

ORIENTEERING WORLD



1994 NO. 4 - JULY



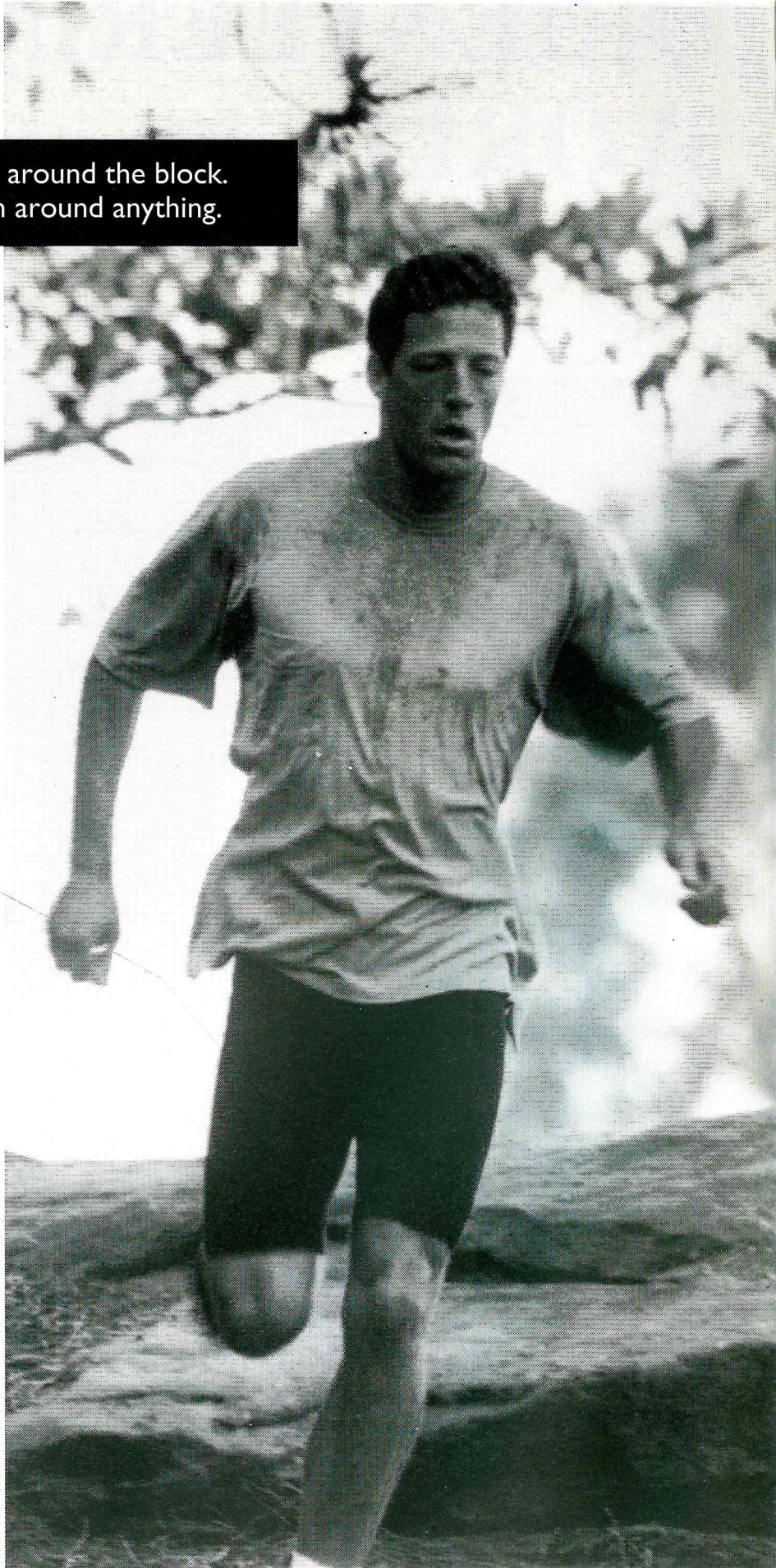
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CONTENTS

Editorial	2
On the Elite Trail	2
<i>Profile: Salmi leads Finnish Upswing</i>	3
News from Around the World	3
 David Hogg hears four elite runners speak about The Stepping Stones to Success	4
The IOF and Small Developing Countries Juraj Nemec outlines Slovakia's priorities	7
 The President's Column	8
IOF's New President	8
Heinz Tschudin, IOF President 1988-94	9
 News and reports from the IOF Congress	10
 Sue Johnston asks Are women as welcome as we would like to think?	14
Electronic Punching: Large Scale Tests in Full Swing	15
<i>Two-page feature: Rogaining</i>	16
Safety Guidelines for Schools, Centres and Training Groups Derek Allison describes a British initiative	18
 <i>Letter to the Editor: World Cup Decisions</i>	18
European Championship in Trail-O and other news	19
International Fixtures List	20

PUBLICATION NOTES

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Readers' letters and photographs for publication are welcomed.

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COVER PHOTO: Michel Devrieux (France) places his electronic card on the sensor to record his start in the IOF race in Bulgaria
photo: JCA

Editorial

Several pages of this issue cover the IOF Congress held in late June in Varna, Bulgaria. It was a fine Congress in many ways: positive decisions made, two new member countries welcomed, and lots of informal contacts developed by the warm and pleasant Black Sea coast. The organisers laid everything on as required and all requests were met with the standard Bulgarian answer, "no problem", followed by friendly and efficient service.

The new Council, with three fresh faces amongst its number, quickly got down to work after the General Assembly, and the effects of the changes in structure agreed by the Congress should be apparent quite soon. New committee steering groups will be identifying key projects and nominating project teams to undertake them.

The Council has a hard task in front of it to ensure that, when the dust has settled, the people with the greatest expertise are working on projects which carry the highest priority in relation to the IOF's 'future directions' paper approved by the Congress. But if the changes lead to more rapid and effective development in the IOF's various fields of activity, the effort will have been worthwhile.

However a shortage of finance to support the projects looks likely to be a problem for some time to come; finding ways of breaking out of the 'little publicity, therefore little sponsorship' scenario carries, perhaps, the highest priority of all.

Clive Allen

On the Elite Trail

Serious Injury for Cieslarova

Jana Cieslarova from the Czech Republic, the current World Cup leader, broke her left leg in three places when she ran over a 4 metre high cliff whilst competing in her home country's long distance championships at the beginning of May. This accident seems likely at least to put her out of elite competition until well into next year.

*Changeover in the
Jukola Relay: Torunn
Fossli hands over to
Hanne Staff*

*photo:
Christer Svensson*



Jukola Relay - Finnish teams in front

First three places at the Jukola 7-leg relay, held North of the Arctic Circle on 18-19 June, were taken by Finnish teams. Tio Mila winners Turun Suunnistajat triumphed again, with a 61 second victory over Rajamäen Rykmentti; Angeliemen Ankkuri were 3rd. NTHI (Norway) were 4th and Sundsvalls OK (Sweden) 5th. In the 4-leg women's race, winners were Tampereen Pyrintö (Finland) by 46 seconds over IFK Södertälje (Sweden).

O-Festival Win for Gunilla Svärd

Gunilla Svärd (Sweden) had a comfortable 90 second victory in the short distance race at the Norwegian O-Festival, an event which attracted top elite runners from several countries. Jimmy Birklin was the surprise winner of the men's race ahead of Johan Ivarsson and Petter Thoresen.

The relay races - the final round of the Nordic Relay League - were won by OK Tyr, Karlstad, Sweden in the tightest of sprint finishes from IKHP Huskvarna (men's) and by Angeliemen Ankkuri, Finland (women's).

Winners of the Norwegian long distance championships were Jon Tvedt, by a margin of over 6 minutes, and Torunn Fossli.

1994 Nordic Relay League - Final Results

The Finnish club Angeliemen Ankkuri won two of the four women's races but finished only 2 points ahead of Nydalens SK, Norway, with Tampereen Pyrintö, Finland in third place. OK Hedströmmen and FIF Hillerød were the leading Swedish and Danish clubs respectively.

Turun Suunnistajat, Finland, again with 2 wins, won the men's league by 8 points. Second came Halden SK, Norway and third were IKHP Huskvarna, Sweden.

World Cup Record Entry

The World Cup events in Denmark in mid-August have attracted a new record entry for the World Cup, with more than 220 runners entered from 29 different countries.

Mårtensson on Winning Trail

Sweden's Jörgen Mårtensson again showed his excellent form this season with a victory at the 1994 Eifel OL in Simmerath, Germany against many of the world's top elite. He won by 94 seconds over the three days from fellow-countryman Lars Holmqvist, with current World Cup leader Janne Salmi (Finland) third.

The three leading women in this event have all shown consistent form this season; winner by 2 seconds was Sabrina Fessler (Switzerland), who also won the Danish Spring Cup in March, from Gunilla Svärd (Sweden), winner of the World Cup classic race in New Zealand. In third place, 38 seconds down on the lead, was Sweden's short distance World Champion Anna Bogren.

**WORLD CHAMPIONSHIPS
RULES CHANGES - SEE PAGE 11**

Finland's orienteers are producing some impressive performances this year - and none more so than Janne Salmi, winner of the short distance World Cup race in Australia in March and current leader in the World Cup rankings



Salmi Leads Finnish Upswing

Janne Salmi, 25 years old, comes from Åbo (Turku) and represents the local club Turun Suunnistajat. He is a product of the club's junior coaching scheme and has remained loyal to the club he joined as a youngster, helping the club to become increasingly prominent in Nordic orienteering: he was the last leg runner in their exciting Tio Mila victory in May, and followed this by bringing them home 1 minute ahead of everyone else in the Jukola Relay in mid-June.

Outside his club, Janne's orienteering career has developed through the district's junior group and the national junior team to established membership of

the senior team. He has set his sights on reaching the very top in international orienteering: to be a future World Champion. He is very interested in all aspects of training, and is a student in this field at Jyväskylä Sports College.

A straightforward, happy individual with an optimistic outlook, Janne is a popular member of the Finnish team. He speaks some Swedish, Norwegian, English and German, and has spent a year in Oslo with Bäckelaget IL to improve his orienteering technique.

Until this year Janne's successes have been largely within Finland; he had three undistinguished races in the 1990

World Cup but has yet to experience a World Championships. In 1994, a 7th place in the Danish Spring Cup was followed by 9th and 1st in the two World Cup races and further success in the Tio Mila and Jukola relays. In the Eifel international event over three days in late May he was 3rd behind Jörgen Mårtensson and Lars Holmqvist of Sweden, winning the final day's race.

What next? His performances in the next World Cup round in Norway and Denmark will be awaited with considerable interest.

photo: Christer Svensson

AROUND THE WORLD

First Mountain Bike-O International Event

The French Orienteering Federation is taking the lead in organising the first international event in mountain bike orienteering (MBO) in Frejus (French Riviera) in mid-November. There will be individual and relay events for D21 and H21, run along the same lines and according to rules similar to ski-O events.

In a letter accompanying the invitation, French federation President Edmond Széchényi points to the fact that cross-country biking will appear for the first time at the 1996 Olympic Games, a reflection that mountain biking is becoming one of the major outdoor sports world-wide.

"It is therefore not surprising that orienteering on mountain bikes is gaining in popularity in many countries among both mountain bikers and orienteers", he says.

"Now is the time to establish that this is an orienteering sport in the same way as foot or ski-orienteering before the cycling fraternity decides to develop this sport in a way that may be difficult to recognise as orienteering."

MBO is becoming established in parts of Sweden; a 5-stage competition in Östergötland on mid-week evenings in June, July and August is advertised in the latest issue of the Swedish O-magazine *Skogssport*. This initiative was first taken in 1993 by the district's ski-orienteering committee, which saw MBO as a good training medium for local ski-orienteers.

Swedish Runner Fails Doping Test

A doping test taken at the Tio Mila relays proved positive for Lars H Sandvik of OK Ravinen, the offending substance being

phenyl propanolamine, an ingredient in cold-curing products such as Rinexin. 29-year-old Sandvik has been banned from competition for 3 months by the Swedish Federation. "That this has happened is naturally very unpleasant for our sport", said SOFT President Søren Jonsson. He emphasised the need for continuous education about drugs which are banned, and that the responsibility for not contravening regulations lies with individual orienteers.

New President in Portugal

Higino Esteves was elected President of the Portuguese Orienteering Federation at the FPO Congress in Lisbon on 26th March.

Aged 30, 'Gino' competes at elite level in Portugal and is leader of the orienteering club in Mafra, 30 km north of Lisbon. One of his main orienteering interests is organising seminars on orienteering for teachers and sports instructors.

The Stepping Stones to Success

by DAVID HOGG, Australia

One of the highlights of the Australian Goldfields Carnival in April was an evening presentation, organised and hosted by Peta Whitford, to the Australian and New Zealand juniors by four top international competitors. The presentation featured Tenna Nørgaard of Denmark, Yvette Hague and Steve Hale of Great Britain and Petter Thoresen of Norway. They each talked about their experiences along the road from being an enthusiastic junior to reaching or coming very close to the pinnacle of success.

Early Inspiration and Goals

Petter began orienteering at the age of 8, encouraged by an uncle and aunt who were former World Champions. At that time he played a lot of different sports and orienteering was not one of his most successful - he had trouble finding the controls!

He became interested again at the age of 13, winning his first prize, then finishing seventh in the Norwegian Championships for his age class. He was not running very fast but he was now finding the controls and this was very satisfying.

With a mother who was the 1974 World Champion and a father who was also in the top bracket of elite competition, Tenna had orienteering in her blood, and winning came easily while she was in the W10 and W12 classes. As she got older, however, she found that the correct genes and family environment alone were not enough, and she started getting beaten, particularly when competing in Norway and Sweden.

Steve Hale, also successful as a young junior in home terrain, received a shock when he went to Sweden at the age of 13 and finished at the bottom.

Yvette was 9 years old when she was taken to watch WOC

'76 in Scotland. She was 'hooked' by the Finnish legend Liisa Veijalainen, who was the women's champion that year. The following years saw Yvette grow as a top British junior and from her early days she was selected in British teams for international races, including WOC '85 in Australia.

The Rocky Road

Tenna, Yvette and Steve all had similar experiences during their teens in coming from being a top orienteer in their own country to discovering the 'real competition' on the world stage, particularly in the Nordic countries.

Running in JWOC '91 in Ber-

lin, Tenna was very slow and realised that she needed to train more. At the next JWOC in Finland, her result was better but still not good enough to satisfy her. The training became even more serious, and she began to take more care about what she ate. Her efforts paid off and, at JWOC '93 in Italy, she was a very happy girl standing in the winner's place on the podium after the Short Course event, as well as picking up the silver medal in the Classic.

Like many others from outside the Nordic countries, Yvette realised that if you want to beat them you have to join them. After finishing school she spent 6 months in Sweden where, in



Steve Hale (right) with his silver medal after the 1993 WOC Relay

her words, she developed her technique by learning to run more aggressively and confidently. The efforts paid off with a third placing in the European Junior Championships (the forerunner of JWOC) and a World Cup win in France.

The next 4 years at university constrained her orienteering activities a little but, despite the pressures of study, she managed to improve her technique, working out when to run fast and when to slow down and concentrate on navigation. Her skills development proved itself when, to everyone's amazement, she won the Nordic Championships in 1990. Two years later she won a World Cup race in Sweden where she was congratulated by her former idol, Liisa Veijalainen!

Steve Hale was another whose intense motivation to do well took him to Sweden where he has now been running for several years. His formula for success is a simple one:

2 x 7 x 52 x 10

(hours, days, weeks, years).

As a Norwegian, Petter was already living in the right environment to become a top orienteer. At the age of 17 he began training specifically for orienteering, made the national team at 18 (no mean feat in itself) and did well in the Nordic Championships. In 1988 he



Petter Thoresen (centre) celebrates a World Cup Relay win in Ballarat with fellow team members Bjørnar Valstad and Håvard Tveite
photo: Christer Svensson

had his first taste of World Cup competition, running in Hong Kong and Tasmania. In both races he missed a control and returned home with no World Cup points - not an impressive record, especially for a Norwegian. He put this experience behind him, however, aimed to do well in the next World Championships and won!

Life at the Top

It is a big step between using one's natural talent to win as a youngster and having to train hard to earn a JWOC title, as Tenna discovered. More recently she has discovered that it is a further step to becoming an elite orienteer at the senior level - harder training, more serious, not as much fun!

Fun or not, Tenna, in her first year as a senior, is certainly demonstrating high potential for the future, with a 9th placing in the World Cup Short Course event at Ballarat.



Yvette Hague relaxes after the short course event in Ballarat

Steve Hale found it difficult to give advice on how to make the transition from junior to elite, as it depends on the individual and everyone is different. He did stress, however, not to expect too much in one's first year as a senior, but to develop a sound routine of training to provide the base to build on.

Steve now lives in Sweden where he competes up to three times a week against top elite orienteers. This has paid dividends as evidenced by his 'run of the year' that brought the

British men's team the silver medal in the WOC '93 Relay. His second place in the Short Course event at Ballarat confirmed his consistency in the top bracket.

Yvette has continued to build on her success with a bronze medal (Britain's first) in the WOC '93 Classic and a repeat in Ballarat. A gold medal at the World Championships certainly appears a realistic goal - maybe some people will be surprised if she *doesn't* win one.



The Australian junior team at the Junior World Championships in Italy last year photo: Kay Haarsma

Petter's WOC '89 win was followed by a lack of success over the next couple of years, but he has proved capable of bouncing back with gold again at the WOC '93 Short Course event. Equal tenth was the best he could achieve in Ballarat, but he helped to bring the Norwegian relay team home in first place. As Petter says, he has learned from his defeats.

Lessons for Today's Juniors

There were many words of wisdom for the juniors at the presentation, which can be summarised as follows:

1. If you want to get to the top, you need to have a goal - or a dream. You may strive for a long time to make the dream into a reality, but the striving can be satisfying in itself.
2. Don't think that the natural talent which earned you all those badges in the M/W10, 12 or 14 classes will carry you

through to the top at the senior (or even the older junior) level. If you want to keep winning you have to work hard, as Tenna found out.

3. Always be willing to learn new ways to orienteer. You may not be able to spend 6 months in Scandinavia improving your technique as Yvette did, but there are people everywhere who can give you good advice and help you on your way. Be prepared to ask their advice and listen to them.

4. Remember Steve Hale's for-

mula, 2 x 7 x 52 x 10, although don't feel obliged to take it literally - remember that there are risks of overtraining and overuse injuries particularly among juniors who are still growing. Also, training doesn't always mean running - there are other ways of building up fitness. What Steve is really emphasising is a strong commitment to regular, disciplined training within the limits of your ability. If you're not sure how hard you should train, seek the advice of a coach who can help you plan a training programme.

5. Don't expect instant success when you move from junior to senior ranks. You have plenty of time as a senior to reach the top of your age class.

6. Learn from your failures - advice which Petter obviously put into practice, becoming World Champion less than 2 years after successive DNFs at World Cup races.

An edited version of an article which first appeared in *The Australian Orienteer*

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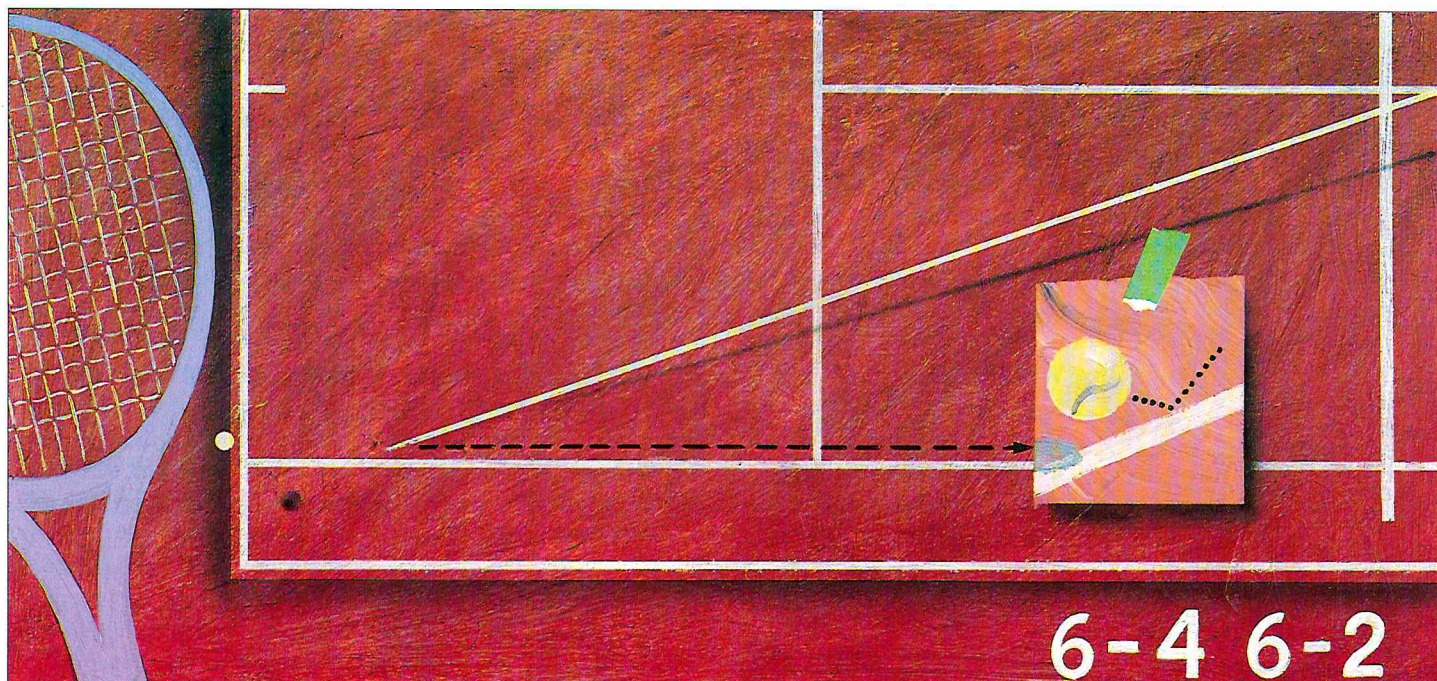
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The IOF and Small Developing Countries

*JURAJ NEMEC, Slovakia,
outlines his Federation's
problems and priorities*

Although I have not participated for very long in the IOF structure, I want to write some remarks on the interesting article by P-O Bengtsson in *OW* 94/3. My concern is not to discuss all the critical and positive points put by P-O, but some of the areas he touches on are closely connected to the daily life of Slovak orienteering.

I am very far from making an evaluation of the value which the IOF as a whole and its federations receive from the relatively small budget, but in some areas the results and the extent to which IOF goals are met do not show a high level of efficiency and I have to agree with some of P-O Bengtsson's remarks. The most important of the problems he mentioned, from the point of view of our Slovak orienteering association, are as follows:

*** the IOF is a poor international sport federation.** Its finances are based on membership fees which cover approximately 65% of all income. Only a small part of the income is from sponsorship. And this situation has not changed over a long period.

*** the marketing/public relations** of orienteering on an international level is somewhere near the starting position - especially in the area of media transmissions. Orienteering should be recognised by satellite sport TV programmes.

*** orienteering is not in the Olympic Games.** Today's initiative about ski-O should have been undertaken much earlier and we only hope it will be successful. If not - I will discuss some consequences of that at the real level of a small federation later.

*** the starting fees** in every kind of international competition are increasing. I am not sure that the compulsory contribution by organisers to the IOF is the best measure. Although it is not allowed, in reality this contribution will be paid by the participants.

I am not experienced enough to analyse if these problems are due to the bad performance of official IOF structures (Council and committees) or due to the nature of orienteering as a sport which is not interesting for uninformed spectators and a sport with only a small amount of material equipment (from the side of sponsorship interest). This analysis should be

done on a much higher level and its results followed by concrete measures.

Regarding P-O Bengtsson's proposals on support for elite orienteers from eastern Europe countries: in part this proposal is valid. But we have to distinguish between eastern Europe and central-eastern Europe, and I do not take into account the Baltic countries which are close to the Nordic nations and therefore have specific conditions. Some of the central-eastern Europe nations are in a relatively good position - especially the Czech Republic and also to some extent Hungary, Bulgaria and Russia. These countries suffer from under-financing of orienteering, but on the other hand their results and the number of active orienteers can help them survive without big problems, and promised support can improve their possibility to participate in international competitions.

There are also small federations in this part of the world - like Slovenia, Croatia, Ukraine and also our Slovak Republic. The situation in these countries is much more specific. I can explain this with our association as the example. Our most important problem is **not** to find money to participate in World Championships or the World Cup. Now and in the near future we are not able to be at the top in such competitions, and so the participation has only a little impact on orienteering development in our conditions. If there are some people who want to compete in the World Cup or a WOC, it can mostly be done on a sponsorship basis. If nobody participates from our country, the level of top orienteering can decrease only slightly, but our association will suffer from it less than the IOF as a whole - the number of participating countries is a powerful figure.

Our Priority - More Orienteers

What we need more is to increase the number of active orienteers in our country. In developed countries, people have enough money to support personal sport activities - but this is not the case in a country where people sometimes have problems fulfilling basic needs such as clothing and food. In this situation we have only one possibility - to increase external funding to support orienteering development. In the past these sources

have not been great, but also not too small.

Today, 50% of the 1994 budget of our association is directly for national teams. If we have only 250-300 orienteers participating in national league competitions and 100 in the Championships, it is impossible to cover the event costs from internal sources with entry fees as low as they should be; the association does not have the resources to give any financial support. The only way for us is to find external sources - sponsors and increased state and municipal support. But how can we involve sponsors, if they cannot receive value for the money given to us? Orienteering is not a widely recognised international sport and it is not covered by the international media. It seems clear that all sponsorship money we get is on the basis of personal contacts and not on real business conditions.

State has No Interest in O

The state and municipalities suffer from lack of money in the budget. They will finance only selected sport activities. Again the question - do they have incentives to support orienteering? For the municipalities we can partly say yes - but in reality, the distribution at this level is mostly not based on objective criteria. The state has no interest in supporting orienteering, because:

- orienteering is not in the Olympic Games;
- orienteering is not well enough known through the media;
- the politicians do not know orienteering and its benefits;
- the administrators of the state sports budget are not members of the orienteering family and they have the chance to influence the flow of money.

Some of these problems are within our competence and we are taking actions to improve the situation - our application for the Ski-O JWOC is one example. But the issue Number One is the Olympic issue. I am afraid that failure to get Ski-O onto the Olympic programme as soon as possible could cause great obstacles for orienteering development in our and similar conditions.

In conclusion, I think that the real IOF policy goals for countries like Slovakia are not in supporting elite orienteers, although of course it can be done alongside policies aimed at decreasing entry fees. Much more aid would be given through development in areas of common interest to IOF members, in particular the Olympic issue and media coverage and public relations in the broadest sense.

Juraj Nemecek competed in the 1994 Ski-O WOC for Slovakia, and has been a member of the IOF Development & Promotion Committee since 1992.

The President's Column

I am honoured to be elected President of the IOF. It is an opportunity, and a challenge.

Naturally over the past few months I have thought a great deal about what I should like to see happen should I be elected. In the paragraphs that follow I have indicated some of the important ones. I haven't put them in priority order because they concern such different aspects of our sport, and because I believe we can make progress on all of them - albeit slowly in some areas.

Less complex event organisation

I believe the IOF should encourage national federations to look at ways to reduce the complexity of event organisation. Our very complex set-up means:

- we require lots of helpers. Orienteers want to run, not to organise. We lose members by making them organise too much
- it's hard NOT to fail on some aspect or other
- it's expensive
- it's hard to grasp, for new comers and in new countries

Ski O into the Olympics

Ski O has a genuine chance of getting on the programme. Foot-O would benefit from the spin-off of cash and publicity.

- ski O (unlike foot-O) could probably be organised near a Winter Olympic centre, which is normally chosen because there is likely to be plenty of snow
- we might soon meet the criteria for countries and continents
- the IOC is looking for new events for the winter programme - especially ones that include both men and women

Teamwork

The IOF has the confidence born of more than 30 years of sound development. To continue thus, the IOF needs the input of all its members, working as a team. An atmosphere of active collaboration in Council and IOF's Committees and other bodies is important for effective work.

Orienteering is now a world sport. We must adapt our way of working so that it is possible for people from every part of the world to take part. This is important if we are to get a balanced view. And nowadays we have the tools to do this using electronic communication. We must work hard to devise a set-up which encourages two-way communication between the IOF and its members, wherever they are, however large or small, however well developed or new they are.

A high profile also OUTSIDE the Nordic countries

Orienteering has outgrown any implication that it is confined to the Nordic countries. We should work to have this widely recognised. Such recognition can only increase the status of Nordic runners both at home and abroad.

Orienteering is in a market place, both to get customers and to get finance. The IOF, as the world body, needs to service these markets, otherwise the sport will not develop, we shall not have the money to assist youngsters to start in the sport, and decreasing rewards for our top athletes may lead to them turning away to other sports.

Close communication between the elite and the IOF

As we develop it is important that the elite have a voice to influence decisions on the top events - which are the goal of their lives.

An environmentally friendly sport

We must look at ways in which we can help orienteering to be, and be seen to be, environmentally friendly. We must project this image world wide if orienteering is to continue to gain access to the forests which are our stadia.

A truly international sport

In an age when political borders are less rigid, IOF should seek ways to help orienteers of all countries and all ages and abilities to get round the economic barriers that stop them participating abroad.

Finally

In conclusion, may I say that I believe that a higher profile for the sport is essential if we are to achieve a number of our objectives. This means increasing the visibility of orienteering in the media and also within other sports organisations. Such work can be done at national, but also, and very importantly, at international level by the IOF. This is the tough but exciting challenge for the middle 90's.

SUE HARVEY

This is the first of an occasional series from the President.

IOF's New President



Sue Harvey, now aged 50, has been involved with orienteering for twenty-five years, competing, mapping and organising at all levels from club through to World Championships. She has worked in the organisation of the sport at national and international level for twenty years.

In the IOF, Sue joined the Presse Kommission in 1972, and was its Chairman and Editor of the *IOF Report* from 1977-83. She was Secretary General (Honorary) from 1983 until 1986 when the present Secretariat was established. She was elected a member of Council in 1986, and a Vice-President and member of the Executive Committee in 1988.

Sue's competitive record is extensive; she represented Britain in three World Championships (1968/70/72) with a best placing of 24th and was British Champion in 1971 (D21), 1979-80 (D35) and 1986 (D40). A long-standing injury has unfortunately restricted her activity in recent years. She is one of the planners at the Veteran World Cup this year and was General Secretary for the World Championships held in Scotland in 1976.

Together with her husband Robin, mapping has been Sue's professional activity for many years now. She is a Director of Harvey Map Services Ltd, an independent Company with 10 employees which now specialises in the production of maps for walking and in teaching resources for orienteering. She speaks six languages - Swedish, French, Russian, German, Arabic (getting a bit rusty now!) and English.

Heinz Tschudin, IOF President 1988-94

by JOHN PEARSON

Here we are again at the start of another IOF Council meeting. Just after lunch on a Friday. We plan to go on until lunch time on Sunday. Lennart has prepared one of his typically long, spacious agendas - there are seventeen points on it. And here, oh dear, are people suggesting four or five new points for 'Other Business'. How shall we ever get through? Especially as we've a dinner with the orienteering federation of the host country tomorrow evening. And of course we all have to go out for a little run at some stage in order to demonstrate that we're still active athletes.

Heinz takes us calmly through the opening items. But then we reach the serious points of the agenda. Points like the future structure of the IOF; the next Long-Term Plan; the future structure of major IOF events; the future of IOF finances. These are complex issues, and are we getting all the guidance and direction we need from the President? Heinz listens to us all carefully. Whatever we say - and some of us sometimes say things which might not immediately convince you - Heinz says "Your point is well taken". But where does that get us?

And now, heaven help us, Heinz is suggesting, on the difficult, central issue we're discussing, a brainstorming. In other words, thirty minutes or more while a series of pretty wild ideas are written on the wall-chart. But at least that leads to some sort of decision, even if only procedural. Sue and Åke are going to write a 'short note' in the

light of the brainstorming, and we're going to resume the discussion again on that basis tomorrow. At least that allows us to move on to item 5 of the agenda, where I get the job of producing a 'short note' for tomorrow.

Now it's time to go off for an evening meal. Five items out of 17 cleared, or half cleared, so far.

But next day, things start to fall into place. The 'short notes' allow us, under Heinz' calm, modest, gentle, good-tempered guidance, to reach conclusions which seem reasonable. No pressure from the President, no sense of hurry, not a moment of irritation, never a cross word. So that by about midday on Sunday we're coasting calmly through the final points, and even the four or five 'Other Business' points don't prevent us from finishing a few minutes ahead of our official closing time.

We have been talking, in the main meeting, for sixteen and a half hours. Heinz has been alert and watchful throughout (unlike, just possibly, some of the Council members). Again unlike the rest of us, he has had to make a series of speeches in various languages at the social occasions which have agreeably punctuated the weekend. And discuss all sorts of points bilaterally with Council members in the intervals between our main sessions.

Of course, these Council meetings are only one part of what being IOF President involves. There are the long Tuesday morning telephone calls with Lennart. There is



*One of the pleasanter tasks of a President -
Heinz at the Congress reception photo: JCA*

the representational function - at World Championships and World Cup events around the world, foot and ski. There is the negotiation of sponsorship deals. And Heinz Tschudin has had to combine these tasks with an extremely demanding international professional life in the upper echelons of Unisys, during a long period of turmoil in the information industry.

During Heinz' Presidency the IOF has, I am sure, become a

more serious, a more professional organisation. The Council has addressed the real long-term problems of international orienteering and carried our thinking and understanding forward.

Throughout this process Heinz Tschudin, calm, modest and smiling, has been indisputably in charge. Thank you, Heinz!

I still hope to beat you in an orienteering race one day.

Roll-call for Winter Olympics

The Ski-O Olympic Project is exploring every possible means of getting publicity - and has even succeeded in spreading its net to countries not known for much snow cover. After extensive tuition from Ski-O Chairman Gunnar Jonsson (bottom right), IOF Vice-President Hugh Cameron made his first tentative move on roller skis at the IOF Congress to demonstrate Australia's commitment to the Project.





IOF NEWS

IOF NEWS

IOF NEWS



The 17th IOF Congress in Bulgaria Successfully Concluded - 30 Nations Present

Accommodated at the Scientific Centre Frédéric Joliot-Curie, an appropriate setting for the purpose, the Congress participants enjoyed an efficient and pleasant week by the Black Sea.

Thanks are due to the hosting Member, the Bulgarian Orienteering Federation, for untiring work to prepare and execute the Congress according to the requirements of the IOF and all delegates. Whether the President of the Bulgarian Orienteering Federation, Mr. Avram Avramov, found it easier to lead his organising committee for this Congress than to lead his expedition to the top of Mount Everest remains his secret.

The New Leaders of the IOF

The following persons were elected to the IOF Council for the period 1994-1996:

President	Sue Harvey	GBR
Vice-Presidents*	Hugh Cameron	AUS
	Åke Jacobson	SWE
	Sarolta Monspart	HUN

* At the first meeting after Congress the new Council elected Åke Jacobson Senior Vice-President.

Members	Thomas Brogli	SUI
	Rimantas Mikaitis	LTU
	Edmond Széchényi	FRA
	Einar Undstad	NOR
	Bruce Wolfe	USA



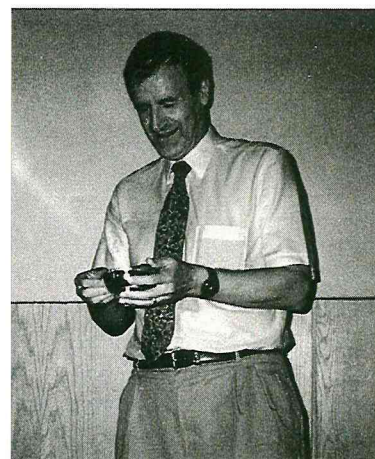
The new Council (l to r): Einar Undstad, Thomas Brogli, Sarolta Monspart, Åke Jacobson, Edmond Széchényi, Sue Harvey, Rimantas Mikaitis and Hugh Cameron. Bruce Wolfe was not able to attend due to prior commitments at the US Convention.

Resigning IOF President Heinz Tschudin becomes Honorary Member of the IOF

The Congress unanimously decided to appoint Heinz Tschudin, SUI, an Honorary Member of the IOF.

Heinz becomes the eighth member of this illustrious group; the other seven are (in chronological order):

Horst Stubenrauch, GER
Inge Löwdin, SWE
Olaf Andersen, DEN
Lasse Heideman, FIN
Willy Mathys, SUI
Erik Tobé, SWE
Bengt Saltin, SWE



Heinz Tschudin accepts a silver plate given in recognition of his 10 years' service as Vice-President and President photos: JCA

Two New Members in the IOF Family

At the IOF Congress two new Member countries were accepted, namely the Orienteering Federation of **Kazakhstan** as full member, and the Mountain Climbing Association of **Macedonia** as associate member. The acronyms being used for the two countries are KAZ and MKD.

The IOF family thereby counts 45 members, whereof four (Brazil, Cuba, Macedonia and Malaysia) are associate members.

Kazakhstan had announced it would be present at the Congress, but unfortunately could not make it in the end. Jozg Karlowski spoke on behalf of the Mountain Climbing Association of Macedonia and thanked the delegates for the confidence bestowed on MKD.

The IOF Congress: Proposals from the Member Federations - How did they Fare?

The World Championships (SWE):

A. Increased team size (from 5 to 7)

The proposal gave rise to animated discussion. Sweden argued that teams of 7+7 (men and women) will allow nations to select a team consisting of specialists on both short and classic distance at the same time as the requirements for composing a relay team are met. Those against argued that such a rules change will strengthen the already strong nations (the small nations can't afford to send 7+7 anyway) and make it difficult to organise events.

Sweden's proposal was carried (17 in favour, 9 against, 3 abstentions).



IOF NEWS

IOF NEWS

IOF NEWS



B. 2 shorter legs to be introduced in the relay

The Chairman of the Technical Committee informed Congress that a model has been considered which implies varying legs under a given total time.

Sweden responded by approving such a rules change.

The Junior World Championships (SWE):

SWE in her proposal pointed at the tendency for the JWOCs to be modelled on the senior WOC, and thus to be unduly costly and serious affairs. This, according to SWE, runs counter to the original intention when the JWOC was instigated. SWE therefore proposed that the JWOC is supplemented by a 'declaration of intent' in line with the previous International Junior Match; the IOF Controllers are also to control the adherence to these intentions.

Sweden's proposal received total support.

Doping Rules (NOR):

NOR proposed that the new IOF Council evaluate the present rules for doping tests, taking into account the IOC Charter, the recommendations of the European Council and corresponding rules applied by other international sports federations.

There was general support for the Norwegian proposal.

Rights to reproduce maps (NOR):

NOR proposed that the new IOF Council should produce information regarding both Rights to reproduce orienteering maps in magazines and other orienteering literature; rules for determining costs in these should also be laid down.

The proposal was accepted. Council will come up with a proposal for such rules.

Amendment of the IOF Statutes (ITA):

The Italian Orienteering Federation presented a rather comprehensive proposal for amendment of the IOF Statutes. However, since the current Statutes will be revised anyway as a consequence of the new IOF Structure being endorsed, the Italian Federation accepted that its proposal be considered in conjunction with that work.

A task force will be appointed to revise the IOF Statutes. ITA will be asked to join the task force.

The 1996 IOF Congress in Israel

In two years' time the Congress delegates will pull to the Holy Land. Whether it was Israel's presentation of a captivating video of the country's touristic possibilities, or whether it was Israel's plea for a secret ballot - which was accepted - that did the job, is difficult to know.

Whichever, a vast majority voted for Israel, leaving Sweden in second place. Austria, having been awarded the 1998 Worlds in Ski-Orienteering earlier during the day, withdrew her application.

World Championships Rules Changes

In addition to the changes approved by the Congress, the new Council approved several other changes to WOC rules which are embodied in the new Competition Rules for IOF Events which will be issued shortly and come into effect in 1995.

The key changes are: a qualification race for the classic distance final is re-introduced; the allowed number of runners in the qualification races are 4 per nation, in both classic and short distance; the allowed number of runners in the finals, both classic and short distance, will be 60; the participation in the finals will be entirely based on the result in the qualification races (i.e. no guaranteed participation); B and C finals in short distance are abolished.

These WOC changes are valid from 1997 onwards, but which of these rules that may be applicable already in Germany in 1995 is being investigated. Final information will be given in WOC '95 Bulletin no. 2.

The IOF More Flexible!

It appeared that Council's vision of a new structure and a more flexible way of working in the future was well received by Congress. No surprise, one might add, after such meticulous preparation. A first draft of the proposal was discussed at last year's President's Conference in conjunction with the WOC in USA. On that occasion valuable criticism and proposals for amendments were received and could be taken into consideration in the further elaboration of the proposal. In addition, the day before the General Assembly, all efforts were made to explain the new ideas and Council's plan for their implementation.

In essence, the decision taken by Congress implies that the old committees - which have served the IOF well but become rather large and rigid in their manner of working - have been abolished.

Instead, for each committee, small steering groups (3-5 members) will be set up to generate ideas and form projects to implement them. The steering groups will be complemented by committee project teams. Advantages inherent in this system are, among others: project groups can be recruited geographically in order to avoid costly travel; greater flexibility is achieved (the purpose as well as the start and termination can be clearly defined).

At its meeting after the General Assembly, the new Council established the following Committee Steering Groups and appointed the following Chairpersons for them:

Development (DC):	Birthe Helms, DEN
Events (EC):	Geir Tveit, NOR
Mapping (MC):	Flemming Nørgaard, DEN
Ski-O (SC):	Veli-Markku Korteniemi, FIN
Technical (TC):	Barry McCrae, AUS
Trail-O (Trail C):	Anne Braggins, GBR



IOF NEWS

IOF NEWS

IOF NEWS



IOF Pins of Honour

At its last meeting just before the 17th IOF Congress, the previous IOF Council awarded Pins of Honour to the following persons:

SILVER:

Peter Gehrmann, GER, for his service as honorary Editor of *Orienteering World* (former *IOF Bulletin*). Peter is also a member of the organising committee of the 1995 World Championships in orienteering in Germany.

BRONZE:

John Pearson, BEL, for serving as a member of the IOF Council 1988-1994. John was also member of the IOF Executive.

Per Stensby, USA, for his service as member of the IOF Council 1986-1994.

Edmond Széchényi, FRA, for many years of service on the IOF Technical Committee and for his service on the IOF Council (of which he is still a member) since 1992.

Ski-O Video Produced for Olympic Project

Congress delegates were among the first to see a new 5-minute video about ski-orienteering, produced in Finland to support the Olympic Project. Copies were available for member federations, and can be obtained from the IOF Secretariat. The video supplements the special brochure produced in conjunction with the application to the IOC for inclusion of ski-O in the Winter Olympics 2002.

A 3-year Activity Plan for the Olympic Project covers the work of a Contacts

Team and a Clinic team. The Contacts team will set up links with members of the International Olympics Committee, the media, and persons who are prepared to work for ski-O in new ski-O countries - their aim is to have a contact person in every country where ski-O is possible.

The Clinic Team has arranged clinics in Sweden and Estonia (the latter in Russian) for early 1995, and other venues in the pipeline are Japan, Romania and Australia/New Zealand.

Aims of the Olympic Project

(1994 situation in brackets)

- * Ski Orienteering shall be practised in 40 countries (32)
- * 35 countries shall participate in the World Championships (20-27)
- * 30 countries shall participate in the Junior World Championships (16)
- * national championships shall be organised in 35 countries (20)

Other aims are that

- * each country shall be given the opportunity to receive high-class information on coaching;
- * four continents shall have the opportunity to organise World Championships and World Cup competitions; (2)
- * there shall be five regional championships or cup systems in the world (3/1).

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Staff: Berit Pehrson, Karin Tibbelin

MEMBER NATIONS

Australia	AUS	Kazakhstan	KAZ
Austria	AUT	Korea	KOR
Belgium	BEL	Latvia	LAT
Belorussia	BLR	Lithuania	LTU
Brazil*	BRA	Macedonia*	MKD
Bulgaria	BUL	Malaysia*	MAS
Canada	CAN	Netherlands	NED
China	CHN	New Zealand	NZL
Croatia	CRO	Norway	NOR
Cuba*	CUB	Poland	POL
Czech Republic	CZE	Portugal	POR
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
Japan	JPN	(* - associate members)	

IOF COUNCIL 1994-96

President
Susan Harvey, Great Britain

Vice Presidents
Hugh Cameron, Australia
Åke Jacobson, Sweden
Sarolta Monspart, Hungary

Council Members
Thomas Brogli, Switzerland
Rimantas Mikaitis, Lithuania
Edmond Széchényi, France
Einar Undstad, Norway
Bruce Wolfe, USA

IOF COMMITTEES

Development (DC)
Events (EC)
Mapping (MC)
Ski-Orienteering (SC)
Technical (TC)
Trail-O (Trail C)

Chairmen

DC: Birthe Helms, Denmark
EC: Geir Tveit, Norway
MC: Flemming Nørgaard, Denmark
SC: Veli-Markku Kortenieniemi, Finland
TC: Barry McCrae, Australia
Trail C: Anne Braggins, Gt. Britain



IOF NEWS

IOF NEWS

IOF NEWS



IOF EVENTS

On the day before Congress all the delegations met round a table to discuss the future format of the IOF events programme. The debate addressed the WOC and the World Cup exclusively.

Various aspects of policy were discussed and a clear consensus was reached on some of the points.

The question **whether WOC and the World Cup should become annual or remain bi-annual events** brought out opposing points of view. It was understood that an annual programme would have much better media impact. However, member federations generally considered that they were not able to shoulder the increasing costs and felt that the demands on athletes would be too great under present day conditions.

Most federations agreed that the possibility of **specialisation for the present two disciplines** was desirable but that these disciplines were at present not sufficiently different for any changes in policy. A plea was made for the introduction of a much longer distance ('Marathon') rather than forcing specialisation for the present distances.

World Championships

The idea of qualifying races for the classic final at the WOC had general support though some felt that there should be automatic access to the finals for at least one competitor from each country.

There were no very strong feelings about the starting fields in the WOC qualifying rounds. Four runners per country in both short and classic distances seemed to be a good compromise.

On the question of possible differentiation of the lengths of the relay legs, some delegations felt strongly that differences were acceptable but should be limited, as the longer legs would have a predominant effect on the final result.

World Cup

Discussion on the World Cup was guided by a working paper on four different types of World Cup 'models' designed to meet

objectives laid down by the IOF Council (see OW 94/3, page 2). The first of these is the present model but with a qualification competition before each event. Only the model concerning a programme made up of two groups of events was considered by some to be potentially more interesting. This formula, which would generally meet all of the Council's objectives, can be summarised as follows:

Group 1 events would be 'World' events with qualification races. There would be fewer of these than present World Cup events (for instance 3) and they would be closely grouped in time and place.

Group 2 events would have more of a regional character. 10 to 15 events could be held all over the world in any World Cup season. Typically, these events would be part of popular international orienteering events. They would be open to all

national teams. The scoring in Group 1 events would be higher than in Group 2 events. The final scores would include the best of a fixed number of events from the two groups (e.g. 2 from Group 1 and 3 from Group 2).

It was considered by some that this format would not increase the media interest. A suggestion was made that media impact could be heightened if this format was applied over the bi-annual period with Group 2 events held in WOC years and Group 1 events winding up the World Cup in intervening years.

This meeting and the discussions it raised provide valuable input for the new Events Committee which will have the task of elaborating the IOF events programme that will take us into the next century.

Edmond Széchényi

The 1999 World Championships to Great Britain

The IOF Congress unanimously agreed to support Great Britain's application to organise the 1999 World Championships in Orienteering.

GBR has identified three regions where a WOC of the highest standard could be staged; the final decision about venue will be taken within the next three months.

The 1998 Worlds in Ski-Orienteering to Austria

The IOF Congress appointed Austria organiser of the 1998 World Championships in Ski-Orienteering. The events will be held in pre-alpine terrain at an altitude of 900-1,400 metres.

Both organisers have 'done it before', Great Britain in 1976 and Austria in 1982. If anything, the delegates know they voted for experienced and dependable organisers. Congratulations, Great Britain and Austria!

The **1996 Junior World Championships in Ski-Orienteering** was awarded to **Slovakia** - the first time that this country will stage an IOF event.

The **1998 Junior World Championships** (foot orienteering) was awarded to **France**.

Changes at the Helm for Ski-O and Mapping

Two IOF committee chairmen retired at the Congress: **Gunnar Jonsson**, Ski-O Chairman since 1990, and **Thomas Brogli**, who became Chairman of the Map Committee in 1988 and has now been elected a member of the Council.

Ski-O has taken big strides forward dur-

ing Gunnar's term of office, and he leaves with the Olympic Project in full swing with strong hopes for the future. A revision of IOF mapping standards and developments in mapping education have dominated the Map Committee's work in recent years.

The IOF would like to express its appreciation to Gunnar and Thomas for all their hard work and achievements whilst in office.

SUE JOHNSTON, Vice-President (Development) of the Orienteering Federation of Australia, asks

Are women as welcome as we would like to think?

Is gender equity an issue in orienteering?

In Australia, approximately 40% of our orienteers are female and although we might not think much about it, that means we get used to seeing more males at all of our orienteering events. This situation seems to occur in most, if not all, countries. Do we just accept this imbalance as an indication that women do not like orienteering as much as men (or perhaps that orienteering is not suited to women) or do we question the cause and appropriateness of this difference?

There is no reason why women should enjoy orienteering less than men or be less suited to it. Just as some men do not take to the physical and mental challenges of orienteering, so too do some women not take to the sport. Why should there be a difference? More importantly, why should we accept that there are potential female orienteers who are missing out on the benefits that orienteering has to offer?

In every country, constant effort is required to increase the participation of community members in orienteering. We are always trying to increase our membership and thus raise the profile of our sport. Why then are we satisfied that we have not captured this as yet untapped source of membership in our female population? Just as orienteering has much to offer women, these women also have much to offer our sport. Both parties are missing out in our current situation.

Once we accept that this difference is important and worth doing something about, it is time for some very hard thinking by those already involved in the sport. Are we doing everything possible to encourage women and girls to take up orienteering and then remain involved in the sport? Is it possible that we are doing something or a combination of things which might be deterring female participation? These questions are not easily answered because on the surface it may appear that orienteering is very equitable and encouraging to women, but we still might be giving some unintentional and often subtle messages to women or girls that orienteering is not appropriate to them.

Promotion of Orienteering

The advertising and media promotion of the sport needs to be carefully monitored to ensure that males and females are equitably represented. If advertisements, posters, brochures, T-shirts or photographs in newspapers more frequently show male competitors than females, it is easy for those not familiar with the sport to gain the impression that it is a male only or male dominated sport. There are a number of logos which depict male figures - is this the best way to promote our sport as being suitable for women? Do official orienteering publications and national magazines have editorial policies which prevent sexist language and ways of representing women which are stereotyped or denigrating?

Administration

The way in which orienteering is administered might also give messages about the role of women in the sport. Are males and females equally represented in positions as office bearers and on committees? Do we give the message to women that orienteering is not for them because men hold most of the key positions and always appear in official situations or at official functions? Unless women have their say in forums where decisions are made it is unlikely that the sport will cater adequately for their needs.

If women appear reluctant to take up positions of responsibility, questions need to be asked about why this is occurring. Steps might need to be taken to overcome that reluctance through support and encouragement. Perhaps committees are run in ways which unintentionally make women feel uncomfortable, and new ways of operating might make it better for women and men. Sexist titles such as 'Chairman' and sexist language in official policies and documentation are off-putting to many women and are easily changed to be gender-inclusive.

Competition

Orienteering is fortunate that the World Championships cater equitably for both men and women who run on the same map in the same competition conditions. Does this equitable approach apply to all competitions? Are there always the same prizes and awards given to men's and women's classes? Are our male and female junior classes treated equitably? Are women's and men's results published in the newspaper? Do we always value equally the performances of our male and female competitors?

Women also make many important contributions to orienteering apart from their performance in competitions. It is vital that all of these contri-

butions are valued and recognised by the wider orienteering community. Sometimes these contributions are the types which are made 'behind the scenes' and are easy to ignore.

Coaching

In some Australian states, there has been a recognition that women need support in their orienteering and special women's coaching weekends have been organised. These allow women to help each other improve their orienteering skills away from family demands. Efforts should be made to encourage such special coaching provisions for women as our experience suggests that they have been very effective. Conversely, men should be encouraged to see how these activities benefit orienteering and not to see them as discriminatory. It is also important to provide child-minding facilities at events so that women feel free to participate without being hampered by child care responsibilities.

Conclusions

Orienteering is probably more gender inclusive than most sports and we need to be proud of our record. However, there are many areas in which we could still improve and aim to make orienteering a leading sport in gender equity. First, there needs to be an acknowledgement that gender equity is worth aiming towards. Then there needs to be hard thinking about just what messages we do give to women and girls about our sport. Are we always careful that women feel included and that they have a worthwhile contribution to make to orienteering? The Australian Sports Commission has recognised the importance of this issue in Australian sport and has produced policies and guidelines to achieve gender equity in sport. The Orienteering Federation of Australia has also adopted a gender equity policy. What about elsewhere in the orienteering world?

Electronic Punching: Large-scale Tests in Full Swing

The Regnly Track Recording System was reviewed in *OW* 94/3 (page 15). This system is so far the only electronic punching system to reach a stage of development where full-scale tests can be undertaken, and these are now under way at a series of events in Norway including the elite classes in the annual O-Festival.

Special Training

"Event organisers need special training", says NOF Technical Committee Chairman Øivind Holt who is in charge of the testing programme. Each organiser using the system, as well as a special event Controller appointed for this purpose, will complete a structured report to ensure the best possible evaluation of the system and its special requirements.

Besides the work being undertaken in Norway, Øivind has set up a small Project Group considering all aspects of the system with members from Sweden, Finland and Denmark; in Sweden, work is proceeding on the interface between the punching system and standard event computer software. "More work is needed on the program which extracts information from the electronic data", says Øivind, referring to continued debate about output formats. "But interfaces with a country's standard event software should be relatively easy."

Who Buys the E-cards?

The IOF Technical Committee held an open meeting at the recent Congress where Øivind Holt described some of the potential benefits: straightforward punching (no validity problems), split times for every control (no manpower needed), electronic time recording (better accuracy for short distance races), efficient relay organisation. But the handling processes for such as late entries were very different, he said, and there were both pros and cons for the two alternative ways of handling competitor e-cards - 'personal' (competitors buy them and take them to all events using the system) or 'anonymous' (stocks are held centrally, and issued and collected again at each event). The ideal is that every competitor will have his own e-card, but it seems more likely that for a long time a

federation might buy enough equipment for its major events and rent or loan the e-cards to competitors.

Need for Standards

At the meeting, the importance of setting world-wide electronic and mechanical standards for this type of equipment was emphasised, but at the present stage of development it was felt to be too early to establish these.

"Very Easy to Use"

Arthur Green from Ireland was one of those trying the system for the first time at the IOF Race at the Congress. "As a competitor, I found the system very easy to use," he says. "The e-card is much more compact than a paper control card. I hardly noticed it when I was running through the forest. Punching at the control is also very easy. Instead of fumbling with control card and punch and trying to mark the card in the right box, all I had to do was put the e-card on the sensor unit, wait a moment and then run on."

Bulgarian Youth to the Fore

Several IOF Congress delegates stayed on to join over 1,000 home runners for the Bulgaria 3-Days. Hot weather, fine maps, top-quality technical orienteering on 2 days in particular, masses of young and friendly people, the parking area full of coaches and hardly any cars, constant disco music enlivening the finish areas, a rapid results service, and a final awards ceremony which *all* the prize-winners stayed for. The Varna Summer Cup later in the week was a smaller event but with the same characteristics.



snapshots from the Varna Summer Cup

There are one or two points he thinks a competitor might not like, however. "One is the method of attachment. The e-card I used had a small strap (like a thumb compass) to loop round a finger. At first this felt a little uncomfortable; it might be easier to loop the e-card round the wrist instead. Also at first I was a little worried that I might not have 'punched' properly; there is no feedback signal to notify the orienteer that the e-card has successfully got a signal from the sensor." Testing in relays in other sports suggests that only orienteers show this latter concern - perhaps because of bad experiences with conventional control cards.

The system has potential commercial uses too, for instance in the security business, and not long ago it gained extensive coverage in the business section of a Norwegian national newspaper.

Results to be Published

The final test in the programme will be in Sweden in mid-September. At the end of the year the Norwegian Federation will publish the results of the testing programme so that the experience they have gained during this year can be shared with orienteers world-wide - *Orienteering World* will carry a full report in the January issue.



After a difficult few years, Bulgarian orienteering is thriving and lots of youngsters are being attracted to the sport. Money from the national lottery is helping to overcome the problems of the post-communist years when financial support almost ceased. Having a World Champion in Ski-O (Pepa Miloucheva - who was also a Congress delegate) has also helped stir interest. The future looks rosy.



The sport of rogaining was born in Victoria, Australia and is now practised in New Zealand, USA and Canada as well; variations in other countries include mountain marathons and fell orienteering events. In some respects rogaining has developed along similar lines to orienteering, but in others it has acquired its own distinct character

ROGAINING

The simplest description of a rogaine is a mammoth score-orienteering event, where competitors choose the controls they will visit to try to gain the highest points score they can in the time allotted. Maps - usually standard-issue government maps or maps prepared from these at 1:25,000 or 1:50,000 - are handed out up to 2 hours before the start, giving plenty of time for route planning. In a 24-hour event, teams need to decide whether to keep travelling, bivouac out or return to base camp (the 'Hash House') for the hours of darkness. Six, eight or twelve hour events are also organised, sometimes with a compulsory overnight break, catering for families and less fit or ambitious teams. Rogaines often take place in wilderness areas; whatever the nature of the terrain, a large area of open country is needed.

The Flavour of Rogaining

A few extracts from accounts of rogaines:

"Controls were scattered very densely around the map. There were 72, with a total of 4,350 points in an area of just under 215 square kilometres. It was clear to us that the winning team would have to pick up controls very consistently ... thus there was little margin for a down patch, or a visit to the Hash House, of even a couple of hours. Neil and I decided that our best strategy was to plan a single 24-hour loop" - *Peter Taylor, 1993 Australian Rogaining Championships*

"From a mass start at midday, we set off at a good pace. The start is full of anticipation, with up to 400 people moving off at once, spidering away in all directions. Within minutes the area is almost abandoned except for a small group of organisers, who already know some of the challenges awaiting the competitors. We made a fast break. Our strategy is to make good speed in daylight and walk consistently overnight" - *Ron Weibrecht, Victoria, Australia*

"Midnight: the base camp is like an oasis. Laurie Collinsworth has been faithfully manning the grill all night. There is food piled high. We go first for hot dogs, then hamburgers, potato salad, baked beans. Forget the healthy salad and fresh apples! We need REAL food" - *Bernard Breton, 1993 Hammond Hill Rogaine, USA*

"Just after dark we managed to turn a simple 20-30 minute leg into a convoluted 70-minute affair, in which we had to use a fair bit of relocation skill just to find the control at all. At this stage we were pushing for an extra couple of controls before having something to eat and changing into our warm gear. I had an uneasy feeling at the time that it wasn't the correct thing to do, and in retrospect I was right. The time just after dark is always a low time ... Sunday morning dawned particularly pleasantly. The weather was warm, and we found ourselves in relatively easy, and very beautiful, bush. Although we were quite tired our spirits lifted so much that we were able to add 2 controls to our planned morning schedule" - *Peter Taylor*

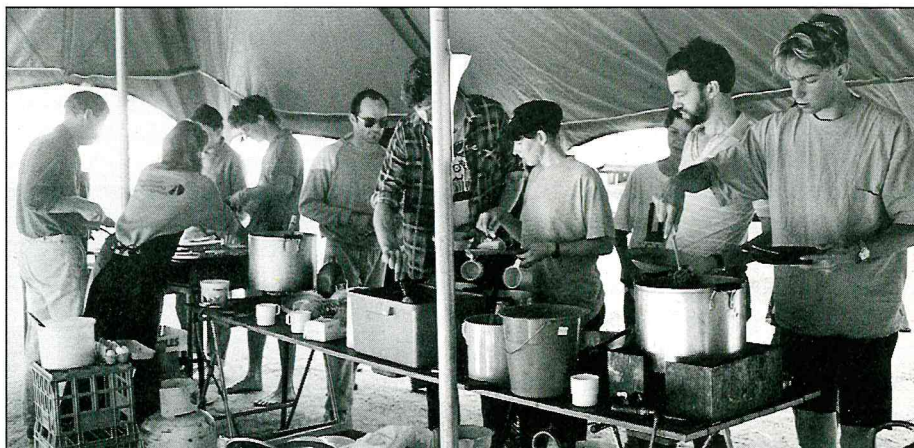
Memorable Exploits

Extremely wild country is often used for rogaines, and many tales have been told by rogainers of desperate encounters with

steep or swampy terrain, near-impenetrable vegetation, and wild animals of various shapes and sizes, as well as foul weather - and of very stimulating situations too:

"We punched in at control 37 just before the rain started. Reaching this control involved traversing a knife-edge ridge and ascending a gendarme (a small pinnacle) with an exposure of 350m. The ascent involved a choice of technical rock climbing for 20m. or hands-and-feet scrambling up loose gravel gullies." (It transpired that this control had been put out by helicopter!) ... "By 4p.m. fog had reduced visibility to almost zero. We used our compasses to walk straight lines between the largest features on the map ... one pair of seasoned orienteers were unable to locate a 10,000 sq. m. pond set in a V-shaped valley ... we spent at least 20 extra minutes on a single 1 km. leg because of uncertainty about what we were glimpsing through occasional thin spots in the fog" - *Tom Taylor - 1993 Caribou Quest, Newfoundland*

"And then we reached what should have been a dry creek bed if life was fair, but turned out to be a barely passable swamp, complete with rose bushes, rotten underbrush and wet willows. No other alternative, in the time we had left, but to go through it. And - horror of horrors - there was an even worse creek bed not 10 minutes farther along. It was at this point that I really regretted ever hearing of rogaine, and the rest of the (family) team really regretted ever knowing each other" ... "the sun was shining, not a cloud in the sky, and we had all slept well. After breakfast and the discomfort of putting on soggy hiking boots, we picked up our control card and left only 15 minutes late. This was the perfect day ... we found the controls as if they had beacons on them" - *Wilma Stonehocker, 1993 Sage Rogaine, Canada*



Food is served at the 'Hash House' tent throughout a 24 hour rogaine photo: Ron Weibrecht

Equipment is worthy of special consideration. The aim is to travel as light as possible, but certain standard equipment is necessary: a small daypack with water, high energy snack bars, a woollen hat and thermal top and extra layers for cold weather and at night, and rainjackets. A first aid kit and, if travelling at night, long-lasting torches or headlamps are also needed.

The Hash House is one of the delights of rogaining. More than simply

being the start and finish area, it runs full catering for the duration of the event. The food ranges from simple soup and sandwiches to casseroles, salads and barbeque. The fire is warm, and as everyone returns, the stories unfold of brilliant successes and, of course, the ones that got away.

In North America most rogainers return to the Hash House overnight, whereas in Australia night navigation is seen as an essential part of rogaining. In USA rogaining is quite closely linked to ori-

enteering, but in Australia the organisational structure is entirely separate.

Compared to orienteers, rogainers travel more slowly but need far greater endurance. It seems that few people have what it takes to be a champion in both sports.



Rogainers are briefed before the 1991 Victorian Championships, Australia

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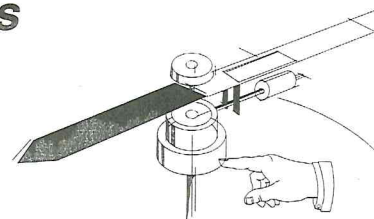


DO-766 (right hand)
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DEREK ALLISON, Director of Coaching in Great Britain, describes a new safety initiative by the British federation (BOF) following national concern about the safety of young people taking part in sport and recreation in 'the great outdoors'.

Safety Guidelines for Schools, Outdoor Centres and Training Groups

The safety of those undertaking adventurous outdoor activities has always been important to the BOF Coaching Committee. We have recently made a number of significant developments and changes in this field and re-published our advice to those who manage such activities.

The new guidelines cover a number of areas. The introduction stresses the importance of using BOF qualified staff and planning safety into the activity. The middle section covers the appropriate level of qualification, staff ratios and safety considerations for four different 'levels' of environment ranging from school grounds to high level exposed mountain terrain.

Appropriate equipment and the structure of a session are covered in the next section, with advice on the importance of planning courses at the correct technical level and planning for possible emergencies.

A draft briefing covering appropriate safety information and advice that should be given to all participants prior to undertaking an orienteering exercise is included. The final sections cover insurance and environmental considerations.

The new guideline will shortly be joined by an updated BOF Coaching Award Scheme booklet incorporating details of the new National Vocational Qualifications available for



Derek Allison (right) discusses route choice with two British juniors

coaches and a Teacher/Leader award. This award has been developed in response to the upsurge in interest in orienteering in schools due to the publication of books related to the way orienteering can play a part in teaching aspects of the 'National Curriculum' in English primary and secondary schools (see review on page 18 of OW 93/4); a similar book for the Scottish 5-14 years curriculum is due to be published soon.

Many teachers have requested one-day courses on the technical aspects of the sport to enable them to deliver the new programmes. Outdoor Centre Leaders require similar skills to be able to deliver 'taster' sessions to the many thousands of children who attend an outdoor residential experience each year to try different activities. The qualification of such leaders has been brought sharply into focus due to a recent canoeing accident in which several young people died.

Single copies of the Safety Guidelines are available free of charge from BOF, 'Riversdale', Dale Road North, Darley Dale, Matlock, Derbyshire, U.K. DE4 2HX.

Letter to the Editor

Unethical decision-making by the IOF Council

In December 1993 the Rules for the World Cup in Orienteering 1994 reached the Danish Orienteering Federation. A special section covers the qualification system for the individual World Cup events.

On behalf of Sweden, Signar Eriksson expressed dissatisfaction with the qualification system for World Cup races 4 and 5 (Norway and Denmark) to the World Cup Group. The WCG discussed the problem at its meeting on 29th January and decided according to the following statement:

"WCG members admit that we are not satisfied with the qualification system for WC 4 and 5. **However, it is difficult to develop a perfect system that meets all different demands, and it was decided not to change the system.**"

The IOF Council met on 4-6 March in Dresden. Here Council decided to accept the Swedish objections. **Unofficially**, Denmark got to know of these changes at the 1st World Cup event in New Zealand. **Officially**, the decision reached the Danish Federation on 18th April, 14 days after World Cup events 1 and 2; a decision which gave the possibility to select differently for events 1 and 2 in order to secure more places in events 4 and 5.

What has happened to the ethics of decision-making? The decision of a generally competent World Cup Group is overturned by the IOF Council!

- Where is the respect for the World Cup Group's work?

As the World Cup Group rightly puts it: "it is difficult to develop a perfect system that meets all different demands".

- Where is Council's consideration for those nations which have made their plans in good faith according to the known rules, and how is it that complaints about the rules from a single nation lead to the disregard of sound decision-making principles and to changes to the qualification rules well into a World Cup year?

Karl Kristian Terkelsen
Chairman, Elite Committee,
Danish Orienteering Federation

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European Championship in Trail-O

The first European Championship in Trail-O, held in the forest of Petite Chapelle in Belgium on 19th June with the support of the Commission of the European Communities and under the patronage of His Royal Highness Prince Philippe of Belgium, attracted 26 disabled competitors of whom 12 were in wheelchairs. In class A, with 17 controls, the winner was Jacques Eloy from Pégase, Belgium with 15 pts and 36 seconds decision time. In second place came Larissa Yecevic from Draugystė, Lithuania, 15pts/95 seconds.



The central issue of the Symposium is to illuminate the demands of orienteering as a competitive sport. Psychological, physiological, technical as well as health aspects and their inter-relations will be discussed.

Registration and further details:
Dr. Toni Held, SWI-ESSM,
CH-2532 Magglingen, Switzerland.

The IOF **Scientific Journal of Orienteering** will again be published as a double issue this year, probably at the end of October or early in November.

Contest Under Way for WOC 2001

Australia and Finland have both announced their intentions to bid for the 2001 World Championships. The venue will be decided at the 1996 IOF Congress in Israel.

New Compasses from Recta

The Swiss firm Recta has produced a new range of baseplate and thumb compasses for top level competition, using the 'Turbo 20' technology which enables them to be used anywhere in the world. In these compasses the needle, which cannot move vertically, is separated from the magnet; it is the magnet alone which absorbs the vertical force of the earth's magnetic field. The needle is fixed at the lid by means of a double jewel bearing. This system compensates tilt of up to +/- 20 degrees.

5th Scientific Symposium

Entitled 'The Competitive Profile of Orienteering', the 5th International Scientific Symposium on Orienteering will be held in Magglingen, Switzerland on 11-14 September, immediately after the World Student Championships which will be held near Fiesch, Switzerland.

ORIENTEERING IN PORTUGAL

TWO INTERNATIONAL EVENTS

NEAR LISBON - "EUROPEAN CAPITAL OF CULTURE / 94"

MAFRA-"O"-MEETING

(MAFRA IS 30 KM NORTH OF LISBON)

12th, 13th November 1994

12th - Individual classic

13th - Relay (3 runners)

ORGANISATION / INFORMATION:

AMIGOS ATLETISMO DE MAFRA
Rua Bombeiros Voluntarios, B
P 2640 MAFRA - PORTUGAL
Tel. +351 61 812023
+351 61 811482 (night)
Fax +351 61 52787

CIMO'S TROPHY

(ALMADA IS 15 KM SOUTH OF LISBON)

19th, 20th November 1994

19th - Individual classic

20th - Individual classic

ORGANISATION / INFORMATION:

CLUBE IBÉRICO MONTANHISMO ORIENTAÇÃO
Apartado 38-FEIJÓ
P 2800 ALMADA - PORTUGAL
Tel. +351 1 2500896
Fax +351 1 2744972

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INTERNATIONAL FIXTURES LIST



This list includes all events in the 1994 IOF Calendar with entry closing dates after 24th July. The entry closing date is shown at the end of the event name, e.g. 'Flexo Kupa, Budapest, Hungary (1/10)' indicates a closing date of 1st October. Then follows the type of event: I - individual, S - short distance, L - long distance, R - relay, N+D - night and day event. A number shows the number of days, e.g. 2I/R means 2-day individual followed by relay. Line 2 gives the contact address and telephone number.

AUGUST

- 12-14 **Drammen 3-dagars, Norway (25/7) 3I**
Lars Wang, Havanvn. 36, N-3031 Drammen, Norway
+47 32 88 68 85
- 16-26 **Moscow Ringworld 94, Russia (see OW 94/1 p. 15)**
Mr. Sergei Olhovsky, Lenina str. 17-121, Krasnogorsk,
Moscow region, 143400 Russia +7 095 563 3848
- 19-21 **Dutch 3-days, Havelte, Netherlands 3I**
Ellen Verheijen, Klaverstraat 80, 3572 VG Utrecht, The
Netherlands +31 30 721 131
- 20, 21 **Pokal den Messestädte, Nizhny Novgorod, Russia I/S**
Dept. of Sport, Kreml 4, Nizhny Novgorod, Russia
+7 831 239 14 02
- 20-24 **Lakeland 5-day, Lake District, U.K. (31/7) 5I**
Sue Birkinshaw, 221 Hale Road, Hale, Altrincham,
Cheshire, U.K. WA15 8DN +44 61 980 5068
- 27, 28 **Championnats de France, Dijon (10/8) I/R**
Ligue de Bourgogne de C.O., Maison des Sports, 15 Rue
de Marsannay, F-21300 Chenove, France +33 80521569
- 28 **5 National Event, Basle, Switzerland (28/7) I**
Hugo Flüher, Schützenhausweg 12,
CH-4460 Getterkinden, Switzerland +41 61 99 52 73

SEPT

- 4 **Swiss Individual Championships, Fribourg (4/8) I**
Josef Bächler, Zaelgstrasse 2, CH-1734 Tehtlingen,
Switzerland +41 37 38 19 01
- 4-10 **World University Championships, Fiesch, Switzerland S/I/R** Info. from: WUC 94, Bremgartenstr.
145, CH-3012 Bern, Switzerland +41 31 631 47 67
- 10 **6 National Event, Fiesch, Switzerland (10/8) I**
André Schnyder, Entlisbergstr. 29, CH-8038 Zürich,
Switzerland +41 1 481 65 52
- 10, 11 **Glóbuz-Szabolcs Kupa, Nyiregyháza, Hungary (1/8)**
2I Szabolcs-Szatmár m. TFSZ, Mártirok tere 9,
H-4400 Nyiregyháza, Hungary
- 11 **7 National Event, Fiesch, Switzerland (11/8) I**
Adrian van der Floe, Längackerstr. 14,
CH-4513 Langendorf, Switzerland +41 65 22 99 30
- 17, 18 **Int. Junior Match, Graz, Austria (30/7) I/R**
OLC Graz, z.b. Wolfgang Pötsch, Körblergasse 26A,
A-8010 Graz, Austria +43 316 34 65 43
- 26 **Harz Mountains O-event, Germany (1/8) I**
OK World Cup 7/94, Harzweg 15,
D-06484 Quedlinburg, Germany +49 3946 2110

OCT

- 1, 2 **Australian Championships, Adelaide (15/8) I/R**
OFA, P.O. Box 740, Glebe 2037, Australia
+61 2 660 2067
- 1, 2 **VI Suunto Games, Roosta, Haapsalu, Estonia (12/9)**
2I Estonian O Fed., Regati 1, EE-0019 Tallinn, Estonia
+372 2 23 70 21
- 8 **25-manna, Stockholm, Sweden (5/9) R**
25-manna, Box 111, S-194 22 Upplands Väsby, Sweden
+46 8 590 897 39
- 9 **8 National Event, Chur, Switzerland (9/9) I**
Luzi Sommerau, Via Sulé, CH-7071 Flims-Dorf,
Switzerland +41 81 39 20 03
- 15, 16 **Lithuanian Cup '94, Alytus (15/9) I/S**
Lithuanian O Fed., Perkuno Alėja 5, 3000 Kaunas,
Lithuania +370 7 20 57 33
- 22 **Blodslitet, Fredrikstad, Norway (3/10) L**
Gunn Norum, Bjørnerød 10, N-1600 Fredrikstad,
Norway +47 69 39 04 89
- 29, 30 **Smålandskavlen, Anderstorp/Värnamo, Sweden (10/10) R(N+D)** Smålandskavlen, Box 135,
S-334 23 Anderstorp, Sweden +46 371 155 51

NOV

- 5, 6 **Flexo Kupa, Budapest, Hungary (1/10) 2I**
Flexo-Spartacus, Attila u. 2, H-1013 Budapest, Hungary
- 6 **Sydsvenska 2-milen, Hyltebruk/Halmstad, Sweden (27/10) L** Svensson, Videvägen 3, S-310 70 Torup,
Sweden +46 345 10018
- 6 **Meeting Internazionale, Venice, Italy (1/10) I**
Comitato Veneziano FISO, c/o Polisportiva Bissuola,
Parco Albanese 10, I-30173 Mestre (VE), Italy
+39 41 534 78 83
- 12, 13 **Mafrá O-meeting, Mafrá, Lisbon, Portugal (10/10)**
I/R Amigos Atl. de Mafrá, Rua B. Voluntários, B,
P-2640 Mafrá, Portugal +351 61 81 14 82 (evenings)
- 19, 20 **II Cimo's Trophy, Almada, Lisbon, Portugal 2I**
Clube Ibérico M. Orientação, Apartado 38-Feijó,
P-2800 Almada, Portugal +351 1 25 00 896

MAJOR EVENTS IN SPRING & SUMMER 1995

MARCH

- 3-5 OK Pan-Önos weekend, Kristianstad, Sweden
- 4, 5 VII Murcia Costa Calida, Murcia, Spain
- 17-19 Spring Cup '95, Hillerød, Denmark
- 18, 19 VIII Martin Kronlund Trophy, Madrid, Spain
- 25, 26 ANORT 95, Aveiro, Portugal

APRIL

- 13-15 Påske 3-days, Jutland, Denmark
- 14-17 New Zealand Championships, Pukekohe
- 14-17 Jan Kjellström Trophy, Harrogate, England
- 15-17 Australian 3-Days, Toowoomba, Queensland
- 15-17 3 Jours Sud-Ouest Lege, Claovey, France
- 22, 23 Vårstafetten & Vårspretten, Halden, Norway
- 29-1/5 3 Jours de Lozere, Mende, France

MAY

- 6, 7 Tiomila, Åkersberga, Stockholm, Sweden
- 12-14 LOF-Open, Cēsis, Latvia
- 19-22 Vilnius '95, Lithuania
- 26-28 Saxbo 95, Liberec, Czech Republic
- 29-2/6 Veteran World Cup, St. Petersburg, Russia

JUNE

- 1-5 Nordic Open Champs, Skellefteå, Sweden (elite only)
- 3-5 3 Days of Belgium, Amel, Malmedy, Belgium
- 10, 11 Venla & Jukola Relay, Sipoo, Helsinki, Finland
- 23-25 Shamrock O-Ringen, Killarney, Ireland
- 30-2/7 Grand Prix Gdynia, Poland

JULY

- 5-9 Takas 95, Bijote, Lithuania
- 7-9 Wawel Cup, Krakow, Poland
- 8 World Night-O event, Budapest, Hungary
- 8-12 Junior World Championships, Horsens, Denmark
- 9-15 Sørlandsgaloppen, Porsgrunn, S. Norway
- 10-15 FIN 5, Lappeenranta, Finland
- 11-15 5 Jours de France, l'Ain & Hauteville, France
- 15-23 Canada '95 Int. 5-Day, Edmonton/Calgary, Canada
- 20-23 I-4-EST, Jäneda, Tapa, Estonia
- 21-23 Sjællandsk 3-dages, nr. Copenhagen, Denmark
- 24-28 O-Ringen '95, Skåne, Sweden
- 30-3/8 Hungária Kupa, Eger, Hungary
- 30-5/8 Scottish 6-days, Strathspey, Scotland

AUGUST

- 4-6 Kobras Cup, Polva, Estonia
- 6-10 Bohemia 95, Novy Bor, Czech Republic
- 12-20 World Championships, Lippe, Germany
- 25-27 Grand Prix Polonia, Skwierzyzna, Poland

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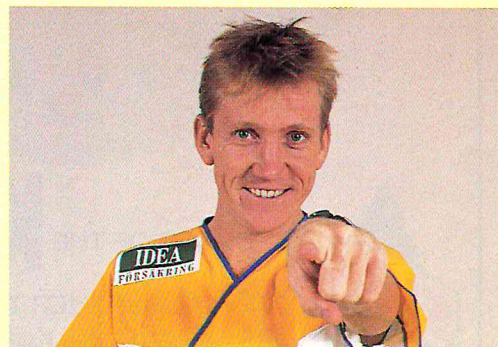


Orienteering grows with

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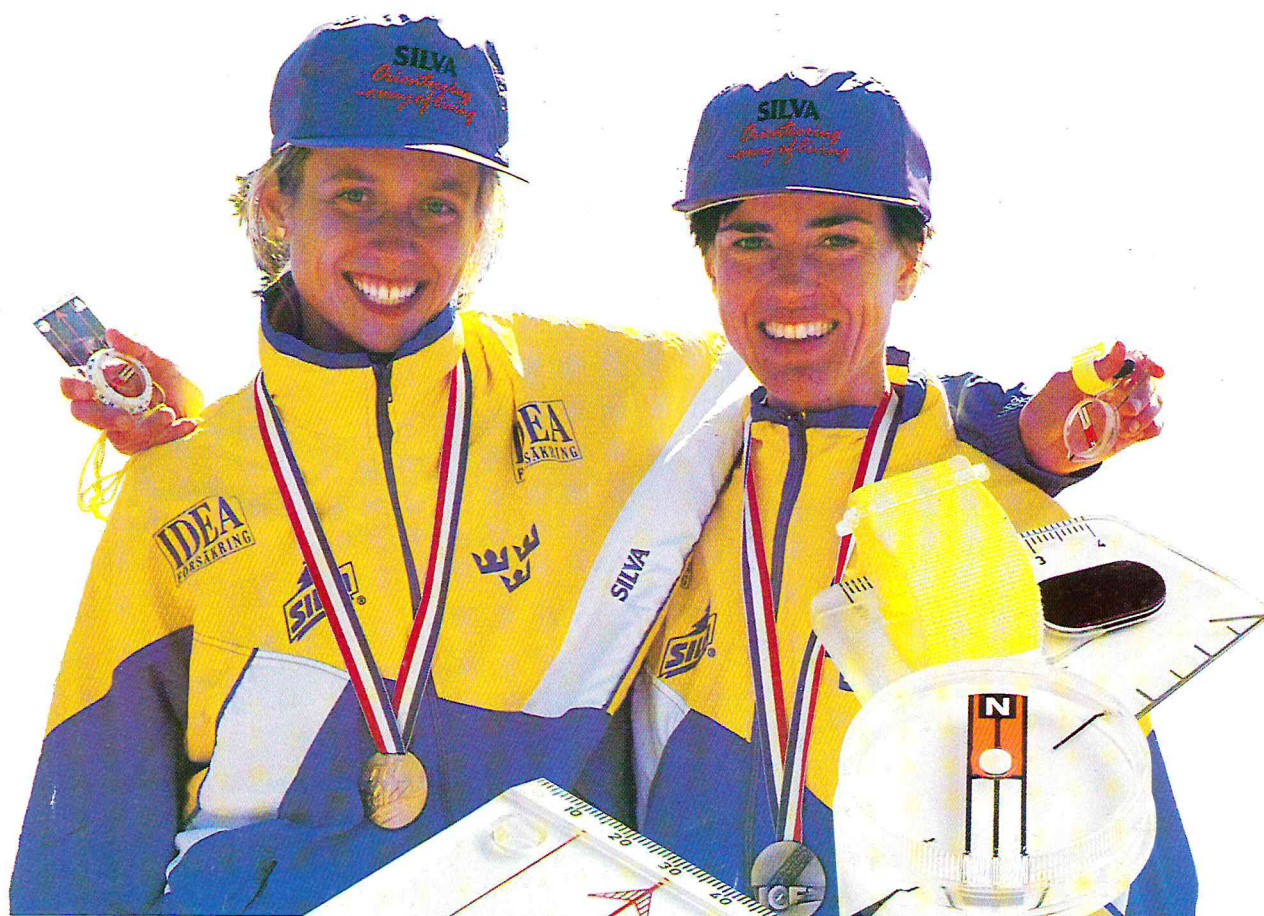
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