

ORIENTEERING WORLD



1996 No. 6 - DECEMBER




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PUBLICATION NOTES

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97/1	6 February	13 January
97/2	11 April	17 March

COVER PHOTO: Reeta-Mari Kolkkala, overall winner of the Park World Tour, map reads her way from the watery 'sponsor control' during the final event in Prague in October
photo: Petr Hranicka

Editorial

The new year marks a fundamental change in the IOF structure and the move of the Secretariat from Sweden to Finland. The latter change in particular will be a major upheaval, involving all the office trappings of the modern technological age as well as many active files, all the IOF stock and extensive archives. More about the new Secretariat can be found on page 13.

As a result of the move, Berit Pehrson and Karin Tibbelin leave the IOF on December 31st. Berit has been with the IOF since 1987 and Karin since 1989. While Berit's role has been a general one within the Secretariat, Karin has been responsible for the IOF's (and *Orienteering World's*) accounts and has maintained the *Orienteering World* subscription database. I would like to thank both Berit and Karin for their immense help in my period as Editor, and Karin in particular for her meticulous work for *OW* - and for keeping me on my toes on various matters! I know that both

have worked well beyond the call of duty on many occasions, and have become very much a part of the IOF family. All the best for the future, Berit and Karin!

The change in structure is logistically less complex, but the process of getting the best people in the right places, all supported by their national federations, takes time. Just now, responsibilities and membership of the Committee Steering Groups are being finalised, and full details will be given in the February issue of *OW* after they have been given approval by Council.

All over the world, orienteers will celebrate the new year planning ahead for new challenges - in my case, how to get the most from my admission to a new age group. The fixture lists will be well scrutinised - and also the bank balance.

May I wish all readers a happy new year and good orienteering, wherever you may be.

Clive Allen

1997 IOF Elite Events

This list has been published by the IOF in mid-November. It may be extended later to improve its usefulness as a base for the world ranking system due to be introduced in 1997. C = classic, S = short, L = long distance

Date	Fed.	Town	Name/Type
Mar 1-2	POR	Aveiro	Portugal O-Meet 2C
Mar 15	DEN	Hillerød	Spring Cup C
Mar 22-23	GBR	Aviemore	AROS Elite Test C/S
Mar 29-30	GBR	Newquay	Jan Kjellstrom 2C
Apr 12-13	NOR	Moss	Østfold 2-days 2C
Apr 19	NOR	Halden	Vårspretten C
May 3-4	FRA	Fontainebleu	Nationale 1 C/S
May 17-19	BEL	La-Roche-en-Ardenne	Belgian 3-days
May 31-Jun 1	FRA	Loire	Nationale 2 C/S
Jun 28	NOR	Lillehammer	O-Festival S
Jul 3-6	LTU	Vilnius	Baltic Sea Games C/S
Jul 9-12	EST	Aegviidu	4 EST 4-days
Jul 9-13	LTU	Molėtai	Takas 5-days
Jul 14-19	FIN	Paimio	FIN-5 5-days
Jul 21-25	SWE	Umeå	O-Ringen 5-days
Jul 26-Aug 2	SUI	Thun/Fribourg	Swiss O-week 6-days
Aug 3-9	GBR	Aberfeldy	Scottish 6-days
Aug 20-24	CZE	Novy Bor	Bohemian 5-days
Aug 29-30	FRA	Charleville-Meziere	Championnats de France C/S
Sep 6-7	SUI	Leuk/Blatten	Swiss Champs S/C
Oct 2-4	DEN	Fjerritslev	Nordic Open Ch C/S
Oct 4	AUS	Canberra	Australian Champs C
Oct 4-5	EST	Võru	Suunto Games C/S
Oct 18	NOR	Fredrikstad	Blodslitet L
Oct 19	GBR	Cinderford	NGOC National C

Media Success for Park World Tour

The final of the Park World Tour lived up to its expectations as a media success story, helped by home runner Rudolf Ropek's victory in Stromovka Park in the centre of Prague. Ropek went on to win another elite park race in Budapest a few days later. Next year's PWT has been extended to 7 or 8 events - see next page.



Rudolf Ropek being interviewed by Czech TV
photo: Petr Hranicka

Park World Tour - Leading Final Positions

Event:	1	2	3	4	Pts	
MEN						
1. Jörgen Mårtensson	SWE	25	17	13	20	75
2. Rudolf Ropek	CZE	20	0	25	25	70
3. Carsten Jørgensen	DEN	17	8	15	8	48
4. Kenneth Cederberg	FIN	9	15	20	0	44
5. Janne Salmi	FIN	15	9	4	15	43
6. Håkan Eriksson	SWE	15	11	1	0	27
7. Bernt Bjørnsgaard	NOR	7	2	6	11	26
8. Yuri Omeltchenko	UKR	0	25	0	0	25
9. Thomas Bühner	SUI	4	13	0	5	22
10. Holger H Johansen	NOR	0	0	4	17	21
WOMEN						
1. Reeta-Mari Kolkkala	FIN	13	13	25	2	53
2. Külli Kaljus	EST	15	6	7	20	48
3. Marlena Jansson	SWE	9	25	0	13	47
4. Heather Monro	GBR	0	11	20	15	46
5. Gunilla Svärd	SWE	25	7	3	6	41
6. Hanne Staff	NOR	20	1	9	9	39
7. Marie-Luce Romanens	SUI	7	15	0	17	39
8. Karolina Arewång	SWE	0	20	13	0	33
9. Anette Granstedt	SWE	17	0	15	0	32
10. Lucie Böhm	AUT	0	0	6	25	31

First Park World Tour - *Exciting Final in Prague*

The first year of the 'Park World Tour' international park races reached their climax with the final race on 29th October in Prague, three months after the third competition. The Prague organisers, using their experience from a similar race last year (see *OW* 95/6), prepared a worthy finish for the series.

Report by PETR HRANICKA



*Overall winner
Jörgen Mårtensson
heads for the finish*

photo: Petr Hranicka

Park competitions are different in many ways from 'classic' orienteering. The main purpose of them is to advertise orienteering, but nevertheless one must say that the performances of the nominated participants are really impressive. The spectators of park races get a constant flow of information of intermediate times and competitors' results. In the final race it is even more thrilling, because the start list is made up as the reverse order of the accumulated results of the PWT series, with the best runners of course at the end.

A one-minute start interval, a fast course in semi-open terrain, and lots of spectators, cameras and TV reporters mean that the runners have no time to relax. One of the best competitors, Rudolf Ropek (CZE) says "It is 15 minutes of stressful orienteering, where every lost second counts".

With the restricted number of competitors and the short times, the whole event is packed into 120 minutes, including intro-

ducing all the competitors at the beginning and the prize-giving ceremony at the end.

Central Prague Site

An area in the centre of Prague was picked for the final event, with the event centre with start, finish, the most spectators and the last control near the strange object called Krizik's Fountain, one of the cultural highlights of Prague.

The common course for men and women, 4.1km in length on a 1:5,000 map, went partly through the historical King's Park with its many stately old trees, asphalt paths and lady dog walkers, and partly in the complex Prague exhibition area and amusement park with its many roads, buildings and unusual objects. The spectators' titbit was the 'sponsor control' placed on an island in a shallow lake in the park, not far from the finish area. Here competitors got the biggest applause and could demonstrate that orienteering is not a sport for the delicate, especially in autumnly cold and windy weather.

Böhm and Ropek Take Day's Honours

In the women's class which started first, Reeta-Mari Kolkkala (FIN) had such a strong overall lead in the series that winning on the day was unimportant. So it was left to Lucie Böhm (AUT) to take the day's honours with a time of 19.34, ahead of Külli Kaljus (EST) who with this second place also achieved second position overall. Third was Marie-Luce Romanens (SUI), 1.12 slower than Kaljus.

A more interesting duel was anticipated in the men's class, where Rudolf Ropek, running in front of his home crowd, was up against the legendary Jörgen Mårtensson. An error-free run coupled with Mårtensson's 8-second mistake on the last-but-one control and a better finish put him on top by 13 seconds in a time of 16.21. Holger Hott Johansen (NOR) was third, 41 seconds slower than Mårtensson.

For all that, Jörgen Mårtensson became the overall winner of the Park World Tour, because Ropek, who finished second

overall, had taken no points from his unsuccessful race in Laxå. Carsten Jørgensen (DEN) placed overall third. Prizes to the winners of each event were worth SEK 8,500, and the overall winners received SEK 20,000 from the main sponsors, Ericsson mobile phones.

Positive Images of Orienteering

I hope the competitors will not feel unhappy if I say that the results in this event are not as important as the contribution made towards orienteering's popularity, especially in the Czech Republic. By organising this event with the top orienteering names in the world present, the Czech O-federation gained several very promising sponsors, and have brought orienteering to the TV screen and into many national newspapers, and in a big way too. The competition was watched by many sports reporters and directors of sponsoring companies, and all got very positive images of orienteering. And that is what it is all about! So now we look forward to the second series of the Park World Tour in 1997.

Leading Results

MEN: 1. Rudolf Ropek CZE 16.21, 2. Jörgen Mårtensson SWE 16.34, 3. Holger H Johansen NOR 17.15, 4. Janne Salmi FIN 17.22, 5. Janne Virtanen FIN 17.26, 6. Bernt Bjørnsgaard NOR 17.30, 7. Libor Zřidkavský CZE 17.32, 8. Carsten Jørgensen DEN 17.37, 9. Martin Stepanek CZE 17.39, 10. Lubos Mateju CZE 18.00, 11. Thomas Bühler SUI 18.06, 12. Ales Drahonovsky CZE 18.25, 13. Richard Klech CZE 18.27, 14. Edgaras Voveris LTU 18.29, 15= Sixten Sild EST & Kenneth Cederberg FIN 18.38.

WOMEN: 1. Lucie Böhm AUT 19.34, 2. Külli Kaljus EST 19.49, 3. Marie-Luce Romanens SUI 20.57, 4. Heather Monro GBR 21.02, 5. Marlena Jansson SWE 21.34, 6. Karin Craig SWE 21.38, 7. Hanne Staff NOR 21.43, 8. Katerina Miksová CZE 22.19, 9. Marcela Kubatková CZE 22.27, 10. Gunilla Svärd SWE 22.35, 11. Lenka Cechová CZE 22.36, 12. Frauke Schmitt-Gran GER 22.40, 13. Zdenka Stará CZE 22.43, 14. Reeta-Mari Kolkkala FIN 22.48, 15. Eva Jureníková CZE 23.06.

1997 PARK WORLD TOUR

As *OW* went to press, the tour programme was not finalised. An event in Norway is to be added, and the event in Austria is not yet confirmed. Known dates are:

2 May	Eskilstuna	Sweden
13 June	Jyväskylä	Finland
2 August	Laxå	Sweden
7 October	Cesky Krumlov	Czech Republic
8 October	Budapest	Hungary
10 October	Graz	Austria
11 October	Venice	Italy

Janne Salmi's article in the last issue of *Orienteering World* described some of the problems facing the World Cup Series. He chose to steer clear of technical matters, so this article gives an elite runner's viewpoint on some of the technical aspects of international races.

International Races - A Runner's View

by JONATHAN MUSGRAVE,
Secretary of International O-Runners,
the association of elite foot orienteers

Since I was first involved in international races (a long time ago!) there have always been mistakes made. In the old days (OK, in the early 80's) the runners tended to shrug their shoulders, have another beer and get on with their lives. Now the scene has changed; the competition to merely get into national teams has increased, and the levels of fitness, skills and commitment needed to gain good World Cup and World Championship positions has rocketed.

More people than ever are basically full-time orienteers in that their main commitment in life is orienteering. This commitment brings a new level of professionalism to international orienteering and a lower tolerance of bad races and technical mistakes both by themselves (which they can control) and by organisers (which they cannot control). Unfortunately the level of professionalism among organisers and the IOF has not kept pace with that of the runners, and this is the main cause for concern.

Errors Often Due to Ignorance

Many races over the last 5 or 6 years have been compromised by errors. These range from simple things such as starting a qualification race too early in the day to more complex things such as inappropriate courses in inappropriate forests, e.g. Germany and New Zealand in the 1994 World Cup. The errors can often be put down to ignorance on the part of the organisers; they are not involved in elite orienteering and

do not understand what is wanted by runners. The best way to avoid this happening is to involve elite runners in the organisation of the event: WOC 95 in Germany had ex-elite runners involved in the planning and thus the courses were fair and interesting, however the non-forest aspects were not at all runner-friendly due to not having thought out the plans from a competitor's viewpoint.

The IOF has tried to help by appointing 'International Controllers', but some of them are simply out of touch with elite orienteering and do not understand what is required, while others seem to take a personal delight in imposing their will on the race and the runners rather than helping to ensure the best and fairest race possible. The present requirements place too much emphasis on 'large' event controlling rather than 'elite' event involvement.

What can be Done?

Having pointed out some of the faults, what can be done to improve the situation? All international races should have an elite orienteer involved acting as adviser, not getting too involved in working at the race but providing information on things such as technical difficulty, fairness of the area etc. This is basically what the International Controller should do but often fails to do.

The organisers must realise that they have been chosen because they are judged experienced enough to put on good races. They do not need to put on a 'special' race, just a normal

race very well. The terrain should not be extreme, the controls do not need to be extra hidden (running fast makes even the simplest control technical!). The map must be good, and if need be the planner may have to avoid some parts that are not quite good enough or are unmappable. There must be plenty of opportunity to train in similar terrain, thus unique forests are to be avoided. Unfair control sites must also be avoided, e.g. where a runner punching will give away an otherwise very difficult control. The course must be challenging and above all else **FAIR**.

Getting the Best IOF Controllers

At IOF level a more rigorous selection procedure for IOF Controllers, with an emphasis on interest in and understanding of international races and runners, is needed in addition to the present emphasis on controlling of multi-day large number 'festival events'.

At the very least, applicants should be expected to have some contact with the national team in their home countries or involvement with individual elite runners. IOF could set a questionnaire for all applicants to ensure an equal level of knowledge.

An alternative would be to head hunt appropriate top level competitors who would be capable of the work required and still have close contacts with international teams. Payment for the time involved in doing this work would help ensure that

suitable people were not put off by the cost.

Responsibilities must be Clear

The quality of most events seems to depend on a small group of 3 or 4 people who have a vision of how the event should happen and who refuse to be distracted by the many small problems that inevitably occur.

The approach of appointing ever more layers of control and muddling the areas of responsibility is a guarantee for disaster. People must be made responsible for their own part of the race and allowed to carry this out, publicly accepting responsibility for any mistakes they make.

A suggested set-up is sketched out below (the exact set-up is less important than ensuring that everyone knows their area of responsibility and carries it out diligently).

The International Orienteering Runners (IOR) is offering to help IOF overcome some of the problems by being involved in working parties considering rules revisions. In addition IOR produces a questionnaire which is sent to all countries which sent teams to international races. This is used to make an annual report on good and bad points of the major races in the preceding season.

One final way to improve races is for all the 'organisers' to work, and apply rules, bearing in mind the spirit of the sport and not the letter of the law.

Key Officials and Responsibilities

Planner responsible for courses, placing controls, providing technical information at meetings.

Controller responsible for checking courses are correct, interesting and fair, checks controls, checks technical information, disqualifications and protests.

Organiser responsible for finish area, race press centre etc.

Facilities organiser responsible for distributing information to teams, transport, accommodation, food, socials etc.

International controller responsible for checking fairness of courses, checking that organiser and facilities organiser know what they are doing. This job will vary in amount of work depending on how experienced the main officials are.

Elite adviser responsible for nothing, but should give advice on any aspect where he/she sees weaknesses or is asked.

The World Cup: *Expectations and Reality*

THOMAS SCHOLL, IOF Controller at the World Cup Final in France in August, writes some personal comments on the World Cup events in Switzerland and on some broader issues concerning the World Cup

There was much criticism about the World Cup events in August in Switzerland. Many facts given were right, others were wrong, but it would not be useful to go into details. The organisers (including myself) have made some mistakes, in other points they were just unlucky. The clubs involved as well as the Swiss Orienteering Federation will learn from this.

However, the expectations were very high in some points. Orienteering in Switzerland is well developed, but still far away from the standard in the Nordic countries. Even if the

do not force all organisers and all countries to the same style of organisation. They allow organisation according to local habits. The question is just which basic points always have to be respected.

Some special features in Switzerland are:

- Accommodation and catering are very expensive. It is difficult to find cheap accommodation in most places.
- Prizes and prize giving ceremonies have little importance. In normal regional and national events they do not exist. It is only for championships and international events that sim-

are not common. For national events and championships, the programme and individual start times are sent beforehand to all competitors.

- For important events, the organisers want to offer exciting, unused terrain. Transport to such terrain may be difficult, but there is always a possibility offered to reach it for those without a private car.

- 60% of Switzerland is alpine terrain. Most of the less steep areas suitable for orienteering have been used several times. New areas are therefore often quite steep. This is generally accepted among Swiss orienteers.

- The balance between fair, demanding competitions and easily accessible areas with more public interest is biased clearly to the former in Switzerland.

Taken all together, this may explain some unfulfilled expectations. However it should not be used as an excuse for the organisers. They know where they have to improve.

IOF Controllers

The control of international orienteering events is a difficult problem. Controllers should be experts in running, mapping, course planning, organisation, publicity, accommodation, transport, rules, language etc. Former elite runners or coaches are welcome as controllers, but so far they have rarely been willing to continue their career in this way. Except for World Championships, controllers spend only a few days with the organisers during two or three visits before the event. They have to find out where the weak points of the organisation are and where problems may arise, and then they have to concentrate on these points. However, or-

ganisation of orienteering is so complicated today that with the present system of controlling mistakes and problems will always arise. Solutions like professional controllers or application of a modern quality system are under discussion.

Publicity

How to earn publicity is an old question in orienteering. Compared to a football match, orienteering is boring for most spectators. There is little action and emotion. To change this is difficult, even with the most fascinating electronic means. Therefore it seems that orienteering will remain in the long term an insider sport.

All the 1996 World Cup organisers have tried their best to attract the public and media, but their success was limited. Maybe the World Cup should change towards races like the Park World Tour, but even there public interest is variable, and the fairness of competition is questionable.

Fairness

This brings up another point - secrecy and fairness. The present rules are very clear: "In any case, strict secrecy about the courses must be kept. Attempts to gain any information related to the courses, beyond that provided by the organiser, is forbidden before and during the competition." Of course these rules can be changed. But this needs a general discussion and a consent about fairness and acceptable restrictions.

Today, a little cheating occurs sometimes even at the top level, e.g. use of old maps before the start. It is difficult to imagine that such possibilities will not be used in the future when temptation becomes even greater because more information is available and money prizes make winning more attractive.

In today's world, show and money are becoming more and more important. Some dreams see orienteering following this tendency. Reality is different: nobody so far has found the way towards big money and big publicity.



IOR Secretary Jonathan Musgrave heads away from the spectator control at the World Cup final photo: Hazelle Jackson/CompassSport

Swiss elite may sometimes compete with the world's best, the base in Switzerland is much smaller. There are fewer clubs, fewer runners, fewer sponsors, less interest shown by the public and the media. Organisation is frequently less perfect than in Nordic countries.

Special Swiss O-Culture

In addition there are some peculiarities in Switzerland and in Swiss orienteering. Together they make almost a different culture of orienteering, compared to other countries. The IOF rules and guidelines are quite open in this respect, and

ple ceremonies are organised. Flags and anthems are not as respected as in other countries.

- Speakers in the finish area are not common. They are used only for the biggest championships and for international events.

- Swiss runners and organisers are quite conservative. Events are organised in the same way as 20 years ago. New ideas are introduced very slowly.

- All spectators are active orienteers. The best attraction for them is an interesting competition for themselves.

- Special road markings and banners for orienteering events

Czech Republic Leads the Way in MBO

Report on the third International Mountain Bike Orienteering Match at Reims, France, 2-3 November by EDMOND SZÉCHÉNYI

The third international MBO event attracted representatives from nine countries as well as a fact-finding study group from Russia. The level of competition as compared to the previous editions of this event shows that the discipline is gaining ground very fast. The Czechs were the best in both the men's and women's events.

The competition terrain was particularly suited to this discipline. The many tracks and paths required good orienteering techniques while the steep muddy and leaf-covered slopes tested the riding skills. Though route choice was the principal

orienteering skill tested, the virtual impossibility to read the map without stopping also required good map memory skills.

The map was to the scale of 1:20,000 and was the first drawn to the specifications of the provisional Mountain Bike Orienteering Committee. This was done by simply changing the track symbols where necessary on an OCAD drawn foot orienteering map. The competitors unanimously appreciated the new track symbols which gave information on both the width and the rideability of the tracks and paths.



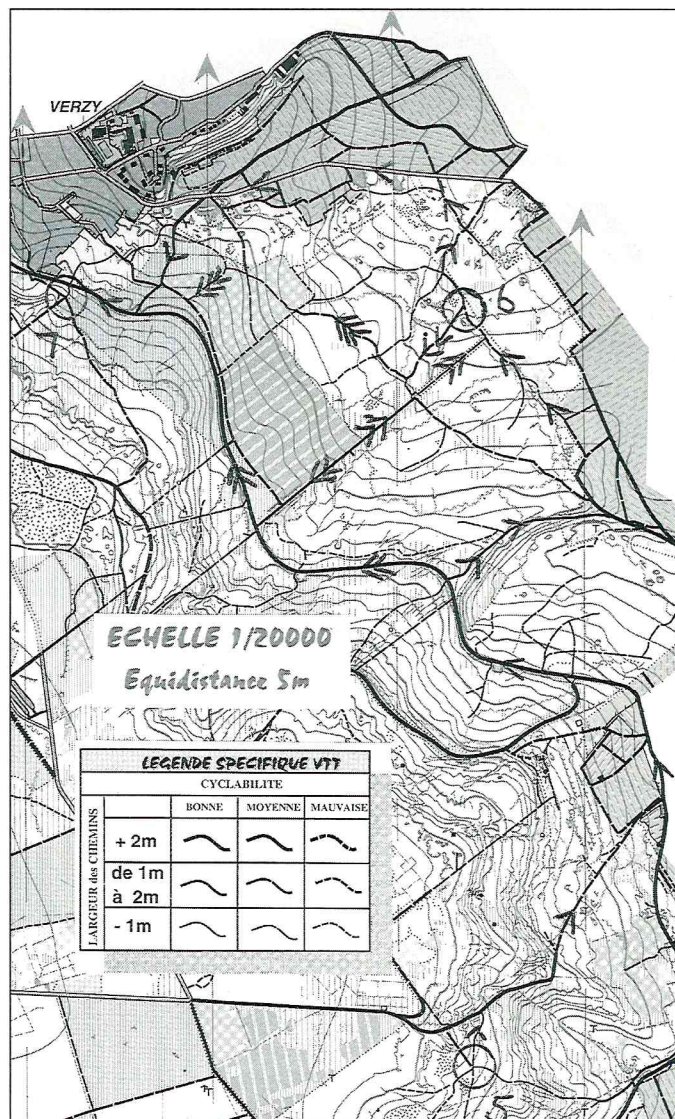
A Portuguese competitor sets off into the forest



LEADING RESULTS

INDIVIDUAL - MEN: 1. Miroslav Rygl CZE 109.53, 2. Radek Novotny CZE 116.07, 3. Jan Zurynek CZE 116.33, 4. Gary Tompsett GBR 120.13, 5. Gilles Perrin FRA 127.38, 6. Sebastien Sxay FRA 130.14. **WOMEN:** 1. Sarka Zurynková CZE 78.04, 2. Laure Coupat FRA 81.55, 3. Martina Horocková CZE 89.11, 4. Katarina Kralová SVK 92.08, 5. Elisabeth Masson FRA 93.22, 6. Lenka Razková CZE 94.53.

RELAY - MEN: 1. CZE 2.50.53, 2. FRA 2.54.44, 3. GER 3.01.17, 4. SWE 3.04.02, 5. GBR 3.10.10. **WOMEN:** 1. CZE 2.35.07, 2. SVK 2.39.56, 3. FRA 2.43.35, 4. GBR 3.13.35, 5. ESP 3.19.39.



Route choice is all-important in MBO, and the 'cyclability' of different routes must be taken into account - see legs 5-6 and 6-7 in particular on this map of the women's course: 1 arrow - Laure Coupat, 2 arrows (where different) Sarka Zurynková, 3 arrows (6-7 only) Martina Horocková

World Championships in 5 year's time?

On the occasion of this event, the IOF's provisional MBO committee met briefly and re-affirmed its objective of a first MB-WOC in 2001 or 2002 with at least 15 participating nations. An international calendar will be published in the near future

and the present series of international matches will be continued. The fourth edition will once again be hosted by France. The event will take place on 1st and 2nd November 1997 in the Périgord region (South West France).



MBO isn't all cycling (above); women's individual prizegiving (above right), Laure Coupat FRA, Sarka Zurynkova CZE, Martina Horockova CZE photos courtesy Edmond Széchényi



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June 20, 21 and 22, 1997

(Friday, Saturday and Sunday)

Day 1: Glengarriff South
Day 2: Glengarriff West
Day 3: Dunboy, Castletownbere

Day 1 (on Friday evening, start times from 5.00pm) will be approximately two-thirds of normal length with a "Sprint-O" emphasis.

Days 2 & 3 will range from 2.5km (M/W10) to 10km (M21E)

Classes offered: M/W21E, L & S; M/W10-60 open; M/W14-21N

1996 winners: W21E Una Creagh (3ROC, Ireland);
M21E Steve Nicholson (FVO, U.K.)

Application forms, accommodation information, etc., available from:

BERNARD & MARGARET CREEDON, MOUNT PROSPECT, DOUGLAS, CO. CORK, IRELAND

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International Orienteering in SW Ireland



*Shamrock
O-Ringen '97*

June 20, 21, 22 - Glengarriff

Similar Terrain to 1998 World Cup Venue!

9th SHAMROCK O-RINGEN 3-Day Event with Chasing Start on Final Day

Entry Fees

Once again, entries will be accepted up to the event and indeed possibly on the day if maps and time slots are available. Entries are accepted on the understanding that competitors take part at their own risk.

	Before 1st May	After 1st May (postmark)
ADULT	£6.00 per day	£8.00 per day
STUDENT (Full time)	£4.50 per day	£6.00 per day
JUNIOR (Under 18)	£3.00 per day	£4.00 per day
FAMILY*	£15.00 per day	£20.00 per day

*Family consists of parent(s) plus children in classes M/W18 or younger

Add IRE2.00 per entry form to cover programme, etc. Cheques, drafts, etc. in Irish Punts payable to "Shamrock O-Ringen 1997".

(Personal cheques in UK Sterling acceptable - please add 6%)

Entries please to Bernard & Margaret Creedon as below.

On the Elite Trail --

The first 5 places in the **25-man relay** held near Stockholm in mid-October were this year taken by Finnish teams. This Finnish dominance in a season of Swedish supremacy in elite competition was even more surprising in view of the fact that this was the first time a club from Finland had achieved victory since the event was started in 1974, writes *Christer Svensson*. There were 11 Finnish teams in the first 20 in the huge field of 367 teams - 9,175 runners in all! This was 8 teams fewer than the record set last year.

Helsingin Suunnistaj was the team to get its name in the

orienteering history books, but the victory was a narrow one - by just 7 seconds over Rajamäen Rykmentti after more than 5 hours and 51 minutes in the forest! Tampereen Pyrintö was third. Best Swedish team was IK Hakarpspojkarna (Huskvarna) in 6th place, and Halden SK (Norway) was 8th.

Teams in this event consist of men and women from all age groups and levels of fitness. This year the winning time in the tough terrain was 35 minutes longer than expected. The organising clubs were Snättringe SK and OK Södertörn.



Some members of Helsingin Suunnistaj's winning team
photo: Christer Svensson

Champions over long distance in Sweden this year are Johan Ivarsson and Katarina Borg. Johan Ivarsson completed the 22.6 km course in 2.24.10, with Thomas Asp just 17 seconds slower and Jörgen Mårtensson a further 5 seconds behind. Katarina Borg's win was even tighter, her time of

1.45.22 for the 14.4 km was just 1 second quicker than that of Karin Craig.

Classic distance champions in Denmark this year are Thomas Nielsen and Tenna Nørgaard, and **in Switzerland** are Thomas Bührer and Marie-Luce Romanens.

O-Ringen Clinics 1997

There will as usual be clinics at the O-Ringen 5-Days event in 1997 - but with a new look. The Swedish organisers have decided to sever organisational links with the IOF which have existed for several years, and at the same time re-structure the range of clinics on offer.

The 1997 clinics will be held at Umeå Naturbruksgymnasium, situated 3-4km NW of the 'O-Ringen Village' at Umeå. In the English language there will be one clinic for experienced orienteers and one for beginners and less advanced orienteers, and in Spanish there will be one clinic for beginners and less advanced orienteers. Each IOF country is encouraged to register three participants; registration must be sent via the national orienteering federation, by 1st April 1997 if possible.

As in recent years, a differential cost policy will operate, with fees ranging from SEK 1,000 to SEK 2,500 depending on the economic situation of the participant's country. The fee includes board and lodging from 17 to 26 July, all local transport, study material and entry to the 5-days event. Participants from non-IOF countries are also welcome.

The registration address is: O-Ringen 97, SE-90 997 Umeå, Sweden, tel. +46 90 199797, fax +46 90 175438, internet <http://www.ts.umu.se/o-ringen>. Further information can be obtained from Peo Bengtsson, Box 3, SE-29 702 Everöd, Sweden, tel. +46 44 238523, fax +46 44 238528.

Selecting the Best Team for WOC '97

Select the bulk of the national team for WOC '97 in August 1996, so that those named can plan their work and training accordingly and begin to save for the trip. Such is the Canadian federation's policy, worked out through discussions between officials and existing team members. It is also hoped that the early selections will give impetus to the team's fund-raising efforts.

Those selected are Catherine Hagen, Pam James, Sandy Smith, Brian Graham, Wil Smith and Mike Waddington. Up to two more men and women will be selected next spring, and those named already will then have to demonstrate

that they are fit.

The United States team will be selected after team trials in April, with the top three men and top three women selected automatically. Two more men and two more women will be selected using a scoring list based on the results from 5 events. Each country may now send seven men and seven women; however USOF, like Canada, has decided to send a maximum of five and five, "since we do not have the money to send more, nor do we feel we have the depth of talent that would justify doing so".

Countries such as Australia and New Zealand will look to their

home domestic season as the basis for selection of most of their runners, but selection is complicated if those able to spend time on the European spring and summer circuit do not return home during the European winter.

At the other extreme of the time scale, Scandinavian countries usually select their teams less than a month before the Championships, using specially-arranged selection races and, in special circumstances, choice based on 'all known form'. This policy reflects the elite strength in depth in these countries; the whole of a nation's elite squad will regard themselves as potential WOC

participants and will be planning to demonstrate impressive form during the spring and then 'peak' for the selection races and the WOC itself.

It will be interesting to see how many nations take advantage of the increased number of competitors allowed, which enables specialists in a particular discipline to be chosen to compete in that discipline alone, and gives more chance for the team as a whole to 'stay fresh'.

The extra cost seems likely to deter many countries. Is this a change which will bring advantage only to the strongest nations?

Clive Allen

Smålandskavlen

The last big relay event of the Scandinavian season

Report by

CHRISTER SVENSSON

In accordance with tradition, the relay season ended with the 44th international 'Smålandskavlen' on 26-27 October near Eksjö, Sweden. No less than 3,404 runners were entered from 7 nations - Sweden, Norway, Finland and Denmark together with Ukraine, Russia and Poland. They competed in 6 classes - open classes for men and women along with two classes for young people (D16 and H16) and two for veterans (D135 and H200).

The open classes attracted 306 men's teams and 159 women's; 800 teams took part in all. The event is the third most prestigious after Tio-Mila and Jukola. For the second year running it was the first event in the Nordic Relay League (a sort of World Cup for club teams) season which has its final next June at the Norwegian O-Festival at Lillehammer. This year's event took place in mild conditions on typical Småland 'highland terrain'.

Rajamäen Rykmentti from Helsingfors, Finland won the men's race, for which the format is two individual night legs followed by three legs set off by a chasing start. Last year's winners IFK Lidingö led after the night legs by 3 minutes, but this was eroded within 20 minutes of the chasing start. The final leg developed into a battle between Rajamäen Rykmentti and Norway's Halden SK; Mikko Vehmas picked up the final controls better than Swiss star Thomas Bühner running for Halden, who made enough errors for Danish national team runner Flemming Jørgensen to steal second place for IFK Göteborg.

For the third year in succession it was a Finnish team which took victory in the women's race. Rajamäen Rykmentti led after the single night leg, but victory went to Angelniemen Ankkuri from Helsingfors who last won in 1993. Halden SK placed second, and third place went to OK Orion from Blekinge, Sweden.

Leading Results

Open class: 1. Rajamäen Rykmentti FIN 305.46, 2. IFK Göteborg SWE 309.24, 3. Halden SK NOR 311.51, 4. IFK Lidingö SWE 311.55, 5. Delta FIN 313.40.

Women's open: 1. Angelniemen Ankkuri FIN 203.58, 2. Halden SK NOR 205.09, 3. OK Orion SWE 205.09, 4. Liedon Parma FIN 207.02, 5. Lynx FIN 207.12.

From Berit Pehrson and Karin Tibbelin

Berit and Karin will cease to be employed by the IOF on December 31st, coinciding with the Secretariat's move to Finland (see also Editorial on page 4).

Dear O-friends

Now it is time to say goodbye. It has been eight great years at the IOF Secretariat with Lennart, Berit and (since last September) Barbro, and with, further away, the editors of *Orienteering World* Peter Gehrmann and Clive Allen, with Roland Seiler, the editor of the *Scientific Journal of Orienteering*, with ... (I could fill pages with names) ... you all.

Thank you very much for this time! I am looking forward to running across you in the future at an O-event or elsewhere. Good luck to Barbro and the IOF Secretariat in Helsinki!

Finally to all of you: a Merry Christmas and a Happy New Year 1997!!!

Karin Tibbelin



Karin (left) and Berit

Thank You

all my orienteering friends for almost ten years of inspiring co-operation and friendship.

Good luck to the new Secretariat.

Berit Pehrson

Information on WOC 99

A preliminary information leaflet about the 1999 World Championships, to be held from 1st to 8th August, has been sent out by the British Orienteering Federation. The event centre is the town of Inverness in the Scottish Highlands; the races will all be within about 60 minutes travelling time of the town. Short distance qualification and final races will be on separate days.

The leaflet includes a regional map showing 13 areas which are now out of bounds until after the Championships.

The IOF Controller for WOC 99 is Lasse Niemela (Finland) and the National Controller is Tony Thornley.

Information about informal training opportunities for individual teams can be obtained from David May, 21 Heatherdale Crescent, Kingston Hill, Kingston, Surrey, England KT2 7SU, tel. +44 181 549 8363, fax +44 181 748 9557, e-mail djm@stpauls.richmond.sch.uk. For general information about WOC 99, the Internet site is <http://ourworld.compuserve.com/homepages/jmpett/woc99.htm>.

Sietske Blasse-Vel

One of the most well-known orienteers in the Netherlands, Sietske Blasse-Vel, died in September while walking in woodland in the Czech Republic. She was 64. She was a member of the Board of Nederlandse Oriënteringsloop Bond for 3 years, dealing mainly with promotion and development matters, and involved herself in many aspects of Dutch orienteering life: field work for new O-maps, event organisation, land access negotiation and introducing new people to our sport. She organised the first (and only) permanent course in the Netherlands. Her final role was as Secretary to one of NOLB's regions.

Jody Borgers, NOLB Secretary

Sietske is the only Dutch orienteer to have represented NOLB on an IOF committee; she was a keen member of the Development & Promotion Committee for several years. Her cheerful personality enlivened many a meeting, and she was always coming up with common-sense ideas. In 1990 she organised with great efficiency a well-attended IOF Development Clinic in the Netherlands at a time when NOLB was considering how best to organise itself at regional level to cater for planned future growth.

Her contributions to DPC work were highly valued, and I know her work in her home country will be much missed.

Clive Allen, past Chairman, DPC

SUE HARVEY'S *President's Column* **A Look Back at 1996**

In December, when Australians and New Zealanders are grabbing their togs and heading for the beach and we Northern Europeans cosy in by the fire, it is tempting to write off the old year and start again in the new. But this year it is worth pausing to review the 12 months past, for 1996 is a bit different.

In world terms it has been a year like many others - some good bits, some bad, though major traumas dominate the mind just at present: a million people walking home to Rwanda with all their worldly goods on their heads, the Delhi mid-air collision with 350 dead, or for me personally the memory of the massacre of 16 5-year-old children and their orienteer teacher in my neighbouring village last March.

In terms of world sport, the highlight of 1996 should be the Atlanta Olympic Games. The 5,000 athletes at the Paralympics which followed it were for me as memorable, though they commanded a lot less TV time. Memorable in a different way was the resolution at the General Assembly of International Sports Federations in October this year to AIM (!) for 10% women in international sports administration.

The Question of Gender Equity

Many national orienteering federations have addressed this question of gender equity. There may be some ways that the international federation can help the process of encouraging both genders to take part to an equal degree, and the matter should remain on our agenda. We might also look more generally at the offering that orienteering makes to its customers and ask ourselves if it is only socio-economic factors that keep the gender ratio as uneven as it still is in most countries. There may be questions both of marketing and of product that deserve attention at this time when the IOF is focusing on marketing and profile raising.

The GAISF, and the Olympic movement generally, also often talk piously of helping the least developed countries to expand sports participation, and this is a problem that we have made little attempt to solve in our own sport, a sport traditionally most accessible to the intelligent

and economically comfortable. I hesitate to attempt an answer to the question of whether orienteering should try to make itself available to all. Elite versus breadth is an old debate; youth versus age perhaps a newer one. Certainly in a generally ageing Europe, orienteering has great opportunity as an ideal Masters sport. Will mountain bike orienteering present the youth appeal to foster balance? One of the significant developments of this past year has been the recognition of MBO and the creation of an IOF structure to take account of this new discipline.

World Governing Body to All Disciplines

Within the new structure, the biggest change in practical terms will actually be in foot orienteering. Traditionally 5 of the 7 IOF committees dealt entirely and only with aspects of foot orienteering. Now 3 committees (Technology Development, Map and Quality) must broaden their work to cover all 4 disciplines - foot, ski, mountain bike and trail - and the new committee for foot orienteering must make the jump to seeing itself as covering all aspects of this discipline including not only events and fixtures but also development. Undoubtedly foot orienteering matters will continue to take up a lot of Council's time, but the Council also has to make the leap to fully taking on its wide role of world governing body to all disciplines. 1996 has been a year of fundamental change, the significance of which may only be fully appreciated as the future unfolds.

Another significant development has been the 1996 Park World Tour. Ultra short orienteering in a semi-urban environment has major media possibilities and has been welcomed by the

International Orienteering Runners. Jörgen Mårtensson has likened the difference between park orienteering and the classic to that between 110m hurdles and 3,000m steeplechase. You can get away with the odd moment of ragged technique in the latter, but 100% technical perfection is essential for the really short race. And Jörgen should know, having confirmed his status as one of orienteering's all-time greats by winning a top elite Park World Tour race in the year when he took the World Masters title whilst also being the current classic World Champion. A phenomenal achievement, marking out both the man and the year as historic.

Stepping Boldly into Orienteering's Second Century

At the start of this year 1996 I was receiving applications for the post of IOF Secretary General. Now, just 12 months later, Barbro Rönnberg is already quietly and competently finding her feet in the job. This December marks the end of 35 years of which all but 3 have seen our Secretariat in Sweden. We are grateful to Sweden for this long and stable period of establishment. We look forward now to stepping out boldly on the basis of that foundation into the exciting early years of orienteering's second century.

Orienteering's second century? Yes, 1996 is indeed a special year. It marks the eve of orienteering's centenary. From Nordic beginnings in the final years of the nineteenth century, orienteering has come a long way. Next year, 1997, concludes 100 years of orienteering. You will shortly be reading in these pages of the plans for the celebrations. It will be a year in a hundred. Have fun in your forests! Happy New Year 1997.



One of those unforgettable occasions: in late September Erik Tobé, first IOF President, and his wife Margareth invited Lennart Levin, Barbro Rönnberg and Inga Löwdin, first IOF Secretary General, to a dinner to celebrate the 'change-over' at the IOF Secretariat. Indeed an enjoyable and memorable evening - it was fascinating listening to these orienteering pioneers telling stories about the history of our sport!

The photo of Erik Tobé surrounded by two Secretary Generals, Inga Löwdin (right) and Barbro Rönnberg (left), was taken by retiring Secretary General Lennart Levin.

The SG's Angle



BARBRO
RÖNNBERG

There are no leaves on the trees any more, the days become shorter, and the first snow has fallen here in Sollentuna. The year 1996 is drawing on towards its end. At this time of the year one always starts making plans for the new year and for the future. This time the turn of the year will mean quite a lot of changes within the IOF.

The new structure is coming into effect from the beginning of 1997. All the four disciplines, the Foot-O, the Ski-O, the Trail-O, and the youngest one, the MBO, will have steering groups of their own. Also the cross-discipline committees will organise themselves and a fascinating and demanding era starts when the new working structure is established.

The secretariat will move to Helsinki in Finland after a ten-year period in Sollentuna. The move will change a number of things - from being 'on its own' in the library building at Sollentuna the IOF will move to premises where the offices of more than 40 national sports federations, the Finnish Sports Confederation, the Finnish Olympic Committee and a number of other organisations related to sport are situated.

Being a part of this big sports community means having access to several services now provided by the staff of the IOF Secretariat. Such services are book-keeping, cashier and sales services, switchboard, postage and messenger services. All within the same building! There is even an offset printing firm able to print anything from black-and-white letters to four-colour brochures and posters, an advertising agency specialising in sports business, and a firm offering PR and information services for sports organisations.

The IOF will no longer be on its own, but the Secretary General will - at least to start with. There is not going to be any Berit or Karin offering their help. Before employing any new staff it is necessary to consider carefully what kind of skills are needed. Buying administrative services on a regular basis or only occasionally will probably allow the IOF staff to concentrate more on other tasks and new forms of services.

The move will of course also mean a change in a number of trivial but important things like the address, phone and fax numbers, bank and giro accounts...

To say farewell is to die a little, they say. Yes, even I who have been working here at the Sollentuna office for only three months feel sad. I guess it is only human. But on the other hand, finishing one era and starting a new one is always exciting. With all the means of communication offered by the world of today - notebook computers and mobile phones, and access to e-mail and internet via your 'briefcase', I feel that it really doesn't matter too much where the office is situated. The important thing is

that one is backed up by other similar organisations and the society. And what really does matter is the way one communicates. All of you will be just as far away from or as near to the secretariat as in the past, but thanks to modern technology we will be able to work closely together for the benefit of our sport.

I wish you all a Successful New Year 1997!



The building housing the new Secretariat
photo: Pirjo Valjanen

Secretariat Address from 1/1/97

International Orienteering Federation,
Radiokatu 20,
FI-00093 SLU, Finland
Tel. +358 9 3481 3112
Fax +358 9 3481 3113

International Orienteering Federation

Secretariat (until 31.12.96)

Box 76, S-191 21 Sollentuna, Sweden

Telephone: +46 8 353 455 Fax: +46 8 357 168

Secretary General: Barbro Rönnerberg

Staff: Berit Pehrson, Karin Tibbelin

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Argentina*	ARG	Italy	ITA
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Brazil*	BRA	Lithuania	LTU
Bulgaria	BUL	Macedonia*	MKD
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Ireland	IRL	United States	USA
Israel	ISR	Yugoslavia	YUG

It is a fair bet to say that Portugal is today the fastest-growing O-nation. In this article, Portuguese O Federation President and IOF Council member HIGINO ESTEVES describes some of the policies and practices which have led to this achievement

Orienteering in Portugal

Portugal is a country with 92,000 sq. km. and 10 million inhabitants. One third of the territory is forest. In spite of its 100 years history, the first O-event in Portugal was organised only in 1973 - a Military Orienteering Championship, using military 1:25,000 maps. Our geographical position and the political regime between 1928 and 1974 were the main reasons why we discovered the sport of the forest so late.

It was in the early 80's that orienteering began to develop. Some clubs were formed and some maps made. The first Portuguese O-map was made in 1981 in Algarve (in southern Portugal) by the Finnish federation so that they could organise some training camps. After 1985 Peo Bengtsson made some maps in the area around Lisbon, and some competitions were organised with the presence of some Nordic orienteers. From then on, many clubs, schools and teachers had contact with orienteering and many clinics were organised with the support of the Sports Institute. In 1989 orienteering was introduced into the school curriculum from the 1st to the 12th year.

The Portuguese Orienteering Federation was founded in 1990 and then Portugal was recognised as a full member of the IOF. In 1991 we participated in a World Championships (Czechoslovakia) for the first time, with a male team only. Due to the international contacts of some of our leaders, the production of O-maps and event organisation quality rapidly reached a good technical level.

Why orienteering is so popular

We believe that the main reasons for the Portuguese

orienteering boom were:

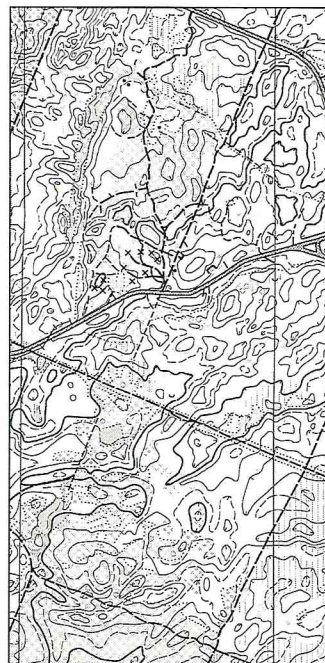
- Outdoor activities became very popular in Portugal and the demand for navigational skills attracted people to our sport;
- Because it is included in school programmes, many teachers of sport and physical education are interested in orienteering;
- The Ministry of Education supported the instruction of several hundred teachers and the organisation of school events, some of them with more than 1,500 children;
- The natural conditions in Portugal (many forests and excellent climate) allow the practice of orienteering all the year;
- Financial support from the

Government allowing the Federation to be well organised, with four persons working full time.

Priorities for growth

To support the regular growth of our sport, POF has the following priorities:

- Co-operate with school sport authorities by giving instruction to teachers, organising school events (regional and national) and producing didactic material (books, videos, games etc.);
- Co-operate with Regional Governments to develop orienteering where no O-clubs exist;
- Be in close contact with environmental institutions and forest organisations;



- Improve the quality of map-makers, coaches, controllers, course planners and club leaders;
- Promote O in the media (TV in particular) as an environmentally friendly sport, a sport for all and as a world competitive sport (WOC, World Cup, IOF Elite Events ...);
- Produce high quality O-maps for all national and international events.

How are we organised?

POF's Head Office is in Mafra (30 km north of Lisbon). There are 4 persons working full time in the Federation (the President, the National Technical Director and two administrators), and 9 persons (Committee Chairs) working part time. Council has one meeting a week and the Committee Chairs meet every two weeks.

Our structure

Council, 8 committees (Foot-O, MBO, Trail-O, Mapping, Events, Technical, Sport for All and Communication) and a Computers Group.

Mapping

The production of high quality maps is one of the priorities of POF. For national and international events the POF is directly responsible for the maps. The Technical Committee is in charge of choosing the best terrain in accordance with the organising club. To assure the

ORIENTEERING IN PORTUGAL



National and International Events in 1997

- | | |
|---------------|---|
| 11 & 12.01.97 | GRANDE PRÉMIO ASORT
Classic - 2 days Venue: Sesimbra - Entries 05.01.97 |
| 01 & 02.02.97 | ORIOESTE - NATIONAL RELAY CHAMPS
Classic + Relay - 2 days Venue: Óbidos - Entries 25.01.97 |
| 01 & 02.03.97 | PORTUGAL "O" MEETING 97 - (IOF Elite Event)
Classic - 2 days Venue: Ovar-Aveiro - Entries 25.02.97 |
| 05 & 06.04.97 | TROFÉU ORIOSTARREJA - NATIONAL CLASSIC CHAMPS
Classic - 2 days Venue: Estarreja - Entries 30.03.97 |
| 20.04.97 | MEETING CHARNECA DO RIBATEJO-CLAC 97
Classic - 1 day Venue: Entroncamento - Entries 14.04.97 |
| 18.05.97 | TROFÉU PLANÍCIE DOURADA - NATIONAL SHORT CHAMPS
Short - 1 day (2 races) Venue: Alvito - Entries 12.05.97 |
| 22.06.97 | TROFÉU DE MAFRA
Classic - 1 day Venue: Mafra - Entries 16.06.97 |
| 28.06.97 | II PRÉMIO DE RECARDÃES
Classic - 1 day Venue: Águeda - Entries 22.06.97 |

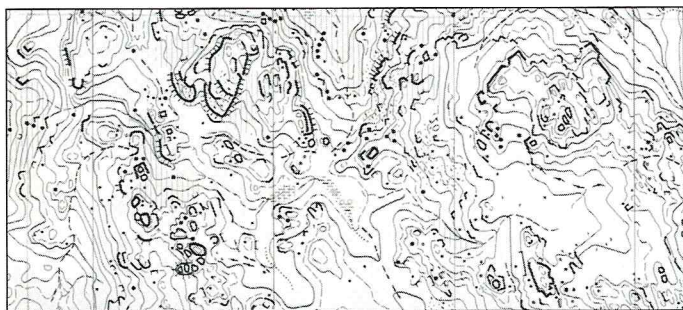


TRAINING POSSIBILITIES

Winter is the best season for orienteering in Portugal! There are many possibilities for training in different areas always with fine maps. Official training camps will be organised in February, just before "Portugal-O-Meeting 97", the first IOF Elite Event of the year. Nice pine forest with demanding orienteering in intricate contour details of the sand dunes.

FEDERAÇÃO PORTUGUESA DE ORIENTAÇÃO

Apartado 2 - Mafra - Phone / Fax +351 61 812710
PT - 2640 MAFRA - PORTUGAL



Extracts from maps for training camps in February '97 (left) and the '96 Iberian Championships (1-3 November) (above)

best quality possible, the base maps are being produced in Norway, Sweden and Scotland. There are some Portuguese map makers but none of them are professional. So some map makers from Russia, Ukraine and Sweden are producing maps in Portugal, sometimes together with the Portuguese. To draw O-maps we are using OCAD 5 and there are some experts in Portugal. For printing, we have an agreement with just one printer in order to guarantee low prices, high paper quality and IOF standard colours.

We are investing lots of money in mapping, but we are sure that at this stage it is very important to develop the technical level of our orienteers and to ensure excellent quality for our national and international events.

Competition

Our national foot-O events have an average of 500 participants. Entry fees are very low (50 SEK for a 2-day event) and there are always beginners courses. There is a ranking system for H/D16 and upward. For H/D-12-16 there is a score but only for participation (the more competitions they take part in, the better the score). The ranking system uses 11 national and international events but only the 7 best scores count for each runner (more important events are worth more points). Included in those 11 events we organise 3 national championships - relay, classic and short.

MBO

In January 1997 we will start the 'National MBO Tour'. Only O-clubs are organising MBO events and the number of par-

ticipants is growing very fast. Last year we had an event with about 200 MB orienteers.

Trail-O

We are working in co-operation with the Portuguese Sport Federation for Disabled People. Last year three clinics were organised and at the moment we have clubs organising small Trail-O events. The aim is to organise the first national championships in Trail-O in 1998.

Supporting the clubs

POF has some programmes to support the member clubs, thus promoting the affiliation of new ones:

- free participation in a coaching clinic for one member of the club, and one more place for each 20 new orienteers;
- 50% of the cost of a kit of basic O-equipment (20 control markers, 20 punches and 10 training control markers);
- 50% of the costs for materials for permanent courses;
- all printing costs for new maps;
- all costs of base maps for national and international events;
- technical and logistical sup-



The Portuguese team at the 1995 World Championships

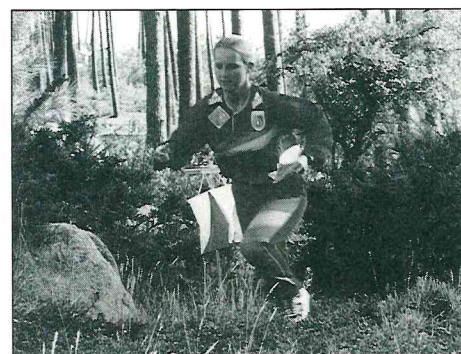
port to organise O-events.

Promoting O in the media

Every week we have O in the national press - of course mainly small articles, but sometimes with more substance. Concerning TV, we have had some coverage, not direct transmission but within programmes with big audience ratings, sometimes not to cover O-events but just to promote the sport (*What on earth is that sport which every teacher seems to be talking about?...*)

Portuguese elite runner Katia Almeida competing in the Iberian Championship in November

photos: author



Since 1993 we have had some very interesting TV exposure, advertising O-events organised by POF and a National Institute. All the TV spots were produced by professionals and they attracted many people to those competitions.

Priorities in the international arena

In the international arena we have two priorities:

- to participate in all IOF foot-O and MBO major events;
- to organise tip-top quality O-events. Every year on the first weekend in March, the Portu-

gal O-Meeting takes place, an IOF Elite Event attracting a lot of orienteers from all over the world.

The Iberian Championship is organised every year alternately in Spain and Portugal.

The Latin Cup, started in 1995, is an annual competition between Romania, Italy, France, Spain and Portugal.

One World Cup event will be organised in Portugal in the year 2000! A big challenge for the last year of this century.

Organising the IOF Congress in 1998 we'll have the opportunity to give a warm welcome to all IOF members.

It's also important to mention our good contacts with Portuguese speaking countries (Brazil and some African countries) where O must be developed.

Please note!

While reading this article you could be thinking that Portugal is an O-country without problems. Wrong! In fact, even though we are recognised and getting financial support from the National Sport Authorities we are still dependent on voluntary orienteers who work very hard organising events, clinics, seminars etc. The answer is organisation! We know our weak sides, but it's essential to work like a professional company.

But where are the results? Where are the top elite Portuguese orienteers?

World (Olympic) Champions? Only after the year 2010! Remember: plan ahead!

Every autumn a large party assembles at Sweden's Smålandskavlen event ready to set out on an 8 or 15-day tour, competing almost every day in several countries.

GEORG LARSSON and PEO BENGTTSSON tell the story of

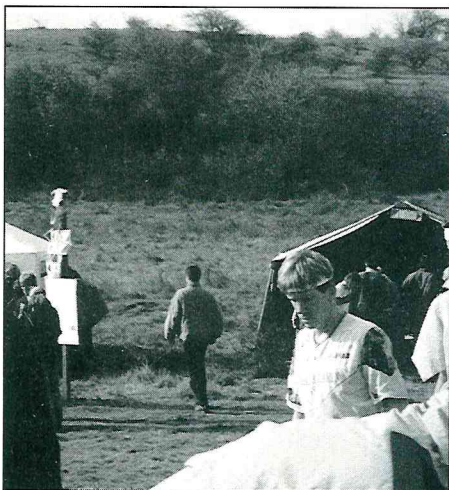
The Höst-Öst Tours

The first O-Ringen autumn ('Höst-Öst') tour was organised in 1966, when the Hungarian O-Federation invited runners from O-Ringen, a VIP club for Swedish national orienteering team members, in return for the participation of a Hungarian team at the second O-Ringen 5-days held in 1966 near Jönköping. The next tour came in 1969, and after that tours have been arranged every year. The 1996 tour was the 29th.

The tours are organised after the autumn season in Sweden as a way for the best Swedish orienteers to learn how to perform well in many different types of terrain in other countries. In order to cover as many types and countries as possible, there is much travelling, which makes the tour very tiring.

Competitions - the Best Method of Training

On the autumn tours there are competitions every day it is possible to organise one, because there are several months to the next important competitions. And we have found that competitions are the best method of training at the end of the competition season. We try to include big annual competitions like the Spartacus Cup in Hungary and the Venice City event. The latter event is the result of an idea born on the 12th autumn tour in 1979, and this year had about 3,500 competitors.



Jörgen Mårtensson at the Spartacus Cup in Gant, Hungary. The weather was fantastic throughout the tour - short sleeved nylon tops could be worn for most competitions

The other competitions are organised by local orienteering clubs in the different countries. After so many tours we have got a rich network of excellent contact persons, and they never say no when we come with our suggestions and wishes in very good time before the tour. They organise competitions with printed courses, proper timing, etc. so that we feel motivated to run at competition speed each day. The tours have also helped orienteering development in the countries visited.

In the Venice city event, course details give the number of bridges instead of the climbing. This Venice view is from this year's finish, in Marcus Square

*photos:
Bengt Inghammar*



Open to All

The first tours were organised for elite runners only, but very soon they were opened to all standards of orienteer. This year we had 32 runners for 15 days and 44 runners on an 8-day tour. The latter group had a non-stop bus trip Budapest-Rostock on 3-4 November.

The tour in 1996 also included the Park World Tour party (50 in Prague and 39 in Budapest) who had almost the same programme as the 8-day tour. They had an extra park race in Budapest, where Rudolf Ropek and Katalin Olah were winners.

In the tour this year the ages of the competitors ranged from 9 (Sofia Thorsson) to 81 (Eskil Fridell). Eskil travelled together with his grandson, 17. Three fathers travelled with their sons. The most well known participant outside the Park World Tour party was Arto Rautiainen from Sweden; Grant Bluett from Australia joined the second week of the 15-day tour. Some participants come on the autumn tour for

several years; for example Gunilla Cronholm from Gothenburg was on her 6th tour.

Organisers Journey: 963km One Way!

All the 14 competitions were very well organised, but unfortunately there were some small faults, wrongly drawn controls and 2 wrongly placed controls, this year. This is not usual and we hope to avoid such things in the future.

We meet real enthusiasts: the organisers at Uzgorod in Ukraine travelled 963km - Kiev-Uzgorod one way - just to organise for us.

At the Venice event (where Cristiano Simoni, Italy and Regula Hulliger, Switzerland won the elite classes) our group had 3 victories - Vello Pikel in H50, his 4th

Venice win, Bo Hedlund in H55 and Peo Bengtsson, his 6th win in 10 Venice competitions.

Incidents

Each year there are memorable incidents; on this tour one traveller was in the luggage compartment of the bus when the driver closed the bus; fortunately he was able to make enough noise to be heard by the driver and released.

Another person - without a watch - woke up in the middle of the night and heard a bus starting off. He packed his luggage very rapidly and ran to the reception where he asked how long it was since the Swedish coach left. A very surprised night porter replied that the Swedish bus had only arrived a few hours previously.

30th Tour in 1997

The next Höst-Öst tour is a jubilee because it is the 30th tour. We hope to arrange a 15-day tour with flights to Russia and to Kazakhstan and Uzbekistan. We also want

to arrange an 8-day bus tour around the Baltic Sea to Poland, Russia (Kaliningrad), Lithuania, Latvia, Estonia and possibly Finland.

A book in Swedish about the

first 25 years - 'O-Ringen in Europe' - was published in 1994. The book is available price SEK200 (US\$30) from WWOP, Box 3, S-29702 Everöd, Sweden, fax +46 4423 8528.



The well known Fey sisters from Cluj, Romania came to the tour's competitions in Romania. 3 times Junior World Champion Eniko has recovered well from the knee injury sustained in this year's JWOC relay (see OW 96/5 page 21).
Left to right: Szusza Fey, Eniko Fey and tour leader Peo Bengtsson

1996 Tour Itinerary

28 Oct	Güstrow, Germany
29 Oct	Prague, Czech Republic (Park World Tour)
30 Oct	Bratislava, Slovakia
31 Oct/1 Nov	Uzgorod, Ukraine
2-3 Nov	Budapest, Hungary (Spartacus Cup)
4-5 Nov	Arad, Romania
6-7 Nov	Zagreb, Croatia
8 Nov	Ljubljana, Slovenia
9 Nov	Vittorio Veneto (Dolomites), Italy
10 Nov	Venice, Italy (Venice City event)

Recta Merges with Suunto

The Swiss compass manufacturer Recta SA was taken over in September by IOF sponsors Suunto. Recta's Managing Director Hans Gloor, who will retire at the end of the year, said that patent and marketing rights will remain in Switzerland. The 35 workers at the Recta factory in Biel, which currently makes 450,000 compasses a year, will continue to be employed by the company.

The merger was partly prompted by Silva's take-over of the USA Brunton company in the spring. Recta, whose biggest sales are in Switzerland,

Austria, Germany and France, will nicely complement Suunto who are strongest in the USA, Great Britain and Finland. Gloor is convinced that the bigger markets available for Recta's 'turbo-compass' will enable production at Biel to rise the necessary minimum figure for further automation to be economically worthwhile.

Hans Gloor's successor as Managing Director at Recta will be Bruno Mesnage, who set up the Suunto branch in the States and has since reorganised the Suunto company in France.

Welcome to Norway

MODUM O-CAMP

Several clubs, national O-teams and individuals have already booked training camps in 1997.

In '97 it will be even more important to do the final preparations there, because of the WOC in Norway.

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 is situated 80km west of Oslo. 30 courses with controls set out in 1997. Various accommodation options.

WINTER TRAINING IN SPAIN

WWOP can offer very good training conditions in Spain from January to April. We are organising training camps in Madrid and Alicante. Janne Salmi and Jørgen Mårtensson will be in Alicante 15.2 - 2.3 with others from several countries. Join them! Ask for more information

MODUM O-CAMP

Bøen gård

3370 Vikersund Norway

☎ +47 32 78 39 66 ☎ +47 32 78 37 35

ELITE RECREATION YOUTH FAMILIES



COMPASSSPORT

Check out Britain's National Orienteering Magazine at

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LENNART LEVIN, Secretary General of the IOF until September this year, was recently invited by the Editor to write about some of his memories of his ten years in the post and to comment on some of the developments and changes he has seen take place. Within 3 days, written in Lennart's inimitable style, arrived 10 sides of A4!! Too much, alas, for one article, so here's part 1: 1987 to 1990

In the Head of a Former Secretary

It is amazing how fast decades vanish; the pleasant ones faster than the others, apparently. My IOF decade (1987-1996) is a case in point; it just swept by.

Be it mentioned, though, that retirement has its advantages. For one, I have just realised that I have become a recipient of financial blessings emanating from my country's welfare system. May keeps telling me that I have paid for them all during my professional life, but *still*, I find it odd to get money, each month, for doing *nothing*. Another aspect of a retired person's life is the pleasantly relaxed mornings. You don't need to skip the shower, nor to gulp down the yoghurt in a jiffy, in order to be in time at the airport (on some laborious IOF mission to distant places like Monte Carlo, Salt Lake City or Beijing). On the contrary, a retired Secretary's mornings are peaceful and balanced; the careful study of the daily newspaper, the breakfast in all its subtle details (previously going unnoticed), the hand washing and tooth brushing procedure, watching the neighbours leave for their busy jobs; every phase of a new blessed morning receives the attention it deserves.

A third pleasant aspect of retirement is that it takes time for orienteers around the world to grasp that you're out. In fact, you remain in your previous illustrious position, whether you want it or not, through recurrent long-distance phone calls to your home number. For instance, last night I received a

most promising report from Moscow on the progress of their preparations for the 1998 Junior World Championships in Ski-orienteering. I complimented them on their achievements, of course, and promised to forward the message to the IOF, which I shall make a virtue of not forgetting. Since recently I am on e-mail (lennart.levin@mailbox.calypso.net), so I am prepared to remain in *ad hoc* gratuitous service to the IOF on that medium as well, as long as orienteers care to consult me.

However, when I try to balance all the assets of retirement against those of my IOF decade, the latter carry the heaviest weight, needless to say. May I give you a few examples, in chronological order. Where my memory betrays me, I shall consult my diary (which I have kept since 1954...) You'll have to bear with me for giving the examples a touch of nostalgia and personalisation.



The year is 1987, and Lennart is pictured with his first assistant, Dodo Steinhardt, Germany, in the newly established Secretariat in Sollentuna

1987

When Liz Mills, Scottish Editor of the *IOF Bulletin* in its previous mimeographed form, informed me that she had to resign from her post because of other commitments, the IOF and myself were facing a real problem. Where to find a new Editor willing to do this thankless job, without remuneration at the time (and with no prospect of getting even a tiny salary in the future)?

A couple of years previously I had met Peter Gehrmann, Schloss Holte, Germany, at an orienteering workshop in Sweden, and learnt that he had written books on endurance sports, plus numerous articles on various other sports topics. Thus aware of his fluent pen, and most certainly aware of his good humour and constructive manner of co-operation, I took a chance and phoned him. Bingo! To cut a long story short, Peter accepted, and we started a project which faced immediate problems at the beginning (printing in the English language in Germany...), and many at a later stage, but which found its form little by little, witness the offspring of Peter's publication *Orienteering World*, currently produced by Clive, the present Editor.

Retirement carries another privilege, namely confessions void of retribution. In opposition to the (majority of) the then Council, I thought the IOF needed a publication of a somewhat more glamorous character

than the prevailing mimeographed version. As Council's reasoning went at the time, the IOF (a) should rest satisfied with a newsletter-type publication aiming towards IOF officials (not 'the little man in the forest', to use Peter's phrase), (b) the IOF could not afford a glossy type of publication. Suffice it to say that the budget I presented to Council for the new publication did not entirely truthfully reflect the lack of balance between predicted income and expenditure for the first year...

What else in 1987, this first exciting year of my service to the IOF? Well, the World Championships in France, of course. Never shall I forget the all-encompassing doings and dealings of the Guy in Charge, Edmond Széchenyi. He seemed to be in command of everything related to the WOC (just as became the case a few years later when he organised the World Championships in Ski-orienteering). Some staunch advocate of the principle of delegation might have had an argument with him, but so what - it became a most memorable WOC! Little did we foresee at the time that we were to co-operate years later, when he had become IOF Vice President and Chancellor of the IOF Exchequer. Most pleasant co-operation, if I may say so.

1988

1st January: New Year celebrations with Hong Kong orienteers proceed into the early hours! Paddy (i.e. Birney, former OAHK President) and I are taken by Paddy's driver to the Jockey Club for a morning swim; most refreshing after the night's champagne. We move to the start draw ceremony in Kowloon; eloquent speeches, followed by a pleasant reception.

2nd January: A magnificent wedding! Stella and Snooks, the chap (nicknamed by Swedish orienteers) a member of the HK national team and an officer in the Police Cadet School over which Paddy presides, are being married in the presence of World Cup orienteers. As if



Like all dedicated orienteers, Lennart has always preferred to be in the forest rather than in the office - even his garden merges into the forests around Sollentuna

one wedding were not enough, I am invited by Paddy to join him at still another one!

3rd January: Paddy and I leave for the World Cup event. (An event on this scale in Hong Kong had been questioned in some quarters, but I felt a sort of victorious happiness that it was about to take place after all.) The event became a success from a sporting point of view, but the Norwegians lodged a protest on the alleged grounds that Hong Kong did not accept participants from East Europe. The arising conundrum could not be resolved, nor the protest meaningfully treated from a legal point of view, since there were no runners from East Europe registered for the event (!). This fact in itself was most deplorable but had, as so often in those politically austere days, a sinister financial background. It remains a mystery to me why the then Czechoslovakian stars Jana Galiková and Ada Kucharová were supported to compete in Australia (a few days after the Hong Kong event!) - but not in Hong Kong.

1989

The mildest European winter in 400 years caused a number of cancelled ski-orienteering events, among them one near Pskov in the Soviet Union. The

IOF Executive had been invited there by the Soviet Orienteering Federation, but the meeting had to be moved to Moscow. Snow lacking there as well, the Soviet Federation stressed its intention to support the IOF in promoting ski-orienteering as an Olympic sport. Mr. Lisow, federation President and retired general, Mr. Lomonosov, Secretary General with a cycling background, and Mr. Stolov, assistant Secretary with unknown sports background - the three of them constituting a strong troika at the time - hosted our meetings with the best of intentions but with very little knowledge of English. As so often in IOF history, Sue Harvey's proficiency in the Russian language rescued the meeting.

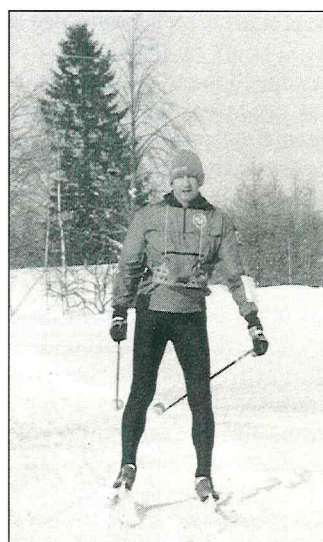
It is particularly interesting to note, for the historical record, that a delegation from the three Baltic republics had travelled to Moscow to present the IOF with their fervent desire to become independent orienteering federations, allowing for their orienteers to represent their respective republics at major IOF events. Although we did our best to console the Baltic leaders by promising them full IOF rights immediately after their countries had gained political independence, I had a feeling that we left them rather dissatisfied - and disbelieving. Fortunately, this is now all nothing but history. Today the Baltic countries are established on the international orienteering scene, testify the facts that Rimantas Mikaitis, Lithuania, is a respected member of the IOF Council, and that Estonia, Latvia and Lithuania have all organised excellent World Cup events in orienteering and ski-orienteering. (When Sixten Sild won his bronze medal at the WOC two years later, it happened about one month before Estonia was granted independence - no surprise that he waved the Estonian flag at the prize-awarding ceremony!)

Of other 1989 matters, my selective memory calls up the first ever Council meeting in the USA. In conjunction with the meeting, the US Orienteering Federation also brought

Council in contact with US orienteering in the form of the wet and windy two-day 'Lake Popolopen Meet' near West Point, the site of the renowned military academy. I particularly remember my scrawny compatriot, Åke Jacobson (now Senior Vice President) who almost froze to death between controls. He presented a far more impressive figure later in the year, soaring over the World Championships in orienteering in the pleasant temperature of an unexpectedly nice Swedish summer.

1990

As I hinted above, snow is a commodity sorely needed for ski-orienteering. 10 days before the Ski-O World Championships in Sweden (the city of Skellefteå, far to the north), cancellation seemed to be a fair prediction, years of painstaking preparations at stake. Literally a last 24 hours' snowfall rescued the exercise; it actually started when IOF President Heinz Tschudin and I boarded the domestic plane at Stockholm airport. At the opening ceremony Heinz was scarcely visible during his speech, almost hidden behind a billion majestically descending snowflakes.



As at home on skis as on foot...

I remember another wintry occurrence this year, namely a Council meeting in Oslo. Council member Hugh Cameron would probably not object when I say he came to the meeting in somewhat inappropriate

attire (the outdoors part of it, in all fairness). Hugh of course had a good excuse, coming from the sweltering Australian summer, but it didn't help much: his Council colleagues had to share with him spare parts of their winter clothing. Had this kind of fast Red Cross aid not been provided, Hugh would have suffered even more during the Holmenkollen ski jump competitions, to which the President of the Norwegian Orienteering Federation, Magne Hagen, had invited us. We were magnificently seated, in a section just opposite the King (whose *aide-de-camp* Magne was, and still is). Kings are, and shall be, posed in the sun for the people to behold. From this indisputable fact follows that the IOF Council on the occasion sat in the shadow, a rather arduous preoccupation during a Nordic ski-jump competition lasting five hours (if you're not Norwegian, that is). Realising that Hugh, as well as his Council colleagues Sarolta Monspart and John Pearson, showed signs of hope and expectation (that the event was coming to an end) already after the first ten or so test runs - the competition proper had not yet started - I suggested a stroll in the surrounding forest. This action of mine is perhaps the only one I have felt was based mainly on humanitarian considerations.

At Congress this year the IOF becomes monolingual (English). In fact, the decision implied that all documents shall be produced in English, but most languages (sic) may be used at Congress (Council, a collection of polyglots, promises translation!) and in working groups, etc. Short distance is added as a new discipline at World Championships - a dramatic decision at the time, but nowadays short distance is part and parcel of the WOC - no fuss about that. Perhaps this decision was, and is, indicative of the fact that development is the result of pressure from 'external' forces, if you wish the grass-root level, rather than the result of pioneering thinking among the (traditionally rather conservative) leading body (read: the Council).

Ski-O News

Veteran World Cup/World Masters Championship in Ski-orienteering

From 1999 a World Masters Championship in Ski-orienteering will be held every year. Application forms for organising the event in 1999, 2000 and 2001 are being sent out from the IOF Secretariat. Because this is the first time for a WMOC in Ski-O, the deadline for application for all three years has been set as the end of February 1997.

Junior World Championships in Ski-O

The JWOC will be held every year from 1999. Application forms for 1999 and 2000 will be sent out by the Secretariat, and the deadline for applications will be the end of February 1997 for both years.

World Cup in Ski-orienteering

The IOF Ski-O Committee is proposing that from the year 2000 the World Cup in Ski-O will take place every year; this proposal will go to the IOF Council. Application forms for organising events in the World Cup will be sent to federations in due time. The IOF Ski-O Committee is hoping for applications to hold future World Cup events from USA, Canada and Japan.

Lars Petter Lystad

Ski-orienteering Fixtures 1996-97

World Cup events are not included in this list. The events listed here invite entries from ski-orienteers from other countries.

DEC

14, 15 **Swedish Grand Prix 1, Lövåsgården** (6/12) L/S
S Frick, Idrottens Hus, S-123 87 Farsta F +46 8 938980

JAN '97

9-12 **Junior World Meeting, Orsa Grönklitt, Sweden** L/S/R
L Grev, +46 250 42864

18, 19 **Swedish Grand Prix 2, Alfta** (10/1) S/R
S-E Carlsson, Bränderna 23, S-822 91 Alfta, Sweden
T +46 271 551 16

18, 19 **Pohjola Games, Iisalmi, Finland** (10/1) S/L
K Saastamoinen, Pielavedentie 2033,
FI-74700 Kiuruvesi, Finland T +358 17 59588

FEB

15 **Swedish Grand Prix 3, Domnarvet** (24/1) S
G Elgesjö, Medsvängen 12, S-784 76 Borlänge, Sweden
T +46 243 32855

15, 16 **Ranglistenlauf 7 + relay, Klagenfurt, Austria** L/R
M Habenicht, Kraßniggstr. 50/17, A-9020 Klagenfurt,
Austria T +43 463 504127

22, 23 **Swedish Grand Prix 4, Järäla** (14/2) S/R
L-O Hanning, Sommarbo 263, S-136 53 Haninge,
Sweden T +46 8 500 21732

MARCH

15, 16 **Swedish Grand Prix 5, Skellefteå** (7/3) L/R
T Norström, Mosskata, S-931 70 Skellefteå, Sweden
T +46 910 888 78

Visas Kill Us!

by ENIKO FEY, Romania

Romanian orienteers not only have to fight financial problems, but also another one of great difficulty - the visas.

Romanian citizens need visas to visit almost every European country, with a very few exceptions like Czech Republic, Hungary, Poland, Russia, Slovakia and a few other countries lying south of ours.

The visas mean not only a great financial problem - a visa costs on average 25-40 DM equivalent, be that a visa for transit or stay, while the average income is about 100-150 DM equivalent in the country - but also a lot of other troubles. One must plan the journey a long time in advance, with exact dates of entering each country, and for example for a World Cup tour one may need 8-9 transit and stay visas. The team gets the visas at the last moment in most cases, so that the journey is filled with emotion and hurry, and it can also result in the team losing the competition.

But even if the visa is 'ready' in time, a lot of problems can still occur; for example, if you use only the official invitation of the competition, you will get a visa starting on the same day at 0.00 hours on the first day of competition and ending at 24.00 on the last day, so when the team finally arrives at the competition site, the runners are already exhausted by the travel, and cannot even achieve the same performance as at home.

At other times the team must travel some additional hundred kilometres to obtain visas, because the country does not have a consulate in Romania or some other reason.

There are also some visas on which it is specified which crossing point one has to use, and if there is any change in the route and you want to cross somewhere else, you get returned and sent to the place that is written in your passport... Or if you have an injury, everything gets messed up because you have applied for the visa in

vain, the dates cannot be changed on it, and the costs cannot of course be refunded if the visa is not used.

So it often happens that our teams make their entries late, pay only at the event site because we can never know if we can make that particular journey or not, and so we cause a lot of trouble for many of the organisers, and to those helpful orienteers who do everything for us to try to get our visas and enable us to be at the competition site in time.

Thanks to these people and to one of the employees of our Federation, who spends her time going from one consulate to another in Bucharest, we can fortunately get to most of the big competitions in Europe.

But it is still a fact that we consume most of our nerves, energy and money on these questions, instead of concentrating on the competitions themselves.

All our thanks go to those who try to help us.

Second World Rogaining Championships

Top Australian elite orienteer Jim Russell and the editor of the International Rogaining Bulletin David Rowlands were the winners of the 2nd World Rogaining Championships held in August in Western Australia. In second place were two Canadians, Alan Stradeski and Peter Mair, from British Columbia, and third were Australians Geoff Lawford and Rod Grey.

Three hundred teams took part in the rogaine, which was held

at Mount Singleton, 400km north of Perth. Severe blistering was a problem on the very rocky ground for many competitors, the best of whom covered over 90 km in the 24 hours available.

Canada will run the next World Rogaining Championships in 1998 near Kamloops, in conjunction with the Canadian and North American Orienteering Championships. Information courtesy of New Zealand Orienteering

INTERNATIONAL FIXTURES LIST

This list includes all open events in the IOF Calendar up to the end of March 1997. 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, R(N+D) - relay (night + day). 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.

DEC

26-28 **Israel 3-days, Jerusalem, Israel** 3C
ISOA, P.O.B. 1392, Ramat Hasharon 47100, Israel
T +972 9 981758, F +972 9 984323

26-30 **9th Sylvester-5 5-days, Leopoldsborg, Belgium** 5I
VVO, Heidestraat 100, B-3581 Beringen, Belgium
T & F +32 11 34 39 06

JAN '97

11, 12 **V Grande Premio ASORT, Sesimbra, Portugal** (5/1)
2C Associação de Sebutal de Orientação, Av. Fernando
Namora, 70-1ºFrt., PT-2825 Charneca da Caparica,
Portugal T +351 1 297 4473, F +351 61 812710

18, 19 **Georgia Navigator Cup '97, USA** 2I
B Cheatum, 3120 Colham Ferry Road,
Watkinsville GA 30677, USA T +1 706 769 7097

FEB

1, 2 **II Orieste, Obidos, Portugal** (25/1) C/R
Sporting Clube das Caldas, Rua Alexandre Herculano,
27-1º, PT-2500 Caldas da Rainha, Portugal
T +351 62 881699, F +351 61 812710

15, 16 **I Trofeo A.P.A. Liceo, La Coruña, Spain** 2I
Cernadas, S/N. 15008 La Coruña, Spain
T +34 81 286122

22, 23 **I Trofeo Lince, Sevilla, Spain** 2I
Urb. El Bus, 9, 41927 Mairena del Aljarafe (Sevilla),
Spain T +34 547 69520

MAR

1 **SBOC National Event, Swansea, S. Wales** C
N Reynolds, 48 Malvern Terrace, Brynmill, Swansea,
U.K. SA2 0BD T +44 1792 462928

1, 2 *** Portugal O-Meeting '97, Aveiro, Portugal** (25/2) 2C
Associação do Norte de Orientação, Apartado 293,
PT-3810 Aveiro, Portugal
T +351 34 931641, F +351 61 812710

8, 9 **Trofeo Costa Calida, Murcia, Spain** 2C
Form, Apartado 59, 30840 Alhama de Murcia, Spain
T +34 86 639136

14-16 *** Spring Cup, Hillerød, Denmark** (10/2) N/C/R
J Søndergaard, Hjortespringet 1, DK-3400 Hillerød,
Denmark T +45 42 24 57 35

15, 16 **Aalborg OK 2-day, N. Jutland, Denmark** (20/2) 2C
S Bak, Østergade 45, 1.tv, DK-9400 Nørresundby,
Denmark T +45 98 17 44 10

15, 16 **X Trofeo Martin Kronlund, Madrid, Spain** 2C
Gran Via, 66-6ºPTA. 3, 28013 Madrid, Spain
T +34 1 541 5457

22, 23 *** AROS Elite Test, NW Scotland** (10/3) C/R
A Panther, 2 Cromar Drive, Tarland, Aberdeenshire,
U.K. AB34 4UF T & F +44 1339 881203

27-29 **Påskeløb, Åbenrå, Jutland, Denmark** (1/2) 3C
J Matthiesen. Nr. Hostrupsvej 13, DK-6230 Rødekro,
Denmark T +45 74 69 45 76

28-31 *** Jan Kjellstrom O-Festival, Cornwall, SW England**
(21/3) 2C/R JK97, Blackthorn Cottage, Fiddleford,
Sturminster Newton, Dorset, U.K. DT10 2BX
T +44 1258 861804

29-31 **Australian 3-days, Broken Hill, NSW** (21/2) 3C
'Easter 3-day', 35 George Street, Payneham SA 5070,
Australia T +61 8365 2357

Open International Events

April-August 1997

A selection of events from the international fixtures list

APRIL

19, 20 *** Vårsprett & Vårstafetten, Halden, Norway** I/R
K Pettersen, Kjerlighetsstien 9, N-1781 Halden, Norway
T +47 69 18 51 39, F +47 69 18 27 44

26, 27 **Isotonic, Rauma, Finland** (12/4) C/R
S Kuusisto, Saarelantie 9, FI-26820 Rauma, Finland
T +358 2 822 2513

MAY

3, 4 **Tiomila, Eskilstuna, Sweden** R(N+D)
G Persson, Evalundsvägen 7, S-138 34 Älta, Sweden
T +46 8 627 4052, F +46 8 987858

17-19 *** Trois Jours de Belgique '97, La Roche en Ardennes**
(1/4) 3I R Marique, 94 rue des Hougnes, 4800 Verviers,
Belgium T +32 87 226509

JUNE

14, 15 **Jukola & Venla Relays, Jyväskylä, Finland** (1/6)
R(N+D) Jyvas-Jukola 97, PL 497, FI-40101 Jyväskylä,
Finland T +358 14 449 9297, F +358 14 449 9298
e-mail: jukola97@jcfi.fi

20-22 **Shamrock O-Ringen, Castletownbere, SW Ireland** 3I
B & M Creedon, Mount Prospect, Douglas, Co. Cork,
Ireland T +353 21 361824, F +353 21 361825
e-mail: bcreedon@indigo.ie

27-29 *** Norwegian O-Festival, Lillehammer, Norway** S/C/R
Norwegian OF, Hauger skolevei 1, N-1351 Rud, Norway
T +47 67 15 46 00, F +47 67 15 47 86

JULY

3-13 **Colorado Multi-day, Colorado Springs, USA** 4I +
USA Long, Short, Night & Relay Champs.
M Platt, 1516 Grand Ave, #208, Laramie, WY 82070,
USA T +1 307 721 9711

4-6 **XVI Wawel Cup, Zloty Potok, Poland** (18/5) 3I
WKS Wawel, Sekcja BnO, ul. Bronowicka 5, 30-901
Kraków, Poland T +48 12 514 465, F +48 12 370 645

9-12 *** 4 EST, Aegviidu, Estonia** (11/6) 4I
Estonian OF, Regati 1, EE0019 Tallinn, Estonia
T +372 2 237021, F +372 2 238837

9-13 *** Takas '97, Moletai, Lithuania** (15/5) 5I
OK Takas, PO Box 558, 3031 Kaunas-31, Lithuania
T & F +370 7 205733

9-13 **5 Jours de France, Bourgogne** 5I
G Venon, 8 Square du Patis, 21160 Perrigny-les-Dijon,
France T +33 3 8052 3174, F +33 3 8059 9908

14-19 *** FIN5, Paimio, Finland** (16/6) 5I
FIN5 Office, PL 51, FI-21531 Paimio, Finland
T +358 2 473 2208, F +358 2 473 2209

18-20 **Jysk 3-days, Thisted, Denmark** (31/5) 3C
G Johannesen, Møllebakken 4, Kjeldbjerg,
DK-7800 Skive, Denmark T +45 97 54 53 15

21-25 *** O-Ringen 5-days, Umeå, Sweden** (1/4) 5I
O-Ringen, PO Box 3005, S-903 02 Umeå, Sweden
T +46 901 30880, F +46 901 43791

26-2/8 *** 6 jours de Suisse, Thun/Fribourg, Switzerland** 6I
6 jours de Suisse, Postfach 1367, CH-3601 Thun,
Switzerland T & F +41 33 223 6655

27-31 **Hungária Kupa** 5I
Dr. Gábor Pavlovics, Lahti u. 14, 7633 Pécs, Hungary

AUGUST

3-9 *** Scottish 6-days, Aberfeldy, Scotland** (25/7) 6I
Breadalbane 97, PO Box 14754, Alloa, U.K. FK10 2ZA
T +44 1505 613094

10-16 **World Champs. spectators' races, Grimstad, Norway**
4I WOC '97, PO Box 233, N-4890 Grimstad, Norway
T +47 37 04 96 11, F +47 37 04 94 12

15-17 **3-Daagse van de Kempen, Hechtel, Belgium** (30/6) 3I
J Bylemans, Kruisblokken 20, 2491 Olmen, Belgium
T +32 14 309263

20-24 *** Bohemia 5-days, Novy Bor, Czech Republic** 5I
M Béranek, Sadová 745, 473 01 Novy Bor,
Czech Republic T & F +42 424 32058

Events Noticeboard

Changes to Tiomila in 1997

Proposed changes to the Swedish Tiomila format are going ahead in 1997 despite some opposition voiced in the Swedish O-magazine *Skogssport*.

Courses will be shorter, and there will be fewer at night. The men's race will start at 7.00 p.m. on 3rd May, and there will be an interval after the first two legs. The race will re-start as a chasing start for the faster teams at 10 minutes past midnight.

The Regnly recording system will be used, with the hire of electronic tags included in the entry fee; competitors are not allowed to use their own tags. The map will be 1:15,000, made in 1996. Both this race and the preceding women's race will be part of the Nordic Relay League. Entries close on 11th March.

Outback Orienteering at Easter

Broken Hill, South Australia, the venue for the 1997 Australian Easter 3-day event, is in the heart of semi-desert terrain with complex contours and rock detail and very few tracks and fences. The full range of major event facilities will be provided in Broken Hill, which is on the Indian Pacific railway line and is easily accessible from Adelaide or Sydney.

hOLLand 97 just before JWOC

A 3-day event will be held near Eindhoven in southern Holland from 4-6 July 1997, finishing 2 days before the Junior World Championships which is just over the border in Belgium.

Details from J Borgers, Klaverstraat 80, 3572 VG Utrecht, The Netherlands, tel. +31 30 272 1131.

Train in Spain this winter!

Seville and Guadarrama (50km NW of Madrid) have been popular venues for winter training camps for orienteers of all standards for several years now, and the accommodation, maps and fixed controls in these areas are offered again this year. A new venue for 1997 is

Alicante, with training on areas including those used for the 1996 Veteran World Cup. From 15 February to 2 March you can join Jörgen Mårtensson and Janne Salmi in Alicante for a fully organised training camp which includes competitions and social activities. Details of this camp from WWOP, tel. & fax +46 152 51325.

LA ROCHE - Belgium

17 - 19 MAY 1997

3 DAYS OF BELGIUM Orienteering

All I.O.F. classes / I.O.F. Elite event 1997

Info : 3 Jours de Belgique 1997
rue des Hougnies, 94
B - 4800 - VERVIERS - Belgium

phone / fax +32 87 22 65 09

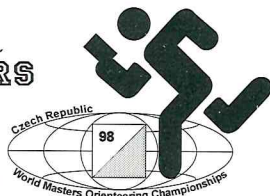
Czech Republic invites You!



NOVÝ BOR 20.-24.8.1997

IOF ELITE EVENTS (all classes)

**WORLD MASTERS
ORIENTEERING
CHAMPIONSHIPS**



NOVÝ BOR 1.- 5.7.1998

open, individuals born in 1963 or before

Contact address : Beránek Miroslav
OK Jiskra
Sadová 745
473 01 NOVÝ BOR - Czech Republic
tel./fax: +42-424-32058

6th Kempen 3-Days (Dreidaagse van de Kempen)

15-17 August 1997 - three days orienteering
Competition centre: Houthalen, Province Limburg, NE Belgium

**All IOF
Classes**

Maps: Three different types of terrain,
three recent maps, scale 1/10,000

Info: vzw K.O.L.
Ploegstraat 15, B-3582 Beringen, BELGIUM
Tel & Fax: (+32) 11 57 49 15

or Jos Bylemans, Kruisblokken 20, B-2491.
Olmen, BELGIUM. Tel: (+32) 14 30 92 63
e-mail: kolbe@tornado.be

More information about the organising club at
<http://www.tornado.be/~kolbe/>



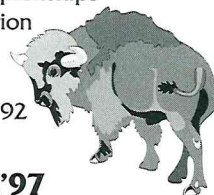
1997 Canadian Orienteering Championships Winnipeg, Manitoba

Events: 27-28 July: Western Canadian Championships
30 July: Canadian Short Distance Championships
31 July: COF Cup
2-3 August: Canadian Championships

Contact: Manitoba Orienteering Association
200 Main Street
Winnipeg, Manitoba, R3C 4M2

Tel: (204) 925 5706 Fax: (204) 925 5792
e-mail: pat_connors@techsoft.ca

An excellent lead-up to VWC'97



INTERNATIONAL COMPETITION WEEK FIN5

14.-19.7.1997 PAIMIO AND SAUVO - FINLAND

PROGRAMME

Monday	14.7. at 12.00	1st competition
Tuesday	15.7. at 10.00	2nd competition
Wednesday	16.7. at 10.00	3rd competition
Thursday	17.7.	the day between
Friday	18.7. at 10.00	4th competition
Saturday	19.7. at 10.00	5th competition

In the categories H/D 21 E the orienteering week is structured with a special consideration for the World Championships in Norway.

The 2nd and the 4th competitions are shortdistance. In all others the course lengths vary from 8 to 10 kilometres.

We now offer also more demanding courses with slopes requiring constantly changing navigational techniques. Hard nuts to crack for runners in all classes!

COMPETITION CATEGORIES AND COURSE LENGTHS

(L=SHORT)

H21E	5-10 km	D21E	4-6.5 km
H20E	9 km	D20E	6 km
H18E	7.5 km	D18E	5 km
H16E	6 km	D16E	4.5 km

H21A	9 km	D21A	6 km
H21AL	6..5 km	D21AL	4 km
H21B	7 km	D21B	4.5 km
H21C	5 km	D21C	3.5 km

H35A	8 km	D35A	5 km
H35AL	5.5 km	D35B	4 km
H35B	6 km	D35C	3 km
H35C	4.5 km	D40A	4.5 km

H40A	7 km	D40B	3.5 km
H40AL	5 km	D40C	3 km
H40C	4 km	D45A	4 km
H45A	6.5 km	D45B	3 km

H45AL	4.5 km	D45C	2.5 km
H45B	5 km	D50A	3.5 km
H45C	4 km	D50B	3 km
H50A	6 km	D55	3 km
H50AL	4 km	D60	2.5 km
H50B	3.5 km		

H55	5.5 km	D65	2.5 km
H55L	3.5 km	D70	2 km
H60	5 km	D75	2 km

H60L	3 km	D20	4.5 km
H65	3.5 km	D18	4.5 km
H70	3 km	D16A	4 km
H75	2.5 km	D16B	3 km
H80	2 km		

H20	6 km	D14A	3.5 km
H18	5 km	D14B	3 km
H16A	5 km	D14C	2.5 km
H16B	4 km	D12	2.5 km

H14A	4 km	D12TR	2 km
H14B	3 km	D10RR	2 km
H14C	2.5 km		
H12	2.5 km		

The course lengths vary a bit daily

H12TR 2 km

H10RR 2 km

Depending of entries received the categories may be combined or divided.

MAPS

The maps are five colour orienteering maps issued 1997.

Scale 1:10000 in all categories.



TRAINING

Training maps to be bought at the competition office.

EVENT CENTRE

The Event Centre is located at the town centre of Paimio.

Adjacent to the Event Centre is the official Campsite. Accommodation at the Event Centre in schools and institutes (hotel standard). A modern swim hall is located just in the Event Centre.

MUKSULA

Babysitting is arranged at the Competition Centres daily.

COMPETITION CENTRES

The three first competitions are held in Paimio (ca. 10 km from the Event Centre), the fourth and the fifth in Sauvo (ca. 20 km from the Event Centre).

TRANSPORT AND PARKING

Bustransport will be arranged daily from the Event Centre to the Competition Centres. Parking adjacent to the Competition Centres (ca 0,2 - 0,5 km from the CC).

Parking fees:	80 FIM/week or 20 FIM/day (cars)
	150 FIM/week or 40 FIM/day (busses)
Bustransport:	100 FIM/week or 30 FIM/day (adults)
	50 FIM/week or 20 FIM/day (children under 16 yrs)

NOTE: Accommodation in caravans allowed only in the Event Centre !

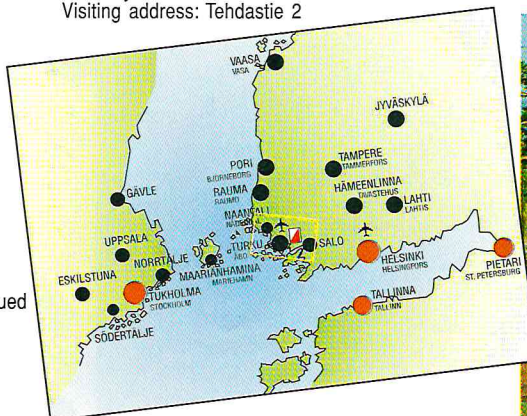
ENTRY FEES

Categories D/H 10-16	150 FIM/week
or 40 FIM/competition	
All others	250 FIM/week
or 60 FIM/competition	

Payments to the FIN5 account No. 531904-4151491 in Paimion Osuuspankki not later than June 16, 1997.

ACCOMMODATION

Accommodation enquiries to the Competition Office/ Marjaleena Sävelkoski tel. +358-2-4732208, fax +358-2-4732209 on weekdays 9-16 . Visiting address: Tehdastie 2



Postal address: P O Box 51, FIN-21531 Paimio
Information on accommodation alternatives also in Internet:
<http://www.sip.fi/~vanhala/fin5.html>

ACCOMMODATION FEES

Tent (incl. car)	150
FIM/week	
Acc.in schools at ECentre	150
FIM/week or 30 FIM/night	
Caravans without power hook-ups	250
FIM/week	
Caravans with power hook-ups	400
FIM/week	
Student hostels/single rooms	750
FIM/week/person	
Student hostels/double rooms	600
FIM/week/person	
Summer cottages	2000 -
5000 FIM/week	

** Hotels in Turku and Salo, only 25-35 km from the Competitions Centres, offer a variety of accommodation.

STARTS

Competitors receive their start numbers at the start of the first competition. Starts 2-4 D21E/H21E in reverse order and start 5 is a chasing start in all elitclasses

PRIZES

The class winners will be awarded in the daily competitions; 3-15 best all over runners in every class as well. Every participant gets a commemorative medal.

In classes D21E/H21E there will be sports stipends amounting to 10000, 6000, 4000, 3000 2000 and 1000 FIM for the six best runners.

RECREATION

For family travel, there are Turku - the old capital - with its unique archipelago, Naantali with the presidential summer residence and the Moomin World or the Housing Fair in Raisio, all giving you unforgettable memories. On the day between, there will be a FIN5 GOLF-tourné, at the Wiurila International Golf Course and many entertaining events will be arranged during the week in Paimio.

TRAFFIC CONNECTIONS

By car or bus 30 km from Turku and 140 km from Helsinki.

ENTRIES

Entries with a special entry form not later than June 16, 1997 to the Competition Office.

The form is available in the Internet: <http://www.sip.fi/~vanhala/fin5.html>

Late entries for double price accepted until June 30, 1997



Photo from the latest compass
technology premiere?

Yes.

Suunto Arrow is an entirely new competition compass. New is also its technology...

The latest that present technology can offer the orienteer.

Arrow incorporates a unique double-bearing system combined with two magnetic bars, developed by Suunto. The reason why Arrow is extremely stable and fast-settling.

The colour, width and length of the compass needle are designed

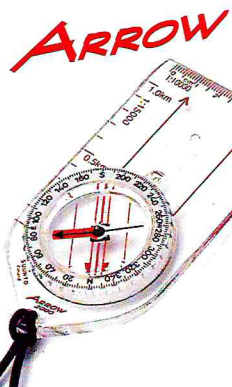
to suit the eye, making the compass extremely easy to read.

Suunto Arrow is also durable and reliable. In any conditions.

The lid of the capsule is mounted using ultrasonic welding, and the large allowance for thermal expansion guarantees that the compass does its job flawlessly, even in extreme temperatures.

Suunto Arrow – the partner that helps you attain your goals.

Or even surpass them. ►



The Arrow compass is manufactured using state-of-the-art precision technology. Like agate bearings and durable ultrasonic welding.

SUUNTO