

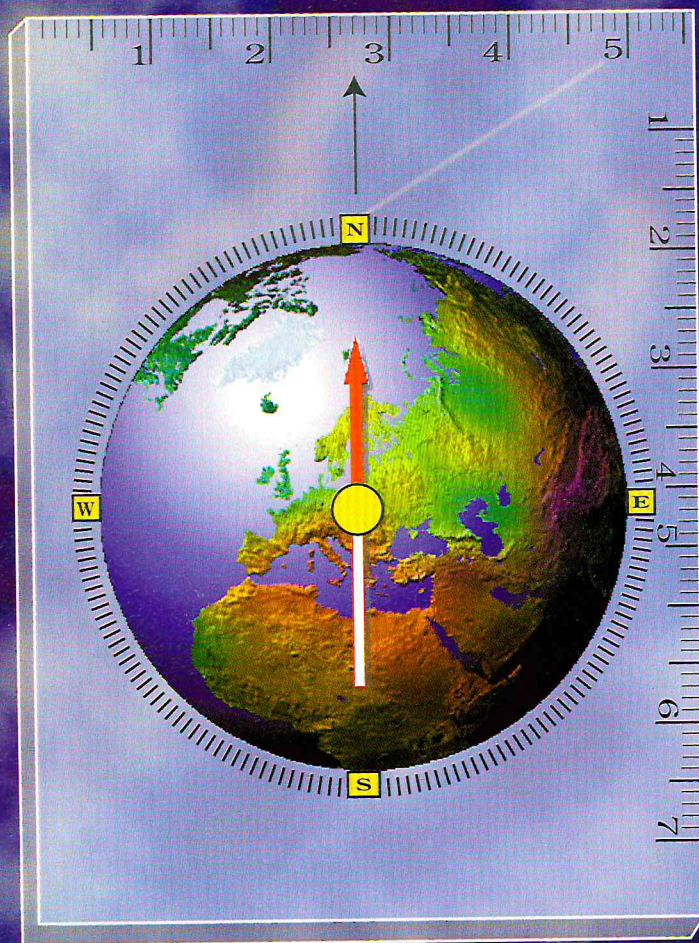
# ORIENTEERING WORLD



1995 No. 5 - SEPTEMBER







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# ORIENTEERING WORLD

OFFICIAL JOURNAL OF THE  
INTERNATIONAL ORIENTEERING FEDERATION



1995 ISSUE NO. 5 SEPTEMBER ISSN 1015-4965

## Published by:

International Orienteering Federation,  
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Fax: +46 8 35 71 68

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## Subscriptions (6 issues yearly):

Europe and all surface mail - SEK 125,-  
air mail outside Europe - SEK 155,-

## Send subscriptions to:

IOF, Box 76, S-191 21 Sollentuna, Sweden.

Post giro no. 84263-3, *American Express accepted*  
**or to one of the subscription agents:**

**Australia:** The Australian Orienteer, P.O. Box 263,  
Jamison Centre, ACT 2614, Australia. AUD 34,- (air  
mail) or AUD 29,- (surface mail).

**Czech Republic:** HSH Sport, Gorazdova 5, Praha 2,  
120 00, Czech Republic. CZK 550,-.

**Denmark:** Clive Allen, address above. DKK 125,- (air  
mail outside Europe DKK 155,-).

**Finland:** Kyösti Saksman, Worldwide Compass Oy,  
PL 84, FIN-01601 Vantaa, Finland. FIM 90,-.

**Germany:** Peter Gehrmann, Holunderweg 39, D-33758  
Schloss Holte, Germany. DEM 36,- to account no.  
13113857 with Sparkasse Bielefeld, BLZ 480 501 61.

**Holland:** Frans Vos, Buurtscheuterlaan 67, NL-6711  
HS EDE, Netherlands.

**Ireland:** John McCullough, 9 Arran Road, Drumcondra,  
Dublin 9, Ireland. IEP 13,-.

**Italy:** Baroni Franca, Via Marmolaia 4, 38033 Cavalese  
TN, Italy. ITL 25,000, air mail outside Europe ITL 30,000.

**New Zealand:** Bruce Collins, Otanga Valley Rd., RD1,  
Raglan, New Zealand. NZD 39,- (air) or NZD 33,-  
(surface mail).

**Norway:** June Bolstad, Postboks 96, N-1801 Askim,  
Norway. NOK 125,-, air mail outside Europe NOK 155,-.

**Spain:** Mapa & Brujula, Parla 2, E-28991 Torrejon de  
la Calzada, Madrid, Spain. ESP 2.300, air mail outside  
Europe ESP 2.850.

**U.K.:** Compass Sport, 25 The Hermitage, Eliot Hill,  
London SE13 7EH, England. GBP 13.50 (air mail outside  
Europe GBP 16,-) or use *VISA* or *Mastercard* - accounts  
will be debited 'Compass Sport, Twickenham, UK'.

**U.S.A.:** Sidney Sachs, 6212 Thomas Drive, Springfield,  
VA 22150-1220, USA. USD 26,- (air mail) or USD 21,-  
(surface mail).

**Production by** JCA Editorial & Design Services

**Printed by** Simpson Drewett & Co Ltd, 70 Sheen  
Road, Richmond, Surrey, England TW9 1UF

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## PUBLICATION NOTES

All **contributions** should be sent to the Editor to arrive not later than the deadlines listed below. Text and graphics may be sent on floppy disk - ring first to check compatibility and also send printed copy.

**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 Editor and contributors do not necessarily represent I.O.F. policy.*

ISSUE	PUBLICATION DATE	CONTRIBUTIONS DEADLINE
95/6	7 December	13 November
96/1	8 February	15 January
96/2	4 April	11 March

Please note that publication dates are 3 weeks later than shown in the July issue.

**COVER PHOTO:** The Finnish team of (l to r) Annika Viilo, Eija Koskivaara, Reeta-Mari Kolkkala and Kirsi Tiira celebrate victory in the relay at the World Championships in Germany in August  
Photo: Kim Rud



# Editorial

Much has happened in the orienteering world since the last issue of *OW* was published in July. New world champions have been found at both senior and junior levels, the IOF has gained a new sponsor in Suunto, and one of the great pioneers of orienteering as we know it, Björn Kjellström, has sadly passed away.

The two World Championships were splendid affairs in the hot European summer. In both events the organising teams, who have worked long and hard for several years in preparation, can look back on a job well done. The WOC planners, who had to deal with land access problems almost up to the last minute, came up with fine courses in the challenging Lippe terrain. The JWOC provided keen competition and just the right informal atmosphere, with simple but good facilities at reasonable cost.

The JWOC was also noteworthy for the large number of non-Scandinavian runners achieving top-twenty places; at junior level, Scandinavian dominance is now a thing of the past.

The valuable sponsorship agreement with the Finnish compass manufacturers Suunto which goes through to the end of 1997 will enable faster progress to be made on several IOF development fronts. This is excellent news, because there are a lot of new ideas around at the moment which, if given appropriate backing, have the potential for giving better orienteering, attracting more people into the sport and getting more interest from the media.

IOF President Sue Harvey stressed the word 'partnership' in describing the agreement with Suunto. This word is appropriate too for the kind of relationship between the IOF and all its member nations, big and small, which can best help orienteers of all standards the world over to get some benefit from new ideas and new developments. The IOF's role as an 'enabling' organisation is as important as its controlling function, and the task of 'spreading the word' far and wide through courses, workshops and by other means deserves its share of new funding available.

Clive Allen

# Mårtensson Still Supreme

Jörgen Mårtensson's fantastic season continued at the World Championships in Germany in mid-August, where he won a gold, a silver and a bronze medal in his tenth World Championships. The classic final was a repeat of 1991 - gold for Jörgen and for Hungary's Katalin Oláh, both by clear margins.

The Swiss men's team achieved an impressive triple with victory yet again in the relay, where Finland's strong women's team led throughout. But new names were to the fore in the short distance final, with gold going to Marie-Luce Romanens, Switzerland and Yuri Omeltchenko, Ukraine, both taking part in their second World Championships.



Jörgen Mårtensson on the run-in at the classic race photo: Kim Rud

## World Championships Medal Winners 1995

### Classic Distance

<b>MEN</b>			
Gold	Jörgen Mårtensson	SWE	90.19
Silver	Janne Salmi	FIN	92.04
Bronze	Carsten Jørgensen	DEN	93.38
<b>WOMEN</b>			
Gold	Katalin Oláh	HUN	65.50
Silver	Yvette Hague	GBR	68.39
Silver	Eija Koskivaara	FIN	68.39

### Short Distance

<b>MEN</b>			
Gold	Yuri Omeltchenko	UKR	30.25
Silver	Jörgen Mårtensson	SWE	31.31
Bronze	Bjørnar Valstad	NOR	31.36
<b>WOMEN</b>			
Gold	Marie-L. Romanens	SUI	28.55
Silver	Yvette Hague	GBR	29.16
Bronze	Anna Bogren	SWE	29.29
Bronze	Marlena Jansson	SWE	29.29

### Relay

<b>MEN</b>			
Gold	<b>Switzerland</b> (A. Berger, D. Hotz, C. Aebersold, T. Bühner)		214.21
Silver	<b>Finland</b> (K. Parkkinen, R. Mattinen, T. Karppinen, J. Salmi)		215.43
Bronze	<b>Sweden</b> (L. Holmqvist, J. Bircklin, J. Ivarsson, J. Mårtensson)		215.51
<b>WOMEN</b>			
Gold	<b>Finland</b> (K. Tiira, R-M. Kolkkala, E. Koskivaara, A. Viilo)		170.33
Silver	<b>Sweden</b> (A. Granstedt, M. Gustafsson, A. Bogren, M. Jansson)		172.11
Bronze	<b>Czech Republic</b> (P. Novotna, M. Honzova, M. Kubatkova, J. Cieslarova)		173.06

### Medals Tally (Relay = 1)

SWE 6; FIN 4; GBR & SUI 2; CZE, DEN, HUN, NOR and UKR 1.

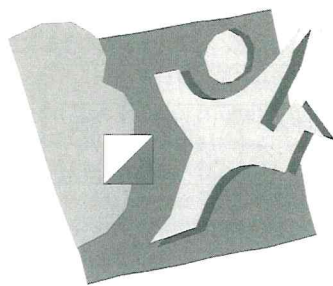
## SUUNTO new official sponsor of IOF

On the first day of the World Championships in Germany a new 2-year sponsorship agreement with Finnish compass manufacturers Suunto was signed by IOF President Sue Harvey and Mirja Salo, Suunto Marketing Director. The deal, worth SEK 400,000 in total, will enable the IOF to carry out the development programme approved by the last Congress and provide more publicity for the sport to assist recruitment.

A press conference was held at the Championships venue to announce the agreement. "We are delighted to establish this partnership with Suunto; both the IOF and Suunto want to see more people out in the forest with their compasses enjoying our healthy, environmentally friendly sport", said Sue Harvey.

More details on page 13





# Quality Orienteering in the Heat

The 1995 WOC was an exhausting affair for the runners, who had to contend with up to 5 races in 6 days in temperatures constantly close to 30 degrees. 'Continental' terrain was expected and provided, but the quality surprised many, especially the area for the short distance final. The Championships passed with no serious

complications and with much praise for the mappers and planners. The new qualification race for the classic final and the differential leg lengths in the relay proved successful innovations.

For spectators - and several nations were well supported - facilities at the qualification sites were cramped but for the finals three fine fields had been found and were well laid out, with seats alongside the run-in and plenty of space in front of the results boards, where finish times were put up speedily. The

150 press representatives had excellent facilities and service throughout the week, including computer displays of the race situation.

The ceremonies and various open meetings were shared between the two towns of Detmold, site of the main Event Centre, and Bad Salzuflen. These proved to be a frustratingly slow 40 minutes' drive apart; concentration of all activities and accommodation in one town would have been far better. Organisationally there were some problems with some

competitors' accommodation and food, signposting, and a shortage of information, both written and from the speaker service, in English.

The Opening Ceremony was missed by many competitors who had earlier in the day qualified for the classic final the following morning; it was surprising that the ceremony was not the day before when there was only the model event.

Overall, the German effort was first class and resulted in a memorable Championships.

## WOC '95 Classic -

### 1991 All Over Again!

In 1991 in the 'continental' terrain of the Czech Republic the classic race gold medals went to Katalin Oláh and Jörgen Mårtensson. Four years later, in somewhat similar terrain, the names at the top are the same.

grew from 3 to 5 with the birth of twins.

#### Challenging Forest

The newly-introduced qualification races produced no real surprises, with all the established stars making it to the final. Mordkuhle, just south-west of Detmold, was the venue for the final, a challenging forest with many steep slopes giving good route choice legs as well as some areas with finer detail. The finish was sited in a sloping field which formed a natural amphitheatre, ideal for spectators. The early controls on the men's course were close to the famous Hermann Monument (see OW 95/4 page 6).

#### Start Order Creates Excitement

The fastest in the qualification races started last in the final, so excitement built up to a peak twice, as the women's and then the men's race reached its climax. At around 12.30 Eija Koskivaara set a new fastest time, and 18 minutes later Yvette Hague sprinted down the run-in to finish in exactly the same time, 68-39. Katalin Oláh, starting 6 minutes after Yvette, was soon announced from the 'pre-warning' with 4 minutes in hand to take the

lead, and her finish time of 65-50 brought wild celebrations along with some nail-biting from the Hungarian supporters as Vroni König and then Marlena Jansson were reported with split times which could threaten the lead. Marlena, last-but-one starter, had everyone's attention as she sprinted in to finish 5 seconds down on the silver medal time.

#### Men's Race

Meanwhile the men's race was looking as though it might be Janne Salmi's. 46th of the 63 starters, his time of 92-04 was

more than 90 seconds better than that of fellow-countryman Timo Karppinen who had held the lead for more than 45 minutes. Radio reports told that only Jörgen Mårtensson, last starter after winning his heat, was making faster progress, with Carsten Jørgensen also a contender for a medal position. And at 1.36 it was Mårtensson who raced joyfully into the finish with a time of 90-19, followed 19 seconds later by Jørgensen, the penultimate starter, to take the bronze, just 1 second faster than Timo Karppinen.



Katalin Oláh - second gold medal  
photo: Kim Rud

Oláh's strength and speed made her a widely-predicted favourite for the gold medal in Germany, and for 35-year-old Mårtensson, in his 10th World Championship, this 7th WOC medal was the deserved result of meticulous preparation over the months before - difficult months in which his family

### FINAL CLASSIC - LEADING RESULTS

**MEN, 16.22 km / 670 m:** 1. Jörgen Mårtensson SWE 90.19, 2. Janne Salmi FIN 92.04, 3. Carsten Jørgensen DEN 93.38, 4. Timo Karppinen FIN 93.39, 5. Tomas Prokes CZE 93.51, 6. Jon Tvedt NOR 93.53, 7. Libor Zřidkavský CZE 94.12, 8. Yuri Omeltchenko UKR 94.20, 9. Vladimir Alexeev RUS 95.10, 10. Sixten Sild EST 95.16, 11. Chris Terkelsen DEN 95.18, 12. Svajunas Ambrazas LTU 95.25, 13. Lars Holmqvist SWE 95.45, 14. Kjetil Bjørlo NOR 96.16, 15. Thomas Bühner SUI 96.20, 16. Torben Skovlyst DEN 96.44, 17. Olivier Coupat FRA 96.50, 18. Vladimir Kozlov RUS 97.20, 19. Petter Thoresen NOR 97.21, 20. Christian Aebersold SUI 97.24, 21. Keijo Parkkinen FIN 98.03, 22. Bjørnar Valstad NOR 98.07, 23. Reijo Mattinen FIN 98.13, 24. Ants Grende LAT 98.15, 25. Martin Sadilek CZE 98.22.

**WOMEN, 9.66 km / 445 m:** 1. Katalin Oláh HUN 65.50, 2= Yvette Hague GBR & Eija Koskivaara FIN 68.39, 4. Marlena Jansson SWE 68.44, 5. Vroni König SUI 69.22, 6. Hanne Sandstad NOR 69.48, 7. Jana Cieslarová CZE 70.09, 8. Marie-Luce Romanens SUI 70.17, 9. Marcela Kubatková CZE 70.43, 10. Frauke Schmitt GER 71.13, 11. Hanne Staff NOR 71.14, 12. Anna Bogren SWE 71.42, 13. Kirsi Tiira FIN 72.58, 14. Gro Sandstad NOR 73.00, 15. Katja Honkala FIN 73.07, 16. Anna Garin ESP 73.11, 17. Marie-Violaine Palcau FRA 73.24, 18. Sabrina Meister-Fesseler SUI 73.26, 19. Anette Granstedt SWE 73.46, 20. Brigitte Wolf SUI 73.52, 21. Tatjana Jaksanova RUS 74.12, 22. Christina Grøndahl DEN 75.24, 23. Natalja Pletnjova RUS 75.56, 24. Maria Gustafsson SWE 76.08, 25. Külli Kaljus EST 76.17.



# Hasenkanzel

Maßstab: 1:15.000

Äquidistanz: 5 m

Stand: Juni 1995

Finale Kurzstrecke

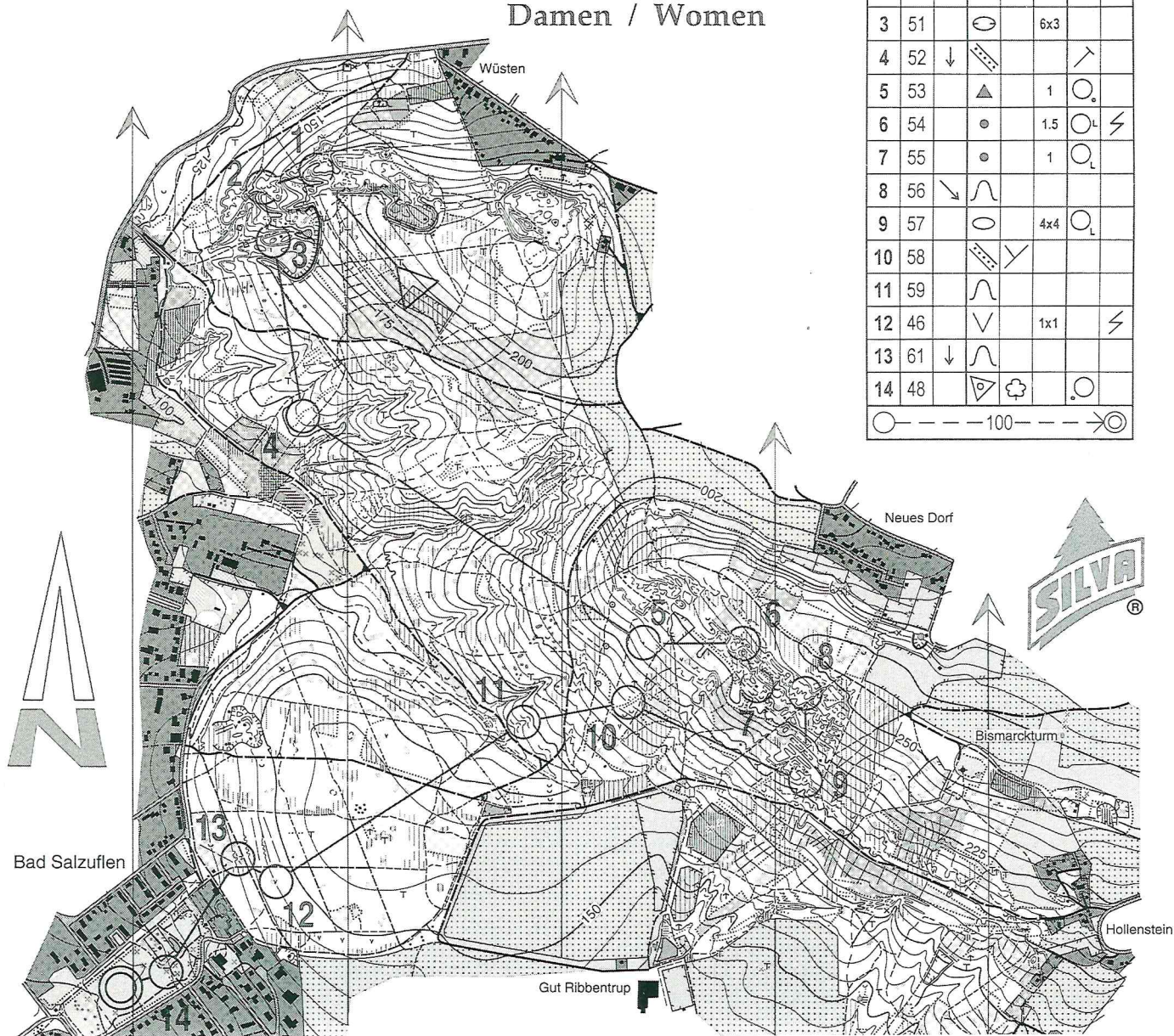
Final Short Distance

18.08.95

Damen / Women

Finale Kurz, 18.08.95				
Damen		4.550		180
▷		↗		↖
1	49	↑	↘	○
2	50	←	↘	4x4
3	51		○	6x3
4	52	↓	↘	↗
5	53	▲		1
6	54	●	1.5	○
7	55	●	1	○
8	56	↘	↘	
9	57	○	4x4	○
10	58	↘	↘	
11	59	↘		
12	46	∇	1x1	↘
13	61	↓	↘	
14	48	↘	○	○

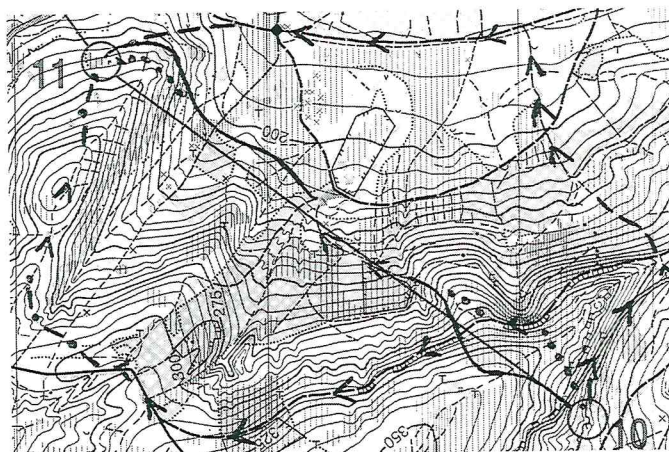
○ — 100 — ○



## Route Choice Riddles

As in the World Cup race in Germany last year, a major key to success in the classic race was choosing the best route on some of the longer legs. Here is one example, taken from information supplied by Eike Bruns in the magazine *WM News*:

**Women's course 10 - 11:** A 1.2 km leg across very hilly country. Katalin Oláh and Eija Koskivaara chose direct routes, Yvette Hague went far to the east and Hanne Sandstad far to the west. Their leg times were nevertheless all within a minute of each other: Oláh 9.54, Koskivaara 9.55, Hague 10.09 and Sandstad 10.46.



———— KATALIN OLÁH

..... EIJJA KOSKIVAARA

----- YVETTE HAGUE

- . - . HANNE SANDSTAD



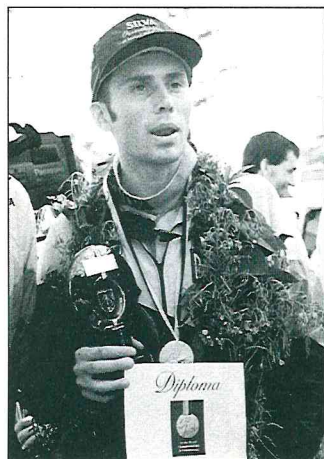
# Outsiders Win Sprint

No-one had predicted that Yuri Omeltchenko, Ukraine, and Marie-Luce Romanens, Switzerland would be wearing the gold medals after the short distance final. The 24-year-old men's winner was a member of the former Soviet Union team in the 1991 World Championships but didn't get a run, and has since been unable to participate in international events because of lack of funds. Here he showed real class by beating the rest of the field by 66 seconds, Jörgen Mårtensson gaining his 8th WOC medal with the silver and the bronze going to Bjørnar Valstad of Norway. Valstad was selected to run only at the last minute - after the start draw had been made - replacing the injured Petter Thoresen.

## Dream Run

For Marie-Luce Romanens, a 22-year-old student of Biology, this win was a dream run. She competed in the 1993 Championships whilst still a junior and finished 19th in the short distance final there; last year she was 16th overall in the World

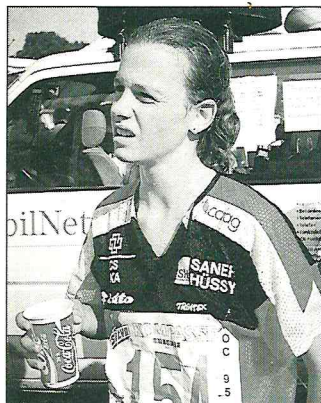
Cup. The women's race reached a fine climax in its final 20 minutes, starting when Frauke Schmitt Gran of Germany came in with a new best time of 29-31. Six minutes later this was bettered by 2 seconds by eventual bronze medallist Marlena Jansson, and just less than 4 minutes later Marie-Luce Romanens finished with 28-55. The next runner to finish was Anna Bogren - the same time as Jansson! There were still 5 runners out in the forest, and Yvette Hague was the strongest of these with 29-16 which secured her second silver medal.



Yuri Omeltchenko photo: Kim Rud

## Technical Area

The competition area, Hasenkanzel on the outskirts of Bad Salzflun, was far more technical than many expected; many an experienced competitor came to grief by running too fast in the most difficult sections. The final 400 metres to the last control and finish were downhill through parkland into an attractive large field with good viewing for spectators.



Marie-Luce Romanens waits at the finish photo: Christer Svensson

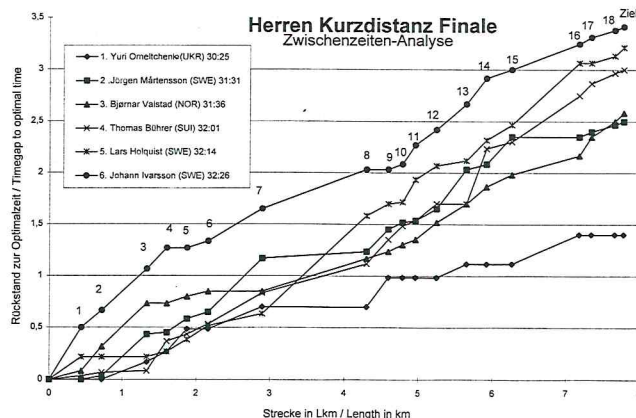
## SHORT DISTANCE FINAL - LEADING RESULTS

**MEN, 5.62 km / 210 m:** 1. Yuri Omeltchenko UKR 30.25, 2. Jörgen Mårtensson SWE 31.31, 3. Bjørnar Valstad NOR 31.36, 4. Thomas Bühner SUI 32.01, 5. Lars Holmqvist SWE 32.14, 6. Johan Ivarsson SWE 32.26, 7. Christoph Plattner SUI 32.40, 8. Alain Berger SUI 32.43, 9. Olivier Coupat FRA 32.52, 10. Ants Grende LAT 33.03, 11. Janne Salmi FIN 33.06, 12. Jon Tvedt NOR 33.08, 13. Tomáš Prokes CZE 33.11, 14= Svajunas Ambrazas LTU & Jozef Pollák SVK 33.20, 16. Vladimir Alexeev RUS 33.27, 17. Thomas Hjerrild DEN 33.30, 18. Steven Hale GBR 33.36, 19. Håvard Tveite NOR 33.37, 20. Sixten Sild EST 33.39, 21. Timo Karppinen FIN 33.48, 22. Gabor Domonyik HUN 33.50, 23. Janusz Porzycz POL 33.59, 24. Jonathan Musgrave GBR 34.03, 25. Rudolf Ropek CZE 34.09.

## Short Distance Race Split-time Analysis

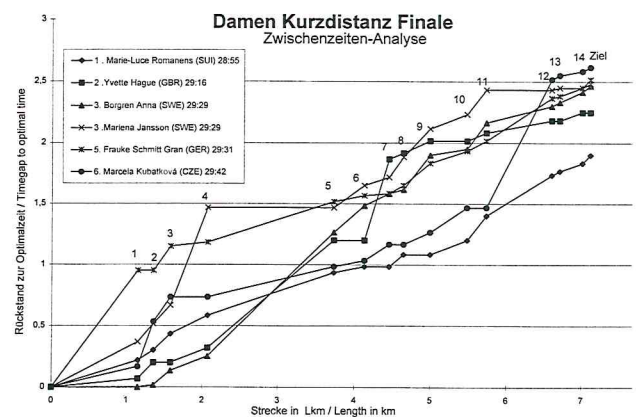
by Björn Stieler, WM News

The diagrams show the split times of the first six runners. The Y-axis shows the time difference between the runner's time and the optimal time - the latter being the sum of all the fastest lap times and lying on the X-axis. The line of the fastest runner between any two controls is horizontal. At the right-hand edge of the graphic you can see the total time difference between a runner and the optimal time.



Yuri Omeltchenko is seen to be nearly 1.5 minutes slower than a fictitious 'optimal' runner, despite being fastest on 12 of the 19 splits. Marie-Luce Romanens on the other hand was fastest on only 2 of the 15 splits, but won with a largely error-free run whilst her nearest challengers all made significant mistakes, some of which cost more than 1 minute in lost time.

Match the graph below with the map on the opposite page to see where her challengers lost the most time.



**WOMEN, 4.55 km / 180 m:** 1. Marie-Luce Romanens SUI 28.55, 2. Yvette Hague GBR 29.16, 3= Anna Bogren SWE & Marlena Jansson SWE 29.29, 5. Frauke Schmitt Gran GER 29.31, 6. Marcela Kubatková CZE 29.42, 7. Hanne Staff NOR 29.45, 8. Irina Mihalko RUS 29.53, 9. Anette Granstedt SWE 29.59, 10. Eija Koskivaara FIN 30.12, 11. Katalin Oláh HUN 30.33, 12. Reeta-Mari Kolkkala FIN 30.34, 13. Ragnhild Bente Andersen NOR 30.45, 14. Vroni König SUI 30.57, 15. Tatjana Jaksanova RUS 31.00, 16. Maria Honzová CZE 31.24, 17. Torunn Fossli Sæthre NOR 31.34, 18. Hanne Sandstad NOR 31.36, 19. Kirsii Tiira FIN 31.49, 20. Katerina Tichá CZE 31.58, 21. Vilma Rudzenskaite LTU 31.59, 22. Katja Honkala FIN 32.18, 23. Gunilla Svärd SWE 32.23, 24. Tania Robinson NZL 32.29, 25= Jana Cieslarová CZE & Katalin Lovasi HUN 32.33.



## WOC RELAY:

# Swiss Bank Gold for Third Successive Time

Swiss horns and cow bells celebrated a third successive men's victory in the World Championships Relay, a remarkable feat. Christian Aebersold and Thomas Bühler have been in the team on all 3 occasions and Alain Berger and Urs Fluhmann twice. Finland were in front throughout the women's relay, the final victory margin being 1m 38s.

### Varied Forest

The forests to the east of Kötterberg, the highest point in Lippe at 500 m above sea level, offered steep slopes with deep gullies and many details, a flat region with wet ditches and marshes and an open, moderately steep beech forest visited only by the men's long courses. Uwe Dresel's courses made good use of the varied area. For the first time in the WOC the relay consisted of 2 shorter legs followed by 2 long legs, result-

ing in contact between runners being maintained to a greater extent and for a longer period than hitherto. Runners faced a 40-45 metre climb from the start and change-over point to the first control, the first 20 metres of it in the spacious finish field which offered spectators a good view of the action from many different vantage points.

### Lead Changes

Switzerland demonstrated their determination to win again as Alain Berger ran up a 47 second lead over the opposition on the first leg. Alistair Landels was second for New Zealand, just ahead of the pack. A race between Reijo Mattinen (Finland) and Jimmy Birklin (Sweden) dominated the second leg with Mattinen leading by just 8 seconds at the end, then after more than 2 minutes' wait the big surprise was the



Victory celebrations for Switzerland: Christian Aebersold, Alain Berger and Thomas Bühler, with Daniel Hotz behind photo: Kim Rud

appearance of Christiano Simoni in 3rd place for Italy, building on a good first leg run from Pier Paolo Corona, with Norway and Switzerland 4th and 5th. Sweden (Johan Ivarsson) and Finland (Timo Karppinen) kept close contact throughout the third leg, but Christian Aebersold was steadily narrowing the gap and at the final changeover Sweden's Jörgen Mårtensson set off with only a 14 second advantage over Thomas Bühler (Switzerland) and Janne Salmi

(Finland). The three stayed very close in the early stages of the leg, but later radio reports told waiting spectators that another Swiss victory was in the making, and it was Bühler who appeared out of the forest first for a victory jog up the run-in with his 3 team-mates. The race for the silver medal was closer, with Salmi 8 seconds in front of Mårtensson on the line. The other 3 places on the prize-giving podium were taken by Norway, Czech Republic and Great Britain.

## Leading in Performance and Price

# New Orienteering Competition Compasses with Turbo 20 Technology

Developed by a champion for champions  
Big RECTA magnifying lens (as DO-865)  
and disc stabilised needle in  
fixed capsule



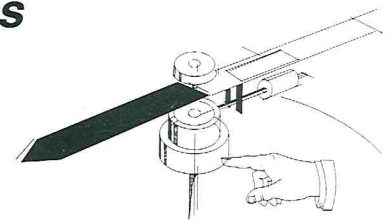
DO-766 (right hand)  
DO-765 (left hand)



Ergonomic design,  
rulers 60x122 mm, set of front  
scales, disc stabilised needle  
for top runners

### Further Turbo 20 models:

DO-555, 131x65 mm, lens 38 mm  
DO-865, 131x65 mm, focus adjusted  
magnifying lens 46 mm



- quick settling time
- super stable needle when running
- tilt compensation of +/- 20° from level
- worldwide inclination compensation





## WOC RELAY:

### Finland Dominates Women's Race

Kirsi Tiira from Finland was just ahead of Vroni König (Switzerland) at the end of the first leg, with Kerstin Hellman running well for Germany to take third position. On the second leg Reeta-Mari Kolkkala stretched the lead to 88 seconds, with the Czech Republic and Sweden a further 2 minutes down. By the end of the third leg, thanks to Eija Koskivaara's continuing good form, the lead was more than 6 minutes, but Marcela Kubatková brought the Czech team ahead of Switzerland with Sweden still 4th. Annika Viilo secured victory for Finland, but thanks to a storming run from Marlena Jansson it was Sweden who took the silver medal with the Czech team getting the bronze. Switzerland finished 4th and Germany a creditable 5th ahead of Norway.



Annika Viilo (452) brings Finland home first, flanked by Eija Koskivaara (l), Reeta-Mari Kolkkala and Kirsi Tiira (r)  
photo: Otta Gavenda

### Veteran World Cup Results

The Russian organisers apologise for the fact that copying difficulties have hindered the prompt sending out of VWC results from Russia. Full VWC results can be viewed on Internet, however.

#### KEEP TRACK OF THE ACTION DOWN UNDER!

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## RELAY RESULTS

**MEN:** 1. Switzerland 3.34.21, 2. Finland 3.35.43, 3. Sweden 3.35.51, 4. Norway 3.38.01, 5. Czech Republic 3.40.21, 6. Great Britain 3.43.33, 7. Denmark 3.43.48, 8. Russia 3.45.02, 9. Latvia 3.45.50, 10. France 3.51.13, 11. Germany 3.52.46, 12. Lithuania 3.53.34, 13. Australia 3.53.38, 14. Poland 3.53.38, 15. Italy 3.53.43, 16. Hungary 3.56.37, 17. Estonia 3.59.54, 18. Austria 4.00.49, 19. Ukraine 4.01.23, 20. New Zealand 4.06.11, 21. Slovakia 4.12.47, 22. Japan 4.22.35, 23. Belgium 4.27.38, 24. Romania 4.33.13, 25. USA 4.46.55, 26. Belorussia 4.57.17, 27. Portugal 5.02.14, 28. Croatia 5.14.13, 29. Slovenia 5.19.14, 30. Spain 5.28.25, 31. Netherlands

5.38.10, 32. Kazakhstan 6.10.47, 33. Rep. of South Africa 6.15.15. Canada and Ireland were disqualified.

**WOMEN:** 1. Finland 2.50.33, 2. Sweden 2.52.11, 3. Czech Republic 2.53.06, 4. Switzerland 2.58.06, 5. Germany 3.01.42, 6. Norway 3.02.22, 7. Hungary 3.03.27, 8. Great Britain 3.06.52, 9. Russia 3.07.02, 10. Denmark 3.10.42, 11. France 3.23.21, 12. Australia 3.23.52, 13. New Zealand 3.30.24, 14. Lithuania 3.40.04, 15. Austria 3.41.31, 16. USA 3.41.45, 17. Latvia 3.49.30, 18. Belgium 4.01.39, 19. Spain 4.04.11, 20. Ireland 4.08.45, 21. Japan 4.23.51, 22. Belorussia 4.26.53. Canada and Portugal were disqualified.

## WOC Snippets

### UKR anthem sung by Coach

The Ukraine national anthem was not available on tape for the short distance prize-giving ceremony, so instead it was sung, in strong voice and with much emotion, by the manager/coach of the Ukrainian team Valeri Glushenko.

### Injury hits past champions

World Champions from 1993 Allan Mogensen and Petter Thoresen were both plagued by injury and performed below their best. Mogensen had Achilles' tendon problems and missed the classic race, whilst Thoresen had to withdraw from the short distance race because of a long-standing hip injury.

### Frauke Schmitt Gran excites home fans

26-year-old Frauke's 5th place in the short distance final, missing bronze by just 2 seconds, was the best German result at a WOC ever. She backed this up with 10th position in the classic final and a fine last-leg run in the relay which gave Germany 5th place. Living in Norway for the past 4 years has helped her training, but has made it impossible to get sponsorship to support her efforts.

### Yugoslavia absent

Sadly, as happened also at the JWOC, Yugoslavia was forced by lack of funds and the political situation to

withdraw from the Championships at the last minute. 38 member nations with 307 competitors took part.

### Historical exhibition

The Centre of Orienteering History in Zlin, Czech Republic, and Roderich Seitz of Germany mounted a large and interesting exhibition in the Event Centre. Features included the history of orienteering in Germany from 1930 to the present day, mapping development since 1948, different forms of orienteering, and displays of O stamps and postcards.

### Popular news booklet

WM News, a 24-page A5 news booklet published on each main race day by the volunteers running the Press Centre, sold 1,000 copies of its last 2 editions.

### Quotable quotes

"I was shocked to hear the winning time of Katalin Oláh ... I didn't think this time would be possible" - Horst Gehrman, classic final course planner, at the press conference. Katalin's reply: "I thought I ran relatively slowly".

"I was a little bit stupid thinking my head was better than my compass, but you know, sometimes the compass is better" - Eija Koskivaara.

"Orienteering is more fun!" - Carsten Jørgensen, when asked why he doesn't prefer the more lucrative athletics after finishing 54th in the World Cross-Country Championships in the spring.



# Björn Kjellström 1910-1995

**B**jörn Kjellström, founder of the enterprise which later became known as SILVA, well-known to orienteers all over the world, died in hospital in Stockholm on 26 August, a fortnight before his 85th anniversary (9 September).

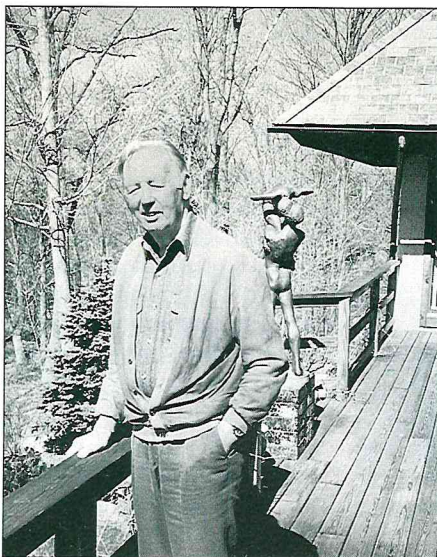
Together with his brothers Arvid and Alvar, Björn became an institution in Swedish orienteering. In the early thirties they constituted an almost invincible relay team in orienteering and ski-orienteering. Björn won the Swedish relay championships in 1935 and 1936, placed third in the 1935 individual champs., and was a member of the Swedish national squad several times; his victories at the local level were legion. However, Björn's interest inclined not so much towards the competitive element as towards two prerequisites of orienteering, the compass and nature itself. The compass shaped his life (his business card said magnetism did), and he was always under the spell of vast orienteering forests. His good hand with nature found its expression in 'landscaping', witness the magnificent ground at peaceful Pound Ridge, one hour's drive from the hustle and bustle of New York City, where he lived for many years until recently.

## Early Business Skills

It is common knowledge that Björn revealed business skills early in life. As a teenager he established himself as seller of ski equipment in his home area (near the location of the present IOF Secretariat, 10 miles north of Stockholm). Using unconventional marketing methods, he phoned neighbours who he thought might go skiing the following weekend, and offered them waxing services. In March 1930, at the age of 19 (!), Björn registered his firm with the trade authorities of Stockholm. He called it Kjellström Bros., thereby taking advantage of the sport fame of the three brothers. The business started on a modest scale, producing simple so-called protractors for map-and-compass use, and selling a special kind of boots for foresters; the office used by Björn during the first years was a flower room (!) in his parents' home.

However, the business soon began to thrive, particularly after Björn started to experiment with liquid dampened compasses, and after joining efforts with a young orienteer, Gunnar Tillander, who had invented an instrument which combined the characteristics of the protractor and the then prevailing type of compass. The SILVA compass conquered the world and is still one of the leading products of its kind, invaluable to many an orienteer.

In 1946 Björn made his first business trip to the USA. He bought a second-hand car and traversed the continent in all directions to investigate the possibility of exporting SILVA compasses. During this maiden trip, but also later, Björn realised that much remained to be done to improve teaching of map and compass skills in the USA. His educational zeal is evident through the whole of his career; he has written several books and produced an abundance of teaching material. For instance, his book together with Stig Hedenström, 'The Sport of Orienteering' (1948), and 'Be Expert with Map and Compass' (1st ed. 1955, more than half a million copies sold!) are both classics.



*Björn Kjellström at home at Pound Ridge, USA at the age of 80 photo: Lennart Levin*

## Important Milestones

Björn's founding of SILVA USA (1946) and SILVA CANADA (1948) became important milestones in his business career. His commitments 'over there' grew, and made settling in the USA a necessity. However, during his many years abroad he has kept in touch with his home country and with SILVA SWEDEN Ltd; an apartment in downtown Stockholm and a summer house in the Stockholm archipelago have facilitated frequent temporary visits. Although he sold out all his shares in SILVA SWEDEN Ltd in 1980, he was in constant contact with the current owner, Mr. Hans-Gunnar Tillander (son of Gunnar, inventor of the modern orienteering compass). Among other things Björn established, within the SILVA premises, a fascinating orienteering museum. One part of it is devoted to the history of the compass, the other to the history of the sport itself. Incidentally, Björn also founded a

similar museum at Brunswick, New Jersey, and had an impressive collection of antique and modern compasses at his home in Pound Ridge.

Although Björn was influential in Swedish sports in his younger days - he was one of the founding fathers of the Swedish Orienteering Federation, and President of the Swedish Ski Federation between 1948-1958 - he came to devote most of his time, knowledge and copious energy to orienteering in the USA. Be it mentioned, perhaps more on the anecdotal side, that he organised the first orienteering event in the USA on 24th November 1946 at Indiana Dunes State Park, near Lake Michigan. Although that little exercise - a patrol event for boy scouts - is not to be compared with an orienteering event in the modern sense of the word, it seems to have contained many ingredients of today's O meets.

## Leading Spirit

Björn was the leading spirit of 'The National Committee for the Sport of Orienteering' headquartered at La Porte. This body issued a newsletter, 'Orienteering', and had the ambition to introduce new educational ideas into the teaching of camping and leisure activities, including map and compass. Moving from the nostalgic forties and fifties into the late sixties - a period when orienteering made a big leap in the USA - we find Björn organising an event at Pound Ridge (20th April 1968). A new three-colour map had been financed by Björn, who also organised instruction sessions in conjunction with the event - no opportunity to spread the gospel was wasted!

In the late sixties Björn was contacted by an officer at the marine base at Quantico, Virginia, who had made his first acquaintance with orienteering during a visit to England. Björn paid several visits to Quantico to instruct officers and men, invited the Head of the Physical Fitness Academy in Quantico to the 1968 World Championships in Sweden and, most importantly, supported the marines in their ambition to form a national orienteering federation (although, in all fairness, he was slightly hesitant about having the military as the focal point of US orienteering).

## In at the Start in USOF

When USOF (the US Orienteering Federation) was founded in August 1971, Björn became a member of its Board of Directors. At the time he was also American contact person with the IOF and a member of the IOF Development Committee (it had a different name in those days). In 1976 Björn invited the committee to the USA and Canada. The members attended an orienteering event in Ohio, paid a visit to the US



Olympic Committee at Colorado Springs, attended the Olympic Games in Montreal, and visited the Philmont Scout Ranch in New Mexico (over the years Björn did a lot to promote orienteering within the scout movement, a separate story in itself).

This gesture, inviting an entire IOF committee to the USA, is significant of Björn's generosity. It started earlier, in the early fifties, when he invited American scout groups to Sweden several times to experience open air activities - including orienteering - meticulously prepared by himself and his brother Alvar. And it lasted, the generosity, as long as Björn himself. Until recently, orienteers of different nationality (in conjunction with the 1993 WOC in USA, the whole Swedish national squad!) have enjoyed Björn's and his wife Kathy's hospitality at Pound Ridge.

### Pins of Honour

When Björn left USOF's Board of Directors in 1980, he was dubbed 'Director Emeritus' in gratitude of his unequalled support for American orienteering. In 1981 he received IOF's bronze pin of honour and on his 80th birthday, 9th September 1990, he was awarded the silver pin (for some reason unknown to the author, the IOF does not possess a gold pin). In 1989 he was awarded the prestigious Paul Petzoldt Award for 'Excellence in Wilderness Education'.

Björn's support of orienteering, Swedish, American and world-wide, has taken many different forms - any attempt at enumerating them would be futile. The financial base of his many donations was created by Björn the successful businessman, but their realisation were the acts of Björn the idealistic orienteer.

Until very recently Björn visited SILVA for discussions of new compass-related ideas - he applied for a patent only two years ago! - or to look after his beloved museum. He often combined those visits with one to the nearby IOF office - precious moments for the Secretary and his co-workers!

The last member of the famous relay team of the mid-thirties has passed the finishing line. The concluding sentence of a chronicle written by an unknown US boy-scout leader after visiting the Kjellström home in the early forties reflects the feelings of those of us who had the privilege of knowing Björn:

"And for each of us the name of a modern Viking ploughing the uncharted seas of international amity and good will, Björn Kjellström, shall remain forever in grateful memory".

**Lennart Levin**

As noted in the report of the IOF Council meeting on page 14, it was suggested at the Presidents' Conference that changes to the IOF Structure were needed to take account of the growing number of disciplines controlled by the IOF. Here, Danish Federation President OVE GASBJERG outlines his Federation's proposals for change

## A New Structure for the IOF

In principle, the Danish Federation (DOF) is in favour of having more O-disciplines recognised and controlled by the IOF. But before we take in more than those we have today - ski-orienteering and trail O - we need to adjust the IOF's structure so that we don't get into endless debate over who makes decisions and where the money comes from. That would sooner or later lead only to division of the IOF.

At present, Congress and Council concern themselves almost exclusively with foot orienteering - almost down to the smallest detail - whereas ski-O and trail O are by and large handled entirely by committees. And it is the differing levels of foot orienteering activity in the member nations which form the basis for the IOF's formula for membership fees.

If we plan to have more disciplines, and maybe even with the current ones, we need a new organisational and financial structure. DOF's proposal is that each discipline is given its own organisational and financial framework, with IOF becoming an umbrella organisation. Each IOF member nation would affiliate with those disciplines which they cover and pay the corresponding fees. Each separate discipline would decide its own membership fee.

IOF's Council would concern itself exclusively with overall planning, research on the effect on the environment of the different forms of orienteering, and contact to international sports organisations and the IOC.

Each discipline would have an organisational framework corresponding to the present IOF structure less its ski-O and trail O committees. In this way, enthusi-

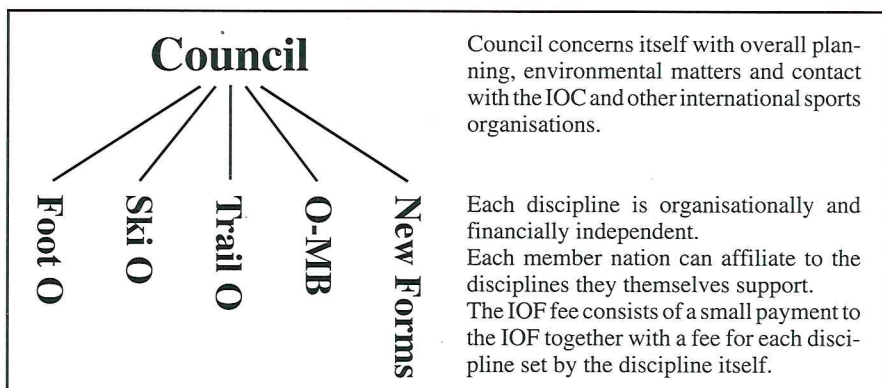
asm for the different disciplines would be maintained. The disciplines would be financially independent; this would mean, for example, that if ski-O becomes accepted into the Olympic programme and gains financial support from the IOC, all the income would go to ski-O. This organisation model will also help if IOF takes on board new disciplines which are already organised, such as rogaining and underwater orienteering, as one can simply take on their existing structure.

Initially one could imagine that some committees, for example Map Committee, could report direct to Council, because they are able to cover all disciplines. But even though they all use maps, the maps gradually become amended to suit the separate disciplines - there are some big differences already between maps for foot-O and ski-O.

The Congress would be divided into a joint session, which deals with matters covered by the Council and the elections to Council, and a session where the separate disciplines have their own agendas. Council would be elected by direct vote of the member nations, each of which has a number of votes according to the number of disciplines it has affiliated to. The disciplines would organise themselves in a corresponding way.

The fee would consist of a small payment for IOF membership and fees for each discipline which are decided by the individual disciplines.

In DOF's opinion, the re-structuring should take place over a 1-2 year period, and therefore also needs to take into account the future IOF Secretariat and whether orienteering on mountain bikes is accepted as a new discipline.





# Simplifying Our Events

A wide spread of medals at a World Championship is usually seen as good from the point of view of the International Federation. It is also fine to see the traditionally strong countries among the leaders because it is normally proof that the courses are testing the traditional orienteering skills and that success results from skill, not luck. By these measures, WOC 95 provided happy results - 8 countries with individual medals with Switzerland and Finland winning the relays.

What I am always conscious of at a major event such as this, however, is the amount of work - mostly from volunteers - that goes into the organisation. The number of people involved is rarely less than 350. Orienteering makes huge demands on organisers. Thanks, therefore, to Mr Zacharias and his team for creating this event for the IOF.

## The 'One-Person Event'

Perhaps it will always be necessary to have a large number of officials at a World Championship. But in the long term, I wonder whether we should be focusing on reducing the number of people necessary to organise an ordinary orienteering event. During the WOC week we saw a first glimpse of the 'one-person event'. Not one competitor, of course, but just one person organising. This was at the Press/IOF race where the Regnly electronic system was in use. There are now a number of electronic punching systems being developed, and for use in international events these are subject to testing and licensing by the IOF to ensure effectiveness and fairness.

## Advantages of Electronic Systems

The advantage of electronic systems over our traditional system of proving you've been to all the controls is that it can lead to electronic tracking, it gets rid of problems of inaccurate punching, and it makes possible immediate results and intermediate times at every control for every competitor. The fascination of electronic gadgetry could also be a useful selling point in the eyes of youngsters of the 90's.

## Organising can be Fun - or an Intolerable Burden

Another important by-product is the possibility of reducing the man-power required to organise an event. We have always had a tradition of making our own events, and it can be fun to do this with a group of friends. But it can also be an intolerable burden, particularly in new countries or for small clubs. Few swimmers help scrub out the pool. Few tennis players have to repair their nets and paint white lines on the court. For some people, the moral obligation to help organise events may well be the cause of their eventually leaving the sport. One-person organisation of the technical side may be a step towards reducing this problem.

## An Unwelcoming Face

In my opinion, this is one of a number of things we should do to simplify our events and simultaneously to make them more varied and more accessible to newcomers. Often orienteering presents a very unwelcoming face to outsiders. If you go to a tennis centre, of course you are expected to know about tennis rackets, balls, changing rooms, rules etc. But at least there would usually be an official to ask. And there might be notices offering coaching.

## Information for Newcomers

We have no permanent orienteering sites, so if we want to provide informa-

tion for newcomers, it is necessary to set up a tent or 'welcome point' each time we have an event. Often there will only be a small number of newcomers, so it is a lot of work for an apparently small return. But it is important, and we should do it because, once having experienced orienteering, people often get the 'bug' and go on for the rest of their lives. We cannot afford to put off potential recruits because they don't know where to start.

This difficulty in starting may throw light on the statistics that show that most people are introduced to orienteering by a friend or relation. Put another way, it is difficult to start orienteering UNLESS a kind friend or relation shows you where and how.

## Keeping in Touch with Our Customers

Welcoming newcomers is all part of marketing our sport. Also part of marketing is keeping in touch with our customers, and events are the main opportunity for those of us who are officials of federations to do just that. To this end, the IOF had a tent at the finals of the events of the WOC this year, and thanks to IOF's new sponsor, Suunto, IOF Council members and Committee Chairmen wore distinctive green shirts and caps to make it easier for anyone to come and meet us. I enjoyed the opportunity to talk with a wide variety of people from a big spread of nations. And I hope that such initiatives will enable IOF to help to spread good ideas, to exchange experience across the world, and further the strong balanced development of orienteering world wide.



Many World Championship spectators came to the IOF tent

photo: Karin Tibbelin



# IOF Seals Sponsorship Deal with Suunto

As announced on page 4, a 2-year sponsorship agreement has recently been concluded between the IOF and Suunto of Finland.

Suunto, the well-known international company, develops, manufactures and markets compasses, diving computers and instruments, and precision instruments for surveying and forestry. The company has long associations with orienteering, having been founded in 1936 by surveying engineer Tuomas Vohlonen, an avid orienteer. Today, export activities account for over 95% of the turnover, with North America and central Europe the main markets.

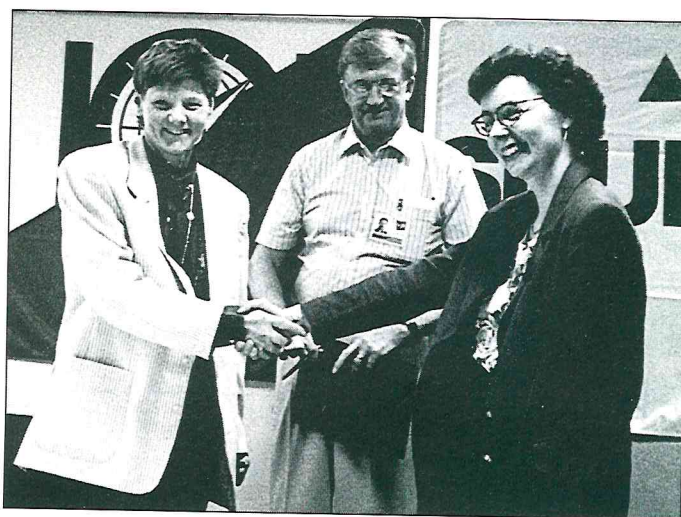
"Worldwide interest in the environment and outdoor recreation has led us to put a lot of effort into developing high quality compasses for the leisure market" says Jorma Kallio, Managing Director of Suunto, "so a partnership with international orienteering is a natural key point in our future strategy.

We look forward to close co-operation with the IOF's own development programme."

Sue Harvey comments: "We are delighted to establish this partnership with Suunto. We have a lot of common goals. Suunto's support will enable us to carry out the development programme approved by our last Congress. We plan to put orienteering on the map, so to

speak, of international sport. This can also help us to achieve programme status for orienteering in the multi-sport Games, including eventually the Olympics."

Suunto is part of the Suunto Corporation, whose business operations are divided into two divisions, the Suunto division and the Electronics division. Suunto Corporation, whose turnover last year was FIM 230 million, employs 370. The company has subsidiaries in the USA, Canada, Germany and France.



IOF President Sue Harvey shakes hands on the deal with Suunto Marketing Director Mirja Salo, watched by IOF Secretary General Lennart Levin  
photo: JCA

## IOF Event Allocations

### Junior WOC

The 1999 Junior World Championships will be held in Bulgaria.

### Veteran World Cup

The Veteran World Cup in 1998 will be held at Novi Bor, Czech Republic, and in 1999 in the Århus, Jutland area of Denmark.

### 1998 World Cup

Organisers for a 3-round series of World Cup events for 1998 have been appointed. The organising countries will be Great Britain and Ireland, Poland and Slovakia, Estonia and Finland. Discussions will be held with the Swedish federation on the possibilities of including the Swedish O-Ringen 5-days as a fourth round in the World Cup (all 5 days counting as one event).

### Ski-O Events

The 1997 World Cup will be held in Sweden, Czech Republic, Austria and Russia. The JWOC in Ski-O in 1998 will take place in Russia.

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Staff: Berit Pehrson, Karin Tibbelin

## IOF COUNCIL 1994-96

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### Events (EC)

### Mapping (MC)

### Ski-Orienteering (SC)

### Technical (TC)

### Trail-O (Trail C)

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EC: Geir Tveit, Norway

MC: Flemming Nørgaard, Denmark

SC: Veli-Markku Kortenienemi,  
Finland

TC: Barry McCrae, Australia

Trail C: Anne Braggins, Gt. Britain

## MEMBER NATIONS (\* - associate members)

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



# IOF Expands its Activities

## IOF COUNCIL REPORT

Much of the IOF Council's meeting at the World Championships venue was taken up with debate on a number of new initiatives, either planned or already under way.

**IOF Elite Events** will become a common feature in 1996 after a successful trial period this year. Unlike other IOF Events, there will be no 'price tag' or levy associated with them. It is anticipated that these high-standard and attractive events will contribute to a more structured elite programme and will assist in getting more media attention for the runners and the sport in general.

**Orienteering on Mountain Bikes** was widely welcomed at the Presidents' Conference, and Council agreed to set up a provisional OMB Committee, prior to a proposal to the 1996 Congress in Israel that OMB

come under the auspices of the IOF. At the same time it was decided to set up a project team consisting of Council members Edmond Széchényi, France, and Åke Jacobson, Sweden, together with John Pearson, Belgium, to consider implications this could have for the IOF Structure; some nations at the Presidents' Conference suggested that each discipline - foot-O, ski-O, trail-O and OMB - be given its own organisational and financial framework, with national federations affiliating to those disciplines which they cover (see page 11).

**A new Marketing Plan for the IOF** is being prepared by Council members Thomas Brogli, Switzerland, and Edmond Széchényi, taking account of the valuable advice given in the recently commissioned report 'Developing Marketing Opportunities for the

IOF' (see OW 95/4). A Project Group to work on further sponsorship support will consist of Secretary General Lennart Levin, Ski-O Chairman Veli-Markku Korteniemi, Finland and Björn Persson, Sweden. Workshops will be planned on media service and communication, with a view to a concerted effort to improve media links world-wide.

The chances of getting orienteering into more **Multi-Sport Games** were debated, and the World Games and Mediterranean Games are seen as the ones most worthwhile to pursue at the present time. Unfortunately there is a total time clash between the 1997 World Games at Lahti, Finland, where the local organisers are keen to include orienteering, and the 1997 World Orienteering Championships in Norway.

**The Olympic Project (Ski-O in the Winter Olympics 2002)** should go a stage further soon when the International Olympic Committee and the Organising Committee in Salt Lake City, USA announce the procedures for reaching decisions on new sports. Meanwhile the Japanese initiative to hold international ski-O competitions in the neighbourhood of the 1998 Games in the week before the Games start is making progress.

Council applauded Technical Committee's decision to form Project Teams on Environmental Good Practice and Fair Play, and expressed gratitude to Yvonne Caspari, Switzerland, for whom this was her last World Championships as Supervisor of Doping procedures. The allocations of a number of IOF Events was decided; these are listed on page 13.

## Technological Attractions

More than 100 orienteers kept out of the sun for one afternoon at the World Championships, preferring instead to attend the IOF High-Tech Group's open meeting at which a number of new developments were presented. Perhaps most interest was centred on new methods of tracking competitors in the forest being developed in Norway and Finland, and this will be the subject of a full article in a forthcoming issue of OW. Other interesting presentations included:

### **GEOVID Field Glasses with Integral Distance Measurement**

Developed in Switzerland and used by map-makers there, the distance of an object being viewed which is between 25 and 1,000 metres away is shown to an accuracy of 1 metre. There is also a built-in electronic compass. A more expensive version also measures vertical elevation and has a computer interface. As long as you know precisely where on the map you are standing, mapping other features which can be seen from this point is speeded up considerably - now there is no need to go there!

Geovid glasses cost about \$5,000; details from Hans Steinegger, tel. +41 42 31 9353 or fax +41 42 32 3625.

### **APOZA Electronic Recording System**

Past IOF President Heinz Tschudin showed an electronic recording system developed in Switzerland a few years ago which is used commercially for data entry work. It is easily adaptable for orienteering; the runner carries a small metal tag which must be touched on the side of a small box at the control. When the touch is made, a small light shows on the box. It is possible to have a radio link interface at any control, and the equipment has a 10-year lifetime. Mass production for orienteering use would be straightforward if enough interest was shown. Further information from Heinz Tschudin, tel. +41 1 830 0049.

### **Integrated Event Software**

Now in version 7.0, Stephan Krämer's event software is in widespread use in Germany, Austria and Switzerland and is available in German or English. The three

programs provide for single-day events, multi-day events (with final day chasing start) and relays, and in addition to covering all administrative requirements they include a course setting module which allows integration of entry and course information and provides for production of a range of outputs including pictorial descriptions.

In the relay program you can define branches and distribute course combinations based on all the common methods, and descriptions can be printed for every single runner. Stephan can be contacted at Brinkmannstr. 21, D-95666 Mitterteich, Germany.

### **Other Presentations**

Other presentations included a program for optimising start times, based on a graphical display of entries for the different classes/courses against time, developed by Björn Heinemann, and the computerised speaker support system produced by Michael Foth for this year's WOC. Finally there was a recommendation given by Hans Steinegger of the best printer to use with OCAD 5: the Epson Stylus Color 720 DPI.



# The Veteran World Cup comes to Murcia

VWC in Murcia will be in Easter week, from 8th to 12th April, and the organisers are preparing for the biggest O-event for veterans yet held. JESUS GONZALEZ GARCIA provides a preview of this big challenge for Spanish orienteering - their first IOF Event.

The city of Murcia is situated in the south east of Spain in the heart of the Segura valley. The foundation of Murcia can be attributed to the wishes of the caliph of Córdoba Abd Al-Rahmán II, who in the year 825 decided to colonise the valley of the River Segura. The Arabs created the structure of social and agricultural life and built a network of irrigation channels which dispersed the water from a dam situated at the river head. In the 13th Century, Murcia was conquered from the Arabs by King Alfonso X the Wise.

## The Nature of the Area

The Murcia region is very dry and most of the forests are coniferous. The forests you will use in VWC 96 are very close to Murcia City and only an hour's drive from La Manga del Mar Menor, a well-known Spanish tourist resort. The region is renowned in Spain for its fruit (pears, lemons, peaches, plums, melons etc.) and very good vegetables. In the week of VWC 96 you will smell the spring in Murcia.



*Spanish orienteer Carlos Sanz in typical Spain pine forest*

## The Terrain

Mediterranean forest (pine trees) with good visibility; not very hilly, but small stones in some places. Fine forests for orienteering, with good runnability and few 'green' areas.

## Holiday and Touring Opportunities

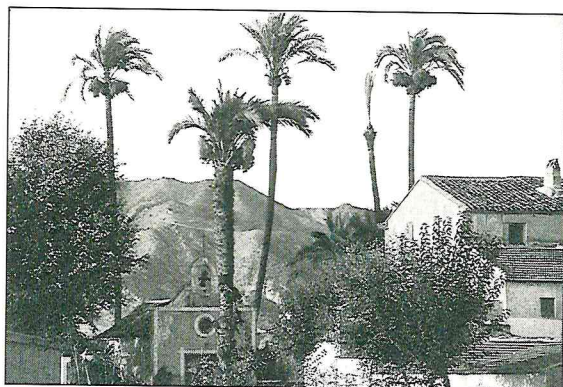
Of course when you say 'Spain' you think of good holiday times, and the organisation of VWC 96 will offer during the same week as the competition the opportunity to visit the Murcia Spring Festival, 'Bando de la Huerta' with a lot of attractions in the streets and cultural and recreational activities.

## The Event Centre

This is situated in Murcia City. The municipal authorities have granted us the use of an excellent base - a huge new 'sport palace'. VWC 96 also has the strong support of the Murcia Regional Authorities (Regional Government).

## Training Opportunities

Extend your holiday! As well as the many tourist attractions in the area, there are 10 maps in the Province of Murcia suitable for training.



*The countryside of Murcia is an attractive mixture of old villages, palm trees, fruit plantations and mountains*

## The Main Organisers

**Andrés G. Lara:** As President of the Regional Federation he is the President of the Organising Committee of VWC 96.

**Pedro Mayol:** One of the 'fathers' of orienteering in Murcia, he is working full-time on VWC and will be trying to ensure that all technical matters are in order.

**Eusebio Garcia:** Now Secretary General of the Spanish Orienteering Federation and working full-time for this big competition on sponsorship and media contacts. Also contact with sport authorities, both regional and national.

**José Aurelio Belmonte:** The man in charge of administration and information systems. He is Vice-President of the Regional O Federation.

**Alfonso Berenguer:** The 'money man': he is the man who always says "we have no money".

## The Course Planner

Martin Kronlund, the father of orienteering in Spain, will take care of the courses. Martin will reach the age of 80 in the same month as VWC 96 is held. He has been living in Spain now for 30 years.



*Murcia's Spring Festival*

All the main orienteering travel firms are organising tours to the Veteran World Cup, with packages which include accommodation and board and entry fees and in some cases a cultural programme too. Accommodation of all kinds is available in Murcia City, in Archena (17 km N. of Murcia) and in La Manga, one hour's drive away beside the Mediterranean. The address for contact is given in the advertisement on the inside back cover.



Excellent weather, good organisation and fine orienteering in varied terrain - and an unusual double triumph

## JWOC '95 MID-JUTLAND, DENMARK

# Double Gold for Grøndahl and Domonyik

**Christina Grøndahl** of Denmark, classic gold medallist from the JWOC in Poland last year, went one better in July by winning both the short distance and classic gold medals in the forests of her home country around Horsens. And by impressive margins too - 61 seconds and 87 seconds respectively. Hungary's **Gabor Domonyik** achieved the same double gold feat, his margins being 44 seconds and 2 minutes 39 seconds. Against strong competition from runners from 32 nations, these were impressive performances indeed.

The many mid- and eastern European runners in the top 20 places was a notable feature of JWOC '95. The Czech Republic won the team competition - the first non-Scandinavian country to do so. Switzerland and Russia also got into the higher placings, with Norway down in 7th position.



*Junior World Championships gold medallists - Christina Grøndahl (Denmark) and Gabor Domonyik (Hungary), and the Danish men's relay team of Troels Nielsen, Mads Ingvarsen and Jesper Damgaard. Top right: flags at the short distance race*  
photos: Kim Rud

## Hectic Short Distance

An attractive if rather cosy finish area beside Vejle Fjord - bathing available just 50 metres from the finish line on a hot and sunny morning - was the scene of some hectic sprints as competitors tried to make up for lost seconds in the forest; competition was extremely keen, with 58 runners within 5 minutes of the winner in the men's race. The area used was varied and quite hilly with a lot of ditches, and with quite high undergrowth in parts after the wet spring.

Gabor Domonyik of Hungary secured the first of his two wins in impressive style with a 44 second advantage over Tomas Zakouril of the Czech Republic, Michael Mamleev of Russia taking the bronze medal. Denmark's Christina Grøndahl, a favourite for the gold medal position, proved her coolness under pressure to win comfortably after being caught up by the next starter early in her race. Karin Schmalfeld (Germany) was the surprise winner of the silver medal, and two bronze medals were needed with Tiina Jukkola



(Finland) and Iva Navratilova (Czech Republic) tying for third place.

## Tough Classic Race

There was no lack of hills in the classic race area, previously unused for orienteering. The often steep terrain and another hot day tested the fitness of the runners, and some good route choice legs and a delightful finish arena all made for an excellent competition. The same names came to the fore as in the short distance race, and at the end of the day it was again Gabor Domonyik and Christina Grøndahl at the head of the results lists. Michael Mamleev also picked up his second medal - silver this time - whilst the men's bronze went to Jani Lakenen of Finland. The women's silver and bronze medals both went to Czech runners - Lenka Cechova and Katerina Miksova.

Unluckiest competitor was Tom Quayle (Australia); fourth in the classic race in the 1994 JWOC, he held third place here for a long period and was finally beaten by 2 seconds by Jani Lakenen who was next-to-last starter.

## Home Win in Relay

Rye Sønderskov, used for the 1974 World Championships, was the venue for the relay. The women's race was dominated by the Czech Republic, whose two teams held first and second places after Poland had taken an early lead. Sadly, the team finishing second (by just 8 seconds) had to go without medals or prizes - the rules state that only the first team to finish from each nation counts in the results. Sweden and Switzerland took silver and bronze. The men's race was an exciting contest between Denmark, Finland and Hungary, with Denmark finally emerging the winners, to the joy of the home crowd, after Denmark's Troels Nielsen had been caught up by Gabor Domonyik half-way through the last leg. Hungary finished 38 seconds down with Finland a further 6 seconds behind.



## Keep it simple!

IOF President Sue Harvey spent three days at the event, and during her stay held a meeting with team leaders to hear their views on the format of the event. She heard that almost all nations preferred that competitors should stay in the same place at modest cost; in Horsens a well-equipped and spacious school, with bunk beds and mattresses in the classrooms, proved ideal for this purpose. One widespread complaint about the present rules was the restriction to 3 team leaders only; all nations strongly recommended that it should be possible to enter up to 4 leaders so that a specialist (doctor or physiotherapist) could be included.

## Short distance - qualification race needed?

This year there was a start interval of 1 minute in the short distance, and no qualification race. This proved to be a successful formula and there was not too much 'bunching'. One team leader commented that this arrangement was ideal if the map and courses are good and the area suitable for short distance as he saw it - fast and not too technical. Some nations felt that the need for a qualification race was dependent on the nature of the area being used.

## Good youth policy brings success

The relative success being enjoyed by some mid- and eastern European countries in attracting young people to mainstream orienteering is certainly showing up in the JWOC results - at least when 'continental' terrain is in use. This year 15 nations in all had a representative in the top 20 finishers in the individual races. A record 32 nations took part; unfortunately Yugoslavia's team was withdrawn at the last minute because agreed funding failed to materialise. Three runners - Michael Smith of Canada, Eirik

W. Moe of the USA and Richard Bolt of New Zealand - were sole representatives of their nations.

## Tears as well as cheers

The relay brought tears as well as cheers in the Czech Republic camp when their two women's teams finished 8 seconds apart in the top two places. Three girls left with nothing to show for their efforts, the other three with gold medals and prizes. Finland 1 also missed out on prizes in the men's race. The rules allow two teams per nation to run but only the faster to count in the results - this compromise between the emphasis on competition between nations and the wish that everyone should have a competitive run is clearly not an entirely happy one.

## Horsens do it all

The organising club, Horsens OK, kept costs down by undertaking a massive voluntary effort, including setting up 300 beds, serving all the food (and preparing much of it too) and providing the labour and expertise for the three days of competition and most of the administrative tasks. This impressive contribution was much appreciated by participants and resulted in a happy atmosphere throughout.

## Leg analysis graphs

The day after the short distance races, computer-generated graphs were available to all nations showing the performance of their runners, leg by leg, compared to the winner. They showed that winner Gabor Domonyik was more than 1 minute quicker than all his 5 nearest rivals between controls 1 and 3, but bronze medallist Michael Mamleev had made up the deficit and gained 40 seconds on Gabor by control 5 before losing a further minute between controls 8 and 10 (see below).

## JWOC Leading Results

### Team Results:

1. Czech Republic 148
2. Finland 157
3. Switzerland 231
4. Sweden 254
5. Russia 264
6. Denmark 291
7. Norway 407, 8. Hungary 426, 9. Australia 513, 10. Great Britain 539, 11. Germany 589, 12. Poland 664, 13. Italy 727, 14. Romania 744, 15. Estonia 994, 16. Ukraine 1058, 17. Belgium 1092, 18. Japan 1400. 32 nations were represented in all.

### Short Distance:

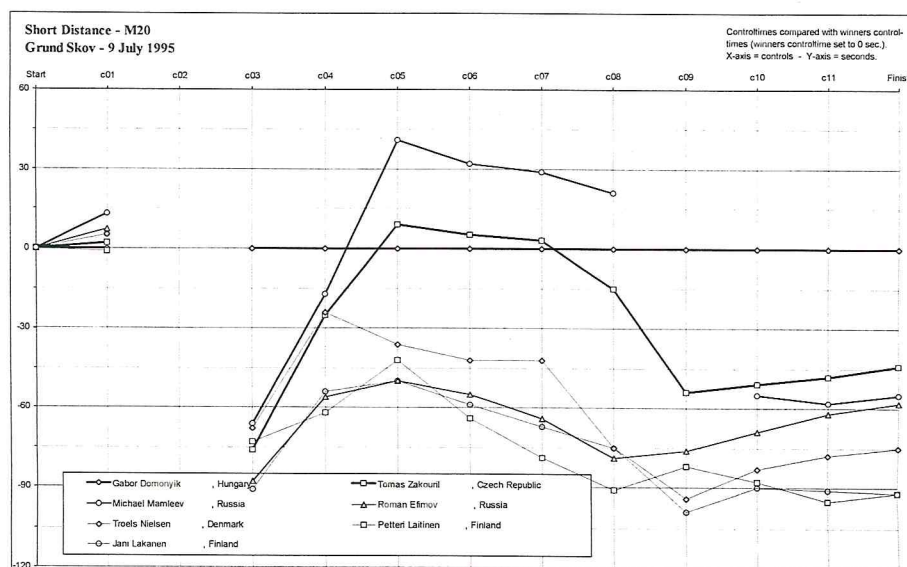
**MEN:** 1. Gabor Domonyik HUN 25.50, 2. Tomas Zakouril CZE 26.34, 3. Michael Mamleev RUS 26.45, 4. Roman Efimov RUS 26.48, 5. Troels Nielsen DEN 27.05, 6= Jani Lakanen FIN & Petteri Laitinen FIN 27.22, 8. Jørgen Rostrup NOR 27.38, 9. Lubos Mateju CZE 27.39, 10. David Farkas HUN 27.49. **WOMEN:** 1. Christina Grøndahl DEN 24.47, 2. Karin Schmalfeld GER 25.48, 3= Iva Navratilova CZE & Tiina Jukkola FIN 26.50, 5. Zsuzsa Fey ROM 27.14, 6. Annika Björk SWE 27.40, 7. Sabine Gilgien SUI 27.50, 8. Aneta Jablonska POL 27.51, 9. Paula Haapakoski FIN 28.27, 10. Eva Jurenikova CZE 28.39.

### Classic race:

**MEN - 11.5km:** 1. Gabor Domonyik HUN 70.02, 2. Michael Mamleev RUS 72.41, 3. Jani Lakanen FIN 73.04, 4. Tom Quayle AUS 73.06, 5. Tomas Zakouril CZE 73.14, 6. Evgueni Fadeev RUS 73.46, 7. Kalle Dahlin SWE 74.24, 8. Igor Klimov RUS 74.32, 9. Kolos Vajda HUN 74.41, 10. Juha Peltola FIN 75.12. **WOMEN - 7.8km:** 1. Christina Grøndahl DEN 60.24, 2. Lenka Cechova CZE 61.51, 3. Katerina Miksova CZE 62.37, 4. Enikő Fey ROM 63.18, 5. Ewa Kozłowska POL 63.49, 6. Annika Björk SWE 63.52, 7. Ragnhild Myrvold NOR 64.13, 8. Paula Haapakoski FIN 64.29, 9. Katerina Pracna CZE 64.55, 10. Eva Jurenikova CZE 65.34.

### Relay:

**MEN:** 1. Denmark 1 (Jesper Damgaard, Mads Ingvarlsen, Troels Nielsen), 2.17.23, 2. Hungary 1, 2.18.01, 3. Finland 2, 2.18.07, (Finland 1, 2.21.19), 4. Great Britain 1, 2.21.58, 5. Switzerland 2, 2.24.26, 6. Sweden 1, 2.24.32, 7. Czech Republic 1, 2.24.46, 8. Russia 1, 2.24.50, (Switzerland 1 2.28.40), 9. Australia 1, 2.29.24, 10. France 1, 2.29.29. **WOMEN:** 1. Czech Republic 2, 1.50.20 (Czech Republic 1, 1.50.28), 2. Sweden 1, 1.53.10, 3. Switzerland 2, 1.54.45, 4. Finland 1, 1.55.03, 5. Romania 1, 1.59.48, (Switzerland 1, 2.00.14), 6. Denmark 1, 2.02.43, 7. Poland 1, 2.03.18, 8. Germany 1, 2.04.01, 9. Norway 1, 2.06.59, 10. Hungary 1, 2.10.42.





# Running Economy - an Important Factor in Orienteering?

by OLLI-PEKKA KÄRKKÄINEN, Danish National Coach and  
EINO HAVAS, LIKES Research Centre, Finland

The movements of most animals are extremely smooth and effective - they are well trained through their daily activities. The human race has, however, always been superior to other animals. Slow individuals among animals do not survive, but humans do not need to use their physical abilities to stay alive. We claim that the variation in strength, speed and endurance in a random group of people is larger than among a group of other animals. We humans have, over thousands of years, more or less lost a part of our natural physical talent! Top sport is an area where we try to get close to our physiological limits. One important determinant is the efficiency of muscle work; the economy in our movements.

The XVI World Championships showed up very clearly the trends in our sport. There is no place for big mistakes and very fast runners take the WOC medals - especially when the competition is arranged in 'continental' terrain! Most of the top names in this year's WOC have produced very good performances in level running - cross country, road and track - as well.

We need lots of training and talent to achieve the ultimate sport results, but do there exist some other factors which affect running capacity at top level? Training background or pure physical fitness cannot alone explain the differences in the running capacities of individuals. Physiological working capacity on a treadmill, for instance, does not correlate with forest running capacity either.

The answer could be performance economy. Top runners have very much the same capacity in their human 'motor', but their efficiency/economy may be different with resulting variations in forest running speed.

## What is Running Economy?

Efficient utilization of available energy is a prerequisite for the optimum performance in any endurance sport. The chemical energy for muscle contractions should be transmitted to mechanical work - in orienteering, this means effective and fast running forward.

Running capacity in forest running can be defined as the combination of:



*Katalin Olah, Hungary, recently won her second individual classic WOC title in fast terrain. She has also achieved many good results on road and track - and clearly has a good 'running economy'. photo: Kim Rud*

- \* energy production for muscle contractions ('motor')
- \* muscle work for moving ahead ('transmission') and
- \* some connected psychological factors such as motivation/will, tactics, courage.

Running economy has traditionally been assessed with measurements of oxygen consumption, metabolic parameters (e.g. blood lactate) or heart rate comparisons (2). Recently, some results from direct muscle activity measurements have been published (1).

The human body is a complex machine which can convert 10-20% of the chemical energy produced into movement forward. The major part of the chemical energy produced is always liberated as heat. It is very difficult to see 'from outside' how good an athlete's running economy is. Experienced coaches have tried to estimate running economy by observing an athlete's running style, but almost no cor-

relation with real energy consumption can be found.

Running economy is probably connected with some anthropometric factors - 'genetic talent' in other words. Small improvements in running economy/running style can be achieved successfully, however - the four times double Olympic champion Lasse Viren is a good example of this!

## Some Observations on Running Economy

Some general characteristics of an economical running style are:

- \* Small body movements in vertical and lateral directions;
- \* stride contact should start under the body (centre of gravity) without slowing the running pace;
- \* at the beginning of stride contact the leg-ground angle should be about 90 degrees;
- \* when getting tired and in uphill running the stride frequency should be increased instead of taking longer strides;
- \* the pelvis should 'lead the running' - it should be kept 'up and in front';
- \* running should be generally rhythmical with effective arm movements;
- \* the leg muscles should act in a precise order and produce a whip-like push to the body.

Most research reports show clearly that forest running is a specific type of running, and that is why special training is needed. Muscle work load in the lower limbs and lower body muscles is remarkably higher in forest running than in level running, which points to the importance of some extra strength training. The muscle recruitment model (i.e. the order of activation of different muscles) varies constantly, step after step.

## Some Questions for Orienteering Coaches and Trainers

Consider always: what are the major factors limiting the athletes' physical capacity? Running economy could be one special area for improving the results. But first, evaluate the 'performance ensemble', for example as follows:

- \* How much can be done to improve running economy?
- \* What type of training will be most effective in improving it?
- \* How much change in running economy can be expected with optimum training?
- \* Is the training generally relevant, in the light of the demands of forthcoming competitions?
- \* Should there be some individual training of weak points?



Be open to change, but do not forget the importance of daily, hard training over a long period! When once upon a time a turtle lost a sprint race with a rabbit, it came to the following conclusion about its future training: "My aerodynamics are OK, so there must be something wrong with my running economy. More stretching and massage!"

#### References:

- (1) Havas E and Kärkkäinen O-P (1995): The effects of running speed and surface on muscle activity - a field study in orienteering. XV Congress of the International Society of Biomechanics, Jyväskylä, Finland.
- (2) Jensen K, Franch J, Kärkkäinen O-P and Madsen K (1994): Field measurements of oxygen uptake in elite orienteers during cross-country running using telemetry. *Scand J Med Sci Sports* 4: 234-238.

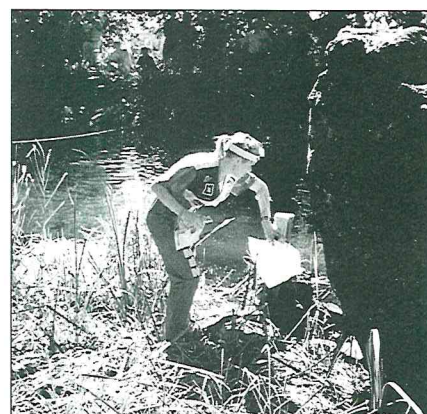
### Special Notice - The 1996 Ski-O World Championships

The Organisers announce that they intend to use the TRIPLE START in the Men's Class and the DOUBLE START in the Women's Class in the 1996 Ski-O WOC in Lillehammer, Norway, in the same manner as in the pre-WOC event (1995 World Cup race 4). The arrangements for this will be made on the occasion of the International Controller's visit this autumn.

## Park Orienteering Series Planned for 1996

Report and photos by CHRISTER SVENSSON

A new and exciting form of short distance event in the outskirts of a town, especially suitable for TV and spectators, has been tried earlier this year in Vasa, Finland and more recently in Laxå, Sweden. The Laxå Mästermöte on 5th August used a 1:5,000 map; the men's course of 3.7 km with 17 controls had 21 invited elite runners from 7 nations and was won by Jörgen Mårtensson in 16.41. The women had 15 controls in 3.1 km, and Norway's Hanne Staff was winner. Runners had to cross a deep river between the next-last and last controls. Timed to coincide with the town's festival, the race attracted an estimated 5,000 spectators, and a large screen in the town square showed the progress of the runners at each control.



*Anna Garin at the penultimate control*

At the press conference Ola Gustavsson (Sweden) and Erik Unaas (Norway) announced plans for a Park Orienteering Cup for the world's elite to start in 1996. TV coverage and inclusion in the Scandinavian national computer-based betting systems is hoped for. Three rounds are planned: 2 May in Laxå, just before Tiomila; 6 June in Vasa just before the Jukola relay; finally in Grimstad, Norway in conjunction with the Eurometing in October. If it is successful, expansion of the series outside Scandinavia is envisaged, with the 1997 final possibly held in conjunction with the annual Venice city event in November.



*Bjørnar Valstad, Norway, in the river*

## Jörgen Olsson's O-Ringen



Jörgen Olsson, a member of the Skåne club Pan-Kristianstad, was a convincing winner of the H21E class at this year's Swedish 5-Days ahead of Michael Wehlin and Carsten

Jørgensen. Finland's Eija Koskivaara overtook home runner Katarina Borg on the final day to win D21E. The event attracted over 15,000 competitors including more than 60 in the Trail O classes, and provided a different kind of terrain each day in the often quite hilly forests around Hässleholm in Skåne, S. Sweden.

The 'O-Ringen City' with its own shops and entertainment was also handy for the town, and in the settled hot weather conditions life on the huge campsite was most enjoyable. Foreign winners included Australians Jo Allison (D20A) and Grant Bluett (H21AK). Unfortunately 91-year-old Bertil Nordenfelt, grand master of Swedish orienteering, was forced to retire on the first day with a back injury.

There was a large attendance at the annual O-Ringen/IOF Clinics (Running, Development and Trail O) which are held over a 9-day period including the 5-Days. The venue, an agricultural college, was ideal

and the clinics were well coordinated by Britt-Mari and P-O Bengtsson. This year's Development Clinic, led by Australian John Brock, focused on Media Coverage and Sponsorship.



*As usual there were many foreign visitors to the O-Ringen. A group of Japanese orienteers attending the clinics found a prime site each day to display and sell maps from Japan photos: Christer Svensson*



TOM HERREMANS, a young Belgian elite orienteer, has just spent a year studying in Costa Rica, one of the several small countries in the narrow strip of land linking northern and southern America. He was surprised to find orienteering already known in the country, and has been helping with its further development. Here he describes some of his experiences.

## Costa Rica - 'the Switzerland of Central America'



These pictures were taken at the Costa Rican University Championships held on 7th May. The Organiser, Marcos Rojas, the physical education teacher of the ITCR (technological university of Costa Rica) who brought orienteering to Costa Rica many years ago, set up 4 courses. The location was the campus of the university in Cartago, a city about 25 km from the capital San José.

A 4-colour map was used and on the 6 km A-course runners passed buildings, fields, bamboo plantations and rain forest - all on slightly hilly terrain. The winner of the A-course finished in 34 minutes and this at a temperature of 27 Celsius!

The whole organisation was very good. At the start runners had to mark the control points on the map themselves, and this as fast as possible as it was included in their final time. The course setting did have some

typical flaws such as dog legs - but these are good lessons for the future! It was all 'real', thanks to the Silva controls and punches sent to us.

After the race there was a short prizegiving for the best of the 25 participants. This is not many, but it is a good start; almost every runner enjoyed orienteering and asked about other events in the future - even the 2 girls who got lost and were in the forest for 2 hours!

All this was possible thanks to the hard work of Marcos Rojas and his colleagues. And of course thanks to the IOF, Eusebio Garcia from Spain and my father Jan Herremans who all gave support by sending materials like controls, maps, compasses, a video and books.

We have been busy making an IOF-norm map of the campus. There are also some courses now with permanent controls in the whole campus. Schools,



groups etc. can come free to the university to get some lessons in orienteering: they can watch a film in Spanish and look at some books and then try it for real! For me this is a perfect base to start orienteering.

To finish I would like to give you some information about Costa Rica. This country (50,000 sq km) has 3 million inhabitants and is called 'the

Switzerland of Central America' thanks to its beauty and peaceful life (democracy, no army ...). 25% of the country is protected natural area. Here you can find 'paradise' beaches, tropical animals, wild rivers and rain forests. I've seen monkeys, snakes, crocodiles, turtles, scorpions ... To be brief, it's just wonderful - I can even say I felt in love with Costa Rica ('n girls also).



### WOC 95 - FREE extra magazine

With Britain still celebrating Yvette Hague's two silver medals, a free 16-page WOC95 magazine is being sent with the regular October issue of *CompassSport*. Maps, photos, results with control splits, comment and analysis.

### Holiday 96 - the BEST Where-to-go Guide for 1996

Our Holiday 96 preview will be sent with our December edition. All major multi-day and holiday events around the world will be listed with our recommendations. A range of articles, photos and maps will help our readers decide where to go in 1996. Editorial contributions from international organisers (or competitors) welcome. Advertising space available. Deadline 6 November 1995.

### CompassSport - Around the World

*CompassSport* is Britain's national O-mag, but there are subscribers in more than 30 countries. It is the largest circulation English-language O-mag.

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# A Historic Excursion at the 1995 WOC

described by LENNART LEVIN

The 1995 World Championships in orienteering, reviewed elsewhere in this issue of *OW*, were magnificently staged in the Lippe region, Nordrhein-Westfalen, Germany. I hope it is not too heretic to point out that there were those who argued that the events should have been held elsewhere in Nordrhein-Westfalen, namely in the forests surrounding the city of Arnsberg. In fact Arnsberg, situated some 120 km south-west of Detmold, the 1995 WOC headquarters, was one of the regional applicants five years ago when Germany was awarded the event.

Those in favour of Arnsberg thought it appropriate to return to the venue of the first ever orienteering event, in the modern sense of the word, organised in Germany (then West Germany). This had been done in 1958, at Arnsberg, by a bunch of Swedes eager to spread orienteering outside the Nordic countries.

Please allow me to make a little detour. Unaware of this historic fact, I met one of those early orienteering missionaries, Gunvald Håkanson, now in his late seventies, at a meeting for Nordic sport leaders some months ago. Gunvald, instigator of the Swedish fell-orienteering in 1942, first Editor of the Swedish *O* magazine *Skogssport* from 1947 onwards for many years, also a main figure within the sports of skating and canoeing nationally and internationally, got interested when I informed him that this year's WOC were to be held in Germany, the Lippe region, and decided to attend - for sentimental reasons, one might add.

## A Small Delegation

Being a man of action, Gunvald wrote to the city of Arnsberg, asking whether a small delegation representing *anno dazumal* might pay a visit for brief discussions of orienteering in the past and present (read: 1958 and 1995). In order to render his petition a bit more formal, he shrewdly referred to the IOF, and its Secretary as a member of the delegation. Gunvald received a most generous answer from the city authorities who wished 4 persons welcome.

So on 16th August, immediately after the classic event, the Swedish national anthem just concluded in confirmation of Jörgen Mårtensson's victory, our delegation of four hastily left on our historic excursion. Two Swedish ladies had agreed to join us, Inga Löwdin, first IOF Secre-

tary General (1961-1975), and Evy Garsell, twice Nordic champion in the 1960's.

We were graciously received by the city of Arnsberg and its Mayor, Mr. Alex Paust. Agreeable ingredients of the visit were: a discussion commemorating the 1958 event; reporting the latest news from the day's WOC classic; exchange of gifts; a pleasant stroll through the old city, not least to the charming square which had served as finish for the 1958 race, and to a nearby hill on the outskirts of the city, site of the last control 37 years ago; a delicious dinner hosted by the Mayor. Mr. Paust said, without bitterness, that Arnsberg would have been well suited to host the 1995 WOC, not least because the surrounding huge forests are 90% state owned, implying no problems of access. All in all, a most pleasant historic trip, thanks to Gunvald's vigilant initiative, and thanks to the generosity of the city of Arnsberg! The only snag was that darkness prevented us, on our return trip, from visiting the start of the 1958 event, posed on top of the so-called Möhnetsperre, with a magnificent view over Lake Möhnersee and the forest.

straightforward, open-minded, no beating about the bush), a good orienteer himself, was obsessed by the idea of spreading orienteering internationally. Arnsberg became his first project, meticulously prepared. He wrote around 150 letters to German sport institutions and individuals over a couple of years, and undertook reconnaissance trips (together with Gunvald) where German authorities were approached. One problem, worthy of note in retrospect, was the fact that map and compass had the smack of military exercise (Herr Hitler had considered orienteering suitable for the young); 'Rak' had to exercise all his diplomacy to cope with this sensitive matter, and to explain the true nature and purpose of orienteering.

He succeeded, witness the Arnsberg success. The city contributed 25 persons to support 'Rak' in organising the event, and local families hosted the 24 Swedish orienteers who went there to compete, thereby demonstrating the sport at its highest level. The 14.5 km race took place on the 4th August and a crowd of around 2,000 cheered the runners at the finish in the old



The Mayor of Arnsberg, Mr. Alex Paust (left), welcomes the visitors, l to r: Inga Löwdin, Lennart Levin, Evy Garsell and Gunvald Håkanson  
photo: Jochem Wolthuis, courtesy Arnsberger Rundschau

## Baron 'Rak' Lagerfelt

The 1958 pioneering event deserves a few concluding remarks. According to Gunvald, the main figure behind it was not himself but Baron Gösta Lagerfelt, a Swedish aristocrat and orienteer who acted as a kind of freelance leader (not particularly well regarded by the Swedish Orienteering Federation...), taking groups of orienteers abroad to introduce our sport. Gösta, nicknamed 'Rak' (= straight, i.e.

city square. The previous day a shorter race had been organised for interested Germans.

As a result of the event, orienteering seems to have caught on in the Arnsberg region, and a club-house was built. Quite another story is 'Rak' Lagerfelt's similar historic journeys, bringing with him crowds of orienteers, to stage the first orienteering events in England (1959), Scotland (1962), Belgium (1964) and France (1965).



### “Valleys” Event in Slovenia

There are not many orienteering competitions in Slovenia with strong and numerous international participation. But Slovenian orienteers are trying hard to change that.

One of the attempts to organise a strong international competition in the 1996 season is the “3-VALLEYS” race, which will be organised from 26th to 28th April 1996 in the surroundings of the town Slovenj Gradec in the northern part of the country. So if you would like to get to know a small alpine country in the middle of Europe and also try some orienteering there, this is an ideal opportunity for you.

For more information on the competition, contact: OK Slovenj Gradec, Tomsiceva 72, 62380 Slovenj Gradec, Slovenia.

*Uros Petrovic*

### MAJOR EVENTS IN 1996

The December issue of *Orienteering World* will include a special feature giving contact details and additional information on the major events - the World Cup, IOF Elite Events and other multi- and single-day events designed to attract international participation - in the 1996 orienteering calendar. For those readers already looking ahead with holiday planning for next year, here are the dates and venues of some of the main multi-day open events:

#### JANUARY

6-11 Australian 5-Days, Ballarat, Victoria

#### FEBRUARY

17-18 'Playas de Cartaya' International, Huelva, Spain

#### MARCH

2-3 Mafra O-meeting, Portugal

15-17 Spring Cup '96, Hillerød, Denmark

#### APRIL

5-8 New Zealand Championships, Egmont

6-8 Jan Kjellström Trophy, Cleveland, N.E. England

8-12 Veteran World Cup & VIII Costa Calida,  
Murcia, Spain

#### MAY

4, 5 Tiomila, Sweden

17-19 24-Stunden OL, Germany

25-27 3-Tage OL, Simmerath, Germany

#### JUNE

15, 16 Venla & Jukola Relays, Finland

21-23 Shamrock O-Ringen, S.W. Ireland

#### JULY

7-13 Sørlandsgaloppen, S. Norway

8-13 International 5-Tage OL, Wiener Neustadt, Austria

9-13 FIN 5, Finland

19-21 Jysk 3-Days, Århus, Denmark

22-26 O-Ringen 5-Days, Värmland, Sweden

#### AUGUST

3-10 Swiss O-Week, Brunnen, Switzerland

4-10 Croeso '96, mid-Wales

16-18 3-Daagse van Vlaanderen, Belgium

17-25 1996 American O Roundup, Harriman State Park,  
New York State, USA

## INTERNATIONAL FIXTURES LIST

This list includes all open events in the 1995 IOF Calendar after 25th September. 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. 21/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.

#### 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

**Mafra O-meeting, Lisbon, Portugal (22/10) I/R**

Amigos Atletismo de Mafra, Rua Bombeiros Voluntarios, Lote B, P-2640 Mafra, 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 Tiyuguan Road, Beijing, 100763 China +86 1 751 313

26-30

**Sylvester 5-Days, Leopoldsburg, 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

#### JAN

6-11

**Australian International 5-Days, Ballarat, Victoria 5I**

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

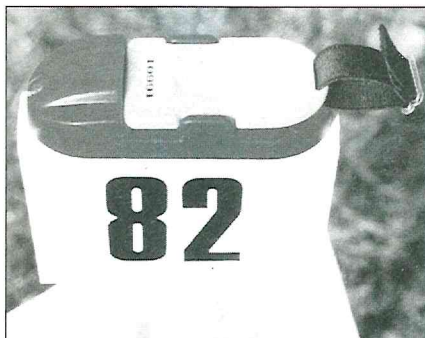


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