

# ORIENTEERING WORLD

1993 NO. 4

JULY

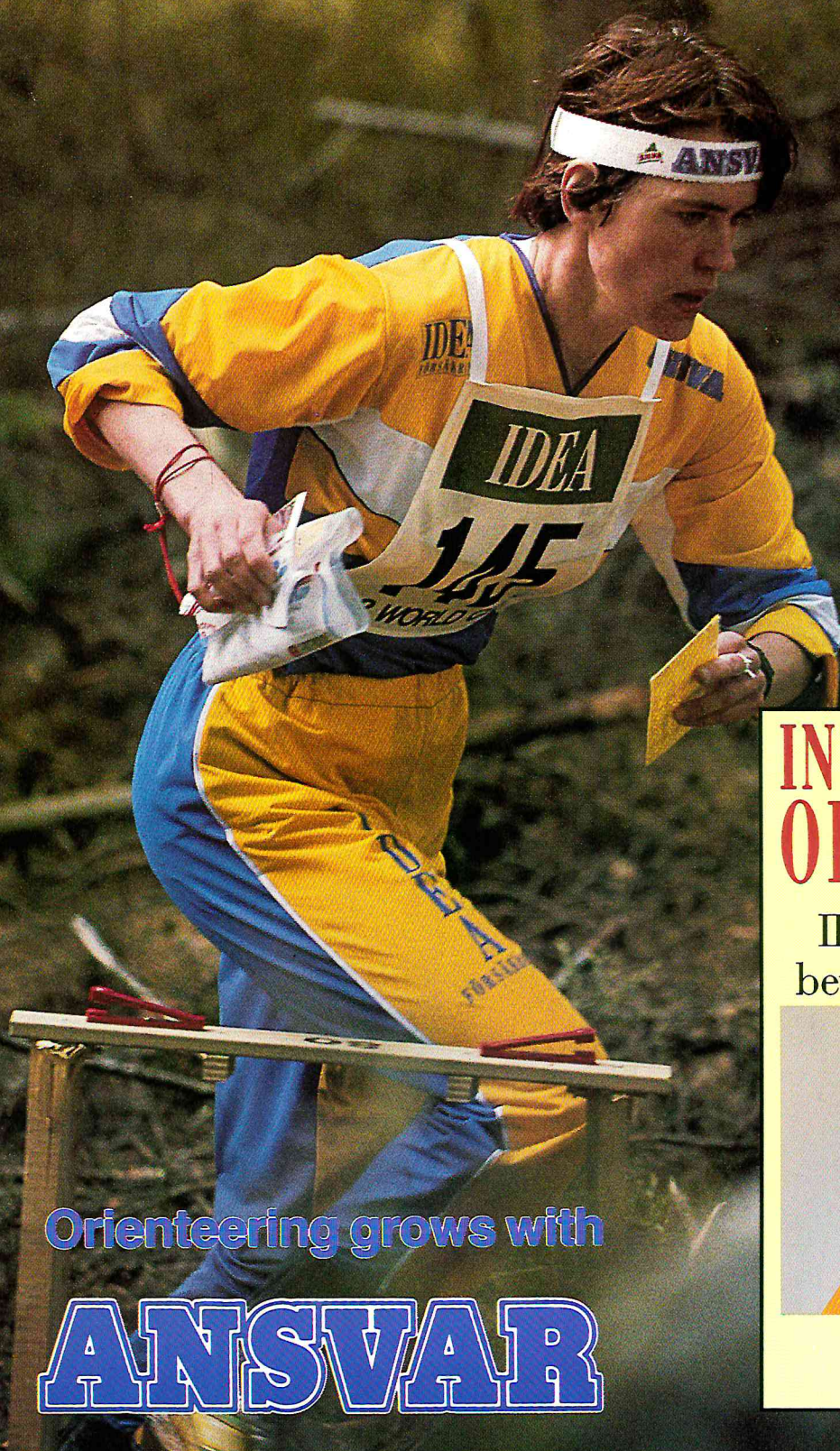


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# ORIENTEERING WORLD

OFFICIAL JOURNAL OF THE  
INTERNATIONAL ORIENTEERING FEDERATION



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## NOTES FOR CONTRIBUTORS

All contributions should be sent to the Editor to arrive not later than the  
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Letters and photographs for publication are welcomed.

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COVER PHOTO: A trail orienteer makes a careful decision at the Swedish  
5-days last year  
Photo: Camilo de Mendonca

# Editorial

Orienteering is a fascinating sport in the amount of variety of experience it provides. No level playing fields for us; different types of terrain demand quite different skills, often within the same race. But there are so many different types of orienteering, too. On foot we can run long, classic or short distance; relays or score events; by day or at night. We can keep off our feet by using skis, bicycles, horses, canoes - and, of course, wheelchairs.

Governing bodies in orienteering seem to hold a variety of attitudes to the less well-known variants, depending on whether they are seen as an opportunity, a problem or just an oddity. Edmond Széchényi in his article on page 7 takes a positive outlook, identifying all-terrain-bike O as having the greatest growth potential. In northern Spain, it seems, ATB-O events are pulling in more competitors than 'ordinary' foot-O. Establishing ourselves as the universally recognised authority in all orienteering activities gives us the chance to use all our experience to help organisers and competitors in ATB-O get the most from their sport, with suitable maps, courses and technique training programmes, as well as to safeguard the traditional variants by extending to new organising groups our traditional principles relating to land access and care of the environment. There would seem to be opportunities too in some countries to improve public awareness of orienteering and gain increased sponsorship through the high-profile image of all-terrain biking.

Our national and international governing bodies have an obvious responsibility to foster the development of any serious sporting activity where orienteering skills are a major factor for success. Martin Färnkranz on page 17 expresses dismay over what he sees as a decline in night-O; it was certainly shown in the World Night Event 'trials' that a relatively small number of people were prepared to travel abroad for night-O alone. But with some imaginative timing in the annual calendar, this event could be 'successful'. It is an interesting question here, as also with the other variants - who should take the initiatives to promote more international competition - the IOF, or national governing bodies? Or are these initiatives best 'driven' by grass-roots interest and demand?

Clive Allen

# AROUND THE WORLD

## News from Korea

"Orienteering in Korea is coming to life again", writes *Oh Jung-hwan, Acting President of the Korean Orienteering Federation*. After a period with little activity, several training and coaching clinics and a mapping clinic have already been held this year, along with events including one of national standard. The national championships are planned for October.

IOF Development & Promotion Committee member John Brock (Tasmania) will spend two weeks in August undertaking development activities in Korea; during this period he will lead two coaching clinics for up to 60 local orienteers in all.

## Gunnar Hasselstrand

Gunnar Hasselstrand, well known internationally for his book 'Learning Orienteering Step by Step' published by the IOF in 1987, died on May 19th aged 56. He initiated countless projects and developments in Sweden based on the step-by-step method, nearly all connected with the systematic teaching of orienteering skills to youngsters. His first book was published in 1981. An excellent teacher himself and an inspiring leader, Gunnar worked in 1986-87 as a project leader for the Swedish federation, establishing new teaching methods in clubs and districts.

Gunnar will long be remembered as the key person behind the transformation of the teaching of basic orienteering skills from a disorganised and unplanned collection of activities into a properly planned and systematic scheme. His approach and techniques have been successfully copied by orienteering teachers in many lands.

## Spanish Federation Gains Government Recognition

The National Sports Council of Spain has recognized the Association of Orienteering Clubs of Spain (A.E.C.O.) as a group of clubs which in 3 years' time can rise to Federation status and then gain economic support from the government. Just prior to this decision being made, the President of the National Sports Council, Mr. Gómez Navarro, visited the VI International Trophy 'Martin Kronlund' and tried a course with his family and some colleagues.

In the Region of Aragon in northern Spain, **mountain-bike O** events with more than 400 competitors have been held. The National MB-O Championships will be held in early October. It is expected that a MB-O Committee in A.E.C.O. will be formed.

As part of the IOF Technical Committee's long-term policy of improving major event standards especially amongst developing nations, a **controllers clinic** was held over the weekend 28-30 May in the city of El Escorial, near Madrid. Teachers were Edmond Széchényi (France) and Vladimír Mikan (Czech Republic). Thirty orienteers from all over Spain took part.

## LIVE AND WORK IN SEVILLE

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### Job description & responsibilities:

Collaborate with the President of the Spanish Orienteering Association clubs as secretary and with the Seville orienteering club in the management of the club, organisation of events, development of courses, etc. Assist with the sale & distribution of orienteering equipment. Assist in general household maintenance.

Room and board plus a small monetary stipend will be provided.

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## IOF Coaching Clinic in Hong Kong

by Patrick Ng, Training & Coaching Secretary  
of the Orienteering Association of Hong Kong

An orienteering coaching clinic has recently been held in Hong Kong. The clinic was called 'IOF Coaching Clinic for the Asia Region' and was supported by the IOF and the Hong Kong Coaching Committee. This was the first clinic of its kind ever held in the Asia region and was well attended by the Asian orienteering countries: 7 participants from China, 5 from Korea, 2 from Malaysia, 1 from Japan and 12 from Hong Kong.



An attentive class

photos: Patrick Ng

The idea of having an orienteering coaching clinic in the Asia region came two years ago when I was attending the O-ringen Coaching Clinic in Arboga, Sweden. I asked Peter Palmer, the Clinic Director there, whether it would be possible to hold a coaching clinic of a similar nature for the Asian O-nations - and his answer was "yes"! Then we started planning and organising the clinic, and it took nearly two years for the project to materialise.

The IOF Coaching Clinic for the Asia Region was held in Hong Kong from 27th to 31st May this year, with the prime objectives being to provide the participating coaches with a basic skill in orienteering coaching at club level and to foster friendship and mutual co-operation in developing our sport in the Asian region. The training programme started with an introduction and discussion on levels of experience in orienteering and was followed by the teaching and development of basic orienteering skills.

### Fine Facilities

Peter made good use of the fine facilities of the Hong Kong Sports Institute, providing very interesting training exercises in both indoor and outdoor environments. A special O-map of the HKSI was made by Steve Palmer and we were very impressed by Steve's mapping skills and efficiency. The following two days were spent on practical training; the areas, including Pak



Presentation of diplomas by Peter Palmer  
at the end of the clinic

Sha O where we had the World Cup event in 1988, were specially chosen to demonstrate course planning for different levels of competence in orienteering.



Liu Longdi, Secretary General of the Chinese Orienteering Committee, with Marlene Palmer, punching a control at the Hong Kong Sports Institute

### Presentations

The Clinic was concluded by presentations from each participating country on the level of coaching development in their countries. It was found that Hong Kong was the only country in the Asian region to have an accreditation programme in orienteering and this has set a good model for other countries to follow. It was also agreed unanimously that this kind of coaching clinic should be continued on a regular basis, perhaps every two years, to be organised by each country in turn.

Finally I wish to place on record our heartfelt appreciation to the Palmer family - Peter, Marlene and Steve - who have been implanting us with valuable coaching skills and ideas in orienteering, and to the IOF and the Hong Kong Coaching Committee without whose most generous support we could not possibly have staged this clinic to such great success.

## Elite Results Round-up

The **Nordic Open Championships** was one of the key Spring-season events; in the classic race, H21 was won by **Jon Tvedt** and D21 by **Ragnhild Bente Andersen** (both Norway). Finland had all four winners in the short distance races. More details and results are given on page 15.

The 6th three-day 'Panthersprung' in Niederbayern, Germany at the end of May attracted 5 national teams. Swiss team runner **Nik Suter** won H21E with a 4-minute lead over fellow-countryman **Kornel Ulrich**; winner of D21E was **Ruth Humbel-Näf** (Switzerland), over 5 minutes ahead of **Lucie Böhm** (Austria).

Long and hard courses were a feature of the **Spanish Championships** near Murcia in which there were over 450 competitors. Men's Elite was won by **Antonio J Salguero Pérez** by almost 15 minutes in 2-56-33; Women's Elite winner was **Encarna Maturana Figueredo**, taking 2-27-26.

**Irish Champions** in a highly enjoyable event on Carlingford Mountain were **Aonghus O'Cleirigh** and **Una Creagh**.

**Warren Key**, with maximum points, and **Georgina Macken** were individual winners of the **Australian O-League** featured in the last issue of *OW*. Team winners of the Silva Trophy were Transcontinental Tigersnakes.

## Japan Map Beats All?

In *OW* 93/1 a map of an island in Riga, Latvia was reproduced which measured 37.5 cm x 5 cm at 1:10,000. Was this the longest, thinnest O-map in the world? Certainly not! Koji Sugimoto has sent in the map of Tamagawa Riverrun, Tokyo produced for the 1993 Shakaijin OL Championships at 1:10,000; it is all of **85 cm** long and never more than 7cm wide!

It is split into two sections on the sheet, which measures 47 cm x 30 cm. The river, which is 100m wide in places, snakes through the full length of the map. This *must* be the longest, thinnest - unless you know better...

# TRAIL O *Blazes New Trails*

Belgium and Portugal are two of the latest IOF nations to try out Trail Orienteering. ANNE BRAGGINS, Chairman of the IOF Trail-O Group, describes the history of this very special branch of orienteering, and brings us up-to-date with the most recent developments.



## What is Trail O?

**T**rail O is the generic name adopted by the IOF for the discipline suitable for people with disabilities, the handicapped or invalids, the different terminology coming from various languages. The name Trail O is universal, although in introducing the sport it is often qualified or explained by using the current term in any country and the internationally accepted wheelchair sign.

## The Early Days

The wish to provide orienteering for the less fortunate started in a number of areas at the same time. In every case the first attempts mostly involved competitors in wheelchairs on timed courses along paths or other easy terrain. Although the aim was to make it like a foot-O competition, it was closer to ski-O. Because of the time element, the winners of these competitions were those with strong upper bodies or with fast runners to push them; relatively little map reading was required. The first competitors were often those who already took part in some sort of wheelchair sport.

## The Fairest Form of Competition

Sweden took the initiative in thinking about spreading the sport to others, even those who had not thought any sport was a possibility for them. Over a ten-

year period they experimented with various forms, settling eventually on 'multi-choice orienteering with false controls' as being the fairest form of competition in which the greatest number of people with different disabilities and different degrees of disability could compete together on equal terms. This is now recognised as Trail O and we believe that, although an outdoor physical activity, it is rare among sports in that the physical capacity of the participant has no bearing on the competition result since assistance with mobility is always available.



*photo: Ivor Nicholas*

By concentrating on the map and terrain interpretation, the cerebral side of orienteering is retained, as is the decision-making. The joy experienced by many of running in the forest can never be there for severely disabled athletes; however without Trail O they may never have had the chance to enjoy being in a forest at all. Orienteering takes you to beautiful places whatever your physical state.



*Local parks are ideal for orienteering activities with disabled people*

With the 1992 IOF Council decision to set up the Trail O Group, the means is there to pass on the information learnt by experiment to any nation wishing to provide this sport for the less fortunate. The universal problem is to find people willing to match enthusiastic potential competitors with orienteers interested in putting the extra time needed into an event. I am convinced that the message that there is an enjoyable sport to participate in will be most effectively spread by competitors, but first find your competitors!

## The Trail O Group in Portugal

The approach has varied slightly in different countries. The first weekend in April saw the Trail O Group in Viseu, Portugal for their meeting, run at the same time as a two-day clinic for teachers of people with disabilities. The Group were there to assist in the practical session by planning the course and - in spite of a language problem - instructing the participants. Camilo de Mendonca, President of the Portuguese Orienteering Federation



*Briefing session, by Camilo de Mendonca, of teachers attending clinic about to try a course planned by the IOF Trail O Group*  
*photo: Don Braggins*



*Which kite is in the correct place? - not an easy decision!*

and a member of the Trail O Group, had excellent support from the Ministry of Sport, Regional and Local Authority Sports Departments as well as sponsorship for this clinic, and now there are plans for a big competition.

### First Event in Belgium

Another Trail O Group member, Bernard LeGrand, is leading the development in Belgium and had a most successful first event on May 9th for which he was able to gain the support of Prince Phillip. Here the aim was very much on showing the possibilities of Trail O to as many people as possible; disabled individuals and groups attended along with orienteers from a large selection of clubs. Community involvement included a Scout Group providing pushers on the rough, steep sections of track. There was excellent coverage in the national and regional press and a TV crew attended to film for a couple of hours.

In Britain, trail O was on display at the Jan Kjellström Orienteering Festival with an event on an extremely wet Good Friday. Here there has been demand for the means to provide Trail O in the 'home' environment and in many cases a desire by orienteers to see what is involved before organising something for the club.



### AN ADVANCED TRAIL O COURSE

*The map alongside shows the A course at the first major trail O event in Great Britain, held in Lancashire on 21 June 1992. The map was specially produced for trail O competitions.*

*Competitors cannot leave the paths passing through the area, and view three or four kites in each control area from viewing points on the path. Moving up and down the path enables the kites to be viewed from different angles prior to making the decision on which kite is located at the point indicated by the centre of the control circle on the map.*

*At most controls there is no time limit for deciding which kite is in the correct location, but at one or two controls the decision-making process is timed and no movement away from a designated viewing point is allowed.*

## Literature Available about Trail O

Many Federations are convinced they must have something to show before attempting anything practical. There is now a selection of material available, including:

(1) **an A4 folded flyer** commissioned by the IOF Trail O Group and designed by Guthrie Hutton, with the printing costs for 10,000 copies funded by Ken Broad of Ultrasport. This is a promotional leaflet usable in any country because the message "here is an outdoor activity that looks fun and gets progressively more challenging" is given by pictures so that there is no language barrier.

(2) For competitors who only want the basic information in how to get round a course, the Trail O Group have obtained a **12 A4-page English translation of a booklet produced by the Swedish federation** and a sponsor is being sought to cover the printing costs.

(3) For club organisers, planners and competitors as well as activity organisers there is now a **64-page comprehensive book** published by Harveys with support from the British Sports Council and the British Orienteering Federation (see review on next page).



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# Trail O - have a go yourself!

Even with the printed information now available, the best way to understand Trail O is to take part in a competition, and watching the experienced competitor is most revealing.

With Trail O you have to see the land as the mapper and course setter did, and in trying Trail O you will find that you have never really studied a map and related it to the terrain around quite that carefully, because here there is no code to check and you are 50m away on a path.

Course planners have even been known to put two controls at different locations in the same re-entrant!



Trail O action at the Swedish 5-Days in 1992 (photo - Camilo de Mendonca)

IOF Vice President Sue Harvey tries her hand at Trail O



## Where to try Trail O:

**At the Swedish 5-days:** competitors with early starts in the main competition on the first and last days are welcome to try a Trail O course afterwards. There will also be a demonstration event (including a timed control) at the event centre on 21st July, with members of the SOFT and IOF Trail O Groups there to assist. At this time, Arne Yngstrom will be giving a demonstration on how the sport can be made available to those with visual impairment. For further information contact Carine Hallden, telephone (46) 346 199 30.

**At the Scottish 6-days:** at Crathes Castle on the morning of 4th August (the rest day). Information from Anne Braggins, tel. (44) 763 260333.

## REVIEW

**'Trail Orienteering' by Anne Braggins, 64pp A4, published by Harveys, £9.95 ISBN 1 85 137 0900**

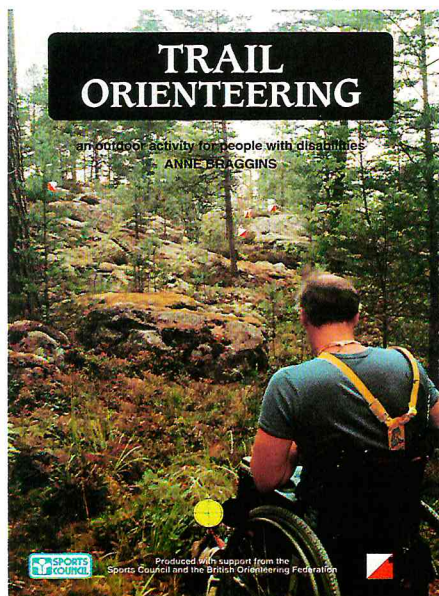
The opportunities open to people previously regarded as being barred from active sport have increased tremendously in recent years; sports organising bodies have shown great ingenuity, working in co-operation with disabled people and those involved with them, in overcoming difficulties, adapting some events and inventing others and modifying techniques and equipment. The simple premise from which it all starts is 'yes I can' rather than 'no I can't'.

This book sets out to show, to disabled people and anyone who might bring them and orienteering together, how our sport has taken this premise and created the variant called Trail O. Well illustrated with photographs, maps and sketches in colour and black-and-white, it takes the reader through the various stages in introducing disabled people to orienteering activities and skills both indoors and outdoors, and eventually to competition. The chapter on competitive trail orienteering describes in detail how, although a physical activity, Trail O is rare among sports in that the physical capacity of the competitor is irrelevant to the level achieved in competition.

The book's style is friendly and relaxed, with an emphasis on bringing people together to

enjoy the many variations of scene and activity which orienteering can offer. For example, the reader is introduced to the various exercises which are so successful when working with children in school grounds or parks, adapted so that they can be equally successful when used with people in wheelchairs, or lacking self-confidence and therefore happier initially in home surroundings. They provide "a wonderfully simple and enjoyable platform on which to build confidence and from which the great adventure of orienteering in the wider environment can be launched".

An interesting chapter describes how permanent O-courses can be used by disabled



orienteers, and how one particular permanent course was set up with the disabled particularly in mind.

**Part 2 of the book provides guidance to organisers, planners and mappers** on the particular needs of disabled orienteers and how to prepare courses of various standards in suitable terrain using a suitable map. An adaptation of the technical guidelines used in Great Britain for colour-coded courses gives course planners in clear and concise form all the basic information they need, based on experience gained in the last few years in several countries. Five levels are used ranging from Cream (novice level) through Rose, Sky and Fawn to Grey (elite level). A very useful chapter describes different types of disability and gives advice on the best ways of communicating with disabled people and their helpers so that everyone gets the most, socially and practically, from the occasion. There are 5 informative appendices.

**This is the first book to be published which is devoted solely to Trail O**, and it comes as the competitive format of trail orienteering is becoming firmly established and as new contacts between orienteers and disabled people are being made in a number of countries. It can be highly recommended to orienteers interested in the exciting challenge of introducing our sport to disabled people, but also particularly to group leaders and activity providers working with the disabled and of course disabled people themselves.

Clive Allen



Edmond at the helm - at the 1992 World Ski-O Championships

**In our small world of orienteering** we naturally tend to have a rather uniform view of what our sport is or should be.

We live in a fast changing world and the public's perception of sport is changing with it. An increasing number of people take part in outdoor sports, often preferring them to be unregulated and outside traditional structures. Many sports are losing their comfortable, sharply-defined contours. Well established sports create new disciplines with media appeal. Multi-disciplinary activities (e.g. triathlon) are attracting increasing attention. These developments mostly result from commercial enterprises responding to the general public's thirst for adventure and its fascination with the 'ultimate performance'. At the root of these developments is our modern need to return to nature and to pit ourselves in the timeless combat of man and his environment.

## Diversified Fields

Whether we like it or not, our own sport is also becoming increasingly drawn into diversified fields. We have all heard of spectacular multi-disciplinary trekking events publicising the orienteering side of the competition. Teams often include orienteers to help with

**Orienteering World** invited EDMOND SZÉCHÉNYI, President of the Fédération Française de Course d'Orientation and a member of the IOF Council, to write about one of his concerns over the development of our sport. In this article he puts the question:

# Whither Orienteering?

this speciality. The example of the trans-Sahara motor rally is telling: Ari Vatanen, the well known Finnish winner of a few years ago, explained how invaluable his orienteering experience had been for his victory. The word 'orienteering' is becoming associated with activities quite outside the domain of orienteering clubs and we would find it difficult to identify with some of the competitions concerned. These events invariably have commercial sponsors and are designed to appeal to the media. As orienteering is still little known throughout the world, there is a risk that the image of our sport will be shaped by competitive events we neither control nor even recognise as orienteering. This is already happening in the world of sailing: Olympic regattas and champions have only a fraction of the media value of high-sea races or the America Cup. The latter are all supported by commercial interests and organised independently of the sailing federations.

It is therefore necessary for national orienteering federations to be watchful of activities that include orienteering in any form. By going out towards the organisers and negotiating partnerships we can try to establish ourselves as the universally recognised authority in all orienteering activities and thus safeguard the unique character of what is called orienteering. It is important to anticipate organisers' needs and to take the initiative while they still welcome technical expertise. Once promoters have developed their own style of competition it will be difficult for us to wield any influence or to impose our views.

## New Disciplines

Through the diversified activities involving orienteering, new disciplines will evolve. There is no reason why our present two-discipline sport (on foot and on skis) should not be broadened. Today, all-terrain-bike orienteering is perhaps the strongest contender for an official place in our sport. It is not revolutionary nor does it call for unfamiliar techniques; while similar to ski-orienteering it does not suffer from the inconveniences of climatic or seasonal restrictions. The popular appeal of all-terrain biking as an outdoor activity is spreading fast throughout the world and good ATB-O terrains are

widely available. Other forms of orienteering that are also gaining ground are trekking and rogaining.

Following this constant evolution in the sporting world, I feel that we must keep an open mind regarding the development of our sport, but at the same time we need to safeguard its specificity. Essentially, the unique character of orienteering is "to find and follow the best route through unknown terrain against the clock with the aid of a map and a compass". It is this fundamental definition that should be the essence of the international image of orienteering.

## Read CompassSport on the World Champs



Britain's best are set to battle with the world's finest in New York in October and *CompassSport* magazine will be there. Maps, action photos, winners' profiles, daily diary and a retrospective critique of the world's top event from the world's longest established independent orienteering magazine.

### Also coming in future issues:

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Fax: 0064-6-323-0822

*For further information contact:*

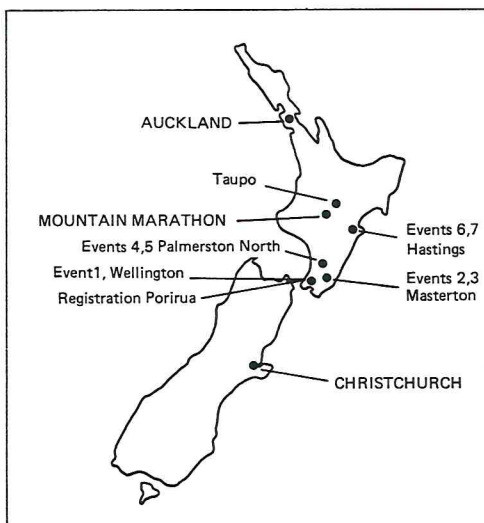


London Tel: 071-973-0360, Fax: 071-839-8929  
Frankfurt Tel: 069-971-2110, Fax: 069-971-21113  
Los Angeles Tel: 1-800-388-5494, Fax: 310-395-5453

**NEW ZEALAND** is renowned for its pleasant year-round climate and for superb and varied scenery ranging from the near-tropical to wild mountain ranges. It's good for orienteering too - and in its 21st year the New Zealand federation invites orienteers from the world over to its APOC Carnival and the first 1994 World Cup event. **GRAHAM TEAHAN**, Chairman of the APOC Organising Committee, sets the scene.

## New Zealand - The Land of Contrast

The biannual Asia Pacific Orienteering Championships (APOC), incorporated in a 6-day open event, will take place during late December 1993 and early January 1994 in the lower part of the North Island of scenic New Zealand. The organisers are offering the greatest possible variety of terrain including intricate sand dune, gully/spur open farmland, native bush and forest, plus open intricate farmland and land with limestone features.



Following APOC, a 2-day mountain marathon will be held on the central plateau of North Island, and following this is a 3-day event in Woodhill Forest (sand dune terrain) north of Auckland.

*All in all an attractive series of O events for overseas visitors to experience, plus the added attraction of New Zealand's scenic beauty. There will also be a big New Year's Eve party - followed by a rest day!*



*Typical New Zealand gully/spur terrain*

Seven events are being planned, plus a 'warm up' and two model events. These events include the APOC Individual Championships (to be held on intricate sand dune terrain), the Australia - New Zealand Challenge, the North Island Championships and the APOC Relays.

### Orienteering in New Zealand

Although officially established only in 1973, orienteering in New Zealand has quickly developed, producing a number of internationally ranked orienteers including **Katie Fettes** (10th in the classic race, 1991 World Championships), **Alastair Landels** (17th, 1992 World Cup) and **Tania Robinson** (5th, Junior World Championships in Short Distance, 1992).



*NZ stars: Tania Robinson at JWOC 1991 (photo - Matthias Massalski), and Alastair Landels on a winning run at the 1992 APOC in Japan*

There are approximately 1300 orienteers in New Zealand (population 3.3 million) with 21 clubs spread throughout the North and South Islands. Club membership ranges from 30 to 150 with most clubs based on an urban centre. There are 4 area associations - Auckland (4 clubs), Central Districts (4), Wellington (6) and South Island (6).

The national championships are held over a three-day holiday weekend, comprising short distance, classic and relays; the average number of competitors is around 350. Because of New Zealand's temperate climate events can be held in every month of the year - and invariably they are.

Because New Zealand is a sports-active nation, orienteering faces competition from many well-established sports including rugby, the national sport. The NZOF is currently undertaking a campaign to increase membership and to make the public more aware of orienteering. The promotion of orienteering in schools is helped by the successful Kiwi Sports Programme in which orienteering is one of the major sports.

New Zealand has much excellent orienteering terrain. The variety of terrain as offered for APOC is generally similar throughout the country, though in the South Island there is gold mining terrain at Naseby (the location of the 1984 APOC).



## K-Swiss to Sponsor Top IOF Events

The IOF has negotiated a major sponsorship contract for the 1994 World Cup with the footwear firm K-Swiss. Details were to be announced at a press conference in New York on 29th June with IOF President Heinz Tschudin present.

The deal also includes sponsorship of this year's World Championships and of the United States Championships.

Full details will be given in the next issue of *Orienteering World*.

## New World Cup Programme Suggested

In a discussion paper circulated to all federations in advance of the October Presidents' Conference, the IOF Council suggests a new-format World Cup based on regional qualification events. Athletes would qualify for what would be a very high quality World Cup final of 2 or 3 events. It is argued that this format would lead to more world-class elite events being organised, and give realistic chances of competitive success to a broader field of runners.

## New World Championships Rules Published

The 1993 edition of the Rules for the World Orienteering Championships has now been published; copies are available from the IOF Secretariat, price SEK 25,-. These Rules were accepted at the 1992 IOF Congress, and include the new rules for allocating places in the classic distance race.

## High Veteran World Cup Fees Explained

Copies of brochures and entry forms for the **1994 Veteran World Cup** have been circulated to all federations and can be obtained by contacting national offices. The brochures are accompanied by a letter from the British Orienteering Federation concerning the level of entry fees - £65 for the model event, the two qualifying days and the Final, or £55 if the entry is received by 31st December this year. These fees are an increase of more than 40% on the 1992 fees.

In the letter, the VWC 1994 Committee explains: "With Tasmania very much in our minds we are trying to meet their standards of excellence in the event being organised. Throughout our planning, we have consistently used Tasmania as our benchmark. Our cash flows and budgets use the Tasmania model as the starting point, and re-state the figures in UK terms."

### IOF SECRETARIAT

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Staff: Berit Pehrson, Karin Tibbelin

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Mapping (MC)  
Ski-Orienteering  
Technical (TC)  
High-Tech Group  
Trail-O Group  
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MC: Thomas Brogli, Switzerland  
Ski-O: Gunnar Jonsson, Sweden  
TC: Geir Tveit, Norway  
Trail-O: Anne Braggins, Gt. Britain  
WCG: Anne Berit Eid, Norway

### IOF MEMBER NATIONS

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



"In the Tasmania 1992 event, entry fees were estimated to raise 120,000 dollars. Their budget also included state and federal government grants totalling 120,000 dollars. In other words, the entry fees were subsidised by an equal government grant. VWC 94 in Scotland will not receive any government subsidy, and our entry fees have had to rise accordingly."

A full preview of the 1994 Veteran World Cup will appear in the next issue of *Orienteering World*.

## Sarolta Monspart Singled Out

*The International Who's Who of Women*, recently published, features 5000 of the 'most important and distinguished women in the world'. Amongst them, the only orienteer to be featured is **Sarolta Monspart** (Hungary), World Orienteering Champion in 1972 and now a member of the IOF Council. The entry mentions her inclusion in national marathon, ski-orienteering and ski-cross-country teams, noting that she was the first woman in Europe to run the marathon in under three hours, in Budapest in 1972.



The IOF World Cup Group met at the Nordic Championships in Finland at the beginning of June. From left to right: Sören Jonsson, Anne Berit Eid, Didier Haberkorn, Lasse Niemelä and Thomas Scholl

Photo: Christer Svensson

## The IOF in the Wider Sporting World

The IOF plays its part in the world of international sports politics, notably through membership of the General Association of International Sports Federations (GAISF) and the Association of Recognised Olympic International Sports Federations (see page 11 in the last issue).

The 1993 GAISF Congress and General Assembly will be held in late October in Lahti, Finland; IOF Secretary General **Lennart Levin** will be joined by Vice President **Sue Harvey**, deputising this year for President **Heinz Tschudin**.

## Credit Card Shuffle

Because of a large rise in charges imposed by the credit card companies, the IOF Secretariat regrets that it is no longer able to accept payment by VISA or Mastercard for subscriptions to *Orienteering World* or the *Scientific Journal of Orienteering* or for other publications or materials.

American Express cards will continue to be acceptable.

### Invitation to the **5TH INTERNATIONAL INSTRUCTOR'S CONFERENCE for O-MAPPING**

**Coredo, Italy  
Friday 5 - Sunday 7 November 1993**

**Organisation and information:**  
**IOF Map Committee**, Thomas Brogli, Chesa Chardun,  
CH-7524 Zuoz, Switzerland. Tel. (41) 82 7 12 66  
Fax to Lyceum Alpinum, Th. Brogli (41) 82 7 33 88

**Place and accommodation:**  
Hotel Pineta (locality Tavon), Coredo, situated in the  
Italian 'Val di Non' (Trento), venue of the  
1994 World Championships in Ski-orienteering

The place can be reached by train/flight or car  
(shuttle service if required from nearest train station)  
Airports: Verona (130km), Milan (250km), Innsbruck (100km)

#### Topics:

- interpretation of the International Standards for Orienteering Maps: generalisation, deviations, national symbols with fieldwork
- optimal scale for orienteering maps (classic & short distance events)
- progress in computer-aided drawing of O-maps (import, scanning)
- GPS, its uses and limitations in orienteering map-making
- the orienteering map in the view of elite orienteers
- copyright of orienteering maps
- ski-orienteering maps

#### Fees:

for participants and visitors: 200,000 Lire (including accommodation with full board from Friday lunch to Sunday lunch)

*The fees for entry and accommodation for one participant from new member federations of the IOF will be supported by the organisers.*

#### Registration before 22nd October 1993 to:

IOF-FISO  
Comitato Organizzatore Campionati del Mondo  
'Val di Non '94'  
Piazza San Giovanni, 14  
I-38013 Fondo TN, Italy  
Tel. (+39) 463 832583  
Fax (+39) 463 830161 or (night) (+39) 463 832583

# *The Secretary General's Perspective -*

## A Visit to Lithuania and Belorussia

*Dear orienteers*

My perspective was enlarged considerably when I recently visited two younger member federations, Lithuania and Belorussia, the latter in fact the youngest of them all (appointed IOF member in April, i.e. five weeks before my visit there).

Although the two countries are, geographically, in relative proximity to my home country, I had been to neither of them before. During the Soviet era, visiting this part of the world was, if not impossible, somewhat cumbersome. Now that the countries have gained independence, travel has become a different, more relaxed, matter. Both directions, I might add, although travel from the area is grossly impeded by non-convertible currency and bad economy in general.

### **Lithuania**

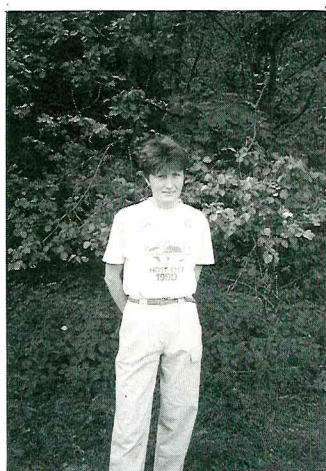
Rimantas Mikaitis and Evaldas Brazlauskis, President and Vice-President of the Lithuanian Orienteering Federation, had designed a most rewarding programme, giving me insights of different kinds.



*Rimantas Mikaitis,  
President of the Lithuanian OF*

**Vilnius's annual 4-day event,** all four legs staged in the immediate vicinity of the capital,

was a friendly, well-organised event. Days 2 and 3 became unexpectedly hefty, the terrain having been hit by an atrocious storm last winter, but the first and last day's courses were located in most pleasant terrain.



*Danute Girinskaite, leading lady  
in Lithuanian orienteering*

The star of the event was - no surprise - the winner of the women's elite, Danute Girinskaite. For the time being she has the advantage of devoting her time entirely to training and preparation in view of this year's World Championships in the USA. Keep an eye on her in October!

An interesting feature of the organising club 'Perkunas' was the young age of the event officials. You saw them everywhere, those charming kids, in their green-yellow, outsized jackets. I really enjoyed being part of the crowd at the organisers' closing party, after the event. My congratulations to Perkunas' Chairman, Dainius Morkunas (also a very young chap) on the success of the event!

### **Personalities**

Orienteering brings you in touch with fascinating personalities of all ages. During the Vilnius 4-days I had chats with an 82-year old orienteer, Jurgis Karnavicius, who had finished competing but still enjoyed slow map walks. Mr Karnavicius is none less than the former Director of the Vilnius conservatory, also professor emeritus of music. Part of his pleasure was to welcome his son, also Jurgis, into the finish chute after completing the H40 course. The latter Jurgis is one of Lithuania's most renowned pianists.

An elderly female orienteer, Elena Baliutaviciute (Lithuanian names are poetry!) appeared to be an expert on my compatriot Alfred Nobel, and just about to publish a book on him. Elena's real speciality, though, was the Nobel prize winners in literature who, without exception, were represented

in her impressive private library; she has written copiously about most of them in her day. At last year's 5-days in Sweden Elena had great difficulty in concentrating on map and compass - each day she rushed off after the event to do research at the Nobel library in Stockholm!

### **Well Supported**

The President of the Lithuanian national Olympic committee, Mr. Arturas Poviliunas, kindly received me for discussions about orienteering. He made the interesting point that the post-communistic countries in the region ought to have a representative on the IOF Council. Considering the strength of orienteering in the region, i.e. the Baltic states + Russia + Belorussia, I could only agree. However, it is their responsibility to agree on a name to forward for election at a forthcoming IOF Congress.



*One of the courses at the Vilnius 4-day event being discussed between  
82-year-old orienteer Jurgis Karnavicius and the author*

text and photos

by Lennart Levin

All in all, it was reassuring to find that orienteering is not only 'well seen' but actually well supported by the national Olympic committee. This also holds for the Lithuanian Sports Confederation whose Deputy Director-General, Mr. Ceslovas Antanymas, I had equally interesting deliberations with.

## New Premises

Rimantas also took me to his home town Kaunas, site of the office of the Lithuanian Orienteering Federation, whose new premises he proudly showed me. We spent a pleasant evening together with Saulius Kireilis, exquisite mapper, producer of innumerable high-quality maps. I almost forgot, between Vilnius and Kaunas I was shown 'the devil's depression', an enormous meteoric crater in the midst of smashing orienteering terrain. Last but not least, Rimantas' wife Giedre (second after Danute Girinskaite at the 4-day event) was a marvellous hostess, her Oxford English surpassed only by her charm and helpfulness.

## Belorussia

I was picked up at the Belorussian border, some 20 miles from Vilnius, by the President of the Belorussian Orienteering Federation, Victor Drobenkov. Victor, only Russian-speaking himself, had brought with him Andrei Korolevitch, an orienteer from Minsk, as interpreter. All the way to Minsk, in Victor's dependable Lada, it struck me how similar the terrain is to southern Scandinavia; smoothly undulating, with pleasant forests inviting orienteers to people them.

## A minor event!

My visit happily coincided with the Wednesday event on the outskirts of Minsk. As in

many parts of the orienteering world, the Minsk clubs organise training events all summer for the benefit of local orienteers. The exercise contained no surprises but followed the established model for organising a minor event (minor and minor, there were some 800 participants!). A good map, thought-provoking courses, pleasant terrain, start and fin-



Victor Drobenkov, President of the Orienteering Federation of Belorussia

ish close by a lake where you could enjoy a swim after the exercise. Just like a Wednesday event near Stockholm - only a little bigger!

## Raubichi

Having mentioned the possibility of locating a future World Cup event in the country, I was taken to Raubichi, a winter sport centre some 45 minutes' drive from Minsk. A magnificent sports complex, several World Championships in biathlon have been organised there. Whether one could use the immediately surrounding terrain, or terrain at some distance from Raubichi, the sports centre would provide a gorgeous venue for a major IOF event, World Cup or not, in the future.

As in Lithuania, the Belorussian sports authorities are supportive of orienteering. This was confirmed during a rewarding discussion with Mr. Leonid Khromenkov, Vice-Chairman of the State Committee for Physical Culture and Sports.

## Pleasures and Problems

An evening session with leaders in Belorussian orienteering brought me in contact with their current pleasures and problems. Among the former was the comforting news that sponsorship has been obtained to send a junior team to the forthcoming Junior World Championships in Italy. Not surprisingly, the

news about the 'TWAR disease' among Swedish orienteers had stirred up anxiety; fortunately I could inform about the recent, rather reassuring, development of the matter.

Andrei, the English-speaking orienteer who picked me up at the border, kindly invited me to his family on the day of the christening of his son! May this fascinating party among Andrei's friends, where I had the privilege and pleasure of experiencing Belorussian friendliness and intimacy, conclude this account of my trip to two new IOF member countries. It has become too long anyway.

*Good orienteering!*

Lennart Levin

## AVAILABLE FROM THE IOF SECRETARIAT

	SEK
6113 <b>REPRINT</b> 'Orienteering Technique from Start to Finish' by Bertil Norman and Arne Yngström	65,-
6306 <b>NEW</b> 1993 Rules for the World Orienteering Championships (WOC)	25,-
6805 <b>NEW</b> IOF metal pin, 15 x 10 mm 10 pieces	25,- 200,-
6801 <b>IOF textile patch;</b> white, dark green and orange, 7 x 7.8 cm 10 pieces	20,- 150,-
6802 <b>IOF tie,</b> navy blue polyester with IOF symbol in green	70,-
6803 <b>Silver plated necklace</b> with chain with orienteering motif	30,-
6804 <b>World Cup T-shirt;</b> white with green & orange print; small, medium and large	40,-
6601 <b>Instructor's kit for O-mapping courses</b>	800,-

PRICES INCLUDE PACKING; POSTAGE EXTRA. STATE SURFACE OR AIR MAIL WHEN ORDERING. AMERICAN EXPRESS ACCEPTED.

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# A 'Bohemian Paradise' in the Post-communist Era

**VLADIMIR MIKAN** describes present-day O-life in Jicín, the well-known Czech Republic holiday centre

Jicín is a small town in 'Bohemian Paradise', fairy tale countryside 100 km North-East of Prague. Amongst orienteers, the Jicín 5-days is well known. For 12 years, every August, the orienteering club in Jicín has staged the biggest and most popular international event held in Czechoslovakia. In past years nearly 5000 competitors have taken part, including top competitors from all continents and also World Champions. The area surrounding Jicín is rich in opportunities for many outdoor activities - rock climbing, abseiling, hiking and skiing and also first-class orienteering.

Yet beneath the surface this, and every other town in the Czech Republic, faces serious problems following the collapse of the communist regime and the move towards a democratic society. The first move to have a major impact on sports facilities was the privatisation process, under which buildings were returned to their original owners or their successors. This caused significant upheaval and uncertainty early on as communist structures were dismantled, but in most cases problems have been resolved by privatisation legislation which protects current use of the building for ten years.

## Lack of Funding

Of greater concern now is the sheer lack of funding available to maintain that infrastructure of sport. As the central command economy gives way to a mixed and devolved economy, a simple solution from the point of view of central government has been to require local au-

thorities to take over sports facilities - and to fund them themselves. Faced with pressing demands from all sections of municipal activities, and serious economic problems, the maintenance of sports halls has been a low priority. In Jicín, the town council decided to sell the main sports centre / swimming pool, two gymnastic halls, many other facilities and a hotel to a private person who promised to keep the facilities available to local people - but for how long? The swimming pool has now been closed for more than a year. Reason: in the last years of communist rule even essential maintenance was not done and now repairs are needed - this is commonly the case now. The consequences of this bad decision of the town council for the orienteering club are loss of training hours in the swimming pool and reduced hours in the gymnastic hall in winter. Other indoor sports clubs have bigger problems.

The process of privatisation has also had advantages for our orienteering club. Ten years ago we built a club cottage / hostel. This hostel, at Brada, 5km from Jicín, serves as a base for training, but also and mainly as accommodation for orienteers

*Huge rocks are a feature of the 'fairy-tale' Jicín scenery*



from all over the world coming to hold training camps here. Because there are lots of good maps and good terrain, national teams from Scandinavia have also been here. The hostel was owned by the Czech sports organisation before the 'velvet revolution' and our club received only a small part of the financial income. Now our club is the owner of the hostel and it is a most important financial resource for the club. However some other sports clubs were not so fortunate and their former cottages are now owned by private people with no interest in sport.

The most acute problem now affecting the Czech Republic relates to people. As people adopt the enterprise culture of Western Europe, they are working harder, working longer hours - and dropping sport. This has led to a fall in participation rates just when the sports centres are trying to survive by generating more income.

For coaches too the need to make money has taken its toll. In our orienteering club only two of the six coaches are still coaching. One has started up private practice as a dentist, one has a job in his own private maintenance firm, a third has started a company and the fourth has opened a sports shop. None have time any more for coaching.

## No Effective Policy

Sport's battle to survive in the Czech Republic is over-shadowing its need to be effective in the wider community. Politicians like to speak about sport, they are visiting sports events, and the Prime Minister plays tennis. But in fact there is not strong support for sport, particularly for 'Sport for All'. There is a lack of an effective sports policy. The politicians do not appear to understand the real value of sport to achieving a good life style. I hope that in the near future improvements in the economy will allow us to practice more sport.



*The hostel at Brada - now owned by the club*

*Vladimir Mikan is a member of the IOF Technical Committee. He is former Deputy to the Federal Assembly of Czechoslovakia and Chairman of the Parliamentary Committee for Sport, Physical Education and Youth. He now runs a private company selling medical instruments.*

**F**innish runners dominated the leading positions on 'home ground', with Norway gaining top places only in the classic race through Jon Tvedt and Ragnhild Bente Andersen. Finland's Kaj Roine took the short distance gold medal just one second ahead of Petter Thoresen (Norway), whilst Kirsi Tiira was ten seconds in front of Ragnhild Bente Andersen. In the absence of the Swedish elite whose competition programme was due to re-start two weeks later, consistent performances from all the leading Finns ensured relay victories in both men's and women's classes.

Jon Tvedt's win in the 14km classic race, by 2.39 over Petter Thoresen, was a triumph for a man who only a few years ago was told that he was unlikely to race again because of severe knee problems. Rolf Vestre showed that he is still amongst the best Norwegian orienteers by taking the bronze medal. First non-Scandinavian was Christian Aebersold (Switzerland) in 13th position.

Ragnhild Bente Andersen had been favourite to win over the 8.5km women's classic distance, but was only 50 seconds ahead of Eija Koskivaara (Finland). Yvette Hague (Great Britain) achieved a remarkable three medals in three years in this event by taking third place.

In H20 and D20, Finnish runners Liisa Anttila and Tommi Tölkö both took double gold medals in the classic and short distance races.

In the men's relay the medals order was FIN-NOR-FIN, but Switzerland showed that they will again be in the reckoning at the World Championships this year with a strong 4th place. Sabrina Fessler, after an impressive 5th place in the classic race, gave Switzerland the lead at the end of the first leg in the women's relay, but here the final medal line-up was FIN-FIN-NOR with the Latvian team taking 4th place.

## LEADING RESULTS

### CLASSIC DISTANCE RACE

MEN		WOMEN	
1 Jon Tvedt	86-02	1 Ragnhild B Andersen	64-22
2 Petter Thoresen	88-41	2 Eija Koskivaara	65-12
3 Rolf Vestre	90-13	3 Yvette Hague	68-35
4 Sören Nymalm (FIN)	90-22	4 Marja Pyymäki (FIN)	69-04
5 Janne Salmi (FIN)	91-28	5 Torunn Fossli (NOR)	69-18

### SHORT DISTANCE RACE

1 Kaj Roine	25-25	1 Kirsi Tiira	25-01
2 Petter Thoresen	25-26	2 Ragnhild B Andersen	25-11
3 Rolf Vestre	25-52	3 Eija Koskivaara	25-36
4 Heikki Peltola (FIN)	26-20	4 Marja Pyymäki (FIN)	25-51
5= Keijo Parkkinen (FIN)	26-33	5 Marja-L Portin (FIN)	26-04
Steven Hale (GBR)	26-33	6 Torunn Fossli (NOR)	26-22



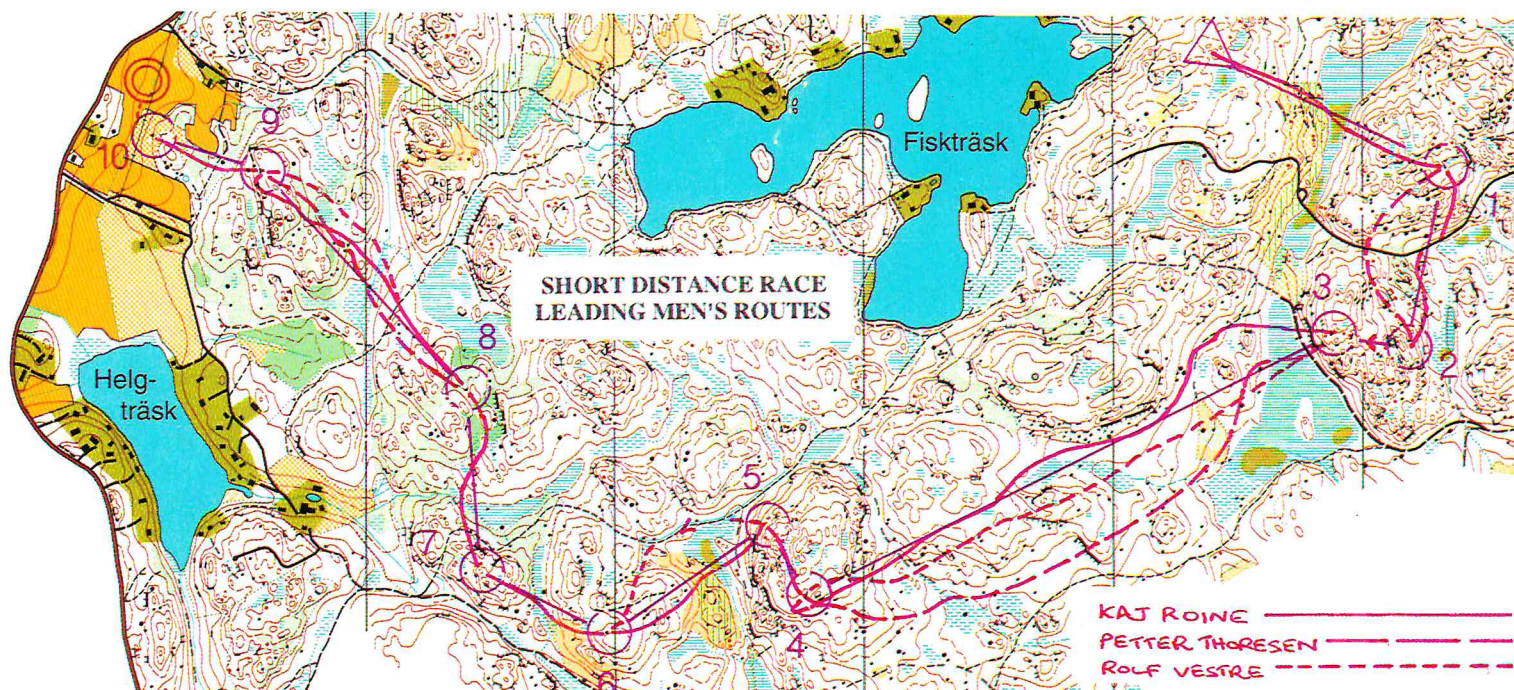
D21 Relay winners - Finland: Marja-Liisa Portin, Marja Pyymäki, Kirsi Tiira and Eija Koskivaara photo: Christer Svensson

# The 1993 Nordic Open Championships

Information from Kim Rud, Christer Svensson and organising club Sibbo Vargarna



Ragnhild Bente Andersen and Jon Tvedt, classic race winners photo: Kim Rud



THOMAS BROGLI, Chairman of the IOF Map Committee, describes

## The International Mapping Project

In connection with the revision of the International Standards for Orienteering Maps, the IOF Map Committee in 1989 started a survey comparison project of three different types of European terrain: pre-alpine (Bonaduz, Switzerland), North-Middle European (Hamburg, Germany) and Scandinavia (Kongsberg, Norway). The base materials have been quite similar at scale 1:7,500 with 5m contour interval.

The main purpose was to have a comparison between experienced mappers from different countries in a special type of terrain. Unfortunately the feedback on the request from the IOF MC has not been enormous, and therefore the result has not been very representative. However a small number of mappers have completed the work, and with the help of Turun Offsetpaino, Finland the resulting maps have now been printed.

**Comparing all the examples, some differences are obvious:**

- **classification of vegetation** is completely different in all the terrain types. Mapmakers from continental Europe are plotting more vegetation detail on their maps. Slow running symbols are used more frequently by the non-Scandinavians.

- the two Finnish surveys contain fewer **rock and boulder features** and **'brown' detail** (especially holes) while the shape of the land is shown by more detailed and complex contours. However the German example shows very clearly that this is not a general difference between Scandinavian and non-Scandinavian mappers.

- the Kongsberg area has been drawn by the Swiss mapper Peter Frauchiger without **index contours**, and by MC member Jorma Ake with them. Even if the general impression created by two completely different methods of drawing contours is very different, these examples show quite clearly the importance of index contours even in relatively flat but complex Scandinavian terrain. General shapes (slopes, large hills) can be read much more easily using index contours.

- the general use of **yellow** is quite similar on all the examples.

Copies of the complete sheet of map samples can be obtained free of charge from the IOF Secretariat.

### TWO EXAMPLES WHICH ILLUSTRATE THE DIFFERENCES:

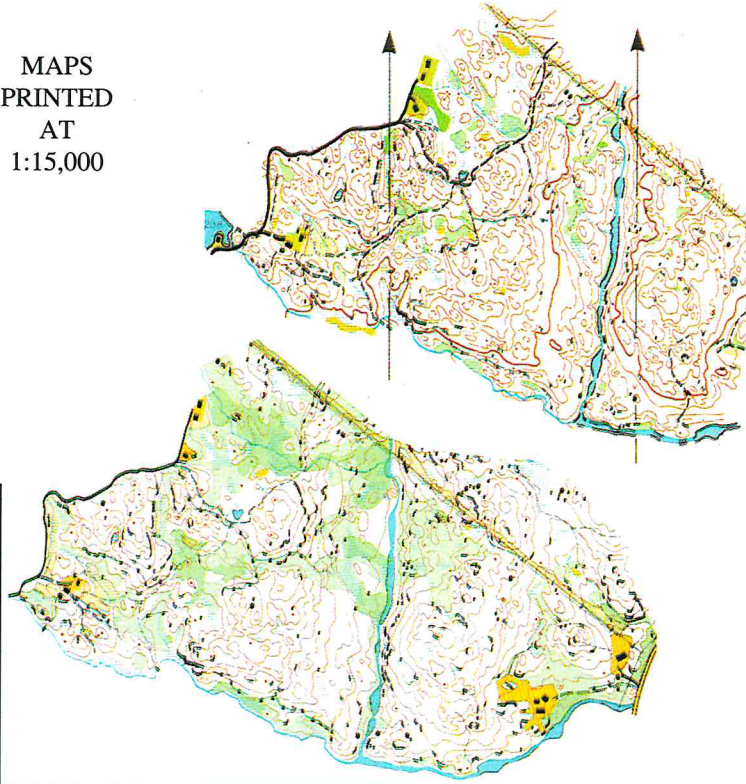
*Interpretations of Bonaduz, Switzerland:*

*Martti Kemppi, Finland (left) and Carlo Pilat, Italy (right)*



*An area near Kongsberg, Norway, mapped by Jorma Ake, Finland (above) and Peter Frauchiger, Switzerland (below)*

MAPS  
PRINTED  
AT  
1:15,000



## LOST!!

*Grim Memories of the event at Dismal Swamp, 1992*

**by Gordon Conlan, South East Orienteers, Australia**

What a glorious day for orienteering! I'm feeling fit and confident. I know this area like the back of my hand. Up to the registration area. Oops, I've **lost** my \$2.00 somewhere. Not to worry, I'll find it later.

The time ticks down to the start. Go! Mark up my map and off. Hell - I've **lost** my compass! Must have left it on the map table. No time to go back. Keep going.

Running like a gazelle for the first 2 controls then **lost** my wind - staggering like a drunken hippo. Still, doing well. Keep going. Control 3 OK - but where is 4? Surely I haven't **lost** it. Found it right where it was supposed to be. Cut across the swamp from 4 to 5. Bad move. **Lost** time. Have to make it up. Over-ran 6. **Lost** my temper whilst re-locating. 7 and 8 on target. **Lost** confidence in course setter at 9. Surely he wouldn't have put it in the swamp! **Lost** my footing - *splash* into the water.

**Lost** patience with 9. Thank heaven Herbs came along, followed him for about 100

metres, then **lost** him. Wrong route choice from 10 to 11. **Lost** my sense of humour in the bracken at 12. Have to make up time. Jumped the fence, **lost** the crutch out of my O-suit. **Lost** bearing from 13 to 14. **Lost** more time. Only 2 to go.

What else could happen? After two and a half hours I've **lost** any hope of winning (even in the

ancient order of over-40's). **Lost** my run at 15 - the legs don't want to play this silly game any more. **Lost** interest in being competitive. Thank goodness I didn't **lose** my composure at the end!

IT'S A GREAT SPORT!!!!

*First printed in The Australian Orienteer*

# Night Orienteering - *the Forgotten Discipline?*

Part 1 of an analysis by  
**Martin Färnkranz, Austria**

**T**he start countdown is complete - with a neat twist the elite runner turns his 2-stage halogen lamp up to maximum power. With the final tone of the start signal he rushes to the map box and disappears into the infinite darkness of the forest. Aware that the seemingly endless course will take him almost completely away from trails and perhaps into the most horrible thickets, steep slopes, boulder fields and swamps, he plunges into the adventure with pleasure. A man and his compass are fighting through the mystical shining dark wilderness - and the night is filled with troubles! Only a high-level adventurer will master the challenge on the elite course.

**But where have the adventurers got to? Who has seen them?** Are they still around somewhere in our orienteering world? The serious state of night-O can be seen in the abolition of the World Night orienteering event, the unofficial world championships for all night specialists, held for the second and last time in 1988. This event, open to everybody interested in night-O, was held also in Hungary in 1986 and generated a high level of interest. Therefore it is inexplicable why the decision was made to abolish it. Now there are hardly any night races in the international calendar.

## Past Hopes

In 1988 there was hope that night-O would start in countries in which it was virtually unknown, such as Croatia, France, Italy and Slovenia; instead there is now a fear that in countries like Austria and Ger-

many, where a lot of top elite runners simply ignore the national night championships, this branch of the sport will fade away.

## Three Main Reasons

There seem to be three main reasons for the low take-up and popularity of night-O:

- (1) fear of the difficulties of night orienteering; the fear of becoming lost without any chance to re-gain map contact is common across a wide age spectrum. Some young runners are also afraid of the dark itself.
- (2) orienteers often do not see night-O as a serious sport, perhaps because there are so few night races on the calendar.
- (3) lack of the right equipment; many would happily participate in night-O if they only owned the necessary gear, but the prices of lamps and ancillary equipment seem astronomically high and often they are not readily available.



*Nervous anticipation at a Night Championships pre-start*  
photo: Kim Rud

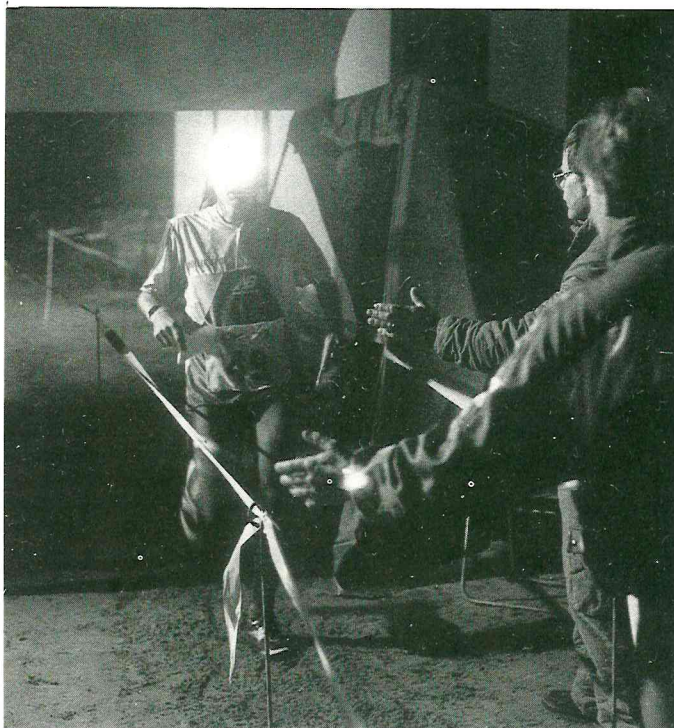
**What solutions can be offered to these problems?** Every night competition, be it a big national or a little regional one, should provide courses to satisfy both elite and recreational participants. In this way, although in the short term some classes might be very small, in the long term there should be an increase in numbers and also in the skill-levels of competitors taking part. Gradual expansion of this principle to

junior and veteran classes should occur.

## Young Competitors

Also young competitors should not be forced, as they are in some countries, to go in pairs; some are very skilful and will only develop further by going alone. To counteract the fear of children I suggest that O-coaches and teachers include some night-O in their programmes, and together in twos the first contact with the unknown phantom night could be made on easy courses which only follow trails. Adults could also profit from an offer of a training session as a preparation for their first real night-O. As a secondary measure the voluntary use of whistles, as is usual in the U.K., would be my recommendation.

**I would like to see an IOF initiative to re-introduce the World Night Orienteering Event. It would be best if it could be carried out every time in a different country and not only in Hungary - and every time should mean every year!**



*Back to civilisation! - a welcome at the finish* photo: Kim Rud

*Part 2 in the next issue.*

## Letter to the Editor - Overprinting Maps

Dear Hi-Tec Column -

Like you, I once thought that overprinting should be 'modernised' (see OW 93/2 page 20). I had 3000 maps to print for a relay event, and thought a high-tech solution would be ideal.

But let us think of the requirements there are for overprinting maps at an event:

- waterproof? yes!
- colour? IOF standard violet, not 'red'
- fast? no more than (say) 30 seconds per map
- any size paper? yes please! How many maps are exactly A4 or A3?
- accuracy? surprisingly, even 0.25mm error is noticeable, and 0.5mm is a problem
- fool-proof? definitely! Can't interrupt the event if the electricity generator stops...
- multiple courses? normally the case for most events
- cheap? interesting idea...

Back to my big relay event. I decided to use a flat-bed plotter (an HP7475) with a PC and a CAD program. The standard plotter felt-tip pens are not water-fast, so I got a pen attachment that used liquid ink. Unfortunately, waterproof ink is only available in red and blue, but I mixed my own to get a rather muddy 'violet'. Then I started drawing. Even with the greatest care, 30% of the maps

were not aligned properly and had to be jettisoned. Each map took 3 minutes to do. After around 150, I was fed up. By then my fingers and clothes were a new colour, and the special ink had dissolved the inside of the pen, which may have saved my sanity.

Then I tried photocopying with a colour toner, using a Canon NP150. It is fast, but not very precise. I printed the same sheet ten times and got mis-register up to 0.85mm (to be fair, most were only 0.2mm in error). But only A4 sheets will do, and the colour is not right.

For another big event I made a stencil out of sheet plastic for each course, with holes at each control. This worked OK, but I had to add the numbers and joining-lines by hand, a slow process. The result would not meet the standard required nowadays.

We still need a method that is fast, waterproof, flexible, precise, easy-to-use, works without electricity supply and doesn't break down. Here in France we have a good solution at some events: a team of organisers with coloured pens, rulers, master maps and enthusiasm. Of course, the occasional mistake slips through.

No idea has all the answers, but I feel a good solution is at hand: the 'JOHN BULL'! It only needs one improvement, the price....

**Rex Niven**

COLÉ O-Club, France

## REVIEW

**'Orienteering - Key Stages 3 and 4 in the National Curriculum' by Peter Palmer and Carol McNeill :**  
ISBN 1 85137 010 2, 80 pages A4, published by Harveys in 1993, price £9.95

This is the second of two books produced to assist teachers in schools in Great Britain who choose to teach orienteering as a topic within the national curriculum. The first book, published last year, covers introductory orienteering techniques suitable for children up to the age of 11; this new book assumes no previous knowledge of the sport on the part of the children but, within a controlled step-by-step approach, it takes the more adventurous and open-ended line more suited to the 11-16 age range.

The introductory chapter describes how the skills of orienteering can be used widely in support of curriculum objectives, and highlights the key questions which a young navigator faces when starting to use a map - based on orientation,

location, route choice, map content and staying on the route, and speed. As in Book 1, one chapter is then devoted to a detailed survey of British national curriculum requirements in physical education, geography and mathematics and gives examples of possible pupil activities which would meet the requirements.

Eighteen lesson plans of gradually increasing scope provide a grounding in basic skills, using a wealth of well-known techniques and exercises used extensively by the authors and others in teaching situations. These are described in a straightforward manner and without jargon, so that the teacher with little experience in the sport can use them with confidence. Indoor activities and exercises are also suggested, together with advice on assessment techniques and the organisation of a group project

which benefits the community in some way. The final chapters look at orienteering beyond the school, both as a competitive sport and as a recreational relaxation.

Whilst this book is produced in response to a specific need, it can be used by teachers in many lands who are providing experiences in orienteering for its own sake or to contribute to one of the very many general educational objectives identified in the book.

## THE AUSTRALIAN ORIENTEER

National magazine of the ORIENTEERING FEDERATION OF AUSTRALIA

Published six times per year, each issue contains a variety of news and feature articles about orienteering in Australia and internationally.

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# INTERNATIONAL FIXTURES LIST



This list includes all events in the 1993 IOF Calendar with entry closing dates after 20 July 1993. The entry closing date is shown at the end of the event name, e.g. 'Hungexpo Pokal, Budapest, Hungary (1/8)' indicates a closing date of 1st August. Then follows the type of event. Line 2 gives the contact address and telephone number.

After the event closing date, symbols show the type of event: I - individual, SI - short distance, R - relay, N - night event. A number shows the number of days, e.g. 2I/R means 2-day individual followed by relay.

## AUGUST

- 25-29 **Canadian Championships, New Brunswick, (2/8) R/2I**  
Don Heron, 105 Scarlet Drive, Rothesay, New Brunswick, E2E 1S3, Canada +1 506 452 1804
- 27-29 **Championnats de France, Paris (22/8) 2I/R**  
FFCO, B.P. 220, F-75967 Paris Cedex 20, France +33 1 47 97 90 29
- 29 **4. Nationaler OL, Reiden, Switzerland (26/7) I**  
Fredri Waser, Treppenweg 17, CH-5300 Turgi, Switzerland +41 56 28 16 90

## SEPT

- 10-12 **International Championships of Romania (1/8) I/R**  
Romanian O Federation, 16 Vasile Conta Str., R-70139 Bucharest, Romania +40 0 120 160
- 12 **Italian Junior Championship, Tarcento, Italy (31/8) I**  
Comitato Regionale FISO, C.P. 8, I-33017 Tarcento (UD), Italy +39 432 78 48 91
- 18 **5. Nationaler OL, Luzern, Switzerland (16/8) I**  
Beat Wiget, Mittlerhusweg 23, CH-6010 Kriens, Switzerland +41 41 45 75 95
- 18, 19 **Hungexpo Pokal, Budapest, Hungary (1/8) I/R**  
Budapesti Tajfuto Szövetség, H-1056 Budapest, Vaci u. 62-64, Hungary
- 18, 19 **European Junior Comp., Essex, England (30/7) I/R**  
European Junior Competition, 75 St. Johns Road, Epping, Essex, England CM16 5DW +44 378 76 480
- 25, 26 **Australian Championships, Bathurst, NSW (1/8) I/R**  
O Federation of Australia, P.O. Box 740, Glebe 2037, Australia +61 2 660 2067
- 26 **Italian Meisterschaften (15/9) I**  
FISO, C.P. 640, I-38100 Trento, Italy +39 92 91 69 00

## OCT

- 2, 3 **"Sons of Norway", Pocono Mountains, USA (1/9) 2I**  
Peter & Gail Gagarin, P.O. Box 481, Sunderland, MA 01375, USA +1 413 665 7573
- 2, 3 **V Suunto Games, Vosu, N.E. Estonia (1/9) 2I**  
Estonian O Federation, Regati 1, EE-0103 Tallinn, Estonia +372 2 23 70 21
- 8-14 **World Championships, New York State, USA**  
WOC '93, 100 Braemar Drive, Cheshire, CT 06410, USA +1 203 272 7354
- 9 **25-manna 1993, Stockholm, Sweden (30/8) R**  
Ingemar Karlsson, Aktervägen 59, S-149 35 Nynashamn, Sweden
- 10 **Third Nationale, Tours, France (4/10) I**  
Ligue du Centre de Course d'Orientation, 3 mail David d'Angers, F-37000 Tours, France
- 11, 12 **Szabolcs Kupa & Globus Kupa, Nyiregyhaza, Hungary (15/8) 2I**  
Szabolcs Megyei TFSz, H-4400 Nyiregyhaza, Martirok tere 9, Hungary
- 11-13 **USA O-Fest '93, Hudson Valley, USA (1/9) 3I**  
Peter & Gail Gagarin, P.O. Box 481, Sunderland, MA 01375, USA +1 413 665 7573
- 16, 17 **US Championships, Hudson Valley, USA (1/9) 2I**  
Peter & Gail Gagarin, P.O. Box 481, Sunderland, MA 01375, USA +1 413 665 7573
- 16, 17 **Lithuanian Cup, Klaipeda, Lithuania (15/9) 2I**  
Lithuanian O Federation, Perkuno al. 5, 3000 Kaunas, Lithuania +370 7 20 58 45
- 16-19 **Int. O-competition, Messestädten, Hungary (15/7) I/R**  
Magyar Tajekozodasi, Futo Szövetség, Dozsa György ut 1-3, H-1143 Budapest, Hungary
- 23 **Blodslitet, Fredrikstad, Norway (4/10) I**  
Oistein Ruud, Hovslageravn. 21, N-1600 Fredrikstad, Norway +47 69 32 10 60

## OCT

- 23, 24 **International 2-days, Dielenburg, Germany (1/10) 2I**  
Dieter Kirkamm, c/o Fördergesellschaft DTB, Otto-Flech Schneise 109, D-6000 Frankfurt/Main 71, Germany +49 69 6780 1193
- 23-25 **New Zealand Championships (30/8) 2I/R**  
Colin Tate, 1/8 White Heron Drive, Massey East, Auckland, New Zealand +64 9 832 4633
- 30, 31 **Smålandskavlen, Oskarshamn, Sweden (11/10) R (Day & Night)**  
Jerry Svensson, Norrbackavägen 6, S-572 32 Oskarshamn, Sweden
- 30/10-1/11 **II Iberic Trophy, Porto, Portugal (20/10) SI/I/R**  
Portuguese O Federation, Av. Elias Garcia 177-2, P-1000 Lisbon, Portugal +351 793 37 77
- 31 **8. Nationaler OL, Hindelbank, Switzerland (27/9) I**  
Ernst Kläy, Moosweg 26, CH-3324 Hindelbank, Switzerland +41 34 51 24 03

## NOV

- 6, 7 **Flexo-Spartacus Pokal, Budapest, Hungary (1/10) 2I**  
Flexo-Spartacus, H-1013 Budapest, Attila u. 2, Hungary
- 7 **Venedig Stadt-OL, Italy (30/9) I**  
Comitato Veneziano FISO, Via Felisati 34, I-30170 Mestre, Italy +39 41 94 03 49
- 7 **Sydsvenska 2-milen, Halmstad, Sweden**  
Hallands OF, Box 93, S-301 02 Halmstad, Sweden +46 035 15 88 85

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## FURTHER INFORMATION and ENTRIES:

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614000 Russia

Tel. (+7) 342 255 8710

Telex in Perm 612 088 SMAIL SU or  
134 841 BIZNS SU

Fax (+7) 095 562 6076

# Events Noticeboard

## 32 Nations Register for World Championships

As *OW* went to press, a record 32 nations had registered their intention to send a team to the World Championships in the United States in October. These include competitors from Croatia and Slovenia (from the old Yugoslavia), from Belorussia, Estonia, Latvia, Lithuania and Russia (old Soviet Union), from the separate Czech and Slovak Republics and for the first time from the Netherlands and South Africa.

## Portugal's Biggest Event

The Iberic Trophy, taking place over the weekend 30 October - 1 November, is expected to be the biggest O-event yet held in Portugal. It is being supported by 'Inatel' an organisation to develop sports and tourism among workers. Courses for walkers with a map specially made for them are designed to attract many Portuguese entrants who prefer to enjoy orienteering as a recreation rather than a competitive sport.

## South African International Orienteering Safari

Entry forms for the safari - six events in the period 24th February to 6th March 1994 - are now available from the Co-ordinator, SAOF Chairman Mike Wilson, P.O. Box 90330, Bertsham 2013, S.Africa, tel. +27 11 680 8184 or fax +27 11 806 4299. The attractive brochure is full of information about the facilities available and many tourism opportunities. But beware! - the closing date for entries is 30th November.

## Two Weeks of Spring Orienteering in Australia

The Australian Spring, that is! From 19th September to 3rd October, a series of 9 events will be staged in New South Wales and the Australian Capital Territory, including the Australian Championships and Relays (Bathurst area) and the Australian Short Course Championships. Details from David Hogg, tel. +61 6 254 2325, fax +61 6 253 1574.

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**31 OCT - Classic Distance Walkers**

**1 NOV - Relay**

The Event Centre is located in a small village,  
ENTRE-OS-RIOS, 40 kms from Porto

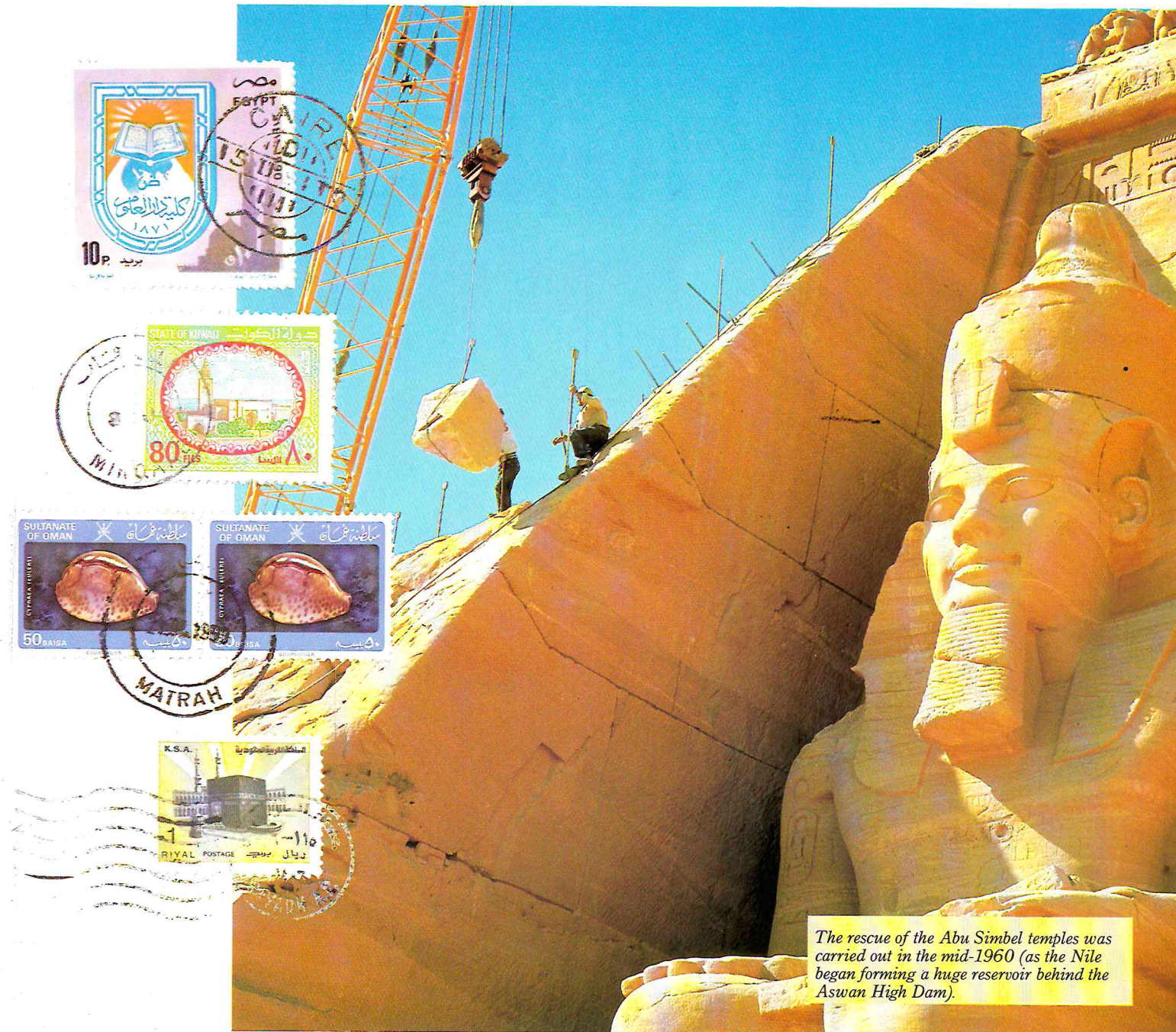
*Enjoy the sun, the food, the welcome, and of course  
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**Closing date for entries: 15 October 1993**

For further information and registration please call:

**INATEL, Mario do Carmo,**  
tel. +351 1 538871 ext. 271, fax +351 1 3527061  
or

**Portuguese Orienteering Federation,**  
fax +351 1 7933777



The rescue of the Abu Simbel temples was carried out in the mid-1960 (as the Nile began forming a huge reservoir behind the Aswan High Dam).

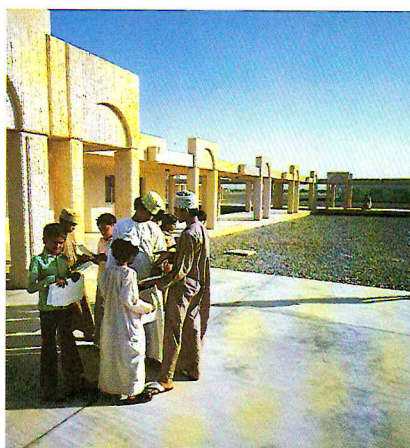
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Dredging of the Shuwaikh harbour in Kuwait.



The Sultan's boarding-school outside Muscat, Oman.



Turnkey delivery of the Red Sea Hospital with 385 beds in Jeddah, Saudi Arabia.

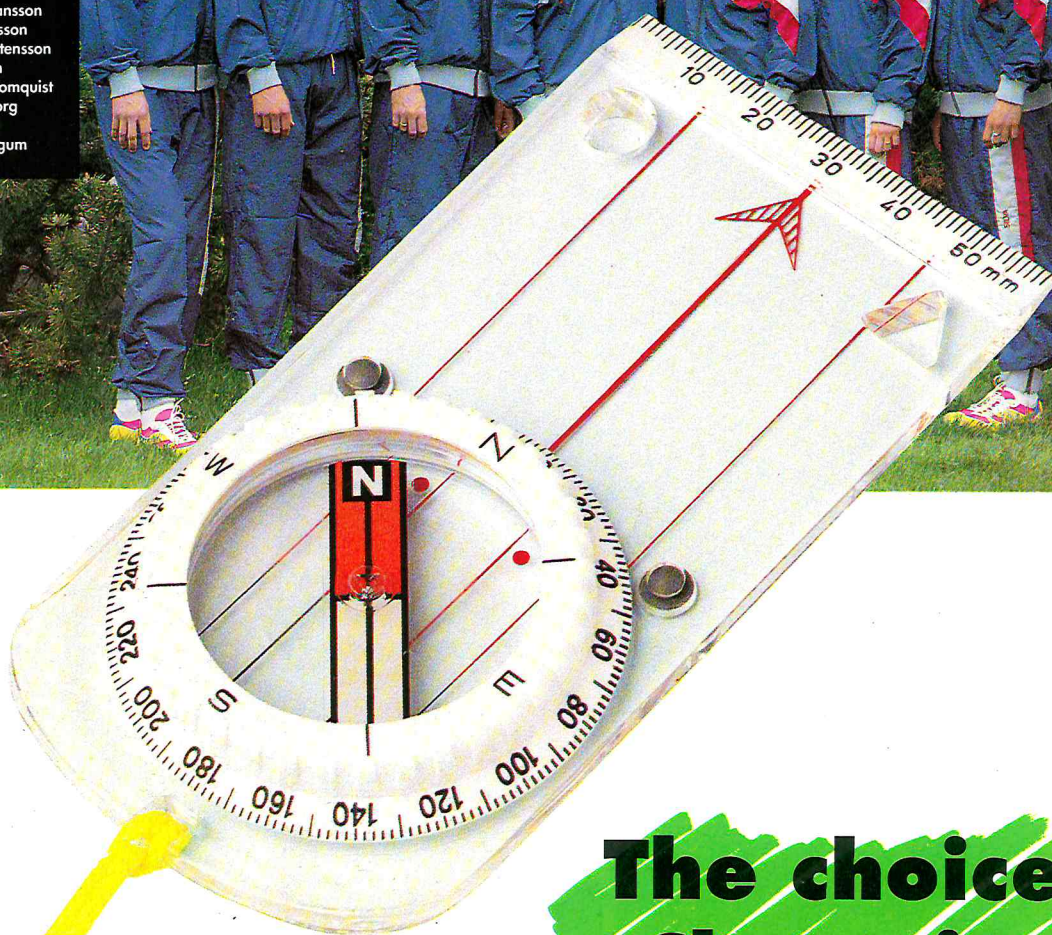
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