

ORIENTEERING WORLD



1995 No. 4 - JULY



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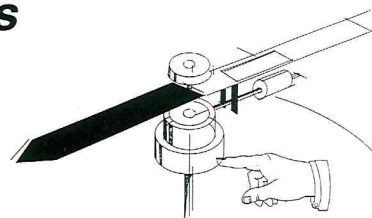
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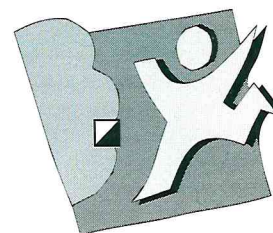
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Information and Entry Forms can be obtained from:

1996 5-Day
Victorian Orienteering Association Inc.
332 Banyule Road, Viewbank, Victoria, Australia, 3084

CompassSport + WOC'95



In our August number we have a three page preview written by James Pearce and Georgina Macken.

In October we will again be producing a special WOC supplement with full coverage of the championship action together with lots of photography, WOC maps and detailed control-by-control results.

We hope to see many of our overseas readers in Germany.

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PUBLICATION NOTES

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Readers' letters, articles and photographs for publication are welcomed.
Permission from the Editor should be sought prior to reproduction of articles
or photographs.

*Outside the 'IOF News' section, opinions expressed by Orienteering World's
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COVER PHOTO: Jörgen Mårtensson surrounded by the press after his Nordic
Championships classic race triumph. Photo: Christer Svensson

Editorial

Keeping our Feet on the Ground

Permission to use land for orienteering is, in many countries, becoming harder and harder to obtain. The growth of many different forms of countryside recreation in recent years, greater awareness and concern about potential damage to the environment, and new demands for payment for access - all are contributing factors.

The Presidents' Conference in August will discuss the fast-growing sport of orienteering on mountain bikes (O-MB), and there will undoubtedly be concerns expressed which arise from the bad image being created by the 'we'll go where we like' outlook of some mountain-bikers. Most current O-MB'ers have experience in orienteering on foot, O-maps or similar are used for O-MB and the rules set so far have given due regard, where necessary, to environmental considerations, but this may not always be the case. O-MB's possible adverse effect on access in general is only one of several issues to be considered, but it is certainly an important one. Will orienteering be regarded in a better light if it is seen to be taking control of O-MB, or would we be better putting our efforts into other areas?

This number of *Orienteering World* features environmental matters at a time when the IOF Technical Committee is proposing to Council that some IOF Guidelines on environmental good practice should be prepared. The difficulty here is that terrain conditions, local practices and attitudes vary so much from country to country, but nevertheless this is a general area where lessons learnt and work done in one country could well be useful elsewhere when new problems arise. Access is such a vital matter that everything possible should be done to pool our experience.

Even the World Championships has not been free of access problems (see page 10), but these are thankfully solved and Germany is looking forward to hosting the world's elite and the IOF 'family' in mid-August. This year a qualification race for the classic has been re-introduced and there will be no B and C Finals; it will be interesting to see if this new format will provide a fair way of coping with ever-increasing numbers and the wide range in standards whilst enabling every nation to feel that the journey is worthwhile.

Clive Allen

Newslines

Nordic Triple for Mårtensson

Evergreen **Jörgen Mårtensson**, now 36, gained his third Nordic Championships classic gold medal at Skellefteå, Sweden at the beginning of June.

Sweden's **Anette Granstedt** took the short distance gold, and there were 2 silver medals for **Katarina Borg** and a victory for their men's relay team.

Otherwise the Championships were dominated by Finland, with gold medals for **Annika Viilo** (classic), **Kenneth Cederberg** (short distance) and the women's relay team plus many other impressive performances.

REPORT & RESULTS - PAGE 18



Jörgen Mårtensson runs in to win the classic race at the Nordic Championships (above)

photo: Lukas Jenzer



Short distance winners Kenneth Cederberg and Anette Granstedt

photo: Christer Svensson

Record Numbers at JWOC

This year's Junior World Championships, held in the period 8-12 July in mid-Jutland, Denmark, has a record entry of 259 competitors from 33 member nations.

Hong Kong Coach of the Year Award

The Squad Coach of the Orienteering Association of Hong Kong, Mr. She Chi-yiu, has won the 'Coach of the Year Award 1994' organised by the Hong Kong Coaching Committee, due to the success of the Hong Kong orienteering team in APOC '94 and in recognition of his service towards the development of orienteering in Hong Kong. This is the second year that OAHK has received this honourable award. Last year Patrick Ng attained the Coach Education Award mainly due to the success of the IOF Coaching Clinic for the Asia Region, which was supported by the IOF and the Hong Kong Coaching Committee.

O-Ringen tops 14,000

The 1995 O-Ringen, based in Hässleholm in Skåne, south Sweden has an entry of more than 14,000 from 40 nations. Last year's winners Katarina Borg and Petter Thoresen will be trying to defend their titles. The chance to win a 'spurt prize' of SEK 25,000 after 3 days will increase the elite representation for that period despite the closeness of the World Championships.

The associated O-Ringen/IOF Clinics also have a good entry, including representatives from China for the first time.

Ski-O Decision Still Awaited

Most readers will know that Salt Lake City (USA) was chosen as venue for the Winter Olympic Games in 2002, the year that the IOF is pressing for ski-orienteering to be included. Initial contact has been made between the IOF and the Salt Lake City Organising Committee, but as *Orienteering World* went to press no decision had been reached.

It will not be easy to name favourites at the forthcoming World Championships in Detmold. The World Cup races in similar terrain at Quedlinburg are ten months past and the first top event this year, the Nordic Open Championships at Skellefteå (Sweden) were held in a very different type of terrain. Nevertheless LUKAS JENZER, free-lance orienteering journalist from Switzerland, tries to nominate

Hot Names and Hot Nations

"Orienteering is not like betting on horses", says the current Swiss Champion Alain Berger when asked by journalists about his goals and favourites before important competitions. Maybe he is right. But if we focus on the next World Orienteering Championships in German Detmold to name possible medal-winners, it is a kind of horse-betting even so. It will be very close in the highest positions. All the top athletes will be very well prepared physically and all of them will have a lot of experience in competing in continental terrain. So there must be some other points which will make a difference between the best orienteers in the world.

Three Decisive Factors

The competitors have to run four races within six days. This will be hard work - and more than that if it becomes as hot as it can do in German high summer. Only runners with an economical 'rolling' running style will still have some reserves at the end. One of the most decisive points will be route choice. You have to look for runners from hilly countries to find 'hot names' who are used to seeing the fastest rather than the shortest way within just a few seconds. And a third point to mention is nerves. In short distance and in the classic race all runners have to jump over the qualification hurdle. In the fast and technically rather easy terrain, one mistake could be a mistake too many to reach the A-final! All the 'underdogs' will be fighting for their lives to get a place in the main event.

Two Tips for Gold

When I looked through the result lists from important competitions in recent years searching for 'hot names', two stand out: **Carsten Jørgensen** and **Katalin Olah**. These two continental orienteers have one important advantage: they can run faster than every other competitor will run at the WOC. Katalin will prepare for her starts in Detmold with precision. The 1991 World Champion is a professional runner with a lot of experience and only two things can prevent her success: firstly, for several years she has had problems with a permanent high temperature of her body, and the second is her unsteadiness in reading the map. Often she is too fast to find all the controls without trouble. In this point

Katalin Olah is similar to the Danish running star Carsten Jørgensen. His marvellous 56th in this year's cross-country world championships and his 6th in the Nordic Championships classic race (in very difficult terrain at least in the first part) give a clear message, however. And Carsten is, as a Danish runner, a fully Scandinavian athlete with extensive continental experience. This might be the decisive advantage for all Danish competitors. Remember this for the men's relay!

Other 'Hot Names'

Oh yes, orienteering is not betting on horses, I remember. So let me mention some other names. **Rudolf Ropek** for example, the winner of the ultra-fast but flat World Cup race in Denmark last summer, or his Czech team-mate **Tomás Prokes**. And **Thomas Bührer** and **Christian Aebersold** (SUI), the latter probably the best runner behind Carsten Jørgensen. **Steven Hale** (GBR) will also be trying to win his first individual WOC medal.

Nevertheless it would be a big surprise if more than one individual gold medal in both men's and women's classes doesn't go to Scandinavian athletes. In the northern European countries the list of possible world champions is long: for example the two complete orienteers **Jörgen Mårtensson** (SWE) and **Petter Thoresen** (NOR). Both are fast runners too, as are other Norwegians such as **Bjørnar Valstad**, **Jon Tvedt**, **Kjetil Bjørlo** and the winner of last year's World Cup event in Germany, **Håvard Tveite**. Maybe the Finnish runners have too little experience with route choice, but nevertheless **Janne Salmi** and **Timo Karppinen** are among my favourites.

On the women's side there is one other name we should not ignore. It is **Katarina Borg** (SWE), who came back last summer with strong results after a baby-year. Her latest results are impressive: third at the German World Cup in 1994 and two second places at the Nordic Open. Together with **Marlena Jansson** and **Anette Granstedt-Nilsson** she belongs to a strong Swedish team. Other Scandinavian names with a real chance to gain a gold medal in Detmold are the fast-running **Hanne Staff** and **Ragnhild Bente Andersen** (NOR) or

Annika Viilo (FIN), who will be on top form at the right moment again. Among the fastest continental runners is **Jana Cieslarova** (CZE). She started training again in January after a serious injury during last season. Even though she started this season poorly, we should not forget the highly experienced **Yvette Hague** (GBR). The best non-Scandinavian woman at NOC was the Swiss **Sabrina Meister-Fessler**. She showed, with her victory at last year's German 3-day event over strong Nordic women, that she is a fast and very complete orienteer too.

'Hot Nations'

The women's relay on the last day of this year's WOC will be a very open competition. At least three nations could achieve first place: **Sweden, Norway and Switzerland**. Depending on the level of their top runners, some other nations can have hopes: **Great Britain** (Yvette Hague), the **Czech Republic** (Jana Cieslarova) and **Finland** (on everyone's mind...).



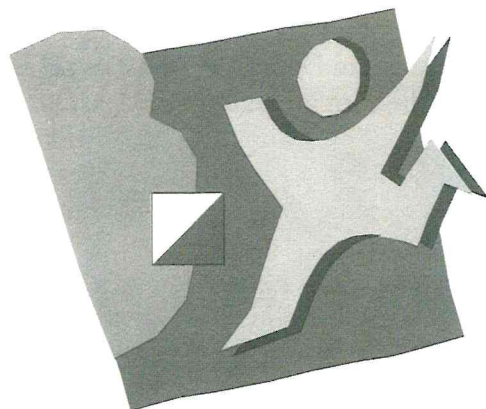
WOC favourite Carsten Jørgensen pictured at the Nordic Championships photo: Lukas Jenzer

Everybody fears **Switzerland** after their two consecutive wins in the men's relay. The advantage to the Swiss quartet in the past has been the tactical cleverness in allocating the right runners to the right leg ... and the mistakes of others. Will this be enough to make a triple, without the now-retired Urs Flühmann and after many bad relay results during the last two years? As mentioned before, **Denmark** is my favourite. **Norway, Sweden** and maybe **Finland** will try to prevent the Danish success.

But - do you still remember? Orienteering is not the same as betting on horses!

Spotlight on Germany

This year the Championships come to one of the pioneering orienteering countries; in 1961 both German federations were founder members of the IOF. Awarded the 1995 World Championships shortly after unification of the West and East German federations in 1990, planning has continued unceasingly ever since. Lippe in the 'old West' was chosen as the venue at an early stage, a fitting decision since East Germany had the honour of holding the Championships in the Eisenach area in 1970.



HANS-JÜRGEN ZACHARIAS, President of the WOC '95 Organising Committee and Vice President of the German Gymnastics Federation (Deutscher Turner-Bund), writes

Welcome to WOC '95!

Dear orienteering friends from near and far,

I am pleased to be able to invite and welcome you on behalf of the Praesidium of Deutscher Turner-Bund and the Organising Committee as well as all German orienteers.

The organisers have provided the necessary basis for the best orienteers in the world and also many friends of our wonderful orienteering sport to enjoy good conditions for the competitions.

We are especially pleased by the great interest shown by IOF member federations in our WOC. Runners from 39 nations have prepared for and entered the WOC. For the first time runners from China are participating.

The hosts for our WOC are the state Nordrhein Westfalen and the district of Lippe. Already now the organisers can say thank you to our hosts for excellent support. Without this support, such an important event would have been very difficult to stage.

In addition to the WOC, this beautiful district with its friendly people can offer fine cultural attractions. This is another reason why the organisers are looking forward to the WOC week in August.

We wish you a hearty welcome to the Lippe district!



Event Centre - Detmold

An old garrison town, Detmold is in the centre of the district of Lippe. Detmold's castle, the 'Landestheater' and the idyllic half-timbered buildings are attractions for the many visitors to the old town. Landmark of the Lippe area is the Hermann Monument (right), erected 100 years ago in memory of Hermann's victory over the Romans in the year 9 A.D.



*Training in typical Lippe area orienteering terrain: Ferri Gassner (Austria) in Lemgoer Mark in April
photo: Dieter Schlaefke*

The Terrain

The woodlands in Lippe are typical of the woodlands of the German low mountain ranges, providing an attractive landscape. These are mostly mixed forests consisting of beech, spruce and pine. There are only few marshes and rocks, but numerous streams cut into the slopes of the mountain ridges. The rich network of tracks corresponds to a middle European standard. From an international point of view, runnability in most of the Lippish forests can be considered as being moderate to fast.

Only Two Full Members Missing

39 of the 41 Full Member IOF Nations will have representatives at this year's WOC; the only two missing are Hong Kong and Korea. In mid-June 181 men and 151 women had been registered, with 36 teams for the men's relay and 28 teams for the women's.

WOC '95

JURY

Jaroslav Dokoupil, CZE
Kathy Liley, AUS
David Rosen, GBR
Edmond Széchényi, FRA
Gunnar Tamberg, DEN

IOF Tent at the World Championships

For the first time, the IOF will have a display and sales tent at the classic and short distance race sites at the World Championships. Everyone is welcome to come in and look at displays featuring IOF activities and to meet members of the Council and Committee Chairs and other 'IOF people'.

There will be a sales stall where IOF publications and other products can be bought. *Orienteering World* will, of course, also be there!

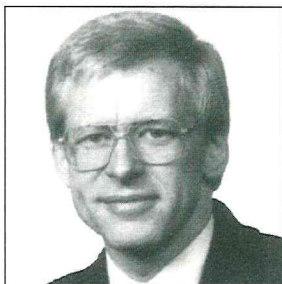
WOC '95 - The Key Organisers

In addition to **Hans-Jürgen Zacharias** (see page 6):

Heinz-Friedrich Pape is Vice President of the Organising Committee. An orienteer since 1971, he was a track athlete from 1966-74 and in 1971 was German Junior Champion in cross-country.

Peter Gehrman is Vice President responsible for the technical side of WOC. He was German H55 Champion in both short distance and classic in 1994. He has been very active as a coach and a commentator (WOC's '89 and '91) and was editor of *Orienteering World* from 1987 to 1992.

Dieter Kirkamm is General Manager of WOC. He is a Deutscher Turner-Bund employee with responsibilities for promotion, and was Secretary General for the Junior World Championships in Berlin in 1991. Since 1992 he has been Chairman of the Technical Committee for orienteering within DTB.

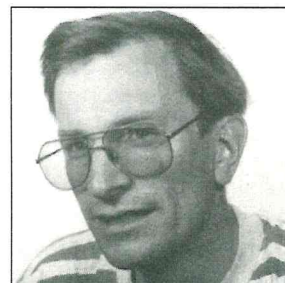


The Map-makers

Stephan Schliebener has final-checked all the maps and has made those for the short distance and classic finals. A member of the national team from 1978-86, he has mapped and planned for many important events including the World Cup Final at Uslar in 1990 and the International 5-Days in the same area in 1991.



Erhard Jübermann has made the relay and short distance qualification maps. He has extensive mapping experience in water sports (e.g. canoe racing) as well as orienteering, where he has mapped for German Championships and a Euro-Cup competition.



Olaf Gruhn is the mapper for the qualification classic. Three times German Champion in the 80's, he has planned for 3 German Championships and his previous maps include one for JWOC in 1991 and the 1994 Championship and WOC training camp map 'Lemgoer Mark'.



The Course Planners

Horst Gehrman is classic race planner. Born in Detmold, an early O-race in 1977 was in one of the WOC forests, on a 1:25,000 black-and-white map. An elite orienteer himself (H19 German Champion in 1985), Horst has a lot of planning experience too.

Thorsten Lenz, responsible for the short distance races, was 13th in the individual race at WOC '89 in Sweden. An orienteer since 1976, he is a teacher of sport and chemistry, and was planner for the East German Championships in 1989.

Uwe Dresel is planner for the relay. He has gained several medals in German Championships and planned the German Relay Championships in 1981 and 1988. He has also produced around 20 maps. Now he has additional time-consuming responsibilities as father of 2-year-old twin boys!



The course planners at work: from left - Horst Gehrman, Uwe Dresel and Thorsten Lenz photo: Dieter Schlaefke

Programme of Events

Tuesday 15th August	Qualification, classic distance
	Opening Ceremony
Wednesday 16th August	Final, classic distance
Friday 18th August	Qualification & Final, short distance
Sunday 20th August	Relay

IOF Open Meetings at the World Championships

The IOF HIGH-TECH GROUP has an open meeting scheduled for 3.00 p.m. on Thursday 17th August in the 'Kreistag' meeting room at the event centre, 'Kreishaus' in Detmold. There will be presentations and demonstrations of the latest software and hardware developments for orienteering, including:

- GPS systems from Finland and Norway
- control description programs
- administration programs
- map production (OCAD)
- Geovid (measuring field glasses)
- finish speaker support

The IOF EVENTS COMMITTEE has arranged an open meeting on Saturday 20th August, 10.00-12.00, when information about forthcoming major events (WOCs, JWOCs, World Cup) will be available.

ORIENTEERING WORLD ENVIRONMENT FEATURE

"Verde que te quiero verde"

(Green, how I long for you green) *Federico Garcia Lorca*

How indeed the world has come to love green, the colour of countryside, the colour of conservation. As sensitive and experienced users of the countryside, we orienteers welcome the rising awareness of the natural world and the importance that is attached to conserving the environment. This is obviously a most proper and excellent development - or is it?

In Great Britain this heightened consciousness of the natural world has put pressure on the government to pass environmental legislation. The government has obliged. There is an act which lists species of birds, some quite common, whose disturbance while nesting is a criminal offence. There is an act which makes the disturbance of badgers in their setts a criminal offence. There is a bewildering array of designations applied to land areas which allow control measures to be applied. One of the most important of these, from our point of view, are the Sites of Special Scientific Interest (SSSI) which cover 7% of the land mass of the United Kingdom. Taking note of the land which is farmed, industrial or urban shows that the SSSI designation covers a high proportion of the terrain of orienteering value. All of this protection, and more, of our countryside is obviously a proper and excellent measure - or is it?

Environmental issues are never far away in orienteering: concerns about large numbers on the terrain and possible damage to sensitive flora and fauna; wide-ranging views about mountain bike orienteering and about how to respond to ever-increasing financial demands by some landowners. In the article below, BRIAN PARKER, the British Orienteering Federation's Environmental Officer, describes the British response to threats of restriction

Orienteering and the Environment - a GB Perspective

The legislation protecting birds was primarily to prevent egg stealing and other malicious interference. That to protect badgers was to prevent their being dug out for the illegal blood sport of badger-baiting by dogs. Unfortunately the wording of the legislation makes any casual disturbance by the well-meaning orienteer an offence also and this can have serious consequences for land permissions. As to the SSSI designations, affecting most orienteering areas, there is a catch-all clause which allows the ecologists to ban any activity they consider has potential to do damage, and orienteering applications are often turned down on those grounds.

Although the British public's consciousness of the natural world is strong, it is also partly flawed. This arises from two causes. The first is the extremism that tends to accompany environmental opinion. All changes are bad, all incidents are disasters. The voices of scientific objectivity and moderation seem strangely muted. The second factor is the British love of animals as pets which often manifests itself as anthropomorphism, the giving of human characteristics to animals. This leads to a distorted view of animal behaviour and animal needs in the wild. These two factors combine to produce a general

over-sensitivity about environmental concerns and an over-reaction to human activities which take place in the countryside.

Orienteering is such an activity and the British orienteer is feeling the cold wind of environmental criticism. The argument is based on 'plain common sense' and goes something like this. Orienteers do much of

BOX 2

Environmental Impact on the Ambersham Common SSSI of the British Relays 1994 Orienteering Event, British Orienteering Federation report accepted by English Nature.

A heathland SSSI in the south of England hosted 2000 orienteers. A photographic survey of selected control sites before and after the event was abandoned because the impact levels were too low to be monitored.

their running off the paths. Therefore they tread on the plants, disturb the animals and cause erosion of the ground. This is obviously a bad thing. Since conservation takes precedence over other activities (a well-established principle), orienteering should not take place during the growing season for plants, the nesting season for birds, the mating season for deer, the season when reptiles are preparing to hibernate, or during the winter when the ground is wetter and more susceptible to erosion. This leaves one or two weeks in November which are not so restricted.

The response to this argument is that plain common sense is untrustworthy when dealing with matters outside everyday human experience, such as ecology. Although common sense may be logical, its argu-

BOX 1

The Effect of the May 1991 Orienteering Event on the Breeding Bird Community of Brandon Park, Ecosurveys.

Part of Thetford Forest in East Anglia hosted 500 orienteers. The terrain was mostly coniferous but with significant broadleaf and open areas. A total of 54 breeding bird species were noted, approximately evenly distributed between canopy-, hole-, scrub- and ground-nesting species, the last group containing Woodlark, one of the specially protected species.

The surveys were carefully conducted and showed no measurable disturbance to any of the species present.

BOX 3

Cattle vs Orienteers - try some simple arithmetic!

Orienteering was barred from a stabilised sand dune SSSI on the grounds that there would be unacceptable erosion. However, there were plans to introduce 200 head of cattle to control the vegetation.

Let us compare the impacts. Suppose an orienteer weighs 50kg and is in the area for 1 hour. Multiply these figures together. Suppose the cattle weigh 500kg each and are in the area for 6 months. Again multiply.

Take the ratio of the two results to obtain a figure for how many orienteers are equivalent to 200 cattle. Answer is below.

ment is qualitative and is meaningless without numbers. It is obvious that orienteering must have *some* impact, but is that impact of any significance? Perhaps it is negligible, perhaps not? Remember that all ecosystems are subject to external pressures - gales, drought, winters, grazing livestock, dogs, and more. The impact of a brief and occasional activity like an orienteering event needs to be judged in relation to all the other pressures. Does orienteering make any real difference and is that difference significant and unacceptable?

In the absence of proper data on the impact of orienteering it is understandable that land access managers would be cautious about the sport, particularly for large events. It is for orienteers, especially environmental officers like myself, to make that data available so that sensible decisions can be made about orienteering.

To date there is no valid evidence that an orienteering event conducted in accordance with the rules and guidelines causes unacceptable damage to the environment. Indeed the opposite is becoming true. There is accumulating sound evidence that our sport has very low impact, even lower than many orienteers themselves would have thought likely.

One such study showed that an orienteering event had no effect on breeding birds - not a low impact but no measurable effect

Answer (Box 3): About 9 million orienteers!

at all (Box 1). Another study on vegetation and ground impact was abandoned because no effect could be observed (Box 2). A third theoretical study compared the impacts of grazing animals and orienteers and gave a most remarkable result (Box 3). Another study looked at the response of deer and showed them to be less nervous about orienteers than about dogs or hunts (Box 4).



"The British love of animals as pets often manifests itself as anthropomorphism, the giving of human characteristics to animals"

So we are moving toward the position in Britain of having sufficient evidence to support the general statement that orienteering has low and acceptable impact. One more bird study on heathland habitats is planned. Further studies seem unlikely. Such studies are expensive and of decreasing value. Those ecologists who accept that orienteering impact is of low significance in general terms do not need another study. Those who do say that site-specific differences make studies at one place not valid at another are unlikely to be convinced by any study. And there are those

ecologists who object to sport on aesthetic grounds but who express their objection in ecological terms.

Nevertheless, a fuller understanding of the environmental impact of orienteering is a worthwhile objective, not only for dealing with problems of access but mainly for our own peace of mind. None of us would wish to take part in an activity which was significantly damaging. Different terrains in different countries may present different problems. On the other hand, there may be close similarities. Although this article deals with the British perspective, it may have relevance elsewhere. It makes sense for the IOF to collect together the environmental knowledge that exists in various countries and make it available to all.

Brian Parker, the Environmental Officer of the British Orienteering Federation, is an environmental scientist at the Britannia Royal Naval College, Dartmouth, England.

BOX 4

An Assessment of the Impact of the November Classic Badge Event 1988 on the New Forest, EA Douglas

Mixed coniferous and broadleaf forest in the south of England hosted 1200 competitors. The researcher found no litter, no noise and no damage. The trampling impact was low. Deer anxiety levels and activity were monitored. Disturbance was transitory and the deer soon returned to normal. The deer showed higher anxiety levels in the presence of dogs.

*Pollution of the forests
we orienteer in takes
many different forms.
Here is a Second World
War tank, pictured in
one of the
Veteran World Cup
competition areas near
St. Petersburg.*

photo: Lennart Levin



Danish Orienteering Federation (DOF) President OVE GASBJERG describes the background to a historic agreement - reached with invaluable support from the Danish Sports Council

Access to Private Forests - a Question of Money?

In the last 3 to 5 years our clubs have faced demands for payment in return for permission to arrange both training events and full competitions in a number of private forests. Demands ranged from 5 to 50 kroner* per run. We have around 25,000 starts per year, 10,000 of which are in events in the official fixture list. One third of Denmark's clubs are wholly dependent on the use of private forests for orienteering, and in order that orienteering should not just fade away in these parts of the country, we entered two years ago into negotiation with Dansk Skovforening (an association of Danish private forest owners) for an agreement which would ensure access and a standard payment in all private forests.

Our initial move was to offer to make special forest maps for the forest owners based on our orienteering maps. But the Forest Association said that maps alone would not be enough, and that to have the effect of getting more forests opened, there should also be a charge of about 30 kroner per participant.

When the demands for payment were ex-

tended to scouts, athletes and so on, Denmark's Sports Council ('DIF' - an organisation comprising 55 individual sports federations) and 'Friluftsrådet' (an association of all Danish organisations which use the countryside - 67 in all) joined in the final negotiations. After much discussion we have now made a 2-year trial agreement involving DIF, Dansk Skovforening and DOF, where the main points are:

- (1) The object is to ensure that members of DOF have increased opportunities for carrying out orienteering in the private forests.
- (2) All training events with under 100 participants are free of charge (the same applies for other forest activities).
- (3) Payments are graduated according to the total area, the number of participants and whether the forest owner supplies

requested facilities (assembly and parking areas, for instance) or not.

(4) DIF will pay 75% of the costs and DOF 25%. In this way orienteering clubs are put on the same footing as other sports clubs, which by law get 75% of the hire charges for indoor facilities paid by local councils. Each orienteering club can make contracts with individual forest owners, and DIF makes the payments.

(5) The agreement lasts for 2 years starting from 1st January 1996.

(6) Once a year DOF and Dansk Skovforening will hold a collaborative meeting to work out the following year's fixture list.

Before we made the agreement with the private forest owners, we obtained a guarantee from the state that no payment for the use of national forests would be introduced.

With this agreement DOF has found a real working partner in Dansk Skovforening, and an attractive financial offer for individual forest owners as well as the certainty of backing from DIF when the agreement is due for reconsideration.

* 10 Danish kroner is approximately £1.13, DM2.5 and US\$1.8.

Prices per event for access to Danish private forests

Number of participants	with facilities, per hectare	without facilities, per hectare
100-250	17 kr	12 kr
250-600	25 kr	20 kr
600-800	35 kr	30 kr
over 800	55 kr	55 kr

Environmental Newslines

Benefits from Negotiation

Orienteering on some of England's best terrain, the Cannock Chase area, will be allowed to continue after protracted negotiations with the governing Council which had earlier decided to ban all orienteering activity on conservation grounds and because of potential risks to runners from fissuring caused by mining subsidence. A detailed presentation was prepared which covered risk assessment, insurance is-

ssues, and sporting and educational arguments for orienteering as a countryside activity compatible with conservation. In the agreement, various categories of orienteering are dealt with in different ways on the basis that pressures vary a lot according to numbers and activity.

"The whole process of arguments, promotion and negotiation has brought a number of local benefits", says Peter Palmer, Chairman of the local orienteering association. "We in orienteering are now more aware of our environmental and safety responsibilities; local conservation bodies and

politicians now understand and respect orienteering as an environmentally friendly activity, publicity on the educational spin-offs of the sport has persuaded more local schools to try orienteering, and bridges have been built between the sport and other countryside activities which can be built on in the future for the mutual benefit of all concerned".

Sweden Ban Scare

A serious threat to orienteering in Sweden was recently removed when officials of the Swedish *Naturvårdsverket* withdrew a proposal that orienteering be banned completely in Sweden in the months of

May and June - despite the standard Swedish practice of defining, and taping off, 'safe' areas for wildlife in competition areas. A ban of this kind would have been devastating to orienteering in northern Sweden where the season is short enough as it is.

Access Problems for WOC

Planned military manoeuvres in an area overlapping one of the finish areas has been a recent problem for this year's World Championships in Germany. Now the British military unit which was scheduled to use the area has agreed to go elsewhere.

Ground-level Ozone and its Implications for Orienteering

by MARTIN FÜRNKRANZ

Since summer has again started in the northern hemisphere, the seasonal ozone problem is also occurring again. In the minds of many sportswomen and sportsmen that fact is widely under-estimated - this article is designed to provide some clarification and a few hints.

How does ground-level ozone originate?

If there was no pollution by man it wouldn't originate at all (in its abnormal high doses). Pollutants of nitrogen oxides and volatile hydrocarbons are emitted by polluters like traffic, heating plants and diverse industries. In combination with the hot summer radiation of the sun those two pollutants react - via the unstable product peroxyacetyl nitrate (PAN) - to give ozone, a special triatomic oxygen molecule (the 'classic' oxygen molecule has only two atoms). This process happens most intensely in and around metropolitan areas (because there is much pollution) giving a specially high ozone concentration ('summer smog').

The good news is that the ozone molecule isn't very stable and soon decomposes, i.e. the whole chemical reaction moves backwards. But new ozone is constantly produced, and that's the problem.

The individual orienteer can do little to reduce the poisoning emissions - many orienteers have to join forces. Especially in the summer one could choose to use public transport for reaching training and competition venues, or form group 'transport unions' - many orienteers travelling in the same car or bus - instead of using one's own car individually.

There is also a natural small concentration of ground-level ozone (which originates in a different way), but it's very small and not of any importance for the orienteer.

Endurance sports like orienteering suffer most

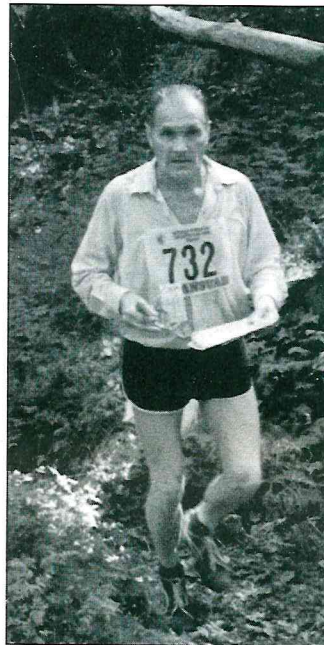
Whereas most track-and-field sports (like high jump, 400m sprint and javelin throwing) and many others demand only short time performances from their competitors, there is also a wide range of sporting activities where the body (and mind) is challenged over a longer period of time. We call them endurance sports, and orienteering is one of them. During that time one has to breathe a lot, and naturally ozone then finds its way to the lungs.

Unfortunately that situation is not very healthy. A substantial part of its toxicity is caused by the oxidising decomposition of unsaturated fatty acids in the organism.

The most common ozone-caused symptoms are irritations of the mucous membrane - the eyes and the respiratory tract are affected. Symptoms like burning or tear-running eyes, coughing, dyspnoea (difficulty in breathing), chest pains and a tickle in the throat can be the body's answer. The pulmonary function (the function of the lungs) can be restricted by 'ozone-training' and the physical strain therefore increased, because there is a decrease in the volume of ventilated air (and therefore also oxygen) available.

The central nervous system can also be affected: headache, dizziness, tiredness and low blood pressure are all symptoms.

Some orienteers suffer more, others less and some might even say they don't suffer at all - it depends on the individual human being. Fortunately the human body is able to cope with a chronic ozone exposure by shifting the threshold of tolerance upward. Mucous membranes can also regenerate themselves relatively quickly. But there are limits of coping, and if the doses are too high and/or over too long a period (e.g. too much training in the heat) then long-term damage is possible.



*Veteran World Cup competitors had to contend with heat wave temperatures in Russia this year
photo: Lennart Levin*

Measures to implement in your O-training

Of course it would be stupid to make a total halt to the whole training programme throughout the summer months. But some simple modifications, which are possible to implement without changing either intensity or volume or specific activities of your training, seem sensible:

The ozone concentration reaches its peak in the hours around noon and in the afternoon because these are the hottest times of the day. The logical consequence would be to move your outdoor activities to the times of early morning or late evening.

If there is a park or forest near

your home, then use it and avoid running on open areas like streets or fields! Trees work as 'ozone filters' - they function as a protective shield against ozone by absorbing it (which, by the way, isn't healthy for them either) and cleaning the air by producing 'classical' oxygen. Therefore oxygen's concentration is increased and ozone's decreased.

There is no absolute training ban from midday and afternoon - just do it in the gym! Here the ozone concentration is about 50% less than outdoors.

After a thunderstorm the (normally very low) concentration of naturally produced ozone increases dramatically and adds to the artificial concentration. (The electricity of the flashes breaks down diatomic oxygen molecules into two so-called radicals, both of which instantly join other oxygen molecules to form the triatomic ozone molecule.) Sometimes you can even smell the distinctive odour in the air! Therefore you are recommended to refrain from any training in the first three hours after a thunderstorm.

It should also be noted that strong wind reduces the ozone concentration by distributing the poisonous gas - windy periods therefore provide better training conditions than dead calms.

Summer orienteering competitions

When you compete in one of the various summer multi-day competitions, you cannot choose the time of your orienteering activity - you have to accept the start time which is allocated to you. So the accountability lies in the hands of the respective organisers, to whom I can address the recommendation to fix the first start as early as possible in the morning - best straight after sunrise, to give late starters good conditions as well.

A few 'fights through the heat' each summer probably won't do your health any harm. They are OK as long as you remember the old Latin proverb "dosis facit venenum" (translation: the dose determines if something is poison or not; *Paracelsus*).

On Bio-diversity and Native Species

Marketing a sport has two strands: one is directed at potential competitors, the other at potential sources of funding. During the last few months I have dwelt in these pages mainly on the latter. Indeed, in the last issue of *Orienteering World* I reported that the Council had commissioned Sport Development Resources Ltd to prepare a study on Developing Marketing Opportunities for the IOF. This report now lies on my desk, and by the time you read this, all Council members will have had a chance to study a copy.

"Not a Quick Fix"

The objectives set down for this work were outlined in the last issue of *Orienteering World*. The report "addresses the problems and opportunities which face the IOF as the organisation and the sport attempt to improve their marketing and sponsorship programme." I quote from the introduction to the report, which goes on to warn that "this document is not a quick fix. It does not pretend to offer any radical or shiny ideas which can solve all the problems facing the sport. Orienteering is a unique sport which cannot simply copy the successful formula of athletics or motor racing. We are certain that the IOF can build on the success it has already achieved, but that this will be a long-term process requiring patience, creativity and a strategic approach."

You will certainly hear more once the Council has had time to examine the report and consider a programme of action. Meanwhile, let us take a look at the other strand of our marketing, namely that directed at our participants and our potential participants.

More Places, More People

Marketing orienteering to those who might fund the sport is essentially secondary to the real purpose or mission of the IOF, which is to ensure that over time more people in more places enjoy more orienteering. "More places" is chiefly the work of the IOF's Development Committee. "More people" is essentially the job of the national federations.

And it is from various national federations that I hear repeatedly just now the cry: how do we get more youngsters into the sport? Also from some member federations I hear the question: how should we work with new forms of orienteering, such as orienteering on mountain bikes? I wonder whether in some cases with lateral thinking we could connect these two questions and realise that the one could point to where to look for a solution to the other. For it is activities like mountain biking, with the emphasis on speed, excitement, rough and tumble, that have an image which can appeal to modern young people. It is not certain that those who try orienteering on mountain bikes will later turn to foot orienteering. Some may. Others will simply have added to the numbers who have enjoyed moving with a map - and in so doing helped us fulfil our mission.

An Element of Diversity

A favourite slogan nowadays among environmentalists is bio-diversity. In ordinary words this means the existence of lots of different plant and animal species. To continue to attract young people to the sport, perhaps we need an element of this in orienteering. Orienteering in forest (whether 'Nordic' or 'continental'), park orienteering, fell orienteering, street orienteering, sprint orienteering, long distance orienteering, orienteering on mountain bikes, orienteering on skis, each to be found where it flowers best, where the natural conditions suit it best - this would be bio-diversity in our sport.

As time passes, life styles change and develop, just as the natural conditions on earth have changed over the centuries. We need to select out of each development what is good (but only what is good) and make use of it, just as plants and animals have colonised new areas as climate changed. We should encourage orienteering to adapt itself to local conditions.

However, in so doing we must be sure that we stick firmly to the essence of orienteering, which has been defined as muscle powered movement with a map.

We in the IOF, as international governing body of our sport, must also ensure that whatever form orienteering takes, it retains its other important characteristics: a fair and environmentally responsible sport, linked to a healthy active life style and practised by those with an adventurous disposition.

Meanwhile, another favourite slogan of environmentalists is the preservation of 'native species'. This doctrine emphasises that those plants which have always been found in a particular place should be encouraged to continue to flourish there.

Nurturing the Native Species

Thus it is that, in learning to find ways to accommodate new forms of our sport, we must also nurture the original native species. Here I have in mind particularly the original Nordic form of orienteering - a form of the sport quite beyond compare and of a fascination unsurpassed. Places where Nordic orienteering is the most suitable will always be a Mecca for orienteers. We should prize this form. In other places, which do not have richly contoured moraine terrain, other forms will develop. These also have their own validity.

The skills used in all genuine forms of orienteering are the same: practical navigation (map reading, compass, route choice) and physical fitness/skills. The fascinating variety comes in the different requirement for the different skills in each different form.

Let us therefore encourage the richness of bio-diversity, but retain a true respect for our important native species. This way we can keep our sport youthful and vibrantly healthy, true to itself, and give much joy to many people in many places all over the world.

GET AHEAD OF THE REST!

ADVERTISE YOUR 1996 EVENT IN THE 2 AUTUMN ISSUES OF *ORIENTEERING WORLD*

Orienteers in more than 50 nations will start their 1996 holiday planning in the autumn with the help of *Orienteering World* - so don't miss out! Furthermore you will get a special discount on our advertising rates!

For more details, contact Clive Allen at the Editorial address (see page 3)

Newslines

\$55,000+ Profit for WOC '93

The latest issue of *Orienteering North America* contains extracts from a report by Don Tall, Secretary General of the 1993 World Championships Organising Committee, which shows that when the books are finally closed a profit of over \$55,000 can be expected. The WOC '93 accountant, Cathy Yekenevicz, has succeeded in getting tax exempt status for the championships, so that \$15,000+ of Federal taxes have been cancelled. She is still working on getting New York State taxes of some \$8,000 refunded.

Figures published in the report show that of total receipts of almost \$507,000 (which includes income from the O-Fest public races), more than \$51,000 was contributed by the Booster Club and nearly \$84,000 by sponsors and advertisers.

USOF expects to have had the bulk of the net profit transferred from the WOC '93 accounts at the end of May.

Plans are being made to put the money to good use in a variety of projects which aim to stimulate participation and other forms of orienteering development throughout the United States.

Canadian OF Loses Government Funding

A controversial policy decision by Sport Canada has left orienteering (among many other sports) with a 60% reduction in government support in 1995 and its complete elimination in 1996. Only 36 National Sport Organisations (NSO's) were approved for continued support in response to a federal budget cut in funding to amateur sport of 25% in 1995-96 with additional 12% cuts planned for the following two years.

To gain continued support, NSO's had to (1) meet general eligibility criteria and (2) undergo a general assessment consisting of 3 components: high performance (60%), sport development (29%) and management & financial (11%). High performance was the key

component with top 16 placing in Olympic, World Cup or World Championships necessary to receive any points. Orienteering was one of 54 NSO's to pass stage 1, but failed to reach the necessary 50-point total in stage 2 along with a number of well-known sports including 6 with full Olympic status.

The sport community in Canada, whilst supporting efforts to reduce the federal deficit and accepting that sport suffers the same budget cuts as other government agencies, disagrees with the emphasis on high performance rather than grass root development, i.e a 'medal mentality'. Without investment in grass root programmes, it is

argued, the potential for medals and top finish placings is significantly reduced. Fortunately though, sport is about much more than winning medals and government funding.

For the Canadian federation the loss of funding will mean major changes in the operation of the National Office. In anticipation of these changes, COF Technical Director Lyman Jones has already made a new career move and left COF at the end of May after 6 years in post. As COF Executive Director Colin Kirk remarks in the latest issue of *Orienteering Canada*, a 'kitchen table' approach may have to be the method of operation in the future.

Going to the World Championships? Then call in at the IOF tent!

The IOF will have a tent at the classic and short distance event sites where you can meet the IOF Council and Steering Group Chairs - there will always be one of them present there - and look at displays of the IOF's work

Get information about IOF projects and plans!

Ask questions!

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Leaders of the Nordic group of countries - Denmark, Finland, Norway and Sweden - meet on a regular basis to discuss areas of mutual co-operation and attitudes to IOF policy. Here JØRGEN HOLMBOE, President of the Norwegian federation, writes of their concerns over some current lines of development

The IOF Policy for Development in the Future

There is a discussion going on in the world of orienteering about further development of our sport. This discussion is reflected in the minutes from IOF Council meetings and from time to time in *Orienteering World* and national magazines. The main issue seems to be which kinds of orienteering shall be included in the IOF programme, and how IOF shall be engaged in these different activities. How much emphasis shall be placed on the traditional form of orienteering (misleadingly called the 'Nordic' form) requiring high map-reading skills in addition to the running skills?

Behind some of this discussion lies the question of the possibility of orienteering being included in the programme for the summer Olympic Games. It has been claimed that the IOC criteria for inclusion - a sport organised at a high level in 75 countries on 4 continents - is unrealistic for our traditional form of orienteering.

Different Attitudes to 'Unrealistic Criteria'

In regard to this, we could choose to take up different attitudes:

* We could try to prove that it will be possible to spread orienteering in the traditional form to the required number of nations. There is at the moment an IOF project group looking into the actual possibilities in countries all over the world.

World Wide Orienteering Promotion with the enthusiastic P-O Bengtsson has never ceased to pursue this possibility.

* If we chose to think that orienteering will never have the possibility of entering the summer Olympics, we might as well promote our activity in other ways, focusing on the special features of orienteering in relation to environment, natural arenas etc.

* We could bring into the IOF programme other forms of sport where orienteering is a part of the necessary skills, like Mountain Bike Orienteering.

The IOF - a Positive Attitude to Change

According to the latest discussions in the IOF Council, there is a positive attitude to a change of the orienteering concept and opening up the organisation for new activities. Some of the mentioned activities could just be seen as extreme variations of the traditional form of orienteering, by foot with the aid of map and compass (rogaining, park-orienteering or city-orienteering). Other activities like ski-O and mountain bike-O include some of the aspects of the sport, and yet other more exotic forms like horse-O, canoe-O and underwater-O seem quite far from the basic idea and would probably seem unnatural as members of the family for most of us.

There could be **several good**

reasons for adopting an attitude towards opening up the organisation:

* There would be an increased focus on 'orienteering' as an expression meaning the skill of finding your own way in an unknown area.

* There is a pedagogic aspect included: knowledge in the use of map and compass is seen as a useful basic skill.

* There could be a possible synergy when the orienteering concept is focused in different sports.

* Some of the activities included might open up new possibilities for sponsoring interests (mountain bike).

However, there are also strong reasons to be reluctant:

* The expression 'orienteering' will be associated with so many activities that it would be

ment of the sport must focus upon the traditional form of orienteering - finding your own way, running an unknown course with the aid of a map and a compass. To organise such activities in urban areas, suburbs or parks does not interfere with the basic concept and might be seen as good promotion and advertising for the sport.

Fear of Reputation Damage

However, we fear that the inclusion of other more or less exotic forms of orienteering might direct the focus away from what we feel must be the main activity. As mentioned above, this might also damage the reputation of orienteering in general, especially when the activities includes aspects of possible deleterious effects to the environment like mountain bikes (or even motor bikes!).



Orienteering on mountain bikes - damaging the reputation of traditional orienteering?

*photo:
Rimantas Mikaitis*

difficult to focus on the actual content of the sport.

* We would have to compete with ourselves in the struggle for funding, governmental support, sponsoring and media coverage.

* There would be possible deleterious effects in the questions of land access, wild life, disturbance of other outdoor activities etc.

"Traditional Form must Stay in Focus"

The discussion about future development of orienteering and inclusion of new activities in IOF is also going on among the Nordic federations. We strongly feel that the develop-

ment of the sport must focus upon the traditional form of orienteering, not least to be able to influence the regulations by which these forms will be organised. We don't want to share the blame when someone else violates the rules of co-operation between land-owners, wildlife interests and sporting activities.

The discussion among the IOF members, the IOF Council and everybody engaged in the development of our sport will certainly continue. The discussion should take place in the columns of *Orienteering World* or in any other suitable arena.

Veterans in Russian Heat Wave

Report by KYÖSTI SAKSMAN, Finland

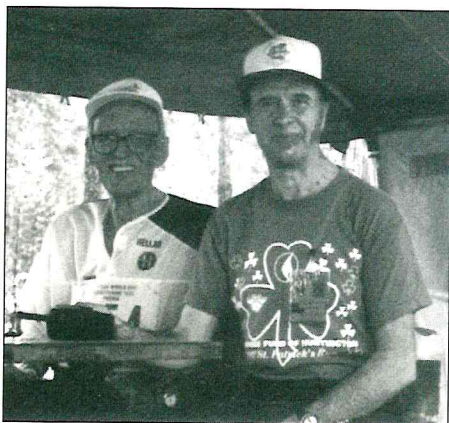
Photos by LENNART LEVIN, Sweden

The 1995 Veteran World Cup took place close to Lembolovo City, about 60 km north of St. Petersburg. There were nearly 1,500 competitors from 24 nations. The most entries were from Russia (465) followed by the Scandinavian countries: Finland (393), Sweden (208) and Norway (168). Visitors, including family members, made the totals much higher.

Lembolovo was an area of fighting in the Second World War and even in 1995 old trenches, tank barriers, dug-outs and barbed wire were still to be seen.

Pleasant Terrain

The terrain was very pleasant and easy to run in, and - unlike most Scandinavian forests - almost without stones. It was mostly coniferous forest with a lot of ridges and depressions. In several areas there was a complex network of roads and paths. The weather throughout the competition period was hot - almost 30° Celsius.



Oldest male competitor Bertil Nordenfelt (SWE) with Meet Director Georgy Ilmenkov

The qualifying competitions became very exciting because the training area was easy and many people were under the impression that the other areas would be the same. In fact the two qualification areas were more difficult and required care with navigation. Many favourites amongst the competitors were unsuccessful and failed to reach the A Final.

Good Organisation

Organisation of the meeting went well and it is noteworthy that Russia has returned to full use of the international orienteering family's rules. In this event an important

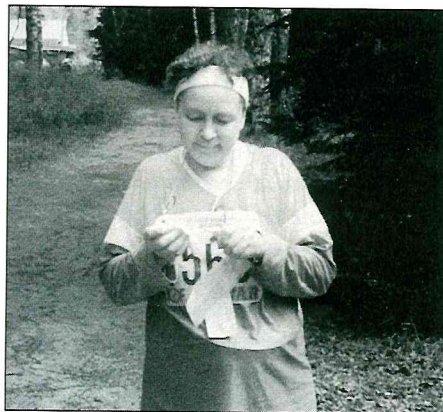


job was done by the IOF Controller, Tuomo Peltola from Finland, who decided on the international way in several matters where there were differences of opinion.

The organisation during the competitions, activities such as participants' registration, result service, map reclaim and ceremonies went very well. The prize-giving ceremony especially was a very festive occasion. In addition to the medals, winners were rewarded with a vase, a compass and a diploma.



The Veteran World Cup is an important, interesting and unforgettable occasion and participants can meet friends from many countries and have the chance to compare their condition with that of their old rivals on an annual basis. Most veterans at this event have already planned to go to next year's, in Murcia in Spain (8-12 April).



Event Personalities

Just two of last year's winners in Scotland won again this year: **Erkki Luntamo** in M80 and **Arthur Lindkvist**, moving up from M85 to M90. After being forced to retire last year, **Katarina Paananen** was successful this year in W90, but needed an almost 3-hour stay in the forest to achieve her winner's medal.

Erik Engebraaten made it to the top at last in M55 after coming 3rd in Tasmania in 1992 and 2nd in 1990, both as an M50. The 1990 event in Hungary also saw placings for W75 winner **Gertrud Andersson** (then 2nd in W70) and W70 victor **Anna Nilsson** (then 3rd in W65).

1995 VETERAN WORLD CUP WINNERS

MEN				WOMEN			
M90	Arthur Lindkvist	SWE	47.12	W90	Katarina Paananen	FIN	175.17
M85	Elner Marsh	SWE	59.48	W85	-		
M80	Erkki Luntamo	FIN	28.52	W80	Leida Sevrak	EST	84.03
M75	Gunnar Johansson	SWE	23.16	W75	Gertrud Andersson	SWE	28.58
M70	Åke Svensson	SWE	36.39	W70	Anna Nilsson	SWE	27.45
M65	Sture Josefsson	SWE	33.35	W65	Anna Semenova	RUS	31.55
M60	Paavo Pystynen	FIN	38.27	W60	Eila Rintanen	FIN	31.01
M55	Erik Engebraaten	NOR	48.01	W55	Olga Kazantseva	RUS	40.26
M50	Juhani Pikkarainen	FIN	56.32	W50	Galina Vershinina	RUS	40.46
M45	Pauli Rautanen	FIN	58.20	W45	Margarita Koltsova	RUS	46.00
M40	Pertti Paivanranta	FIN	59.59	W40	Elena Kirichenko	RUS	56.54
M35	Ari Kattainen	FIN	65.05	W35	Victorija Fershalova	RUS	55.26

A top result at elite level can only be achieved after many years of hard preparation. In the final moment the orienteer alone is responsible for the performance. In the long run, however, a well-structured and well-organised support system is an important factor in working with the national team.

Many federations employ considerable resources to support their best orienteers. The question is: what things should be included in a system designed to help produce top results, and how important is such a system in our very individual and often 'lonely' sport?

The world of top sport is hard but fair: only the best is good enough. This should be said for the background organisation too. Friedrich Nietzsche was not a sportsman, I guess, but his words in the headline suit today's elite sport well. Orienteering is a fine sport for people with excuses, both at the individual level and within the organisation - but at the top, only the result counts. That's why we have to try to create an organisation which really supports these athletes who are trying to discover their ultimate limits in orienteering.

Some History of Sports Training

Organised sports training is said to have started in military sports. Various war games have been a part of youngsters' growth throughout history. As far back as 2,500 years ago, athletes gathered in Olympia one month before the Games to practice their sport.

The start of the modern Olympic Games made sport in general more popular. Athletes started to prepare themselves with

OLLI-PEKKA KÄRKKÄINEN, as Coach to the Danish national team, has many things to think about in addition to straightforward coaching. The structure within which the coaching is organised is, he says, just as important as the quality of the coaching itself

Winners Do Not Believe in Coincidences!

proper training. The organised sport movement became a national ideology and thus gained full-acceptance status in many countries after the Second World War, resulting in increased demands on the best sportsmen and women. The community as a whole started to support elite athletes, and money has become an important factor in many sports. Today, comparing with the most popular sports, we orienteers can be very proud of the standard and dedication of our elite considering that there are no financial fortunes waiting in the forests.

Evaluate Your Training System!

Why not make a simple evaluation of the system you are a part of! The development of your training organisation must start with an analysis of the situation today. What are the strong and weak points in different areas? How well is the training in all its aspects functioning? Is there a good programme of national and international competitions available? What about the people involved in the system - often a very important factor. How successful is the system for recruitment of new talent? Is there a drop-out problem?

Continue with some visions: how could things be done better? Be honest and bear in mind that we orienteers are an extremely conservative species!

It's easy to define fine targets on paper. It's not very difficult either to make the practical plans to achieve them. Set deadlines: what shall be done today, what tomorrow, and what can be left until later?

The major problem is to make everything work. Who is responsible for different things? What shall happen, how and when? Here a well-working structure is needed, otherwise the few people under pressure will stop after only a short period because of tiredness.

Finally - the system should be continually evaluated; new, fresh ideas keep everybody's motivation at a high level.

A Concept for Success

The most common excuse behind a poorly working system is lack of money. Finance counts for a lot, but does not alone cause or solve all problems.



"An example of good organisation is the 'Ladies Orienteering Team Trinec' from the Czech Republic", says Olli-Pekka. Now consisting of (left to right) Hana Dolezelova, Marcela Kubatkova, Jana Cieslarova, Maria Honzova and coach Anna Gavendova, the team has had many good results. Jana Cieslarova is pictured (right) on the final leg in the 1991 WOC relay - taking the bronze medal for the Czech Republic.



There are many models which are capable of producing good results. The perfect training system does not exist, but here are some of my ideas - some of the most important elements in a 'concept for success':

* It is effective daily training in the everyday environment which is always decisive, not the shorter special periods. Usually there is much room for improvement here!

* The athletes should know the basic principles of training and should be given the opportunity to have guidance in training and performance analyses, planning etc.

* The service system should include follow-up provision to determine the optimal balance of training and rest ('training status') and supply extra services while resting (massage etc.)

* The optimal training support system also includes maintaining statistics (what is done), following up single training units (training of the right form - endurance, strength etc.) and tests of different forms (for analysis and future planning).

* Prompt medical support should be available at all times.

* The athletes should receive adequate and immediate information on all relevant mat-

ters, i.e. the programme, goals, information on the demands of future big races, etc.

* Specialists in psychology, nutrition, planning of studies and of job/career etc. should be available when needed.

* The club is always the ground-level element behind a good national team. Club trainers should have opportunities to get education and new ideas at different levels.

* Training specifically for juniors should be organised within the system.

* National competitions should serve the goals of the national team. The new international forms of orienteering should be tested nationally.

* It is important to provide international competition experience in many different kinds of terrain. The system should enable the best juniors to get the benefit of this too. Plenty of high-class international activities should be offered specially to young people with talent.

* A good training environment, perhaps using some local areas, should be a primary goal.

* Team work inside the system increases motivation. Getting more athletes in serious training raises the national level and

results in a stronger national team.

A Vision of the Future

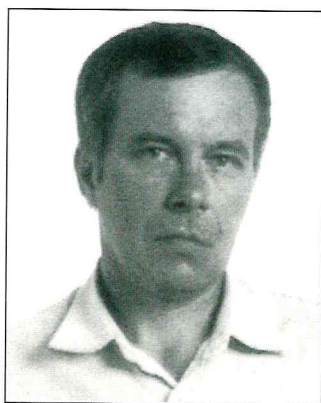
Orienteering will become still more international, and competition will get harder and harder. The time gaps between the best will get still smaller. New exciting races will be set up, some of new types. Greater publicity and increasing commercial interest in our sport will make top orienteering more attractive. In the future, the stars will be professional. That means more 'total training'. In mental training especially there is still a long way to go to the 'limit'. The challenges for the athletes' supporting organisation will become greater as the amount of training continues to increase.

The athlete's limiting factor is usually poor or non-existent will/motivation/talent. In the support organisation, the major problem is to find the right human resources to do the work, to realise the practical plans. Good team spirit and lots of self-confidence is needed at all levels. "Think big - if you wanna reach the top!" could be the expression which represents sound, positive thinking. There are no secrets, only simple hard work on the long road to success. Good luck!

Slovenia - the Green Heart of Europe

described by
DMITRI NIKIFOROV,
Editor of the *Russian
Orienteering Herald*

This is one of the names of a small country in the middle of Europe - Slovenia - in the past a part of former Yugoslavia. It takes such a name because it is known that in the whole of Europe (excluding Russia) there are only three countries in which forests take more than 50% of all territory - the others are Sweden and Finland. The next name of Slovenia is "The Land on the Sunny Side of the Alps", because it lies on the southern slopes of the Julian Alps with borders to Italy, Austria, Hungary and Croatia, and goes down to the Adriatic Coast. This position makes Slovenia a wonderful country for all kinds of tourism. And



with 50% forest, this country has good possibilities for orienteering promotion. This little country (only 20,000 sq. km.) is a very sportive land: for example, Slovenia has 2,000,000 inhabitants and 300,000 of them are alpine skiers.

Last spring I was invited by the orienteering club 'Azimut', which has members in two small towns in the middle of

Slovenia - Cerklje and Idrija - to work as an orienteering coach in the club in the summer months. So I became the first Russian orienteering coach to work in a foreign club.

Orienteering is a new kind of sport for Slovenia. In the country there are now about 10 orienteering clubs, and in national and club competitions no more than 200-250 orienteers take part. But all Slovenes love their nature, and our forest sport may well attract them. I considered in advance what I could do with children of age 12-13 when I could not speak the Slovenian language, but I was pleasantly surprised when I found that all Slovenes (including the 12-13 year olds) know English well.

Slovenia is an alpine country with mountain terrain and it is not so easy to provide good technical problems for their orienteers. But there are many precise orienteering maps around the towns of Cerklje and Idrija which were drawn by map-makers from Hungary,

Romania and the Czech Republic; I successfully used these for quality technical and tactical training. I do not know when Slovenian orienteers will achieve the top placings in the world, but I am certain they are trying to reach them as soon as possible.

The most interesting O-competition in Slovenia is the 'Cerklje Cup 3-Days' in the middle of August. The organisers from the club 'Azimut' invite orienteers from Hungary, Slovakia, the Czech Republic, Italy, Germany, Croatia and other European countries.

Every year it is very interesting 'mountain orienteering' and good organisation. If you would be interested in knowing more about Slovenian orienteering and would like to take part in competitions in Slovenia, you can contact the President of the 'Azimut' club, Dr. Milan Cvelbar, tel. +386 065 71 536 or the Vice-President, Damian Celik, tel. +386 065 75 530, or send a fax to Hotel Cerklje: +386 065 75 207.

Finland's ladies produced what must be one of the most impressive collective set of results ever at the Nordic Championships - 6 in the first 9 in the classic race, and 7 in the first 15 in the short distance. Overall, the Finns took away 4 of the 8 individual gold medals and won 3 of the 4 relay classes

Finnish Triumph at Nordic Champs.

Report by CHRISTER SVENSSON

No less than 20 nations took part in the Nordic Open Championships at Skellefteå, in Norrland in northern Sweden, from 2-5 June. Seen by many as a 'pre-World Championships', competition was fierce with three tough and hard races in contrasting terrains. Finnish and Swedish runners dominated the medal-winning positions.

Tough Classic

Mörttjärn was the venue for the classic race, an area with good contour detail and a lot of height climb, and including a specially-built bridge across a river. The H21 race resulted in three medals for Sweden, the winner being 36-year-old Jörgen Mårtensson, his third individual Nordic Championships triumph, 2.24 ahead of Lars Holmqvist over the 14.9 km. Scandinavian runners dominated in the first 20 places, but one surprise was Lithuanian Svajunas Ambrazas, in 12th place just 5.20 down on the leading time. In the women's race, Annika Viilo (Finland) was 30 seconds quicker than Katarina Borg (Sweden), with then a 2.35 gap to the first of four closely-bunched Finns.

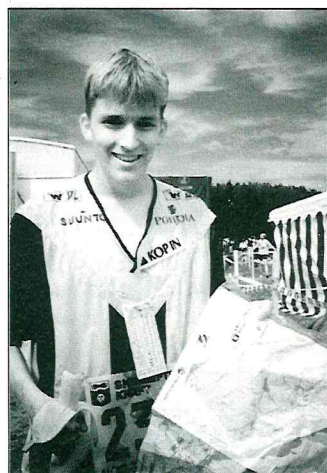
Rocky Terrain for Short Distance

The short distance event was based at Skellefteå campsite quite close to the town centre, on difficult orienteering terrain with many hills and rocks and some boulder fields. Here Finland's Kenneth Cederberg took

the H21 gold medal with a 46-second lead over Per Ek (Sweden), with Norway's Petter Thoresen a further 48 seconds behind in third place. Steve Hale (Great Britain) missed a medal position by 1 second. Swedes took the first 2 places in D21, Anette Granstedt (née Nilsson) and, again, 'Katta' Borg separated by 16 seconds. Reeta-Mari Kolkkala (Finland) took the bronze medal.

Hard-fought Relays

The relays were held in very detailed forest terrain just north of Skellefteå. A win for Sweden's men's first team was fashioned by Johan Ivarsson, who took over in second place behind Norway for the third leg and came in 2.40 in the lead, giving Jörgen Mårtensson a comfortable cushion with which to secure victory. Finland 2, with Johanna Tiira on last leg, won the women's race after Sweden held a lead of 1.11 at the end of the third leg.



Juha Peltola (FIN), H20 classic winner photo: Christer Svensson



A 130 m long specially-built bridge was a feature of the classic race photo: Lukas Jenzer

LEADING RESULTS

Classic: H21, 14.9 km: 1. Jörgen Mårtensson SWE 87.51, 2. Lars Holmqvist SWE 90.15, 3. Johan Ivarsson SWE 90.31, 4. Sören Nymalm FIN 90.51, 5. Janne Salmi FIN 91.02, 6. Carsten Jørgensen DEN 91.18, 7. Kjetil Bjørlo NOR 92.28, 8. Reijo Mattinen FIN 92.49, 9. Thomas Bührer SUI 92.55, 10. Bjørnar Valstad NOR 93.09, 11. Joakim Ingelsson SWE 93.10, 12. Svajunas Ambrazas LIT 93.11, 13. Petter Thoresen NOR 93.32, 14. Steven Hale GBR 93.52, 15. Keijo Parkkinen FIN 94.00.

D21, 9.0 km: 1. Annika Viilo FIN 66.25, 2. Katarina Borg SWE 66.55, 3. Katja Honkala FIN 69.30, 4. Reeta-Mari Kolkkala FIN 70.06, 5= Eija Koskivaara FIN & Johanna Tiira FIN 70.13, 7. Sabrina Meister-Fesseler SUI 71.10, 8. Hanne Sandstad NOR 72.08, 9. Kirsi Tiira FIN 72.10, 10. Anna Bogren SWE 72.21, 11. Marie-Luce Romanens SUI 72.51, 12. Anna Garin ESP 73.01, 13. Torunn Fossli NOR 73.12, 14. Tenna Nørgaard DEN 73.34, 15. Annika Zell SWE 73.37.

H20: 1. Juha Peltola FIN 63.51, 2. Adrian Klauser SUI 67.18, 3. Kalle Dalin SWE 69.35. **D20:** 1. Christina Grøndahl DEN 48.18, 2. Annika Björk SWE 49.34, 3. Kristin Backåkers SWE 49.41.

Short Distance: H21, 5.3 km: 1. Kenneth Cederberg FIN 29.37, 2. Per Ek SWE 30.23, 3. Petter Thoresen NOR 31.11, 4. Steven Hale GBR 31.12, 5= Timo Karppinen FIN & Johan Ivarsson SWE 31.17, 7. Kjetil Bjørlo NOR 31.30, 8= Janne Salmi FIN & Odin Tellesbø NOR 31.35, 10. Svajunas Ambrazas LIT 31.43, 11. Anders Bjørnsgaard NOR 31.46, 12. Alain Berger SUI 31.52, 13. Peter Jacobsson SWE 31.57, 14. Jimmy Birklin SWE 32.15, 15. Jan Donner FIN 32.26.

D21, 4.0 km: 1. Anette Granstedt SWE 28.38, 2. Katarina Borg SWE 28.54, 3= Reeta-Mari Kolkkala FIN & Katja Honkala FIN 29.01, 5. Annika Zell SWE 29.05, 6. Yvette Hague GBR 29.17, 7= Eija Koskivaara FIN & Torunn Fossli NOR 29.39, 9. Sabrina Meister-Fesseler SUI 29.46, 10. Ragnhild Bente Andersen NOR 29.58, 11. Annika Viilo FIN 30.12, 12= Gunilla Svård SWE & Johanna Tiira FIN 30.24, 14. Jaana Pietilä FIN 30.38, 15. Kirsi Tiira FIN 30.41.

H20: 1. Miika Hernelahti FIN 23.41, 2. Ville Repo FIN 24.02, 3. Kalle Dalin SWE 24.27. **D20:** 1. Annika Björk SWE 26.25, 2. Ragnhild Myrvold NOR 28.13, 3. Tiina Jukkola FIN 28.30.

Relay: Men: 1. Sweden (Lars Holmqvist, Per Ek, Johan Ivarsson, Jörgen Mårtensson) 3.39.04, 2. Norway 3.41.11, 3. Finland 3.48.58.

Women: 1. Finland 2 (Anniina Paronen, Marika Mikkola, Kirsi Tiira, Johanna Tiira) 3.11.57, 2. Norway, 3. Sweden.

Athlete versus Orienteer

On Sunday April 10th in Diestelbruch near Detmold in Germany a performance comparison was carried out that is probably unique in the running world up until now. During a pre-World Championships competition a world class athlete competed against a world class orienteer comparing running ability only.

Francis Nade from Tanzania was staying with other top African athletes at a training camp in Diestelbruch and volunteered to follow Petter Thoresen, World Champion in classic distance in 1989 and short distance in 1993, in a short distance race over 5.7 km. in slightly hilly mixed forest. Thoresen has had little running experience

in athletics and his personal best time over 10,000 m is estimated from test running results to be between 30 and 31 minutes. He is not considered to be the fastest in the Norwegian team but is well-known for his steady fast speed in terrain.

Nade was 5th over 5,000 m at the last Junior World Championships, and his best time of 28.17 over 10,000 m was achieved recently. He was provided with bramble bashers for the race but went without special orienteering shoes.

Nade was unable to keep up with Thoresen over the whole race, falling back between the second and third controls in flat terrain with undergrowth. However he did not give up but followed Thoresen as long as he could see him - the visibility in the wood was good because the trees had no leaves. Then he was caught up by Johan Ivarsson who had started 2 minutes after Thoresen. Nade was also unable to keep up with Ivarsson, but he managed to keep

him in sight and arrived at the finish with all the controls stamped.

Nade said afterwards that running in such rough terrain with undergrowth and heavy soil had been strange for him. His legs had soon become heavy and he was then unable to keep pace. Thoresen on the other hand was apparently inspired by the experiment and won the race by 9 seconds.

This performance test strengthens the theory that running on a track or road and running in rough terrain are two completely different things; the two types of running involve different groups of muscles to a large extent. If these muscle groups are not specially trained and the runner takes part in the type of run that is unusual for him the untrained muscles quickly become too sour, causing a fall in performance. Usually, orienteers taking part in athletics events without specific training also compare unfavourably.

Nikolaus Risch

Review

Orienteering - The First Steps: two-part VHS video, each part approx. 12 minutes, price £19.95 incl. post and packing from Mikes-Eye, Fellorien, Chestnut Hill, Keswick, Cumbria, U.K. CA12 4LT. Tel. +44 1768 774 350.

This video has been produced for children aged 11-15 who are about to experience orienteering for the first time - part 1 showing orienteering in the school grounds and part two the techniques used on a straightforward course in the forest. It starts with a catchy song, "I like orienteering" and a rapid descent from outer space via maps of ever smaller areas until you are looking down on a school and its surrounding playing fields. "Set the map to the view" is the message which follows, with several interchanges between pictures of the school and the map so that everyone can get the idea. To explain the legend, both the symbol and the feature are shown.

Soon you are off on a simple course, following 2 pupils (in their ordinary school clothes) as they set the map for each leg ("move your body round the map" is a message no-one can miss!), move their thumb on the map as they progress, and make simple route choices. With the map and terrain shown side by side, and thoughtful use of arrows and shading to show position and to emphasise what is being said, it's easy to understand the skills being taught. Towards the end you

are invited to work out, from the map and pictures, just where the runner has reached and what the final control site is. Then it's a race to the finish line!

The action, the commentary and the music all show that orienteering is fun, competitive and for young people. A jump to the control in the long-jump pit and a detour to head a football are part of the fun. Part 2, out in the forest, continues in the same vein. Here we start with an explanation of scales; you can see what the school grounds would be like when placed on top of a forest map and at the same scale. After a bit more on symbols and a clever 'forest rap' about mini and mega trees, the map is this time set using a simple compass as well as 'to the view'. Off you go with a pair of students round a forest course, where clever photography and screen layout help to make it absolutely clear how the map shows the features on the ground. 'Simplification' is the message as the runners make hand-rail route choices and follow them through to controls on major features. Then they get too ambitious and make a 180° error - and you and the runners work out together,

from the scene and the map, where they are.

The video ends with a brief introduction to colour coded courses and open events. The settings are very clearly English Lake District, but the commentary is clear and informative and the teaching style owes much to veteran champion and author Carol McNeill's link with the two expert photographers, Mike Pearson and Richard Warner, who have themselves had much experience in introducing youngsters to orienteering whilst working as Lake District forest rangers.

The exhilarating modern image of orienteering portrayed here will have any watching youngsters itching to be off to try it for themselves. So make sure you have a suitable area and map ready for a quick start! A video highly recommended for use in any English-speaking nation - and elsewhere, the pictures and music alone provide many good ideas about the presentation of our sport to the young.

Clive Allen

Parts 3 and 4: 'Contours and landform' and 'Between the hand-rails' will be available in 1996.

Among the Best Orienteers

This new promotional video produced by the Orienteering Federation of Australia presents two important messages about orienteering, demonstrating what is involved in orienteering as an elite sport at the top level and emphasising that competing at top level is a potentially achievable goal for many who are prepared to make the commitment. The video gets these messages across by showing top orienteers in action at the 1994 World Cup events in New Zealand and Australia, and through the words of leading orienteers from Australia and elsewhere.

The video is directed particularly at students of secondary school age, but it should also be appreciated by primary school children who have a background in school orienteering, and is ideal for club promotional use.

Copies from OFA, PO Box 740, Glebe, NSW 2037, Australia, price AU\$39.95 plus airmail postage and packing (\$10.50 for North America and \$11.50 for Europe) - payment should be made in Australian dollars.

Tio Mila 1995

report by CHRISTER SVENSSON

The first-ever Tio Mila took place in 1945 immediately after peace was declared, 66 teams taking part. SoIK Hellas (Stockholm) were the first winners. 50 years later, there were 459 men's teams from 7 nations including Italy, Great Britain and Switzerland.

The 50th anniversary was marked by the introduction of a new automatic radio reporting procedure from out in the forest; as a competitor's visit to the radio control was recorded by the contact between his Regnly punch card and the control unit, the data was automatically transferred by radio telephone to the computers at the finish and the passing times instantly displayed. This exciting new communication link was engineered by Regnly in conjunction with the Swedish telephone company Telia Mobitel.

A record was set by the Swedish club Hakarpspojarkarna from Småland in winning Tio Mila for the fourth time - the first club to achieve 4 victories. Their previous victorious years were 1969, 1970 and 1974. At the finish, last leg runner Matti Envall

had a winning margin of 1 min. 13 secs. over second-placed team NTHI from Trondheim, Norway. The weather gods were not on the event's side; the very rainy weather contributed to the fact that the winner crossed the line a whole hour later than expected.

The women's 2-mila the previous day was marked by a sprint finish involving 6 teams including a Swiss national team, won by Annika Zell of Sundsvalls OK with a final 4-second margin over Kirsi Tiira, running for Angeliemen Ankkuri, Finland.

Disqualifications Stir Punching Controversy

At Tio Mila there were a number of disqualifications arising from over-casual use of the Regnly punching equipment. It has become fairly well known amongst elite orienteers that the runner's tag will register with the control unit just by waving the tag over the unit; no actual physical contact is necessary. Several runners tried saving seconds by doing just this, but some 'waves' were apparently so wayward that there was no 'electronic contact'. On the last leg in particular and even at the last control a number of non-registrations occurred and the teams affected were sub-

sequently disqualified. The lack of any audible or visible signal to show that proper contact has been made is still regarded by some runners as a major drawback of the new punching system.

RESULTS:

1. IKHP (Hakarpspojarkarna), Sweden 11.25.49, 2. NTHI, Norway 11.27.02, 3. Frederikstad SK, Norway 11.27.33, 4. Rajamäen Rykmentti, Finland 11.29.19, 5. Helsingin Suunnistajat, Finland 11.29.21, 6. Halden SK, Norway 11.29.22, 7. IFK Södertälje, Sweden 11.29.26, 8. OK Kolmården, Sweden 11.29.41, 9. Sundsvalls OK, Sweden 11.38.35, 10. OK Hammaren, Sweden 11.39.46.

Women's 2-mila: 1. Sundsvalls OK, Sweden 3.29.30, 2. Angeliemen Ankkuri, Finland 3.29.34, 3. Liedon Parma, Finland 3.29.35, 4. Halden SK, Norway 3.29.48, 5. Pargas IF, Finland 3.29.49.

ELITE ORIENTEERS FACTS AND FIGURES

A handy brochure giving information on the world's most prominent elite runners
DKK 40 (Europe), 50 (elsewhere) incl. p & p
from Clive Allen, Tyttebærvej 3,
DK-8600 Silkeborg, Denmark
Tel. +45 86845502, fax +45 86846504

On the Elite Trail

Odds on Thoresen

This summer, for the first time, Finns have been able to bet on the result of a televised orienteering race in the national computer-based betting system. Immediately following the Nordic Championships, 20 men and 10 women from amongst the world's best elite orienteers took part in a spectacular 3km sprint race in a city park in Vasa, near Helsinki.

Run for the 10th time this year, IF Femman's 'O-Jippo' is one of the season's biggest media events in Finland. The race was won by Petter Thoresen ahead of Jörgen Mårtensson and Janne Salmi.

'Mästarmöte' in Laxå, Sweden

Billed to have the best start line-up this year apart from the World Championships, a sprint event with winning time of 20 minutes has been arranged in park terrain by Laxå OK in central Sweden on 5th August to coincide with a local festival expected to attract 25,000 visitors. The world's 15 highest-ranked men and 10 women have been invited to take part, and live TV coverage is anticipated.

Landels moves to Sweden

New Zealand star Alistair Landels, 13th in last year's World Cup rankings, has moved from England to join Stora Tuna OK in Borlänge, Sweden.

Jukola and Venla Relays

The 1995 Jukola 7-man relay was the last round of this year's Nordic Relay league and attracted a very impressive international turn-out. Held in the forests around Sibbo north of Helsingfors, runners from 14 nations including Japan and New Zealand took part. A record 1,119 teams were entered along with 604 women's teams for the 4-leg Venla Relay: that is more than 10,200 orienteers in all!

As is traditional, the women's relay was held first and resulted in a win for Liedon Parma, Finland, by almost 5 minutes over Angeliemen Ankkuri. In the 47th Jukola Relay which followed, The result was closer with NTHI, Norway coming out winners by just 26 seconds ahead of OK Kolmården, Sweden, thanks to a fine last-leg run by Bjørnar Valstad who went out for his 14.1 km 5 minutes down on the leader.

Christer Svensson

LEADING RESULTS

Jukola Relay:

1. NTHI, Norway 8.56.54, 2. OK Kolmården, Sweden 8.57.20, 3. OK Tyr, Sweden 9.02.10, 4. Rajamäen Rykmentti, Finland 9.02.43, 5. Turun Suunnistajat, Finland 9.05.47.

Venla Relay:

1. Liedon Parma, Finland 3.19.48, 2. Angeliemen Ankkuri, Finland 3.24.39, 3. Pargas IF, Finland 3.29.59, 4. Switzerland 3.30.02, 5. Halden SK, Norway 3.31.14.

Best Club in the World?

LARS SIMONSEN reviews this year's Nordic Relay League and looks forward to 1996

The Nordic Relay League (NRL) got new winners this year at the Jukola Relay in Finland. After four relays (Spring Cup, Denmark, Vårstafetten, Norway, 10-mila, Sweden and Jukola) Liedon Parma, Finland was best in the women's class. IK Hakarpspoj-karna, Sweden, with Johan Ivarsson in the team, won in the men's class in what is said to be the 'unofficial World Cup' for club teams.

"It's important to have things going your way in relay orienteering and the right quantity of luck if you are going to win the NRL". That was the conclusion leaders and team members in Sweden's OK Tyr came to when they became aware that Johan Ivarsson and IKHP overtook three competitors from the last control and into the finish at Jukola. Even though it was a fight for a secondary position in the world's biggest relay, it was an important fight for points in the league since it finally gave IKHP victory in the NRL - five points ahead of OK Tyr. The winner of Jukola, NTHI (the Norwegian student club from Trondheim) jumped from sixth place to third, just ahead of another Norwegian club, Frederikstad SK.

Close Race

The showdown in the women's class was very intensive between the two Finnish clubs Liedon Parma and the winner of NRL in 1994, Angelnien Ankkuri. AA won the Spring Cup in March - Kirsi Tiira overtook Liedon Parma one control before the finish. In Vårstafetten in April it was Reeta-Mari Kolkkala from Liedon Parma first in the finish with AA



Winning team in the NRL, IK Hakarpspoj-karna, with their cheque for SEK 15,000. From left: Peter Nilsson, Mats Granstedt, Andreas Rangert, Fridolf Eskilsson, Matti Envall, Håkan Öhlund, Mattias Karlsson, Ingvar Åkesson, Johann Ivarsson and Bo Granstedt. Photo: Ola Gustafsson

fourth. At 10-mila they were both in the group of six teams together at the last control; after winners Sundsvall (Sweden) AA were second and Liedon Parma third. Only three points separated the two teams before Jukola.

After two legs in the Venla Relay (Jukola's class for women) AA was in the lead, but once again it was Reeta-Mari Kolkkala who crossed the finish line in first place after 4 legs - just before Angelnien Ankkuri. Third in both Venla and NRL was another Finnish club, Pargas IF.

International League

It's not a surprise that it is the teams from Finland, Norway and Sweden which are dominating the league, but without the support of foreign orienteers from the rest of the global orienteering family the results in the league would have been quite different. Estonian Kyll Kaljus gave Liedon Parma the last kick. OK Tyr had support from Dane Jesper David Jensen and Briton Steve Hale. Halden SK, 4th in the women's class and 6th in the men's, was helped by Britons Heather Monro and Dickie Jones - and so on. Almost all the best orienteers started in one or more of the relays in NRL 1995.

gian O-Festival. Five out of the seven legs will count in the final result.

A Team Sport

The objective of the NRL is to help develop orienteering. The whole idea behind NRL is to get more publicity for international relay orienteering and the sport as a team sport - both inside the sport and outside, through the media. People outside the elite find team sport much easier to identify with, and it is therefore attractive to the media. "Relay orienteering has everything a sports journalist can want by way of excitement", says Roald Von Schoultz, member of NRL's Council and Chairman for the Finnish elite organisation.

'Forbidden Subject'

Money awards is a forbidden subject in orienteering, but in the NRL it is an important step towards gaining interest from the press. In 1995 there was a modest 15,000 Swedish kronor for the winners, but NRL has the ambition to make it much larger.

"I can't think of a league without money awards; the bigger the size of the award, the bigger the interest from the press and also from sponsors and the participating clubs", says the Norwegian member of the NRL Council, Atle Dengerud. He believes it to be realistic to say that in future the relays in the NRL will be broadcast on TV all over the nordic countries.

Club teams from all over Europe started in NRL and the best women's teams from outside the Nordic countries were South Yorkshire Orienteers from Great Britain, 44th, and Jilemnice from the Czech Republic, 80th. In the men's class Zlin (Czech Republic) were 63rd and HKS Azymuth Mochy from Poland were 125th.

NRL's Future

The programme for next year's NRL shows some improvements. There will be seven legs with the start at Smålandskavlen (SWE) in October, then Spring Cup (DEN), Vårstafetten (NOR), Iso-Tonic (FIN), 10-mila (SWE), Jukola (FIN) and finally the Norwe-

Nordic Relay League

Final 1995 Rankings - Leading Positions

MEN: 1. IK Hakarpspoj-karna, SWE 352 pts., 2. OK Tyr, SWE 347, 3. NTHI, NOR 329, 4. Frederikstad SK, NOR 327, 5. Rajamäen Rykmentti, FIN 322, 6. Halden SK, NOR 320, 7. OK Hammaren, SWE 282, 8. Pargas IF, FIN 272, 9. IFK Göteborg, SWE 259, 10. IFK Södertälje, SWE 253. 134 clubs scored points.

WOMEN: 1. Liedon Parma, FIN 387, 2. Angelnien Ankkuri, FIN 379, 3. Pargas IF, FIN 351, 4. Halden SK, NOR 347, 5. Nydalens SK, NOR 320, 6. Pan Kristianstad, SWE 312, 7. Bækkerlagets SPK, NOR 296, 8. Linköpings OK, SWE 278, 9. IK Hakarpspoj-karna, SWE 272, 10. Tamperen Pyrintö, FIN 265. 153 clubs scored points.

Events Noticeboard

An Invitation to Hong Kong

I am writing to you all as potential orienteers coming to Hong Kong for APOC '96. At the time of the OAHK's 15th anniversary in 1996, it is our honour to host this region-wide event from 26 December 1995 to 1 January 1996. APOC '96 consists of 6 events which are organised by the member clubs of OAHK. The schedule of the events will be as follows:

26th Dec. 95	Hong Kong National Championships
28th Dec. 95	Training Event
29th Dec. 95	Model Event
30th Dec. 95	APOC '96 Individual Event
31st Dec. 95	APOC '96 Relay Event
1st Jan. 96	APOC '96 Short Course Event

Official entry forms have already been sent out to all IOF countries, and were inserted in *OW 95/3*. Progress is on schedule with the mapping and Geoff Peck has already started on the cartography of the map for the individual event. All the other maps are expected to be completed in the next two months.

Our publicity drive started as early as 1994 when APOC was held in New Zealand. Interest in the event is high. Over the past few months we have received about 100 enquiries from around the world, the greatest number coming from Australia, New Zealand and Japan. A surprisingly good number have also come from Scandinavia and the UK. We are expecting about 500 overseas visitors to come to Hong Kong this time.

The OAHK has successfully secured financial support from the Hong Kong Sports Development Board who will be supplying about 50% of the money needed for running the Championships. OAHK is still negotiating with other potential sponsors so as to make the Championships a first class event, well organised and enjoyed by every orienteer.

Further entry forms can be obtained from the OAHK at Room 1014, Sports House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong (tel. +852 2504 8111, fax +852 2577 5595). Standard entry closure date is 15th October 1995.

Patrick Ng

Event Secretary, APOC '96, Hong Kong

Autumn Packages in Romania

An ambitious programme of international events has been planned in Romania (see article in *OW 95/2*) for the period 6-15 October (see Fixture List). In all there are 9 days of competition including short and classic distance and 2 relay races. Details from the Romanian Orienteering Federation, Str. Vasile Conta 16, Sector 2, Bucharest 70139, Romania, telephone +40 1 211 0160, fax +40 1 210 0161.

There are also three well-known 2-day events in Romania at the end of July and beginning of August.

Ballarat provides Outstanding Terrain for Australian 5-Days

After APOC, 5 days of orienteering are on offer at Ballarat, Victoria in the 1996 Australian International 5-day from 6th to 11th January. Visitors to the 1994 World Cup and the 1995 Australian Championships will already be familiar with the high-quality gold-mining and spur-gully terrain in the area; at least one day will be on an area new to orienteering. The events will have early start times to avoid the potentially hotter parts of the day and to enable competitors to enjoy the many tourist attractions of the Ballarat region. The full range of age classes is on offer up to M/W75+. For further details see the advertisement on the inside front cover.

COLLECTORS' CORNER

Philatelists' Meeting

Roderich Seitz, who is in charge of the O-exhibition at this year's World Championships, has a special interest in O-philately (stamp collecting) and is arranging a meeting for O-philatelists from all over the world during the WOC week. The location and date will be displayed on the information boards at the competition centre in Detmold.

IOF Journals

A note in *OW 95/1* asked readers if they could help Martin Fürnkranz complete his collection of the *IOF Bulletin* and *IOF Report*. He had a good response and is now missing just two issues: the very first, 1962, edition of what was then called '*IOF-Mitteilungsblatt*' and edition 1978/2 of the *IOF Report*. Photocopies are acceptable, and a good price will be paid. Martin can be contacted at Weidmannngasse 43, A-9020 Klagenfurt, Austria.

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INTERNATIONAL FIXTURES LIST



This list includes all open events in the 1995 IOF Calendar after 28th July. The entry closing date is shown at the end of the event name, e.g. 'Flexo Kupa, Budapest, Hungary (10/10)' indicates a closing date of 10th 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.

A * indicates that the event is designated an IOF Elite Event, with elite classes planned to the IOF Rules of Competition 1995.

JULY

- 29, 30 **Vointa-Baia Mare Cup, Baia Mare, Romania I/S**
Nagy Conrad IOSIF, Str. Granicerilor 81, Ap.21,
Baia Mare, cod 4800, Jud. Maramures, Romania
- 29, 30 **Modum 2 dagars, Vikersund, Drammen, Norway 2I**
Kjell Grønhojd, N-3370 Vikersund, Norway
+47 32 78 70 48
- 30-3/8 **Hungária Kupa, Eger, Hungary 5I**
Egri Spartacus, dr. Nagy Árpád, Eger Pf. 231,
H-3301 Eger, Hungary +36 36 310 861
- 30-5/8 **Scottish 6-Days, Strathspey, Kingussie, Scotland 6I**
Strathspey '95, 40 Ormidale Terrace, Edinburgh, U.K.
EH12 6EF

AUGUST

- 2, 3 **Meses Cup, Zalau, Romania I/S**
Nagy Conrad IOSIF, address as above
- 4-6 **VII Kobras Cup, Polva, Estonia 2I/S**
OK Kobras, Metsa 7, EE-2600 Polva, Estonia
+372 30 975 59
- 4-6 **3 Days of Limburg, Maaseik, Genk, Belgium 3I**
Fr. van de Moortel, Grasbos 40, B-3294 Diest, Belgium
+32 13 312 240
- 5, 6 **Cluj Cup, Cluj-Napoca, Romania I/S**
Nagy Conrad IOSIF, address as above
- 5, 6 **43-kavlen Oldboys, Linköping, Sweden R(N+D)**
LOK-Gården, S-582 67 Linköping, Sweden
+46 13 17 01 31 (Rune Fritz)
- 6-10 *** Bohemia '95, Novy Bor, Czech Republic 5I**
OK Jiskra, c/o Beránek Miroslav, Sadová 745,
CZ-437 01 Novy Bor, Czech Republic +42 424 31 937
- 11-13 **Drammen 3-dagars, Norway (31/7) 3I**
Sigurd Lein, Rosslyngvn. 8, N-3408 Tranby, Norway
+47 32 85 15 66
- 25-27 **Grand Prix Polonia, Skwierzyna, Poland 3I**
Okregowy Związek, Biegu na Orientacje,
ul. Laciarska 4, 50-104 Wrocław, Poland +48 71446141
- 25-27 *** Championnats de France, Grasse/Cannes, France 2I/R**
Ligue Cote d'Azur Course d'Orientation, Maison
Départementale Sports, Imm. Hélianthe - La Rode,
F-83000 Toulon, France +33 94 36 13 14
- 27 **Nationaler OL A, Gotthard, Luzern, Switzerland (27/7) I**
Koni Imhof, Zugermette 5, CH-6340 Baar,
Switzerland +41 42 32 02 02

SEPT

- 2, 3 *** Nationaler OL A, Bern, Switzerland (2/8) 2I**
Peter Liechti, Alte Bernstrasse 40, CH-3075 Rüfenacht,
Switzerland +41 31 839 2668
- 16, 17 **Campionati Italiano, Trento, Italy I/R**
Organizzatore Campionati Italiano, V.le Vittorio Veneto
3, I- 38056 Levico Terme, Trento, Italy +39 461 706 101
- 30-1/10 *** Australian Championships, Ballarat, Victoria (1/8) I/R**
O Fed. of Australia, P.O. Box 740, Glebe 2037,
Australia +61 2 600 2067

SEPT

- 30-1/10 **South African Championships, Steenbras Dam, Cape Town (30/8) I/R**
South African OF, P.O. Box 23565,
Claremont 7735, Rep. of South Africa +27 21 658 0386

OCT

- 6-8 **Romanian Int. Vet. Champs. & Oltenia Trophy, Valcea, Romania (10/9) 3I**
Fed. Romana de Orientare, Str. Vasile Conta 16, Sector
2, Bucharesti, cod 70139, Romania +40 1 211 0160
- 7 **25-manna Relay, Stockholm, Sweden (1/9) R**
Stockholms IF, Svetsarvägen 4, S-171 41 Solna, Sweden
+46 8 627 4050
- 7, 8 *** VII Suunto Games, Haanja, Estonia (8/9) I/S**
Estonian O Fed., Regati 1, EE-0019 Tallinn, Estonia
+372 2 237 021
- 9-11 **3 Days O Games, Arges, Romania (10/9) I/S/R**
Lucian Galateanu, Bdul Lacul Tei 126-128, Bloc 17-18,
sc.i, Ap. 359, Bucharesti sector 2, Romania
+40 1 688 6001
- 13-15 **'Latinum Certamen', Buzau, Romania (10/9) I/S/R**
Lucian Galateanu, address as above
- 14, 15 **Lithuanian Cup '95, Alytus (15/9) 2I**
Lithuanian O Fed., Perkūno Al. 5, LT-3000 Kaunas,
Lithuania +370 7 205 733
- 20-22 **International O-match, Buzau, Romania (15/9) I/S/R**
Lucian Galateanu, address as above
- 21 **Blodslitet, Fredrikstad, Norway (2/10) L**
Per Stenseth, Morenevn. 6B, N-1609 Fredrikstad,
Norway +47 69 31 83 15
- 22 **3eme Nationale, Meudon, Paris, France (6/10) I**
F.F.C.O., B.P. 220, F-75967 Paris Cedex 20, France
+33 1 60 08 40 15
- 28, 29 **Smålandskavlen, Nybro, Sweden (2/10) R(N+D)**
Nybro OK, Box 78, S-382 21 Nybro, Sweden
+46 481 150 01

NOV

- 4, 5 **Flexo Kupa, Budapest, Hungary (10/10) 2I**
Flexo Spartacus, Attila út. 2, H-1013 Budapest, Hungary
+36 1 1136 488
- 5 **Sydsvenska 2-milen, Halmstad, Sweden (25/10) L**
Bertil Johansson, Bo Hult, S-314 00 Hyltebruk, Sweden
+46 345 121 22
- 5 **International meet, Venice, Italy I**
Con. Veneziano FISO, c/o G.S. Galilei, Via Bassa 18,
I-30030 Ganbarare, Venezia, Italy +39 41 53 13 405
- 11, 12 **Mafrá O-meeting, Lisbon, Portugal (22/10) I/R**
Amigos Atletismo de Mafrá, Rua Bombeiros
Voluntarios, Lote B, P-2640 Mafrá, Portugal
+351 61 811 482
- 18, 19 **CIMO's Trophy, Almada, Lisbon, Portugal (29/10) 2I**
CIMO Clube Ibérico Montanhismo e Orientação,
Apartado 38 - Feijó, P-2800 Almada, Portugal
+351 1 250 0896

DEC

- 23, 24 **China 2-Days, Guangzhou, South China (30/9) S/I**
Chinese Orienteering Committee, 9 Tiyyuguan Road,
Beijing, 100763 China +86 1 751 313
- 26-30 **Sylvester 5-Days, Leopoldsbuurg, Belgium (1/12) 5I**
V.V.O., Heidestraat 100, B-3581 Beverlo, Belgium
+32 11 34 39 06
- 26-1/1 **Asia Pacific O Championships '96, Hong Kong I/R/S**
OA of Hong Kong, Room 1014, Sports House,
1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong
fax +852 577 5595

Thinking of a Late Entry?

Details of events in late July and August are included here even though the official closing date is often now past. If you are inclined to make a quick decision to get away for a few days, many of these events will offer you an entry if the organisers are approached with a blend of charm and a willingness to pay a supplement to the standard entry fee.

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