

# ORIENTEERING WORLD



1994 NO. 5 - SEPTEMBER



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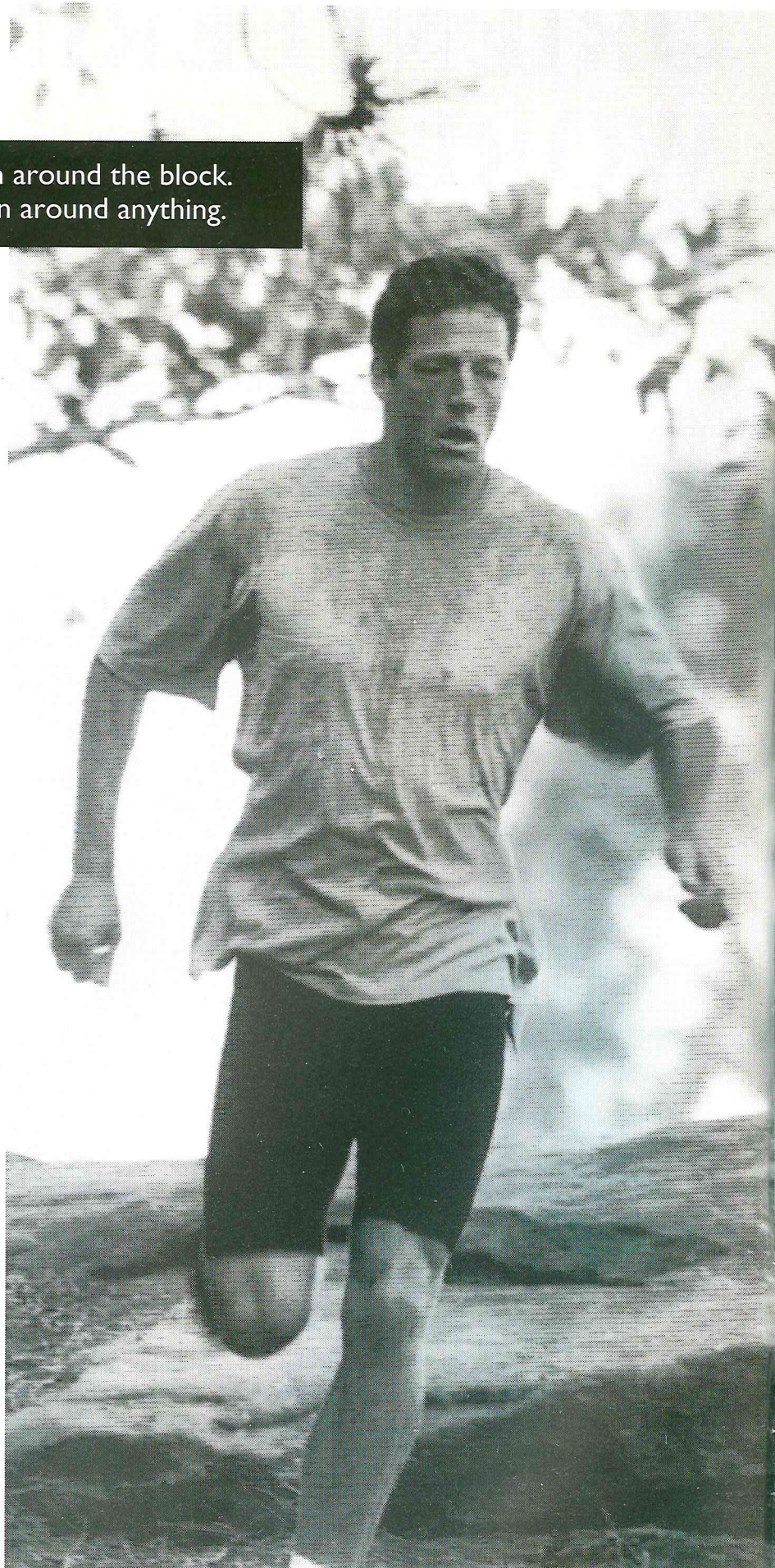


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# ORIENTEERING WORLD

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All **contributions** should be sent to the Editor to arrive not later than the  
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to check compatibility and also send printed copy.

**Readers' letters and photographs** for publication are welcomed.

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94/6	23 November	28 October
95/1	26 January	31 December
95/2	30 March	6 March

**COVER PHOTO:** Synne Lea (Norway) comes through the finish in the 1994  
Junior World Championships short distance race in Poland at the end of her  
Gold Medal-winning run photo: Christer Svensson



## Editorial

Development in orienteering means different things to different people. To some, it means improving the standard of competition and broadening the elite base. To others, it means finding new forms of competitive orienteering which provide more interest and excitement for spectators and the media. To yet another group of people, it means getting more people regularly participating in *some* form of orienteering.

If orienteering is ever to be in the summer Olympic Games, one basic requirement is 75 active member countries on 4 continents (men) and 40 on 3 (women). A 'development list' of 75 countries is being created and participation by women only is an intermediate goal which is now to be pursued.

South America and Africa are the main regions of the world where many of the seeds sown by O 'missionaries' have still to grow beyond the germination stage. Around the New Year a Swedish-led party will be visiting Brazil (already an IOF member), Argentina and Chile, with some taking in Ecuador too; associated with this tour, courses will be organised on behalf of the IOF. In recent years similar parties have visited Uganda and Kenya and made O-maps, leading to a visit to the 1992 O-Ringen clinic by the legendary Kenyan athlete Kip Keino. New strategies for sustaining the interest built up on these trips are likely to become a high priority.

Getting more member countries is very important, but that is only part of our task, as anyone will soon realise when they analyse why mountain biking and beach volleyball have so quickly gained Olympic Games status whereas orienteering hasn't. We will have to make progress in *all* the development areas mentioned above, in a co-ordinated way and with clear objectives and priorities.

Clive Allen

## World Cup Leaders: Yvette Hague & Janne Salmi



The outcomes of two closely-fought World Cup races in Norway and Denmark guarantee exciting contests in the final races in Germany and the Czech Republic at the end of September, with several runners still in contention for the top places in the final rankings.

Jana Cieslarová's absence through injury means a new leader in the women's rankings, Yvette Hague (Great Britain), who moves up from her 3rd position at the end of the first round. She overtakes Gunilla Svärd with a lead of 8 points.

Anna Bogren moves up from 7th to 3rd place. The next three in order are Hanne Sandstad, Marlena Jansson and Sabrina Meister-Fessler.

In the men's league, Janne Salmi (Finland) retains his overall lead with a 10-point margin, Petter Thoresen moves up 3 places to 2nd and Mika Kuisma drops into 3rd place. Then come Johan Ivarsson, Lars Holmqvist and Steve Hale.

*RANKING LISTS - SEE PAGE 19*

### 'Tarzan in Nylon'!

This was the title thought up by Danish TV for a 40-minute long programme on the World Cup individual event shown as a 'Sports Special' late the following Wednesday evening. The programme concentrated on the progress of the Danish men's team, but also highlighted orienteers' concern for the forest environment and, still a hot topic in Scandinavia, the possible causes of the deaths amongst Swedish elite orienteers in recent years. With several camera crews in the forest, the race could be followed as it developed, but judging from the angles of the shots, certain controls must have been 'give-aways' for the competitors!

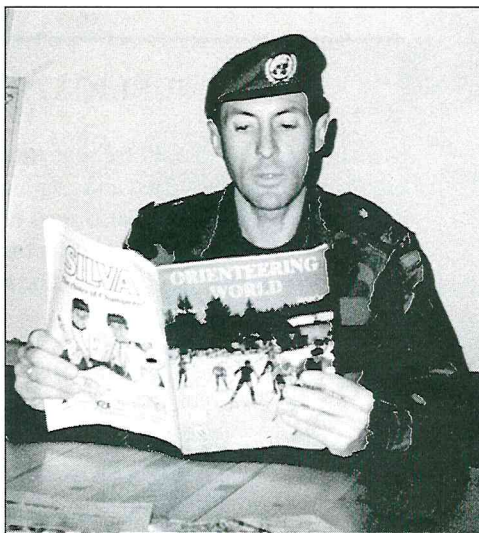
## Bertil Nordenfelt Strides On

91-year-old Bertil Nordenfelt, a member of the Stockholm club IK Hellas, made orienteering history - not for the first time - in Aviemore when he completed his two qualification races and the final in the first-ever M90 class in the Veteran World Cup.

Despite spending more than 100 minutes in the forest on finals day, he still finished with a smile.

*photo: Birthe Helms*

### Dreaming of Sunlit Forests



*A Spanish soldier serving with the United Nations dreams of more enjoyable activities during a quiet moment in the Sarajevo Press Centre*  
*photo: Jesus Gonzalez Garcia*





# ----- *On the Elite Trail* -----

WORLD CUP EVENT 4 - NORWAY:

## *Repeat Victories for Salmi and Staff*

Janne Salmi and Hanne Staff demonstrated both their versatility and their consistency by coming out winners of a gruelling World Cup classic race in Norway to follow up their victories on short distance courses in Australia.

Salmi's win was by 49 seconds over fellow Finn Mika Kuisma on a 14.2 km course which had 870 m climbing, with three home runners - Håvard Tveite, Petter Thoresen and Kjetil Bjørlo - taking the next three places. Norway took 1st and 2nd places in the women's race (8.1 km, 490 m) with Hanne Sandstad recording a time just 19 seconds slower than that of Hanne Staff; 3rd was Marlena Jansson (Sweden) a further 20 seconds down. Yvette Hague (Great Britain) and Anna Bogren (Sweden) were 4th and 5th. Home runner Jon Tvedt finished with the fastest time on the men's course, but was disqualified after accidentally running the wrong way round one of the short loops in the course.

In a men's race dominated by Scandinavians, Rudolf Ropek (Czech Republic) showed excellent form with 6th place and Edgaras Voveris (Lithuania) ran well to gain 11th position. A new name in the top 20 was Olivier Coupat (France), remembered for his fine run in the World Championships relays in the USA. In the women's race Dorte Dahl (Denmark) had her best-ever World Cup run to finish 12th.

The courses were planned with spectators very much in mind; the start and finish were close together, and all courses had map exchanges (in



*Hanne Staff - twice World Cup winner  
photo: Christer Svensson*

the men's A race, 3 of them) close to the finish, with the loops run by different runners in different sequence. A 1-minute start interval was used instead of the normal 3 minutes.

Three clubs, Oddersjaa, Kristiansand and OK Sör, combined to organise a fine event in the forests around Eg, near Kristiansand. The area was used only a few years previously for a major Norwegian championship and there had been complaints that home runners would be favoured, but in discussions between the Norwegian federation and the IOF it was agreed that a fair competition could be held - and so it proved.

### **Thoresen Repeats O-Ringen Success**

Petter Thoresen, winner in 1993, secured another victory in the O-Ringen 5-Days, winning overall by 3 min. 41 sec. from Johan Ivarsson. Andreas Rangert finished third.

### ***"Katta" Back at the Top***

Katarina Borg is back. At the O-Ringen with 18-month-old baby son Jonas, she proved her return to the top flight in the best possible way with a victory by more than 7 minutes over Gunilla Svärd, with Marlena Jansson third.

"Katta", 30, suffered badly from illness after Jonas's birth, but has recovered fully in the last few months and has been determined to get back to the top - with a medal at next year's World Championships as her goal.

Her O-Ringen success earned her a place in the Swedish team in the World Cup B race in Norway - which she also won! Then she travelled to Denmark where she brought home the Swedish 2nd team in second place with one of the fastest times of the day.

**LEADING RESULTS: MEN:** 1. Janne Salmi FIN 94.50, 2. Mika Kuisma FIN 95.39, 3. Håvard Tveite NOR 95.49, 4. Petter Thoresen NOR 96.11, 5. Kjetil Bjørlo NOR 96.57, 6. Rudolf Ropek CZE 97.00, 7. Johan Ivarsson SWE 97.56, 8. Allan Mogensen DEN 98.00, 9. Tore Sandvik NOR 98.14, 10. Jørgen Mårtensson SWE 98.25, 11. Edgaras Voveris LTU 98.47, 12. Lars Holmqvist SWE 99.19, 13. Steven Hale GBR 99.27, 14. Dominik Humbel SUI 99.52, 15. Bjørnar Valstad NOR 100.08, 16. Tomás Prokes CZE 101.06, 17. Kenneth Cederberg FIN 101.11, 18. Olivier Coupat FRA 101.13, 19. Sixten Sild EST 101.44, 20. Chris Terkelsen DEN 101.48, 21. Carsten Jørgensen DEN 101.59, 22. Steven Nicholson GBR 102.23, 23. Per Ek SWE 102.48, 24. Christopher Plattner SUI 103.47, 25. Kaj Roine FIN 104.44.

**WOMEN:** 1. Hanne Staff NOR 67.35, 2. Hanne Sandstad NOR 67.54, 3. Marlena Jansson SWE 68.14, 4. Yvette Hague GBR 68.58, 5. Anna Bogren SWE 69.15, 6. Reeta-Mari Kolkkala FIN 69.22, 7. Anette Nilsson SWE 70.02, 8. Gunilla Svärd SWE 70.25, 9. Kirsi Tiira FIN 71.33, 10= Maria Honzová CZE & Johanna Tiira FIN 72.25, 12. Dorte Dahl DEN 73.33, 13. Eija Koskivaara FIN 73.37, 14. Anniina Paronen FIN 74.00, 15. Frauke Schmitt GER 74.07, 16. Ragnhild Bente Andersen NOR 74.21, 17. Vroni König SUI 74.48, 18. Marie-Luce Romanens SUI 75.13, 19. Kari Christiansen NOR 75.16, 20. Sabrina Meister-Fesseler SUI 75.47, 21. Maria Gustafsson SWE 75.59, 22. Marcela Kubatková CZE 77.01, 23. Danute Girinskaite LTU 77.12, 24. Käthi Widler SUI 78.07, 25. Tenna Nørgaard DEN 78.09.



## Hagaby-Model Provides Exciting Racing in Denmark

# 19.0 km in under 91 minutes!

An overall speed of under 4.8 minutes per km was achieved by Rudolf Ropek of the Czech Republic in his first success at world level when he won a thrilling finish by just 2 seconds from Petter Thoresen, with home runner Carsten Jørgensen a further 1 second behind. After a 2-minute gap a further 8 runners, led in by Steven Hale, finished within 23 seconds of each other! The women's race was won by a more comfortable 32 seconds by Marlena Jansson of Sweden running at 6.4 minutes per km, with Külli Kaljus (Estonia) taking an unexpected 2nd place 18 seconds ahead of Yvette Hague. Here again there was some exciting head-to-head running at the finish amongst the subsequent placings.

run as a 'one-man-relay', has been used in the World Cup, and again it provided an exciting spectacle for spectators as well as a tight contest for the lead throughout the race. In a forest which was flat but with a lot of small contour detail and marshes, and runnability changing constantly with changing tree type, strong running coupled with a clear head were essential for success.

### Good for Spectators

Spectators could see the runners on 5 occasions during the race - twice at the map-exchange point and 3 times at a spectator control some 200 metres away at the edge of the forest. On a day which became rapidly cooler and windier, watchers kept warm to-ing and fro-ing between the different vantage points. What runners

*Mass start  
of the men's A race  
in Denmark*

*photo: Kim Rud*



### Mass Start

This was the second time that the 'Hagaby-model', with mass start and three loops incorporating two common controls

did not know was that the final few controls from the last common control on the final loop were the same for all, and radio contact from two of these told of a constantly-changing lead between the three front runners in the men's race. After an agonising wait and a couple of false alarms, it was Rudolf Ropek who burst out of the forest first to punch at the final control and sprint home.

Competitors generally seemed happy with the style of the event, although some expressed the view that "once in a season is enough". Many felt that the area was not ideal - hillier and more densely forested terrain would be better, they said.

Although the finish area, occupying one corner of a very large and mainly flat stubble field, appeared rather bare, it was well situated for making the best use of the forest and providing plenty of interest for spectators. Farum OK, who also organised the relay on the same site the following day, can be well pleased with their efforts.

### Mårtensson Misses Out

Swedish star Jörgen Mårtensson was looking good for a top placing in Jægerspris with a leading position at the first map exchange.

His efforts came to nothing, however, when he arrived at the first radio point on the second round to find that he had missed the previous control and had to go back, losing some 4 minutes in the process.

Jörgen made up for this disappointment with a near-flawless run in the following day's relay; running the anchor leg, he brought his team up from an 80-second deficit 7th place to a close 2nd, providing the springboard for Johan Ivarsson to secure victory.

### Pressure Forces Mistakes

The ability to concentrate under pressure was put to severe test in Jægerspris. Yvette Hague explained her poor showing at the end of the first loop: "Early on along with several others I followed Dorte Dahl down the wrong path and only after some 200 metres realised I was going at 90° to the correct direction. Then I pulled myself together and told myself to ignore all the others and get on with my own run."

Changes in technique required as competitors moved from very runnable beech forest to rather thicker terrain with more undergrowth was another source of mistakes.

**LEADING RESULTS: MEN:** 1. Rudolf Ropek CZE 90.57, 2. Petter Thoresen NOR 90.59, 3. Carsten Jørgensen DEN 91.00, 4. Steven Hale GBR 93.06, 5. Johan Ivarsson SWE 93.08, 6. Lars Holmqvist SWE 93.09, 7. Janne Salmi FIN 93.11, 8. Per Ek SWE 93.12, 9. Yuri Emaldynov RUS 93.13, 10. Kaj Roine FIN 93.26, 11. Ivars Zagars LAT 93.29, 12. Stephen Palmer GBR 94.34, 13. Petr Vavrys CZE 94.36, 14. Andreas Rangert SWE 94.38, 15. Alain Berger SUI 94.40, 16. Tomás Prokes CZE 94.41, 17. Arto Rautiainen SWE 94.50, 18. Jon Tvedt NOR 95.09, 19. Ants Grende LAT 95.10, 20. Kjetil Bjørlo NOR 95.13, 21. Bjørnar Valstad NOR 95.14, 22= Torben Skovlyst DEN & Edgaras Voveris LTU 95.15, 24. Dominik Humbel SUI 95.16, 25. Svajunas Ambrazas LTU 95.22. **WOMEN:** 1. Marlena Jansson SWE 78.51, 2. Külli Kaljus EST 79.13, 3. Yvette Hague GBR 79.31, 4. Anna Garin ESP 79.33, 5. Anna Bogren SWE 79.35, 6. Gunilla Svärd SWE 79.39, 7. Maria Honzová CZE 79.40, 8. Sabrina Meister-Fessler SUI 79.46, 9. Frauke Schmitt GER 79.52, 10. Ragnhild Bente Andersen NOR 80.04, 11. Johanna Tiira FIN 80.17, 12= Maria Gustafsson SWE & Hana Dolezelová 80.52, 14. Kirsi Tiira FIN 81.21, 15. Tenna Nørgaard DEN 81.23, 16. Anke Xylander GER 81.25, 17. Käthi Widler SUI 81.33, 18. Hanne Sandstad NOR 81.51, 19. Marie-Luce Romanens SUI 82.46, 20. Anniina Paronen FIN 82.51, 21. Andrea Bokros HUN 82.53, 22. Vroni König SUI 82.54, 23. Monika Bajer POL 82.56, 24. Hanne Staff NOR 83.06, 25. Heather Monro GBR 83.18.



## Rudolf Ropek - Surprise Star!



The sight of the red, white and blue of the Czech Republic first in the finish at Jägerspris was a surprise for many forecasters who had anticipated that a speedy Scandinavian star such as Carsten Jørgensen would take top place on the podium. Rudolf Ropek's previous World Cup best was a 9th place in Austria in 1992, a year in which he finished 21st overall. He has been unlucky in World

Championship selections, being nominated reserve for the Czech team both in 1991 and 1993.

Winner of two Czech Championships, 24-year-old Ropek, a student in Brno, was placed 6th in a strong international field at the Danish Spring Cup earlier this year and then landed another 6th in the World Cup race in Norway just 3 days before his Denmark success. He has his sights set on a World Championships medal in Germany next year, and good performances in the two final rounds of the World Cup - in Germany and in his home country - will be an important step in that direction.

*photo: Christer Svensson*

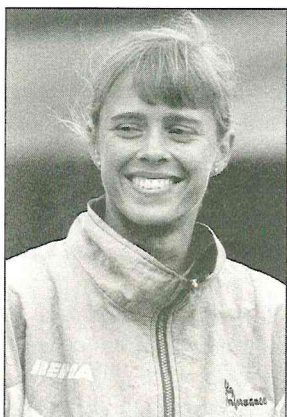
## Anna Garin brings Spain into the Spotlight

A new name near the top of the result list in Denmark was Anna Garin, representing Spain. Anna, who has lived in Madrid for almost 6 years, became a Spanish citizen at the beginning of the year but is well-known in Sweden (earlier as Anna Folkegård), having run for the Swedish B team on several occasions. Aged 27, she has a 2-year-old daughter - born in the same year that Anna was placed 3rd in the Swedish Night Championships.

Until her 4th place in the Danish World Cup race, her "best-ever run", Anna regarded a win on the first day of the Swiss 6-Days 3 years ago, 4th place in the Swedish Short Distance Championships last year, and a run to help win the Swedish Relay Championships for her home club Strängnäs-Malmby OL in 1987 as her best efforts.

Her World Cup performance gained almost no publicity in Spain, she says. As a relatively new sport there, most of the media have never heard of orienteering but with more results of this standard, that will surely change.

*photo: Kim Rud*



First and second places for the women; first place for the men. Thus was Sweden's domination in the second round of the World Cup relay competition. Both races were closely contested, however, and Norway, Finland and Great Britain all came away well pleased with their team's results. Great Britain's women in particular put in a fine performance, with Yvette Hague having the fastest run of the day by an impressive margin of 1 min. 44 secs. to bring the team into 3rd place only 5 seconds behind the second Swedish team. In the men's race, Finland's second team ran well, holding the lead at the end of the second leg and finishing a close 3rd behind Norway; here Great Britain were 4th.

## Sweden Dominates Relay Races

The day was marred for spectators by a high wind which had blown down the press tent overnight and which whipped up clouds of fine dust from the rather exposed stubble field being used as the arena. There was plenty of action for spectators to see, however, with an intermediate control close to the finish in the men's event. Here it was Denmark (Carsten Jørgensen) who showed first at the change-over, but the race then developed into a three-cornered battle between the 3 major Scandinavian countries, with Johan Ivarsson making the break for Sweden in the final stages of the race with the fastest time of the day to win by 66 seconds. Anniina Paronen brought Finland in first at the end of the women's second leg, but mistakes by Kirsi Tiira lost her 3 minutes and brought her team down to 4th at the end.

### WORLD CUP RELAY, 2ND ROUND RESULTS

**MEN:** 1. SWE-1 (Holmqvist, Mårtensson, Ivarsson) 159.39, 2. NOR-1 160.45, 3. FIN-2 160.47, 4. GBR-1 163.20, 5. DEN-1 163.23, 6. CZE-1 163.30, 7. NOR-2 165.06, 8. DEN-2 165.17, 9. FIN-1 167.48, 10. EST 167.56.

**WOMEN:** 1. SWE-1 (Bogren, Svärd, Jansson) 131.11, 2. SWE-2 132.43, 3. GBR-1 132.48, 4. FIN-1 133.40, 5. SUI-1 135.30, 6. SUI-2 135.51, 7. DEN-1 135.57, 8. GER-1 140.00, 9. HUN-1 140.46, 10. CZE-1 140.55.

### TOP 10 WORLD CUP RELAY RANKINGS AFTER 2 EVENTS

#### MEN:

1. Norway & Sweden 37 pts., 3. Finland 28, 4. Czech Republic 25, 5. Denmark & Great Britain 22, 7. Switzerland 15, 8. Australia 10, 9. Estonia 9, 10. Lithuania & Russia 8.

#### WOMEN:

1. Finland & Sweden 30 pts., 3. Czech Republic & Great Britain 28, 5. Switzerland 26, 6. Norway 24, 7. Denmark 19, 8. Germany 16, 9. Australia 10, 10. Hungary 9.

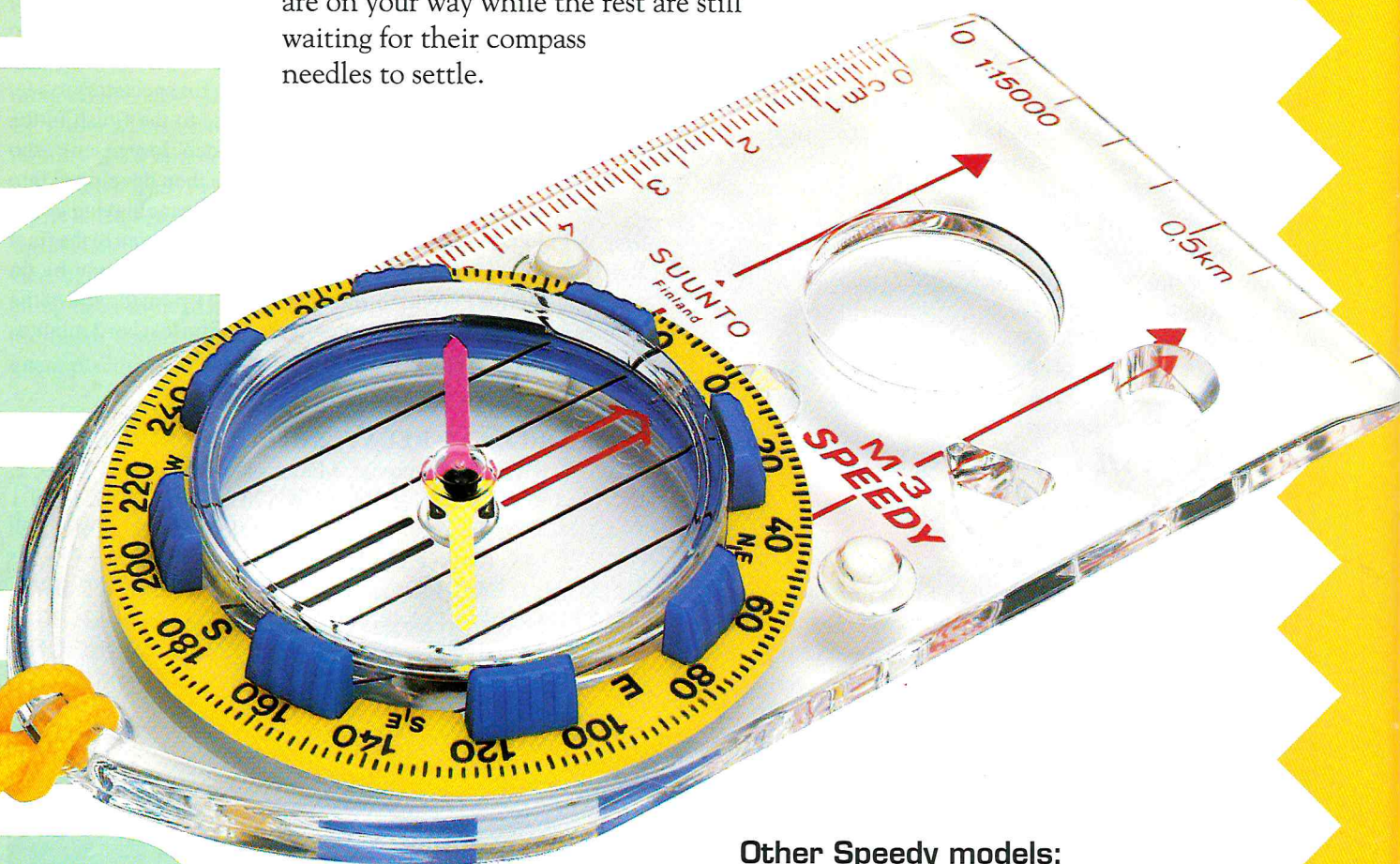
20 points are awarded to the winning team, 17 to 2nd place and 15 to 3rd. The best two out of three results count.

In the final round of the relay competition, in the Czech Republic on 29th September, Norway and Sweden will fight it out for the top position in the men's league. The women's league remains more open, with 5 nations still in with a realistic chance of overall victory.



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# Teaching Orienteering? Consider Yourself a Coach

by  
MARY JO  
CHILDS,  
USA

If you are teaching (or considering teaching) orienteering, consider yourself a coach. After all, "a coach is someone who seeks to bring out the best in others through sport". Isn't that what you're trying to do? A successful coach builds character in both children and adults by providing them with opportunities to learn and grow, to be challenged physically and mentally, to perform under pressure and to control one's emotions. A good coach builds self-esteem and provides opportunities to have fun.

Being a good coach requires three things: knowledge of the sport and of teaching skills, motivation to be a good coach, and empathy for those who are learning and developing new skills. You don't have to be an expert in orienteering to be a good coach. You simply need to understand the basics and be able to communicate them to others. How you communicate this knowledge is important. You should:

**1. Show respect for your athletes.** You will gain credibility and earn the respect of your athletes. Be honest about your knowledge of the sport. Be reliable, fair and consistent. Be spontaneous, honest and open, but remember to be tactful. Gain your athletes' respect and trust.

**2. Send positive messages; don't criticise.** Criticism creates self-doubt and

destroys self-confidence. Acknowledge good performance as a skill is being learned and after the skill is developed. Poor performance should be identified sympathetically, focusing on the skills necessary to improve performance. Have realistic expectations of the athlete's ability. Specific instruction is better than general encouragement.

**3. Give feedback and information, not judgements.** Comment on the performance, not the individual. Have the athlete assist in identifying and evaluating the problem and in planning for improvement. Determine what went wrong and what skills should be practised. Identify the skill most in need of improvement and make corrections in performance one skill at a time. Attempting to correct too many problems at once can be overwhelming for the athlete. Don't evaluate performance continually or athletes will *feel* that they are constantly being evaluated. Save some comments for general instruction sessions later.

**4. Be consistent.** Practice what you preach. Preach the same philosophy from one day to the next. Your non-verbal body language should match your verbal messages so that your athletes can trust what you say.

**5. Listen, really listen.** Think about what the athletes are saying. Search for the meaning of their messages

rather than reacting to their words. Avoid interrupting and do not complete sentences for them. Hear them out; don't cut them short. Respond constructively, not emotionally. Reiterate what you understood to be said or ask questions if you do not understand.

**6. Use non-verbal communication appropriately.** This helps to convey the intent of the message. Be aware of your facial expressions, your stance, your proximity to your athletes. Use voice inflections to maintain

attention. Be aware that touching behaviour may offend and that your physical appearance and hygiene each sends its own message. Notice people's reactions to your non-verbal messages.

**7. Provide clear instructions.** Speak on their level. Don't impress, express. Ask your athletes to repeat what you have said to be sure they understand. Rather than explain, demonstrate or illustrate complex ideas.

*This article first appeared in Orienteering North America.*

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The glorious Highlands of Scotland were host to some 3,000 visiting orienteers for this year's Veteran World Cup. They went home with fine memories of challenging forests and courses and traditional Scottish ceremonies and festivities, Aviemore and district providing all that was needed for a highly memorable orienteering holiday for the visitors from 36 countries



## Record Entry for the 'Vets'

Scotland proved a popular venue, with 641 entries from Sweden alone and almost 1,500 from Scandinavia overall. One Swedish tour operator filled ten luxury coaches, half of his customers flying over and the rest travelling by boat. But competitors came from all parts of the world, including an impressive 78 from Australia and 32 from Japan. 159 competitors were in classes M/W70 or older.

The Scottish organisers had prepared well; even the weather was near-perfect, with heavy rain only on the rest day and very pleasant temperatures after, for many Europeans, a very hot summer. All the competitions were within a short distance of the event centre, and had attractive assembly and finish areas.

The nature of the competition areas varied considerably; from the first qualifying day the dominating memory is of running through heather, with quite detailed contours on an area where visibility was generally high. The second day included some slow, marshy areas as well as a highly-detailed area of forest towards the end of all the courses. The finals day saw another change, Docharn and Deishar with its large hills, many rocks and few line features seeming like home to the Norwegians present.

### 'Past Masters' to the Fore Again

Just three of the 1992 VWC winners were able to repeat their success - Bertil Nordenfelt, now M90, Astrid Andersson in W70 and Jenny Bourne (Australia) in moving up from W35 to W40. Scandinavian dominance of first-places was broken only by Jenny Bourne, Ada Kucharová (Czech Republic) in W35, Carol McNeill (England) in W50 who won with a margin of almost 10 minutes, and Lüsse Finke (Germany) in W75.

Some well-known former elite stars reached medal positions. Ada Kucharová was 2nd in the World Championships short distance race in 1991 and 5th in the 1987 individual race; 3rd place in W35 was taken by 1979 World Champion Outi Borgenström-Anjala from Finland, whose husband

Ari won M35 by over 4 minutes. Eivor Steen-Olsson, W55 winner, was a member of three winning Swedish relay teams in European and World Championships between 1964 and 1970. Bertil Norman, 2nd in the 1962 European Championships and a member of Sweden's winning relay team in the first-ever World Championships, in Finland in 1966, was here the winner of M65 by over 4 minutes. Jan Fjærestad, Silver medallist in 1974 and in Norway's winning relay team in 1978, won M40.

Rolf Pettersson (Sweden) was Silver-medallist in the World Championships in 1976, when Aviemore was also the event centre. He was amongst several competitors in the 1976 Championships making a nostalgic return. For Rolf it was again second place, this time in M50, 12 seconds behind Norwegian Roar Forbord.

### Traditional Ceremonies and Festivities

The Opening and Closing Ceremonies were performed with style. A parade of all competitors behind a Highland pipe band along Aviemore's main street preceded the wel-

comes and the official opening performed by IOF Vice-President Hugh Cameron. Displays of Scottish dancing and more pipe music were followed by a barbeque attended by over half of the competitors. The programme promised 'other live music' and 'the opportunity to 'maybe join in some impromptu dancing', and so it proved, with the Gay Gordons and the Dashing White Sergeant being danced across the lawns as darkness fell on a lovely Scottish summer evening. The lively Spanish contingent quickly learned all the moves - and will no doubt be encouraging the rest of the world to try the flamenco in two years' time!

IOF President Sue Harvey performed the Closing Ceremony, on the same lawn, following the prizegiving and the IOF flag was lowered to the strains of pipe music and ceremoniously handed over to the Russian organisers for 1995. Then came the Highland Banquet, again with full ceremonial - piping in the haggis and so on - a 5-course meal laid on for 1,500 in the local ice rink. One of Scotland's most well-known dance bands, Albany, ensured that there was dancing to everyone's taste to round off a splendid week.



*The Spanish participants enjoying the opening parade in Aviemore. Spain is host for the VWC in 1996. In the background, Bertil Nordenfelt leads the large Swedish contingent* photos: JCA



# VWC Talking Points

**Were some of the courses too long?** Looking at the winning times in the Final, one would say no, although Bertil Nordenfelt and Arthur Lindkvist in M90 and M85 respectively clearly got full value for their entry fee. But all the Final courses for a particular age class were the same length, and there is surely a case for shorter courses for those not qualifying in the top 50% of their class. Course lengths in veteran classes vary considerably across the world; in some countries runners are used to only half the course length which is the norm in Britain. Over-tiredness from the long and strenuous nature of the courses was a problem for quite a few competitors in Scotland; perhaps some international norms should be drawn up for course lengths for B Finals and beyond.

**How often should the VWC be held?** Every year, says the IOF, which now has the programme planned forward to 1998. Every other year, say a number of the top competitors, who fear that the status of the competition will fall when few of the leading contenders are prepared to commit themselves to annual attendance. A campaign to change back to the previous frequency can be anticipated (see Letter to the Editor, page 19).

The high **cost of entry** appears to have led to a boycott of the event by many British would-be competitors, and was no doubt a barrier to entry for many foreign ones, especially those from non-Western countries. This poses a question for the IOF: should there be organisational standards and financial norms set for the VWC which will encourage maximum entry from all IOF nations?

An entry from **Jörgen Mårtensson**, 1991 World Champion at classic distance, had been expected, but his performance at world elite level remains so high that competition in the World Cup events in Norway and Denmark took priority.



*Carol McNeill (W50) won by the largest margin - almost 10 minutes. Here she receives her prize from IOF Vice President Hugh Cameron*

## Viola Stabo and Torsten Sandell †

79-year-old Viola Stabo, a member of OK Enen, Enköping, Sweden, collapsed and died in the forest shortly after leaving the start on Finals day at the Veteran World Cup. Medical help and an ambulance were quickly on hand, but she could not be revived. Torsten Sandell, 68, Västerås SOK, Sweden also died whilst attending the event.



*The single W90 entrant, Kaarina Paananen from Finland, failed to complete the whole event but received a special award after the prizegiving from IOF President Sue Harvey*

The next **Veteran World Cup** will take place near St. Petersburg, Russia from 29 May to 2 June (see page 20). A preview of this event will appear in the November *Orienteering World*. For those planning well ahead, the 1996 event will take place near Murcia, Spain, 8-12 April (Easter week), and in 1997 from 29 September to 4 October in Minnesota, USA.

## VETERAN WORLD CUP FINAL RESULTS

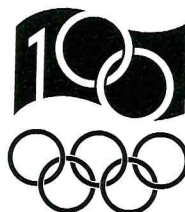
**W35:** 1. Ada Kucharová CZE 63.12, 2. Kjellrun Sporil NOR 69.28, 3. Outi Borgenström-Anjala FIN 70.10. **W40:** 1. Jenny Bourne AUS 60.02, 2. Svatova Novaková CZE 66.15, 3. Päivi Kekki FIN 68.05. **W45:** 1. Karin Gustafsson SWE 51.31, 2. Tuula Forsman FIN 57.34, 3. Karin Josefsson SWE 59.10. **W50:** 1. Carol McNeill GBR 50.17, 2. Katharina Berge-Mo NOR 60.03, 3. Torid Kvaal NOR 62.02. **W55:** 1. Eivor Steen-Olsson SWE 53.14, 2. Kerstin Johansson SWE 53.27, 3. Ann Sjöberg SWE 55.25. **W60:** 1. Ebba-Lisa Flygar SWE 44.55, 2. Inga-Britt Malm SWE 47.43, 3. Clarie Ek SWE 49.15. **W65:** 1. Gunborg Wåhlberg SWE 41.20, 2. Signe Nyman SWE 44.24, 3. Anna Lindberg SWE 44.28. **W70:** 1. Astrid Andersson SWE 50.24, 2. Lillian Røss NOR 52.57, 3. Ebba Frilund FIN 53.46. **W75:** 1. Lüsse Finke GER 50.58, 2. Elizabeth Brown GBR 52.48, 3. Annikki Hermola FIN 60.56. **W80:** 1. Greta Johansson SWE 74.15.

**M35:** 1. Ari Anjala FIN 75.16, 2. Ulf Eriksson SWE 79.29, 3. Lars Lindgren SWE 81.18. **M40:** 1. Jan Fjærestad NOR 71.57, 2. Kent Törnqvist SWE 72.54, 3. Börje Vartiainen FIN 74.03. **M45:** 1. Björn Nordin SWE 61.15, 2. Veikko Loukonen FIN 61.32, 3. Etienne Bousser FRA 61.53. **M50:** 1. Roar Forbord NOR 56.41, 2. Rolf Pettersson SWE 56.53, 3. Karl Johansson SWE 57.02. **M55:** 1. Hans Mårtensson SWE 51.20, 2. Per Slungaard NOR 53.20, 3. Paavo Huopainen FIN 53.51. **M60:** 1. Olaf Helgesen NOR 56.26, 2= Svein Christiansen NOR & Bill Gauld GBR, 58.57. **M65:** 1. Bertil Norman SWE 53.25, 2. Birger Garberg NOR 57.57, 3. Rune Mases SWE 68.48. **M70:** 1. Sten Zackari SWE 46.25, 2. Magnus Watterdal NOR 49.10, 3. Arne Svensk SWE 49.43. **M75:** 1. Olav Jahren NOR 46.53, 2. Leif C Braathen NOR 47.36, 3. Erik Sillerström SWE 47.49. **M80:** 1. Erkki Luntamo FIN 44.51, 2. Arne Hessel SWE 49.25, 3. Esko Elmiö FIN 53.26. **M85:** 1. Arthur Lindkvist SWE 103.32. **M90:** 1. Bertil Nordenfelt SWE 104.13.



SUE HARVEY in her *President's Column* gives an overview of

## The Congress of Unity



I returned to my office today after spending a few days in Paris, France, at the International Olympic Committee (IOC) Centennial Congress. This huge affair, held amid much publicity and razzmatazz, is a gathering of about 2,000 delegates. It was therefore an honour for the sport of orienteering that, on behalf of the IOF, I was invited to make a presentation on "Sport and the environment". This subject was one of the main themes of the Congress, and in many ways orienteering is quite advanced among sports in the amount of attention traditionally paid to respecting the needs of the natural environment.

The IOC holds Congresses rarely - in 100 years of its existence, this one was the 12th, some 12 years since the previous one. This is perhaps hardly surprising, because an IOC Congress brings together a very large number of people and organisations. There are now 193 National Olympic Committees, each of which can send 3 delegates. Then there are the International Federations, of which there are 50, one for each sport, again each with up to 3 delegates. If we also include the International Olympic Committee itself, plus its various specialist committees, some 60 invited athletes, and then add representatives of a number of affiliated organisations like FISU (International University Sport), CISM (Military Sport), ISOD (Disabled

Sport) etc, and of bidding cities for future Games and organisers of past Games, plus a large number of press, you can see where the 2,000 comes from. (There were another 3,600 observers and 'hangers on', the latter largely wives, but more of that below).

The IOF is one of the International Federations. Secretary General Lennart Levin, and I, as President, attended as delegates (incidentally, with my travel and accommodation paid for by the IOC). One of our top ski-orienteers, Vesa Mäkipää, Finland, was also invited to take part as a representative of the athletes. He spoke in the debate on "Challenges for the 21st Century". The specific inclusion of athletes as speakers at the Congress is a new departure for the IOC.

International Federations are classified into two categories, those of sports in the programme (31 at the present time) and those 19 which are recognised, but not yet in the programme. Orienteering is of course one of the latter. The IOC Congress is not an opportunity for public lobbying by Federations who want to make it onto the programme. Indeed, more than that, we were particularly asked to commit ourselves not to. Certainly almost all delegations respected this.

What the Congress does provide is the

possibility to talk to people from other sports, often with similar problems and challenges, and to learn of solutions and gather new ideas. It is also an ideal time to get to know those people that one will need to lobby if one is aiming for Olympic programme inclusion. Some of the presentations were certainly boring and repetitive, but some were useful, and the Congress does enable one to feel the pulse of world sport - and to feel part of it. Orienteering, apart from being an odd-ball sport alone outside an Olympic mainstream, is one of a considerable number of respected smaller sports which as yet are less widespread. A big effort was being made by the IOC leadership to promote the idea of Olympic unity. The sub-title for the Congress was the Congress of Unity.

Some would argue that the IOC Centennial Congress in Paris - celebrating a century of the modern Olympic Games, which were founded in 1894 by the Frenchman, Baron Pierre de Coubertin - was a terrifying waste of money. Certainly talk of aid to sport in developing countries rings hollow seen in the context of the cost (reputedly \$16m) of the Congress. (As also does talk - of which there was much - of gender equity in sports administration, when the platform party of 20 each day contained 19 men.) But one should not forget that such a happening forms a media stunt that provides massive publicity, and with it, massive interest from sponsors. I have little doubt that some sums were done beforehand and it was concluded that there would be a net gain to sport. The TV rights alone would have been substantial. Nowadays it is not just the athletes that are entertainers. Administrators must be performers too!

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## NEWSLINES

### IOF 'PIG' Appoints Project Leaders

At the first meeting of the new IOF Council it was agreed to form a President's Working Group, replacing the old Executive, consisting of President Sue Harvey, Vice Presidents Åke Jacobson and Hugh Cameron and Secretary General Lennart Levin. At its first meeting the group renamed itself the President's Initiative Group (PIG). Two of its first decisions were to appoint

Jørgen Holmboe, President of the Norwegian federation, to lead a project team to suggest new Doping rules for the IOF, and John Pearson, ex-member of Council, to lead a project to review the IOF Statutes.

### 'IOF Headlines'

Another PIG decision was to start regular publication of an internal newsletter to be called *IOF Headlines*. A sample version was prepared for the Congress in June, and a further edition was produced and circulated to Federations and 'IOF people' just after the Congress.

Vice President Åke Jacobson now has the task of preparing a long-term publication plan for *IOF Headlines*, the chief aim being to help improve internal communication within the IOF.

### New Rules Soon Available

An IOF Technical Committee project to harmonise the rules for all IOF foot orienteering events and bring them under one cover will shortly be completed with the publication of a new Rules Book which will replace all existing rules. Some

rule changes decided at the IOF Congress and the subsequent Council meeting are also incorporated. The cost and other details will be announced in the next issue of *OW*.

### Swedish Champions

Jimmy Birklin won the 1994 Swedish Championships over classic distance by 3min 22sec with Björn Kristianson 2nd, Johan Ivarsson 3rd, Steve Hale 4th and Jörgen Mårtensson 5th. Anette Nilsson won D21 by 2min 3sec from Anna Bogren. 3rd was Elisabeth Drotz and 4th Annika Zell.



# Paddy Birney

The former President of the Orienteering Association of Hong Kong, Paddy Birney, died on 8th August 1994 in Cambridgeshire, England.



Those of us who attended the 1986 IOF Congress at Ry, Denmark, were fortunate enough to listen to Paddy's presentation of orienteering as a growing sport in Hong Kong. The fascinating story he told had one flaw, though; it played down his own role in the remarkably fast development of orienteering in an area where you might have thought it has no place at all.

Orienteering was introduced in Hong Kong during the 50's and 60's by representatives of the British Armed Forces. Not least did our sport catch on at the Police Cadet School, and

an orienteering club was formed there simultaneously with Paddy being appointed Commandant in 1974. A former air force officer and wing commander, Paddy took a liking to orienteering and got heavily involved in its further development in Hong Kong. Through his initiative the HK Orienteering Club was formed in 1978, and orienteering events began to be organised throughout the year, rather than a little haphazardly as hitherto.

In 1981 the Orienteering Association of Hong Kong was formed, and Paddy became its very natural first President. A man with connections, Paddy knew which strings to pull in order to get governmental and other support for his sport. A man of eminent leadership, he inspired the Hong Kong orienteers, steadily growing in number, to learn the art of the trade, be it mapping, organising events, or the orienteering skill itself. I don't think I have ever seen such a dignified orienteer as Paddy: never running, just magnificently *gravitating* towards a control, stick in hand. Although he excused the presence of the stick by referring to ravenous dogs, I think there might have been a portion of British gallantry as well.

Paddy and OAHK, the federation still in the early stage of its existence, took the orienteering world by surprise when they organised the 1986 Asia-Pacific Championships (APOC) and a World Cup event in 1988 in such a splendid manner. Attending the latter event myself, I can testify to the unanimous praise of the arrangements, the courses, the maps, the hospitality, in fact of everything; the world's orienteering elite departed well pleased with what Paddy and

OAHK had laid on for them.

Paddy and OAHK have been influential in promoting development of orienteering in China. Many are those European orienteers and instructors who, on their way to workshops or seminars in China, stayed over in Paddy's house and prepared themselves for the task.

A few years ago Paddy retired from his office at the HK Police Cadet School, and returned to England. A house badly in need of repair after many years of desolation, in addition to a cruel malady, prevented Paddy from taking up orienteering after his return. However, what he achieved by way of promoting our sport during his prolific years in Hong Kong, shall forever be inscribed in the annals of the IOF.

**Lennart Levin**

*Patrick Ng of the Orienteering Association of Hong Kong, writes:*

"Paddy Birney was the founding President of the OAHK and it is his dedication and capable leadership which has led to the successful development of orienteering in Hong Kong.

The OAHK was founded by Mr. Birney in 1981 and has since then grown rapidly and prosperously. We are greatly in debt of his contribution to the Association and the development of the sport of orienteering in Hong Kong. We greatly esteem Mr. Birney and he will be long remembered for his steadfast service to his host of friends and to the community."

## IOF SECRETARIAT

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### Trail-O (Trail C)

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EC: Geir Tveit, Norway

MC: Flemming Nørgaard, Denmark

SC: Veli-Markku Kortenien, Finland

TC: Barry McCrae, Australia

Trail C: Anne Braggins, Gt. Britain

## MEMBER NATIONS

Australia	AUS	Kazakhstan	KAZ
Austria	AUT	Korea	KOR
Belgium	BEL	Latvia	LAT
Belorussia	BLR	Lithuania	LTU
Brazil*	BRA	Macedonia*	MKD
Bulgaria	BUL	Malaysia*	MAS
Canada	CAN	Netherlands	NED
China	CHN	New Zealand	NZL
Croatia	CRO	Norway	NOR
Cuba*	CUB	Poland	POL
Czech Republic	CZE	Portugal	POR
Denmark	DEN	Romania	ROM
Estonia	EST	Russia	RUS
Finland	FIN	Slovakia	SVK
France	FRA	Slovenia	SLO
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Great Britain	GBR	Spain	ESP
Hong Kong	HKG	Sweden	SWE
Hungary	HUN	Switzerland	SUI
Ireland	IRL	Ukraine	UKR
Israel	ISR	United States	USA
Italy	ITA	Yugoslavia	YUG
Japan	JPN	(* - associate members)	



ANDRZEJ PASIONEK &  
CHRISTER SVENSSON  
report on the 1994

# Junior World Championships



There was a record, and on the other hand there was not. 261 competitors (2 more than in Castelletto, 1993) represented 30 countries (1 less); Bulgarian and Spanish teams did not report for the 5th Junior World Orienteering Championships whereas Israel fielded a team for the first time.

Near Gdynia in Poland by the Baltic Sea the organisers could offer contrasting terrain. Competitors had to utilise maximum effort and demonstrate a wide range of skills to cope with demanding courses and heat-wave weather conditions.

The **short distance event** was held near Gniewino in temperatures which topped 35 degrees. The terrain there seemed especially friendly to Scandinavians, confirmed when all the medals were won by them. Winner of the women's final by 44 seconds was Synne Lea, aged 20 from Norway. 18-year-old Jon Engkvist (Sweden) won the men's race by the margin of 53 seconds. Polish runners Banach and Gliszczynski showed good form: they won their semi-finals, but after mistakes in the final they placed in the middle of the list. Best non-Scandinavians were Tomas Zakouril (Czech Republic), 5th and Maria Lubinszki (Hungary), 9th.

The **classic races** were held in Sopot in mountain terrain on a fine well-detailed map. Polish runners succeeded in winning 3 medals: Robert Banach and Janusz Gliszczynski this time came good with Gold and Silver, but the most joyful and unexpected result was the third place for Ewa Kozłowska in a race won by 89 seconds by Christina Grøndahl (Denmark). The other stars of the individual races were Pia Olsson from Sweden - 2 silver medals - and Tommi Tölkö from Finland - 2 bronze. Tom Quayle from Australia gained an impressive fourth place. Again the heat was intense, and three competitors - two Finns and an Austrian - suffered severe heat exhaustion, with many others not performing anywhere near their best.

So to the **relay** in Gdynia-Karwiny. The hills were easier and the terrain more interesting, but the most important thing was that the sun was not beating down so intensively. The women's relay was a triumph for the Swedish team of Pia Olsson, Kristina Kull and Annika Björk, who were followed home by the Finnish and Polish teams. The gold medal in the men's race was taken by the Russian team of Ivan Murashov, Michail Mamleev and Valentin Novikow with a margin of over 5 minutes ahead of Finland; Hungary were third.

**Finland** (as usual!) were the best in the 3 competitions overall, with Sweden second. The **Czech Republic** gained third position despite having no medal-winners, with Norway, Denmark and Russia taking the next three places.

## LEADING RESULTS

**SHORT DISTANCE FINAL: MEN:** 1. Jon Engkvist SWE 28.50, 2. Holger H. Johansen NOR 29.43, 3. Tommi Tölkö FIN 29.56, 4. Simo Martomaa FIN 30.16, 5. Tomas Zakouril CZE 30.45. **WOMEN:** 1. Synne Lea NOR 25.31, 2. Pia Olsson SWE 26.15, 3. Terhi Hyttinen FIN 26.49, 4. Annika Björk SWE 27.02, 5. Kristina Kull SWE 28.47.

**CLASSIC DISTANCE: MEN:** 1. Robert Banach POL 71.41, 2. Janusz Gliszczynski POL 72.57, 3. Tommi Tölkö FIN 74.22, 4. Tom Quayle AUS 77.40, 5. Gabor Domonyik HUN 77.49. **WOMEN:** 1. Christina Grøndahl DEN 54.24, 2. Pia Olsson SWE 55.53, 3. Ewa Kozłowska POL 56.49, 4. Synne Lea NOR 57.04, 5. Ragnhild Myrvold NOR 57.37.

**RELAY: MEN:** 1. Russia (Ivan Murashov, Michail Mamleev, Valentin Novikow) 156.57, 2. Finland 161.25, 3. Hungary 164.34, 4. Poland 165.27, 5. Denmark 166.24. **WOMEN:** 1. Sweden (Pia Olsson, Kristina Kull, Annika Björk) 125.03, 2. Finland 125.49, 3. Poland 126.45, 4. Norway 128.20, 5. Finland-2 129.07.

**OVERALL TEAM RESULTS:** 1. Finland 109, 2. Sweden 164, 3. Czech Republic 227, 4. Norway 242, 5. Denmark 281.



*A welcome cold shower for classic race winner Robert Banach (Poland) photo: Christer Svensson*

## Overall medal classification in the JWOC 1990 - 1994

	Gold	Silver	Bronze	Total
1. Finland	8	9	10	27
2. Sweden	5	6	6	17
3. Norway	4	5	6	15
4. Poland	4	1	3	8
5. Denmark	2	3	0	5
6. Germany	1	1	0	2
Soviet Union	1	1	0	2
8. Czech Republic	1	0	1	2
9. Russia	1	0	0	1
Switzerland	1	0	0	1
11. Czechoslovakia	0	2	1	3
12. Hungary	0	0	1	1



JACQUES ELOY got multiple sclerosis 7 years ago; he took part in the 1994 European Championships in Trail O in his wheelchair. Here he describes

# The Joy of Trail Orienteering

I was initiated to trail orienteering in June 1993 by FRSO and the Pegase club.

I always loved to take to the road for a walk into nature but often felt frustrated after my aimless wanderings. Trail orienteering was an opportunity to discover new landscapes and meet other 'nature lovers'. So I had to learn map reading and terrain interpretation which I find fascinating.

Such an important competition as a European Championship must be carefully prepared for. The man and his wheelchair must be fit to face such an event. A thorough revision of the IOF symbols, completed by some exercises related to maps and tracks of previous competitions as well as a check-up of my wheelchair were necessary.

**June 17th.:** Arrival in Petite Chapelle where the competitors find their accommodation and make their first contacts with the other representatives from Belgium, Germany, Great Britain and Lithuania. Language problems as usual but 'hand-speaking' and smiling will usually do for these first encounters.



Photos courtesy Jacques Eloy

**June 18th.:** Training course class A, 8 stations, map scale 1:5,000. All the time I want to do this training. I take this opportunity to observe the environment and identify some plants (among them an orchid named 'orchis maculata').

After this training day I have to admit that I must improve my knowledge of the symbols.

**June 19th.:** Early in the morning, I forget trail O for a moment and watch the birds in the park - but soon we must gather in the Albatros Centre. From there the group of 4 Belgian orienteers go to the start line.



Start at 10.45: first a brief review of this run's difficulties and of my 'luggage':

- how many stations? (17)
- how much time? (2h30)
- what distance? (4 km)
- map scale? (1:5,000)
- contours? (2.5 m)
- everything OK?

As usual, I define the maximum time I can spend at each station and try to stick to it. The procedure seems to work well. Fortunately I can go through some difficult sections with the help of friendly orienteers. Thanks pals!

But there is not much time left. The uncertainties of the course still to be run until the finish worry me. I rush to the finish with

only 4 minutes in hand on my schedule, to learn through my discussions with other competitors that I have performed a good run. Meanwhile I realise the importance of this event as hundreds of orienteers and their families gather all round. Many of them are still running but as the last ones cross the line, it is confirmed that I am the winner of the race. Emotion!

Mrs Larissa Yecevic from Lithuania is equally placed first, but there is a slight difference in the score in the run against time: 15 points and 36 seconds against 15 points and 95 seconds.

In the evening, the relationships between competitors get still warmer thanks to the interpreters. We exchange addresses, try to compare our different ways of life in our respective countries and promise one another to assemble again at the next meeting.

**June 20th.:** Each delegation leaves Petite Chapelle heading for their own country. Emotion again for all the representatives, having shared the same joys and difficulties for three days.

## Future Prospects

Trail orienteering is a really wonderful adventure and I am convinced that it should be better known by all the Belgian associations dealing with handicapped and invalid persons. I have decided to spread information about trail O through my Pegase club and my federation FRSO.

Thanks to Bernard Legrand and Anne Braggins - always so dynamic in promoting trail O.

*These notes were written on the bank of a small river meandering through the Halle's Forest some 20 km away from Brussels in the company of my dog, an old trail orienteer of some 13 years. Translation by my friend Henri who is lucky enough to suffer from the same disease as me.*





# The O-ringen - IOF Clinics

IOF Secretary General LENNART LEVIN describes these annual mid-summer gatherings of orienteers from all over the world

They have now become an established tradition, the two parallel clinics organised by the O-ringen and the IOF at each Swedish 5-day event since 1985. Although O-ringen had previously invited orienteers from abroad to training sessions and theoretical exercises, 1985 marks the first year of joint efforts by the O-ringen and IOF.

Traditionally, O-ringen has carried the main burden in the sense that they have been responsible for premises - usually a so-called folk high school some 10-15 kilometres from the 5-day event centre - transport, and maintenance. O-ringen has also provided instructors for the 'running' clinic (a dubious term, perhaps - but the clinic has been running well!), whereas the IOF takes responsibility for the 'development clinic', and provides English literature for both.

## The Running Clinic

In brief, the running clinic is intended for young elite runners aspiring to enter their national squad in a few years. Each clinic day is devoted to improving the participants' orienteering technique. Almost each one is 'shadowed' by a Swedish elite orienteer in the forest; after the exercise, the 'shadow' and the runner analyse mistakes as well as successful moves between the controls. Needless to say, these clinics have become much appreciated among young elite

runners all over the world. In fact, they have become too popular; there is a tendency for previous participants to apply the following year again.

## The Development Clinic

The development clinic is directed at national coaches and leaders, the latter rather vaguely defined. That is to say, it is for the applying member nation to decide whether they should send a relatively experienced coach or a person who has just accepted some leadership role at club level, perhaps because his/her children have recently become involved in orienteering. Over the years these clinics have covered various themes, such as club development, orienteering for the young, basics of mapping etc. As a rule, instruction has been adjusted to the expressed needs and desires of the participants.

As I mentioned at the beginning, these clinics have become a much-appreciated tradition. Each IOF member country is invited to send two participants, one to each of the clinics. In the mid-eighties the clinics were free; the member federations (or the participants, as the case may be) only had to pay the travel to Sweden. Unfortunately a registration fee had to be introduced at a later stage, the total cost for the annual activity (some 50-60 participants!) reaching a level that could not be coped with within the O-ringen and IOF budgets. This of course caused the problem so well-known in the

orienteering world - the non-Western currency countries found it increasingly difficult to participate. Thus last year there would not have been any participation from eastern Europe had not the twin organisers made a last-minute decision to sponsor participants from Romania and Lithuania. This is, to my view, the main problem facing the O-ringen and the IOF at the moment: to find a formula by which we avoid turning the clinics into a 'rich man's exercise'.

social activity filled three days for 17 orienteers from 12 nations who, as Peter Palmer describes them in his clinic report, were "enthusiastic, always willing to help each other and share ideas and motivated to try out new ideas in their own countries." Special visitors to this year's clinic were Martin Kronlund, the distinguished O-pioneer from Spain, and Bertil Nordenfelt who gave a fascinating lecture on the history of orienteering, in much of which he has been both participant



*Social get-togethers are an important part of every O-ringen Clinic - here, a barbeque at this year's venue photo: Dave Gittus*

## Örnsköldsvik

The instructors at the Development Clinic at Hampnas Folk High School, Örnsköldsvik, this year were again Peter Palmer and Carol McNeill from Great Britain and Stephen Palmer, Peter's son who lives in Sweden. The objective was to examine different ideas for developing orienteering at club, community and schools levels. A wide-ranging programme of theory, practice and

and innovator. "The value of any course lies in planting seeds which take root afterwards and develop vigorous growth", says Peter. "I am certain this will be true of 1994".

*Invitations for the 1995 running and development clinics and the associated IOF Trail O Clinic, which will take place near Hässleholm in Skåne, South Sweden starting on 20th July, will be sent out to all federations in January.*

## 'Coaching Collection' now in Russian

The Coaching Collection is a resource book of tested training exercises and activities designed for school, club and squad groups training in parks, open areas and forests. Compiled by Peter Palmer and Jim Martland and first published in 1989, it has now been translated and printed in A5 handbook format in Russian, and should provide an excellent addition to coaching resources in the many IOF lands where Russian is spoken. Copies may be obtained from Marina Kotchmasheva, Uralskaya 54-80, 620067 Ekaterinburg, Russia.



MARTIN FÜRNKRANZ reports on a

# Swiss Orienteering Joint Venture in Bulgaria

As previously mentioned briefly in *OW* 94/1, a Swiss-Bulgaria link scheme has been set up - not only to organise this summer's 'Variant 5' 3-day competition in Bulgaria, but for much more.

This event, held around the rural town of Târgoviste, situated amongst the north-eastern branches of the Balkan Mountains, is only the highlight of a package of co-operation and support to help the orienteers of the local club 'Variant 5', which is also the name of the Swiss donors.

There is a lot of support needed, even if one might not expect it

when the country has a reigning Ski-O world champion. But after the collapse of communism things became difficult and the country's orienteering population shrank. Everything became very expensive - the situation is so bad that you will even find hand-made kites and punches because the cost of them has risen too high.

The Swiss donors recruit their members primarily from the O-club OLG Berne. In Marc Lettau, a professional journalist with a focus in his articles on eastern Europe and who therefore speaks almost fluent Bulgarian, they have a strong leader.

Some of the Târgoviste orienteers also speak German, and so there is a good basis for communication. (The English language is less popular in this region because of distance and the much stronger links to the Austro-Hungarian monarchy.)

The money raised comes from the compass manufacturer Recta, the Migros co-operative (primarily a supermarket chain), two Swiss O-shops and a lot of individual donors. Additional funds are made available by selling home-made (Bulgarian) products like T-shirts and headbands. With that financial help a lot of things are done:

- \* maps are surveyed and printed;
- \* O equipment is delivered;
- \* Bulgarian orienteers are enabled to come to Switzerland where they can participate in training camps, compete in O events and even survey maps for which they are well paid;
- \* it becomes possible to pro-

vide relatively high money prizes for the best three elite competitors in the main Bulgarian races (like the 'Variant 5' Cup).

But though financial support is important, it is just as important to "compare idealistic and materialistic values and to accept that humanity, friendship, cordiality and affection can't be measured on the balance of an account" as editor Marc Lettau puts it in the project's magazine 'Variant 5' which is issued regularly.

If you would like to help sponsor this project, you can buy the official 'Variant 5' T-shirt with a logo partly in Cyrillic letters. As announced in the 'Variant 5' periodical it is available in blue and grey in sizes M, L, XL and XXL. For details contact:

Marc Lettau,  
Schalenholzweg 26,  
CH-3172 Niederwangen,  
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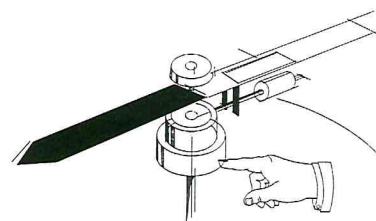


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# Ski-Orienteering to the Olympic Games



The new Ski-O season is in sight and the IOF's Olympic Project in full swing. In this article, IOF Ski-O Committee Chairman VELI-MARKKU KORTENIEMI tells of the activities under way and how federations and their members can give support

**T**he IOF aims to see ski-orienteeing included as a new discipline in the Winter Olympics programme. Reaching this goal will demand hard work on many fronts. The contribution of every IOF member federation is needed because it is extremely important that there are people everywhere trying to make ski-orienteeing better-known and influence those who make the decisions about the Olympic programme.

## Work for the IOF's Member Federations

In particular, the member federations need to be in contact with the members of the International Olympic Committee of their own countries to introduce ski-orienteeing and its goal of being part of the Olympics. The countries applying for the Winter Olympics of the year 2002 are already known; therefore the orienteeing federations of these countries are being asked to set up links with the applying organisations and to introduce ski-orienteeing to them. The IOF offers its full resources so that ski-orienteeing can be stylishly organised in the Olympics, so no federation need be afraid of the organising load or their current level of development in ski-orienteeing. The IOF will be sending member federations a video dealing with ski-O: at the present time the video is available only in English, but later it will be taped in other languages too. In addition the ski-O development programme will be circulated.

## The Development Programme in Ski-Orienteering

The IOF has started a Development Programme linked with the Olympic Project. The main goal in this programme is to get more and more people to practise ski-O in all the continents. The IOF offers education and expertise in organising competitions and coaching. Clinics will be organised

wherever knowledge is needed: member federations will be informed when these clinics will be organised.

If national orienteeing federations themselves don't have enough resources to develop ski-orienteeing, it might be useful to co-operate with national ski federations. The clubs of the orienteeing federation could take care of the maps and the organising of the competitions and similarly the clubs of the ski federation could concentrate on coaching and equipment. Certainly it is possible to co-operate with centres concentrating on skiing or with sports institutes.

## Ski-Orienteering is Ready for the Mass Media

During the past few years, ski-O has developed considerably thanks to some fresh ideas. The mass start based on the one-man-relay and several legs has enabled competitions to be organised in quite small areas. Competitions have already been organised successfully in the surroundings of ski stadiums. For instance the 1993 World Cup Final was organised in Norway in the famous Holmenkollen ski stadium during the Ski Festivals. There the



terrain used in the short distance event was just 2 sq. km. in area because of the couple start and 2 legs. So a ski or biathlon stadium is an excellent place for a ski-O competition too. Because of this, ski-orienteeing is readily accessible by the public and the media, and a country that is prepared to organise the Olympics in ski disciplines can also organise Olympic ski-O competitions.

## The International Elite is Widely Spread in Ski-Orienteering

Both the World Cup in 1993 and the 1994 World Championships in Ski-O showed clearly that there are elite ski-orienteeers in many countries. Nowadays in international ski-O competitions it is possible that the best ten competitors come from ten different countries. In WOC 1994 in Italy, 7 countries got medals, which indicates very clearly that ski-orienteeing really is international.

This development will get even stronger thanks to the fact that World Championships are now also organised for juniors - and thanks to all the hard work done in different countries. This will certainly be a huge help towards reaching our goal - ski-orienteeing in the Olympics in 2002.

## Nine Cities have Applied for the 2002 Winter Olympics

The deadline for applications for the 2002 Winter Games was in August. The cities or areas which have applied are:

Graz, Austria  
Jaca, Spain  
Poprad-Tatry, Slovakia  
Quebec, Canada  
Salt Lake City, USA  
Sion, Switzerland  
Sotshi, Russia  
Tarvisio, Italy  
Östersund, Sweden

The IOF Olympic Project will contact all these applicants and hopes that the national federations will give their help in these contacts.



## The Elite Ski-O Season

The season starts as early as the beginning of December with the 'Champions meet' at Boden in Sweden, where a short distance and a relay event will be held.

The main focus after the New Year will be the World Cup, organised in three series and culminating in the final in Finland at the beginning of March. The first World Cup events in Bulgaria have been promised prime time TV coverage on Bulgarian television, perhaps one consequence of Pepa Milusheva's World Championship Gold medal in Italy earlier this year.

On the weekend prior to the World Cup events, Bulgaria offers the 'Map-Compass' Cup, made up of a classic distance and a short distance event, followed by a 3-day training camp.

## Ski-O World Cup 1995

Event	Date	Venue	Type of Competition
1	Jan 15, 16	Borovetz, Bulgaria	short and relay
2-3	Jan 19, 21	Tauplitz, Austria	short and long
4	Feb 4, 5	Lillehammer, Norway (also pre-WOC)	long and relay
5	Feb 8	Holmenkollen, Oslo, Norway	short
6	Feb 26, 27	Haanja, Estonia	long and relay
7-8	March 2, 4	Savonlinna, Finland	long and short

The relay is an unofficial World Cup competition.

### SKI-O CLINIC IN MORA, SWEDEN

JANUARY 4-7 1995



TO WINTER OLYMPICS

A 4-day intensive personal and group instruction clinic in Ski-Orienteeing (50% organisation, 50% training) is to be held from January 4-7 1995 in Mora, Sweden. The main target group is participants from countries where Ski-O is not yet fully developed.

The clinic fee will be approximately SEK 300, to be paid immediately on arrival in Mora. This fee includes 4 nights accommodation in apartments with kitchen or similar, all instruction, clinic documentation, and all necessary transport from the start to the end of the clinic including transport to and from a national Ski-O meet on January 7th. Bed linen (sheets and pillow case) are the participants' own responsibility, but can be hired at Mora. Meals and transport for shopping are *not* included!

**Applications**, preferably by telefax and not later than November 20th, and **further information**:

IOF Ski-O Committee, Tord Nilsson, Spikverksgatan 166, S-724 79 Västerås, Sweden. Tel. +46 21 325391 (w), +46 21 359563 (h). Fax +46 21 129605.

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Orienteering has obvious appeal for computer specialists, mathematicians and the like. Less often do we link orienteering with philosophy or classical literature and music. Here are two contributions which show that there *is* some scope for this.

## Descartes - the Father of Orienteering Technique?

SHIN MURAKOSHI, Japan, takes a fresh look at the origins of orienteering

Although it is believed that orienteering began at the end of the 19th century, recent study has discovered a longer history of orienteering.

Descartes, the father of modernism, has been revealed also to be the father of the idea of orienteering technique. Knowledgeable



readers may remember the historical fact that he was engaged as the private teacher of the Swedish Queen and died there, the nation where orienteering is believed to be born.

Basic ideas of orienteering technique can be found in his famous contribution *Discours de la méthode* and in *Rule for the direction of the mind*.

In *Discours de la méthode*, he wrote that “when they have lost their way in the forest, (they) ought not to wander from side to side, far less remain in one place, but proceed constantly towards the same side in as straight a line as possible, without changing their direction for slight reasons”. It is clear that he noticed the importance of using a compass bearing for a direct route and the Silva compass realised his philosophical idea.

He also noted the importance of route planning in *Rule for the direction of the mind*. He insisted that we should “reduce involved and obscure propositions step by step to those that are simpler (rule V)”. He also insisted that the competitors “should be directed, not to what others have thought, nor to what we ourselves conjecture”. Clearly he was against following others blindly or following an ambiguous plan.

It is still in question why orienteering had not begun until the 19th century. Hopefully this will be clarified in the near future.

Studying Descartes, you will be surprised by how much the basic ideas of orienteering share in common with modernism. If you would like to pursue the philosophy of orienteering technique, back to Descartes!

## Classical Allusions

by BRIAN PARKER, Great Britain

How often we try to describe important emotions and experiences by reference to classical works. All of us have had moments in our Sport at some time or another when ordinary, everyday words cannot adequately express what we feel and we have to turn for inspiration to the writings of the Masters.

For some years I have searched for the one classical reference which best describes those moments in orienteering that I would wish to remember. I started with Shakespeare and soon found in *Midsummer Night's Dream* the encouraging heading:

*Act 3, Scene 2. Another Part of the Wood*

Unfortunately this was accompanied by the stage direction:

*Enter Four Fairies*

This does not mean quite what it did four hundred years ago so I beat a hasty retreat and looked elsewhere. Knowing that German music offers a rich source of pastoral allusion, I found a promising reference in *An Alpine Symphony. Op. 64* by Richard Strauss:

*Eintritt in der Wald*  
*Entering the Forest*

But closer scrutiny showed obviously unsuitable terrain:

*Durch Dickicht und Gestrüpp auf Irrwegen*  
*Lost in Thickets and Undergrowth*

Some might say that this describes their orienteering very well indeed and I myself have certainly been in this condition for rather longer than the 1min. 32sec. that the movement lasts.

But I wanted a softer and more pleasant recollection. I found it in the *Liederkries. Op. 39 (Eichendorff)* by Schumann:

*Ich hör' die Bäcklein rauschen,*  
*Im Walde her und hin;*  
*Im Walde, in dem Rauschen,*  
*Ich weiß nicht, wo ich bin.*

which, I believe, reasonably translates to:

*I hear the streamlets bustling*  
*In the wood, here and there;*  
*In the wood, in the rustling,*  
*I am I know not where.*

This is just right. It is my orienteering! What's yours?

*Brian Parker is Environmental Officer for the British Orienteering Federation*

*Further contributions on this theme are welcome and will be published in the next issue of Orienteering World.*



## Letter to the Editor

### The Veteran World Cup - set to lose status?

Through your pages may I express my concern over the IOF's decision to increase the frequency of the Veteran World Cup (VWC)? I believe that since its inauguration the VWC has been distinguished by the presence in significant numbers of former world champions and other elite orienteers, and that less illustrious orienteers are attracted by the opportunity to orienteer with these stars on quality terrain.

The VWC is often taken to be the international *championship*. Few top veterans will be committed to travelling to and training for an annual competition, and their numerical presence at VWC's will inevitably fall as the event's rarity value disappears. Consequently I believe that we will never again repeat the excellent turnout of top orienteers that we saw in Britain in 1994.

Without these stars, it will be difficult for the average veteran orienteer to discriminate between a VWC and one of the many quality multi-day events there are on the IOF Calendar. The IOF will lose the prestige of the VWC, and the IOF and its national federations will lose the income they receive from the event.

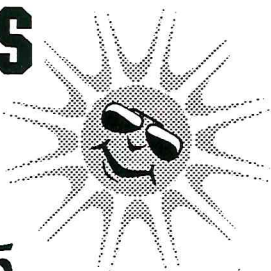
I suggest that in fostering a festival event for mainly financial reasons, the IOF is doing the international orienteering community a disservice. Could the strategy be reviewed?

Roger Lott

Amersham, Great Britain

## ORGANISERS

### Act NOW for Summer 1995



*CompassSport*, Britain's national orienteering magazine, is distributed with over 4000 copies each issue all over Britain and to keen orienteers worldwide.

Our December edition will focus on multi-day holiday orienteering for summer 1995. This is when people will make their travel plans for next year. We hope to list, with editorial recommendations, all important multi-day events around the world.

This is an important publicity opportunity. Organisers, please make sure we have details of your event (eg a copy of your event invitation). You can send details to the address below.

We also offer advertising possibilities at attractive and economical prices. Please write or fax for full details. The absolute copy deadline for inclusion in this important edition is November 10th.



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## World Cup Rankings after 4 Events

**WOMEN:** 1. Yvette Hague GBR 166, 2. Gunilla Svärd SWE 158, 3. Anna Bogren SWE 157, 4. Hanne Sandstad NOR 153, 5. Marlena Jansson SWE 151, 6. Sabrina Meister-Fesseler SUI 141, 7. Johanna Tiira FIN 139, 8. Hanne Staff NOR 136, 9. Reeta-Mari Kolkkala FIN 133, 10. Ragnhild Bente Andersen NOR 125, 11. Torunn Fossli NOR 119, 12. Anniina Paronen FIN 117, 13. Kirsi Tiira FIN 117, 14. Tenna Nørgaard DEN 117, 15. Vroni König SUI 115, 16. Maria Honzová CZE 100, 17. Marie-Luce Romanens SUI 100, 18. Maria Gustafsson SWE 98, 19. Eija Koskivaara FIN 88, 20. Marcela Kubatková CZE 86, 21. Jana Cieslarová CZE 84, 22. Anette Nielsson SWE 82, 23. Frauke Schmitt Gran GER 68, 24. Nicky Taws AUS 64, 25. Anke Xylander GER 64, 26. Anna Garin ESP 58, 27. Heather Monro GBR 57, 28. Tania Robinson NZL 56, 29. Jenny James GBR 56, 30. Kylli Kaljus EST 55, 31. Marquita Gelderman NZL 52, 32. Käthi Widler SUI 52, 33. Annika Zell SWE 49, 34. Hana Dolezelová CZE 48, 35. Heidrun Finke GER 48, 36. Kristin Federer USA 45, 37. Gro Sandstad NOR 45, 38. Annika Viilo FIN 42, 39. Danute Girinskaite LTU 42, 40. Kari Christiansen NOR 37.

**MEN:** 1. Janne Salmi FIN 176, 2. Petter Thoresen NOR 166, 3. Mika Kuisma FIN 150, 4. Johan Ivarsson SWE 143, 5. Lars Holmqvist SWE 139, 6. Steven Hale GBR 136, 7. Håvard Tveite NOR 136, 8. Kaj Roine FIN 121, 9. Carsten Jørgensen DEN 120, 10. Arto Rautiainen SWE 117, 11. Chris Terkelsen DEN 110, 12. Bjørnar Valstad NOR 110, 13. Tomás Prokes CZE 109, 14. Allan Mogensen DEN 106, 15. Alistair Landels NZL 91, 16. Jørgen Mårtensson SWE 91, 17. Kjetil Bjørlo NOR 91, 18. Rudolf Ropek CZE 90, 19. Per Ek SWE 89, 20. Stephen Palmer GBR 87, 21. Dávid Peel GBR 84, 22. Alain Berger SUI 77, 23. Sixten Sild EST 74, 24. Jon Tvedt NOR 70, 25. Joakim Ingelsson SWE 65, 26. Edgaras Voveris LTU 59, 27. Steven Nicholson GBR 57, 28. Flemming Jørgensen DEN 56, 29. Anders Bjørnsgaard NOR 55, 30. Dominik Humbel SUI 54, 31. Petri Forsman FIN 53, 32. Yuri Emaldynov RUS 52, 33. Kornel Ulrich SUI 52, 34. Ivars Zagars LAT 52, 35. Petr Vavrys CZE 52, 36. Andreas Rangert SWE 52, 37. Rob Jessop NZL 51, 38. Thomas Bühner SUI 50, 39. Warren Key AUS 43, 40. Tore Sandvik NOR 42.

Overall each competitor's four best results count for his total score, so for the last two events, in Germany and the Czech Republic at the end of September, competitors can begin to drop their poorest scores.

### Criticism Accepted

A complaint from Denmark (see *OW* 94/4 page 18) that information about amendments to the World Cup qualification rules had not reached all countries in time before the first round of events, was accepted by the IOF Council at its meeting in Varna in June. Council regretted that some countries had been put at a disadvantage, and, as recorded in the minutes of the meeting, "Council apologises for inconveniences occasioned".



# INTERNATIONAL FIXTURES LIST

This list includes remaining events in the 1994 IOF Calendar with entry closing dates after 30th September. The entry closing date is shown at the end of the event name, e.g. 'Meeting Internazionale, Venice, Italy (1/10)' indicates a closing date of 1st October. Then follows the type of event: I - individual, S - short distance, L - long distance, R - relay, N - night event, 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.

## OCT

- 22 **Blodslitet, Fredrikstad, Norway (3/10) L**  
Gunn Norum, Bjørnerød 10, N-1600 Fredrikstad,  
Norway +47 69 39 04 89
- 29, 30 **Smålandskavlen, Anderstorp/Värnamo, Sweden**  
(10/10) R(N+D) Smålandskavlen, Box 135,  
S-334 23 Anderstorp, Sweden +46 371 155 51

## NOV

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

# Events Noticeboard

## The 1995 Veteran World Cup

The famous Russian city of St. Petersburg welcomes all veteran orienteers to the 1995 Veteran World Cup from 29 May to 2 June inclusive. But you must hurry if you want to get maximum discount on your entry fee - the lowest rate of US\$60 is valid only for entries received by 1st October. Fees rise to \$70 for entries received before 1st January and \$80 up to the closing date of 1st March.

Entries, which must include your date and place of birth and passport number (for visa purposes - you need an official invitation, which will be sent to you on receipt of your entry), should be posted to VWC '95, P.O. Box 170, St. Petersburg, 195267, Russia or faxed to +7 812 530 9882.

The event centre is at Lembolovo, 60km N. of St. Petersburg and close to a railway link with the city. A variety of types of accommodation is on offer; details come with the entry form and information sheet, available from the address above.

The 2-day 'Neva-Tour Cup' follows immediately after the Veteran World Cup, providing courses for non-veteran competitors on the same competition areas.

A preview of the 1995 VWC will appear in the next issue of *Orienteering World*.

## O-WORLD THAW

### & SOUTHEAST U.S. CHAMPS

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#### Event Sites

- Day 1: Ocala National Forest, near Paisley  
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**Climate** - Warm weather. Daytime: 18C-24C, overnight: 7C-12C. Probability of rain 10-15%. Probability of snow or frost: 0%!

**Excursions** - Winter is the season for wildlife-watching in Florida. Manatees can be found in Blue Spring, Orange City, between the two event sites. The Everglades National Park is about a 5 hour drive from Orlando. Disney World attractions are within 30 minutes of Day 2 site. The Space Center at Cape Canaveral is about 45 minutes away.

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**Registration** - Please write for information and entry forms. Entry forms must be postmarked by 4 February to avoid late fees.

#### MAIL:

Frank Kuhn  
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F.L.O.R.I.D.A



ORIENTEERING

## ORIENTEERING IN

## PORTUGAL

### "TWO DAYS ANORT 95"

25th, 26th MARCH 1995

IN

-PATEIRA DE FERMENTELOS-  
(NEAR ÁGUEDA, 22 Km from AVEIRO)

\*\*\*\*\*

- 24th - Registration and opening ceremony
- 25th - Individual classic - 10.00 a.m.  
- Tours - 15.00 p.m.  
- Banquet and musical entertainment - 19.00 p.m.
- 26th - Individual classic - 9.00 a.m.  
- Prizegiving - 13.00 p.m.

\*\*\*\*\*

New maps (IOF standards) for all events

\*\*\*\*\*

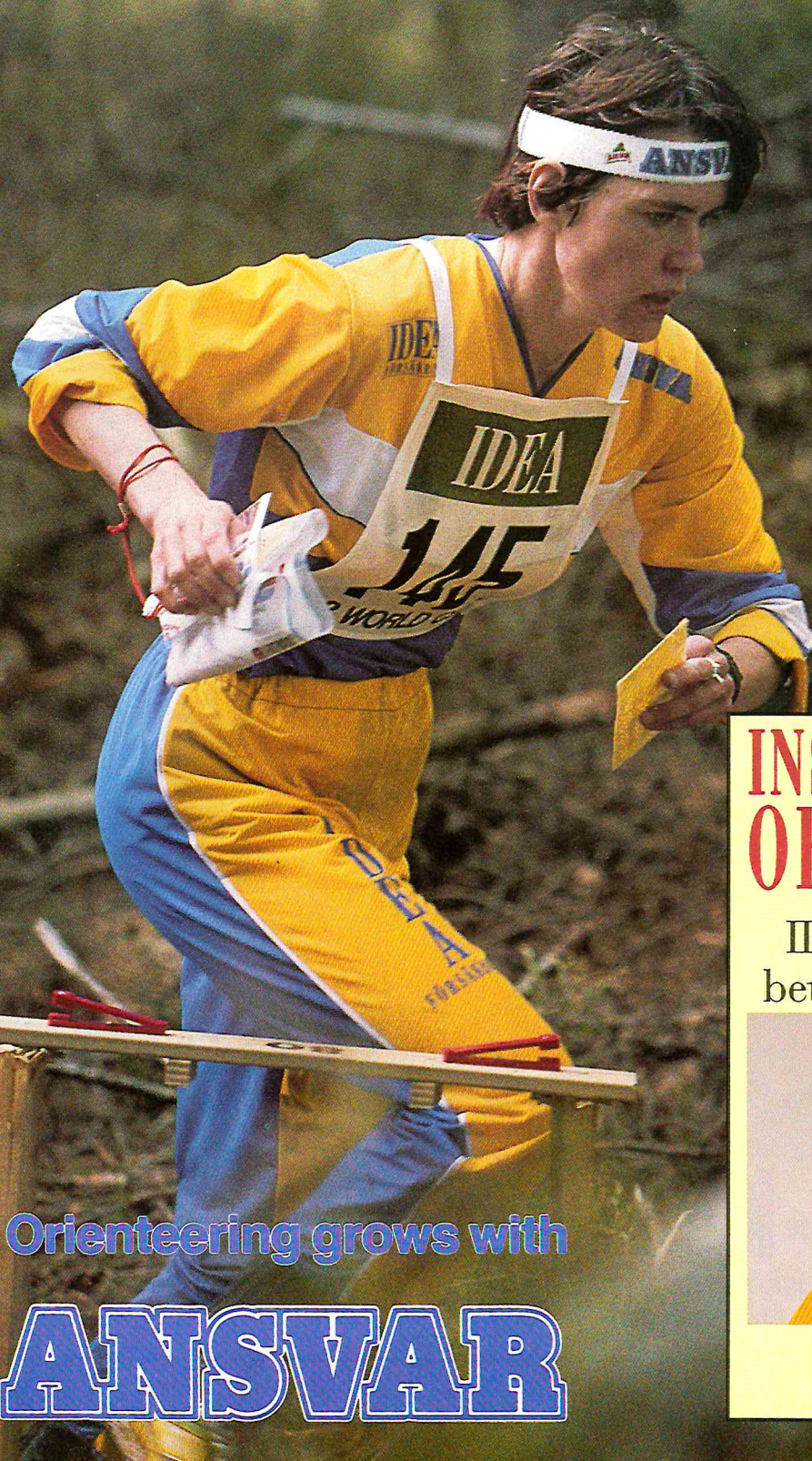
#### ORGANIZATION / INFORMATIONS:

**ANORT - Associação do Norte de Orientação**

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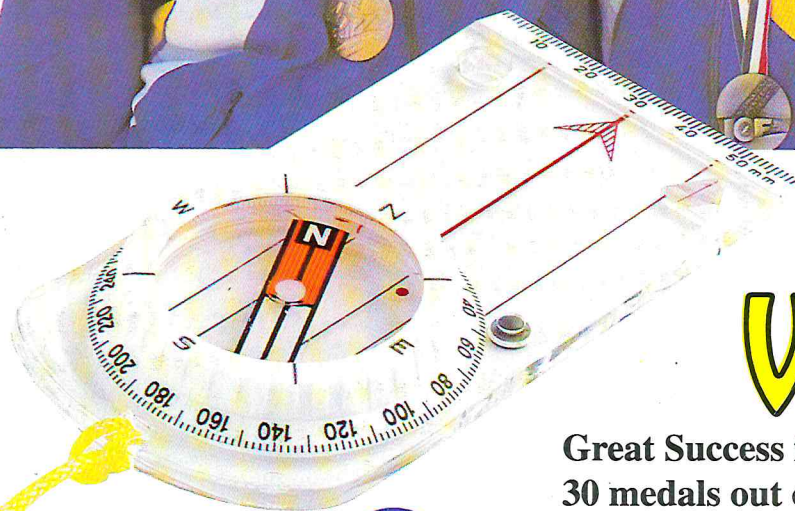
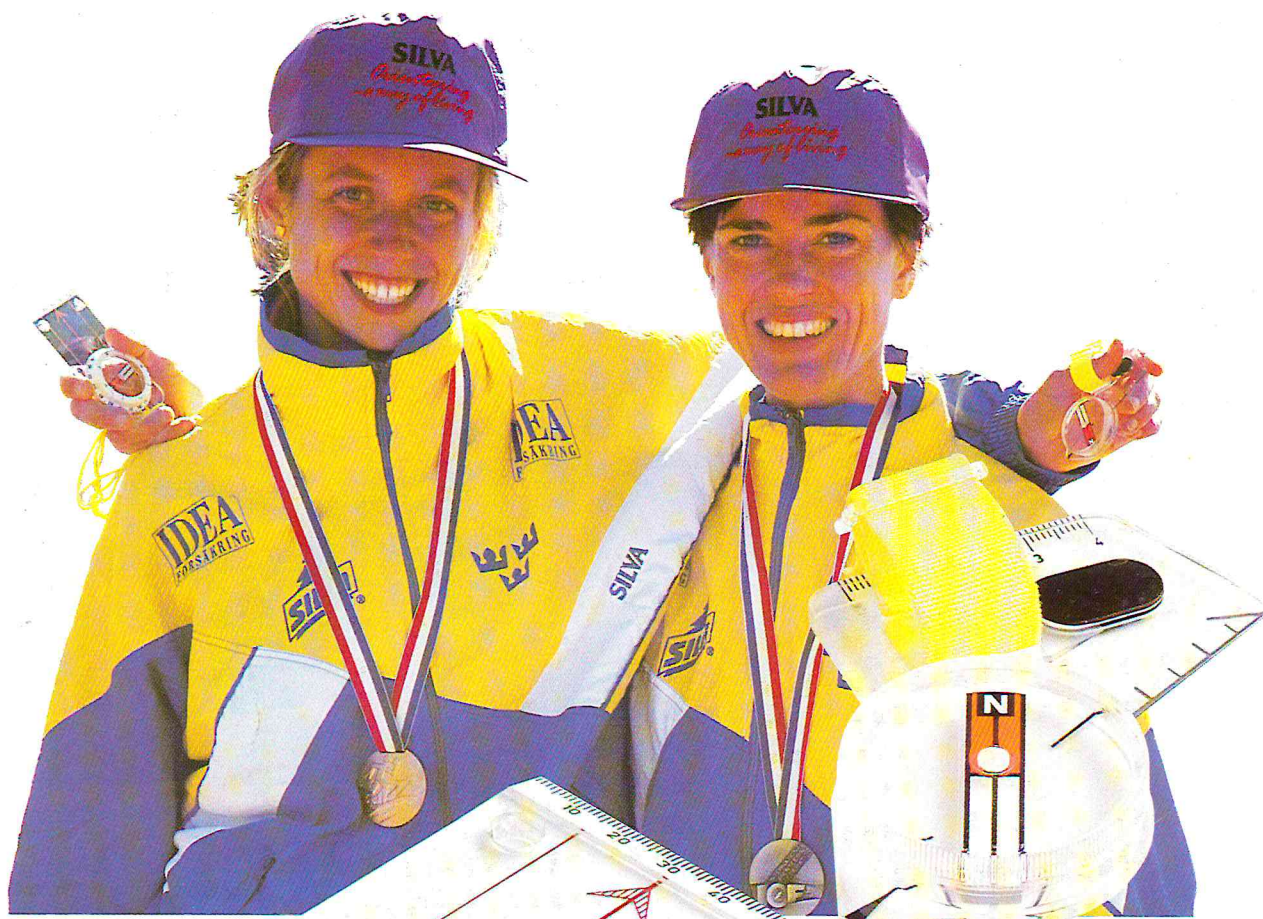


*Jörgen Mårtensson  
World Champion*



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