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1996 No. 2 - APRIL



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PUBLICATION NOTES

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COVER PHOTO: Nicolo' Corradini of Italy on his way to victory in the long distance race at the World Championships in Ski-orienteering in Lillehammer, Norway in February
photo: Raffaele Rastelli

Editorial

Ski orienteering has moved a step further towards inclusion in the Winter Olympic Games programme with the visit in mid-March by an IOF delegation to the venue for the 2002 Winter Games, Salt Lake City. As Lennart Levin reports alongside, the delegation was well received and their presentation appeared to impress the Games organisers. All but one of the delegation had been present at the World Championships in Ski Orienteering in Lillehammer, where TV cameras were much in evidence recording the events for the half-hour of transmission each evening, at peak viewing time, on the Nordic sports channel Filmnet.

Good editing of the picture story and an informative commentary produced a lively programme; the personalities of ski orienteering will be much better known now to Filmnet viewers. And so will the skills, because with the use of a map and a tracer it was shown where and how the leading competitors lost or gained time. The team of orienteers and technologists developing these graphics demonstrated, at an open meeting at the Championships, how they were moving towards illustrating on screen the position of a skier (or runner) using a 3-dimensional representation of the terrain created from the map, combined with a satellite-linked GPS system for tracking the competitor. Impressive stuff, and in-forest trials are expected soon.

Ski-O is almost inevitably a hidden sport to the on-site spectator, even with the ingenious use of the many ways in and out of the stadium in Lillehammer. Having identifiable personalities through TV exposure and better media coverage is some compensation. Course planning and event organisation are improving all the time, with new ideas which increase the pressure on the participants and make the competition more exciting. The IOF Ski-O Committee has worked hard on its strategy for promotion and development, and now needs and deserves the full and active support of all member nations with ski-orienteers to help overcome the final hurdles on the Winter Olympics trail.

Clive Allen

The IOF in Salt Lake City

by IOF Secretary General
LENNART LEVIN

On Wednesday 13th March an IOF delegation of 5 persons (IOF Council member Bruce Wolfe, Larry and Sara Mae Berman, all three from USA, Magne Brekke, Norway, and the author) visited the Organising Committee of the 2002 Winter Olympic Games in Salt Lake City for discussions on ski-orienteering as part of the Olympic programme in that year.

The metamorphosis of an Olympic Bidding Committee into an Organising Committee takes its time. No surprise then that the IOF delegation, eager to get in touch with the hosts of the 2002 Winter Games, found itself in brand new premises where the meeting room carpet had been laid the preceding day, and the elegant office furniture was still strewn alongside the walls, waiting to go into place. In fact the IOF delegation pioneered by doing part of this job.

Senior Vice-President David R Johnson, unperturbed by the removal hustle, received the IOF for a presentation of ski-orienteering as an exciting, environment-friendly and TV-friendly sport. On the last issue, Magne Brekke presented the new positioning system by which the exact position of a ski-orienteer can be shown on a map superimposed on a TV screen. The new technique attracted great interest as a means to explain and popularise our sport.

The Organising Committee is currently discussing with the city authorities the possibility of procuring a second venue for cross-country skiing and biathlon. The current one is somewhat limited in size and, should an additional venue not be granted, implies scheduling problems (the many disciplines within cross-country and biathlon - which demand terrain similar to that suitable for ski-orienteering - will occupy most



of the time available during the Games in that particular area). However, should the additional area be realised, this will greatly increase the possibility of ski-orienteering getting in. Negotiations regarding the additional venue will be concluded in September-October, according to Mr. Johnson. By and large, Salt Lake City's strength seems to be the alpine sports, whereas terrain suitable for 'forested' events is relatively sparse. The possibility of a second, shared, venue seems to be an opening for ski-orienteering.

The discussions were held in a most positive atmosphere. David Johnson confirmed what has previously been stated by the IOC, namely: (a) the programme of the 2002 Winter Games is not yet finalised; (b) there is a general interest in incorporating new sports and/or disciplines. These two factors, taken together, imply a promising prospect for ski-O. It would be an illusion to conclude that we 'are there' - a lot of hard work and intense lobbying is needed, not to mention vigilance and diplomatic skill.

Kevin Peay kindly took the IOF delegation on a tour to Mountain Dell, the venue intended for the Nordic events, and to Park City, the downhill paradise. The excursion confirmed what I mentioned above: Salt Lake City has a long, magnificent alpine tradition, whereas the region will find it difficult to provide 'Nordic' terrain for the Nordic events. I am convinced, though, that available skill and resources in Utah will take care of the latter problem in an unforeseen, extremely creative manner.

So, having this pleasant encounter with the 2002 Organising Committee behind us, let us proceed along the narrow, precipitous path towards the Olympics!



*The IOF delegation
(l to r Bruce Wolfe,
the author, Magne
Brekke, Larry
Berman, Sara Mae
Berman) with David
R Johnson, Senior
Vice-President of the
Organising Committee
(in shirt)*

photo: author

Corradini and Zell Collect Second Individual Golds

Nicolo' Corradini of Italy won his second WOC long distance race by 11 seconds from Vidar Benjaminsen at the World Championships in Ski-orienteering in Lillehammer, Norway last month.

The women's race was won by Sweden's Annika Zell, champion also in 1992 and bronze medallist in 1990.

Arja Nuolioja of Finland, whose main

successes in the past have been in World Cup races, achieved WOC gold at last in the short distance race. The men's gold medallist here was Björn Lans, a relative newcomer to the Swedish team.

Both relays were won by Sweden, the women's comfortably - they led throughout - and the men's by a margin of just 13 seconds from Finland who were in front by 30 seconds at the start of the final leg.

MEDAL WINNERS

Long Distance - Men

Gold	Nicolo' Corradini	ITA	105-00
Silver	Vidar Benjaminsen	NOR	105-11
Bronze	Bertil Nordqvist	SWE	105-52

Short Distance - Men

Gold	Björn Lans	SWE	37-02
Silver	Vidar Benjaminsen	NOR	37-09
Bronze	Raino Pesu	FIN	37-16

Long Distance - Women

Gold	Annika Zell	SWE	71-50
Silver	Hilde G Pedersen	NOR	73-31
Bronze	Arja Nuolioja	FIN	76-29

Short Distance - Women

Gold	Arja Nuolioja	FIN	32-24
Silver	Annika Zell	SWE	32-54
Bronze	Svetlana Khaustova	RUS	34-34

Relay - Men

Gold	Sweden (Per-Ove Bergqvist, Mikael Lindmark, Björn Lans, Bertil Nordqvist)	170-26
Silver	Finland (Arto Lilja, Markku Järvinen, Raino Pesu, Vesa Mäkipää)	170-39
Bronze	Norway (Harald Svergja, Kjetil Ulven, Lars Lystad, Vidar Benjaminsen)	173-44

Relay - Women

Gold	Sweden (Ann-Charlotte Carlsson, Erica Johansson, Annika Zell)	117-55
Silver	Russia (Ekaterina Petrova, Natalia Frei, Svetlana Khaustova)	120-32
Bronze	Finland (Terhi Holster, Virpi Juutilainen, Arja Nuolioja)	122-01

World Championships in Ski-orienteering, Norway

Top Quality Ski-O in Lillehammer

Lillehammer, the Winter Olympics venue just 2 years previously, was host to a much smaller but no less competitive gathering when some 130 elite ski-orienteers gave their all in 3 days of competition in this year's Ski-O WOC.



Annika Zell and Nicolo' Corradini show off their gold medals after the prizegiving ceremony photo: Raffaele Rastelli



A spectator control at the edge of the stadium area was a focus of attention in the relay race

photo: JCA

The 'normal distance' race for men was 22-24 km as the crow flies - much longer than that in practice, using the prepared tracks - and the winner this year, Nicolo' Corradini of Italy taking his second successive gold medal, was out for 1 hour 45 minutes. The slowest to finish took 4 minutes over 4 hours! Ski-O at WOC level means high speed skiing up and down steep slopes with rapid route choice decisions and continuous concentration to keep on the chosen route; I was not surprised that competitors collapsed over the finish line in even more dramatic fashion than some foot orienteers.

'Short distance' was 8 km of short ups and downs, but including in the middle a lengthy section through the stadium with no real orienteering challenge, whilst the relay took competitors out for another 10 km. Women's distances were about two-thirds those of men's.

WOC in Ski-O 1996

Olympic stadium used throughout

The Birkebeineren Ski Stadium, built specially for the Winter Olympics, was the focal point for all the races, and the planners cleverly used the complex stadium environs and the surrounding forests in such a way that there were almost always competitors in spectator view somewhere. The two individual races came gradually to an exciting climax as a result of the seeding system used in creating the start list. One disadvantage was that no maps were available until after the end of the relay competition, preventing all the interesting post-race analysis discussions.

Punching system difficulties

The Regnly electronic punching system was used for the first time in a ski-O WOC and appeared less satisfactory than when used for foot-O. The control equipment cannot be mounted on a trestle or T-piece because of the danger to competitors from ski-poles held horizontal, and instead they were hanging from strings (see photo on page 5). It was obviously hard, wearing gloves, to get the right contact and with

no visual or audible confirmation that the contact had been made, many competitors were taking longer than if they were using a traditional punch and card. Disqualifications from non-contacts were avoided by using the visual records of the control-manners. The different conditions for ski-orienteers may mean that some design modifications are needed for top-level ski-O competitions.

Good conditions

The organisers were blessed with good weather and excellent snow conditions throughout, with the short distance race held on a particularly fine winter's day. The events were completed almost without a hitch, the only complaint concerning a track which, it turned out, had been tractorised by a local person on the morning of the competition - something beyond the organisers' control. A half-hour programme on the events was shown on the new Nordic sports TV channel each evening, and included graphics showing how different route choices affected the leaders' relative times. These were provided by a unit of the Norwegian organisation developing VEOPOS, a system for tracking competitors in the forest.



Vesa Mäkipää (Finland) speeds through the Birkebeineren Stadium at the half-way point in the short distance race photo: JCA

'Normal Distance' - 2 past champions do it again

This was the first race in the programme, using the 'one man relay' principle where competitors return to the stadium for a map exchange in mid-course. This enables the couple start to be used, where 2 competitors start together, one on each loop. Local star Vidar Benjaminsen was favourite to win the men's race and for a long time it seemed as though this prediction would be upheld, but the race format contrived to hide the fact that 1994 World Champion Nicolo' Corradini could

come through to win, so it was to the surprise of many spectators and elation from the rest of the Italian team when he arrived at the finish line 11 seconds in front, and fast enough to beat all remaining finishers. The consistent Bertil Nordqvist of Sweden gained the bronze medal. The women's race was a triumph for Annika Zell from Sundsvall, Sweden, champion in 1992 and obviously back in top form after a period of illness. She finished with a 1m 41s margin over Hilde G Pedersen (NOR), with Arja Nuolijoa (FIN) third, almost a further 3 minutes behind.

LEADING RESULTS

LONG DISTANCE: Men: 1. Nicolo' Corradini ITA 1.45.00, 2. Vidar Benjaminsen NOR 1.45.11, 3. Bertil Nordqvist SWE 1.45.52, 4. Vesa Mäkipää FIN 1.46.05, 5. Vladislav Kormichtchikov RUS 1.46.29, 6. Lars Lystad NOR 1.46.57, 7. Jan Pecka CZE 1.48.06, 8. Björn Lans SWE 1.49.02, 9. Anatoli Krylov RUS 1.49.54, 10. Pär-Ove Bergqvist SWE 1.50.03. **Women:** 1. Annika Zell SWE 1.11.50, 2. Hilde G Pedersen NOR 1.13.31, 3. Arja Nuolijoa FIN 1.16.29, 4. Valborg Madslien NOR 1.16.45, 5. Terhi Holster FIN 1.17.00, 6. Virpi Juutilainen FIN 1.18.21, 7. Erica Johansson SWE 1.18.55, 8. Natalia Frei RUS 1.19.58, 9. Svetlana Khaustova RUS 1.20.21, 10= Riitta Karjalainen FIN & Ulrica Swärd SWE 1.20.34.

SHORT DISTANCE: Men: 1. Björn Lans SWE 37.02, 2. Vidar Benjaminsen NOR 37.09, 3. Raino Pesu FIN 37.16, 4. Vesa Mäkipää FIN 37.24, 5. Bertil Nordqvist SWE 37.28, 6. Vladislav Kormichtchikov RUS 38.11, 7. Lars Lystad NOR 38.30, 8. Nerijus Sulcys LTU 38.35, 9. Pär-Ove Bergqvist SWE 38.58, 10.

Victor Kortchagin RUS 38.59. **Women:** 1. Arja Nuolijoa FIN 32.24, 2. Annika Zell SWE 32.54, 3. Svetlana Khaustova RUS 34.34, 4. Valborg Madslien NOR 35.14, 5. Hilde G Pedersen NOR 35.20, 6. Tatiana Naoumova RUS 35.35, 7. Riitta Karjalainen FIN 35.41, 8. Terhi Holster FIN 35.42, 9. Mall Alev EST 35.54, 10. Natalia Frei RUS 36.06.

RELAY: Men: 1. SWE (Pär-Ove Bergqvist, Mikael Lindmark, Björn Lans, Bertil Nordqvist) 2.50.26, 2. FIN (Arto Lilja, Markku Järvinen, Raino Pesu, Vesa Mäkipää) 2.50.39, 3. NOR (Harald Svergia, Kjetil Ulven, Lars Lystad, Vidar Benjaminsen) 2.53.44, 4. RUS 2.56.18, 5. ITA 3.02.34, 6. CZE 3.09.17, 7. SUI 3.10.47, 8. LTU 3.12.54, 9. EST 3.17.29, 10. LAT 3.23.46. **Women:** 1. SWE (Ann-Charlotte Carlsson, Erica Johansson, Annika Zell) 1.57.55, 2. RUS (Ekaterina Petrova, Natalia Frei, Svetlana Khaustova) 2.00.32, 3. FIN (Terhi Holster, Virpi Juutilainen, Arja Nuolijoa) 2.02.01, 4. NOR 2.04.51, 5. EST 2.07.00, 6. CZE 2.13.53, 7. SUI 2.22.17, 8. SVK 2.23.17, 9. ITA 2.23.47, 10. LTU 2.32.00.



Short distance medal-winners: l to r Vidar Benjaminsen, Björn Lans, Raino Pesu photo: Raffaele Rastelli

Close finishes at short distance

Snow conditions were once more perfect - a little softer than for the previous race two days earlier. Again there was a couple start and a mid-race map exchange, competitors being seen cross-country skiing a long section through the huge stadium which also included a control common to all, and then at some length on the looped run-in.

Both races had exciting finishes; everyone was on tenterhooks as last starter Annika Zell tried in vain to match the time of Arja Nuolioja, the latter gaining her first WOC individual medal after a string of firsts in World Cup races. With vociferous support from his fans, Sweden's Björn Lans raced to the finish to get just 7 seconds ahead of Vidar Benjaminsen, with last starter Vesa Mäkipää (FIN) in touch with the fastest for much of the race but finally having to settle for 4th place behind fellow-countryman Raino Pesu.

Sweden triumphs in both relays

Two spectacular mass starts were followed by the question - where will we see the competitors next? A spectator control was located on the edge of the stadium precinct, and while everyone was looking up the open slope clearly in view, the leaders sped in from an obscure track to the side. Other routes to the control came into use too, but soon attention was switching to the change-over area in the middle of the stadium as the leaders came into

view for a second time. Sweden were clearly determined to make it their day, leading throughout in the women's race to finish 2m 37s ahead of Russia, with Finland in third place. It was an impressive performance from Russia's team, who came into silver medal position on the second leg after placing 4th at the end of the first. Maret Vaheer had a fine run for Estonia to give them second place after the first leg.

The 4-leg men's relay was also dominated by Sweden, but they lost the lead on the third leg to

Finland, Raino Pesu sending Vesa Mäkipää out 30 seconds ahead of Bertil Nordqvist. It was the latter who won the race to the line, however, the final margin being 13 seconds. Norway were third. Amongst the other teams, notably fast times were set by Anatoli Krilov and Nikolai Bondar of Russia (the team finished 4th), Jan Pecka of the Czech Republic, and Raul Kudre of Estonia who gained 5 places for his team on leg 3. Fastest time of the day, however, was that of Vidar Benjaminsen, running last leg for Norway.



Women's relay teams at the 'flower ceremony' after the finish: (l to r) Russia, Sweden, Finland

photo: Raffaele Rastelli

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Denmark's Spring Cup - "a superb weekend's racing"

Report by NED PAUL



IFK Göteborg's winning relay team: (left to right) Flemming Jørgensen, Chris Terkelsen, Torben Skovlyst and Arto Rautiainen photos: Christer Svensson

Torben Skovlyst was the hero as Swedish club IFK Göteborg shot to the top of the 1996 Nordic Relay League with an exciting win in Denmark's Spring Cup at Hillerød on 17th March. With only the last few controls to go, an original field of over 260 4-man teams had been reduced to just eleven in contention, but a hesitation by the pack at the final course forking allowed Danish squad member Skovlyst to break clear. He reached the last control 15 metres ahead and the final victory margin after 39km was a decisive three seconds!

Earlier the three-leg women's race had been equally exciting with Hanne Staff anchoring Norway's Bækkelagets SPK team to a 40-second victory over Domnarvet of Sweden ahead of some 130 other teams.

Both winning teams received prize cheques of Dkr 5,000.

80% of Europe's Elite

This was the sixth annual Hillerød Spring Cup, the now traditional opener to the Scandinavian O-season, and amongst the 2,700 orienteers competing over the three days of competition were as many as 80% of Europe's elite. The meeting opened with a 'night sprint' on Friday evening, won by Dorte Dahl and Tore Sandvik (both from Norwegian club Indre Østfold OK), and continued on Saturday with a mid-length individual race. The top places read like a who's who of world orienteering, but Denmark was able to keep up a proud record of home victories in the men's race through Chris Terkelsen. Chris beat Switzerland's

Alain Berger by 43 seconds with defending champion Carsten Jørgensen a further 9 seconds back. The victory was a boost for Terkelsen who had spent much of the winter in Ecuador and has a reputation as a superb navigator without the raw speed of some of his peers.

In the women's race victory went to Norway's Hanne Staff who enjoyed, like Terkelsen, a marvellous weekend with a double win in individual and relay. Former short distance world champion Jana Cieslarová was second, a few seconds ahead of the current short distance champion Marie-Luce Romanens.

International Team Challenge

New this year at Spring Cup was an international team challenge as part of the individual race. Twelve nations entered, nine with the full complement of 4 men and 3 women (3 and 2 respectively to count). Finland beat Denmark by 2.5 minutes, the margin of victory, on which the prize money depended, being sufficient to earn the Finns Dkr 6,000.

Throughout a superb weekend's racing the weather remained grey and cold with temperatures never climbing above freezing. In the relay, runners were able to take short cuts by running across frozen lakes.

Attempts by FIF Hillerød to move the competition back a couple of weeks and so guarantee more spring-like weather have not yet succeeded. Next year's dates are March 14-16 1997.

LEADING RESULTS

(runners' nationalities shown)

NIGHT SPRINT: Men: 1. Tore Sandvik NOR 26.51, 2. Thomas Bühner SUI 27.39, 3. Håvard Tveite NOR 27.46. **Women:** 1. Dorte Dahl DEN 29.40, 2. Ewa Kozłowska POL 31.42, 3. Aud Sylvi Tellesbø NOR 32.03.

INDIVIDUAL: Men: 1. Chris Terkelsen DEN 50.46, 2. Alain Berger SUI 51.29, 3. Carsten Jørgensen DEN 51.38, 4. Tore Sandvik NOR 52.19, 5. Johan Ivarsson SWE 52.31, 6. Odin Tellesbø NOR 52.46, 7. Janne Salmi FIN 52.49, 8. Jens Knud Maarup DEN 53.05, 9. Per Ek SWE 53.16, 10. Libor Zřidkavský CZE 52.21.

Women: 1. Hanne Staff NOR 43.24, 2. Jana Cieslarová CZE 44.34, 3. Marie-Luce Romanens SUI 44.51, 4. Kirsi Tiira FIN 45.26, 5. Torunn Fossli Sæthre NOR 45.48, 6. Anniina Paronen FIN 45.52, 7. Pia Olsson SWE 45.58, 8. Reeta-Mari Kolkkala FIN 46.15, 9. Katja Honkala FIN 46.24, 10. Hanne Sandstad NOR 46.43. **Teams:** 1. FIN 4.11.03, 2. DEN 4.13.31, 3. CZE 4.14.11, 4. SUI 4.15.24, 5. NOR 4.17.03, 6. GBR 4.26.49, 7. Skåne/SWE 4.32.52, 8. GER 4.34.39, 9. POL 4.40.20.



Hanne Staff, Norway - classic race winner

RELAY: Men: 1. IFK Göteborg SWE (Arto Rautiainen, Chris Terkelsen, Flemming Jørgensen, Torben Skovlyst) 3.05.13, 2. Nydalens SK NOR 3.05.16, 3. Halden SK NOR 3.05.21, 4. Ikaalisten Nouseva FIN 3.05.26, 5. Frederikstad SK NOR 3.05.27, 6. Turun Suunnistajat FIN 3.05.35. **Women:** 1. Bækkelagets SPK (Hanne Sandstad, Torunn Fossli Sæthre, Hanne Staff) NOR 2.13.18, 2. Domnarvets GOIF SWE 2.13.58, 3. Pan-Kristianstad SWE 2.14.38, 4. Nydalens SK NOR 2.15.44, 5. Pargas IF FIN 2.15.46, 6. Halden SK NOR 2.15.49.

Ragnhild B Andersen retires

During the winter Ragnhild Bente Andersen, Norway, announced her retirement from international competition. Overall winner of the World Cup in 1990, her best WOC result was 5th in the short distance race in the USA in 1993.

The third Mafra O Meeting, from this year onwards to be called the Annual Portugal O Meeting, was organised in the first week of March near Mafra, a historic 18th century Royal village 25km north of Lisbon. The intention is to make the event a tradition, the dates (it is a 2-day event) being tempting to many orienteers from northern European latitudes.

The First IOF Elite Event

Report by
LENNART LEVIN

This year's event proved that the idea has much to speak for it: orienteers from 15 countries - amongst them New Zealand, Canada and Argentina - participated. Incidentally, the

organisers awarded a special prize to the participant from the most distant country. Alistair Landels, NZL, winner of the men's elite class and receiver of the prize, gently handed it over to a runner from Argentina, the reason being that Alistair now lives and trains in Sweden. A much appreciated gesture from one of the world's top orienteers!

Enthusiastic federation

In conjunction with the event, the President of the Portuguese Orienteering Federation, Gino Esteves, invited visiting leaders and coaches to a reception at the federation's new premises at Mafra. On the occasion the first issue of the federation's new orienteering magazine, *Bussola*, was also presented. If you add that Gino and his enthusiastic Council have also applied to organise the IOF Congress in 1998, as well as a couple of World Cup events in the year 2000, you get the picture of a most progressive and forward-looking federation.



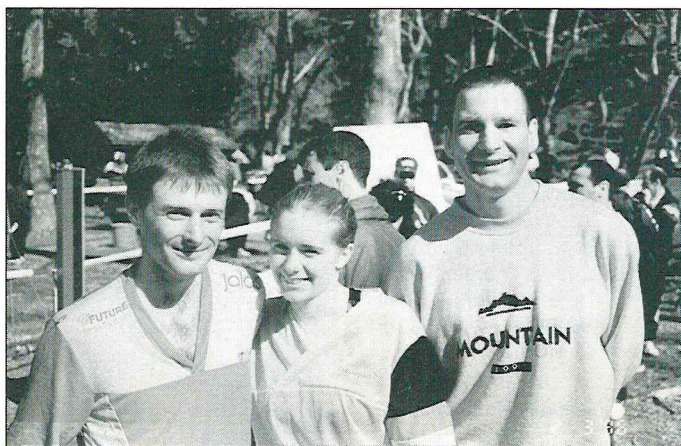
"I missed that path" - route choice deliberations at the finish (above)
Higino ('Gino') Esteves, President of the Portugal OF (below)

Groups of beginners being given instruction were seen here and there in the forest. A pleasant part of an elite event! Not to speak of the friendly (as I was told) boars roaming about between the controls.

LEADING RESULTS

(over 2 days)

H21E: 1. Alistair Landels NZL 2.20.46, 2. Matthias Niggli SUI 2.26.52, 3. Ueli Aeschlimann SUI 2.30.40, 4. Peter Bonek AUT 2.32.00, 5. Beat Schaffer SUI 2.36.39. **D21E:** 1. Lucie Böhm AUT 1.43.31, 2. Katja Peltola FIN 2.03.35, 3. Uli Hartinger AUT 2.06.06, 4. Claudia Künzel SUI 2.08.43, 5. Anna Nordström SWE 2.21.07.



Winner Alistair Landels with his wife Claire Barnes and Jon Musgrave, Secretary of International O-Runners, at the Mafra O-Meeting photos: author

Austrian Championships in Team-orienteering

In Switzerland team-orienteering has a strong tradition, but in most other countries it is largely unknown. After some years of trials and holding unofficial championships in this discipline, the Austrian federation has now decided to make it a championship with official status. The first such event was held on 1st October. In team-orienteering, teams of

3 competitors get only one control card (but 3 maps). In the forest the runners then divide - while the runner with the control card is running fast to a few controls, the other 2 are heading slowly to pre-arranged meeting points where the card is handed over. There are also a few controls which have to be visited by the whole team at the same time.

The New Zealand Elite Series

New Zealand held a series of races planned for elite runners in January. Designed to attract elites away from the northern winter, the series got a boost with the attendance of Carsten Jørgensen and Thomas Jensen from Denmark. Elite orienteers from Sweden, Switzerland, Britain and Poland also attended.

Races were held on the best maps around the North Island. New Zealand has a wide variety of terrain, and the series was designed to give visitors a taste of sand dunes, native bush and farmland as well as planted forest. All visitors enjoyed themselves, including an event on a special area called Mamaku, described by Jensen as "the best area in the world". While in New Zealand, Jørgensen competed in their international athletic track series, finishing 7th in the 5000 m, and won a well-known mountain race in record time.

Results were largely secondary, as most were using the series as high quality training. Another elite series is planned for January 1998, while for any northerners thinking of coming to New Zealand next year there is a series of races on the South Island next January as part of the Australia vs. New Zealand Challenge.

Rob Crawford

World Cup '96, 1st Round: Lithuania and Latvia

The first round of the 1996 World Cup takes place in early May in two of the Baltic States which became IOF members at the break-up of the Soviet Union. Lithuania and Latvia have both established themselves as active contributors to the international scene, and as the world's elite prepare for their races there, Orienteering World takes a look at the orienteering history of these nations and some of their personalities.



Lithuania and Latvia take their places for the first time at the 1992 IOF Congress photo: Peter Gehrman

2,500 Active in Lithuania

by GIEDRE MIKAITIENE

Orienteering in Lithuania started in the early sixties. Today there are 31 orienteering clubs around the country, and at the same time children go in for orienteering in 21 children's sport schools. It makes about 2,500 active orienteers altogether.

The orienteering event calendar lists 80-90 competitions each year, 10-15 of which are ski-O. Besides these there are weekly mid-week evening courses every spring and autumn arranged in 9 regions of Lithuania and gathering almost 1,000 people orienteering at the same time (Thursday afternoon) all around Lithuania.

A large number of the regular events are traditional and held every year. The biggest are the Vilnius 4-days in May and the Lithuanian Cup in October, and the Takas 5-days in July which is organised in a different region of Lithuania every year with more than 1,000 participants.

The Lithuanian OF became an IOF member in September 1991. Since then the Lithuanian Na-

tional Team has taken part in 3 ski-orienteering and 2 orienteering World Championships and other major IOF events. Nerijus Sulcys was 8th in the short distance in this year's Ski-O World Championships in Lillehammer.

Our best runner, Svajunas Ambrazas, was 12th in the classic and 14th in short distance in WOC 1995 in Lippe, Germany. Danute Girinskaite-Mansson was several times amongst the best women in World Cup races.

World Cup Event no. 1, which takes place on May 8th in Nida, is the first major IOF event in Lithuania. There are 3 parallel qualification races the previous day to decide who runs in the A, B and C finals.

The organisers - LSF, orienteering club 'Kopa' from Klaipeda and 'Takas' from Kaunas - are doing their best to make everything perfect. Course planners Saulius Kireilis and Remigijus Sereika enjoy interesting and nice-looking maps and plan the courses in Kursiu Nerija, one of the most attractive beauty-spots of Lithuania - a narrow sandy spit separating the Baltic Sea from the Lagoon of Kursiu Marios.

8 MAY - Nida, Lithuania - classic distance
11 MAY - Cesis, Latvia - classic distance
12 MAY - Cesis, Latvia - relay

MAIN SPONSOR:  **SKANSKA**

Latvia: Sixty Years Since First Event

The history of Latvian orienteering goes right back to 18th October 1936, but World War II and the incorporation of Latvia into the Soviet Union delayed further activity until 1958. The Latvian federation was founded in 1963 and the first championships were held the same year. Latvia was the venue for the World University Championships in 1991, and became an IOF member in its own right in 1992.

Most well-known elite orienteers from Latvia are Alida Abola, placed 3rd in the WOC individual race in Sweden in 1989, Ivars Zagars, JWOC winner in 1991, and Aigars Leiboms, 3 times Soviet Champion and long-established in the world top-30 in the late 80's and early 90's.

Riga is a particularly well-known orienteering hot-spot, and multi-day events are organised in that region every year. Latvia's 2 World Cup races, a classic distance event on 11th May and a relay on 12th May, are both at Cesis, 80 km NE of Riga, organised by the LOF and the club PK-96.

Latvia's Alida Abola receiving her bronze medal from King Carl Gustav XVI at the World Championships in Sweden in 1989 (right)



Leading Lithuanian runners Svajunas Ambrazas (l) and Edgaras Voveris (below)



What's in a Coach? A Plug for One-to-one Coaching

by KAY HAARSMA,
one of Australia's leading coaches

What exactly does a coach do? Ask five orienteers and you will probably get five vastly different answers. Recently an experienced older orienteer defined a coach as 'someone who puts controls out in the forest and then sends the group around them.' Mmm! What typifies a coach for you?

In reality the coaching role is a multi-functional one, involving much more than putting out controls. The expectation of what a coach does varies slightly from sport to sport, and over the years the coaching role has become more complex.

The coach needs to be an expert not only in skills and tactics, but also must have knowledge in the areas of fitness, weight training, diet, motivation, psychology and much more. Then to implement all that, the coach needs personal relationship skills. He/she must be good at listening, mediating, communicating, with athletes, parents, media, sponsors and other officials. Another necessity is time management.

Generally coaches coach as they were coached. Thus the 50-year-old who hasn't updated his or her knowledge through attending coaching courses, will reflect the coaching practices of the mid-1960s. Then there is the brilliant, naturally gifted athlete/orienteer who turns to coaching and hasn't any idea how to pass on this knowledge. 'Try harder' isn't enough information.

I well remember my first interstate O competition and having someone point out the leading Aussie female (Carolyn Jackson) and saying "she really knows how to orienteer". After several days of competition I was still wondering where one got this knowledge of how to orienteer in a precise man-

ner. I returned home and largely was self-taught learning from my mistakes - a very long and frustrating method. A few bad technical habits were reinforced through practice at this time. The old saying 'practice makes perfect' is correct. **If you continuously repeat bad skills you perfect them.** Too many orienteers mistakenly think that the more races they do, the better orienteers they will be. Continual analysis of one's skills and doing specific training exercises is required.

Personalised Coaching

Before orienteering I had been heavily involved in both athletics and netball. In both situations I had coaches who treated me as an individual and gave me personalised coaching. They improved my strengths and made the best of my weaknesses. They also took time to educate me about why I should do different types of training. In joining most sports the normal first questions are 'When and where do we train, and who is the coach?' When I came into orienteering I couldn't understand why coaching was almost non-existent in the sport.

Thus both my sporting involvement and career background in physical education reinforced the need for individualised coaching. Many orienteers who haven't benefited from good coaching in other sports reject the need for one-to-one coaching in orienteering. Group training sessions for newcomers, club members and elites are now quite common in orienteering, but this doesn't give the individual analysis and feedback that is necessary for achieving one's potential. It is crucial that we take the next step and promote one-to-one coaching.

Results from a survey I did on

the 1994 Australian School Championship participants showed that only 40% had an orienteering coach. Victoria led the way on a state basis with 75% having coaches. Many of these weren't receiving quality coaching, in that they were seeing or talking with their coach less frequently than once a week. Compare this to teenage swimmers who see their coaches 7-12 times a week; or perhaps more realistically club athletes or club basketballers/netballers who generally have three contacts a week with their coaches.

There are three distinct aspects of orienteering - technical, physical fitness and psychological preparation. Ideally one person will coach or advise an orienteer in all areas, but two or three separate coaches could also be used effectively. Younger orienteers require greater contact with their coach, to instil the correct techniques and training patterns before bad habits are established. Most elite age orienteers will utilise a coach more in an advisory role, as a second opinion.

Short and Long Term Goals

An individual coach will sit down with the orienteer and discuss their short and long term goals, evaluating them realistically, taking into account:

- * the time and available terrain for training;
- * study or work demands;
- * how good the orienteer is at present; and
- * other priorities in life.

They will then draw up a yearly competition and training programme. This is not set in concrete but will undergo constant adjustments through the year. Competitions will be added or dropped, training workloads will change depending on a myriad of factors. It is important that the coach takes a holistic approach in getting to know the orienteer as a person, not just as an athlete. The demands of the orienteer's job or study, personal relationships, diet, financial situation, time management skills etc. all im-

pact on orienteering performance.

The orienteering coach of juniors must not only teach them the skills, but ensure that they pre-enter competitions, arrange transport, sometimes even search for financial assistance to enable them to travel interstate. Teenagers also want friendship and a sense of belonging within the sporting environment, so another role for coaches is to urge the state association to provide group coaching and social activities too.

Many Roles

So, besides being a control putter-outer, the coach may also be a teacher, trainer, motivator, planner, organiser, public relations officer, fund raiser, sports scientist, counsellor, friend, disciplinarian, bus driver, travel masseur, first aider, researcher...

If the coach does not have the expertise then he or she needs to know where to find it. Quite a simple job description really!

A coach needs to have lots of patience and be satisfied with the occasional reward or success. There will be many disappointments (such as seeing the talented orienteer decide not to continue with the sport, or receive untimely injuries), and relatively few thanks along the way.

Rewards

The rewards are not judged solely in terms of championships won. The average orienteer who strives hard to make the school team, the unconfident, loner type kid who gains self-esteem through orienteering, the smile on the newcomer's face when she does her first solo course - these are highly rewarding.

Working with a committed orienteer on a one-to-one basis is the ultimate challenge in coaching. It takes lots of time but there can be many highlights too.

This edited article first appeared in The Australian Orienteer

It is now less than 4 months to this year's IOF Congress to be held in Jerusalem in July. Two of the topics which will be up for debate at the Congress are to some degree inter-related and have already been discussed at the Presidents' Conference held at the last World Championships and by the Council. Here, taking the usual place of the President's Column, are two short articles outlining the proposals which will be put to the Congress on Mountain Bike Orienteering and changes to the Statutes.

Mountain Bike O - a New IOF Discipline?

IOF Council member EDMOND SZÉCHÉNYI provides the background to an important Congress decision in July

At their bi-annual meeting in Bad Salzflun during the 1995 World Championships, the Presidents of the IOF member federations accepted that Mountain Bike Orienteering was a legitimate form of our sport and should be a new discipline of the IOF. That MB-O is truly an orienteering discipline was not questioned by anyone; some orienteering federations did, however, express reticence, essentially because of the poor environmental image of mountain biking in their countries. It is clear that just as skiing cannot be practised in all IOF member countries, there will be some where MB-O will not be possible.

The 1996 Congress will now formally vote on a Council proposal to incorporate this discipline. Congress will also have to address the problems raised by the fact that in some countries, orienteering on bikes is at present conducted by organisations other than orienteering federations (see adjacent article). Statute amendments will be proposed

by Council that will clearly define the rights and duties of all those concerned.

On the strength of the views expressed at the Presidents' Conference, Council has set up a provisional MB-O committee which will have its first meeting before the Congress. Among the subjects it will have to deal with will be to determine the essential characteristics of this sport as we wish to see it develop internationally. An international calendar will be set up with long term objectives, and general axes of development will be defined.

Though internationally new, MB-O has been a grass roots discipline for some years. It answers a need for diversification for foot orienteers and is an attractive new activity for mountain bikers. Its potential for international development is tremendous. The IOF will have the task to control and develop MB-O in harmony with its other disciplines so as to strengthen and enhance the sport of orienteering as a whole.

Changes to the IOF Statutes Proposed

JOHN PEARSON explains the need for change and the thinking behind the proposals

Orienteering is changing all the time. These changes need to be reflected in the IOF's own organisation and structure.

One of the most important changes over the last two or three years has been the development of orienteering disciplines other than foot orienteering. In particular, mountain bike orienteering (MB-O) and trail orienteering have been progressing rapidly.

When MB-O was discussed at last year's Presidents' Conference, most Presidents took the view that the IOF should take responsibility for this discipline. But MB-O may be a controversial subject in some member countries. It is likely that some existing IOF member federations will not wish to be responsible for MB-O at national level, so MB-O will therefore be organised by a body which is not an IOF member.

The Council has been discussing this situation over recent months and has decided that it makes necessary some changes in IOF organisation and therefore the IOF statutes. The Council suggests:

- that the statutes should make it clear that the IOF is responsible for all orienteering disciplines (sports involving 'self-propelled movement with a map');

- that the rule that only one orienteering federation per country may be a member of the IOF should be maintained;

- that the committee structure under the Council should be revised in order to reflect the growth of new disciplines. The proposal is that there would be:

- * **four 'vertical' committees** (one each for foot, ski, trail and MB-O), and

- * **a number of 'horizontal' committees** (e.g. mapping, development) dealing with subjects affecting all the disciplines;

- that in countries where more than one organisation is responsible for orienteering at national level (where, for example, MB-O is not run by the foot O federation but by another organisation), the IOF member federation should maintain constructive relations with the body or bodies responsible for other O disciplines at national level.

These proposals from the Council are designed to take account of recent developments in orienteering without destroying the essential features of existing IOF structures.

Many aspects of current organisation and practice would remain unchanged: there would still be just one IOF member federation per country; a single Council would manage policy and finance between Congresses and supervise the committees; and there would be no need to change Congress rules.

The Council intends to explain these proposed changes to member federations at the forthcoming Congress in Israel and to ask Congress to approve them, together with the corresponding changes to the statutes.

The opportunity may also be taken to propose some other minor statutes modifications with a view to 'tidying up' the text.

Scientific Journal Editor Moving

Dr. Roland Seiler, currently working as guest professor at the Norwegian University of Sport and Physical Recreation in Oslo, will be moving to his home country Switzerland

in late May where he will start work at the Sport Science Institute of the Swiss School of Sport in Magglingen.

His new address from 1st June

is: Scientific Journal of Orienteering, The Editor, Dr. Roland Seiler, SWI-ESSM, CH-2532 Magglingen, Switzerland. Tel. +41 32 276 330, fax +41 32 276 405.

News from the IOF

Short Distance Format to be Reviewed

The IOF Events Committee will hold an open meeting on 9th May in Cesis, Latvia during the first round of this year's World Cup. The main item for discussion will be the format of short distance competitions in the future.

Since the introduction of short distance internationally there have been differing views on the format, i.e. whether the preferred time of a qualification race is on the same day as the final or on the day before.

Is mastering two races in one day an important part of the idea behind the short distance, or should runners be allowed a night's rest to concentrate on the short and intensive aspects of the competition?

Two more subjects will be up for debate: a) if an individual mass start competition should be a part of the World Championships in the future, and b) if there is a wish to introduce a team competition that emphasises team work more than relays do.

Internet Delayed

The December 1995 issue of *OW* announced the planned establishment of an IOF presence on the Internet via a World Wide Web page at the GAISF World Sport Centre web site. Unfortunately there has been some delay and the site has not yet been opened. When further details are available, *OW* will carry an article with a full description of the facilities.

Coming Soon - World Ranking Lists

The IOF Events Committee is recommending that a World Ranking is established as soon as possible. Statistics and computer enthusiasts are invited to help establish a good system.

The ranking will be based on World Championships, World Cup events and IOF Elite events, with the different types of events carrying different weighting depending on their importance and the ranking level of the competitors taking part. EC's goal is to issue a first ranking list by the end of 1996.

New Application for IOF Membership

Assuming acceptance by the IOF Congress later this year, the IOF family will grow to 47 with the addition of Mauritius, one of the islands in the Indian Ocean east of Madagascar.

A party of Swiss O-enthusiasts made 2 maps in Mauritius last year, the official 'Year of Sport' in the country, and a multi-day event was planned which unfortunately did not attract enough people to be viable despite a cheap travel package being available.

Nevertheless it appears that local interest has been well aroused, and hopefully this new O-country with its excellent forested terrain will be inviting visitors to run on its maps before very long.

1998 World Cup to include O-Ringen

A much-expanded programme for the 1998 World Cup has been announced by the IOF Events Committee. The full O-Ringen 5-days is included for the first time, and there are 13 events in all plus qualification races. 8 of the events plus associated qualification races fall in a 3-week period starting in mid-September.

The programme is:

Events 1-4: Fri. 22 May - Mon. 1 June, Ireland (Kerry) and Great Britain (Lake District): one qualification race for classic distance, two classic distance races, one relay and one short distance with qualification race

5: Mon-Fri, 20-24 July: Sweden (Gästrikland), 5-days, chase start last day

6: Sun. 13 Sept.: Poland (Krakow), relay; **Mon. 14 Sept.:** Poland (Krakow), qualification for classic distance; **7:** Tues. 15 Sept.: Poland (Krakow), classic distance

8: Fri. 18 Sept.: Slovakia (Poprad), classic distance; **9:** Sun. 20 Sept.: Slovakia (Poprad), short distance qualification and final

10: Sat. 26 Sept.: Estonia (Võsu), relay; **Mon. 28 Sept.:** Estonia (Võsu), qualification for classic distance; **11:** Tues. 29 Sept.: Estonia (Võsu), classic distance

12: Thurs. 1 Oct.: Finland (Hämeenlinna), short distance qualification and final; **13:** Sat. 3 Oct.: Finland (Hämeenlinna), classic distance

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Fair Play in Orienteering

by PETTERI KÄHÄRI, IOF Technical Committee

- old maps of embargoed areas not available to all
- following/disturbing another competitor, and co-operation
- terrain too special or over-hard; unrepresentative model race
- giving information, a new compass etc. to a competitor during a multi-lap race
- organisers trying to make too much profit

Above are just a few examples of subjects which have something to do with *fairness* and *fair play*. Some of these are against the rules; others are not, apparently because of defective or imperfect rules. However, it is good to know that fair play can also be something which is not always covered by the rules.

A Fairness Project Team

Last year IOF established a Fairness Project Team (PT) under the Technical Committee to determine whether a kind of *fair play guideline* in our sport is needed. Members of the PT held their first 2 sessions during the World Championships in Germany. In addition, close contact with the IOR (International Orienteering Runners) was maintained in order to get elite runners' views. The Chairman of the IOR, Kent Olsson, was also a member of the PT. In future, contact and correspondence between the IOF and the IOR will be important and necessary if there are any problems concerning fairness.

The conclusion after all the discussions and correspondence between PT members was that a guideline is not needed to keep the orienteering world fair. Instead, the IOF and its member federations should make sure rules become familiar to all orienteers, both organisers and competitors. When PT members wrote down their thoughts and ideas concerning fair play, it was found that almost all of them were to be found in the rules book in one way or another. In fact, competing in accordance with every paragraph of the rules reflects fairness by the participants.

Competition Rules for IOF Events

New Competition Rules for IOF Events have been valid from the beginning of 1995. The next, up-dated version of the rules, which will contain a few changes compared to the present one, will be valid from the beginning of next year.

The new rules have been distributed to each member federation of the IOF. Yet I dare to say that only a few orienteers around the world have read them or even know that new rules have been published. How should

national federations inform their elite runners, controllers, event organisers etc. to ensure that at least they would know these new rules? This question should be deliberated carefully in all member nations of the IOF.

One effort to make the rules better known among elite runners will take place in Lithuania during the first World Cup event in May. The IOF will distribute a few copies of the rules booklets to participating teams. The easiest way to become acquainted with the rules in the future may be IOF's World Wide Web pages, under construction and soon available on Internet.

What is Fair Play?

What is Fairness?

This is what some sociologists and philosophers say about fair play and fairness:

"*Fair play* refers to situations where 2 or more athletes are in interaction with each other. This interaction is partly regulated by rules, partly by general behavioural norms. *Sportsmanship or fair play* make rules and norms complete." (Heinilä)

Fairplay means behaving according to the norms when

- (1) the rules are followed consistently under all circumstances,
- (2) chances for all participants will be made equal, and
- (3) rivals are regarded as people and friends, not enemies. (Gabler)

"*Fair play* is a way of behaving which develops from self-respect and entails:

- (1) honesty, straightforwardness and a firm and dignified attitude when others do not play fairly;
- (2) respect for team colleagues;
- (3) respect for opponents, given whether they are winning or losing, and with an awareness that an opponent is a necessary partner in sport, to whom one is bound by the companionship in sport;
- (4) respect for the referee displayed through a positive attempt to collaborate with him at all times." (Peter McIntosh)

"The so-called *fair play principle* belongs to the nature and spirit of sports. Sport

should be played under this principle, otherwise it will lose the most essential part of itself. Fair play does not come true by itself; sports managers, leaders, trainers and other instructors have to pay attention to this principle. Education plays a very important role in this subject.

Each person should have an equal right to the most extensive basic liberty compatible with a similar liberty for others. Also social and economic equalities are to be arranged so that they are both reasonably expected to be to everyone's advantage and attached to positions and offices open to all." (John Rawls)

"The way in which states or other organised groups behave towards each other tends to differ from the ways in which individuals behave towards each other. Individuals may act morally towards each other by reason and by principle and may show an altruism which cannot be explained in terms of self-interest. Groups however show an extraordinary, powerful and persistent egoism. Relations between groups will be determined by the proportion of power which each group possesses at least as much as by any rational or moral appraisal of the comparative needs and claims of each group. While the same criteria may be used to judge the *moral behaviour of groups and of individuals*, the former will almost inevitably fall short of the latter.

The egoistic behaviour of nations to one another is augmented by an ethical paradox which lies in patriotism. Loyalty to the nation is a high form of altruism, yet may be adopted with such fervour that the patriot abandons any view or attitude which is critical of his nation, and the nation or its government then uses his devotion without moral restraint. The unselfishness of individuals becomes the selfishness of nations." (Niebuhr)

"There is a difference between '*formal*' and '*informal*' fair play. Formal fair play contains norms of rule conformity and justice and it is combined to what is characterised morally good. Informal fair play describes the attitude of the competitors to each other: respect of rivals in the name of honesty, fairness, sympathy, openness and helpfulness. Informal fair play contains what could be characterised as morally good." (Pilz and Weber)

If you...

have some ideas/thoughts/improvements concerning fair play and fairness in orienteering, you can make contact with: Petteri Kähäri (IOF Technical Committee), Emännantie 34 A 15, SF-40740 Jyväskylä, Finland, tel. +358 41 253643 or +358 49 542059, or Kent Olsson (IOR), Skolvägen 51, S-373 00 Jämsjö, Sweden.

What do the Competition Rules say about fair play?

26.1 All persons taking part in an orienteering event shall behave with fairness and honesty. They shall have a sporting attitude and a spirit of friendship. Competitors shall show respect for each other, for officials, journalists, spectators and the inhabitants of the competition area. The competitors shall be as quiet as possible in the terrain.

26.2 Except in the case of an accident, outside assistance or assistance from other runners during a competition is forbidden. It is the duty of all competitors to help injured runners.

26.3 Doping is forbidden. Doping tests according to the IOF's *Rules for the Conduct of Doping Tests* may be carried out.

26.4 The organiser, with the consent of the IOF Controller, may decide to publish the venue of the competition in advance. If the venue is not made public, all officials shall maintain strict secrecy about the competition area and terrain. In any case, strict secrecy about the courses must be kept.

26.5 Any attempt to survey or train in the competition terrain is forbidden. Attempts to gain any information related to the courses, beyond that provided by the organiser, is forbidden before and during the competition.

26.6 The organiser shall bar from the event any competitor who is so well acquainted with the terrain or the map that the competitor would have a substantial advantage over other competitors. In case of doubt, the matter shall be decided by the IOF Controller.

26.7 Team officials, competitors, media representatives and spectators shall not, by their presence or action, influence the outcome of the competition. They shall remain in the areas assigned to them.

26.8 Control officials shall neither disturb nor detain any competitor, nor supply any information whatsoever. They shall remain quiet, wear inconspicuous clothing and shall not help competitors approaching controls. This also applies to all other persons in the terrain, e.g. media representatives.

26.9 Having crossed the finish line, a competitor may not re-enter the competition terrain without the permission of the organiser. A competitor who retires shall announce this at the finish immediately and hand in the map and control card. That competitor shall in no way influence the competition nor help other competitors.

26.10 A competitor who breaks any rule will be disqualified.

26.11 Non-competitors who break any rule will be liable to disciplinary action.

Slovakia Needs Help

Slovakia - an interesting but small country - has one important problem which cannot be solved without external help. The Slovakia Ski-O team was training in Bulgaria last summer and travelled in a microbus borrowed from Matej Bel University in Banská Bystrica. This microbus was stolen in Varna whilst the group was on a brief shopping expedition, and has not been recovered. Because it is impossible in Slovak conditions to get insurance for a microbus which is valid abroad, this situation causes big problems for the Slovakian Association and the local club in Banská Bystrica. A similar microbus (second-hand 9-seater VW) has to be bought and returned to the university no later than summer 1996.

It is impossible to earn enough money to cover the costs on the level of the Slovak Association - only external financial help can bring enough resources in this relatively short time.

The Slovak Orienteering Association kindly asks all orienteers to help us. We

need to collect about 15,000 DM - we can raise between 5 and 10,000 DM internally. Please take into account that 15,000 DM is three times more than our annual budget for all national O teams in 1995 and more than the average total annual budget of the Association.

Juraj Nemec

Opportunities to make a donation are being arranged at the Veteran World Cup and the O-Ringen this year, and those attending are asked to give generously so that Slovakia's financial crisis can be resolved as soon as possible. The IOF has assisted by accepting late payment of the fee for holding the Ski-O JWOC earlier this year. Another way of helping is to organise a training camp in Slovakia - there are plenty of excellent venues with good maps.

For more information, or if you can offer assistance in some way or can make a donation by post, please contact Juraj Nemec, Pieninska 19, 97400 Banská Bystrica, Slovakia, tel. +42 887 44347 (home) or +42 887 36135 (work), and fax +42 887 34737.

Slovakia was the venue for the Junior World Championships in Ski-orienteering in February (see page 18). Here Gabriela Savicova, Czech Republic, awaits the start signal in the long distance race

photo: Einar Unstad



Ukraine President On Tour

The newly-elected President of the Ukraine Orienteering Federation, Alexander Sopov, visited the Lithuanian Federation at the end of January. Spending over 2 days in the LOF office in Kaunas, he was interested in the organisation of orienteering in Lithuania - including the structure of the Federation, competition system, etc. From Lithuania he travelled to Latvia and Belorussia before returning home. The object was to study other federations before organising a new model in the Ukraine OF.

New Presidents

Sergei Beljaev was elected President of the Russian OF at the recent AGM. He is a member of the Russian Duma (parliament). Former President Nikolai Vasiliev is now Vice-President and Head of Foot-O. Stanislav Elachovsky is now Vice-President and Head of Ski-O, whilst Senior Vice-President is Viktor Elierod.

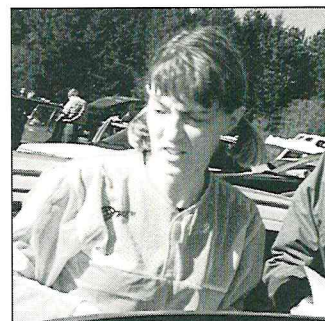
Natalia Badea has taken over as President of the Romanian federation, and the new President of the Switzerland federation is Konrad Becker.

Profile:

Eileen Loughman, Ireland

by FAITH WHITE

Eileen is the athlete who holds the record for competing in the greatest number of World Championships - 11 so far. 1976 in Scotland saw her debut, and if fit and selected she will run in 1997: a reliable and tenacious runner!



Eileen works as an Environmental Health Officer in County Kildare. She has a particular interest in ground water quality and land use and planning issues. She is a founder member of her club Curragh-Naas Orienteers and contributes more than most of our elite orienteers to club and grassroots orienteering. She organises about 6 events a year and is a perfectionist about the quality of course planning. She also produces the club newsletter, runs 2 club training days and undertakes fund raising activities. Sewing, reading and Toastmasters, a group for improving public speaking skills, take up her spare time.

An adventure sport weekend introduced Eileen to orienteering, but it took a few more events before she became really interested. The simplicity of gear needed compared to other adventure sports influenced her choice. She enjoys the physical and mental challenge of orienteering: "It is always a different challenge". The variety of locations and the sounds and delights of forests please her.

"I like feeling fit and healthy, I have a lot of energy", says Eileen. A typical training plan for a season is 12 weeks long distance with circuits once a week. Then a period of 8 to 12

weeks distance and quality: 12,000m and 300m, then maybe 6 to 8 weeks sharpening for a particular event. "In Ireland we do not have enough quality O-events and lack of technical practice and competition under pressure is a problem".

Eileen has never had a personal coach, nor have there been other orienteers in her locality available to run with, so she trains alone in the evenings. This is perhaps a reflection on the lack

of O development and support for elite runners in Irish orienteering. She joined the local athletics club in 1988 and trains with them twice a week, and she was a member of their gold medal veterans cross-country team in 1994. Her best placings in World Championships were 37th in Finland in 1979 and 38th in Australia in 1985. She is a very competitive orienteer, but says that personal performance, how you train and perform, is what matters most.

Reflections on 11 WOC's

1976 - Aviemore, Scotland

Lack of experience, difficulty with the map - mispunched.

1978 - Kongsberg, Norway, placed 42nd

Arrived just in time for WOC with no previous training in Norway. Relied on the compass!

1979 - Tammerfors, Finland, placed 37th

Very fit but nervous, with just a few days training in Finland. Again relied on the compass.

1981 - Thun, Switzerland, placed 56th

Trained hard, 6 evenings and 2 mornings a week. Ran events in Switzerland, spent a lot of money and ended up anaemic. Bitterly disappointed with performance.

1983 - Zalaegerzeg, Hungary, placed 47th

Possibly the toughest race ever, found heat overpowering. Best time of the Irish, so ran in the A final.

1985 - Bendigo, Australia, placed 38th

Some training in Australia; very nervous at the end of the course, hearing the spectators.

1987 - Gérardmer, France, placed 40th

Highest placed of the Irish so ran in the final race.

1989 - Skaraborg, Sweden, placed 9th in B final

Fought back to fitness after a severe hamstring tear in February, but did not make A final.

1991 - Mariánské Lázně, Czechoslovakia

Not selected for classic race although 2nd in team trial.

1993 - West Point, USA

Won the Irish team trial but not selected for classic race. Fastest of the Irish women in relay and short distance. Enjoyed detailed maps and terrain.

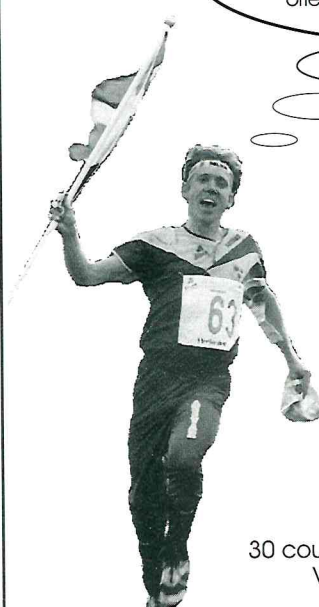
1995 - Lippe, Germany

Lack of fitness due to injury, and not enough racing practice to have a competitive edge. Not a satisfactory performance.

Welcome to Norway

MODUM O-CAMP

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




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

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

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

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Malaysian Orienteering - Hampered by Development

LEE KWAN MENG, Pro-tem Secretary, Malaysian Orienteering Association, writes a progress report on orienteering in one of the IOF's newer member nations

Malaysia is a rapidly developing country. The O-maps made of good orienteering terrain around city suburbs, good too because of their accessibility by road and public transport, are being lost because the areas have become residential housing estates, business centres and even golf resorts and clubs. The map of Sungei Pusu drawn by Swede Tobias Svensson is now the site of the International Islamic University. To avoid development projects, maps have to be in areas further away from the city. And the greatest challenge for the development of orienteering in Malaysia is the development of orienteering maps - we have inadequate base maps which are subject to secrecy restrictions, and the few trained mappers are either no longer active or are also involved with administration and event organisation.

Tight government rules are holding up the full establishment of our national governing body. The MOA was formed in 1992 and registered with the Malaysian Registrar of Societies in 1994. In December of that year an initial grant of RM2000 from the Ministry of Youth and Sports enabled the MOA to function with a Pro-tem Committee. But there has to be representation from at least 7 Malaysian states for a General Meeting, where Officers can be elected, to be valid. Almost all of MOA's current members are from Kuala Lumpur and Selangor (the Wilayah OA, formed in 1985), so this regulation is an obstacle preventing the MOA from holding an AGM. The pioneer body of Malaysian orienteering, the Penang Orienteering Federation, is no longer functioning.

Most events are closed competitions, held for bodies such as the Governing Services Sports and Social Council and for students of a local university. However since the launch of Rakan Muda, in particular its 'Rakan Rekreasi' component, a series of introductory events has been organised for local youths. Rakan Muda is a set of ten healthy lifestyle programmes for youths between the ages of 15 and 25 initiated by the government to curb social problems. Orienteering is one of the activities under 'Rakan Rekreasi', the recreation lifestyle component of Rakan Muda. ('Rakan' is a local Malay word meaning 'friendship' or 'partnership', whereas 'Muda' means 'young' or 'youth'.) The events were held in 2 park areas within Kuala Lumpur over a period of 6 months on Sundays and attracted between 20 and 40 participants.

In November last year, MOA arranged an exhibition and competition in connection with the first Asia-Pacific Sports Exposition ('ASPO 95'). Two new colour maps were made, of the Agricultural Park and the University of Malaya. In Malaysia there are many areas suitable for orienteering such as rubber and oil palm plantations and city and recreational parks; however there are also large areas of jungle with very thick vegetation.

New Strategies

MOA is now in the process of identifying new strategies to develop orienteering. The first priority is to establish its state branches. Second is to introduce orienteering to local universities which would have the resources - both material

and human - to help promote the sport.

Third is to examine the viability of a map-making business venture. This would mean searching for an investor. However the returns on this venture would be having trained, full-time mappers to develop more orienteering maps as well as helping in generating income for the Association.

Fourth, a lot of work is required to create more awareness of what orienteering is all about. Even many of the officials of the Sports Ministry do not really understand the sport. But

the leisure and recreation industry is growing in Malaysia and more Malaysians are beginning to be aware of the need for fitness and recreational activities. There is a place for orienteering here although we must compete with many other sports to attract participants. Another growing industry here is that of summer camps for children and management training using the outdoors. We need mappers so that orienteering could be introduced to these camp programmes.

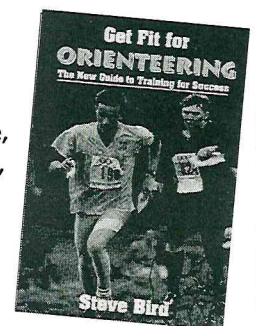
Finding sponsors is going to be very difficult. With Malaysia preparing to host the Commonwealth Games in 1998, many corporate bodies have been or will be committing themselves in its sponsorship programmes. Sports included in the Commonwealth Games are getting priority in both government and private sponsorship.

Nevertheless it is the long-term goal of the MOA to be the host of an international orienteering championships such as the Asia-Pacific Championships.

Get Fit for Orienteering

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

Confirmed publication date for this new book is April 18th 1996. Orders received before that date will be despatched at that time.



Starting from the background physiology and the principles of planning training - by the session, by the week and by the year - this well-illustrated book clearly explains all forms of physical training appropriate to orienteers including running training, strength training, flexibility and suppleness, etc.

Also looks at nutrition, illness, underperformance.

Aimed at the club orienteer and above this book will help you plan your training for maximum personal benefit.

Foreword by well-known British veteran champion and former WOC runner Mike Murray.

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The First Junior World Championship in Ski-orienteering

Report by EINAR UNSTAD, who was the IOF representative at this inaugural event

Competitors from 15 countries participated in the first JWOC in Ski-O. The organisers, the Slovakian Orienteering Federation, had chosen the small town Tajov near Banska Bystrica as the venue for the championship. In this district the terrain and climate are well suited for skiing, with hundreds of kilometres of prepared ski tracks, frequently used by the local people. During the week of the championships we experienced temperatures well below zero and excellent snow conditions.

Long Distance

The long distance competition, which was the first discipline of the championships, had its start at the Skalka ski stadium situated 1230 m above sea level in the mountain range called Kremnické Vrchy. The finish was at Hotel Lesák in Tajov, 830 m above sea level where the competitors were accommodated. The courses, 12 km for women and 16 km for men, contained some difficult route choice problems, mainly because it was difficult to see from the map which were sharp ridges and which were deep valleys in this very hilly terrain.

Not surprisingly, both gold medals went to Finland. Hanna

Kosonen and Matti Keskinarkaus won after near-perfect runs. Interestingly both silver medals went to Norway (Anne Hausken and Stian Hognestad) and both bronze medals went to Russia (Tatiana Naoumova and Ilshat Gimranov).

Short Distance

The short distance competition took place in the well-known ski resort Strbske Pleso at the foot of the Vysoke Tatry mountains. Strbske Pleso, situated 1350 m above sea level, is together with the city Poprad an applicant for the Winter Olympic Games in 2006. So maybe this was not the last time this place hosts an international ski-orienteering event. All facilities at Strbske Pleso were excellent, with the finish at the cross-country skiing arena just below the two ski jumps.

The courses, 5 km for women and 6 km for men, had a spectator control close to the finish which made the competition quite exciting for us few who were real spectators and not also team leaders. Again the two gold medals went to Finland. Hanna Kosonen took her second gold medal while Matti Keskinarkaus had to settle for the silver, beaten by 4 seconds by his team-mate Mika Hakkarainen.



Jubilation at the finish as Anne Hausken brings Norway the gold medals in the women's relay

The relay, which took place in the forests around Hotel Lesák, was the last and probably the best competition during the championships. The courses were well planned and quite difficult. This was a situation for surprises - and surprises we got. The Norwegian women with Anne Hausken on the last leg won their class, beating the Czech Republic by just 3 seconds. The favourites, Finland, took bronze, 1m 46s behind Norway. In the men's relay the favourites Finland did win, beating Norway by 3m 22s. Bronze medals went to the Czech Republic team who finished 6 minutes behind Finland.

The organising committee, headed by Juraj Nemec, worked

well together and through some improvisations carried the whole arrangement through in a manner they can be proud of.

Punches which were too weak combined with punch cards where the plastic was too hard convinced the jury that the old-fashioned punching system does not always fulfil its needs. Electronic punching should now be mandatory in major international events.

We, the few spectators, could not miss seeing that a few nations struggle to get the best competition equipment available for their competitors, making it difficult for these participants to compete on equal terms with the others.

LEADING RESULTS

LONG DISTANCE - MEN: 1. Matti Keskinarkaus FIN 69.22, 2. Stian Hognestad NOR 71.12, 3. Ilshat Gimranov RUS 73.55, 4. Egor Sorokine RUS 74.23, 5. Toni Pikkarainen FIN 74.57, 6. Arne Roste NOR 75.02. **WOMEN:** 1. Hanna Kosonen FIN 57.18, 2. Anne Hausken NOR 58.33, 3. Tatiana Naoumova RUS 58.56, 4. Olga Porozova RUS 59.43, 5. Joulia Kazarian RUS 61.14, 6. Stine Kirkevik NOR 61.15.

SHORT DISTANCE - MEN: 1. Mika Hakkarainen FIN 20.56, 2. Matti Keskinarkaus FIN 21.00, 3. Jakub Vodrazka CZE 21.20, 4. Ondrej Vodrazka CZE 21.41, 5. Egor Sorokine RUS 22.06, 6. Toni Pikkarainen FIN 22.08. **WOMEN:** Hanna Kosonen FIN 19.14, 2. Olga Porozova RUS 20.24, 3= Annika Björk SWE & Stine Kirkevik NOR 20.33, 5. Tatiana Naoumova RUS 20.41, 6. Magdalena Danielsson SWE 21.01.

RELAY - MEN: 1. FIN (T Pikkarainen, M Hakkarainen, M Keskinarkaus) 126.33, 2. NOR (A Roste, E Lefsaer, S Hognestad) 129.55, 3. CZE (L Prinda, O Vodrazka, J Vodrazka) 132.35, 4. RUS, 5. EST, 6. SVK. **WOMEN:** 1. NOR (K Uggen, S Kirkevik, A Hausken) 137.10, 2. CZE (H Ryglová, B Chudiková, T Kucharová) 137.13, 3. FIN (H Valkonen, H-M Mäkelä, H Kosonen) 138.56, 4. SWE, 5. RUS, 6. SUI.



Deep concentration at the long distance start: Teemu Kõngäs, Finland

photos: Einar Unstad

News from FINNAIR, Official IOF Carrier

More Finnair Flights go Smoke-free

Most Finnair flights will be completely smoke-free when the summer schedule comes into force on March 31st. Adopting a no-smoking line is a natural follow-up in Finnair's policy of meeting customer demand in this respect. The company was the first airline in the world to introduce no-smoking places, on its London flights in August 1970. As of March 31 this year, 90% of all the company's services will be smoke-free. Relative to the coverage of its route network, Finnair is the most smoke-free airline in Europe.

On long-haul routes, all flights to the USA and Canada will become totally non-smoking. Smoking will also stop on all Finnair flights to China, Thailand and Singapore. In contrast, flights to Japan will follow the general trend in Asia and for the time being retain seats for smokers.

Smoking Seats Remain to 5 European Countries

On Finnair scheduled flights to France, Italy, Spain, Greece and Turkey, seats will still be reserved for smokers, but Finnair will be watching closely for changes in smoking practices in these southern European countries. The aim is to ban smoking on all Finnair flights in another year's time.

Trend Towards No-smoking

It has taken well over 25 years to achieve smoke-free flights. Following the experiment on London flights, Finnair reserved places for non-smokers on all flights as of March 1972. In 1989 all flights between Nordic countries became smoke-free.

IOF Controller's Clinic

August 19 and 20 1996

(to be held in conjunction with the 1996 American Orienteering Roundup 6-Day event near New York)

Monday August 19 1996, all day

Tuesday August 20 1996, afternoon
(exact times will be announced)

Instructor: Tony Thornley, U.K.

This is an IOF Controller licensing clinic! All IOF Elite events require IOF licensed controllers.

This is your opportunity to sign up for that challenge, and we offer it now for the first time ever in the US!

*Prerequisite:
substantial experience as an official
orienteering controller*

Attendance maximum is 15 people

Please sign up as soon as possible with
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We also need your cheque for \$25.00 payable to USOF
Indicate your name, address, phone, e-mail, fax (whatever)
and past orienteering controller experience

Deadline Friday July 26 1996



30TH INTERNATIONAL ORIENTEERING WEEK IN KAINUU, FINLAND 7.-13.7.1996

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More than 70 classes, on the 2nd day short distances, demanding courses.

Six-colour orienteering maps drawn 1996.

Registration and entry fees: H/D8-16 FIM 100, others FIM 200, by May 31st 1996.

Further information:

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Fax: +358 86 669 1603

Electr. mail: KRV@pp.netpp.fi.

Orienteering in the Federal Republic of Yugoslavia - Come and Try it!

by ZORAN MILOVANOVIC, Secretary General, Yugoslav Orienteering Federation

After the war in ex-Yugoslavia, orienteers from the Federal Republic of Yugoslavia (Serbia and Montenegro) joined together in a new Yugoslav Orienteering Federation. That was in March 1993. In that time we were 16 O-clubs with about 200 active orienteers and about 10 big competitions during the year.

Last year we started a National O-League which consisted of 6 events during the whole season, in which more than 500 competitors from 18 Yugoslav O-clubs took part. The best 4 results counted for the general ranking in 1995. The best seniors were Irina Juhas (DMB-Beograd) in the women's class and Todor Alidukic (Nestin) in the men's. In the

club ranking the best were Josif Pancic, Pobeda and DMB, all from Belgrade.

Now, 3 years after we established the new YOF, we have 27 O-clubs and this year our national O-calendar consists of 12 competitions (8 for the National O-League and 4 championships - relay, team, individual and night) and we have more than 500 active orienteers. There are few big clubs, these mainly in Belgrade; the others are rather small.

This year we will have 7 new maps to IOF standards covering about 20 sq. km. Most of them will be in our attractive tourist places such as Fruska Gora mountain, Zlatibor and Tara.

In the middle of September, YOF will be the organiser of one of the biggest events in Yugoslavia - the YU OPEN. The idea is to attract orienteers from all over the world to a beautiful area of the National Park Tara. This area has never been used for orienteering before.

So - why don't you come and try it - you are welcome!

AZIMUT

Published 4 times per year, Azimut is the official magazine of YOF and the main source of orienteering information from Yugoslavia. Orienteers from all over the world are welcome to send their articles, letters or proposals, as are the organisers of orienteering events.

Advertising rates are very attractive, particularly for events. If interested, please contact Revija 'Azimut', Postanski fah 33, 11420 Smed. Palanka, Yugoslavia.



Decision time: a group of youngsters enjoying an event in a Yugoslavian forest

photo: A. Kokovic

The First South American Championships

report by JOSÉ ARNO GIRIBONI DA SILVA, Event Director

A new landmark in South American orienteering was passed on 17th December 1995 when the Santa Maria Orienteering Club (COSM) in the Rio Grande do Sul state in Brazil organised the first South American Championships.

Thought to be the biggest orienteering event yet held in South America, more than 400 competitors in 14 classes took part, mostly Brazilians but including a team from Argentina and a Swede - Nils Olof Nöjd - competing in H40.

A 10 sq km area of mixed forest

and open land not far from Santa Maria was used, mapped at 1:10,000 with the help of Swedish elite runner Arto Rautiainen.

Winner of the 7km H21E course by more than 4 minutes, and therefore first South American champion, was Newton Venancio. Carla Maria Clauss Torrezam became the first lady champion.



Veterans on the podium photo: author

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INTERNATIONAL FIXTURES LIST



This list includes all open events in the 1996 IOF Calendar up to the end of July with closing dates between 15th April and 30th June. The entry closing date, where known, is shown at the end of the event name. Then follows the type of event: I - individual, C - classic, S - short distance, L - long distance, R - relay. 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 and fax numbers. A * indicates that the event is designated an IOF Elite Event.

APRIL

- 27 **Slovakia Long-Dist. Champs., Topolcianky, Slovakia** (20/4) I D Richter, Moravecká 22, 95193 Topolcianky, Slovak Republic T +42 87 22585
- 27, 28 **Isotonic Relay, Kermiö/Turku, Finland** (15/4) 2R Jorma Ake, Kirsikkapolku 4, FIN-21600 Parainen, Finland T +358 21 4583470, F +358 21 4581042
- MAY**
- 4, 5 **Irish Orienteering Champs., Galway, Ireland** (20/4) I/R J Walshe, Moneymore East, Oranmore, Co. Galway, Ireland T +353 91 90408
- 4, 5 **1996 New York State Champs., USA** (15/4) I/R A Buraczynski, 36 Cartier Court, Newark, DE 19711-5954369, USA T +1 302 368 4455
- 4, 5 **Memorial cika Duska Jovanovica, Rajac, Yugoslavia** (15/4) 2I PD 'Pobeda', Macvanska 8, 11000 Beograd, Yugoslavia F +381 11 647 672
- 5 **1ère Nationale, Reims, France C** Région Champagne-Ardenne, 2 Rue de la Barre, 51500 Sillery, France T +33 2649 1825
- 19 *** WCOE National Event, Cumbria, England** (22/4) C P Atkinson, 1 Victoria Villa, Moor Row, Cumbria, England CA24 3JX T +44 1946 813112
- 19 **Oripenta, Rovereto (Trento), Italy** (12/5) R G.S. Argentario, Via Venezia 2, I-38100 Trento, Italy T & F +39 461 981051
- 25 *** Scottish Champs & National Event, Aberfoyle, Scotland** (26/4) C R Wilson, 3 Ilay Court, Bearsden, Glasgow, U.K. G61 1RT T +44 141 942 9907
- 25, 26 **Slovakia Cup events 1 & 2, Pezinok, Slovakia** (10/5) 2C P Poláček, Kupeckého 47, 902 01 Pezinok, Slovak Republic T +42 704 402100
- 25, 26 **15-stafetten & Knut Valstads Minneløp, Oslo, Norway** (13/5) R/I T Engblad, Munkebekken 24, N-1061 Oslo, Norway T +47 2230 7150
- 25-27 **Internationaler 3-Tage-OL, Simmerath, Germany** 3C no details received
- 25-27 **Tamar Triple Weekend, Plymouth, England** (3/5) 3I M Hosford, Rossett, Higher Broad Park, Dartmouth, Devon, England TQ6 9HA T +44 1803 833806
- 25-27 **Budapest Kupa, Budapest, Hungary** (26/4) C/S/R BTFSZ, Curia u. 1-3, H-1053 Budapest, Hungary T +36 1 136 488
- 26, 27 **Raid IGN-Francital, Languedoc-Roussill, France** Ligue de Rhône-Alpes, O. Paret, 3 Les Gouttets, 42 410 Pelussin, France T +33 748 76275

JUNE

- 2 **I Meeting International Gerês, Portugal** (23/5) I Associação Recreativa e Cultural do Campo, Campo do Gerês, 4840 Terras de Bouro, Portugal T +351 53 351005, F +351 53 357065
- 2 *** 2ème Nationale, Dévoluy, Provence, France I** Ligue de Provence, G Mathian, 15 Lieu-dit 'La Rouvière', 13 124 Peypin, France T +33 428 27182
- 8, 9 **Suunto Games, Helsinki, Finland** (25/5) 2C V-M Salmenkylä, Box 88, FIN-00501 Helsinki, Finland T +358 0 701 5115
- 15, 16 **Jukola & Venla Relays, Rautavaara/Kuopio, Finland** (10/5) 2R S Penninkilampi, Julkulanniementie 2 H 19, FIN-70260 Kuopio, Finland T +358 71 364 9908
- 21-23 **Shamrock O-Ringen, Killarney, Ireland** (7/6) S/2C B & M Creedon, Mount Prospect, Douglas, Co. Cork, Ireland T +353 21 361 824, F +353 21 313 876
- 26-29 **Quatre Jours d'orientation 96, Marche en Famenne, Belgium** (1/6) 4I J-N Debehogne, 31 avenue Génral Bernheim, 1040 Bruxelles, Belgium T & F +32 26 406922

JUNE

- 27-30 **Ilvesteade, Viljandi, Estonia** (10/6) 3I/R P Taba, OK Ilves, pk 161, EE-2400 Tartu, Estonia T +372 7 471181, F +372 7 475308, E-mail pillet@cut.ee
- 28-30 *** Norwegian O-Festival, Trondheim, Norway** (20/5) S/C/R Karl B Olsen, Alvheimsvingen 19, N-7026 Trondheim, Norway T +47 72556042, F +47 73518970
- 28-30 **Grand Prix Gdyni, Gdynia, Poland** (1/6) 3I WKS Flota, ul. Zygmunt Augusta 2, 81-301 Gdynia, Poland T +48 58 201820, F +48 58 263722
- 29-7/7 **Colorado 7-day, Lake George, USA** 7I D Walker, 350 Bates Avenue, Boulder, CO 80303-5304 USA T +1 303 494 8695
- 29-1/7 *** 3 days Morava 96, Stramberk, Czech Republic** 3C J Kroca, Petra Kricky 19, CZ-701 00 Ostrava 1, Czech Republic T & F +42 69 55220

JULY

- 3-5 **Fjäll-OL, Östersund, Sweden** (10/6) 3I G Hagelin, Smultronvägen 28, S-831 62 Östersund, Sweden T +46 63 133395
- 3-7 *** Takas 96, Plateliai, Lithuania** 5I A Pikturna, a/d 558, 3031 Kaunas, Lithuania T +370 7 206326, F +370 7 205733
- 5-7 **Wawel Cup, Ogródzieniec, Poland** (10/6) 3C WKS Wawel, Sekcja BnO, ul. Bronowicka 5, 30-901 Krakow, Poland T +48 12 372791, F +48 12 370645
- 5-7 **Tunafors SK 3-days, Eskilstuna, Sweden** (10/6) 3I A Borg, Wallingatan 8, S-632 30 Eskilstuna, Sweden T +46 1 621500, F +46 1 621600
- 5-7 **Alpok-Adria Kupa, Zalaegerszeg, Hungary** (5/6) 2I/R F Ferenc, Patkó u. 13/4, H-8900 Zalaegerszeg, Hungary
- 5-7 **3 Giorni d'Italia, Lavarone (Trento), Italy** (15/5) 3I Comitato Trentino FISO, Passaggio S. Benedetto 8, 38100 Trento, Italy T & F +39 461 981051
- 6 **Kaleva Relay, Oulu, Finland** (25/6) R A Hiltunen, Kenttäpostinkuja 4 C, FIN-90160 Oulu, Finland T +358 82 222626, F +358 82 220880
- 7-13 **Kainuu O-Week, Sotkamo/Kajaani, Finland** (15/6) 4I T Hakkarainen, Varsitie 14, FIN-88610 Vuokatti, Finland T +358 86 6640356
- 8-13 *** Int. 5-Tage-OL, Wiener Neustadt, Austria** (1/5) 5I G Tobler, Paul-Troger-Gasse 34, A-2700 Wiener Neustadt, Austria T & F +43 2622 23410
- 9-15 **Sørlandsgaloppen, Kristiansand, Norway** (3/6) 6C B E Olsen, Gunhildsv. 2, N-4633 Kristiansand, Norway T +47 38 19 85 50, F +47 38 07 96 81
- 11-14 *** 4 EST, Otepää, Estonia** (15/6) 4C Estonian OF, Regati 1, EE-0019 Tallinn, Estonia T +372 2 237021, F +372 2 238387
- 12-14 **Grand Prix Slovakia 96, Kosice, Slovakia** (20/6) 3C L Olhava, Markusova 9, 040 11 Kosice, Slovakia T +42 95 421091
- 12-14 **Varbergs OL-klubbar, Halmstad, Sweden** (10/6) 3I K Tengnér, Blomgränd 25, S-432 34 Varberg, Sweden T +46 34 010218
- 13, 14 **Skawdyst, Skagen, Denmark** 2I K Pedersen, Skagbanke 12, DK-9990 Skagen, Denmark T +45 9845 0440
- 15-20 *** FIN 5 O-Week, Kouvolaa, Finland** (15/6) 5C M Salonen, Ponnepolku 17, FIN-45360 Valkeala, Finland T +358 51 3860491
- 16-18 **Östgöta 3-dagars, Linköping, Sweden** (10/6) 3I N-E Wetterhall, Gotlandsvägen 4, S-597 32 Atvidaberg, Sweden T +46 12 012452
- 19-21 **Jysk 3-dagars, Silkeborg, Denmark** 3C N Skammelsen, Nørskovlundvej 62, DK-8620 Kjellerup, Denmark T +45 8688 6036

Events Noticeboard

Veteran World Cup

This year's Veteran World Cup, taking place in Murcia, Spain immediately after Easter, has over 3,000 entries from 34 countries, including Argentina and Ecuador. This will be by a long way the biggest O-competition yet held in Spain - perhaps a candidate for the Guinness Book of Records as the biggest single-sport veteran competition in the world. More than 1,000 people have booked for the opening and closing dinners. Oldest competitors are 93-year-old Arthur Lindkvist from Nyköping, Sweden and 91-year-old Katarina Paananen from Finland, winners of M90 and W90 respectively in Russia last year.

The President of the Regional Government is expected to be present at the opening ceremony, which will also include a parachute jump.

The week after the event, a

half-hour programme on the Veteran World Cup will be shown on national Spanish TV.

Early Closing Dates

The entry closing date for the **O-Ringen 5-days** in Karlstad, Sweden (22-26 July) has been extended, but if you wish to enter you are advised to contact the organiser as soon as possible, tel. +46 541 46238 or fax +46 541 46245. Two events in August have early closing dates: firstly the **Swiss O Week** (an IOF Elite event), 3-10 August, is based on Brunnen and entries close on 15th April. Entries to Swiss O Week Secretariat, Dammweg 1b, CH-6414 Oberarth, Switzerland, tel. +41 41855 2854, fax +41 41855 4586. Secondly, entries for the **American Orienteering Roundup** (17-25 August) close on 1st June. Enquiries and entries to Rick Slater, 28 Hanover Drive, Cookstown, NJ 08511, USA, tel. +1 609 758 0785.



MEHTÄ-JUKOLA

**Open International
Orienteering Relay
Competition for clubs**

Mehtä-Jukola '96

15-16.6.1996, Rautavaara

*"A big, glamorous
event in the centre
of Finland"*

Jukola Relay (for men):

1st leg 13 km, 2nd 13.5 km, 3rd 11 km, 4th 9 km,
5th 9 km, 6th 12 km, 7th 16 km.

Venla Relay (for women):

1st leg 8 km, 2nd 8 km, 3rd 6 km, 4th 9 km.

Entry deadline: May 13th 1996

Travel: It is easy to get to Mehtä-Jukola. The event centre is 400 km north of Helsinki. You can come by 'plane (from Kuopio airport it is 60 km), by train, by bus or by car.

Information:

Mehtä-Jukola '96

P.O. Box 32, FIN-73301 Nilsä,
Finland. **Tel.** +358 71 480 380

Fax +358 71 480 381

Further information also on **INTERNET:**

<http://www.jyu.fi/~mikpera/jukola-97/mehta-jukola.html>



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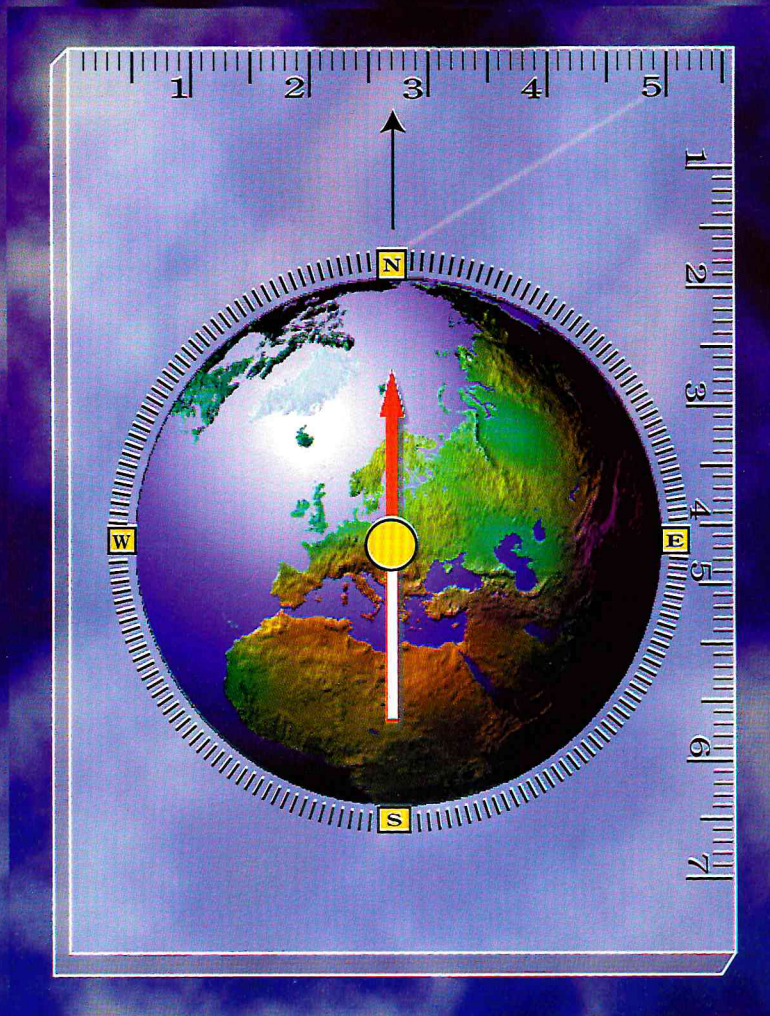
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Enquiries to: OASA, State Association House, 1 Sturt Street, Adelaide, SA, 5000.

Telephone +61 8 410 1052, or Fax +61 8 211 7115



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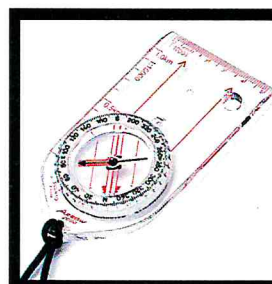
S-182 25 Danderyd, Sweden. Telephone +46 8 753 88 00 Fax +46 8 755 12 56



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