held October – December 1998 after the foot orienteering season. Increased attendance indicated the popularity of not having to choose between MTB orienteering and foot orienteering.

### Web page is popular

The Australian MTB orienteering webpage <http://www.users.interact.net.au/~cdas/mbo> has proved a popular way of promoting the sport through pictures, results, event schedules, directions to events, and technical comments – spreading the MTB orienteering word on the net.

### Forward to 2000

Though MTB orienteering is still in its infancy in Australia, we already have good foundations for growth in the new century!

### Australian MTB-O history in brief

- 1977** First bike-O event at Bostock Reservoir, Victoria.
- 1996** Events in South Australia.
- 1997** April, first OFA MTB-O meeting at Broken Hill.
- 1997** Four states (NSW, SA, Vic., ACT) hold MTB-O Championships.
- 1998** First Australian MTB-O Championships near Ballarat, Vic.; Natasha and Warren Key crowned Elite MTB-O Champions.
- 1999** October, South Australia will host 2nd Australian MTB-O Champs.

## TRAIL ORIENTEERING

# Two Trail Orienteering firsts in 1999

**T**he 1999 World Orienteering Championships in Inverness, Scotland, will incorporate a number of other activities, amongst them the inaugural World Cup in Trail Orienteering and the first ever IOF Trail Orienteering Controller's Clinic.

– The individual World Cup results will be calculated by amalgamating the results of both days of competition. Each federation may enter a team of three, which may include both women and men.

– The World Cup team result will be calculated by amalgamating the results of both events for the three team members, says Brian Parker, who is playing an important role in the Trail Orienteering at the 1999.

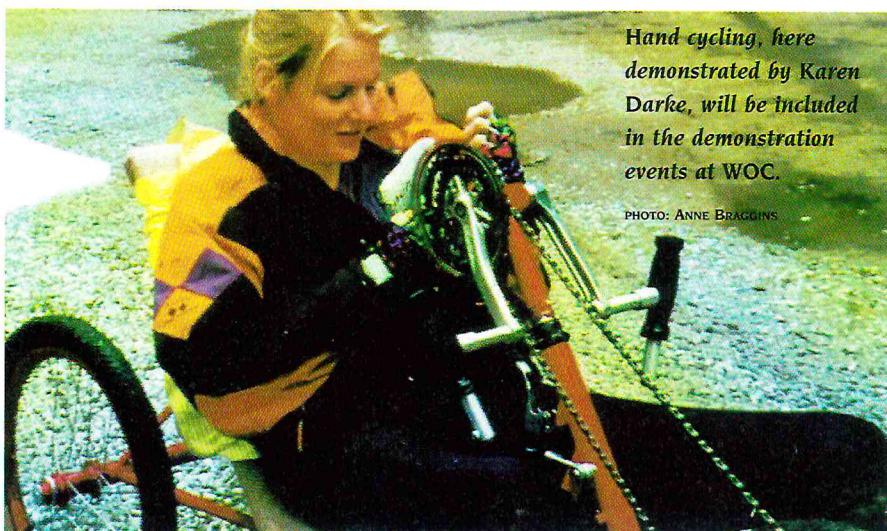
– Additionally, an open course of elite standard will be available each day for anyone not selected for their national team. This level of Trail Orienteering is technically very demanding, and I welcome all orienteers to enter this event to test their technical skills. Courses suitable for juniors and introductory courses will also be available.

## The World Cup in Trail Orienteering:

Friday 30th July Training event, team managers' meeting  
Saturday 31st July Individual competition  
Sunday 1st August Individual competition, prize giving and banquet



Brian Parker is the controller of the trail orienteering events in Inverness. Additionally, he is the instructor for the Controller's Clinic organised jointly by the Event Standards and the Trail Orienteering Committees.



Hand cycling, here demonstrated by Karen Darke, will be included in the demonstration events at WOC.

PHOTO: ANNE BRAGGINS



# World Cup 1999 in Ski Orienteering

## Final standings

### Men

1) Raino Pesu FIN (40-40-40-37-37-40-40) 200, 2) Björn Lans SWE (33-37-28-40-40-35-31-35) 187, 3) Bertil Nordqvist SWE (37-23-35-30-35-40-24) 177, 4) Matti Keskinarkaus FIN 168, 5) Viktor Kortchagine RUS 167, 6) Jukka Lanki FIN 167, 7) Kjetil Ulven NOR 157, 8) Lars Lystad NOR 153, 9) Nicolò Corradini ITA 151, 10) Pekka Varis FIN 136, 11) Eduard Khrennikov RUS 132, 12) Anders Hauge NOR 131, 13) Andreas M. Edvardsen NOR 126, 14) Vladislav Kormtchikov RUS 121, 15) Tomas Löfgren SWE 116, 16) Claes M. Thuresson SWE 109, 17) Sergey

Komlev RUS 104, 18) Kalle Junnikkala FIN 103, 19) Jan Pecka CZE 99, 20) Ola Persson SWE 97, 21) Walter Seber ITA 88, 22) Peter Mosimann SUI 83, 23) Lukas Stoffel SUI 73, 24) Jakub Vodrazka CZE 65, 25) Nerijus Sulcys LIT 59, 26) Eivind Tonna NOR 58, 27) Tommy Olsen NOR 55, 28) Nikolai Bondar RUS 54, 29) Lasse Köngäs FIN 52, 30) Ander Ojandu EST 51.

### Women

1) Arja Hannus SWE (30-37-40-37-40-37-35-40) 194, 2) Lena Hasselström SWE (40-40-35-35-37-35-40—) 192, 3) Annika Zell SWE (24-30-33-33-35-40-37-37) 182, 4) Mervi Väisänen FIN 168, 5) Ann-Charlotte Carlsson SWE 161, 6) Valborg Madslie NOR 158, 7) Natalia Naumova RUS 152, 8) Hanna Kosonen FIN 148, 9) Mervi Anttila FIN 141, 10) Stine Hjermstad Kirkevik NOR 141, 11) Kristin Hasle NOR 137, 12) Maria Karjalainen FIN 126, 13) Oksana Isavnina RUS 124, 14) Terhi Hämäläinen FIN 123, 15) Mall Alev EST

117, 16) Barbora Chudikova CZE 117, 17) Vilma Rudzenskaite LTU 101, 18) Regula Muhlemann SUI 93, 19) Erja Jokinen FIN 87, 20) Antje Bornhak GER 78, 21) Katja Rajaniemi FIN 77, 22) Hanne Sletner NOR 72, 23) Iris Bader SUI 64, 24) Svetlana Khaustova RUS 51, 25) Stina Grenholm SWE 51, 26) Yvonne Wicki SUI 51, 27) Barbara Iff SUI 44, 28) Teresa Kucharova CZE 43, 29) Tatiana Kortchagina RUS 42, 30) Liisa Anttila FIN 40.

### Relay

#### Men:

1) Finland (20-20) 40, 2) Russia (15-17) 32, 3) Sweden (17-15) 32, 4) Norway (13-13) 26, 5) Switzerland (10-10) 20, 6) Estonia (8-11) 19, 7) Czech Republic (11-11), 8) Latvia (9) 9, 9) Italy (9) 9, 10) Lithuania (7) 7, 11) Japan (6) 6.

#### Women:

1) Sweden (20-17) 37, 2) Russia (15-20) 35, 3) Finland (17-15) 32, 4) Norway (13-13) 26, 5) Estonia (11) 11, 6) Lithuani (10) 10.

## Junior World Championships in Ski Orienteering 1999

Jundola, Bulgaria March 3-6, 1999

### Classic distance

Men: 1) Topi Suomalainen FIN 1.18.24, 2) Vasili Gloukharev RUS 1.19.48, 3) Peter Arnesson SWE 1.20.15, 4) Marc Lauenstein SUI 1.20.42, 5) Peter Dahlberg SWE 1.21.32, 6) Markus Kainu FIN 1.21.37, 7) Lubomir Tomecek CZE 1.22.07, 8) Pasi Kiiskinen FIN 1.23.50, 9) Boris Fischer SUI 1.24.10, 10) Petri Kiiskinen FIN 1.24.29, 11) Remo Fischer SUI 1.25.01, 12) Zbynek Hora CZE 1.27.03, 13) Erik Wiberg SWE 1.28.01, 14) Mattis Myhre NOR 1.28.06, 15) Jari Sillman FIN 1.28.06, 16) Alexander Vlasov RUS 1.29.09, 17) Kamil Guizatouline RUS 1.29.18, 18) Olav Baken-Hagelia NOR 1.30.29, 19) Alexander Kouriushev RUS 1.31.40, 20) Stefan Surgan SVK 1.32.30.

### Women:

1) Katja Rajaniemi FIN 57.18, 2) Marie Lund SWE 58.50, 3) Anna Ustinova RUS 1.01.00, 4) Erja Jokinen FIN 1.01.33, 5) Tatjana Lutoshkina RUS 1.03.48, 6) Zdenka Stara CZE 1.03.56, 7) Aino-Maija Hirvi FIN 1.04.49, 8) Ekaterina Chizhikova RUS 1.05.24, 9) Salla Lehto FIN 1.06.09, 10) Karin Kjellman SWE 1.07.02, 11) Teodora Malcheva BUL 1.09.01, 12) Maria Bergqvist SWE 1.09.24, 13) Ekaterina Sharapova RUS 1.09.29, 14) Elena Kartchevskaya RUS 1.11.58, 15) Kjersti Reenaas NOR 1.12.14, 16) Lin Thorsell SWE 1.12.43, 17) Johanna Maxen Swe 1.13.15, 18) Martina Fritschi SUI 1.13.38, 19) Marte Reenaas NOR 1.16.03, 20) Lena Hermansson SWE 1.16.45.

### Short distance

#### Men:

1) Olav Baken-Hagelia NOR 41.59, 2) Pasi Kiiskinen FIN 42.11, 3) Erik Wiberg SWE 43.29, 4) Peter Dahlberg SWE 43.29, 5) Markus Kainu FIN 44.21, 6) Jari Sillman FIN 44.26, 7) Vasili Gloukharev RUS 44.42, 8) Lubomir Tomecek CZE 44.53, 9) Marc Lauenstein SUI 45.17, 10) Oystein Kvaal-Ostero NOR 45.26, 11) Zbynek Hora CZE 45.43, 12) Alexander Vlasov RUS 45.49, 13) Ilias Guizatouline RUS 46.10, 14) Mattis Myhre NOR 46.35, 15) Erik Engvall SWE 46.51, 16) Petri Kiiskinen FIN 47.03, 17) Stefan Surgan SVK 48.10, 18) Sergej Trus LTU 48.11, 19) Boris Fischer SUI 48.19, 20) Kamil Guizatouline RUS 49.10.



## Women

1) Anna Ustinova RUS 37.21, 2) Katja Rajaniemi FIN 38.29, 3) Salla Lehto FIN 39.01, 4) Erja Jokinen FIN 39.10, 5) Elena Kartchevskaya RUS 39.40, 6) Marte Reenaas NOR 39.43, 7) Marie Lund SWE 40.04, 8) Aino-Maija Hirvi FIN 41.49, 9) Tatjana Lutoshkina RUS 41.59, 10) Ekaterina Sharapova RUS 42.32, 11) Maria Bergqvist SWE 42.47, 12) Anna Vorobiova RUS 43.01, 13) Ekaterina Chizhikova RUS 43.28, 14) Karin Kjellman SWE 43.52, 15) Zdenka Stara CZE 44.09, 16) Lin Thorsell SWE 44.23, 17) Lena Hermansson SWE 45.16, 18) Iva Datellova CZE 46.15, 19) Johanna Maxen SWE 46.32, 20) Kjersti Reenaas NOR.

## Relay

## Men:

1) Suomi 2.28.51 (Pasi Kiiskinen 48.31, Markus Kainu 52.41, Topi Suomalainen 47.39), 2) Ruotsi 2.33.33 (Peter Arnesson 53.55, Erik Wiberg 51.18, Peter Dahlberg 48.20), 3) Sveitsi 2.34.38 (Marc Lauenstein 49.14, Remo Fischer 55.16, Boris Fischer 50.08), 4) Norja 2.35.34 (Oystein Kvaal-Osterbo 48.31, Mattis Myhre 53.39, Olav Baken-Hagelia 53.24), 5) Venäjä 2 2.38.58 (Anton Protasevich 50.45, Alexander Kouriushev 55.02, Ilias Guizatouline 53.11), 6) Tsekki 2.43.16, 7) Bulgaria 3.01.00, 8) Itävalta 3.05.12, 9) Romania 3.07.08, 10) Ukraina 3.22.02, 11) Italia 3.24.02.

## Women:

1) Suomi 2.02.46 (Erja Jokinen 44.12, Salla Lehto 40.34, Katja Rajaniemi 38.00), 2) Venäjä 2 2.09.53 (Ekaterina Sharapova 45.19, Ekaterina Chizhikova 41.35, Anna Vorobiova 42.59), 3) Ruotsi 1 2.13.48 (Maria Bergqvist 44.54, Karin Kjellman 45.23, Marie Lund 43.31), 4) Norja 2.19.10 (Kjersti Reenaas 44.15, Anne Marthine-Rustad 54.40, Marte Reenaas 40.15), 5) Tsekki 2.30.08 (Iva Datellova 52.46, Gabriela Savicova 50.30, Zdenka Stara 46.52), 6) Bulgaria 1 2.42.57, 7) Sveitsi 2.43.55, 8) Slovakia 3.14.09, 9) Ukraina 3.15.38.

# World Masters Championships in Ski Orienteering

St. Petersburg, Russia February 22-27, 1999

## Classic distance

## Men:

## Class H35

1) Nikolay Bondar RUS 64.04.

## Class H40

1) Oleg Menzhack RUS 75.37.

## Class H45

1) Ivan Shorokhov RUS 53.52.

## Class H50

1) Kyösti Mikkola FIN 56.55.

## Class H55

1) Viktor Kravtchenko RUS 44.19.

## Class H60

1) Boris Semionov RUS 44.45.

## Class H65

1) Arvo Mikkonen FIN 31.48.

## Class H70

1) Arvo Majonen FIN 42.57.

## Class H75

1) Martti Kaikkonen FIN 35.52.

## Class H85

1) Erkki Luntamo FIN 50.39.

## Women:

## Class D35

1) Svetlana Berezina RUS 59.45.

## Class D40

1) Victoria Fershalova RUS 73.32.

## Class D45

1) Tatiana Tbarsukova RUS 46.42.

## Class D50

1) Anna Gubanova RUS 65.49.

## Class D55

1) Liudmila Laboutina RUS 44.07.

## Class D60

1) Olga Kazantseva RUS 39.15.

## Class D70

1) Sole Nieminen FIN 41.51.

## Short distance

## Men:

## Class H35

1. Nikolay Bondar RUS 28.15.

## Class H40

1. Anatoly Ossokin RUS 33.42.

## Class H45

1. Alexander Koviazin RUS 32.56.

## Class H50

1. Kyösti Mikkola FIN 31.41.

## Class H55

1. Victor Kravtchenko RUS 29.55.

## Class H60

1. Johannes Varkoi FIN 27.17.

## Class H65

1. Arvo Mikkonen FIN 20.41.

## Class H70

1. Arvo Majonen FIN 28.24.

## Class H75

1. Vilho Himanen FIN 20.26.

## Class H85

1. Erkki Luntamo FIN 44.31.

## Women:

## Class D35

1. Svetlana Berezina RUS 35.04.

## Class D40

1. Victoria Fershalova RUS 38.16.

## Class D45

1. Irja Suomalainen FIN 30.09.

## Class D50

1. Anna Gubanova RUS 43.41.

## Class D55

1. Liudmila Laboutina RUS 27.35.

## Class D60

1. Olga Kazantseva RUS 27.49.

## Class D70

1. Sole Nieminen FIN 23.27.



## MAJOR EVENTS



### Foot Orienteering

**1999:**

JUNIOR WORLD CHAMPIONSHIPS  
5–11 July, Varna, BUL

WORLD MASTERS CHAMPIONSHIPS  
18–23 July, Århus, DEN

WORLD CHAMPIONSHIPS  
1–8 August, Inverness, Scotland, UK

**2000:**

WORLD MASTERS  
CHAMPIONSHIPS  
2–7 January, Feilding, NZL

WORLD CUP

**Events 1 & 2:** Classic distance and  
Relay, 15–16 April, JPN

**Events 3 & 4:** Short and Classic  
Distances, 22–24 April, AUS

**Events 5 & 6:** Relay and Classic  
distance, 30 June–2 July, UKR

**Events 7 & 8:** Short and Classic  
distances, 5–6 July, BLR

**Events 9 & 10:** Short, Medium and  
Classic distances + Ultra short  
distance, 18–21 July, FIN

**Events 11, 12 & 13:** Short and Classic  
distances, Relay, 11–14 October, POR

JUNIOR WORLD CHAMPIONSHIPS  
10–16 July, Nove Mesto na Morave, CZE

**2001:**

WORLD MASTERS  
CHAMPIONSHIPS  
2–6 July, Nida, Kursiu Nerija, LTU

JUNIOR WORLD  
CHAMPIONSHIPS  
9–15 July, Miskolc, HUN

WORLD CHAMPIONSHIPS  
First week of August, Tampere, FIN

**2003:**

WORLD CHAMPIONSHIPS  
Dates to be confirmed,  
Rapperswil/Jona, SUI



### Ski Orienteering

**2000:**

JUNIOR WORLD CHAMPIONSHIPS  
31 January–6 February,  
Banska Bystrica, SVK

WORLD MASTERS CHAMPIONSHIPS  
21–27 February, Velingrad, BUL

WORLD CHAMPIONSHIPS  
28 February–5 March, Krasnoyarsk, RUS

WORLD CUP

**Events 1 & 2:** Long and Short  
Distances, Relay 1, 12–16 January,  
Vuokatti/Sotkamo, FIN

**Events 3 & 4:** Long and Short Distances  
27–30 January, Muhlviertel, AUT

**Events 5 & 6:** Long and Short Distances,  
Relay 2, 31 January–6 February,  
Donovaly/Banska Bystrica, SVK

**Events 7 & 8:** Long and Short  
Distances, Relay 3 (WOC),  
28 February–5 March,  
Krasnoyarsk, RUS

**2001:**

WORLD CUP

**Events 1 & 2:** Long and Short  
Distances, Relay 1, 24–28 January,  
Styria near Graz, AUT

**Events 3 & 4:** Long and Short  
Distances, Relay 2, 29 January–3  
February, Batak, BUL

**Events 5 & 6:** Long and Short  
Distances, Relay 3,  
28 February–4 March,  
Kystym in Cheliabinsk region, RUS

**Events 7 & 8:** Long and Short  
Distances, 14–17 March,  
Rovaniemi, FIN

JUNIOR WORLD CHAMPIONSHIPS  
Dates to be confirmed, Trento, ITA

WORLD MASTERS CHAMPIONSHIPS  
Dates to be confirmed, Trento, ITA

**2002:**

WORLD CHAMPIONSHIPS  
Dates to be confirmed, Borovets, BUL



### Mountain Bike Orienteering

**1999:**

WORLD CUP  
12 Oct, Innsbruck, AUT  
15–17 Oct, Brno, CZE  
30 Oct–1 Nov, Barcelona, ESP

**2002:**

WORLD CHAMPIONSHIPS  
Dates to be confirmed, FRA



### Trail Orienteering

**1999:**

WORLD CUP  
30 July–1 Aug, Inverness, Scotland, UK

## MEETINGS

### Presidents' Conference

3 August 1999, Inverness,  
Scotland, UK

### IOF Congress & General Assembly

31 July – 6 August 2000, Graz, AUT

### IOF Council

2, 3 and 7 August 1999, Inverness,  
Scotland, UK  
3–5 December 1999, venue to be  
decided  
28–30 April 2000, venue to be decided  
1, 2 and 5 August 2000, Graz, AUT



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news

We have moved to a new web-location:  
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n3sport AS, PB 412 Sentrum, 0103 Oslo, Phone +47 2294 1510, Fax: +47 2294 1520



**NEW!** The top of thumb compasses with an extra-large magnifying lens. Special model for left-handers.



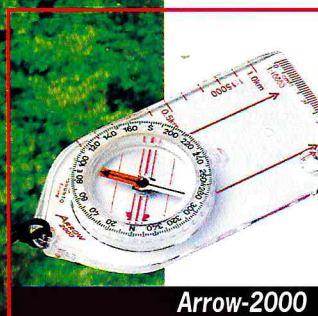
Arrow-2/R and 2/L

Another top-class thumb compass in the Arrow family. Easy to use, clearly visible scales, rotating capsule.



Arrow-1

A top-of-the-line compass that fits the hand. Ergonomically designed with rounded edges, hole for control marking, etc.



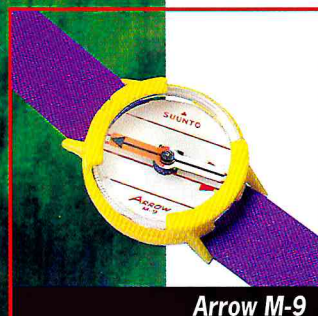
Arrow-2000

Similar to the Arrow 2000, with a TV-shaped magnifying lens.



Arrow-2200

The world's only double-bearing wrist compass. Can also be used for taking exact bearings as with a baseplate compass.



Arrow M-9

SUUNTO  
**ARROW**

## Five Fastest Ways to Find a Control Point

A new member just arrived in the **Suunto Arrow** family of compasses: a thumb compass with a special model also for left-handers. Now there are five models in the Arrow family, each equipped with the unique double-bearing construction developed by Suunto.

That is why every Arrow compass gives you the right direction quickly and steadily. While the others are still spinning around.

SUUNTO

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