

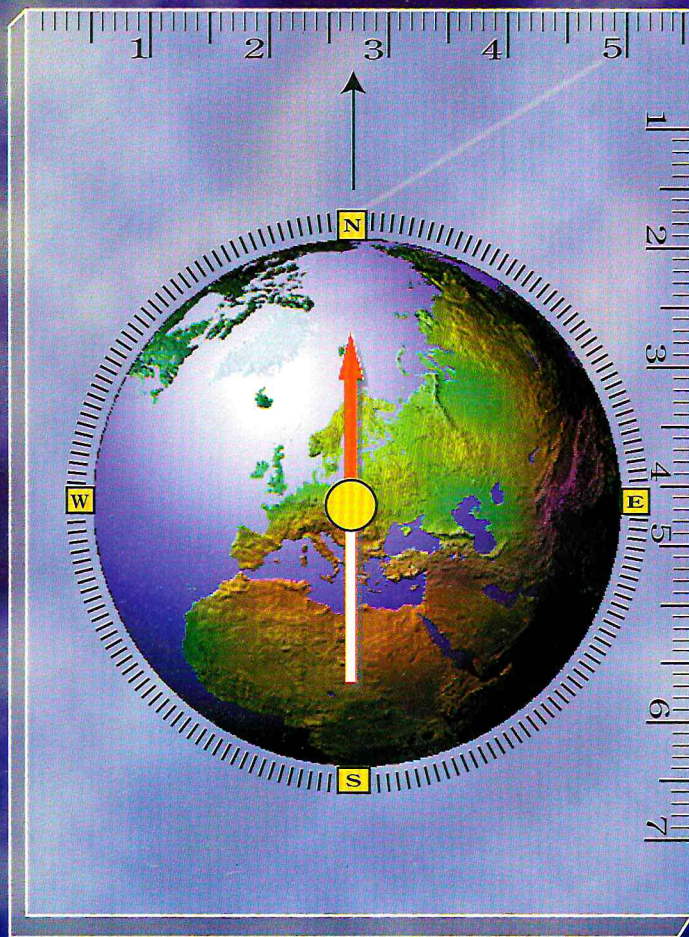
ORIENTEERING WORLD



1995 No. 6 - DECEMBER



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ORIENTEERING WORLD

OFFICIAL JOURNAL OF THE
INTERNATIONAL ORIENTEERING FEDERATION



1995 ISSUE NO. 6 DECEMBER

ISSN 1015-4965

Published by:

International Orienteering Federation,
Box 76, S-191 21 Sollentuna, Sweden
Tel.: +46 8 35 34 55
Fax: +46 8 35 71 68

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address, or the IOF Secretariat.

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 Gehrman, 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 - please
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
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*Outside IOF news sections, opinions expressed by Orienteering World's
Editor and contributors do not necessarily represent I.O.F. policy.*

ISSUE	PUBLICATION DATE	CONTRIBUTIONS DEADLINE
96/1	8 February	15 January
96/2	4 April	11 March
96/3	6 June	13 May
96/4	16 August	22 July
96/5	17 September	22 August
96/6	5 December	11 November

COVER PHOTO: Janne Salmi, Finland, competing in a park orienteering
competition in Prague on 13th October (see page 5). Photo: Petr Hranicka

Every issue of *Orienteering World* this year has carried an article devoted to coaching. The scientific basis of good coaching technique, the organisation of coaching in a national framework, skills and practices used by coaches, the training schedule of an elite orienteer, and special aids to coaching such as head-mounted video cameras; all have had an airing.

Nations differ widely in the way coaching is organised and expertise passed on. Some have accreditation schemes, with a hierarchy of qualifications designed to encourage orienteers interested in coaching to learn the skills at club level and progress to regional and national levels as their experience and knowledge grows. Others employ a highly experienced coach for their elite runners, one of whose tasks is to feed information and good practice through to the nation's entire 'trainer circle'. These can both be effective ways of providing top quality, appropriate coaching both for the elite and for club orienteers, for juniors and for newcomers to our sport.

Unfortunately there are nations too where there is good coaching at national team level but little organisation or status given to coaching elsewhere. It should be a basic right of any keen sports-person to have access to structured and skilled coaching - but in orienteering, alas, this is often not the case. Too many first-timers, keen to achieve at least limited success on their early outings, are 'thrown in at the deep end', have a bad experience, and are never seen at an orienteering event again, even in countries where the step-wise teaching of orienteering skills is well established.

The IOF's input in this area has been through the O-Ringen Development Clinic, where coaching has been a theme on several occasions and is again in 1996. But far more could be done. Associations of elite runners and ski-orienteers have now become established. Perhaps it is now a good time for an International Association of Orienteering Coaches to be formed too? One of its objectives could be to help nations develop their coaching structure by sharing existing practice and new ideas; it could also provide an international forum for medical matters such as doping and TWAR. A specialised newsletter has worked well for new technology, and something similar here, along with a 'home page' on Internet, could benefit all nations.

May I wish all readers an enjoyable and successful new O-year.

Clive Allen

Orienteering on new Scandinavian TV channel

Supersport, a new TV channel dedicated to sport to be operated in Scandinavia by Filmnet, is set to screen top orienteering events in the Nordic countries. Exclusive rights have already been negotiated to cover 3 events in Norway: the Ski-O World Championships in February, the World Cup events at the beginning of August and the 1997 World Orienteering Championships. New technological developments for tracking competitors in the forest are expected to give the presentation of orienteering a wholly new and viewer-friendly dimension.

WOC '95 Controller's Report

Lars-Åke Larsson writes in his final report on the Germany WOC that some of the land access problems were greater than anyone outside the organisation appreciated. Final choice of the short distance areas had to be left until very late in the day; permission to use the short distance qualification area was received just 2 months before the WOC!

Finnish Federation introduces blood testing

Blood tests have been introduced into doping control procedures this autumn by the Finnish Orienteering Federation - with the hope that the IOF will follow its example, writes Anders Vestergård. "We will show the way forward for other federations and sports", said Finnish team doctor Olli Heinonen.

The International Olympic Committee's doping procedures still do not include blood tests, even though they make it easier to detect a number of hormones and drugs than the traditional urine tests. If the IOF follows the Finnish initiative, this will not mean the abandonment of urine testing at World Cup races and World Championships. "The two testing methods complement each other", says Heinonen. All doping tests undertaken at the World Championships in Germany in August proved negative.

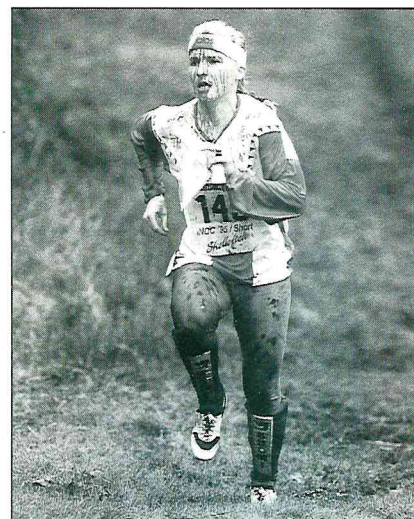
FINNAIR -

'Official IOF Carrier'

A 2-year sponsorship deal has been signed with Finnair whereby the IOF will get free air tickets and other benefits in return for Finnair being granted the title 'Official IOF Carrier'.

Top Finns to receive stipends

For the first time in 1996, 8 orienteers and 8 ski-orienteers will get a share of 210,000 marks (about 330,000 Swedish kronor) in stipends from the Finnish Olympic Committee. The highest grants of 20,000 marks each go to orienteers Eija Koskivaara, Janne Salmi and Timo Karppinen, and ski-orienteers Vesa Mäkipää and Arja Nuolioja (1995 World Cup winners), Riitta Karjalainen and Raino Pesu. Orienteering gets more than one-third of the 600,000 marks given to 7 non-Olympic sports.



Eija Koskivaara, silver and gold medallist at WOC '95, gets a 20,000 mark stipend for 1996. Here, a bit the worse for wear, she finishes the short race at the Nordic Championships photo: Lukas Jenzer

Omeltchenko moves to Sweden

OK Orion will be strengthened in 1996 by the arrival of Yuri Omeltchenko, Ukraine's world champion at short distance. Invited by 1987 world champion Kent Olsson, he will have economic support from the club to race in the World Cup and other competitions.

'World Cup in Park Orienteering'

The 1996 'Park World Cup' announced in *OW* 95/5 (page 19) has been extended to four events, the final event now being in the Czech Republic in November. The first round will be in Vasa, Finland on 13th June (with 90 minutes direct TV coverage promised), the second at Laxå, Sweden one week later and the third at Grimstad, Norway in October. The events will have 20 elite runners in each of the men's and women's classes, with a 1-minute start interval. Courses of around 3.5km are expected to be won in about 13 minutes.

----- On the Elite Trail -----

PETR HRANICKA reports on end-of-season races in the Czech Republic

Exciting Park Race in Prague

After some park orienteering competitions earlier this year in Scandinavia, the first park race in the Czech Republic was organised on Friday 13th October in Prague. I can say that this first run was very successful and met all the expectations of the competitors and organisers.

But why park orienteering? It is a very good way of bringing orienteering to the press, TV, sponsors, and non-orienteering spectators. They could be called 'advertising events', because this is the main purpose. An orienteering event organised in the centre of a large town can attract many spectators - local people plus specially-invited sponsors and journalists. And when park races are organised just before important competitions, they can also raise interest in these competitions too - especially if the top O-runners in the world are participating.

It was this way in Prague, where the park race was organised on the eve of Eurometing '95 where the best O-countries, with A or B teams, and several new world champions were taking part. Competitors were faced with hard 'park' terrain

in the very centre of Prague - a slope with a height difference of 150m on the left bank of the Vltava river with a dense net of paths, areas with sandstone rocks and areas with forest which was difficult to run.

The start and finish were on an attractive site on the slope of the hill near the station of the city's funicular line, with a magnificent view over all of the Old Town. The hardest nut on the physically difficult courses on a 1:5,000 map was a high ancient wall with several passages. Use of these passages was disregarded by some runners, who preferred the dangerous ascent of the wall!

In this attractive competition with its dramatic tide of events created by a short start interval, the women's class (2.2km, 120m climb, 13 controls) was won by Brigitte Wolf (SUI - 17.06) ahead of former Czech Lucie Böhm (AUT - 17.34) and Marie Sandström (SWE - 17.44). In the men's category (2.9km, 220m, 15 controls) the victor was Håvard Tveite (NOR - 18.50), just two seconds faster than Yuri Omeltchenko (UKR - 18.52) with Odin Tellesbo (NOR - 19.35) third.

Eurometing '95 - East Bohemia

The park race was an impressive overture to the main competition - Eurometing '95 - held in East Bohemia by the clubs in Hradec Králové and Pardubice. Saturday's classic race was in hilly and stony terrain and with 80 runners in the men's class the winner was home runner Rudolf Ropek, making up for disappointment in the World Championships with a time of 76.40 over 14.0km with 520m climb. Brigitte Wolf gained her second win of the weekend, taking 62.26 over 10.8km with 220m climb. In the junior categories, Finland's men's team took 5 places in the top 10 - and the Czech ladies' team 8 in the top 10!

Sunday's relay race was organised in flat terrain with a multitude of vegetation details and wet ditches. In a fast race it was no surprise that the famous Swiss men won, but in the ladies race it was the Czech junior world champions team which was first to finish - only to be disqualified

because of a wrong control on the last leg. The Swedish women took the gold medals, finishing 2 seconds ahead of Finland.

The Eurometing is becoming the traditional end to the elite season, just before the long winter training starts, after which we can look forward to the new season of international events, started every year by the Danish Spring Cup.

RESULTS: Individual, men: 1. Rudolf Ropek CZE 76.40, 2. Alain Berger SUI 76.42, 3. Fredrik Löwegren SWE 77.04, 4. Håvard Tveite NOR 77.18, 5. Christoph Plattner SUI 75.55. **Women:** 1. Brigitte Wolf SUI 62.26, 2. Marcela Kubatková CZE 63.06, 3. Lucie Böhm AUT 64.58, 4. Hilde Grøneng NOR 65.46, 5. Karin Noborn SWE 65.49.

Relay, men (4 legs): 1. SUI1 198.31, 2. NOR2 200.03, 3. CZE1 201.15. **Women** (3 legs): 1. SWE2 150.19, 2. FIN1 150.21, 3. CZE1 153.52.



Brigitte Wolf (SUI) - Eurometing winner
photo: Petr Hranicka

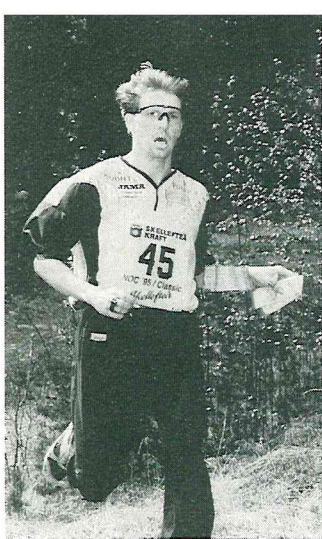
Russia Proposes European Championships

Firm ideas for a new European Championships competition have been put forward by the Russian federation. They believe that it would be a good supplement to the present schedule of elite competition, saying that most European nations consider that the title of European Champion is more challenging than that of World Cup winner. Several Presidents of European federations have shown interest, writes Russian President Nikolai Vasiliev in a letter to the IOF. "Further investigation, particularly in connection with the IOF's efforts to have orienteering included on the Olympic Games programme, convince us more and more of the fact that the European Championships are useful for orienteering", he continues.

The Russians' programme suggestion is:

- Day 1 - sprint - semi-final and final - each nation enters 5 + 5
- Day 2 - rest day
- Day 3 - classic - each nation enters 3 + 3
- Day 4 - long distance - each nation enters 3 + 3
- Day 5 - relay - 4 stages

A trial event at the end of September 1996 is suggested, with the first Championships proper in 1998. As is the case with the Asia-Pacific Championships (APOC), these would not be IOF events and regional organisation would be necessary. At this stage it seems likely that Russia will take a lead in trying to get the idea off the ground.



Janne Salmi: Success after Failure!

by OLLI-PEKKA KÄRKKÄINEN. Photo: LUKAS JENZER

Do you make the same mistakes time after time? Have you ever thought you would never reach your goals in orienteering? You can, perhaps, identify yourself with Sisyphus in Greek mythology; he was condemned eternally to roll a heavy stone to the top of a hill, only to have it fall back down each time. To get the stone up the hill, or to achieve better success, should you change your attitude, your thinking or your training? Here you can read about a good example taken from the very top level.

The last two seasons have been a real success story for the Finnish star Janne Salmi. Two silver medals from Detmold were a 'natural' follow-up to his 1994 season, his first one at the top of the mythological hill - second in the World Cup overall and winner of two races. The background is interesting: after failing to gain a place in Finland's 1993 World Championships team, Janne did some serious thinking. Many aspects of his attitude and training needed changing, he decided. And when the World Cup tour started just 5 months later in Oceania, everyone could see the result - a new 'winner-type' with the right kind of self-confidence.

Just do it - exceptionally well!

Many successful young orienteers know how difficult it is to keep in touch with the elite level in their first years as a senior. For Janne too, problems came when he entered the senior ranks. The culmination point came on a rainy day late in 1993. Should he continue just as a good international runner or should he try to do everything as perfectly as possible? The date 11th November has been a notable one for Janne, now 26. Two years ago on that date he made the *decision*: many things must change. He started to co-operate with a new personal trainer, Jari Roponen. Lots of discussions resulted first and foremost in a more relaxed attitude towards elite orienteering. Just one year later, he had an operation on his achilles tendon. On this year's November 11th he spoke

to the assembled Danish O-coaches about his training and future plans.

Roponen is a professional coach/trainer for 9 elite sportsmen. The range of sports is broad: a cross-country skier, two ski-orienteers, a dancer, the goal-keeper for Milano Devils ice-hockey team (!), a marksman, a decathlete, a triathlete, and Janne. The trainer comes from decathlon - and doesn't know much about orienteering - until now at least, an unusual coach for an orienteer. The athletes together pay the salary for their trainer from their sponsorship money.

It can be worthwhile for any athlete to get some new opinions from outside. The new trainer has in particular been a big mental support for Janne. Hours of deep philosophical training discussions made the way forward clear. Instead of thinking too much about his placing in a race, he now tries to make all his thoughts positive ones. An elite orienteer has many fine things to experience, many interesting places to visit and many nice people to meet. Too much will to win can sometimes be destructive, and attention should always focus on the performance and not the final result. These were some of the attitude changes of two years ago.

Too much high-intensity endurance training caused tiredness

Some laboratory tests had showed Janne even as a youngster that his VO₂max was too low but the values for his aerobic and anaerobic thresholds

were OK. Therefore it was clear that he should have some harder training sessions. Because of his will to win outlook, however, he was training physically at too high an intensity in general. The resulting physiological stress exceeded the body's capacity to adapt, so the benefits were not what they should have been. Janne was also suffering from constant injury problems, and sitting in a car covering 30,000 km a year was an additional stress factor.

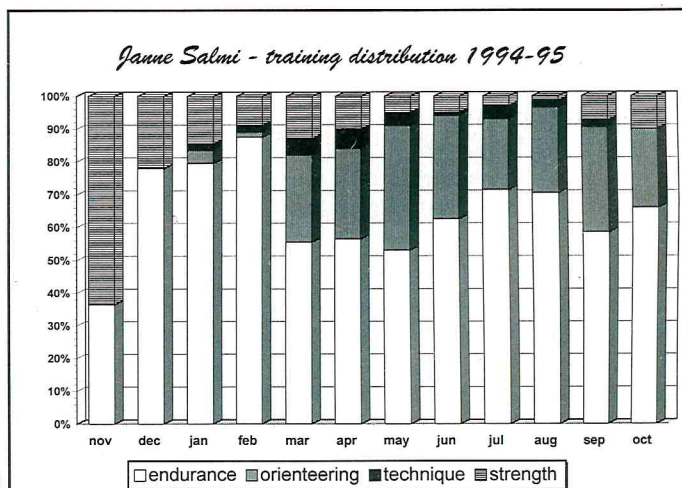
A weekly full massage has been continued as before, but to keep his muscles in good shape Janne is progressively increasing his stretching during the season, averaging half an hour daily before major competitions. In the winter Janne still has problems in getting motivated for strength training. The amount of high intensity training has been cut to half and replaced with a lot of low intensity, often 'alternative' training such as cross-country skiing, 'running' in a swimming pool, swimming and cycling. This year, 73% of all endurance

training has been low intensity, with more than one-third cross-country skiing. The large amount of endurance training has been necessary to avoid the injuries, for example with achilles tendons.

During winter his weekly training ration is normally 12-20 hours, but in competition periods the weekly training time is reduced to 8-14 hours. When his muscles get tired he often goes for a long cycle ride.

Specific strength training

Roponen came with plenty of new ideas for specific strength training. The graph shows that during winter, training consists mainly of endurance training and strength training. A normal winter training week includes 2-4 hours of strength training. The trainer is usually present and helps Janne to do it properly. His heart rate is alternating between 120 and 160 and the work load is between maximum and endurance strength. Such strength training bouts can be quite long - up



to 90 minutes, exclusive of warming-up time. At the beginning of a session, most of the strength training is low intensity.

A normal work-out for one single movement can be 3 series of 15-20 repetitions; some of the movements are very explosive. About 50 minutes is done for the legs and 25 minutes for the body. Strength training work-outs usually end with some relaxing swimming, water running etc..

Janne also does some strength training during the competition season and before competitions in order 'to feel his body'. This is a very normal part of his competition preparation.

'Technique' on the graph means different running technique drills which are normally used by track and field athletes (with fast strength training included), 'orienteering' means O-training and competitions, 'strength' means basic strength, and 'endurance' means other endurance training.

Lots of orienteering training

During the year before the Germany WOC, Janne placed orienteering training at a lower priority than in 1994. It was more important to be able to run fast and have enough strength for running up hills in hilly terrain. In the coming summer he is planning to do up to 35% of his total training with a map - this summer it was only 26%.

The amount of O-training Janne does is really big. He does most of it at low physiological intensity. A typical O-training session is to run for two-and-a-half hours quite slowly, but with 100% concentration and trying to read all the map detail. All O-actions should, of course, always be very conscious! More specific O-training is done at higher intensity.

Compared to the 'average' elite runner in his training, Janne is extremely analytical in everything he does. He puts most emphasis on his purposeful

strength training. And the most important factor for him to achieve competitive success has been the natural self-confidence which has resulted from his thorough self-examination after some years without any major success.

His next 'attack point' will be running economy on road and path; his body's vertical movement is too great when he is running on the level. Some extra reserve will make him stronger in competitions in fast 'continental' terrain.

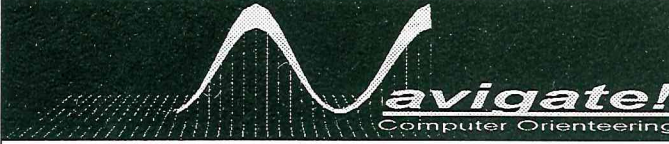
However the most important thing on the road to success is high self-confidence. It is easy to start any race when you are in balance with your own capacity and expectations and you know what you can achieve. A relaxed attitude combined with high motivation have helped Janne to place his stone up on the hill, and it is not about to fall down!

Many thanks for the interest in my articles and positive comments during the year. See you in the forest in 1996!

Olli-Pekka Kärkkäinen is coach to the Danish national team.

Smålandskavlen attracts more than 3,000

The 43rd edition of Smålandskavlen at the end of October, near Nybro, South Sweden attracted 255 clubs, with 762 teams in six classes - 3,115 orienteers in all. Runners from 12 nations were entered but this total was reduced to 11 when a women's team from Croatia were refused visas for entry into Sweden, apparently because the authorities feared they would seek political asylum. Teams came from Russia, Poland, Czech Republic, Holland, Belgium, Romania and Great Britain as well as all the Scandinavian lands. This relay event is the traditional end to the autumn season and often has cold weather, but this year it was warm - +10°.



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A limited-edition print of an orienteering scene set in the mountain scenery of the Scottish Highlands where some of the best orienteering in Britain is to be found,

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captures the moment when an early starter catches sight of a control and surprises a small herd of red deer. Such a window to the wild will enhance any room in which it is hung. (See postcard inserted in magazine). Printed area is 15 x 22.5in (38 x 58cm) and the overall size framed is about 23 x 30in (60 x 75cm). The print is available for £48 + p & p or framed (UK only) in a variety of mountings from £95.

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REPORT
AND PHOTO BY
CHRISTER SVENSSON



Open women's class winners Pargas IF, Finland

This year, Smålandskavlen is the first event in the 1996 Nordic Relay League.

The men's open class, for teams of 5, has 2 night legs with individual start and then a chasing start for a 3-leg relay the following morning. It was won by the Swedish club IFK Lidingö who led from start to finish,

with IFK Göteborg second and Turun Suunnistajat third. IFK Södertälje, winners for the past two years, were fourth. The women's race, for teams of 4 with one night leg, went to the Finnish club Pargas IF, thanks to a storming last-leg run from Eija Koskivaara, by 5 seconds over Liedon Parma. Linköpings OK were third.

SUE HARVEY'S *President's Column* **TV or Die**

This was the slogan at the recent conference of international sports federations, the GAISF, in Seoul, Korea. The main theme was sport and TV, and it provided an instructive couple of days. The congress gave an opportunity to find out how many sports are in the same boat - and how they plan to tackle the situation - or not tackle it.

One of the main points made was that there is a revolution going on in TV just now. 20 years ago there was broadcasting: programmes broadcast free over the air and received into TV sets in the home via an aerial. The broadcasters received revenue from licence fees and advertising. Now, in addition to broadcasting there is narrowcasting and point casting. Narrowcasting is TV received via cable or satellite dish. The programme reaches only those who have paid by subscribing to that particular service. Point casting is where the programme is received via a computer linked to the internet.

As you go from broadcasting through narrowcasting to point casting, the target audience becomes more and more specific. Whereas with broadcasting the programme had to have an interest for millions, as the target becomes more specific the size of audience can be smaller and still be economic.

The economics of TV is all about audience size. In the past it was mere numbers of viewers that counted. Now quality also counts - i.e. how many viewers will pay what to see a programme.

Targeting is Everything

Meanwhile, in advertising, targeting is everything. An advert seen by millions is of little commercial value if most of the millions are unlikely to buy the product. Targeting an advert at an audience precisely matched with the profile of the likely purchaser, means that a smaller number of viewers are just as valuable to the advertiser as a much bigger unspecific audience.

To draw big audiences, broadcast sport had to be very widely popular. So the

advertisers that used broadcast TV for selling are the ones marketing mass products, e.g. Coca Cola. The advantage of narrowcast sport is its ability to select out from the general population viewers of a particular type. If a sport has very defined demographics, then an advertiser wanting to reach just those people will pay highly to advertise in association with programmes about that sport. Thus the narrowcaster gets revenue because the programme attracts the specific audience that the advertiser will pay to reach. The opportunity for orienteering is clear, because we know from recent research that orienteering is a sport with very distinct demographics.

More Specialised Subjects

With the arrival of narrowcasting, the total number of programmes going out all the time has increased enormously. This means more choice for the viewer. It also means that programme makers are searching for more subjects, and far more varied and more specialised subjects become possible. It is these two features: increased variety of subject and the more targeted audience that should be of interest to orienteers - and to all minority sports.

What comes out of all this?

First, the imperative to get better research statistics from a number of key countries about who goes orienteering. Then we can use this information when selling orienteering to programme makers/TV companies/advertisers.

Second, the need to develop orienteering as a TV subject - but not by adapting it for mass audiences, as it would have been necessary to do in the past, but to attract selected audiences composed of people with the same demographics as orienteers. (Here TV can sell orienteering to potential recruits as well as sell the advertiser's product.)

Third, to link up with TV companies and programme makers who seek new and different material.

Working on such questions as those posed above is a major part of the role of the Communications Committee - a body recently established by the IOF Council - and its success will have an important impact on our ability to fulfil our 1994 Congress objective of raising orienteering's profile.

One way we can do this is to reach a TV

audience through multi-sport games. One such is the World Games. In accordance with a Council decision in August 1995, the IOF applied for and was elected to membership of the International World Games Association during the GAISF week. This gives orienteering the chance to be on the programme of future World Games. The next Games was moved to Finland after South Africa pulled out last year, and the new dates chosen clash absolutely with our WOC, so orienteering will not be on the programme - a pity in view of the venue, Lahti in Finland. Long term planning should avoid such clashes in future.

The World Masters Games

Orienteering will, however, feature in the programme of the World Masters Games in 1998 in Portland, USA. Orienteering is a core sport of the World Masters Games.

This year an important step was taken when the organisation of the Masters Games was handed over formally to a newly constituted body, the International Masters Games Association, consisting of the international federations (IF's) of the core sports. Previously the World Masters Games was under the auspices of Masters Games International, a body owned by 3 Danish cities. By negotiating a hand-over to the IF's, the Masters Games has the possibility of a successful future with the participating sports having appropriate influence in its development. The next Masters Games is in August 1998.

Other Multi-sport Games - Orienteering's Opportunity

There are other multi-sport games of which orienteering is not yet part but might be (to name but two: the Mediterranean Games and the World Military Games). The IOF Council, through its Development Committee, is working towards inclusion in multi-sport games where appropriate. Such inclusion is important for orienteering both for the opportunities for our athletes to compete, and also for the chance to give orienteering visibility on the stage of world sport. All these games are televised. Many are shown in their entirety via narrowcasting. Orienteering needs to be in there.

Orienteering will not die without TV. But the revolution in TV does give us an unprecedented opportunity to flourish - if we will grasp it.

IOF Council meets in Italy

Carlo Stassano, President of *Federazione Italiana Sport Orientamento* (FISO), welcomed Council over the weekend 17-19 November in the magnificent premises of the National Olympic HQ in Rome. That's where the meeting started, at least; later, Council moved 60 km to the town of Subiaco, 400m above sea level, in the neighbourhood of some outstanding orienteering terrain which may be earmarked for a future World Cup event. The Italians provided their legendary hospitality, yet a very full agenda was successfully completed.



FISO Secretary General Livio Guidolin, IOF President Sue Harvey (her hat was a gift from Norwegian Council member Einar Unstad), FISO President Carlo Stassano and IOF Secretary General Lennart Levin take a few minutes' relaxation at the Council meeting

photo: Lennart Levin

IOF on Internet

Council decided that the IOF should sign up with the Antenna Media Group which will operate the official GAISF 'World Sport Centre' on Internet from 30th January 1996. The IOF will have its own World Wide Web site with its Home Pages, and national federations will be encouraged to set up an e-mail link with the IOF on the World Sport Centre Private Network. A full description of the facilities will be given in the February issue of *OW*.

Eligibility Rules

Rule 6.2 ('Competitors who are representing a federation must hold the citizenship of the country of that federation') has proved difficult to apply fairly because of differences in the meaning of 'citizenship' in different countries. Council decided to change to a tighter definition of eligibility in which 'full passport-holding citizenship' is the criterion.

IOF Elite Events

These events are designed to serve two purposes: to set consistent standards for elite courses by provision of an IOF Controller, and as a promotional tool. Council

discussed the latter objective at length and decided to prepare a paper on a possible ranking system based on these events for discussion at a special session at the IOF Congress in Israel next July.

O-Ringen into '98 World Cup?

Provided that various technical and sponsorship matters can be resolved, it was agreed that the O-Ringen 5-days can be included in the 1998 World Cup series.

'Top 15' Start System to be used in Ski-O WOC

The 'Red Group' system introduced in the Ski-O World Cup last season has proved so successful that it has been sanctioned by Council for use at the World Championships in Lillehammer in February.

Structure Changes Planned

Possible changes in the IOF Structure to take account of new disciplines such as orienteering on mountain bikes, and a possible new fees structure, were both debated. Proposals will be put to next year's Congress and will be set out in more detail in future issues of *OW*. The aim with membership fees is to have every member nation paying the same fee by the year 2005; the first step would be to lower the fees for the highest-paying nations, Finland, Norway and Sweden, from 1996.



International Orienteering Federation

Secretary General



The International Orienteering Federation is a growing, dynamic federation with a new discipline under consideration and Olympic participation on the horizon. In an environment where the competition for resources and recruits is increasing, the IOF has a need to market itself and the sport more effectively, and to develop a higher profile especially in the media and on TV.

A strong federation with a firm financial base, wide volunteer involvement and good internal communication is a prerequisite for coping with such challenges and an attractive programme of high quality events must underpin increased media coverage.

To achieve these objectives we seek a Secretary General with whom we can create the synergy implied by the powerful partnership between a paid executive and active volunteers; someone with ideas; someone we expect to take the initiative when appropriate.

The Secretary General must be:

- able to act as the connecting link between the IOF, its members and the outside world.
- capable of managing the secretariat, finances and administration.
- fluent in English; additional languages are advantageous

We are ready to discuss the structure, mode of operation and location of the secretariat. At present the position of Secretary General is full-time. We would consider other solutions. Salary is negotiable. Applications close on 29 February 1996. (Starting date September 1996).

To apply, please write giving career details, preferred location, salary expectations and an indication of your approach to this challenging position to:

The President, International Orienteering Federation, Mile End, Doune FK16 6BJ, Scotland, U.K.

The New WOC Qualifying Rules

What do the weaker orienteering countries think about the new World Championships rule under which they are no longer guaranteed at least one place in the finals? JOHN PEARSON asked a number of them at the WOC in Lippe. Not a scientific sample, but the answers were interesting:

Slovakia: a guaranteed 55th place is of no use to us. We want to put our orienteers in situations where they improve, rather than feel unjustified self-satisfaction. So we are happy with the new system.

South Africa: we too. It is good to have competitive qualifying races where all our runners can test themselves on a course of reasonable length. This gives us what we need - top international experience.

United States: some of us might have preferred to have the right to have a runner in the final. But others accept the new rules. After all, many fall by the wayside on the way to the Olympic finals!

Belgium: we accept the new rules. We trained for the qualifying races, not for the finals. For us, to get three runners into the finals as we did, was the equivalent of a gold medal.

So the reactions to this mini-enquiry were positive. It seems that no special treatment is being asked for by the weaker nations. Indeed, there is a feeling about that differences are narrowing and that with hard training of the right kind some of these countries will pull off surprises in the years to come.

IOF SECRETARIAT

Box 76, S-191 21 Sollentuna, Sweden
Tel. +46 8 353 455, fax +46 8 357 168

Secretary General: Lennart Levin
Staff: Berit Pehrson, Karin Tibbelin

CHRISTMAS
GREETINGS
from the
IOF Secretariat

Mappers Meet in Germany

The 6th International Mapping Conference took place in conjunction with the World Championships in Germany in August. For many of the participants, it was an opportunity to catch up with the latest technological developments; some of these (GPS, Geovid field glasses and colour copying) have been covered in recent issues of *Orienteering World*. A new piece of software, Map Studio, which is an add-on to the commercial program Adobe Illustrator for use on Macintosh computers, was demonstrated; its features are similar to those of OCAD but some operate in a different way, e.g. contour drawing. An advantage over OCAD is the availability of the full range of Illustrator graphics features. The need to be able to interchange maps between different software packages was a major concern which will be addressed in future releases of OCAD and Map Studio.

As usual, a number of mapping issues came up. There was lengthy discussion on generalisation (what should or should not be left on) and how to display runnability.

Norway's experiments with a 1:12,500 scale and the use of non-standard symbols for special features in some lands were frowned upon by other countries. The blue seasonal watercourse symbol was preferred to the brown dot symbol used for erosion ditches which is very hard to read, especially if there are several ditches in an area.

Out in the forest, participants were able to examine how the World Champs. areas were mapped, and try out a method of assessing runnability used in Denmark. You record the time you take to run a known distance in slow terrain, and then compare it to your time over a 'control' stretch of open terrain using a standard graph which enables you to read off which grade of runnability you are in - 'slow run', 'walk' or 'fight'.

A mapping group on O-Net, shortly to be started, will improve communication between mappers and help build up a knowledge base.

Extracted from notes supplied by Bryan Teahan, New Zealand, on Internet

Are you going to Latin America?

The IOF Development Committee has started a project to promote orienteering to new countries world-wide. Every continent or part of a continent has a special project team.

The project team for Latin America has produced an information package about orienteering in Spanish. It contains general information about orienteering, maps etc. We plan to send it to our contacts in Central and South America since it is made specially to promote orienteering in these Spanish-speaking countries.

It could also be of help for orienteers going to Latin America for vacation or work. We hope this information can help you as an orienteer to promote orienteering. It tells

people who know nothing or very little about orienteering what is important and special about our sport and how to start, in their own language. It is ready to use and you can take as many copies as you like to give to people interested in orienteering.

Please write to Mari de Hernandez, Hamneren, N-2090 Hurdal, Norway to ask for the free information package (weight 150g) and please say where you are going. After using the package or returning home, we would like to hear about your experiences. And if you have made some contacts we should keep in touch with, please give us the name and address.

Thank you and good luck!

Mari de Hernandez

O-Ringen Clinics '96

Invitations for the 12th IOF/O-Ringen Clinics held in conjunction with the Swedish 5-Days will be distributed in January.

The clinics will be held at Hammarö (beside Lake Vänern) in the period 18-26 July. As this year, there will be a Running Clinic aiming at promising elite runners, members or potential members of the national squad (junior runners belonging in this category are particularly welcome), a

Development Clinic on coaching and development in schools and O-clubs led by well-known British coaches Peter Palmer and Ann Salisbury, and a Trail-O Clinic.

Each member federation is encouraged to register three participants (one for each clinic). Registration must be sent via the national orienteering federation or other authorised body before 1st April 1996. Further information from federation national offices, or contact Birthe Helms, tel. +45 8684 5502, fax +45 8684 6504.

There are several ways of creating a higher profile for orienteering. Event planning is one of them. By making sure that the most important orienteering events - for example the World Championships (WOC) - don't compete with other major international events, we can create a higher profile for our sport, says SÖREN JONSSON, President of the Swedish Orienteering Federation

Planning for a Higher Profile

Event planning is a complicated subject. There are many different demands coming from various factions within orienteering - elite orienteers, organisers, media representatives. The major orienteering events are a way for us to give our sport a higher profile worldwide and also to create a challenging programme for the world's best orienteers.

Low Interest

We often talk about the low or lacking interest from the media in our major events, in particular our World Championships. I think we all appreciate that orienteering cannot compete with the Olympic Games or the World Championships in football or athletics. Therefore we

four WOC's have taken place in August (USA in 1993 the only exception), with strong competition from other sports events. Media representatives have not been able to cover the events completely, and we have probably lost good opportunities to promote our sport. It is definitely time for us to look into how we can change the programme and organise our WOC in another month, for example September.

Wasted Opportunity

But the problem also concerns the World Cup and other large events. In 1996, for example, the second round of the World Cup will take place at the same time as the Olympic Games in Atlanta. This means less space

events and national championships, all trying to attract elite orienteers, so that they are forced to make choices between the events. One example was this year's WOC and the O-Ringen 5-days in Sweden, where many of the top orienteers found it difficult to combine their own planning with the interests of the media and the public. This clash caused a great deal of discussion and irritation and could have been avoided with better overall planning.

If we want our elite orienteers to contribute to the promotion of orienteering, we need to make a better yearly programme for all major events. One idea of how this could look is shown below.

A Fixed Programme - Many Advantages

A fixed programme built up in blocks would give many advantages. For example, it would be a great help both for federations and orienteers in their yearly planning. It would also create greater interest for both the national and the international events, amongst those the multi-day events in the summer where all top orienteers could take part. And the status of the national championships would rise, as an important step towards the WOC.

The time has come for the IOF and the member federations to discuss this matter seriously and try to find a solution within the near future, in order to create a higher profile for our sport.

Month	WOC Year	World Cup Year
May	WOC training camp	World Cup period 1
June-July	Multi-day events	Multi-day events
August	National champs.	National champs.
Late August	-	World Cup period 2
September	World Champs.	-
October	-	World Cup period 3



A wooden magpie constructed by a local artist keeps guard over the interview platform on day 4 of O-Ringen '95 - an event missed by most of the world's elite photo: JCA

need to ask ourselves, what time of year should we organise our World Championships in order to catch media interest? Of course the time must also be favourable from the orienteer's and organiser's point of view.

August is the month when many international sports events take place - for example, the World Championships in football and athletics. Three of the latest

in the media and fewer media resources put to our sport. I consider this a wasted opportunity for marketing orienteering.

Elite Forced to Make Choices

We also need to improve the planning structure of major events within our sport. Today there are the WOC, World Cup, IOF Elite Events, multi-day

Welcome to Norway

MODUM O-CAMP

For the last three World Champs I've done my final preparations at Modum O-Camp. They've got the best orienteering training opportunities in the world there.

Modum O-camp congratulates Jörgen Mårtensson on his second WOC Gold. Jörgen trained for 5 weeks at Modum O-camp before this year's championships.

The Swiss O-Federation used Modum O-camp as its official training camp in Scandinavia in 1995. They won 2 WOC Golds - congratulations!

Modum O-camp is situated 80km west of Oslo. 30 courses with controls set out in 1996. Various accommodation options.

MODUM O-CAMP
 Bøen gård
 3370 Vikersund, NORWAY
 ☎ +47 32 78 39 66 ☎ +47 32 78 37 35
 ELITE RECREATION YOUTH FAMILIES

Orienteering World looks forward to *What's On in 1996*

The three rounds of the World Cup, the first in May and the other two in August, will be the primary focus for many of the world's elite in 1996. Ten events, all in Europe, including three relays and a variety of individual formats. Still no multi-day component, but negotiations are under way for inclusion of the Swedish O-Ringen in the 1998 World Cup series and at present the signs are favourable.

1996 sees a full series of IOF Elite Events for the first time. These are events where IOF Controllers have been appointed to help to ensure a consistent standard for the elite courses, and it is hoped that they will all attract a strong elite entry and consequently good publicity. The IOF Events Committee has been asked to consider a world ranking scheme including results from IOFE's, and is working to get the aims clearly defined and a system thoroughly worked out which will attract the enthusiasm of the best runners.

For many orienteers living away from northern latitudes or travelling to leave the winter weather behind, there is plenty of activity long before the northern forests become accessible again. The first international multi-day event in China over Christmas is followed closely by the Asia-Pacific Championships in Hong Kong; alternatively you can spend Christmas by the Mediterranean coast and compete in the OTZMA Championship in northern Israel on 22nd

and 23rd December. In early January there is the Australian 5-days, and for the elite a series of training events in New Zealand in January and February - then the spring season in Portugal, Spain and parts of the USA begins. Spain's highlight of the year is of course the Veteran World Cup, around Murcia immediately after Easter.

The summer sees the usual crop of multi-day events. A new 5-day event in Austria starts on 8th July, and the Swiss O-week is being revived, starting on 3rd August; both seem likely to be popular with foreign orienteers. Scandinavian summer visitors can follow up FIN 5 and the O-Ringen by watching the second World Cup round and competing in the accompanying spectators' races.

But why not visit a new country? The Baltic States and Poland, for instance, have several high-quality multi-day events on offer, or discover Ireland's beautiful scenery and take in the Shamrock O-Ringen - always a gem.

Contact details for some of the main events in 1996 are given opposite; as usual, a full international fixture list and additional event information will be published in *Orienteering World* throughout 1996. And if you want more information about events in any country, the IOF Electronic Calendar listing all open events should be available to you on computer disk from your national federation - or contact the IOF Secretariat.

New 'Elite Test' in Scotland

On 30-31 March the first Elite Test in Britain will be held in Central Scotland. With course planning by Jon Musgrave, the weekend consists of a short race on Saturday and a mass start Hagaby style race on Sunday. The event is intended to be a milestone in the lead up towards WOC '99, a first chance for runners from abroad to experience British orienteering at its best. Training opportunities will be available beforehand and afterwards. Contact address: see main fixture list.

The 1996 Jan Kjellström Trophy

The 1996 JK, as usual a 2-day individual event + relay, will be held in N. Yorkshire (N. England) 1 week after the Elite Test. Details from John Dixon, 70 Moor Road North, Newcastle upon Tyne, U.K. NE3 1AB, tel. +44 191 285 3819.

IOF Events 1996

WORLD CUP

1 classic	8 May	Nida, Lithuania
2 classic	11 May	Césis, Latvia
3 relay	12 May	Césis, Latvia
4 short	30 July	Göteborg, Sweden
5 classic	3 August	Oslo, Norway
6 relay	4 August	Oslo, Norway
7 relay	17 August	Langnau, Switzerland
8 short	19 August	Langnau, Switzerland
9 classic	21 August	Leuk, Switzerland
10 classic	24 August	Villard-de-Lans, France

Veteran World Cup: 8-12 April, Murcia, Spain
Junior World Champs.: 8-14 July, Vilcea, Romania

IOF ELITE EVENTS

Elite courses at all these events will be controlled to IOF standards. Many of the events have a relay in addition which is not an IOFE. An address for information, where known, is given in the international fixture list. C=classic, S=short distance.

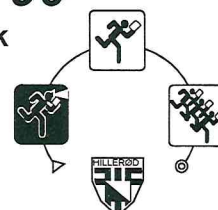
March 2-3	POR	Mafru O-meeting	C
March 16	DEN	Spring Cup	C
April 20	NOR	Vårspretten	C
May 18-19	FRA	National Event	C+S
May 19	GBR	Cumbria Nat. Event	C
May 25	GBR	Scottish Champs.	C
June 28-29	NOR	O-Festival	S
June 29-Jul 1	CZE	Stramberk 3-days	C
July 3-7	LTU	Takas 96 5-days	C
July 10-11	AUT	Austrian 5-days	C
July 11-14	EST	4-EST 4-days	C
July 15-20	FIN	FIN 5 5-days	C
July 22-26	SWE	O-Ringen 5-days	C
Aug 3-10	SUI	Swiss O-week 6-days	C
Aug 6-10	CZE	Jicin 3-days	C
Aug 16-18	BEL	Flemish 3-days	C
Aug 31-Sep 1	GBR	Peak Dist. Nat. Event	C+S
Sept 21	LAT	Cesu Rudens	C
Sept 22	SUI	Swiss Champs.	C
Sept 28-29	FRA	National Event	C+S
Oct 5	AUS	Australian Champs.	C
Oct. 19	NOR	Blodslitet Long	

The Orienteers' International Season Premiere

Spring Cup '96

Hillerød, Denmark
15-17 March 1996

15 March: Nightsprint
16 March: Classical (IOF Elite Event)
17 March: Relay (Nordic Relay League)



Information

Spring Cup '96, Carsten Dahl, Dyrehavevej 23, DK-3400 Hillerød
Tel.: +45 48 24 23 06 Fax: +45 42 26 95 59
e-mail: rmedcdn@inet.uni-c.dk



INTERNATIONAL FIXTURES LIST



This list includes all open events in the 1996 IOF Calendar up to 31st March. The entry closing date, where known, is shown at the end of the event name. Then follows the type of event: I - individual, C - classic, S - short distance, L - long distance, R - relay. A number shows the number of days, e.g. 2I/R means 2-day individual followed by relay. Line 2 gives the contact address and telephone and fax numbers. A * indicates that the event is designated an IOF Elite Event.

JAN		JUNE	
6-11	Australian International 5-Days, Ballarat, Victoria 5I 1996 5-Day, Victorian OA Inc., 332 Banyule Road, Viewbank, Victoria, Australia, 3084. F +61 3 9696 5941	15, 16	Jukola & Venla Relays, Rautavaara/Kuopio, Finland S Penninkilampi, Julkulanniementie 2 H 19, FIN-70260 Kuopio, Finland T +358 71 364 9908
13, 14	Georgia Navigator Cup, USA 2C B & L Domine, Ernest Gibson Road, RT3, Box 345, Monticello, GA 31064, USA T +1 404 775 6584	21-23	Shamrock O-Ringen, Killarney, Ireland S/2C B & M Creedon, Mount Prospect, Douglas, Co. Cork, Ireland T +353 21 361 824, F +353 21 313 876
FEB		28-30	* Norwegian O-Festival, Trondheim, Norway S/C/R Karl B Olsen, Alvheimsvingen 19, N-7026 Trondheim, Norway T +47 72 55 60 42, F +47 73 51 89 70
17, 18	Arizona Sun*Fest/West States Champs., USA 2C M Cleavinger, P.O. Box 13012, Tucson, AZ 85732, USA T +1 602 795 2081	29-7/7	Colorado 7-day, Lake George, USA 7I D Walker, 350 Bates Avenue, Boulder, CO 80303-5304 USA T +1 303 494 8695
MARCH		29-1/7	* 3 days Morava 96, Stramberk, Czech Republic 3C J Kroca, Petra Kricky 19, 701 00 Ostrava 1, Czech Republic T & F +42 69 55220
2, 3	* III Mafra O-meeting, Mafra, Portugal (20/2) 2C Amigos do Atletismo de Mafra, Rua dos Bombeiros Voluntarios, B, P-2640 Mafra, Portugal T +351 61 811482, F +351 61 812710	JULY	
9, 10	Lipica Open, Gorica, Trieste, Slovenia (26/2) 2I EOL d.o.o., Alesevceva 10, 61000 Ljubljana, Slovenia T +386 61 556251	5-7	Wawel Cup, Ogródzieniec, Poland 3C WKS Wawel, Sekcja BnO, ul. Bronowicka 5, 30-901 Krakow, Poland T +48 12 372791, F +48 12 370645
9, 10	Clinton '96, Lawrence, Kansas, USA S/C F Menninger, 2233 New Hampshire, Lawrence, KS 66046, USA T +1 913 841 1655	8-13	* Int. 5-Tage-OL, Wiener Neustadt, Austria 5I G Tobler, Paul-Troger-Gasse 34, A-2700 Wiener Neustadt, Austria T & F +43 2622 23410
15, 16	Israel Open Championship 2C ISOA, P.O. Box 1392, Ramat Hasharon 47100, Israel T +972 9 981758, F +972 9 984323	9-15	Sørlandsgaloppen, Kristiansand, Norway 6C B E Olsen, Gunhildsv. 2, N-4633 Kristiansand, Norway T +47 38 19 85 50, F +47 38 07 96 81
15-17	* Spring Cup, Hillerød, Denmark N/C/R L Søndergaard, Langbjerg Park 53, DK-3400 Hillerød, Denmark. T +45 4226 4159	11-14	* 4 EST, Otepää, Estonia 4C Estonian OF, Regati 1, EE-0019 Tallinn, Estonia T +372 2 237021, F +372 2 238387
23, 24	V Meeting International ANORT, Eixo-Oporto, Portugal (14/3) 2C Associação do Norte de Orientação, Rua G, Bl 1, R/C C/Esq - Azurva, P-3800 Eixo-Aveiro, Portugal T +351 34 931641, F +351 34 382395	12-14	Grand Prix Slovakia 96, Kosice, Slovakia 3C L Olhava, Markusova 9, 040 11 Kosice, Slovakia T +42 95 421091
23, 24	Aalborg OK 2-day, Denmark 2C S Bak, Lindholm Søpark 26, 2.tv, DK-9400 Nørresundby, Denmark T +45 9817 4410	15-20	* FIN 5 O-Week, Kouvolaa, Finland 5C M Salonen, Pönnönpolku 17, FIN-45360 Valkeala, Finland T +358 51 3860491
30, 31	AROS Elite Test, Stirling, Scotland (15/3) S/C Elite Test '96, 19 Glamis Gardens, Polmont, Scotland, U.K. FK2 0YJ T & F +44 1324 716041	19-21	Jysk 3-dagars, Silkeborg, Denmark 3C N Skammelsen, Nørskovlundvej 62, DK-8620 Kjellerup, Denmark T +45 8688 6036
30, 31	Final Four-O / S.E. Reg. Ch., Raleigh NC, USA 2C R Bromer, 904 Dorothea Drive, Raleigh, NC 27603, USA T +1 919 828 6068	22-26	* O-Ringen 5-dagars, Karlstad, Sweden (1/3) 5C S Kringstad, Box 17, S-651 02 Karlstad, Sweden T +46 541 46238, F +46 541 46245
	SOME OTHER MAJOR EVENTS IN 1996	AUGUST	
APRIL		3-10	* Swiss O-Week, Luzern, Switzerland 6I Secretariat, Dammweg 1b, CH-6414 Oberarth, Switzerland T +41 41 82 28 54, F +41 41 82 45 86
20, 21	* Vårspretten & Vårstafetten, Halden, Norway C/R K Pettersen, Kjærlighetsstien 9, N-1781 Halden, Norway T +47 69 18 51 39	4-10	Croeso '96, mid-Wales 6C Judith Powell, PO Box 22, Whitchurch, Shropshire, U.K. SY13 2ZZ T +44 1948 840522
26-28	3-Valleys, Velenje, Slovenj Gradec, Slovenia 3C OK Slovenj Gradec, Tomsiceva 72, 62380 Slovenj Gradec, Slovenia T +386 602 42 554	6-10	* Jicin 5-days, Czech Republic 5I Holás Jiri, 506 01 Jicin, Czech Rep. F +42 433 22893
27, 28	Isotonic Relay, Kermiö/Turku, Finland 2R Jorma Ake, Kirsikkapolku 4, FIN-21600 Parainen, Finland T +358 21 4583470, F +358 21 4581042	17-25	N. American Round-up, Harriman State Park, New York, USA No further details yet
MAY		23-25	Grand Prix Polonia, Klodzko, Poland 3C WOZBnO, ul. Laciarska 4, 50-104 Wroclaw, Poland T +48 71 448271, F +48 71 448543
4, 5	Tiomila, Stockholm, Sweden 2R L Alfredsson, Sadelvägen 5, S-191 62 Sollentuna, Sweden T +46 8 966 335	SEPT	
25-27	Internationaler 3-Tage-OL, Simmerath, Germany 3C no details received	22	* Swiss Championships, Zürich C H Bühl, Nordstrasse 116b, CH-8200 Schaffhausen, Switzerland T +41 53 25 83 31
JUNE		28-29	* 3rd National Event, Pontarlier, France C/S Région de Franche Comté, Ligue de Franche Comté, A Ruaud, 25640 Brailans, France T +33 815 79017
8, 9	Suunto Games, Helsinki, Finland 2C V-M Salmenkylä, Box 88, FIN-00501 Helsinki, Finland T +358 0 701 5115		

SKI-O FIXTURES ARE ON PAGE 19

The IOF Travels East

by LENNART LEVIN, IOF Secretary General

Taking into consideration the European bias of all IOF bodies, it is not surprising that IOF officials visit south-east Asia relatively infrequently. Recently this deplorable situation was remedied by a small IOF delegation consisting of IOF President Sue Harvey, the Chairman of the IOF Ski-orienteering Committee, Veli-Markku Korteniemi, and the author, who went to Japan and Korea (of which more in the February issue of *OW*). To quote IOF Vice-President Hugh Cameron (Australia) in a previous article in *Orienteering World*, we overcame 'the tyranny of distance'.

The purposes of the trip were manifold, but the two main were: (a) discussing with various Japanese authorities the possibility of introducing ski-orienteering as part of the so-called cultural programme within the 1998 Winter Olympic Games at Nagano; (b) attending the annual GAISF (General Association of International Sports Federations) Congress in Seoul. The latter had as its thematic focus 'Sports and Television', and is covered elsewhere in this issue by Sue Harvey.

JAPAN

Shin Murakoshi, well-known elite runner and member of the Japanese national squad for a decade, had planned our visit in a manner as ambitious and efficient as it was pleasant and rewarding.

In Tokyo a rather formal meeting took place with members of the JOA (Japan Orienteering Association) Council, in the magnificent premises where the JOA President, Mr. Akira Ohno, resides in his capacity of President of one of Japan's major milk-producing industries. 'For Better Life' says the logo on his name card, indicating that its powerful carrier has an inclination towards a sound

life-style. The JOA Executive Director, Mr. Tukasa Suzuki, and the Secretary General, Mr. Kei-Ichi Koga, attended the meeting together with other members of the JOA Council. It is worth mention that Mr. Makio Itoh, previous media mogul and a great orienteering enthusiast, was also present.

JOA gives its unanimous support to the 1998 Winter Olympics project. Since the concept of 'demonstration sports' has been abolished, the cultural programme has become the stage for introducing new sports. It was agreed that further planning of the 1998 ski-O events must take place in collaboration between the IOF, JOA, the Japanese Olympic Committee, and the Nagano Organising Committee. Incidentally, the following week we met the last-named at the GAISF Congress in Seoul. The Nagano organisers confirmed their positive attitude towards the project; formal decisions about the composition of the cultural programme will be taken in August 1996.

Sugadaira

At Sugadaira, a city neighbouring on Nagano, the tourism

authorities have expressed their wish to share some of the Olympic glory which will be bestowed on Nagano in ample amounts in 1998. Worded in marketing jargon, Sugadaira is determined to promote their region as equally alluring for winter sports as Nagano, if not more... In addition, there is a hotel owner, Mr. Miyasawa, who for reasons unknown to me has become infatuated with ski-orienteering - he seems to be the real motor behind the idea of international ski-O events in conjunction with the 1998 Winter Olympic Games.

Meetings were held with the Sugadaira board of tourism as well as with Mr. Miyasawa and his co-workers. A visit to the intended terrain on the Sugadaira Kogen (= plateau) reassured us about its suitability for a series of major ski-orienteering events. Details aside, the division of responsibilities between the IOF and JOA/Sugadaira, should the project come about, was gone through. Substantial financial backing has been granted; the bulk of the money will be used for mapping and event planning assistance, plus subsidising competitors' travel

to Japan. Needless to say, the IOF delegation expressed its appreciation of this unique and daring initiative on the part of Sugadaira and Mr. Miyasawa.

The Japanese Student Championships in short-distance orienteering

Since these events coincided with our visit, and since Mr. Miyasawa generously offered to take Veli-Markku Korteniemi and myself there (Sue Harvey had left for Seoul), we accepted the invitation.

The events were held near Nikko, renowned for its beautiful surroundings. Never shall I forget the endless line of cars coming from Tokyo that early Sunday morning in late October. The inhabitants of the metropolis obviously feel an urge to leave the hustle and bustle once a week, and to escape into the wilderness.

I shall be brief regarding the student champs. Suffice it to say that I realised how streamlined the organisation of an orienteering event has become over the world. No matter where you are, the billboards, the start procedure, the maps, the control descriptions, the finish area arrangements, even the O-gear stalls, follow a familiar pattern - nothing upsets you. I enjoyed numerous chats with student



IOF President Sue Harvey and JAO President Mr. Ohno surrounded by (left) Mr. Nakajima, JOA Council member, Shin Murakoshi, Japan's famous elite orienteer, Mr. Itoh, and (right) the author, Veli-Markku Korteniemi, Mr. Suzuki, JOA Executive Director, and Mr. Kei-Ichi Koga, JOA Secretary General

competitors, and at the prize-awarding ceremony I took the liberty of saying that the IOF would be pleased to see Japan apply to organise a major IOF event in the not too distant future. Let me conclude by saying that I greatly enjoyed Mr. Miyasawa's company on one of the qualification courses; pleasant terrain and a superb

map added to the pleasure. Veli-Markku and I owe a great deal to Mr. Miyasawa for his painstaking efforts to make our stay efficient and pleasant, and for his dedication to promoting ski-orienteering at Sugadaira and in the world at large.

And so to Korea - but that story comes in the February issue!



The last control at the Japanese Student Championships near Nikko photos: author

22nd-26th July 1996

O-RINGEN '96



SWEDEN'S INTERNATIONAL 5-DAYS ORIENTEERING WILL BE HELD IN VÄRMLAND

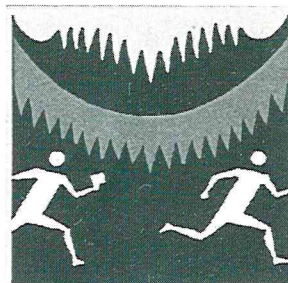
We will be concentrating particularly on nature, the environment, youth - and smiling! Special camp, finish funnel and speaker for young people together with traditional attractions for the 5-days

INVITATION AND INFORMATION

The official invitation to the O-Ringen 1996 has been sent to all clubs during the autumn 1995

Further information can be obtained from
5-dagars i Värmland 1996, Box 17,
S-651 02 Karlstad
Tel. +46 54 14 62 37, fax +46 54 14 62 45

*A warm welcome to
the Värmland 5-Days 1996*



MEHTÄ-JUKOLA

Open International Orienteering Relay Competition for clubs

Mehtä-Jukola '96
15-16.6.1996, Rautavaara

*"A big, glamorous
event in the centre
of Finland"*

Jukola Relay (for men):

1st leg 13 km, 2nd 13.5 km, 3rd 11 km, 4th 9 km,
5th 9 km, 6th 12 km, 7th 16 km.

Venla Relay (for women):

1st leg 8 km, 2nd 8 km, 3rd 6 km, 4th 9 km.

Entry deadline: May 13th 1996

Travel: It is easy to get to Mehtä-Jukola. The event centre is 400 km north of Helsinki. You can come by 'plane (from Kuopio airport it is 60 km), by train, by bus or by car.

Information:

Mehtä-Jukola '96
P.O. Box 32, FIN-73301 Nilsä,
Finland. Tel. +358 71 480 380
Fax +358 71 480 381

Further information also on **INTERNET:**

<http://www.jyu.fi/~mikpera/jukola-97/mehta-jukola.html>



MAFRA 'O' MEETING

in 1996 is the
PORTUGAL 'O' MEETING
the first IOF Elite Event of the Year
Come and orienteer with the best in the world



MAFRA – 02,03 March 1996

(Mafra is an historic town 35km from Lisbon Airport)

Further information:

AMIGOS ATLETISMO DE MAFRA - 'O'

Rua Bombeiros Voluntários, B
P-2640 MAFRA, PORTUGAL
Phone + 351 61 811482
Fax +351 61 812710

CHALLENGING TERRAIN WITH NEW MAPS TO IOF NORMS
GOOD TRAINING FACILITIES ON 3 MAPS NEAR THE COMPETITION AREA AND
MORE THAN 10 MAPS IN THE LISBON AREA. WE CAN HELP BOOK
ACCOMMODATION AND MEALS. DISCOUNTED RATES FOR ORIENTEERS.
SOCIAL PROGRAMME WITH MUSIC, PORTUGUESE FOOD AND... LOTS OF SUN!

With mid-summer approaching, Australians are looking back on some fine performances in the World Championships and Junior World Championships and two gold medals at the Swedish 5-Days. In this article KAY HAARSMA, national junior squad coach for 8 years, looks at the future for Australian orienteering

Australian Orienteering - Moving Forward

Australian orienteering is relatively young. After a brief introduction in South Australia from 1953-56, it was dormant until 1968 when it was successfully revived, initially in Victoria.

The hosting of the 1985 World Championships in Bendigo, Victoria demonstrated to the orienteering world that this 'downunder' country had some great orienteering terrain and much organisational expertise. Subsequent hosting of World Cup events and the Veteran World Cup have confirmed this.



*Grant Bluett (H21A Short) and Jo Allison (D20A Long)
- winners at the Swedish 5-Days*

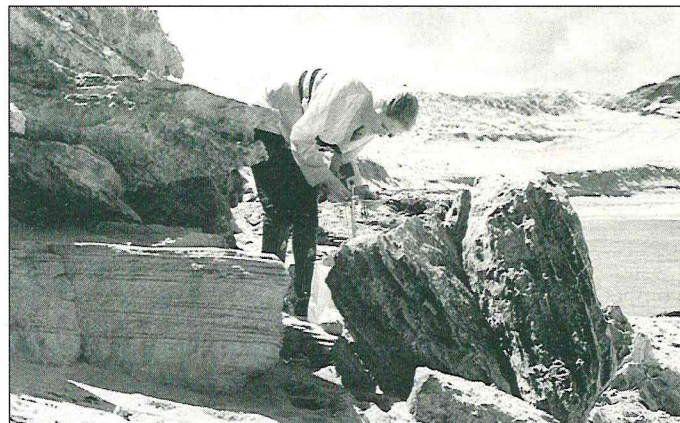
Now we eagerly await our first medallists at the World Championship level. Tom Quayle's two consecutive 4ths in the classic event at JWOC 94 and 95 were agonisingly close. Jenny Bourne's two wins from two attempts in Veteran World Cup events demonstrated that we can achieve at that level. O-

Ringen successes have also come our way more frequently of late. Australian orienteers are now getting more confident in their own ability, rather than being overawed by that of their competitors.

Success Difficult to Achieve

Nevertheless, performance success at this elite level is especially difficult for Australia to achieve, due to a range of factors. Historically Australian orienteering was (and sometimes still is) promoted as a recreational family sport. This

meant that many came into orienteering from a bushwalking or non-sporting background. This same 'family sport' image meant that we had some initial difficulty convincing state and national sports institutes of our credibility. Similarly, few of our original elite orienteers came from 'ath-



*South Australian elite runner Susanne Casanova at the
1994 Australian Championships photo: Kay Haarsma*

letic' type backgrounds. Thus there has been a progressive acceptance of the usefulness of physiologically based training, psychological preparation and individual coaching.

The 'tyranny of distance', both within Australia and to Europe, is a major problem facing Australian orienteers. Australia is a big country. Our top orienteers frequently drive 700 - 1,200 kilometres each way for a weekend competition. Western Australians must fly some 3,000+ km each way every time they wish to compete interstate. Travelling to Europe for better competition costs nearly A\$3,000 in air fares alone.

Government funding to sport has been very high over the last 10 years, but priority has been given to Olympic sports. There are a huge number of sports in Australia all trying to identify and grab the physically talented children, so the low media profile of orienteering is a negative. Australian Rules football, rugby league, basketball, netball and softball are those with the biggest participation.

Orienteers Soon Medal Winners

Despite those problems mentioned above and our small population of some 17 million, I believe that our orienteers will soon start winning medals at World Championship level. This confidence is largely a result of 3 factors that have developed over the last 10 years, namely:

- better coaching;
- better training and competi-

tion structure to Australian orienteering;

- JWOC being introduced and Australia sending teams to it.

The introduction of a National Coach Accreditation Scheme into Australia has done a lot to legitimise and promote coaching amongst the orienteering population. Initially Australian orienteers tended to be self-taught (a slow, mistake-ridden process), and thus top orienteers were reluctant to share training methods and technical strategies. The number of available coaches has also been limited by the fact that our sport is very labour intensive to organise.

However coaches are now being valued more for the varying roles they take and the information available from them and this is resulting in more people specialising in this area.

Qantas to Sponsor Orienteering

The Orienteering Federation of Australia has negotiated a 3-year sponsorship agreement with Qantas Airways for the provision of air travel by Qantas in return for the supply of specific revenue and publicity benefits from the OFA. Orienteering participants and spectators booking through Qantas will get the best available fares and fares on domestic flights will attract a rebate to the OFA which it can use in funding team travel etc. by Qantas.

Improved Structure

The structure of Australia's major competitive and coaching opportunities has been improved greatly over the last 10 years. This has seen the introduction of Australian Schools Championships, a national O-League (a team competition bringing together the elite 6 times a year), and National Junior and Elite Squads and training camps. Thus our top orienteers are training with and racing each other more than ever before. This still is less than desirable, but finance is a limiting factor. Our orienteers now travel and train together quite often compared to the past. This helps to develop a team spirit, a sharing of knowledge, and travelling skills.

JWOC - Marked Impact

The introduction of the Junior World Championships to the orienteering calendar has had a marked impact on Australian orienteering. Our talented teenagers now have something significant to aim for, and this

has been a source of great motivation and excitement.

The format of JWOC (where all competitors get to run in all events) gives all a good outing at this level and makes the travel and expense worthwhile. Our best juniors get exposed to the quality and depth of world-class orienteering, and the whole experience of training and travelling in Europe or Scandinavia. Most also take the opportunity to participate in O-Ringen and other events held conveniently around that time.

JWOC is a great measuring stick. Our juniors come home knowing exactly what they need to improve on, and the memories of their overseas experiences keeps them enthused. They then tend to lift their own standards and aim higher than just winning Australian championships. They are no longer content to be big fish in a small pond! Our best juniors are now running elite competitions frequently, and this is enabling them to make a quick and

smooth transition into World Cup and WOC teams.

New Methods

To keep progressing forward, Australian orienteering must keep looking for new methods. Ideas I'd like to see pursued include:

- Video 'O-Cam' available at a realistic price to all states to enhance the feedback that coaches can give individual orienteers;
- significant sponsorship for juniors to compete in O-League events around Australia, and compete in JWOC;
- JWOC to be held occasionally outside Europe so that Australians don't have such a financial burden every year;
- a regular organised training and competition trip to New Zealand for our younger juniors

of 14-15 years;

- a Scandinavian base where our top juniors could spend a season training. This could be arranged on an exchange basis.

It is pleasing to look back and see that Australian orienteering has made such progress over the last 10 years or so. However more nations are now participating at each World Championships and other nations are also improving. So the task of gaining medals is getting harder all the time. Nevertheless I'm confident that an Australian will soon experience that ultimate joy of receiving a well earned medal.

Kay Haarsma competed in the 1981 WOC for Australia. She was coach to the JWOC team in 1991, 1993 and 1994.

2nd World Rogaining Championships

The International Rogaining Federation has awarded Australia the 2nd World Rogaining Championships. It will be held in Western Australia on 31st August and 1st September 1996. For information, write to Maggie Jones, Secretary, WRC II, PO Box 369, Nedlands, WA 6009, Australia.

You are personally invited to



Israel Open Championship

Friday 15/3/96 Nakhshonim
Saturday 16/3/96 Nitzanim

Nakhshonim is a forest about 20km east of Tel-Aviv. Nitzanim is a sandy terrain 10km north of Asskelon (both are new maps in the central part of Israel).

Another Orienteering Weekend will take place in
17/5/96 Kibbutz Beit Zera
18/5/96 Alonim Forest

ISRAEL SPORT ORIENTEERING ASSOCIATION

P. O. Box 1392, Ramat - Hasharon 47100

Association's office: (until a week before the event)

Tel: +972 - 9 - 981758, Fax: +972 - 9 - 984323

e-mail: nirran@shani.net

Don't forget the IOF Congress in July!

The Orienteers of Wales invite you to the



CROESO'96

Festival of Orienteering

August 4-10th

Based at Llanfair Caereinion in Mid Wales

Six days of age-class events.

Varied terrain - forest, and interesting moorland with stunning views.

Overall results based on points system - best 4 to count.
Excellent social programme

Mid Wales in August is peaceful, green and largely unspoiled, a patchwork of pasture, moorland, forest and mountain, dotted everywhere with sheep. Mass tourism has passed it by, yet the small market towns welcome visitors warmly, and there is plenty to see and do.
Where better for an orienteering holiday?

Entries close 16.6.96 (limited late entries) but enter by 31.1.96 for cheap rates!

Information & entry forms: Judith Powell, PO Box 22, Whitchurch, SY13 2ZZ, UK. Tel. +44 1948 840522

Ski-Orienteeing: *Looking Forward to 1996*

by VELI-MARKKU KORTENIEMI, Chairman of the IOF Ski-O Committee

The New Ski-O Season

Many national teams are now in training for the 1996 ski-O season. The most important event is naturally the World Championships in Norway, in Lillehammer in mid-February. It is a great thing for us to bring one of our main events to the same area where the Winter Olympic Games were organised in 1994. During the last World Cup event, the elite runners had the opportunity to ski in the Lillehammer Olympic Park and become acquainted with the terrain - of course without ski-O tracks. It is important that many nations participate in Lillehammer; we have to show evidence that more than 25 nations are interested in ski-orienteeing at elite level.

In 1996 the juniors have their second World Championships, in Slovakia; the event centre is in Poprad Tatry. It is clear that because of the JWOC many

federations are now also coaching juniors, and this will soon influence better results at senior level.

The third main event in 1996 is the Nordic Open Championships for seniors and the world meeting for juniors in Östersund, Sweden in the second half of January. The season start for the elite is naturally the traditional Nordic Mästermöte in Sweden in December.

Winter Olympics Progress

Last summer the IOC decided that Salt Lake City, USA will be the organising city for the Winter Olympic Games in 2002. The IOF has continued activities in the Olympic Project and we believe that we have a very good possibility of success. During the period of the Project - since 1992 - we have told many people what kind of sports ski-O and foot-O are; it

is not easy to get people to understand our sport! We have to describe orienteeing in a very simple way, and it is useful to carry a map all the time. We have to produce more videos and more brochures for different purposes; money is needed but it would be a very good investment. In the Ski-O Committee's activity plan we have a proposal for how to obtain such material.

Developments in Japan (see page 14) are very promising - their mountain plateaus have snow from December to March and the terrain is suitable for ski-orienteeing.

ISORO

The ISORO - International Ski-O Runners Organisation - was founded at the World Cup Final in Finland this year. This independent voice for ski-orienteeers all over the world has had a good start. They have



Vidar Benjaminsen, Norway -
ISORO President
photo: Harald Andresen

organisation, direction and ideas, and their activities are very important for the IOF. It is natural that their focus is elite sport, and elite sport is the most important aspect if we want to spread ski-O to new countries, to new people in the present ski-O countries and especially to TV. The elite runners are younger people, they have ideas and they are many. They observe many things which demand development or the removal of drawbacks. The Ski-O Committee is happy that the IOF has got new human resources at work; we can wish good luck to ISORO - and it is good that it is independent.

LARS PETTER LYSTAD, Norwegian member of the IOF Ski-O Committee, looks back at

The 1995 Ski-O World Cup

The IOF Ski-O Committee's Steering Group met in Stockholm in June and discussed and briefly evaluated all the events in the 1995 World Cup. It was decided to collect opinions from the IOF Delegates and also the coaches and runners. The International Ski-Orienteeing Runners Organisation (ISORO) through its President Vidar Benjaminsen was asked to help and collect the opinions of all national teams. We would like them to discuss what is good and what is bad about the World Cup, and what can be done to improve it.

So far the SC has received answers from only a few nations, but there seems to be agreement that the controlling procedure has to be improved. A need for distinct instructions for both organisers and national Controllers is indicated; the IOF Delegate has to act more as an IOF Controller. He has to check whether the map is to

the correct IOF standards and give it his OK. He has to see the map and courses and make a visit to the terrain at an early stage, so that it is possible to make changes if it is necessary. There is of course also a question of costs.

The 'TOP 15' (see OW 94/6 page 15) was introduced in this World Cup and was well received by the runners. It made the competitions more exciting, and the best runners had equal conditions. But the rules regarding the TOP 15 have to be completed: who decides where the Red group shall be placed in the start list - the jury, the team leaders, or representatives of the countries with runners in the TOP 15?

In order to create as equal conditions as possible for all runners in the initial stage of a World Cup series, the first World Cup competition in 1997 will be a 'one man

relay' with mass start. Runners with placings 1-15 will form the TOP 15 group in the second competition. If the organising federation of a World Cup event is not represented in this Red group, they may nominate one runner to start in this group in addition to the 15 already qualified.

RTRS, the electronic punching system, was introduced in ski-orienteeing in the World Cup rounds in Norway. The runners had only positive experiences related to the system. A new dimension had been added to the sport without causing extra stress for organisers, and the competitors had their split times immediately after reaching the finish.

From the organisers of World Cup events we have had reports expressing deep concern related to poor discipline from the participating federations in connection with entry deadlines and advance payment of entry fees.

These are some of the matters which are to be dealt with before the 1997 World Cup gets under way.

"It took time to get going and then, when it did, everything happened in a bit of a rush." IAN BAKER describes Australia's initiatives in support of the Ski-O Olympic Project

The First Australian Ski-O Championships

Each year the Cross-country Ski Show takes place in June in Melbourne. Lake Mountain Ski Resort (did you know it's the fifth most visited xc ski area in the world?) had a stand. On the wall was a map showing all the contours and ski trails, much clearer than the usual hand-out map for skiers. Andrew Paul, former Olympian in biathlon and now working for the Alpine Resorts

pects, with Andrew Paul as overall coordinator. Early on, we decided that a score event would be the format. Since we wanted to attract skiers with little or no navigational experience, as well as regular orienteers, we agreed to place all the controls in very visible locations, all accessible with skis on. We considered that choosing which controls to visit in what order in the 90 minutes



Double Olympian Sandra Paintin-Paul takes her map at the start
photo: author

Commission, told me that he had a plan to put on orienteering as part of the 1995 National Race Week. Since I obviously had a fair experience of O, could I give some assistance? Literally 2 minutes later I walked into Robin Rishworth, well-known outdoors man and a professional mapper.

Organising the Event

Robin and I had a 5 minutes chat about the whole project, as a result of which I undertook to write some recommendations on how the courses and the event might be organised and Robin committed himself to looking after the technical as-

allowed would be a fair test of navigational and skiing ability.

I was keen to see the event integrated into Australian orienteering, so that it has a prospect of continuing regularly; Orienteering Federation of Australia Secretary Dave Lotty agreed with me and secured the agreement of the OFA Committee that the event be 'The First Australian Championships in Ski Orienteering'. Dave phoned me with this welcome news and continued, "By the way, you are now Chairman of the OFA Ski-O Committee". I can report that this committee met daily (al-

though no formal minutes were kept), the decision-making process was very quick and there was total harmony between me and myself.

Tom Andrews, the Australian principal of Silva Compasses (it was Tom who organised Australia's very first foot-O event in 1969) promised to put in a batch of compasses as prizes in return for recognition as a sponsor. I fired off a press release, and also gave a talk at a meeting of Melbourne Nordic Ski Club with about 100 members in attendance.

The Big Day

And so we came to National Race Week with our race on the Thursday; it had to be a weekday because the major races were at the weekends. We did not know how many starters to expect; some said only 20, but, more optimistic, I hoped for over 30. On arrival, Andrew told me there would be 2 mass starts, at 11 and at 11.30, so "Get your camera out

and be ready for a ride on the skidoo to photograph the first one". Some went off like rockets using skating technique while others had a more conservative classic style.

My advice to Melbourne Nordic members had been very specific: "One, put brain in gear". My explanation for failing to do this myself is that everything was a bit of a rush. I did not become aware till later that Robin had given the controls different values from one to five points each.

At the finish I chatted to the others as we waited for the results. We had 41 entrants including 2 - Mike Hubbert and Ron Frederick - who had actually competed in the first foot-O event 26 years earlier. Everyone thought it was terrific with a good map, well-planned course and a thoroughly enjoyable experience. On behalf of the OFA, I was delighted to be able to say so to Robin and to Andrew at the presentation.

1996 Ski-Orienteering Fixtures

JAN

5-7

3-Tage-Ski-OL, Klagenfurt, Austria S/C/R

Curt Maier, Schwarz 24, A-9065 Ebenthal, Austria
T +43 463 437964

6-7

International Grand Prix, Ockelbo, Sweden (18/12)

C/R M Ingelsson, Ulvesta, S-816 94 Ockelbo, Sweden
T +46 26 159 037, F +46 26 159 002

20-21

Pohjola Games, Rajamäki/Hyvinkää, Finland (10/1)

Arto Niemi, Nummenpäantie 490, FIN-01860 Perttula, Finland
T +358 0 276 7804

27-28

International Grand Prix, Borensberg, Sweden (8/1)

C/R S Frick, Box 97, S-590 30 Borensberg, Sweden
T +46 8 605 6308, F +46 141 403 56

FEB

3-4

U.S. Ski-O Champs., Winchendon, MA, USA

L Berman, 23 Fayette Street, Cambridge, MA 02139-1111, USA
T +1 617 868 7416

MARCH

9-10

International Grand Prix, Domsjö, Sweden (19/2) C/R

P Magnusson, Skolvägen 22, S-892 40 Domsjö, Sweden
T +46 660 781 19, F +46 660 838 05

16-17

International Grand Prix, Sundborn, Sweden (26/2)

C/R Staffas, Lövanget 10, S-790 15 Sundborn, Sweden
T +46 246 106 35, F +46 246 300 84

APRIL

5-7

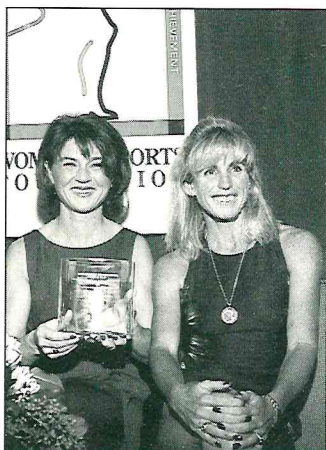
Lapplands 3-days, Kemijärvi/ Rovaniemi, Finland

(25/3) H Mattila, Kirkkokatu 3, FIN-98100 Kemijärvi, Finland
T +358 692 813764

Alpen Cup Programme

This season's ski-orienteering Alpen Cup starts off at Tauplitz, Austria with a sprint race on 16th December and a classic distance event the following day. Entrants from 9 mid-European countries are expected. The other events in the series are in Switzerland (13/14.1.96), Germany (3/4.2) and Slovakia (9/11.2).

Annichen Triumphs Again



Annichen Kringstad with Paula Newby-Fraser after the induction ceremony photo: June Harrison

by JON NASH, USA

Hey, isn't that Monica Seles? Look, there's Nadia Comaneci and Billie Jean King. The television crew is setting up by those gentlemen in tuxedos. Is Bonnie Blair going to be in this photo shoot? Now, which company sponsored the cocktail party and which the champagne reception? A lot of people seem to want to meet Martina. Look at all these celebrities. HEY, WAIT A MINUTE! Isn't this *Orienteering World* magazine and shouldn't this be an article about orienteering? Amazingly enough, it is...

All you have to do is say "Annichen", and anyone who has been orienteering for at least ten years will probably know who you are talking about. Annichen Kringstad dominated the sport in the early 1980's, winning individual and relay titles at three consecutive World Championships, an accomplishment no-one has come close to matching. Orienteering took Annichen from her Swedish homeland, throughout Europe, and on to the far corners of the world. When Annichen 'retired' after the 1985 season, neither she nor anyone in the orienteering community could possibly have envisaged that, some ten years later, she would triumph once again in the most unlikely of settings - the Grand Ballroom of New York City's famed Waldorf-Astoria Hotel.

On the evening of October 16th, the Waldorf-Astoria was indeed the setting for the 16th annual induction ceremonies of the International Women's Sports Hall of Fame. Before 1,300 sports stars, celebrities, media representatives and corporate executives (and a national cable television audience that could watch the event on October 21st), Annichen became one of fewer than 100 women to have been enshrined in this prestigious body.

Presentation

Annichen was presented for induction by Paula Newby-Fraser, world renowned triathlete and four-time winner of the 'Ironman'. Newby-Fraser alluded to the fact that orienteering and the triathlon share a common physical challenge, except that triathletes always knew where they would be going. A short video, introducing the audience to orienteering and to Annichen's world championship accomplishments, was shown. Annichen then came on stage and with the presentation of her crystal award, officially became a member of the International Women's Sports Hall of Fame. In her brief acceptance speech, Annichen, displaying her training in marketing, took this opportunity to explain what orienteering is and to invite the members of the audience to try it if they ever got the chance. She told them not to worry about getting lost, saying "If you do, call me. I will come and get you."

Pictures, Autographs

Following the ceremonies, attendees were invited to a champagne and coffee reception sponsored by an international manufacturer of shaving and grooming supplies. During that reception, Annichen experienced something that just does not happen to orienteers in most parts of the world - requests for pictures and autographs. Many of Annichen's new 'fans' seemed impressed by the fact that orienteering was not only a sport

where women sweat, but one where they get dirty and get lost as well.

The induction ceremony capped off several hectic days for Annichen. There were press conferences, media forums, a magazine sponsored evening at the Hard Rock Cafe, a trip to see the Broadway show 'Cats', a cocktail party and even a professional beauty treatment underwritten by a maker of hair care products. Although there was not as much as she might have wished on her first trip ever to New York City, in her free time Annichen took in some of the usual tourist sights and, being an orienteer, headed for the nearest forest to do some training, which in this case meant going for runs on the trails of Central Park.

On TV

As a result of Annichen's induction on October 16th, more high-profile sports figures than our sport has ever been able to reach were introduced to orienteering at one time. The next

day, newspaper readers around the world read of Annichen's induction. On October 21st, still more American TV viewers watched her induction. At a time when orienteering is trying to increase its profile, Annichen Kringstad being honoured for the triumphs of a legendary career may have single-handedly reached many of the people we have long tried to get our message to. In a gown, in a ballroom, in a New York City hotel, Annichen may have scored what will one day be regarded as her greatest triumph ever.

The International Women's Sports Hall of Fame is administered by the Women's Sports Foundation. Selection is done by balloting of the existing members, and is regarded as difficult. The nomination of Annichen Kringstad was made by Jon Nash, Director of Marketing & Public Relations for USOF. He researched and prepared the supporting documents that accompanied the nomination. Once it was confirmed that Annichen had been elected, Lennart Levin, Secretary General of the IOF, and Maria Nimvik of SOFT provided much assistance in awards research and securing video footage.



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Trail O Notes

Jacques Eloy Retains European Title

Belgium's Jacques Eloy again finished in top position over 2 days in forests near Windsor, England in the second European Union Championship in Trail O, held in early September. It was a close thing, though; Sue Harvey finished with the same number of correct controls, but was slower at a timed control. Next year's event will be held in Belgium.

Trail O featured prominently in the second edition of *Challenge*, Britain's new monthly magazine covering sport for the disabled.



*Jacques Eloy
with his Championship trophy
photo: Anne Braggins*

The Swiss O-week, 3-10 August 1996 will include four Trail O courses which will be open to all; details can be obtained from Angelika Schlöpfer, Steinhofhalde 11, CH-6005 Luzern, Switzerland, tel. +41 310 7941.

Olaf Andersen

Olaf Andersen, Danish orienteering's 'Grand Old Man', died on 11th November 1995 aged 88. He was one of the founding members of the Danish Orienteering Federation in 1950 and was its first President, from 1950 to 1966.

Internationally, Olaf Andersen will be remembered as one of the founders

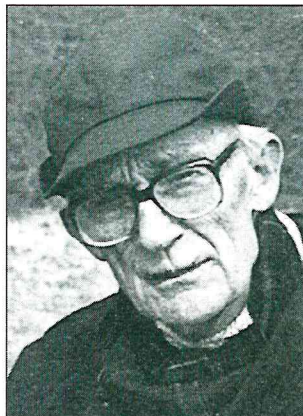
of the IOF, where he was a member of the IOF Council and attended every meeting from its foundation in 1961 until 1977. He was made an Honorary Member of the IOF in 1977 and awarded the Silver Pin of Honour in 1981.

Olaf was a fine orienteer too; he was twice individual Danish champion and a member of the national team.

Olaf is survived by his wife Signe. Both are well-known within the IOF and beyond as a result of their widespread travels; many will remember them as regular visitors to the Jan Kjellström Trophy in Great Britain until the mid-eighties.

All honour to his memory!
Birthe Helms

A full appreciation of Olaf's work for orienteering will appear in the February issue of OW.



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The Origins of Orienteering

There have been a number of different suggestions over the years on how the term orienteering originated. DEXTER PALMER of Yalanga Orienteers, Australia, surprised that there has ever been any doubt about the matter, explains that it is of French origin:

It derives from the mediaeval custom, widely practised in the Languedoc region, of holding naked races in the woods. These races had their origin in pre-Christian times, although they were sanctioned (among other heresies) by the local Christians of the era as a form of self-flagellation in penance for the participants' sins.

Runners would be led into brambles and bogs, a practice which survives in modern orienteering, in order to increase their suffering and hence their chances of achieving a state of grace.

The name derives from the standard reply to the newcomer to this activity, who asked what to wear. It was "Oh, rien attirer!". The participants were, of course, known as "rien attireurs".

First read in 'The Irish Orienteer'

The origin of rogaining - generally thought to be in Victoria, Australia in 1976 - has also been brought into question, according to a translation by Major Robert Reddick (retired) of a newly-discovered text written in 1759 by Major Robert Rogers (1731-1795), an American frontiersman, and reproduced in the July issue of *Orienteering North America*. Entitled "Standing Orders, Rogers' Rangers Roganing", the 19 instructions read remarkably like the modern sport of rogaining.

Letter to the Editor

Athlete versus Orienteer (see OW 95/4 page 19)

I tried a similar experiment in 1969-70 when I was personal coach to Anna Gavendová-Handzlová. At that time there was in our athletic club in Trinec a long-distance runner, a 10km specialist, one of the top runners in the country. He wanted to see for himself how a top woman orienteer performs and accepted a proposal to go on a long-distance training run with Anna off the roads and footpaths - on very broken terrain with a lot of climb, stony in places and in parts runnable only with difficulty. No map, simply running training.

After about 5km he suggested that the training should continue at a slower pace; simply, in the terrain he could not keep up even with a woman. For me as a former athlete it was understandable because athletes when running have a completely smooth rhythm. This is true even of cross-country specialists, because their competitions are run mostly on horse-racing courses or in a terrain which interferes only slightly with running rhythm.

But I don't agree with the last sentence of the article, that an orienteer usually has no chance to succeed amongst athletes. Members of the Ladies' Orienteering Team Trinec do from time to time run in cross-country races, but in her first start on a tartan track in a 10km race during a top Czech Republic athletic event, Jana Cieslarová achieved a time that ranked her eighth on the long-term athletics tables. Hana Dolezelová has been the Czech junior 10km record-holder up to now.

From these and other examples in this country I can say that an orienteer, when he/she concentrates on athletics, can stand the test. I think it is much more difficult for a former athlete to become an excellent orienteer.

There are many similar examples in other lands, e.g. World Champions Katalin Oláh and Jörgen Mårtensson. The fact is that for running in the terrain there must be other pre-conditions fulfilled. On the basis of tests and video recordings, Jana Cieslarová has the best command of terrain running of our women runners.

OTA GAVENDA,
Trinec, Czech Republic

5 Days of M55A by Map Memory!

by LARRY & SARA-MAE BERMAN, first printed in *Orienteering North America*

For most of us, orienteering with a map and a compass is quite challenging enough. At the Colorado 7-Day, David Irving raised the stakes: he did the competition without a map or a compass. No, we're not kidding! He did it entirely from memory!

According to Irving, he had the idea of doing a course without a map for years. He began doing this when he lived in San Diego as a way to make events on very familiar maps more interesting. He said, "I found that if I took an hour to look at the map, I could do the course from memory."

Then J-J Coté, one of the Colorado organisers, started a

discussion on the O-Net about doing their event using technological devices. "Bring your GPS, your altimeter, your microwave!(!)" he challenged. Irving countered with: "Give me an hour to look at the map and I will run without it (or even a compass)." It was agreed. Irving would do without a map for the 5-days (not the sprint or the relay).

Almost Disqualified

As Irving helped out with the start, he began looking at his map and copied the control descriptions on his punch card. When his start time came, he went out. On day 1, he almost got disqualified; he almost punched a control in the wrong re-entrant, but he checked the

code and realised that he was on a wooded spur instead of a semi-open spur. On the next control, he lost a little time until he remembered that he had to cross a stream; day 1 had 16 controls. On day 2, he believes he was faster than if he had a map; when doing his map memory, he plans his route ahead - with no stopping. On day 2, twice he was unsure about where he was, but each time he made the right choice. On day 3, he made a couple of minor errors, but no big problems - he even 'spiked' a couple of controls - felt good!

When we spoke to Irving after day 3, he was thinking of continuing without a map for day 4, but he wasn't sure about day

5 with its chase start. He found the day-after-day effort of memorising courses very hard work, very tiring, and wasn't sure he had the energy for two more days. But he soon found out he had no choice: J-J Coté insisted that he finish the whole 5-day in the same manner he started - and he did, successfully!

The Colorado multi-day event which started in 1993 is now an annual feature in the USA events calendar.

The brainchild of Mikell Platt, it is characterised by unsophisticated organisation and fast courses and an emphasis on having a good time. Next year's dates are July 6 - 14.



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Slåensø

In accordance with the wishes of the Danish Orienteering Federation to build a stronger GREEN SPORT profile, URTEKRAM was approached - Denmark's oldest company in the field of organic food produce and environmentally safe washing products. URTEKRAM learnt that Orienteering is indeed a sport with a huge green potential in the image it presents to the public as well as in its influence on those who take part.

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at all training camps and as prizes on competition days - producing some well-known world-level results with gold medal winners and runners in the top 10. On top of that, we have tried to raise awareness of our impact on nature by introducing what are probably the world's greenest shampoos.

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*John J. Dacozand
Ronni Clif*

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