

ORIENTEERING WORLD

1995 No. 2 - MARCH



Ski O World Cup

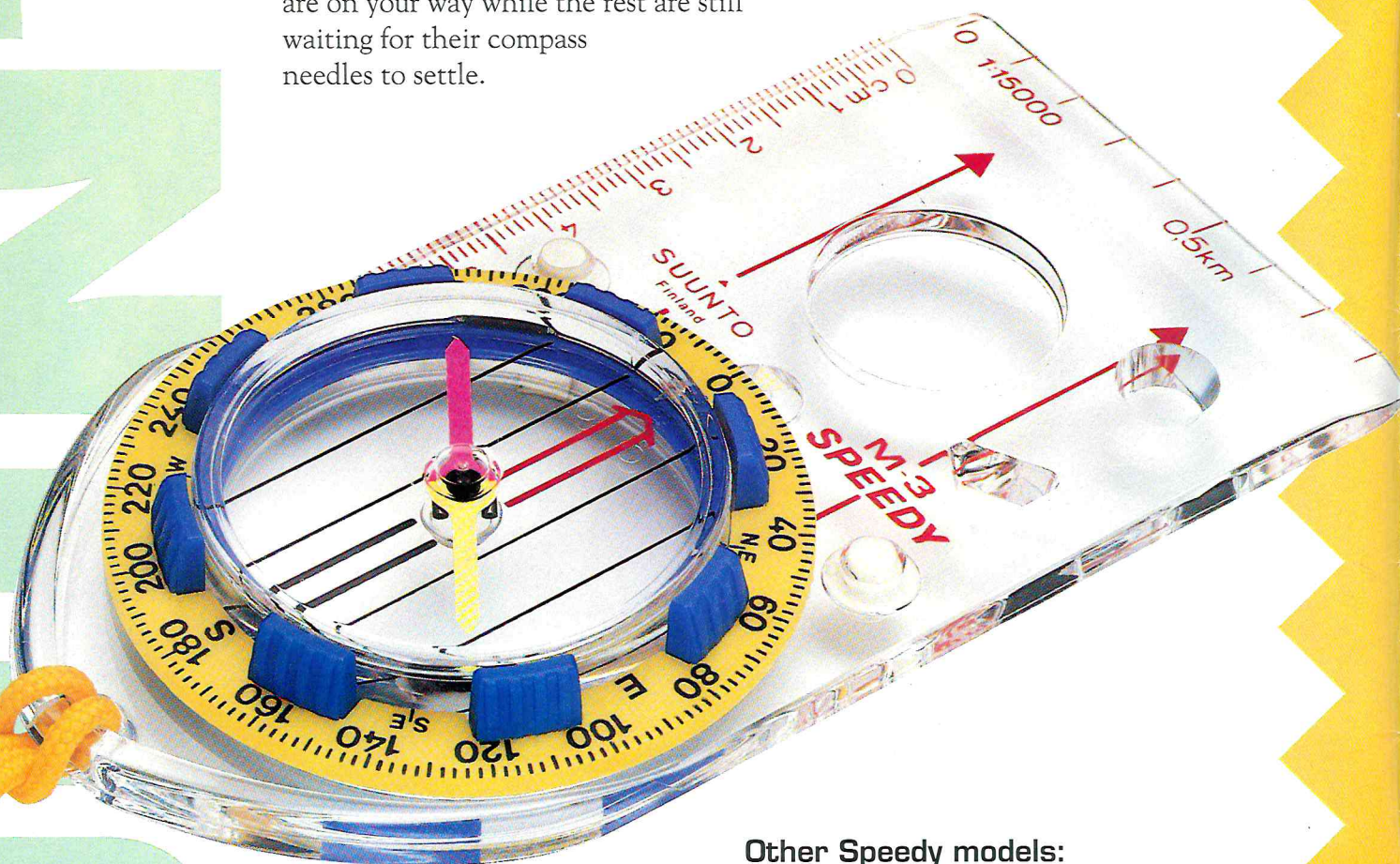
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COVER PHOTO: Mervi Kähäri, Finland, at the final control in the first event
of the Ski Orienteering World Cup in Beglika, Bulgaria in January.

Photo: Iordanka Melnikliyska

Editorial

Tracking competitors, metre by metre

As this issue of *Orienteering World* went to press, the final rounds of this year's Ski Orienteering World Cup were taking place near Savonlinna, Finland. Amongst the spectators were the IOC Sports Director, Gilbert Felli, and Nordic IOC members, invited by the IOF to enable them to become better acquainted with the characteristics of our winter sport and for further discussions about the IOF's bid for inclusion in the 2002 Winter Olympics.

As the reports on pages 16 and 17 illustrate, ski orienteering has come a long way in recent years in making itself more 'visible', with new styles of course design and greater use of open areas. But as the eye-catching Press Release issued at the Holmenkollen Ski Festival's World Cup event put it, "Soon start cards and punches at posts will be museum items. In their stead will be modern technologies that permit following every competitor's every step, directly from the start arena."

Regnly's well-tested 'smart cube' will, it is hoped, soon be backed up by OPOS, a system using satellite-based GPS (Global Positioning System) to process signals emitted by tiny transmitters worn by the competitors. On TV we'll see the competition map (perhaps in simplified form) with selected competitors' route choices instantly visible, and their passing times flashed on screen from the computer within seconds of the smart cube touching the control point. Backed up by camera shots from strategic points around the course and at the start and finish, top orienteering races will be brought to life like never before.

According to the Press Release, the OPOS system will be subjected to a full test at the World Ski Orienteering Championships at Lillehammer in 1996 and at the World Orienteering Championships at Grimstad (S. Norway) in 1997. By the year 2002, when we have perfected all the techniques, ski orienteering could become one of the most exciting winter disciplines of them all.

Clive Allen

NEWSLINES

Tiomila celebrates 50 years

The famous mass-start 10-person relay race, Tiomila, will be run for the 50th time on 6-7 May this year. The venue is Riala, NE of Stockholm. Several new features will characterise the arrangements, including use of the Regnly Track Recording System for the first time. A link between this and a Swedish mobile telephone system is planned which will enable information on runners visiting certain controls to be transmitted automatically to the finish area.

Hungarian anniversaries

On 11th January 1925 the first O-event in Hungary was held in the forest in the outskirts of Budapest - a 7 km course with 500 m climbing. With the same course and map, the event was re-enacted on the same date this year, writes *Sarolta Monspart*; the main difference was a winning time of 40 minutes compared to 54 minutes in 1925.

The independent Hungarian Orienteering Federation was established on 1st January 1970, with Iván Skerletz as Secretary General. In 1995, Iván still holds this post - a fine record. An anniversary book with the title *Szélrózsa* (windrose) has been published by the Hungarian federation.



Sarolta Monspart, World Champion in 1972 and now an IOF Vice President photo: Gabor Honfi

Tony Nicholls

The death occurred in January of Tony Nicholls, who first ran for New Zealand in 1972 and was Chairman of the New Zealand federation from 1977 to 1980. He was a driving force in many aspects of New Zealand orienteering development.

Big entries at European season's curtain-raisers

A big elite entry is expected at two early season events, the OK Pan-Önos weekend near Kristianstad in Sweden and the Spring Cup in Denmark. More than 1,000 elite runners have entered for the latter, including 450 for H21E. Of the top 40 in the current men's world rankings, it is reported that only Jimmy Birklin (injured), Jörgen Mårtensson (his wife is expecting twins the same weekend) and Jonathan Musgrave (running in the British Championships) are missing from the entry list.

The Spring Cup Relay, first round in this year's Nordic Relay League, has attracted 300 teams in the men's open class.

Silva sponsors leading runners

Seven leading orienteers have come together as a world 'dream team' under the sponsorship of compass and equipment manufacturers Silva Sweden AB. The seven, who usually will continue to represent their home clubs, are Jana Cieslarova (CZE), Janne Salmi (FIN), Petter Thoresen (NOR), Anna Bogren, Marlena Jansson and Jörgen Mårtensson (SWE) and Steve Hale (GBR).

1996 World Cup dates

A small change to earlier published dates has been announced: the first 3 events, in Lithuania and Latvia, will now take place on 8th, 11th and 12th May.

A bulletin has been issued covering the 4 events in the final round, in Switzerland and France; the World Cup Final on 24th August will take place on forested Jura limestone terrain near Villard-de-Lans, SW of Grenoble.

Kay Haarsma receives top coaching award

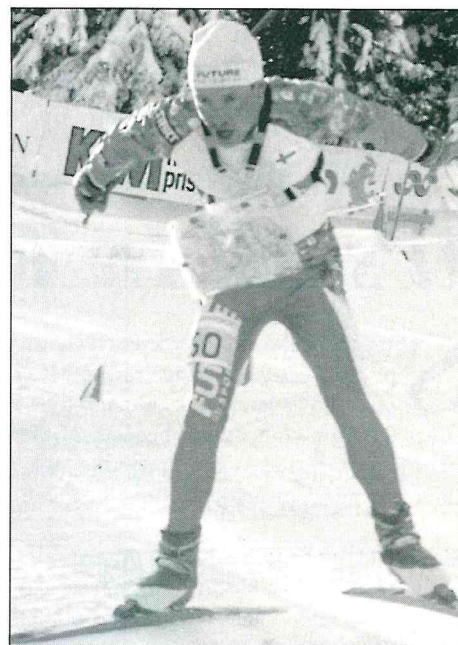
One of the most active coaches in Australian orienteering, Kay Haarsma, has been honoured with a top award in the 1994 Australian Coach Awards. For 12 years she has made an outstanding contribution to coach education in Australia, and has herself coached at all levels including three JWOC teams.

World Cup in Ski Orienteering:

Finnish Pair Head Rankings

Finns **Arja Nuolioja** and **Vesa Mäkipää** are the overall winners of the 1995 series after the final rounds in Savonlinna, Finland, where Nuolioja won the long distance - her 4th win in the series - and Mäkipää achieved a 27-second victory under pressure in the short distance.

Photos: Olavi Mäki



FINAL SKI ORIENTEERING WORLD CUP RANKINGS

MEN: 1. Vesa Mäkipää FIN 191
2. Raino Pesu FIN 180
3. Vidar Benjaminsen NOR 176
4. Lars Lystad NOR 168, 5. Bertil Nordqvist SWE 166, 6. Markku Järvinen FIN 152, 7. Tomas Wikblom FIN 151, 8. Per-Ove Bergqvist SWE 150, 9. Vladislav Kormchtchikov RUS 145, 10. Björn Lans SWE 145.

WOMEN: 1. Arja Nuolioja FIN 197
2. Lena Hasselström SWE 176
3. Hilde G Pedersen NOR 169
4. Riitta Karjalainen FIN 169, 5. Mervi Kähäri FIN 161, 6. Ann-Charlotte Carlsson SWE 161, 7. Virpi Juutilainen 156, 8. Pepa Milusheva BUL 155, 9. Erica Johansson SWE 155, 10. Ulrica Swärd SWE 152.

REPORTS - PAGES 16 & 17

Ski Orienteering at the Nagano Winter Olympics in 1998!

The headline needs some qualification. As the reader is aware, ski orienteering is not part of the official programme at the 1998 Winter Games. It has also become known that the previous concept of 'demonstration sport' has been abolished - either you are in as a fully-fledged Olympic sport, or you're out!

However the Nagano (Japan) organising committee has indicated, in recent communication with the IOF, that they are interested in introducing ski orienteering through a series of high-quality international events in conjunction with the Winter Games! A Japanese sponsor of such events has been identified, and negotiations about shared IOF/sponsor responsibilities will start shortly. Should this proposal materialise, it would substantially strengthen the cause of ski orienteering as an Olympic sport in 2002.

Four Cities Fighting for the 2002 Winter Olympics

Ski Orienteering to become part of the show?

The International Olympic Committee (IOC) recently took the decision, applauded in all quarters, not to have a large number of applicant cities spending fortunes promoting themselves until the very last moment, i.e. until the day of the final appointment of the organising city. According to the new procedure, a limited number of cities are selected for a final round approximately half a year before the final appointment of organiser.

This new order was applied for the first time in January when four out of the nine applicants were chosen for the final, in itself of course costly, exertion to achieve Olympic glory in the year 2002. The lucky four still competing to organise the 2002 Winter Olympics are Östersund (Sweden), Quebec (Canada), Salt Lake City (USA) and Sion (Switzerland).

As mentioned in previous issues of *OW*, the IOF has been in touch with all the

nine original applicants to promote the idea of including ski orienteering in the programme in 2002, not least during the IOC Centenary Congress in Paris last year.

How would ski orienteering fare, depending on which city becomes the organiser? Incidentally, the decision about organiser will be taken will be taken at an IOC meeting in Budapest, 15-18 June. Well it would be bad tactics, not to say presumptuous, to speculate on this. The IOF of course assumes that ski orienteering will be in, irrespective of organiser!

It is our task to convince the appointee, whichever city it becomes, that ski orienteering would be an excellent addition to the programme. According to the new procedure, the organising city is entitled to introduce a limited number of new sports; negotiations regarding such sports will start between the organising city and the IOC immediately after the appointment of the former.

In the second of his series of articles on training for orienteering, OLLI-PEKKA KÄRKKÄINEN looks at mental training. Once you are physically fit and technically competent, he says,

It's All In The Mind

Simple hard work is needed to increase physical capacity in orienteering. Most of us, however, make our major time-losses during a competition because of the other factors: mistakes in orienteering technique and problems in controlling the mind.

We should, perhaps, give some time to self-study: what and how we do during a race, and building an individual model for optimal mental preparation before a competition. In this article I will try to give you some 'popular level hints' for becoming a better orienteer - in terms of being aware of and influencing some mental factors which are linked with orienteering performance.

The author Samuel Butler has described the mystery of life in a way which I take the liberty of using as a violated quotation in our sport: *"Orienteering is the art of drawing sufficient conclusions from insufficient premisses."* Do we have "sufficient premisses" for navigating through a course perfectly? On our modern maps the answer must be a short yes. We just have to think everything the easy and simple way and to do the basic things right during the whole race! We have the tools in the map and the terrain for a controlled performance - but are we able to use them?

Main Goals in Mental Training

Every human being should, once in a while, analyse his or her own motivation, attitude and behaviour in different situations. In orienteering we need to develop our mental processes in order to be able to:

1. learn a steady routine in pre-start preparation;
2. maintain a high level of concentration **all the time** during the race, from start to finish;
3. tackle the surprising situations which arise and the stress which results from them - we always need to know what we will do **when** we meet a problem situation, not **if**.

Most of our activities result from thinking, which we can affect with our will. Mental training is often considered an area which is difficult and 'dangerous'. Let's use the term to mean "working with thoughts affecting your behaviour which lead to better results."

Throw away your suspicions - and start with some easy things!

Positive Attitude and Will

A positive attitude and the will to do things perfectly is not something which comes easily. It is something which you have to work on for a long time.

Read this definition and think about it: *"Will is conscious organisation and self-regulation by the individual of his activity and behaviour directed towards overcoming difficulties in the attainment of set goals."* (1) Is this the whole rationale of our sport expressed with some complicated words? For orienteering I would like to put some extra weight on the words **conscious** and **goals**.

In a competition situation we have many distracting factors which may decrease our level of concentration. We just have to accept them, especially during a race. Do not direct any thoughts toward your opponents. You cannot affect them anyway - the only thing you can do is to run your own good race.

Try to turn all negative thoughts into positive ones, and do not start any critical discussions before the race. The terrain, map, course, weather, speaker, walking distance and so on are what they are.

Remember the things you can do well. Do not think in defensive ways - make the race a challenge. "I will - I can - I have the courage to", these are some classic phrases in sports psychology. A relaxed but combative feeling is important in all sports.

A Realistic Goal gives the Right Motivation

Motivation is the essential factor in achieving things. The situation now? What shall be done? So let it be! By setting the right goals you will get better results from your training and competitions, be less anxious about defeat, have better concentration and self-confidence and get more enjoyment out of sport.

Set some realistic training goals. The level of your orienteering skills and physical capacity, and your ability to combine them, define

your result level. In planning and, retrospectively, analysing the results of training, it is often important to look not only at the placings but at your development and training as a whole as well. That helps you do the right things over a long period of time.

Set some ultimate goals, for the year and for your career. You must understand why you are doing this! Define some micro-goals along the way, so that you can check that you are on course towards your main goal. The most important thing is that you really believe in your goals and that they are realistic - but high enough.

In competitions, victory may naturally be the ultimate goal, but do not have it in your thoughts during the race! The organisers will make a result list, so you can see if you are the



"Kent Olsson is my choice as the world's best at concentration", says Olli-Pekka, pointing to the string of World Championship successes he has achieved - 7 medals so far. Now aged 36, there is speculation that he will be back again in the Swedish team in Germany after missing the 1994 World Cup. Here he is pictured in his finest moment - on the run-in to World Championship victory in France in 1987 photo: Per Elfström

happy winner on the day or if you need to congratulate someone else.

Our goal in an orienteering race must always be a **good performance**, and the placing is a direct consequence of it. You are alone in the forest, and only you can affect your performance. Do not forget that you (and you alone) are responsible for it!

Pre-Start Routines give Safety

Regular routines during the competition day, on the event site and in the start area make you feel secure. You get the right feeling, with everything that you are doing under control! Check your equipment, go early to the start and allow plenty of time for warming up.

Repeat to yourself the most important things you must do in this race. What is especially important for you today? Remember the positive way in all expressions. Think "I will do...", instead of "I must avoid that..." and "I must not..."

In your mind, go through all the normal situations during the race. You must know what to do, **when...** Find solutions to all possible problems before the race!

If you feel very anxious about the race, it may help to think about performance on three levels: (a) 'dream level', everything goes perfectly; (b) 'normal good level' for a race as it usually goes; (c) 'minimum level'. That can make it easier to keep your thoughts on the performance instead of the result or consequence. And your training should intensify after a bad day as well.

Conscious Realisation

Orienteering is a conscious activity, so forget "if" and "luck"! Good orienteering is achieved by good planning, which must therefore be done properly. An analysis of 32 Finnish elite runners revealed that 93% of all time losses were primarily due to a bad or non-existent plan - and only 7% primarily the result of a

'normal mistake' or inability to realise the plan (the runners' own classification!).

To make orienteering as simple as possible: you must, during the whole race, act **consciously**, making plans and realising them. Planning means not only the route choice; it also includes situation-dependent self-instruction so that things go right, your way. If asked, you should always know what and how you are doing at that particular moment. The problem is the high demand on concentration. Tiredness, route choices, mistakes, tactical things etc. should all be analysed after the race and not during it.

After a top race the elite runner often cannot say very much. "It just went well, felt easy, almost like with an auto-pilot..." Try to recall your feelings from the good races, from those which show that you **can**!

Real Experiences Matter Too

I have briefly tried to review some mental factors which are of major importance behind a good orienteering performance. An analysis scheme for checking these in training and competitions can be a good practical help. And beside normal training, one hour of theoretical map study per day can be of use.

Nevertheless, all this thinking work is not enough. A large collection of real experiences from many different types of terrain is needed to achieve top results. That's why we should, within the range of possibility, give our juniors (15 - 20 yr.) lots of training and competition in new and challenging circumstances.

Young runners on today's world top level have something in common: they have all received lots of 'orienteering education' in their junior years. And they have improved their performances by working on the mental area - more or less consciously!

(1) Volkov et al, 1986, 'Psychology', Progress Publishers, Moscow

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Ecuador - a Happy Development Story

MARI DE HERNANDEZ describes how orienteering is being adapted to the South American life style

Ecuador is the IOF's newest member. The development in this land is a happy story. Orienteering with a South American outlook, adjusted for local conditions, but nevertheless with the enjoyment of finding new controls and meeting new challenges.

Since the article in *OW* in autumn 1993, just one more year has passed, but Ecuador is now an associate member of the IOF and has the ambition to be a full member very soon. Development has been rapid, in a land which in no way seems 'perfect' for orienteering.

Many poor people, and high mountains without forest or impenetrable jungle, characterises Ecuador. Many orienteers have journeyed through the land without finding decent orienteering terrain; they also doubted that the inhabitants would take to orienteering. But when one first begins to see the opportunities, instead of thinking of all the limitations in comparison with nordic orienteering conditions, it is not at all impossible.

Postponed Plan

Our plan to start in autumn 1993 had to be postponed: first because the maps weren't ready, and then because our chosen date turned out to coincide with a big community occasion in the park, with an orchestra playing, where the start would be, sales stalls where some control points would be, masses of spectators where we should run - and difficult to get the attention of the

usual joggers we were hoping to attract.

The fact that we were the only two people in the city who knew about orienteering and knew each other also cooled our initiative, as well as the fact that we both had full-time jobs as our top priority. Ecuador has sunshine from six in the morning until six in the evening. After dark, it becomes somewhat unsafe to be out. With long working days which stretch across the whole of the daylight hours, there is little time for outdoor recreation during the week.

Getting Under Way

By September 1994 our numbers had grown: a Norwegian O-missionary, a Swedish couple with jobs in Quito and myself. It was enough to get under way. We learnt that the military sports academy also gives instruction in orienteering and has some reasonably good runners, but they have almost no contact with civilians and prefer 'old' 1:50,000 maps and orienteering on compass bearings.

We aimed to spread the sport by getting a few interested and by giving personal guidance to those who took part. We planned simple, short courses in a park area in the middle of the city and in a forested area on the outskirts. We mapped both areas, which are already made frequent use of by people for jogging and strolls.

We quickly found out that the same time and place was im-

portant. We tried employing traditional O-thinking, using new places, but it didn't work. No-one found us again, even only 500 metres away in a nearly tree-less park! Latin Americans seldom plan ahead. They often have their regular activities and do these week after week. When we changed time and place, we no longer fitted in to their routine, and they forgot orienteering even after they had decided they would come again.

our nordic background, where orienteering, to be 'proper', ought to take place in a forest. In the park a different type of person could be found. They are often a bit afraid of the forest; they will keep in a known area near home and are a bit reluctant to change their usual habits. However they are sometimes prepared to incorporate some orienteering into their jogging sessions on Saturday mornings. There are possibilities here too. We must extend our definition of orienteering, and accept that for many, park-orienteering is best. At the time of writing we have been a little more in contact with them, and as the year progresses Quito will probably get a new O-club in connection with the park, where the members will rarely plan to extend their activities to other areas - but is it not orienteering just the same?



Some of the most active members of the Club de Orientacion Quito at the club's event in Quito on 19th February. From left: Eduardo Hernandez, Lars Klasson (Swedish), Alejandro Mera (President), Kleine Hassler (committee member), Jaime Paredes (Vice President), four event participants and Pablo Cordova (Treasurer) photos: Louis Gabrielsen

With map in one hand and a scrap of paper with information in the other, we went round the park and asked joggers and walkers if they would like to try something new. Many took the chance!

'Forest' and 'Park' People

After several weeks, we decided to aim only at the forest area. This was no doubt due to

Defining Orienteering Differently

Even in the forest we have found that we have to define orienteering a bit differently from the way we usually do in Norway. Whilst Norwegians and Swedes are individualists and by choice will do interesting things alone, South Americans will in all circumstances share delights (as well as sorrows) with family and



Many women are active participants in orienteering in Ecuador

friends. Generally they go alone extremely infrequently, and it is not at all natural for them to go in the forest alone. They set a high value on family activities, and it is therefore an assumption that the whole family can go together. To sit together in the assembly area, but run alone for an hour in the forest, doesn't suit them at all. In Ecuador the majority take part in groups, whilst we naturally cater also for individuals. Many will have a picnic stop on a 2 km course, or enjoy the view over the city and rest for half an hour at the highest point.

In the Media

When after a couple of months activity we finally had the courage to contact one of the country's most important newspapers, our activity got a real boost. A little article on the first sports page, half of which was inaccurate or wrong, produced a remarkable response.

The telephone rang all day, and many newcomers turned up. We learnt that the newspaper is a powerful medium, and that they are keen to write about something new (even if it's not many lines). Since then we've had a number of articles, and in the last week several TV features. For most of these we can thank the *Ecuadorian* orienteers.

Local Control

The establishment of the club and the election of a committee have been trouble-free. At the start of 1995 we have over 40 members (and a family counts as one member). We have an active committee, for which we Scandinavians are only advisers. Indeed the committee already takes responsibility for events, lends a hand with course planning, and arranges PR and sales etc. They have devised a logo, chosen club colours, planned the printing of T-shirts

and caps, will purchase compasses, will arrange tours out of the city to look at new O-terrain etc. Her are youngsters who dream of running in the World Championships, and families with dreams of the Swedish 5-days or the Veteran World Cup in Spain. Many Ecuadorians have been gripped by orienteering fever!

Since there is not an abundance of free-time activities here, such as we often see in Scandinavia, those who become interested can use all their free time on it. Although this free time is limited, on every Sunday they like to enjoy the sun and fresh air together with good friends. Orienteering suits them excellently and Quito folk have taken the sport to their hearts.

Do Things the Locals' Way

The most important thing which we foreign 'O-missionaries'

have learnt is that activities must be done the locals' way, rather than pressing upon them our own perception of orienteering. It was only for a few months that orienteering was dependent on foreigners for its continuation. We have found out that orienteering can be practised in ways other than the traditional and be just as enjoyable, and learnt that it is important to pass over all possible responsibility to the local people as soon as possible, and let them do it the way they think is right. We keep a bit of control and take care that the courses are OK, but let the sport develop in the latin way. One plans little and short-term, but believes and knows that anything is possible!

TRAINING DIARY CONTACT ADDRESS

Kim Rud's address was omitted in error from the last issue. It is Julivænget 104, DK-6000 Kolding, Denmark.

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Rapid technological advances have now made it economical to produce colour maps, incorporating course overprints and control descriptions if required, by colour laser printing direct from computer or colour photocopying an original offset-printed map. But is the quality good enough for competition use? FLEMMING NØRGAARD, Chairman of the IOF Map Committee, looks at the present 'state of the art'

Printing Maps for Competitions

As competitors, we normally regard the quality of printing of the maps we use in competition as first-class. If there is a fault, it is caused by poor registration of the 5 colours used (6 if there is a course overprint) in the printing process, or by use of wrong colours (inadequate instructions to the printer). Other problems with maps are due to poor surveying or cartography.

Colour Printing by Offset

Most commercial colour printing by the standard offset method uses the 4-colour process (3 basic colours - cyan, magenta and yellow - plus black). Any colour can be broken down to a combination of tints of these colours. The original artwork is photographed, separating the 4 constituent colours with filters; the plates made from these colour separations, when used in sequence, re-create the original colours. This method is fine for colour pictures (half-tone), but for maps with a lot of fine coloured lines or dots the result will not be as good as is possible.

To get the quality required when O-maps are printed by offset, the map is run through the machine separately for each of the 5 or 6 colours specified. Printing is therefore at least 20% more costly than for 4-colour process work, but the result is clean and sharp lines and a map with better readability. The cost of printing an O-map is reduced when the map is digitised by computer and the printing films are made by direct photosetting from the computer. However it is still expensive to print a small number of maps and cheaper copies can now be made using a colour laser printer.

Printing Directly from the Computer

OCAD 5 can generate a colour postscript file with the correct pantone colours defined, and a good-quality output at survey

scale (usually 1:7,500) can be obtained from this with the best colour laser printers (Canon or Xerox). Maps made using Illustrator are printed directly from the program, with similar results. The colours produced are close to the standard O-map pantone shades. The green for a built-up area is sometimes indistinguishable from the 'walk' green, but the colour specification



Enlarged extract from an OCAD-drawn 1:10,000 map printed out directly by colour printer. The quality is reasonable, but some lines (e.g. contours) show distortion

can be specially changed to give the correct shade on a colour laser print. The main limitation when the scale is reduced is in the line quality, which deteriorates seriously below 1:10,000.

Other types of printers have been tried too. The product from a thermal wax printer is less accurate, the colour cannot be drawn on and the surface breaks easily. Dye sublimation printers produce fine results, but special paper is needed and again it breaks easily when folded and cannot be drawn on with graphite pencil or ball-point pen. Inkjet printed maps are OK when folded but the colours can run if the map gets wet, and at high resolution printing is very slow and not the best quality.

A modern Canon or Xerox machine can make colour photocopies from an offset-printed copy which are close to the same quality as can be obtained with direct colour laser printing from the computer.

Several Benefits

The ability to print direct from the computer provides a number of potential benefits. These include better service to the field-checker and event planner, more opportunity for last-minute corrections and revisions, the chance to print maps with courses and control descriptions included, easier production of maps at different scales and greater control over the numbers of maps printed. This method is also likely to be cheaper if fewer than 400 or so maps will be produced.

The method is fine for maps for training and for pre-event use. Simple maps where limited numbers are required and where not used for serious competition, for example school maps, can also readily be produced this way.

Not Good Enough for Competition Maps

However it is generally agreed that the quality of maps produced by direct printing or colour photocopying is **not** good enough for use in open competitions. One possible exception: 'enlarged' maps for younger and older competitors at 1:10,000 scale are borderline in quality, yet many runners may prefer them if the alternative is an offset-printed 1:15,000 map. In such cases it is important that competitors are informed in advance of the type of map they are getting.

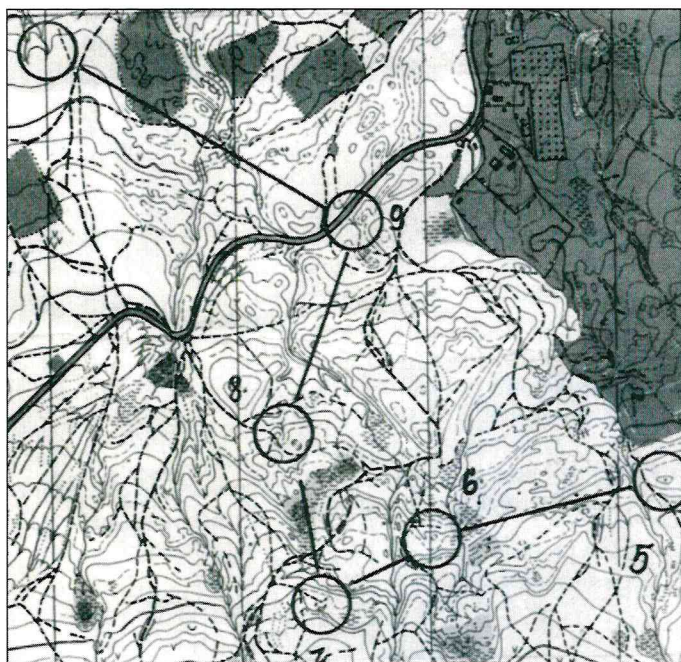
Dangers in Flexibility

Whilst offset printing will continue to be the norm for competition maps, the new flexibility gives a lot of opportunities for producing small numbers of maps for particular purposes. There are dangers, however. One is in the increased chance of piracy; federations and clubs will have to exercise careful vigilance and control to maintain copyright and income from map use. Another was highlighted by Forest Pearson in a note on the international Onet in December:

'My concern is that ... there will be a risk of giving different versions of the map to competitors. I can just see it... "The results in classes Hxx and Dxx have been voided since some competitors received version 2.34b of the map whereas others were given version 2.34c"!''

Romania is still an unknown land to most orienteers. BERIT FORSBERG tells the story of a visit last summer for three competitions by the Forsberg and Roos families from Turebergs IF, Sweden - 6 competitors in all, both beginners and elite

Orienteering in Romania



Section from a map near Cluj (scale 1:10,000)

Our first competition was near Baia Mare in the northern part of Transylvania. We had the fortune to be guided by the Fey family from Cluj, all four of them devoted to orienteering and the winners of countless championships. There were 200-300 competitors for the three-day competition, as many as can be in Romania.

The terrain was slightly hilly, deciduous forest, grazing grounds and a lot of paths difficult to make out in the forest which lacked low vegetation. We were confused to start with, used as we are to the forests of spruce and pine up north. The courses were OK - the map a bit rough though.

We had a nice shower afterwards, that we later learnt was a luxury not to be taken for granted. We stayed in tents in the finish area, next to empty (at the time) school buildings,

and managed to obtain excellent drinking water from the village verger who proudly showed us his church and told us its story. The weather was not as hot as we had feared and everyone was friendly - we were happy!

Spruce Plantations - Changing the Character of the Countryside

When driving to the next competition we stopped for a hike in the mountains of Kakastaréj, a vast dry grassland once covered by beech forest, very difficult to re-forest due to the local climate, but now with spruce plantations which within a few years will completely change the character of the countryside. The remaining old beeches, mighty grey trunks, still remind of times past. Here we met our first true shepherds on the long soft slopes shadowed by the beeches. The sun was burning hot in the grass-

land, but among the trees walking was a pleasure. We went uphill for several hours towards a mountain silhouette looking like a cock's comb. At the very top the view was terrific; we were actually looking down at Ukraine, with the long slope behind us and a breathtaking precipice at our feet.

Melons Recommended!

We did our own cooking, bought first-class vegetables in the outdoor markets in the towns, meat at the butcher's, bread at the baker's - that was often out of bread. There is no shortage of food, though, if you know where to go. The melons are great at this time of year! We highly recommend sharing a melon after your race.

We had a lot of experiences between the competitions. We enjoyed a shower in natural salty mineral-and-gas water at Jibou, climbed the calcerous mountains at Csodavar and walked through caves as big as cathedrals (one even with an ice sculpture created by nature), and for a long time studied a pair of woodpeckers only 5 metres away from us. We



The author with Romanian host Klara Fey

picked raspberries and collected drinking water from tiny wells which were quite common in the mountain areas. Finally after a long day of walking we ended up in a valley looking like Paradise: green sunny grassland surrounded by forests, a group of horses grazing, a clear stream of cold water in the bottom - and peace.

We were happily greeted by representatives of the Romanian Orienteering Federation: Coman Cidrian (Secretary General), Alexandrescu Constantin (President), Tautu Joan (Vice President - thank you for the barbeque party!) and the President of the Vointa club, Caprar Gheorghe. There is a lot of good work going on.

We found that the best maps were those at Cluj, and the Vointa Cup had very good and interesting courses according to our elite competitors. There are a lot of very good people working with orienteering in Romania and we highly recommend a visit.



In the mountains of Kakastaréj

Know the Rules!

The first in an occasional series contributed by **BARRY McCRAE**, Chairman of the IOF Technical Committee

The scene is Event 9 of the *1996 World Cup in Orienteering* - a mass start with loops. The women's event is a very exciting race. In a sprint to the finish line, Christine Crow finishes first, a clear 3 m in front of second-placed Rebecca Raven. The electronic timing system gives Christine's time as 65 min 11.34 s and Rebecca's time as 65 min 11.76 s. However, both women are given the same official time, 65 min 11 s, and so a tie for first place is declared.

In accordance with section 27 of the Competition Rules, Christine lodges a complaint with the event organiser claiming that she should have been placed first and Rebecca placed second. The organiser uses the secondary time keeping system (required by Rule 23.6) and a video recording of the finish to verify that the facts as presented above are correct, but confirms the tie for first place by reference to Competition Rule 23.5. Christine then protests against the organiser's decision about her complaint, as allowed by Rule 28.1.

As a member of the jury appointed to rule on protests at this event, **what is your decision?**

My decision

Firstly, I note that Christine acted correctly by initially lodging a *complaint* with the organiser, rather than a *protest* with the jury. The role of the jury is to rule on protests made against the organiser's decision about a complaint (Rule 29.1). Decisions of the jury are final (Rule 29.10).

Rule 23.5 states that times shall be "rounded down to whole seconds", so the organiser is correct in giving the same official time of 65 min 11 s for Christine and Rebecca. However, Rule 23.7 states that "In competitions with mass or chasing starts, finish judges shall rule on the final places" (organisers of such events, *please note!*). Hence, Christine's protest should be **upheld** and she should be placed first, with Rebecca placed second.

The booklet *Competition Rules for IOF Events* is available from the IOF Secretariat, price SEK 30,-.

Orienteering in Mexico

by LENNART LEVIN

As mentioned briefly in the last issue of *OrienteeringWorld*, the IOF received in autumn last year a request for basic information about orienteering from a potential organiser of an orienteering event near Puebla, Mexico. A courageous Mexican, Julio Martinez, had somehow come to hear about our sport, thought it seemed to be a good thing - and decided to stage an event!

On the occasion we were fortunate to receive support from Martin Kronlund, Madrid, who sent Julio not only his eminent instructional book in Spanish, *CARRERA DE ORIENTACION; Técnica, táctica y estrategia de la carrera de orientación y del trazado de recorridos para las competiciones*, but also a personal letter giving appropriate advice against the background that the Mexican enthusiast was a complete novice in the field.

We are happy to report about a letter from Mexico expressing gratitude to Martin and the IOF. Some 300 scouts participated in the event, which is said to have become a great success. Next year the event will be open to the public.

A seed is sown. May we congratulate Julio and his helpers on their dauntless initiative, and wish them all success in the future!

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The World Stage of Multi-sport Games

Could orienteering be playing too?

A couple of weeks ago it was my pleasure to attend the Ski Orienteering World Cup event in Lillehammer, Norway. The event was well organised, the Norwegian hospitality traditional and I felt very much among friends. At the same time, I was strongly aware of local pride in the status of Lillehammer as, in one sense, a centre of the world as an Olympic Games host city.

Next Tuesday I go to Finland for the final of the Ski Orienteering World Cup and the Olympics again will be much in my mind as we have the honour of a visit by the IOC's Sports Director, Gilbert Felli, plus members of both Finnish and Swedish National Olympic Committees. In the background is the IOF's application for the inclusion of Ski Orienteering in the Winter Games programme.

Orienteering has never been on the programme of any Olympic Games. Orienteering has, however, been a recognised Olympic sport since 1949. What does recognition mean?

Recognition in the World of Sport

There are a myriad different games and sports that have been devised around the world. Some are very local, but many are enjoyed in a large number of countries. For any particular sport, the various national organisations for that sport join themselves to form an International Federation (IF) - like the IOF for orienteering. Any IF can apply to the International Olympic Committee (IOC) for recognition of its sport. Clearly the traditional and widespread sports have been recognised for a very long time, a number since the beginning of the modern Olympic era (when the Games were re-started by Baron de Coubertin in the 1890's). Of the 51 recognised sports, 34 are on the programme of the Olympic Games at the present time. IF's receive funds from the IOC. Even non-programme IF's like the IOF receive a small amount.

In this context, the IF's are one wheel of that juggernaut, the Olympic Movement. The other wheels are the National Olympic Committees (NOC), the Games organisers (host cities), and the IOC. The trailer behind the juggernaut consists of a mass of organisations connected in some way to the Olympics, e.g. GAIFS (General Assembly of International Sports Federations - the club for IF's)

of which I have written previously in these pages; or AIPS (Association of International Sports Press) of which Finland's Matti Salmenkyla, one time member of IOF's Presse Kommission, is Secretary General; or ARIFS (Association of recognised Sports Federations, i.e. recognised but not on the programme) of which our Secretary General, Lennart Levin is Treasurer; or World Masters Games, on whose board I sit.

National Olympic Committees

A National Olympic Committee is a group of people which has been recognised by the IOC and who represent all Olympic Sports in a country. Among other things, a country must be a member of a minimum of 5 IF's before recognition is considered. The NOC is responsible for sending a country's competitors to a Games. In many countries the NOC is now the main cross-sport body in the land, especially as it may be an important source of funds. The NOC's receive cash from the IOC, which also, incidentally, pays towards expenses of each NOC's competitors to the Games. There are 196 NOC's.

The Games themselves - Summer or Winter - are organised by a committee on behalf of a host city selected by the IOC. Recently there has been hot competition for the job of host city because of the major investment in facilities and the potential economic benefits of the arrival of 10,000 competitors plus a huge retinue of hangers on.

Who is this IOC?

Who is this IOC that does all the recognising and allocating? It is a self-perpetuating 96-person committee charged with carrying out the Olympic Charter, leading the Olympic Movement and organising the Games. Countries do not have representatives on the IOC. New members are elected on to it by the IOC itself. (Some countries have more than one member, some have none.) It used to be full of dukes, princes and counts. Now it is somewhat more democratic, and even contains a handful of women!

Attached to the IOC are Commissions and Sub-Commissions, drawn mostly from among IOC members. And from the IOC is elected an Executive Board. This is the crux of the power house, and is led by the President (Samaranch at the present time), with four Vice Presidents plus six members.

If the Olympic Movement was set up to

foster the Olympic ideals of sporting excellence, fair play and universality, what is the essential role of an International Federation in all this? First and foremost it must be to safeguard the essential nature of its sport, buffeted about by the gales of commerce and the sometimes conflicting demands of a requirement for cash for development versus the needs of the sport itself. The IF must ensure also, possibly through the Olympic Games but also by other means, that its athletes get the recognition they deserve for their sports performance. Now that the top end of elite sport is so closely related to entertainment there is competition between sports for the public's attention and there are fashions amongst the public, often fostered by commercial interests. In these circumstances, there are hard decisions to be taken by the leaders of any IF. And to avoid throwing one's hat in the ring because one is not prepared to face such decisions is a coward's way out, which can only lead to the sidelining of the sport and limitations on its development. It is here on the world stage that orienteering must play.

Orienteering's Future in Multi-Sport Games

It may be many years before foot orienteering finds a place on the programme of the Summer Olympic Games, because the increase in the number of NOC's (each with a right to send competitors to the Games) and the just increase in female participants and in events for women, has led naturally to a huge increase in competitors. To keep the organisation of a Games even remotely feasible, a limit of 10,000 athletes has been set. The position is rather better for ski orienteering, because the Winter Games programme is much less congested, hence the line of our Council's present discussions.

But the world stage, of which the Olympic Games is one pinnacle, spans much wider and orienteering shall take its place on it. The other multi-sport games, the most prestigious being the Commonwealth Games, include both regional events (e.g. African Games) and category games (e.g. Student Games, Paralympics, Deaf Games, Masters Games). Here orienteering should be seen. Here orienteering can start to give its athletes the recognition they deserve and give the sport the exposure that brings better funding. Council has taken a policy decision to pursue inclusion of orienteering in multi-sport games and the Development Committee has started work on this.

If any of you reading this are involved in any way with one of the games and would be prepared to help with this work, do get in touch with your federation, or contact Lennart Levin at the IOF Secretariat.



Classic Form of Trail O Defined

In a letter to all federations, the IOF Trail O Steering Group has stated that "the 'classic' form to be found at international and other major events will be the discipline which does not take into account the time of travel round the course. This involves multiple control markers at each control site, set in the terrain at a distance from a wheelchair navigable route. It provides the fairest competition for the largest number of people with

widely differing physical abilities, as physical assistance is allowed."

"It is however possible that in some cases alternative forms of competition will be offered in addition to the 'classic' version. As these may only be suitable for a small proportion of competitors with disabilities, an invitation should clearly describe the variation", the letter continues (*see Letter to the Editor below*).

Letter to the Editor

IOF Trail O Policy - It's Wrong to Prioritise

The British Orienteering Federation's Disability Advisory Group has recently confirmed that Trail O should encompass all forms of orienteering for the disabled, whether timed or not. Rules and Guidelines are now being drawn up to cover all forms of orienteering which give those with disabilities navigational challenge in the countryside.

I was disappointed to read afterwards that the IOF Trail O Steering Group has defined the Classic form to be used at international and other major events as the discipline which is untimed and offers multi-choice problems at each control.

I am not an expert in O for the disabled, but I have attended and controlled multi-choice Trail O events and, while appreciating

the skills of map and terrain interpretation, I know that some disabled competitors see it as a cerebral exercise which doesn't give the excitement of navigating to and finding control markers. The Czech Championships organised by Jan Zemlák during their 1994 World Cup week were timed (with dummy controls to 'catch' the unwary) and gave wheelchair orienteers the type of competitive experience they might get in a road or track race. Racing orienteering like this is as important for those who can race as the control selection form may be for those who can't (and some who can). Surely, at this early stage in the development of Trail O, the multi-choice 'classic' form should not be elevated as superior to other forms of Trail O which use good maps and orienteering practice.

I know that the IOF Committee is working hard to improve participation and standards in all forms of Trail O just as we are in the UK where we have little ac-

cessible terrain suitable for elite control selection O. To select just one form as suitable for elite competition seems short-sighted and goes against developments in able-bodied orienteering where World Cup races are using many types of competitive format.

BOF has asked clubs to submit ideas for Trail O which cover as many disabled interests as possible. Already we have forms of line O, score O, string O, star O, route choice, and competitive street O on the Czech model. A research project on orienteering for those with mental disabilities

under the direction of Tom Renfrew is coming up with interesting ideas for this, the largest of disability groups.

I would suggest, therefore, that the IOF continue to monitor the progress of every form of Trail O and that as many forms as possible be encouraged at every level including elite - I am sure it is wrong at this stage to exclude models like the Czech race - surely one of the greatest attractions of orienteering is the variety of navigational exercises it allows. Trail O should be no exception.

Peter Palmer

2nd European Community Trail O Championships

These will be held over the three days 1-3 September 1995 in Windsor Park and Burnham Beeches, Slough, England. There will be championship courses for both physically and mentally disabled people, including juniors, and introductory courses for novices with any disability. Accommodation will be at Brunel University, Uxbridge. Details will be available in May from the British Orienteering Federation, tel. +44 1629 734042, fax +44 1629 733769.

Trail O at the World Championships

Two Trail O competitions offering N and A courses will be staged in conjunction with the World Championships in Germany this year. They will be at Bad Salzungen on Tuesday 15th August with starts from 11 a.m. and at Schloß Holte-Stukenbrock on Saturday 19th August from 1 p.m. (The Liemke Cup). The latter competition also offers an 'ordinary orienteering' course of 10 km on a 1:25,000 map.

Entries by 1st July to Karl Heinz Mols, Vinzenz Pallotti Str. 15, D-51429 Bergisch Gladbach, Germany, tel. & fax +49 2204 54580. Early accommodation booking is advised - contact WMG Lippe, Bachstr. 45, D-32756 Detmold, tel. +49 5231 967830, fax +49 5231 967840.

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Read all about it!

CLIVE ALLEN surveys the range of national O-magazines

Almost everyone reading this article will also regularly receive at least two other magazines on orienteering - their club and their national magazine. In most countries the latter, produced of course in the 'home' language, comes through the door between 6 and 12 times per year.

Unlike club magazines where an A5 booklet format is the most popular, national journals come in several shapes and sizes. The resources available vary immensely from country to country, and the publication arrangements range from those with policy and budgetary control held tightly by the federation to some, for example Great Britain's *Compass Sport*, which are published independently.

The Scandinavian magazines are, as one would expect, the best resourced, and perhaps the most well-known is Sweden's *Skogssport* which is issued 10 times per year with at least 48 pages. Some issues also have special supplements; for instance 1/95 has a 50-page section which includes medal-winner details from all world and european-level competitions, the O-Ringen

and Tiomila and Swedish championships right from the beginning (the earliest being 1935), and addresses of national, club and media contacts throughout Sweden. *Orientering* (Norway) is professionally produced to an equally high standard.

Both of these, and many other national magazines, are A4 in size and have colour at least on the cover pages - for the better resourced, on many inside pages too. Some are immediately recognisable as they flop through the letter-box - *The Australian Orienterer's* distinctive orange stripe and lettering on the front and picture gallery on the back, for example. Others provide a surprise with a new look every time; it's not just the Hebrew which makes you look twice when Israel's magazine arrives!

As well as all the news and reports many magazines carry lively debate on important issues in orienteering. Many of these issues are common to a number of different countries, but the arguments and outcomes are sometimes quite different, reflecting the very different life-styles and conditions around the world which affect our orienteering. Humour is often prominent too - and last Christmas I was able to attempt at least five photo-orienteering competitions!

As a Western European I take particular interest in the magazines from far-away places, dreaming that funds will one day enable me to travel that far. Writing this in February, it is the southern hemisphere magazines bringing the flavour of summer which grab the attention. *New Zealand Orienteering*, much revived under its present editor Bruce Collins, is always a good read. The latest issue has just popped open to reveal a regular advertisement from the Sir Edmund Hillary Outdoor

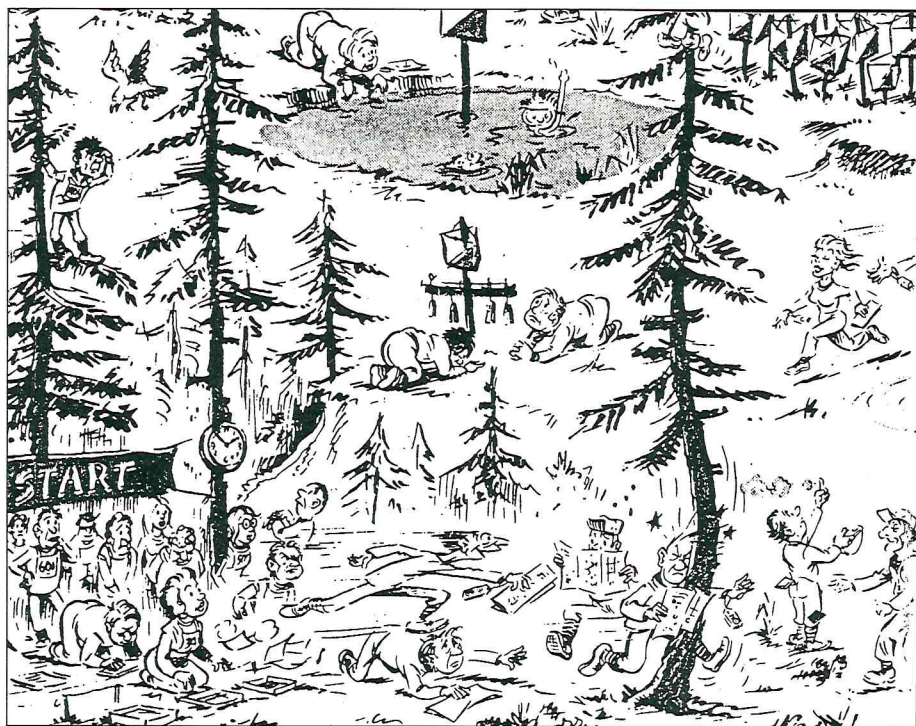
Keep up with O in the "New World"—read **ORIENTEERING NORTH AMERICA**

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Section from the cover of a 1994 issue of Israel's magazine

Orienteering North America is an independent publication serving USA and Canada, and owners Larry and Sara Mae Berman recently celebrated publication of their 100th issue. A5 size is favoured by Switzerland's *OL* and *The Irish Orienter*, and by the independently produced magazine *OL-Informationen* which is published with a very high standard of layout and printing in Germany. Finally there is the tabloid newspaper style, for example Estonia's *Orienteeraja*.

Pursuits Centre which always raises a smile:

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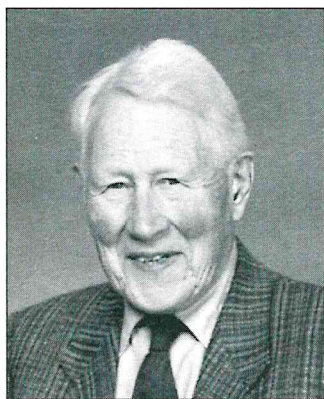
An Orange or a Lemon?

Introduction by
LENNART LEVIN

For many years Erik Tobé, the first IOF President (1961-1975), was a leading figure within the Swedish Ordnance Survey. It was therefore natural that the IOF, during its pioneering days under Erik's leadership, concentrated its efforts on developing map norms. Erik used to say that orienteers should feel at home when they compete abroad. In other words, the map was not to become a surprise or, even worse, a factor debilitating the competitor not familiar with the map.

This is all history now, and today's world elite - and less prominent orienteers, for that matter - probably take the modern, standardised map for granted. In Erik's time as IOF President many map issues were controversial. Just to give you an idea, there were those who, for sentimental reasons (?), argued that the map scale 1:100,000 should be retained; producing maps in bigger scale would make orienteering too easy...

As a retired person Erik, now 87



Erik Tobé, IOF President 1961-75

years of age, devotes his time to scholarly activities, research, reviewing learned books in diverse sciences and writing articles in areas such as ecology, environmental issues, history of science etc. Some years ago Erik was awarded a doctoral degree (*honoris causa*) and then undertook research related to the conception, in previous generations, of the form of the earth. In his comment on Shin Murakoshi's article about Descartes as orienteer in *OW* 94/5, Erik gives us some insights into his area of research. Enjoy reading it!

In your journal 94/5 Mr Shin Murakoshi from Japan wrote some interesting lines under the title:
Descartes - the Father of Orienteering Technique?

Descartes (1596-1650) was a famous philosopher of his time but his and his pupils' ideas on the figure of the earth were wrong. They were of the opinion that the earth was elongated towards the poles. The English scientist Isaac Newton (1642-1727), however, considered that according to his theory on gravitation the earth must be flattened towards the poles. A controversy arose between a French and an English shape of the earth; was she like a lemon or like an orange?

So in 1735-36 the Academy of Science in Paris decided to solve the dispute by sending out two scientific expeditions, one to Peru and another to the Torne Valley in the

north of Sweden (now divided between Finland and Sweden). The expeditions had to measure the length on the ground of one degree of a meridian. As a consequence of the two expeditions and of a measuring of a meridian in France from the Mediterranean Sea to the English Channel the French scientists themselves were at last obliged to verify that the earth had an English shape, flattened towards the poles.

This is certainly not important for normal orienteering but for navigation on the open sea and for mapmaking in small scales it is necessary to follow the shape of the earth.

Modern cartography has been developed from the attitudes of Descartes and Newton and the research for making better maps is going on for ever.

Erik Tobé

Nineteenth Century Orienteering Technique - the Galton Method

After Shin Murakoshi's revelations about Descartes' contribution to orienteering technique in *OW* 94/5, mention should be made of another orienteering pioneer, one Francis Galton, who in 1855 wrote a book entitled 'The Art of Travel'. Here are a few extracts - first, a technique most modern-day orienteers would perhaps not want to rely on:

"When running through a throng of forest trees... you will learn to depend wholly on the symmetry of the changes of perspective of the trees, as a guide to your path. The appreciation of this optical effect grows easily into a habit."

So how about the advice for the traveller who has "fairly lost his way" and is "dead beat with fatigue"?

"Let him exert a strong control over himself, for if he gives way to terror and wanders wildly about hither and thither, then he will exhaust his vital powers the much sooner."

Yes - so far, so good. Let's go on:

"Ask yourself the following three questions; they comprise the ABC of path-finding. Therefore distinguish them by the letters A, B and C respectively."

Yes, we'll do that.

"A. What is the least distance that I can with certainty specify, within which the path, or the river, that I wish to regain, lies?"

B. What is the direction, in a vague general way, towards which the path or river runs?"

C. When I last left the path, did I turn to the left or to the right?"

There follows three pages of trigonometry designed to assist the orienteer in the field

who has been able to answer these questions with some degree of confidence. But then:

"If all else fails, sit down in the shade and, listening keenly for any sound of succour, bear your fate like a man".

Orienteering would have been a hazardous sport in the 1850's!

Clive Allen

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The 1995 World Cup in Ski Orienteering

Reports and results from Bulgaria, Austria and Norway - five exciting events!

Bulgarian reserve area gives good sport

Report by IORDANKA MELNIKLIYSKA

In a country where spring is gorgeous and autumn is gold, summer is sunny and winter is snow-white, nature seemed to be playing a funny game with the weather. Temperatures were 10°C ten days before the first round of the World Cup and there was no snow even in the mountains. The organisers decided to use the alternative area Beglika in the Rhodope Mountains instead of Borovetz, the famous ski resort. Situated about 185 km south of Sofia, Bulgaria's capital, and 1690 m above sea level, Beglika proved to be a ski O paradise with snow cover of more than 1 metre and snowfall which it seemed would never stop.

Nine nations participated in this first World Cup event, with 27 women and 39 men. The short distance individual event was postponed for a day due to the continuous snowfall and to give equal opportunities for the individual start. The model event and (unofficial) relay were held in foggy and cold weather; in the relay the men's courses were 8.3 km long / 285 m climb and the women's 6.55 km / 225 m.

Ann-Charlotte Carlsson crossed the finish line first for Sweden at the end of the first leg, and Sweden held their lead to the end, being followed home by Finland and Russia II. The men's relay was more exciting because it saw many more twists and turns. On the first leg Nicolo' Corradini (World Champion from Italy '94) was first in for Italy, whilst on

the second leg Tomas Wikblom for Finland I and Russia's Nikolai Bondar came in neck-and-neck, followed by Finland II. Finally Markku Järvinen ran very successfully for Finland II to take the 'laurel wreath' with Lars Lystad with the best third leg time bringing Norway I into second place.

For the individual start the mountain decided to give away all its beauty and golden sun to the competitors, who had endured the bad weather and heavy snowfall for two days. The men's course was 8.45 km long with 225 m climb and 12 controls. The estimated winning time was 43 mins. Nicolo' Corradini, ITA won in 41.35 mins, ahead of Vidar Benjaminsen (NOR) and Raino Pesu (FIN). Pepa Milusheva, the local hero and reigning World Champion, was favourite to win the women's course over 4.55 km with 135 m climb and e.w.t. 27 mins; however her score of 26.44 mins was not good enough for first place, won with only a 5 second difference by Arja Nuolioja, Finland. All the Bulgarian spectators were cheering Pepa at the finish and wished her success. Second place was really a great success for her, bearing in mind that the Bulgarian federation is going through difficult times and is being reorganised. Ann-Charlotte Carlsson, SWE took third place.

The Ski O '95 caravan has started from Bulgaria. Let's wish them success!

LEADING RESULTS:

MEN: 1. Nicolo' Corradini ITA 41.35, 2. Vidar Benjaminsen NOR 42.36, 3. Raino Pesu FIN 43.10, 4. Vesa Mäkipää FIN 43.13, 5. Marco Selle ITA 43.23. **WOMEN:** 1. Arja Nuolioja FIN 26.39, 2. Pepa Milusheva BUL 26.44, 3. Ann-Charlotte Carlsson SWE 27.01, 4. Lena Hasselström SWE 27.10, 5. Terhi Holster FIN 27.44.



Difficult conditions as competitors prepare to start at Tauplitz

Wind, fog and snow in Austria

reported by the SLOVAK SKI-O TEAM

The second venue was Tauplitz in the world-renowned tourist area of Austria. The organisers offered two races, long and short distance, on one map covering a very small open area - approximately 1.5 sq. km. - with a very high density of tracks.

The event was very well organised with relatively low costs for the participants. Both competitions were prepared in a spectator-friendly way - small competition area, open land and a number of possibilities to see the best 'in action'. A one-man-relay system was used with mass start for the long distance and individual start in the short distance.

From the technical point of view it was necessary to relinquish some quality for such arrangements. The training was organised in a not very suitable place - with a number of downhill skiers in the terrain. With a one-man-relay system with a mass start on a very small map with similar loops, there is a high probability of more skiers running together.

The Austrian organisers again had no luck with the weather - the forecast was much better than the reality. The Tauplitz long distance 1995 is fully comparable with Windischgarsten short distance in 1993 - wind, fog, snow and the tracks not visible. During the short distance race the situation was little better.

Although there were technical problems, partly caused by the weather conditions, we think we got value for money and would like to say thank you to the organisers.

LEADING RESULTS - LONG DISTANCE:

MEN: 1. Bertil Nordqvist SWE 62.21, 2. Raino Pesu FIN 62.46, 3. Seppo Mäkinen FIN 63.17, 4. Vesa Mäkipää FIN 63.46, 5. Vidar Benjaminsen NOR 63.51. **WOMEN:** 1. Lena Hasselström SWE 57.04, 2. Arja Nuolioja FIN 59.51, 3. Hilde G Pedersen NOR 59.52, 4. Sanna Savolainen FIN 59.53, 5. Mervi Kähäri FIN 59.57.

SHORT DISTANCE:

MEN: 1. Lars Lystad NOR 37.29, 2. Vidar Benjaminsen NOR 38.50, 3. Tomas Wikblom FIN 39.25, 4. Raino Pesu FIN 39.26, 5. Markku Järvinen FIN 39.40. **WOMEN:** 1. Hilde G Pedersen NOR 39.53, 2. Erica Johansson SWE 40.37, 3. Ann-Charlotte Carlsson SWE 40.40, 4. Ulrica Swärd SWE 41.06, 5. Arja Nuolioja FIN 41.07.

Good weather and fine competitions in Norway

Text and photos by
OLAVI MÄKI, Finland

After the weather had tossed about the sportswomen and men - and the organisers as well - in Bulgaria and Austria, the conditions in Norway were better, both in Lillehammer and Holmenkollen. Also the competition conditions were 'as they should be' and well organised, which was predictable remembering that in a year's time the World Championships are to be held in Lillehammer.

Home Winners at Lillehammer

The first competitions of the Cup had already shown that the defending champions Vidar Benjaminsen of Norway and Arja Nuolioja of Finland meant business. In Lillehammer Benjaminsen, as expected, took first place in this long race of 3 loops - he had ended up second twice already. Consequently he alone took top position overall because Raino Pesu of Finland, not fully well, finished 8th. Vesa Mäkipää of Finland, who had started off more slowly than expected, was only 9 seconds down in a race which he described as difficult in many aspects.

According to Finnish opinion the women's competition had been planned in favour of Hilde G Pedersen of the host nation, who

is known as an excellent skier. She didn't let the pressure affect her: the second win in a row. Nuolioja was a couple of minutes behind, but kept the top position in the grand total by three points. World Champion Pepa Milusheva of Bulgaria, who had earlier been expected to threaten the Scandinavians, ended up 11th. The Bulgarian also had to miss the afternoon competition in Holmenkollen because the plane to Bulgaria took off at noon.

All in all we enjoyed a good competition, one which gave an excellent preview of the World Championships next year; the competitors also had the opportunity to ski along the Lillehammer Olympic tracks and the ground tracks of the World Championships during one day.

Finnish Victories at Holmenkollen

Two years ago the World Cup in Ski Orienteering ended in Holmenkollen; this time, the 5th event in the series took place there. Thus the same terrain and the same tracks again - even the same place which some Norwegians use for training. Would you call that equitable? "The terrain in Holmenkollen is so many-sided that you don't have the time to think how it was two years ago", said the orienteers. "We were only familiar with the type of terrain, but one had to orienteer all the time".

What else did the good terrain and good tracks show the suspicious? That the Norwegians did not take the winning places this time either. Arja Nuolioja won

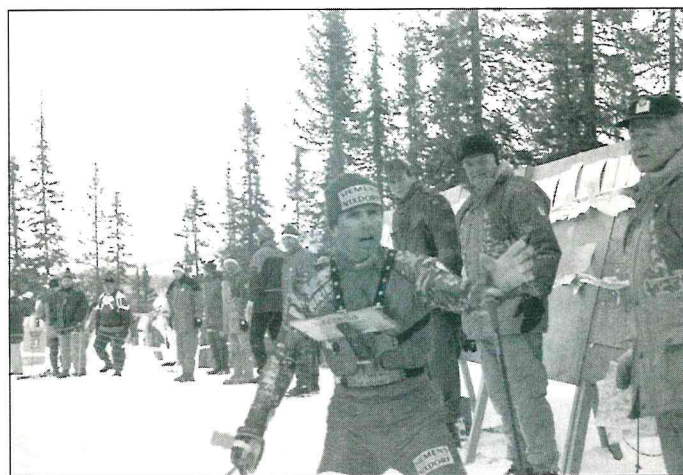


Lars Lystad, Norway - third place in both races on home ground

the women's race and Vesa Mäkipää the men's (2 years ago it was Anssi Juutilainen). The effects of skier and coach working together had already been apparent in Lillehammer. As a result, Mäkipää took the overall lead ahead of home skier Lars Lystad and Bertil Nordqvist of Sweden, whilst Benjaminsen had

to drop out because of repeated arrhythmia. "When I'm in good form and the competition is exciting, the problem arises", said Benjaminsen. More pressure had been put on the Norwegian by the local TV, which shot every step the man took in the hours before the competition. Mäkipää put his victory down to good route choices. In this event the Russians showed their form; Vladislav Kormtchikov finished 2nd, and Viktor Kortchagin and Nikolai Bondar also made it to the top ten.

In the women's event Nuolioja strengthened her lead as Pedersen failed (9th); the pressure proved too hard. Finns took 4 of the first 5 places. Only Lena Hasselström of Sweden could break the Finnish dominance with her 2nd place. The Vahter sisters of Estonia followed these five, and two Russians made the top ten.



An exciting relay event - not an official part of this year's World Cup - was also held at Lillehammer. Sweden won the men's race and Finland the women's.

Vidar Benjaminsen (Norway) is pictured here at the changeover

LEADING RESULTS - LONG DISTANCE (Lillehammer):

MEN: 1. Vidar Benjaminsen NOR 94.44, 2. Vesa Mäkipää FIN 94.53, 3. Lars Lystad NOR 95.07, 4. Tomas Wikblom FIN 96.58, 5. Per-Ove Bergqvist SWE 97.12. **WOMEN:** 1. Hilde G Pedersen NOR 62.57, 2. Arja Nuolioja FIN 64.54, 3. Mervi Kähäri FIN 66.58, 4. Erica Johansson SWE 67.01, 5. Lena Hasselström SWE 68.43.

SHORT DISTANCE (Holmenkollen):

MEN: 1. Vesa Mäkipää FIN 30.38, 2. Vladislav Kormtchikov RUS 30.55, 3. Lars Lystad NOR 31.09, 4. Markku Järvinen FIN 31.29, 5. Viktor Kortchagin RUS 31.38. **WOMEN:** 1. Arja Nuolioja FIN 30.16, 2. Lena Hasselström SWE 30.31, 3. Riitta Karjalainen FIN 31.14, 4. Sanna Savolainen FIN 31.34, 5. Virpi Juutilainen FIN 31.36.



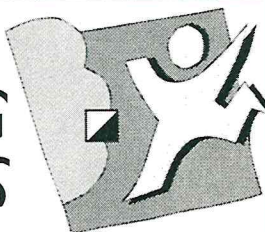
Arja Nuolioja, Finland - winner at Holmenkollen

Results from Race 6, Võru, Estonia, 26-2-95

MEN, 19.5 km: 1. Per-Ove Bergqvist SWE 75.23, 2. Vesa Mäkipää FIN 75.31, 3. Raino Pesu FIN 75.40, 4. Viktor Kortchagin RUS 76.01, 5. Markku Järvinen FIN 76.22.

WOMEN, 13.5 km: 1. Arja Nuolioja FIN 61.38, 2. Riitta Karjalainen FIN 63.09, 3. Lena Hasselström SWE 63.38, 4. Virpi Juutilainen FIN 66.15, 5. Maret Vahter EST 66.56.

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Add £2.00 per entry form to cover programme, etc. Cheques, drafts, etc payable to "Shamrock O-Ringen 1995" (NB! Eurocheques MUST show Cheque Card Number) Entries please to B. & M. Creedon as below



INTERNATIONAL FIXTURES LIST



This list includes all events in the IOF Calendar with entry closing dates after 24th March and before 5th June 1995. The entry closing date is shown at the end of the event name, e.g. 'LOF-Open, Cesis, Latvia (15/4)' indicates a closing date of 15th April. Then follows the type of event: I - individual, S - short distance, R - relay, N - night event, N+D - night and day event. A number shows the number of days, e.g. 21/R means 2-day individual followed by relay. Line 2 gives the contact address and telephone number.

APRIL

- 13, 14 **OK Pan-Önos, Kristianstad, Sweden (4/4) S/I**
OK Pan-Önos, Box 5009, S-291 05 Kristianstad, Sweden
+46 44 571 39
- 14-16 **USV Dresden 3-Tage, Germany (1/4) 3I**
Joachim Gerhardt, Kresseweg 11/603, D-01169 Dresden,
Germany
- 14-17 **Jan Kjellström Trophy, Harrogate, England (25/3)**
21/R JK 95, 23 Stopford Ave., Sandal, Wakefield,
England WF2 6RH +44 1924 258 579
- 15-17 **3 Jours Sud-Ouest Lege, Claovey, France (2/4) 21/R**
LACO 3J 1995, 107 Ave. Marcel Dassault,
F-33700 Merignac, France +33 56 34 47 48
- 22, 23 **Vårstafetten & Vårspretten, Halden, Norway (26/3)**
R/I Öivind Holt, Båstadlundvn. 46C, N-1781 Halden,
Norway +47 6918 2853
- 22, 23 **Meeting Seixaliada, Seixal, Lisbon, Portugal (2/4) 2I**
ASORT, Av. Fernando Namora 70-1F,
P-2825 Charneca da Caparica, Portugal +351 12974473
- 23 **Semmelweis Kupa, Tatabánya, Hungary (1/4) I**
Dr. Sódor István, Lázár u. 7.1/1, H-1065 Budapest,
Hungary +36 1 1118 118
- 29 **Lördagskjappen, Moss, Norway (10/4) I**
Odd Brede Gundersen, Korndalsvn. 32,
N-1591 Sperrebotn, Norway +47 69 28 80 91
- 29, 30 **Isotonic, Turku, Finland (10/4) I/R**
Tuomo Peltola, Laurinkuja 5, FIN-21420 Lieto, Finland
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- 29-1/5 **Saxbo 95, Zittau (GER) & Liberec (CZE) (15/4) 2I**
Libor Bedarik, VSK Liberec, Aloisina Vysina 632/18,
CZ-46015 Liberec 15, Czech Republic +42 48462125
- 29-1/5 **3 Jours de Lozere, Mende, France (7/4) 2I/S**
Ligue L.R.C.O., 200 Ave. du Pere Soulas, Maison des
Sports, F-34094 Montpellier, France +33 67 79 06 61
- 30 **Sol-Renningen, Sarpsborg, Norway (10/4) I**
Per Wøien, Box 122, N-1701 Sarpsborg, Norway
+47 69 13 12 48

MAY

- 7 **Globud Kupa, Nyiregyháza, Hungary (6/4) I**
Csekk Sándor, Fazekas tér 5, H-4400 Nyiregyháza,
Hungary +36 42 319 699
- 12-14 **LOF-Open, Cesis, Latvia (15/4) 3I**
LOF, Terbatas 4, LV-1723 Riga, Latvia +371 2 293 663
- 13, 14 **W. Province Ch., Franschoek, Cape Town, S. Africa**
(13/4) 2I S. African O Fed., P.O. Box 23565, Claremont
7735, Rep. of South Africa +27 21 658 0386
- 14 **Nationale 1, Vittel, Contrexille (Vosges), France**
(20/4) I LLCO, Maison des Sports, 13 rue J. Moulin,
F-54510 Tomblaine, France +33 83 44 04 18
- 14 **Nationaler OL A, Lausanne, Switzerland (14/4) I**
Pierre André, Baumgarther Memise 21,
CH-1800 Vevey, Switzerland +41 21 921 61 48
- 19-22 **Vilnius '95, Lithuania (15/4) 4I**
OK Perkūnas, P.B. 455, LT-2007 Vilnius, Lithuania
+370 2 696 632
- 20 **Dala Tour, Rättvik, Sweden (1/5) S**
Leksands OK, Box 122, S-793 01 Leksand, Sweden
+46 247 604 05 (Björn Alm)
- 21 **Siljanskavlen, Rättvik, Sweden (1/5) R**
IK Jarl, Backavägen 38, S-795 32 Rättvik, Sweden
+46 248 119 16 (Anita Ekström)
- 21 **Oripenta, Trento, Italy R**
G.S. Argentario, Via Venezia 2, Trento, Italy
+39 461 233 995
- 27 **Nationaler OL A, Lugano, Switzerland (27/4) S**
Francesco Guglielmetti, Via Campagnola,
CH-6928 Manno, Switzerland +41 9159 1553

MAY

- 27, 28 **Forsa IF & Hälsingekavlen, Hudiksvall, Sweden**
(13/5) I/R Jan-Gunnar Svård, Andtjärnsvägen 5,
S-824 00 Hudiksvall, Sweden +46 650 306 33
- 27, 28 **15-Stafetten & Knut Valstads Minnelöp, Oslo,**
Norway (15/5) R/I Trond Engblad, Munkebekken 24,
N-1061 Oslo, Norway +47 22 30 71 50
- 27-29 **'Springtime in Shropshire', England (1/5) 3I**
Safestart (SINS '95), PO Box 22, Whitchurch,
Shropshire, UK SY13 2ZZ +44 1948 840522
- 28 **Nationaler OL A, Lugano, Switzerland (28/4) I**
O-92, Piano di Magadino, casella postale 223,
CH-6593 Cadenazzo, Switzerland +41 93 31 96 24
- 28 **2nd Nationale, Chantillon/Seine, Dijon, France (14/5)**
I ABCO, 16 rue des Retissey, F-21240 Talant, France
+33 80 56 21 80

JUNE

- 3, 4 **Suunto Games, Helsinki, Finland (15/5) 2I**
Veli-Matti Salmenkylä, Box 88, FIN-00501 Helsinki,
Finland +358 0 701 5115
- 3-5 **3 Days of Belgium, Amel, Malmedy, Belgium (15/4) 3I**
N.S.V. Amel, Deidenberg 144, B-4770 Amel, Belgium
+32 80 340 428
- 3-5 **Kilián György Memorial Event & Budapest Kupa,**
Budapest, Hungary (5/5) I/S/R Budapesti
Tájékoztató Futó Szövetség, Cúria u. 3,
H-1053 Budapest, Hungary +36 1 1136 488
- 4-6 **3 Tage OL, Deggendorf, Germany 3I**
Christian Ufholz, Wilhelmshavenerstr. 15,
D-80997 München, Germany +49 89 142 114
- 10 **Harvester Trophy, Hereford, England (10/5) R(N+D)**
P. Guillaume, 1 Forge Road, Kenilworth, Warwickshire,
England CV8 2HR +44 1926 511490
- 10, 11 **Venla & Jukola Relay, Sipoo, Helsinki, Finland (30/4)**
R(N+D) Ossi Honkasalo, Lapilantie 8B 12,
FIN-04200 Kerava, Finland +358 0 248 155
- 25 **XVII Ilves Relay, Tartu, Estonia (15/5) R**
OK Ilves, P.O. Box 161, EE-2400 Tartu, Estonia
Fax +372 34 75308
- 30-2/7 **Norsk O-Festival, Bodø, Norway (22/5) S/I/R**
Steinar Skogstad, Gálnåsen 54, N-8024 Mørkved,
Norway +47 75 56 09 02
- 30-2/7 **Grand Prix Gdyni, Gdynia, Poland (30/5) 3I**
WKS 'Flota', ul. Zygmunt Augusta 2, 81-301 Gdynia,
Poland +48 58 201 820
- 30-2/7 **OK 'Käpa' '95, Tukums region, Cesis, Latvia (1/6) 3I**
OK 'Kapa', 10-14 Juras Str., P.O.B. 70, 2163 Carnikava,
Latvia +371 2 21 73 71

JULY

- 1 **Kaleva Relay, Piippola, Oulu, Finland (1/6) R**
Juhani Palonen, Susitie 6, FIN-90500 Oulu, Finland
+358 81 340 772
- 1, 2 **Transvaal Championships, Johannesburg, S. Africa**
(1/6) 2I S. African O-Federation, P.O. Box 23565,
Claremont 7735, Republic of S. Africa +27 21 658 0386
- 1-3 **Grand Prix Slovakia, Donovaly, Slovakia (30/5) 3I**
Milica Trubanová, Pod Turíckou 37,
97400 Banská Bystrica, Slovakia +42 88 774347
- 2-8 **Kainuu week, Poulanka, Kajaani, Finland (30/4) 3I/S**
Martti Kögäs, PPA Ukonkorpi, FIN-89200 Puolanka,
Finland +358 86 75 19 39
- 3-7 **Trofeo Internacional 'Cinco Días de Cataluña', Spain**
5I F.C.O.C., Passatge Costa del Putget 2,
E-08023 Barcelona, Spain +34 3 219 1914
- 5-9 **Takas '95, Bijote, Siauliai, Lithuania (15/5) 5I**
OK Takas, Post Box 558, LT-3031 Kaunas, Lithuania
+370 7 206 326

INTERNATIONAL FIXTURE LIST

continued from page 19

JULY

- 7-9 **Liguria '95, S. Stefano d'Aveto, Genova, Italy (30/5)**
31 Franco Antonini, Largo G.A.Sanguineti 11/25,
I-16123 Genova, Italy +39 10 200 517
- 7-9 **Wawel Cup, Kroczyce, Poland (30/5) 3I**
WKS 'Wawel', ul. Bronowicka 5, 30-901 Krakow 50,
Poland +48 12 372 664
- 8 **World Night-O Event, Budapest, Hungary (15/5) N**
Magyar Tájfutó, Szövetség, Pf 614, H-1374 Budapest,
Hungary +36 1 113 64 88
- 9-15 **Sørlandsgaloppen, Porsgrunn, Norway (31/5) 6I**
Kjell Meen, Box 131, N-3701 Skien, Norway
+47 35 50 14 12
- 10-15 **FIN 5, Lappeenranta, Finland (30/4) 5I**
Ari Torniainen, Rännikorventie 10,
FIN-53830 Lappeenranta, Finland +358 53 290 85
- 11-15 **5 Jours de France, Hauteville, Jura (1/5) 5I**
Comité de l'Ain Course d'Orientation, 47 Grandes Raies,
F-01320 Chalamont, France +33 74 61 73 97
- 30-3/8 **Hungária Kupa, Eger, Hungary (30/5) 5I**
Egri Spartacus, dr. Nagy Árpád, Eger Pf. 231,
H-3301 Eger, Hungary +36 36 310 861

AUGUST

- 4-6 **3 Days of Limburg, Maaseik, Genk, Belgium (1/6) 3I**
Fr. van de Moortel, Grasbos 40, B-3294 Diest, Belgium
+32 13 312 240
- 6-10 **Bohemia '95, Novy Bor, Ralsko, Czech Republic (15/5)**
OK Jiskra, c/o Beránek Miroslav, Sadová 745,
CZ-437 01 Novy Bor, Czech Republic +42 424 31 937

Events Noticeboard

Shamrock O-Ringen back in June

This Irish O-festival renowned for challenging terrain and great sociability is returning to its traditional late June date for its 7th year. Based as usual in the village of Inchigeelagh, west of Cork in the beautiful countryside of southern Ireland, this is an event well worth the journey. For details see the advertisement on p. 18.

Norsk O-Festival north of the Arctic Circle

An attractive 16-page brochure gives details of this year's event, which starts on 30th June based on Bodø, north of the Arctic Circle, at a time when the sun never sets. The programme of events includes an evening short distance race, a classic distance race with chasing start for elite classes, and a relay. Entry details are on page 18.

Christmas in China - New Year in Hong Kong!

The first-ever China 3-Days is planned for the Guangzhou area on 23-25 December, and will be followed by the 1996 Asia-Pacific Championships in Hong Kong to take Asian travellers through into the new year. Then the 1996 Australian 5-Day is based on Ballarat, Victoria from 6-11 January.

LIGURIA '95 ORIENTEERING

3 DAYS ITALIAN INTERNATIONAL ORIENTEERING 1995

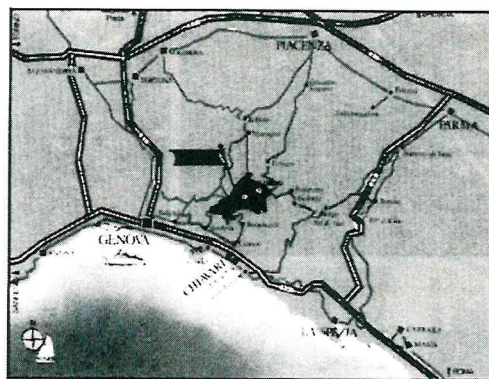


In the north-western part of Italy, 50 km from the sea and near the beautiful Portofino. Typical Appennine terrain with prevailing deciduous forest, rich in rock and contour detail.

Classes from H/D -12 to H70 and D65

IOF Standard maps produced using OCAD

Organiser: C.T.G. Gran Paradiso Genova
Sci Club S.Stefano d'Aveto



7 - 8 - 9 JULY 1995
S.STEFANO D'AVETO
GENOVA - ITALY

Information:

Sergio Grifoni - Piazza Pinelli, 4 - I-16123 Genova - Tel. +39 10 200517

Franco Antonini - Largo G.A.Sanguineti 11/25 - I-16123 Genova

Entries (deadline 30th May 1995):

Sci Club S.Stefano d'Aveto - Piazza del Popolo, 1

I-16049 S.Stefano d'Aveto GE. Fax +39 185 88220 / +39 185 88181

**WELCOME
IN LIGURIA**

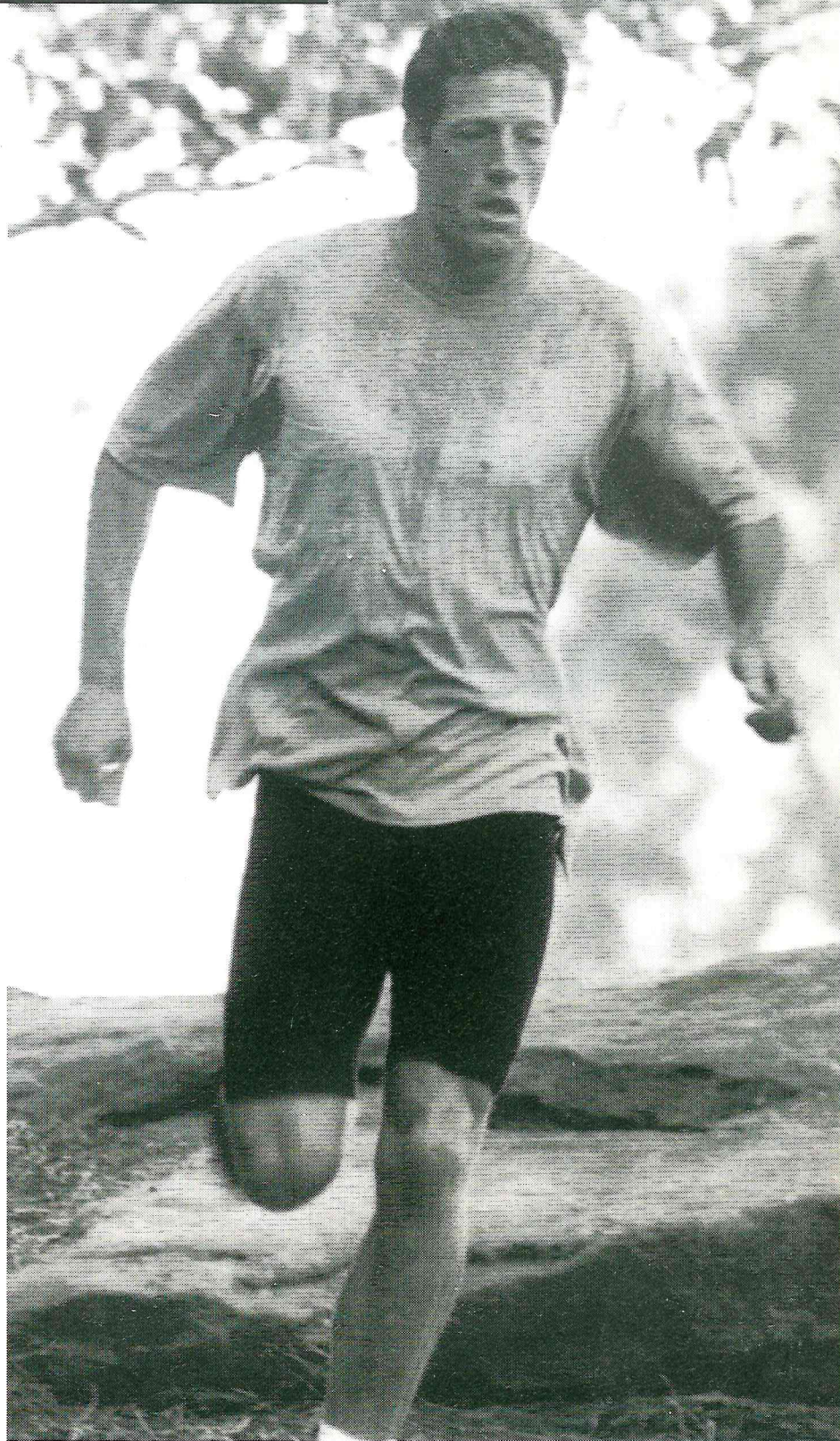


Some people run around the block.
Others don't run around anything.

There are those whose passion for beating a challenge makes every incline a dare. Whether it demands running, pedaling or hiking, they crave the uphill battle. We see them as a challenge to our own passion for crafting athletic shoes. And we've replied with our outdoor series. What makes them unique? The unsurpassed craftsmanship of K•SWISS. A feature you'll appreciate, no matter which way you get to the top.



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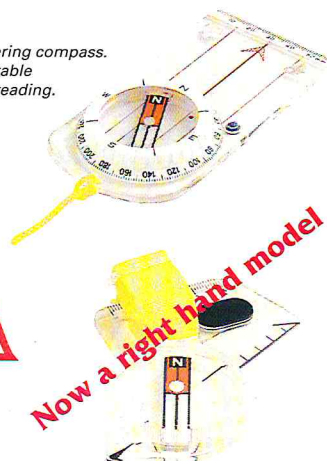
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SILVA Sweden AB, Kuskvägen 4, 191 62 Sollentuna, Sweden.