

# Inside ORIENTEERING

INTERNATIONAL ORIENTEERING FEDERATION

On-line Newsletter · Issue 2 · June 2015

## End of an era – beginning of a new

Sports House in Helsinki was the home of the IOF Office 1997-2015.



### In this issue

A Word from the IOF President	2
End of an era	3
Behind the scenes: Hans Jørgen Kvåle	4
Latin Countries Cup	6
Bonnie Scotland hosting its third World Championships	9
Carles Lladó – a very influential veteran	10
News in Brief	12
My last Inside Orienteering	14
World Ranking Top 10	15

*Inside Orienteering* is published by the IOF six times a year. You can receive an email notification whenever a new issue of *Inside Orienteering* is released: <http://orienteering.org/resources/publications/inside-orienteering/>. For current news, reports and interviews from IOF Events, please visit the IOF website: [www.orienteering.org](http://www.orienteering.org).

Good reading!

Anna Jacobson, Editor-in-chief



 [www.facebook.com/IOFarena](http://www.facebook.com/IOFarena)

 [www.twitter.com/IOFOrienteeing](http://www.twitter.com/IOFOrienteeing)

 [www.youtube.com/user/IOFOrienteeing](http://www.youtube.com/user/IOFOrienteeing)

 [http://instagram.com/iof\\_orienteering](http://instagram.com/iof_orienteering)

# A Word from the IOF President



## More Changes and Opportunities

As you may have read on our webpage, the IOF is closing its office in Helsinki and reorganising the professional staff resources to best meet the needs of the sport moving forward. This will mean, not only providing appropriate administrative support for our Secretary General Tom Hollowell, at his base in Sweden but also creating posts focused on marketing and development of our disciplines and on continued global regional and youth development.



We will be sorry to leave Helsinki and I want to express thanks on behalf of the IOF to the Finnish Government and to the Finnish Orienteering Federation for all the support, both formal and informal, that they have provided for the IOF during our time in Finland. The reorganisation means also that, sadly, we will be saying farewell to Assistant Secretary General Anna Jacobson and Sports Administrator Riikka Tolkki. We are very sorry to be losing Anna and Riikka, who have both been outstanding servants to the IOF. They have contributed much to the development and professionalism of the sport in recent years. I know from working closely with them that their commitment to orienteering has been immense and, in our small team, has often meant working long hours well beyond what we had the right to expect from them. On behalf of the whole sport, I want to say very big thank you to Anna and Riikka and to wish them every success in the future. Personally, I want to say a particular word of thanks to them for always keeping the President right..... gently! – I will miss you both.

Our focus continues to be on global

growth leading to inclusion in the Olympic Games and the reorganisation of the professional staff is designed to help drive these key objectives. As I have written before, we expect our next main opportunity to be for inclusion in the 2022 Winter Games and the IOC's Agenda 2020 has given us increased optimism in that respect because of the ability of host cities to add new disciplines to be decided three years before the Games. What we had not expected was for the organisers of the Tokyo 2020 Summer Games to seek to implement that policy. Indeed, in our annual meeting with the IOC in Sochi in April it was not mentioned.

Along with many other sports not presently included in the Summer Games, the IOF was invited recently to express an interest at very short notice in being included in the Tokyo Games. With some 25 other sports, and after discussion with our Japanese Federation we expressed an interest. As I write these words, we have just been informed that we have not made Tokyo 2020's shortlist for inclusion in the Games and this is not a surprise because the applicants included sports

with a very strong interest in Japan. However, it was important for us to maintain the strong contention that orienteering would be an attractive sport in either or both the Winter or Summer Games and this expression of interest maintained that stance. The next important step on our Olympic journey is the decision by the IOC in Malaysia in July about which city will host the 2022 Winter Games.

These are certainly times of change but also times of real opportunities.

And finally, I look forward with great anticipation and excitement to being able to welcome many of you to my home of Scotland for the World Orienteering Championships in Inverness in August.

As we would say in Scots Gaelic, "Ceud mille fàilte" – a hundred thousand welcomes!

# End of an era

As the IOF Office now moves from Helsinki, Finland to Karlstad, Sweden, Inside Orienteering takes a look at some aspects of the “Finnish” years of the IOF.

Before Helsinki, the Office – then Secretariat – was located in Stockholm, Sweden, until 1996. For the past 19 years, the professional staff of the IOF has had Helsinki as its base. When the IOF moved to Finland, it only had one full-time employee. As the IOF kept growing, there was also a growing need to strengthen the Secretariat, and slowly the number of employees was increased to three in 2006, and finally to four staff members in 2010. Employing a Sports Director was part of the focus on increased Event Quality.

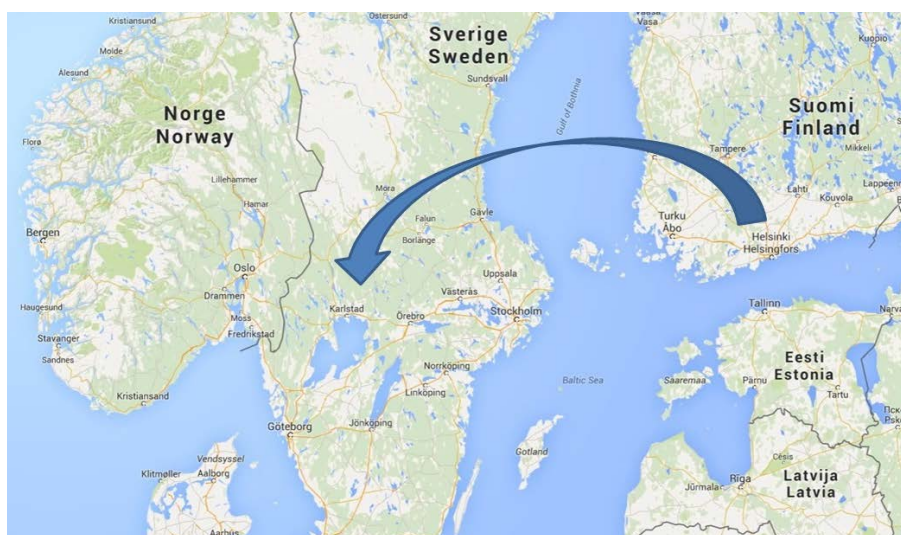
## The growth

The IOF has grown tremendously during the past 19 years: from 48 member countries to 79, from two disciplines in 1997 to four disciplines in 2015, and from biennial World Championships to annual World Championships in three of the four disciplines. And not only has the number of disciplines increased, but so has the number of formats within the disciplines. First were introduced Sprint (2001) and Middle Distance (2003), and thereafter the Mixed/Sprint Relay.

In 1995, the World Orienteering Championships gathered athletes from 28 member federations to compete for the World Champion title. In the 2010s, there are around 50 nations taking part.

## Visibility

The IOF and orienteering have dur-



ing this time become part of several multi-sports games, such as the World Masters Games (1998), The World Games (2001), CISM World Winter Games (2010), and FISU Winter Universiade (2019). Connections have been made with the international multi-sports organisations, where orienteering has become better known and appreciated. Visibility has been one of the important development steps of this era – both in terms of making orienteering visible in the world sporting stage, and making the invisible sport visible for the audiences with tools such as GPS tracking, live TV coverage and IOF Live-Center online.

The IOF has delivered excellent orienteering events at The World Games, which are organised by the International World Games Association (IWGA) and recognised by the IOC.

IWGA CEO, Joachim Gossow, says that the role of orienteering in The World Games has grown:

“Since Akita 2001 The World Games sport program has been featuring Orienteering. Up to 2009 the competition was a one-day event. Since Kaohsiung 2009 and in Cali 2013 again we had three competition days as well as we will have in Wroclaw 2017, too. We will showcase again five medal events and these figures underline that Orienteering plays a more and more important part in the concept of creating a sports program for our event.

Especially bringing in the Relay event has been a step forward for the sport. It gives the spectators the opportunity to experience the excitement of an Orienteering competition at first hand. In the same way it enhances the chances of high quality TV production, delivering the fascination of the sport to the world. As our President José Perurana said: “We want to be able to show that the World Games have disciplines that have the same quality and interest as the Olympic disciplines.”

As you might know the IWGA selected Tove Alexandersson, one of your athletes, as IWGA Athlete of the Month for February 2015. This underlines that Orienteering is on our focus not only when it comes to The World Games event but also in the meantime.”

The IOF image to the outside world has also been strengthened by extensive communication through the IOF website, publications and social media.

## Now moving

The IOF office in Helsinki will close down in early July, and open in Karlstad. At the end of this era, and at the beginning of a new one, let’s hope there will be at least as much happening in the coming 19 years as there has been during the past 19!

Finally, we want to thank the The Finnish Ministry of Education and Culture, which has been supporting the IOF staff costs by 40 000 euros per year. The support was truly appreciated.

# Behind the Scenes – Hans Jørgen Kvåle

Behind the scenes is a regular feature in Inside Orienteering. In every issue, we will write about someone working for the IOF. In this issue we present Hans Jørgen Kvåle.



## Ready for promoting the sport

Text and photos by Erik Borg

**For some years, Hans Jørgen Kvåle has been one of the best in the world, but he has started to feel more motivated to develop the sport of ski orienteering than actually to participate in it.**

After last season, the Norwegian was first a bit unsure of how to continue, but he soon realised that he is ready for new challenges. "For a time now I had also been more interested in developing the sport than my own career", he says.

He has now been appointed marketing manager for the International Orienteering Federation (IOF), and he begun working on 15 June. The position is 50 %.

"I think I will be travelling almost as much as I have done as an elite athlete. Firstly I will see how the new job will work out. Then I will figure out what else I want to work with. If I am successful in my job, there is maybe chance for more than half-time", he says.

### **For years among the very best**

Hans Jørgen has medals from Junior World Ski Orienteering Championships, and the last seasons he was one

of the very best seniors in the world. In 2013 he took a medal on all the five distances at the European Championships in Madona, Latvia.

“That’s the biggest championship for me and the gold on the middle distance was the biggest moment”, he says.

In 2015, the World Championships took place in Norway. “I was faster than ever in speed and had a good season except for the World Championships. Maybe I wanted too much. At the European Championship I took only part in three of the races. The last leg in the relay was very good.”

Last summer Hans Jørgen won gold in the sprint at the World Mountain Bike Orienteering Championships, but the winter discipline has been his major sport.

### **Making the sport more attractive**

In his new job Hans Jørgen will work directly under Tom Hollowell, CEO of IOF and in co-operation with the commissions.

“I want to make the sport more attractive. I want to make it bigger to be the World Champion”, he says.

He hopes to get the sport more recognised in TV. He will also work for more and bigger competitions and for more and better athletes. One part is also to work with strengthening the economic situation of the sport. He will of course also work with making ski orienteering ready for the Olympic Winter Games 2022. The IOF is applying for ski orienteering to be included in the Games, that will be held either in Kazakhstan or in China.

### **Athletes’ Commission Chair**

Hans Jørgen has for a long time felt motivation to strengthen the sport.



The 25-year-old has been leader of the IOF Ski Orienteering Athletes’ Commission, and active in organising training camps for athletes. He has also written a Handbook for training Ski Orienteering, and the book is available on the Ski Orienteering Athletes’ Commission page on the IOF website. “I hope that with my work I have brought a positive change in the sport and demonstrated the direction for the future and shown the olympic vision is not a million miles away”, he says.

### **A different choice for Emily**

The new IOF Marketing Manager will work from a home office in Brandbu, Norway. That’s where he has grown up. After some years away from the little Norwegian town about one and half hours north of Oslo he is back there together with his partner Emily Benham. She is one of the world’s best in mountain bike orienteering. “She will go on with her career”, Hans Jørgen says.

# Latin Countries Cup – 20 years of history

Spain was the big winner of the Latin Countries Cup 2015, held at Vlessart in early May. Inside Orienteering takes a look at the history of the Cup, which is soon 20 years old, has 17 member countries so far and has served as a bridge, increasingly solid, between Europe and America.

By Joaquim Margarido

Varna, Bulgaria, 1994. The lunch period marked a break in the Congress of the International Orienteering Federation and by a chance, Alexandrescu Constantin and Coman Ciprian, respectively President and General Secretary of the Romanian Orienteering Federation and Livio Guidolin, the General Secretary of the Italian Orienteering Federation and his wife sat down around the same table. From the intersection of conversations to the discovery of what both federations had in common was only a small step. The chat continued and what started as a simple exchange of complimentary words soon became more serious however with Alexandrescu's proposal to organise an Orienteering competition for the Latin Countries.

Enthusiastically received by Guidolin and, immediately, by the representatives of Federations of Spain, France and Portugal, also present at Varna, the idea had a practical effect the next

day, with a special meeting aimed to formalise the foundation of the Latin Countries Cup. Name of the competition, goals, timings, composition of the teams, competition classes, results calculation formula, trophies, organisation and participation in expenses, such were the issues on the table. They drafted the project of statutes, and moved it on to the ratification stage by the five founding federations and elected the Italian Livio Guidolin as first General Secretary of the Latin Countries Cup. At Buzau, Romania, between 12th and 15th October 1995, took place the first edition of the Latin Countries Cup - Latinum Certamen, with the Romanian representation being the first one winning the competition.

## The years of consolidation

Between 1996 and 1999, Italy, France, Portugal and Spain received by this order, the following editions of the Latin Countries Cup. In the meanwhile, Livio Guidolin gave his place of General Secretary to the Belgian Eric Hully, who remained in office between 1997 and 2005. These will be the years of consolidation. Increasingly, the Latin Countries Cup is stated as the friendly meeting place between Latin orienteers, providing the exchange of knowledge on training, pedagogy and methods of learning, in short, contributing to the development of Orienteering in the countries of Latin origin.

Belgium is admitted as a member of the Latin Countries Cup in 1997 and the 1998's edition, held in Portugal, witnessed the participation of Brazil, which was accepted as the seventh full member, the first Latin American country to join the Latin Countries Cup.

Between 2000 and 2008, the Latin Countries Cup revisited Belgium and the five founding countries. In 2004, again in Portugal, Mozambique is as a guest and accepted as full member the following year, along with Argentina, Colombia and Venezuela, in an edition held in Spain. In 2004, Spain won the right to keep definitively the trophy after winning the Portuguese edition, the third of a series that started in Italy and continued in France. In the 2005 annual meeting, held in Seville, the Spanish José Angel Nieto Poblete was elected General Secretary of the Latin Countries Cup, place that he still holds and has just renewed until 2017. In 2008, Switzerland is admitted as a full member of the Latin Countries Cup.

## A bridge over the Atlantic

The year 2009 represented a step forward in the history of the Cup, with the holding of the 15th edition for the first time outside Europe. In a process that began two years earlier by Itamar Torrezan and was concluded by Otavio Dornelles, Brazil organised an event that got participants from Uruguay and Chile, members no. 13 and 14 of a "club" that continues to grow.



Brazil would be the big winner of this edition, preceding Portugal which obtained in 2010 its first and only triumph in the competition's history. In 2011, with the return of the competition to Spain, Costa Rica, Peru and Paraguay are admitted as full members, making the number of members 17.

In 2014, the Latin Countries Cup crossed the Atlantic for the second time in its history, with the competition taking place in Uruguay. The victory in this edition went to Spain, repeating it already in 2015, in Belgium, in front the strong opposition from Belgians and Italians. In 2016 we will have a new transatlantic voyage, this time to Chile, contributing to the project to merge Europe and Latin America as hosts of the successive editions of the event. The years 2017 and 2019 already have Italy and Portugal as candidates for organising the event. And in 2018, who will be the Latin American country to host the Latin Countries Cup?



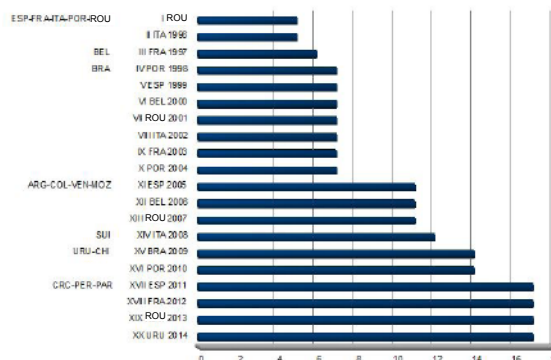
### Latin Countries Cup – Winners

Edition	Year	Organizer	Winner
1 <sup>st</sup>	1995	Romania	Romania
2 <sup>nd</sup>	1996	Italy	Italy
3 <sup>rd</sup>	1997	France	France
4 <sup>th</sup>	1998	Portugal	France
5 <sup>th</sup>	1999	Spain	France
6 <sup>th</sup>	2000	Belgium	Belgium
7 <sup>th</sup>	2001	Romania	Romania
8 <sup>th</sup>	2002	Italy	Spain
9 <sup>th</sup>	2003	France	Spain
10 <sup>th</sup>	2004	Portugal	Spain
11 <sup>th</sup>	2005	Spain	France
12 <sup>th</sup>	2006	Belgium	Spain
13 <sup>th</sup>	2007	Romania	Italy
14 <sup>th</sup>	2008	Italy	Italy
15 <sup>th</sup>	2009	Brazil	Brazil
16 <sup>th</sup>	2010	Portugal	Portugal
17 <sup>th</sup>	2011	Spain	Spain
18 <sup>th</sup>	2012	France	France
19 <sup>th</sup>	2013	Romania	Romania
20 <sup>th</sup>	2014	Uruguay	Spain
21 <sup>st</sup>	2015	Belgium	Spain
22 <sup>nd</sup>	2016	Chile	

### Latin Countries Cup, IOF subregional event

In 2012, the Secretary General of the Latin Countries Cup, Jose Angel Nieto, asked the IOF to approve the Latin Cup as an IOF subregional event and on 12 July 2012, Barbro Rönnerberg, the IOF Secretary General, communicated to Jose Angel Nieto that the IOF Council Meeting had decided to recognise the Latin Countries Cup Working Group's work as IOF Subregional event, giving the Latin Countries Cup, from that moment, the same status as the South East Europe Working Group(SEEWG) and the Mediterranean Working Group (COMOF).

MEMBERS OF LATIN COUNTRIES CUP



# ”Bonnie Scotland”

## – hosting its third World Championships



**1976, 1999 – and now 2015. All three of these years have “Bonnie Scotland” as the venue for the World Orienteering Championships. “Bonnie” – a true Scottish word meaning pretty, attractive, beautiful – is an apt description of the highland terrain, both urban and forest, chosen for this year’s Championships.**

By Clive Allen, photos by Colin Matheson

### First, a bit of history

The British Orienteering Federation was only 9 years old when it took on the organisation of WOC ’76, but at that time it was a much simpler affair to organise with just two competitions, the ‘Classic’ individual and the Relay. One of the founders of British orienteering, Chris Brasher, was National Controller and through his contacts at the British Broadcasting Corporation (BBC) he was able to get a lengthy TV documentary of the Championships, with himself as narrator, transmitted at peak viewing time just after Christmas.

One of the memorable 1976 venues, Darnaway, will be used again this year, this time for the Middle Distance and the Relay. In 1976 a special bridge across the River Findhorn was built by army engineers – we wait with interest to see what is being done this time! The mapping of Darnaway was a major project for the then young mapping team of Robin and Sue Harvey, a fine start for their highly successful joint career as professional map-makers which continues to this day. The race finish in 1976 was in front of Darnaway Castle, home of the Earl of Moray, and the castle will again provide the back-drop to the much larger and more complex event arena needed in 2015.

Individual champions in 1976 were a pregnant Liisa Vejalainen, Finland and Egil Johansen, Norway. Both Relays were won by Sweden.

Just as this year, WOC ’99 had Inverness as the Event Centre. Highlight for home supporters was the gold medal for Yvette Baker (née Hague) in the Short Distance race at Cawdor. WOC had three races by that time – Classic, Short and Relay. 1999 was a big year for the Norwegians; they won both the

Women’s and the Men’s Relays, took the men’s gold medal in both individual finals (Bjørnar Valstad – Classic; Jørgen Rostrup – Short), and also won two silver medals (Hanne Staff and Carl Henrik Bjørseth).

Just as will be the case this year, the 1999 Championships were linked to the Scottish 6-Days event, which meant that team supporters from all over the world could run on the same terrain (and in some cases, the same courses) as their elite stars. The 6-Days was in fact held for the first time in 1977, using the wealth of newly-mapped terrain created for WOC ’76; the whole history of the 6-Days has been documented in a book called “A Few Surplus Maps”, written by the late John Colls.

### And so to the present

Now the World Championships has grown to encompass five medal races plus a Sprint qualification, and the organising requirements have grown in proportion – if not rather more! Around 800 people including many non-orienteers will be involved in staging this year’s WOC, undertaking a whole multitude of tasks. The most skilled of these include controlling the highly sophisticated IT system, covering timing and punching and electronic output to a variety of destinations, not least the huge arena screens. One of the newer tasks is holding an eagle eye on the ever-evolving tracking data, and then providing instant messaging and graphics to the arena and TV commentators when something dramatic is happening out on the course.

TV commentary – yes! And this year, for the first time ever, live TV of orienteering in Great Britain; the races will be covered by a BBC Scotland channel. Several other countries will be taking the transmissions, and an innovation this year is that IOF LiveCenter – pay-to-view on the IOF website [www.orienteering.org](http://www.orienteering.org) – will have a dedicated professional commentator instead of





**WORLD  
ORIENTEERING**  
CHAMPIONSHIPS  
**SCOTLAND 2015**

picking up the arena speaker.

Arguably the most important tasks as always, however, and again highly skilled, are those of the Mappers, Course Planners and National Controller, backed up by two IOF Event Advisers, who between them have strived to produce the best possible orienteering experiences for the WOC competitors. They have spent very many hours out in the forest and in front of computer screens, drawing and re-drawing, planning and re-planning, and finally doing the bits of tweaking that make good courses into outstanding ones.

The urban terrain chosen is in and around the typically Scottish highland towns Nairn and Forres, both east of Inverness. The attractive arena settings can be viewed in the WOC bulletins; Bulletin 3 has recently been published and gives a full overview of the Cham-

pionships including a detailed programme: download the bulletin from [www.woc2015.org](http://www.woc2015.org).

The forest events will take place in Darnaway, as noted above, and Glen Affric, a classic piece of highland terrain used also in 1999. It is by common consent regarded as the finest of all of Scotland's glens (valleys), and will be a superb location for the last race of the Championships, the Long Distance.

### **Scottish 6-Days attracts 5,000**

In order to fit neatly round the Championships races and make best use of the terrain, the Scottish 6-Days is this year changing from the usual 3 + 3 format to be 2 + 4, with the "rest day" after Day 2. "Rest day" in inverted commas, because many activities will be on offer that day including Sprint, TrailO and MTBO events. Almost 5,000

competitors have entered at the time of writing. The grand final will be at Glen Affric, the day after the WOC Long Distance race there.

The 2015 WOC will be a new landmark in the growth and development of British Orienteering, which will be celebrating its 50th anniversary as a national federation in two years' time. How splendid if the large British crowd can celebrate another British medal at world level! But to everyone coming: you will be greeted with a warm Scottish welcome, and a memorable week of top-quality orienteering awaits you.

# Carles Lladó – a very influential veteran



By Joaquim Margarido

This interview begins with an announcement: Carles Lladó is “the most veteran of the Iberian Peninsula’s veterans”, but he is also “the most veteran of Southern Europe’s veterans.” He made a clear point of correcting me, putting things in the right place at the beginning of a cheerful interview where one of the strongest features of his character is always present: the truth. And it was with the truth that he answered the questions that now are presented to the readers of Inside Orienteering.

The morning opens in shades of pale. The sea breeze blows rough and there, in the Dunes of Mira along the Atlantic Coast, the month of February is keen to show that the Portuguese winter may not be as gentle as one might believe. The arena for the Portugal O’ Meeting was starting to fill up when I met him. Not encountered since 2012, I wondered if he had ceased his activities in orienteering. But no. There he was, prepared for another big event, a respectable aura under a beard of pure white, the look of a child peering at everything around him. After the emotional embrace, and the necessary correction made (see above), the question arises naturally. Where do you get, at 84 years

of age, the energy to keep up such activity and continue Orienteering? Carles doesn’t waste time and reveals the secret: “I believe this is due to the fact that I have practised physical activity throughout my life and have been able to maintain the neurons active.”

Carles Lladó y Badia was born in Igualada, Anoia, in 1931. Licensed in Architecture and as an Urban Planner, a graduate in Sports Equipment, he has always been a multi-faceted figure, sharing an occupation in the areas of sculpture, jewellery design and manu-

“ For me, Carles was and still is a benchmark in many aspects of my life. Practising Athletics from an early age, and travelling all over the world in a very humble way, he is a very demanding man and often critical. I can say that it was thanks to him that my life has changed since I discovered orienteering, which is right now one of the most important aspects of my life.”

**Biel Ràfols**

facturing with the practise and promotion of sport, especially Orienteering, and also with the separatist political movement. Starting his sporting activity at the Club Atlètic d’Igualada he was, as a Veteran, Champion of Spain in the 110 metre hurdles and triple jump. A strong supporter of the international recognition of Catalan sport, he was one of the drivers of the Association for the Olympic Delegation of Catalonia, an organisation that demanded the recognition of the Olympic Committee of Catalonia for the participation of Catalan athletes in the Olympic Games in Barcelona in 1992. In 2003 he was awarded the medal of the Generalitat, the autonomic government of Catalonia, for his contributions to Catalonia’s sporting history.

## Orienteer first at the age of 58

Orienteering comes in only at 58 years old. “I feel sorry for being so late and, moreover, I can only compete with people of my age in major international events, where my class is covered. At most of the races I have to run sometimes with people who take thirty years of advantage – or disadvantage! - from me ...”, he says with a hearty laugh. But this is precisely one of the reasons that brings him to Portugal year after year to participate in the Portugal O’ Meeting. But it’s not the only one. Let him explain himself: “I belong to a club, the Club Orientació Catalunya [COC], which is twinned with a Portuguese club, the Clube de Orientação do Centro [COC]. This is a club deserving my greatest sympathy and respect and exists in a region whose terrains are much in the style of this one, terrains that I love because they’re softer to run in”, he explains.

We must say that Carles Lladó is not “just” another member of the Club Orientació Catalunya. He is the founder, having also founded, in 1988, the Orienteering Federation of Catalonia. He was also a member of the Directing Council of the Union of the Catalan Sports Federations between 1992 and 1996. In 2000, the Orienteering Federation of Catalonia established an annual Orienteering trophy with

his name, the Carles Lladó Trophy. In 2012 he was silver medallist in Sprint in the M80 class at the World Masters Orienteering Championships in Bad Harzburg, Germany.

### “It was worth the effort”

– How do you feel in the midst of these youngsters?

“It was about 27 years ago that we started with Orienteering in Catalonia, and we made it from zero. Today it’s a real pleasure to go to the races and see how things have evolved. To see the huge bunch of children aged 12 or 14 actively and regularly practising this sport gives me a great pleasure and makes me sure that it was worth the effort.”

– Do you consider yourself a reference, a model for the younger?

“Not a model but a ‘ground-breaker’ – along with my wife and other companions – in the construction process of Orienteering in Catalonia. From a personal point of view, this is what truly matters.”

### Good things and bad things

Covering almost three decades of Orienteering and many experiences, one must be selected above all others and this has to do with the perception that Orienteering in Catalonia is under way. “Without wishing to be pretentious in my words, this is something that makes me particularly proud because it is my work. Today, there are people I do not know and there are people who do not know me and this is very good.” But not everything is rosy and there are also bad experiences, one of which has been very recent, in that he was forced to stop all physical activity due to a stroke in February last year. “I was eight days in a coma and I ended up recovering, taking pills after pills”, he recalls. And he adds: “Today I feel a little better, but it is difficult to bear with such a long break, especially because I feel that before the episode I was just above standard ability for my age from the physical and mental point of view, and now I feel I am below.”

Last year on the website WorldofO a 96-year-old orienteer, Rune Haraldsson, was awarded “The Orienteering

Achievement of 2014”. Carles Lladó sees this distinction as “a prize to all Veterans and an example for the entire orienteering community. I can’t forget having seen, in Murcia in the 1996 World Masters Orienteering Championships, an athlete running through the forest, jumping over logs and down huge re-entrants. He was 95 years old and left me in deep admiration. I think this award is entirely fair. I don’t know if I can get to 96 years old (laughs).”

### Orienteering and the Olympics

Living and feeling Orienteering intensely, Carles believes that our sport is moving in the right direction, but notes: “What I recommend is that the IOF continues to make all efforts to assure that Orienteering will be an Olympic sport. Maybe there still aren’t all the conditions in order to be accepted, but it would be fabulous if this could be a reality in the future.” Carles recalls the conversation held with Juan Antonio Samaranch, where the former President of the International Olympic Committee agreed that Orienteering, from the media point of view, with a good television production, has a potential superior to many other sports. “And this is the way we have to take,” he concludes.

Our interviewee warns all the “young boys” at the age of 57, that is all those who have the same age as Carles when he started orienteering, not to stay at home watching television. Orienteering may be a great alternative to a sedentary lifestyle: “Many of those who are now 57 years old have 57 years of advantage over me when I started, because at that time I knew nothing

“ For many years we travelled with our parents in a small van across Europe, participating in orienteering events that took place during the summer. Carles and his wife Tere also had a van, and we joined them to many of these competitions. In one of these summers, when I still ran in the M12 class, I remember that Carles taught me, on the beach, how to read the contour lines. We built “mountains” with the beach sand and he charted the contour lines with his finger. And so, looking down, I could see the same shapes that were so difficult to see



Photo: Ona Ràfols

“ For some time Carles was insisting that we had to try this thing called orienteering. Until one day, my parents found enough courage and took us to a small place near Barcelona. I went with Tere and she gave me a map which I was looking at, putting my little finger on it and following the route. When we had finished, Carles told me: ‘You did that very well!’ And so the story began.”

**Ona Ràfols**

about orienteering and today, fortunately, people know our sport. But my advice is to be more active, to leave the sofa and not only to go to the park to watch the others play boules. They can be more active and try orienteering. I do it, my wife is almost 80 years old and she also does it, and I think that we can all do it. It is a wonderful sport, very formative, suitable for all ages and where the fellowship among everyone is great, something that is not readily seen in other sports”, he says. As for himself as a competitor, the Catalan has no doubts: “While the body and the mind can stand it, I’ll be here!”

from the map.

I still remember, along with other friends, that many of us started to practise orienteering thanks to the races that he organised. Young people were a constant presence! Earlier, in Catalonia, we were the only children, but thanks to his efforts more and more children and young people were joining us. There was even a year in which Carles organised an Orienteering summer holiday. For me it was the greatest joy, being able to go orienteering with so many other children!”

**Pol Ràfols**

## News in Brief



Photo: Erik Borg



### Orienteering will not be included in the Olympic Games 2020

The sports shortlisted in the application process to be added to the Olympic programme for the Tokyo 2020 Olympic Games are baseball and softball, karate, squash, bowling, roller sports, climbing, surfing and wushu. This means that orienteering will not be part of the Tokyo 2020 Games.

Altogether 26 sports sent their application to be considered as an additional sport at the 2020 Games. Those 18 that were unsuccessful are air sports, american football, bowls, bridge, chess, dancesport, floorball, flying disc, korfbal, netball, orienteering, polo, racquetball, snooker, sumo, tug of war, underwater sports and water skiing.

IOF President Brian Porteous comments: "One of the new policies included in the IOC's Agenda 2020 is that of giving host cities the chance to propose additional disciplines for their Olympic Games. We are ready for this opportunity in respect of the 2022 Winter Games but, at very short notice, we received a surprise invitation from Tokyo 2020 to express and interest in their Summer Games. After discussions with our Japanese Federation we expressed an interest. We have just been informed that we have not made it on to the shortlist to be discussed further with the IOC. While we are disappointed not to get the chance to make our case, this is

no great surprise because the applications included a number of sports of special interest in Japan. We now look forward to hearing after the IOC session in Malaysia at the end of July and the beginning of August, the host city chosen for the 2022 Winter Games."

The eight short-listed federations will now progress to a second stage of the application process, which will include the submission of further details by July 22.

The next chance for orienteering to be included in the Olympic Games is the 2022 Winter Olympic Games.

### Extraordinary General Assembly to be organised in August

An Extraordinary IOF General Assembly will be held on August 6th, 2015, in conjunction with the World Orienteering Championships in Inverness, Scotland.

The Extraordinary General Assembly is being called for member federations to discuss and decide upon

a proposal being prepared by the IOF Council which proposes organising the World Orienteering Championships (WOC) in alternating years as a "forest WOC" and a "sprint/urban WOC". The proposal is a result of the work being done in the review of the IOF competition programme, and follows an



INTERNATIONAL ORIENTEERING FEDERATION

extensive consultation with member federations during the first part of 2015.

The agenda and the Council proposal on the future of the World Orienteering Championships can be read [here](#).

## Invitation to Open Seminars organised by the Foot Orienteering Commission

The IOF Foot Orienteering Commission welcomes you to attend two exciting seminars to be organised during the World Championships 2015 week in Inverness, Scotland:

- Open Forum, Monday, 3 August
- Course Setting Seminar for Long and Middle distance, Tuesday, 4 August

The Open Forum will provide an opportunity to meet with the IOF Foot Orienteering Commission, to learn

more about the commission's work and to ask questions, while the Course Setting Seminar will focus on specific considerations related to course setting such as how to select a suitable terrain and set high-quality courses for the specific formats.

Both seminars are open for all interested participants, and registration needs to be made by Friday 24 July 2015. For more information about the seminar, please download the [invitation](#).

## Open "Technology Coffee" to be held in Inverness

The IOF IT Commission invites everyone to an open, relaxed get-together "Technology Coffee" in conjunction with the World Orienteering Championships in Inverness, Scotland, on 5 August 2015 at 19:30. The meeting will be held at the Thistle Hotel.

The topics for the meeting will be decided on the spot by the people pre-

sent – there is no agenda, and no speaker list. The discussion will probably be in the format of "lean coffee" or small "open space".

The aim of the meeting is to gather orienteers interested in technology to meet and discuss relevant technology, such as timekeeping, GPS, analysis, hardware, and software.

## Updated MTB Orienteering Competition Rules available

A new version of the Competition Rules for IOF MTB Orienteering Events, valid from 1 June 2015, has been released. Significant changes to the previous version of the rules can be found at the end of the document. In order to download the new rules document, please follow [this link](#)



## New promotion video for orienteering and ski orienteering

The IOF had a stand at the SportAccord Convention in Sochi, Russia, for promoting orienteering. A new video was released during the Convention, and it can be watched on [YouTube](#) on the [IOF YouTube Channel](#).



## Orienteering in Maccabiah Games

The Maccabiah Games, which are organised every four years in Israel under the auspices of the Maccabi Federation, is an international Jewish multi-sport event.

In the next Maccabiah Games in 2017, orienteering will be organised as a competitive sport for the first time. This was the final decision of the ISC (International Sports Committee) of the 20th Maccabiah.

In order for orienteering to be part of the coming Maccabiah Games, at least 50 orienteers from 5 countries in addition to Israel must express their interest in participating. If you are Jewish, and potentially interested in participating in the Games, please register yourself as an orienteer at your local Maccabi club in your country and express your wish to take part in the 20th Maccabiah. In addition, please e-mail Doron Kaynar-Kissinger ([doronknr@gmail.com](mailto:doronknr@gmail.com)) your details as soon as possible (name, home address, e-mail, age and gender). You will then be able to get up-to-date information about the plans for the Games.

# My last Inside Orienteering



Together with Joaquim Margarido and Clive Allen at the World Orienteering Championships 2013.

The first O-Zine was published in 2001, and I wrote my first article in O-Zine in 2008. In September 2010, I became the editor-in-chief of O-Zine and Orienteering World, and in 2012 I introduced Inside Orienteering, which replaced O-Zine. The aim was to make the publication more informative, and try to present the IOF inside and out: the people working for the IOF – paid or voluntarily – the member countries, the athletes, officials, and competitions. New regular features, such as *Behind the Scenes*, were introduced, and the number of issues was increased from 4 to 6 per year.

This is my last Inside Orienteering. Sadly, my work at the IOF will end on 8 July.

I have truly enjoyed the work, although I must admit that I never seemed to have quite enough time to prepare Inside Orienteering as well as I would have wanted to – but I have tried my best! As many of you know, in an organisation such as the IOF, with only four members of staff yet 79 member federations, 9 Commissions, and countless competitions, this is a rather familiar feeling.

One of the main reasons I have enjoyed producing Inside Orienteering and Orienteering World so much has been my wonderful co-editors Clive, Erik, Joaquim and Hugh. I don't know what I would have done without you! You always seemed to have time for me and the publications, and you never complained about short deadlines

and crazy ideas :-). It was really fun to work with you. One of our biggest achievements was the 50 Years' Anniversary Edition of Orienteering World in 2011, but making every magazine has been an adventure from the start to the very finish; the finish being at the Finnish federation, where Pirjo and Paula took care of the layout. My heartfelt thanks go to all of you for sharing this journey with me, and to all other contributors during the years.

Finally, a sincere thank you to all the readers! You have been the inspiration for the creation and production of Inside Orienteering. I hope you've enjoyed the years!

See you around at orienteering,  
**Anna**

Covers of first (2001) and last (2011) issues of O-zine, and the first issue of Inside Orienteering.



**IOF**  
ORIENTEERING  
WORLD CUP

**IOF**  
MTB ORIENTEERING  
WORLD CUP

**IOF**  
SKI ORIENTEERING  
WORLD CUP



Luliia Tarasenko  
Photo: Pirjo Valjanen.



Daniel Hubmann  
Photo: Paula Lehtomäki.



Cecilia Thomasson (left),  
Gaelle Barlet and Marika  
Hara.  
Photo: Elina Erkkilä.



Yannick Michiels  
Photo: Erik Borg.

## World Ranking, Top 10 (as 26<sup>th</sup> of June 2015)

### Orienteering

Women: 1) Tove Alexandersson SWE 5871, 2) Ida Bobach DEN 5792, 3) Judith Wyder SUI 5701, 4) Helena Jansson SWE 5698, 5) Mari Fasting NOR 5592, 6) Svetlana Mironova RUS 5520, 7) Sarina Jenzer SUI 5518, 8) Saila Kinni FIN 5516, 9) Sara Luescher SUI 5513, 10) Lena Eliasson SWE 5460

Men: 1) Olav Lundanes NOR 5848, 2) Daniel Hubmann SUI 5826, 3) Fabian Hertner SUI 5791, 4) Thierry Gueorgiou FRA 5779, 5) Matthias Kyburz SUI 5765, 6) Oleksandr Kratov UKR 5733, 7) William Lind SWE 5641, 8) Gustav Bergman SWE 5629, 9) Magne Daehli NOR 5583, 10) Baptiste Rollier SUI 5581

### Sprint Orienteering

Women: 1) Judith Wyder SUI 5824 2) Tove Alexandersson SWE 5771, 3) Maja Moeller Alm DEN 5736, 4) Emma Klingenberg DEN 5521, 5) Julia Gross SUI 5507, 6) Rahel

Friederich SUI 5489 7) Nadiya Volynska UKR 5486, 8) Galina Vinogradova RUS 5442, 9) Lena Eliasson SWE 5346, 10) Venla Niemi FIN 5263

Men: 1) Daniel Hubmann SUI 5811, 2) Jonas Leandersson SWE 5733, 3) Matthias Kyburz SUI 5707, 4) Jerker Lysell SWE 5689, 5) Yannick Michiels BEL 5673, 6) Soren Bobach DEN 5658, 7) Martin Hubmann SUI 5599, 8) Tue Lassen DEN 5524, 9) Jonas Vytautas Gvildys LTU 5518, 10) Gustav Bergman SWE 5506

### Mountain Bike Orienteering

Women: 1) Emily Benham GBR 5851, 2) Marika Hara FIN 5825, 3) Svetlana Poverina RUS 5819, 4) Cecilia Thomasson SWE 5751, 5) Martina Tichovska CZE 5731, 6) Olga Vinogradova RUS 5708, 7) Ingrid Stengard FIN 5656, 8) Camilla Soegaard DEN 5654, 9) Gaelle Barlet FRA 5638, 10) Tatiana Repina RUS 5578

Men: 1) Anton Foliforov RUS 5928, 2)

**nokian**<sup>®</sup>  
**TYRES**

Ruslan Gritsan RUS 5835, 3) Jiri Hradil CZE 5802, 4) Baptiste Fuchs FRA 5787, 5) Lauri Malsroos EST 5781, 6) Jussi Laurila FIN 5780, 7) Valeriy Gluhov RUS 5762, 8) Hans Jorgen Kvale NOR 5756, 9) Pekka Niemi FIN 5684, 10) Tonis Erm EST 5676

### Ski Orienteering

Women: 1) Luliia Tarasenko RUS 7153, 2) Josefine Engstrom SWE 7148, 3) Mervi Pesu FIN 7103, 4) Audhild Bakken Rogstad NOR 7067, 5) Tove Alexandersson SWE 7061, 6) Mira Kaskinen FIN 7058, 7) Milka Reponen FIN 6959, 8) Tatyana Oborina RUS 6926, 9) Marjut Turunen FIN 6898, 10) Mariya Kechkina RUS 6822

Men: 1) Stanimir Belomazhev BUL 7296, 2) Andrei Lamov RUS 7292, 3) Eduard Khrennikov RUS 7227, 4) Staffan Tunis FIN 7199 5) Andreas Holmberg SWE 7193, 6) Peter Arnesson SWE 7168, 7) Erik Rost SWE 7154, 8) Lars Moholdt NOR 7064, 9) Hans Jorgen Kvale NOR 6927, 10) Janne Häkkinen FIN 6838.