

ORIENTEERING WORLD 2019



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The unstoppable Swedish athlete Tove Alexandersson won almost everything in 2019. At the World Orienteering Championships she won three, of three possible, gold medals: Long Distance, Middle Distance and Relay. In the Orienteering World Cup she won eight of the nine races and with an incredible margin she also won the overall World Cup for the sixth (!) year in a row. Photo by Matias Salonen.



Jyri Uusitalo, Finland takes a control at speed in the 2019 World Ski Orienteering Championships. Photo: Donatas Lazauskas.

A Word from the President

Just over one year ago, at the IOF General Assembly in Prague, we approved the new vision, “Orienteering is the most attractive adventure-based sport for all ages” and our mission to promote the global growth of orienteering and develop competitive and recreational orienteering.

The IOF’s main goal is to increase the attractiveness of orienteering to participants and to external partners, and to be included in the Olympic and Paralympic Games.

Implementation of new strategy

2019 was a kick-off year for the implementation of the approved strategy, and as a first step we evaluated our organisation and activities against the new strategy. As an outcome of this process, we updated our commission remit and adjusted our organisational structure. This process is not fully completed but I can say that we’ll emphasise and allocate more resources into education, development and sustainability.

It is said that good governance does not guarantee success, but its absence almost certainly guarantees failure. We shall continuously improve our governance, and the Council is working on proposals for significant changes to our Statutes for the General Assembly. The IOF scored the most points in a governance evaluation done by GAISF (Global Association of International Sports Federations), scoring highest amongst 54 international non-Olympic sport federations. Today, we are best in our class, but I know we still have room for improvement.

A new WOC model

WOC, or the Nokian Tyres World Orienteering Championships, is our flagship and the new split world championship model was started in 2019 with traditional forest competition formats in Norway. WOC 2019 in Sarpsborg was a great success, and can be called a breakthrough in the TV market, at least in all Nordic countries. Based on the broadcasters’ numbers, the estimated total audience was over 1.5 million for the Relay and 1 million for individual competitions.

The WOC concept with one arena for all finals was a good compromise between the most technical orienteering and great arena facilities and costs. The WOC 2019 concept strongly supported one of the IOF values, sustainability, and set an example for future IOF event organisers. As a result, the WOC 2019 organising committee reported a small profit from the event, which is extraordinary

because all recent WOC organisers have made a significant economic loss.

Partnership and event cooperation

The IOF has an ambition to be included in the Olympic and Paralympic Games. One step on this long journey is to be visible at other multi-sport Games. Our most important external event for presenting our sport is The World Games (TWG). Orienteering has been on the TWG programme since 2001, and we’ll be on the programme also at the next edition of TWG, to be held in Birmingham, Alabama in 2021. Orienteering was also selected for the World Urban Games 2021, organised by GAISF in Budapest.

The International University Sports Federation (FISU) has been our very good partner for decades with a long, successful history of World University Orienteering Championships. Starting from 2016, we extended our cooperation and FISU organised the first World University Ski Orienteering Championships. As a next step, Ski Orienteering was included as an optional sport at the 2019 FISU Winter Universiade, in Krasnojarsk, Russia. The Universiade was a great opportunity for Ski Orienteering to present the sport to the winter sport community, TV and decision makers. I hope that this was a real start for Ski Orienteering towards inclusion in the Winter Olympic Games. The Winter Universiade is our highest priority event for Ski Orienteering, and in cooperation with FISU and Swiss Orienteering we have secured our presence at the next Universiade, Luzern 2021 in Switzerland.

The World Schools Orienteering Championships is an event organised by the International School Sport Federation (ISF), our good partner. The biggest multi-sport event organised by the ISF is the Gymnasiade, and Orienteering will be included in the Gymnasiade programme in the future. This is good news for young orienteers but also recognition of our work in the past. The World Schools Orienteering Championships has always been a very popular and well organised event which has strongly supported our inclusion to the Gymnasiade programme.

Orienteering, a values-based sport

The IOF values are inclusive, ethical and sustainable. Ethical is very much related to fair play and until recent incidents, fair play has been mainly interpreted as following of Anti-Doping requirements. Fair play is the guiding principle in the sport of Orienteering, and we shall together secure that our

values remain untouched. We shall clarify fair play rules, and significantly improve our communication amongst athletes, coaches, managers and members. The IOF should allocate more attention and resources into controlling of fairness at our own and our partners’ events.

Looking forward to 2020

2020 will be a special year for the orienteering community. For the first time ever, we will have Sprint Orienteering World Championships, with three medal events, Sprint, Knock-Out Sprint and Sprint Relay. We have put together a package that should be very attractive for athletes, spectators and TV, and I hope to see a very successful Sprint WOC in Denmark.

In 2020 we will be halfway on our journey of implementation of our 4-year strategy, and it will be my duty and honour to report on the achievements of our organisation at the IOF General Assembly 2020. We have already reached some goals, but there are a lot of actions and activities in progress. I would like to thank our Council, Commissions and Office for their contribution in 2019 and wish a productive year in 2020 for all of us.



Leho Haldna
IOF President

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Layout:

Martin Hammarberg, Adshape AB.

Printer:

Hammarö Tryckeri, Sweden.

Orienteering World is the official journal of the International Orienteering Federation (IOF).
Permission from the editor-in-chief should be sought prior to reproduction of articles.

Front cover:

Olav Lundanes, Norway, at Nokian Tyres World Orienteering Championships. Photo by Moa Gustafsson.

Back cover:

Denisa Kosova, Czech Republic, at the World Cup Round 3 Knock-Out Sprint Qualification. Photo by Malin Fuhr.





Outstanding year for Tove Alexandersson

Big story of the year was a set of outstanding performances from Tove Alexandersson, Sweden, who dominated women's competition in 2019. She added three more gold medals to her collection – now totalling ten - in the World Championships in Norway, and she won all the World Cup races apart from the very last, the Sprint in China, where an early mistake cost her a medal. Young Swiss athlete Simona Aebersold and the Russian Natalia Gemperle did their best to knock Alexandersson off her perch, both taking second place twice, and they finished second and third respectively in the World Cup final standings.



Gustav Bergman, also Sweden, was the best of the men this year, recording three victories in World Cup races including both races in the first round in Finland. 22-year-old Joey Hadorn, Switzerland, ended second in the World Cup overall in his very impressive second season as a senior, and his compatriot Daniel Hubmann, with six previous overall victories to his name, finished third.



A well-attended World Masters Orienteering Championships was held in Latvia during the summer.



The Junior World Orienteering Championships was held in Denmark. Men's podium in Sprint: 2) Samuel Pihlstrom, Sweden, 1) Aston Key, Australia, 3) Guilhem Elias, France.



World Orienteering Championships (WOC): 48 nations at first 'forest WOC'

2019 marks the start of the new world championships format, with 'forest' and 'sprint' WOCs in alternate years. 48 nations came to the first forest version, in Norway in August.

Home athlete Olav Lundanes won **two individual golds**, as did Tove Alexandersson. The Middle Finals were two intensely tight races, Aebersold missing gold by 5 seconds and Bergman by 11. Alexandersson pulled out one of her master classes in the Long race, winning by 6.16 over her compatriot Lina Strand, with Aebersold the bronze medallist. 20-year-old Norwegian Kasper Fosser, still a junior and winner of 3 golds at the Junior World Championships in Denmark a month earlier, made it a 1-2 result for Norway. Again it was a Swiss, Daniel Hubmann, in third place.

The women's and men's **Relays were both won by Sweden** (Strand/Alexandersson/Karolin Ohlsson and Johan Runesson/Emil Svensk/Bergman). The women's race was a particularly exciting affair, with the gap over Switzerland at the finish just 4 seconds. Another sprint finish brought Russia the bronze. Finland took the men's silver medals, 1.32 down on Sweden, and the strong French team finished third.



Knock-out Sprint world cup Winner Vojtech Kral ahead of Joey Hadorn.



World Cup – three rounds plus the World Championships

The World Cup season started in Finland in June with a Middle race and a Long distance chasing start, both won by Alexandersson and Bergman, plus a Sprint Relay. Here Sweden beat Switzerland by 0.31 with the Czech team third.

The second round was the World Championships, and the third took place in Switzerland in September. Here, the three individual races had three men's winners: Joey Hadorn in Middle, Czech athlete Vojtech Kral in Knock-out Sprint and Yannick Michiels, Belgium in Sprint. All the races were very close apart from the women's Middle, which Alexandersson won by 2.36. In the two men's sprints, Joey Hadorn and Kris Jones (Great Britain) were just 2 seconds down.

The final round saw the World Cup taking place in China for the first time, and an impressive 37 nations were represented. Alexandersson and Bergman won the Middle race, where there was a particularly strong Swiss performance, five of their athletes finishing in positions 3 to 7. Yannick Michiels took a second win of the season in the Sprint, and the women's Sprint was won by the strong home athlete Shuangyan Hao.

The Sprint Relay in China was won by Switzerland, with Sweden second, 0.37 down, and Norway third. A section of the terrain was quite special: a film studio complex with masses of replica townscapes and temples.



IOF World Rankings at the end of 2019

Tove Alexandersson holds a big lead over Natalia Gemperle, with Finland's Marika Teini currently third. Olav Lundanes is ahead of Gustav Bergman in the men's list, and they are followed by Daniel Hubmann.

The Sprint World Rankings are headed by Tove Alexandersson and Yannick Michiels.



Two very different Championship events

The 2019 SkiO season had two major focal points – the European Ski Orienteering Championships held at Sarikamis, Turkey early in February, and the World Ski Orienteering Championships at Piteå in northern Sweden in the second half of March. The two venues provided extreme contrasts in terrain and skiing conditions, the European event being at high altitude in the Turkish mountains whilst the World competitions were close to sea level with much less height difference on the courses.



Scenes from Turkey: a colourful Opening Ceremony; Sprint medallists Erik Rost SWE (silver), Lars Moholdt NOR (gold) and Jørgen Madslie NOR (bronze)



Four athletes stood out from the rest this season: Alena Trapeznikova, Russia and Lars Moholdt, Norway in the Turkey races, and Tove Alexandersson and Erik Rost, both Sweden, at the World Championships. Counting points for medals won, Sweden scored higher than Russia in individual races, but it was the other way round in the relays. Overall, Sweden pipped Russia by just 1 point!

European SkiO Championships: 3 golds each for Trapeznikova and Moholdt

Fifteen nations took part, competing for medals in five races – three individual and two relay. It was a well organized event, summed up by the experienced Magdalena Olsson, Sweden: “the best ESOC I have experienced in recent years.”

Individual races: 33-year-old Norwegian Lars Moholdt won both the Sprint and the Long (mass start) races, whilst World Ranking

leader Erik Rost won at Middle Distance – by 3 seconds over Lars Moholdt! The women’s races had three different winners: Alena Trapeznikova took the Sprint, Magdalena Olsson the Middle (her first-ever Championships victory) and Tove Alexandersson the Long – by almost 3 minutes.

Relays: The Sprint Relay was a close-fought affair between Russia and Sweden, with the Russian team of Trapeznikova and Sergey Gorlanov finishing 29 seconds ahead of Sweden (Alexandersson and Rost). Norway placed third, 2.25 down on Russia.

In the Women’s Relay, Russia again won with Sweden second 1.48 behind. Finland was third. The Russian gold medallists were Alena Trapeznikova, Tatyana Oborina and Mariya Kechkina.

The men’s race was won by the unfancied Norwegian team (Jørgen Baklid, Jørgen Madslie, Lars Moholdt) after an epic battle with Russia on the last 2 legs.



Erik Rost SWE and Sergey Gorlanov RUS tied for first place in the WSOC Sprint.



Aslak Heimdal, NOR. Competition was intense at the Junior World Championships too.



Many masters were competing in Piteå as well.

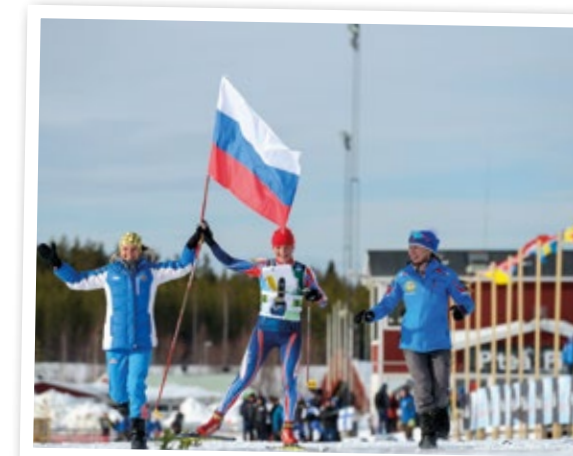
World SkiO Championships: Alexandersson back on top form

Piteå was a busy place, with the Junior, European Youth and World Masters Championships being held at the same time. Here there were again three individual races, but just one standard relay event.

Individual races: Tove Alexandersson dominated proceedings as she has so often before, winning 2 gold medals (the Long by a massive gap of 6.11) and one silver. The silver was in the Middle (mass start), where the Russian Mariya Kechkina beat her by 10 seconds. Alexandersson was the stronger skier but Kechkina the more accurate navigator – a fascinating tussle!

The men’s Sprint, fast and technical, ended in a tie for first place between Sergey Gorlanov and Erik Rost. Rost also took gold in the Middle, a fast and furious race with 16 finishing within a minute of the winner. The Long race went to the very experienced Russian star Andrey Lamov. In this race, both Finland and Russia had four top-six placings across the women’s and men’s races.

Relays: Both women’s and men’s races were won by Russia. The women’s team was the same as won the European Championships, and again they made no mistake, being in front throughout and winning this time by 3.14. Sweden came second and Finland third. Finland’s first-leg man was up with Russia’s at the end of the first leg, but then the Russian team of Vladislav Kiselev, Sergey Gorlanov and Andrey Lamov got ahead – and it stayed that way until the end. Sweden took the silver medals, 2.14 down, and Norway the bronze.



Russia won both Relays at WSOC.



Successful Winter Universiade in Krasnoyarsk
Ski Orienteering was included at the Winter Universiade in Krasnoyarsk, Russia, for the first time.



IOF World Rankings at the end of 2019

Tove Alexandersson heads the women’s list with a healthy lead of almost 300 points over Mariya Kechkina; Magdalena Olsson is third. Leading man is Erik Rost, with 28 points more than Sergey Gorlanov. Lars Moholdt has only 4 points fewer in third place.



Many different nations winning medals! 2019 has been a busy season with World and European Championships, both counting for World Cup points, and a final World Cup round in October.

Emily Benham Kvåle, Great Britain returned to competition in mid-season, after being away in 2018 to start a family – and proceeded to record a clean sweep of victories in the World Championships plus World Cup round 3! This remarkable feat gave her a maximum score in the women's World Cup. Closest challenger was the Czech rider Veronika Kubinova, Sprint gold medallist in the European Championships and with three individual silver medals in the World Championships. Nadia Larsson, Sweden was third in the final standings.



The men's World Cup competition was tighter. The Russian Anton Foliforov finished in top spot and his compatriot Grigory Medvedev second, both scoring one championship win. The Czech rider Krystof Bogar was not far behind in the standings, in third place.

Russia had four competitors amongst the top six men overall, whereas in the final women's World Cup standings the first seven were all from different nations, and there were eight nations in the top ten.

The Team World Cup – three relay competitions – was won by Russia, with the Czech Republic second and Finland third.



Four athletes, four nations.

European MTBO Championships: medals for many nations

The number of nations winning medals was a feature of this year's European Championships, held in Poland in mid-June. The Sprint resulted in eight nations taking medals. In both individual races, six different nations were represented in the women's top six.



Men's Relay podium: Czech Republic, Russia, Finland.

World MTBO Championships: Russian dominance in Relays

Russia won both men's and women's Relay races. The men were favourites but it was an unexpected win for the women, who had a 45-second lead at the end over Finland and Sweden. The Czech Republic and Finland were second and third in the men's race, where the final margin was 1.30.



Camilla Søgaard, Denmark was the most successful woman in the Championships, with a gold medal in the Mass-start race and silver in the Sprint. She also led the field into the first change-over in the Mixed Relay. The women's Sprint was won by Veronika Kubinova. Søgaard won the Mass-start by over 2 minutes.

The men's Sprint was a success story for **Lauri Malsroos**, Estonia, 3 seconds faster than Krystof Bogar. In the men's Mass-start race, the very experienced **Anton Foliforov** was 23 seconds ahead of his closest rivals at the finish.



WMTBOC Sprint podium: Veronika Kubinova CZE, Emily Benham Kvåle and Clare Dallimore GBR.

There were four individual races, and on the women's side, **Emily Benham Kvåle won all of them!** Her biggest victories were in the Sprint where she was 39 seconds faster than Kubinova, and the Long where the gap was 3.34. By contrast there were four different men's world champions: Grigory Medvedev in Sprint, Vojtech Ludvik at Middle distance, Ruslan Gritsan (Russia) in the Long and the Czech Jiri Hradil in the Mass-start race. Here, the Czech Republic took all three medals.

23 nations were represented at the Championships, which were held in mid-summer in undulating military terrain near the town of Viborg in western Denmark.

World Cup round 3: more success for Benham Kvåle

Two individual races in Germany in October brought a double victory for Emily Benham Kvåle. The Sprint win was emphatic, but the Long was close – Nadia Larsson, Sweden was only 8 seconds slower. Krystof Bogar and Andreas Waldmann, Austria won the men's races, both by comfortable margins. Austria's Mixed Relay team pulled out all the stops to beat Russia by 19 seconds, with the Czech team third.

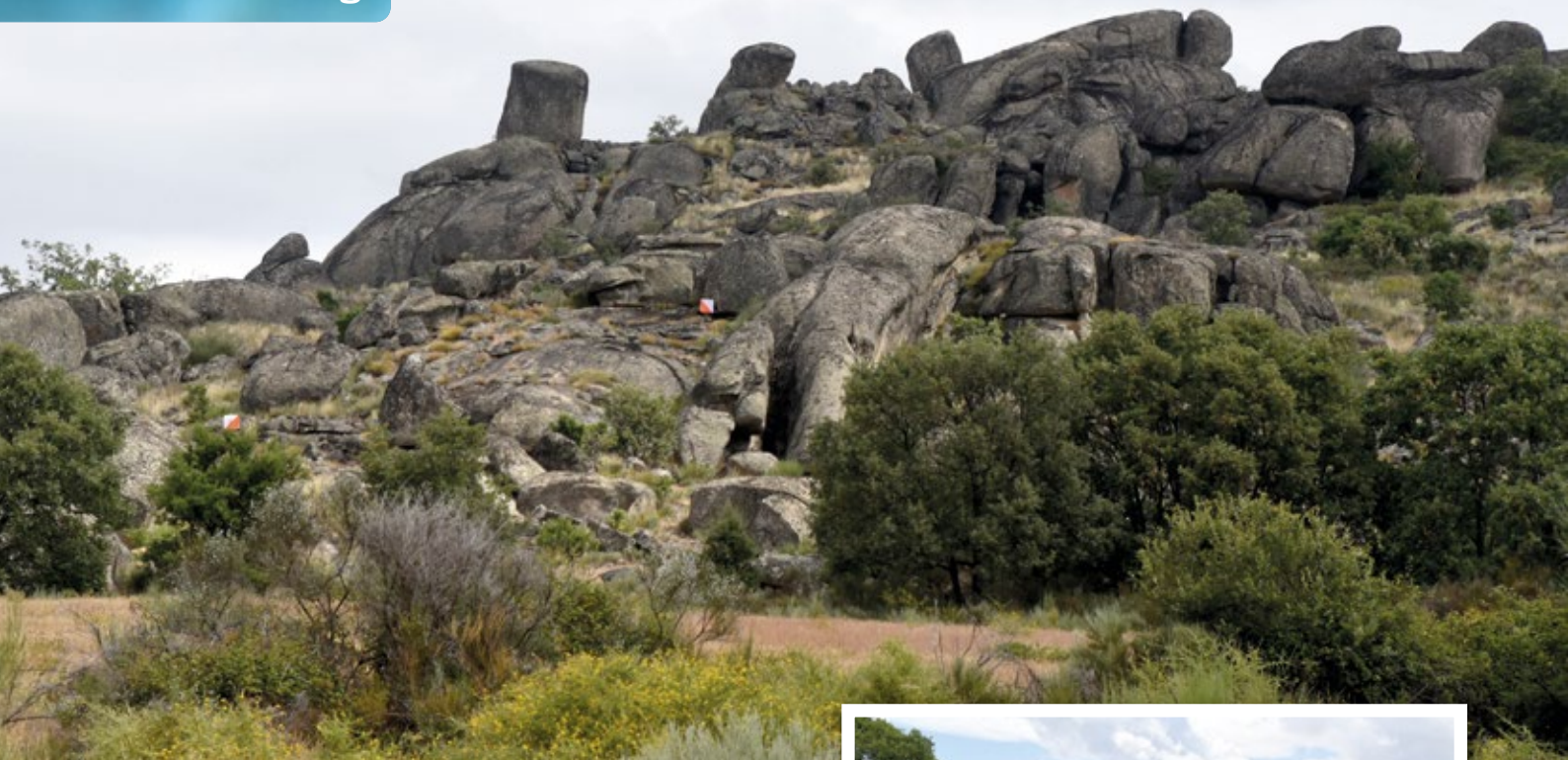


A strong Czech team with Kubinova and Bogar plus Vojtech Ludvik won the Mixed Relay, finishing 1.14 ahead of Russia with Finland third.



IOF World Rankings at the end of 2019

Five of the top six placings are the same as in this year's final World Cup standings. The difference: Camilla Søgaard holds third position in the women's rankings.



Very rocky terrain at WTCO PreO Day 2.

Growing activity and high-quality competitions

Pinnacle of the season was the World Trail Orienteering Championships held at Idanha-a-Nova in Portugal in June. Here, the winning competitors demonstrated high skill and endurance, tackling some very challenging and varied terrain and courses in hot and dusty conditions. 132 competitors in all, representing 25 nations, took part.

The unofficial European Cup in TrailO (ECTO) again proved increasingly popular; a total of 345 orienteers took part in at least one of the ten competitions, compared to 260 in 2018.

Best Trail Orienteers in 2019 were the Finns Juha Hiirsalmi, Pinja Mäkinen and Antti Rusanen, together with Ola Jansson and Marit Wiksell (both Sweden).



PreO controls need very careful study of the terrain. A carousel is used for punching (right of picture).

World Trail Orienteering Championships: Two gold medals for Pinja Mäkinen

In the 2-day PreO competition, the Open class was won by 36-year-old Pinja Mäkinen, taking her first PreO world title. She was TempO World Champion in 2013 and took the silver in PreO in 2017. She finished 1 point ahead of Geir Myhr Øien, Norway (silver) and Krešo Keresteš, Slovenia (bronze).

The Para class PreO gold medal went for the third year running to Ola Jansson, who finished with a 2-point lead. He was joined on the podium by the Russian Pavel Shmatov (silver) and fellow Swedish trail orienteer Michael Johansson (bronze).

The TempO competition, where Open and Para participants compete together in a wholly timed competition with Qualification and Final, produced a convincing victory for 28-year-old Marit Wiksell, who has gained acclaim as a TempO expert over several years now. Home competitor Ines Domingues took the silver, to the great joy of the local supporters, and the bronze medal went to Antti Rusanen. Hard-luck story: Rusanen's compatriot Patteri Halkala, TempO World Champion in 2018, failed to qualify for the final by just 1.5 seconds.



WTCO TempO medallists: Ines Domingues POR (silver), Marit Wiksell SWE (gold), Antti Rusanen FIN (bronze).



WTCO PreO Para medallists: Pavel Shmatov RUS (silver), Ola Jansson SWE (gold), Michael Johansson SWE (bronze).



Pinja Mäkinen FIN and Marit Wiksell SWE out on the course at WTCO.

Pinja Mäkinen won her **second gold medal in 2 days** in the Relay Open class, where she combined with Sami Hyvonen and Antti Rusanen to create an emphatic victory for Finland. The silver medals went to Spain and the bronze to Great Britain. The Relay Para class was won by the Czech team of Hana Dolezalova, Pavel Dudik and Jana Kostova, with silver for Ukraine and bronze for Russia.



Top six in ECTO 2019

- | | |
|--------------------------|------------|
| 1. Juha Hiirsalmi FIN | 300 points |
| 2. Petteri Halkala FIN | 270 |
| 3. Pavel Ptacek CZE | 213 |
| 4. Krešo Keresteš SLO | 205 |
| 5. Lars Jakob Waaler NOR | 185 |
| 6. Pinja Mäkinen FIN | 183 |

IOF TrailO World Rankings Antti Rusanen is clear leader

Finland's Antti Rusanen has a clear lead in the World Rankings at the end of their second year of existence, followed by Pinja Mäkinen, 2018 TrailO Athlete of the Year Jan Furucz (Slovakia), and Juha Hiirsalmi. A total of 403 competitors are now listed in the IOF TrailO World Rankings. The annual number of World Ranking Events will increase further in 2020.

European Cup in TrailO: Five wins for Hiirsalmi

Juha Hiirsalmi (51), a Design Engineer in Tampere, Finland, was the overall winner in 2019. He enjoyed a fantastic start to the season, winning four of the first six competitions and five in all. He also achieved fourth place in the World Championships TempO competition this year.

Hiirsalmi won with a 30-point advantage over Petteri Halkala, who had two wins plus a second and two third placings. There was a big points gap down to third-placed Pavel Ptacek, Czech Republic who had one win and one third place. The ten competitions were held in Slovenia, Great Britain, Portugal (pre-World Championships), Poland and Sweden.



**298 athletes from
48 different nations
600 volunteers**



Arena Mørk

- Capacity for 10 000 spectators
- 3 100 m² with tents
- 8 work huts
- 900 tonnes of gravel
- 331 tables
- 912 chairs
- 1 600 m fences
- 76 toilets
- 1 500 m electric cables

“The biggest challenge when designing the arena was to define and provide all the different needs for each section. A close dialogue with the media section in particular was crucial for achieving the delivery of great TV pictures”

**Nokian Tyres World Orienteering Championships 2019
was a sporting success**

WOC 2019 was a success in all aspects, even economically. The organisers are NOK 1,5 million (150 000 €) on the plus side, money that will go back to the eight organising clubs from Østfold. Their total revenue was NOK 18 million (1.8 M €).



TV broadcast

The live TV broadcast reached a record number of live television followers in Norway, Sweden, Finland, Denmark and Estonia; 1.5 million people watched the final Relay via the TV broadcasters' channels.

More than 400 000 watched Swedish SVT when Tove Alexandersson crossed the finish line in the Long Distance.

More than 500 000 watched the finish of the Relay on Finnish YLE.

More than 200 000 watched the Men's Relay on Norway's NRK, averaged over the entire 2-hour broadcast.

On average for all competitions, every third television which was turned on in Sweden and every fourth television which was turned on in Norway was tuned to the WOC broadcasts.

Besides broadcast television, WOC was also streamed live on each broadcaster's web TV channel. Each race was watched by up to 100 000 people on the web.

35 km of cable were used for the TV production.

WOC Clinic 2019 had 12 participants from nine nations: Cyprus, Croatia, Slovenia, South Africa, North Macedonia, Serbia, Colombia, Moldova and Argentina.

Spectator races:
10 085 starts from
30 different nations



WOC 2019 director Per Bergerud has an interesting background. He is a former world champion in ski jumping and among many other tasks in his civilian career he was director for the World Championships in Biathlon in Oslo in 2016.

What are you most satisfied with in your work with WOC 2019?

– The decision to use one arena for all three races, including the three spectator races. It gave us the opportunity to unite all resources and therefore we were able to create a good arena for both athletes, media, TV and spectators.

What was your biggest contribution as an outsider (not an orienteer)?

– I pushed for an early release of the location of the arena and also for having the start at the arena.

What was the biggest challenge?

– The coordination between the course

setters, the event advisors and the organising team in relation to the goals we had. A lot of people with a lot of thoughts and ideas. My improvement suggestion is a better coordination between the event advisors and the national controller. I would also suggest the senior event advisor as the main contact person for the organising team and the event director.

How would you suggest major orienteering events should work to be able to reach a higher level of quality?

– Define clear goals early in the process, establish an organising team early on with clear responsibilities, and work on development questions together with the IOF. I see a strong opportunity to develop new interesting formats for TV. I also think it is important to establish relationships and to make long-term agreements with TV. That would give the possibility for better digital marketing by the IOF, national federations and event organisers.

World Orienteering Day 2019

On Wednesday May 15th 2019 and for the following week, the fourth World Orienteering Day took place all over the world. It was an even greater success than last year, with the total number of participants 398 712, taking part in one of 2216 events organised in 85 different countries and territories. This is an increase of approximately 40 000 participants, an increase of 11%, compared with last year's WOD.

Be part of something bigger – Colour the World!



6-year old in Turkey.



First ever WOD in Jordan.



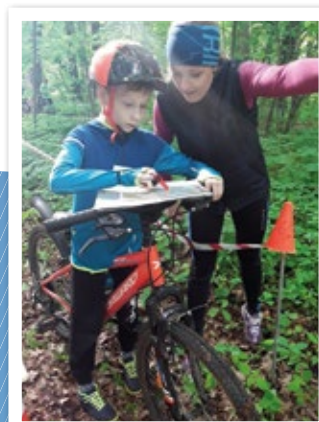
Finding the way in South Korea.



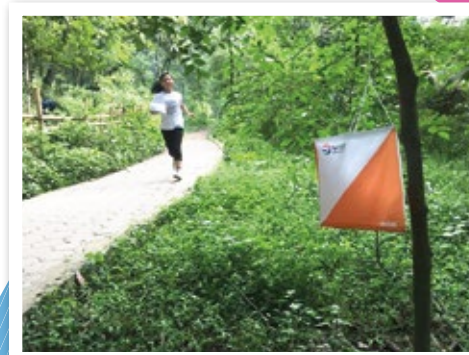
Ready for start in Mongolia.



Crowded at the flag in Nigeria.



MTBO WOD event in Russia.



WOD in Nepal is off to a flying start.



Focus on the map in Brazil.



Map reading at speed in Dominican Republic.



WOD in the playground in Slovenia.



Children testing MazeO in Romania.



Punching the control in Spain.




Unicycle WOD in Taiwan.





Foot Orienteering


2020


 **Asian Orienteering Championships**
Republic of Korea, Asia, 1 May - 5 May


 **IOF Orienteering World Cup Round 1**
Switzerland, Europe, 20 May - 24 May

 **European Youth Orienteering Championships**
Hungary, Europe, 19 Jun - 22 Jun


 **Junior World Orienteering Championships**
Turkey, Europe, 28 Jun - 5 Jul


 **Nokian Tyres World Orienteering Championships**
Denmark, Europe, 7 Jul - 11 Jul

 **North American Orienteering Championships**
USA, North America, 25 Jul - 27 Jul


 **World Masters Orienteering Championships**
Slovakia, Europe, 7 Aug - 15 Aug


 **European Orienteering Championships**
IOF Orienteering World Cup Round 2
Estonia, Europe, 19 Aug - 23 Aug


 **IOF Orienteering World Cup Final**
Italy, Europe, 1 Oct - 6 Oct


 **South American Orienteering Championships (Senior, Junior, Youth)**
Brazil, South America, 29 Oct - 1 Nov


2021


 **Oceania Orienteering Championships**
New Zealand, Oceania, 9 Jan - 17 Jan

 **World Masters Orienteering Championships**
Japan, Asia, 22 May - 29 May


 **European Youth Orienteering Championships**
Lithuania, Europe, 25 Jun - 27 Jun

 **Nokian Tyres World Orienteering Championships**
Czech Republic, Europe, 4 Jul - 8 Jul


 **Junior World Orienteering Championships**
Portugal, Europe, 18 Jul - 25 Jul

 **European Orienteering Championships**
Russia, Europe, 23 Aug - 29 Aug


2022

 **World Masters Orienteering Championships**
Italy, Europe, 26 Jun - 3 Jul

 **World Orienteering Championships**
Great Britain, Europe, 15 Jul - 19 Jul

 **Junior World Orienteering Championships**
Romania, Europe, 19 Jul - 27 Jul


2023


 **World Orienteering Championships**
Switzerland, Europe, 10 Jul - 16 Jul




Trail Orienteering

2020


 **European Trail Orienteering Championships**
Finland, Europe, 21 May - 24 May

 **World Trail Orienteering Championships**
Hong Kong, Asia, dates 28 Nov - 5 Dec

2021

 **World Trail Orienteering Championships**
Poland, Europe, 20 Jul - 24 Jul

2022


 **World Trail Orienteering Championships**
Czech Republic, Europe, 2 Jul - 6 Jul



Ski Orienteering

2020


 **Ski Orienteering World Cup Round 1**
Junior World Ski Orienteering Championships
European Youth Ski Orienteering Championships
Latvia, Europe, 2 Feb - 9 Feb

 **European Ski Orienteering Championships**
Ski Orienteering World Cup Round 2
Russia, Europe, 8 Mar - 15 Mar

2021

 **World Ski Orienteering Championships**
Junior World Ski Orienteering Championships
European Youth Ski Orienteering Championships
Estonia, Europe, 22 Feb - 28 Feb


2022


 **World Ski Orienteering Championships**
Junior World Ski Orienteering Championships
European Youth Ski Orienteering Championships
Finland, Europe, 13 Mar - 20 Mar




MTB Orienteering


2020


 **European MTB Orienteering Championships**
European Junior and Youth MTB Orienteering Championships
Portugal, Europe, 11 May - 16 May

 **World MTB Orienteering Championships**
Czech Republic, Europe, 17 Aug - 23 Aug

 **IOF MTB Orienteering World Cup Round**
World Masters MTB Orienteering Championships
Finland, Europe, 9 Sep - 13 Sep


2021


 **World MTB Orienteering Championships**
IOF MTB Orienteering World Cup Round
Junior World MTB Orienteering Championships
Finland, Europe, 10 Jun - 18 Jun


 **European MTB Orienteering Championships**
European Junior and Youth MTB Orienteering Championships
Russia, Europe, 17 Aug - 23 Aug

Partner Events


2020


 **World University Ski Orienteering Championships**
Finland, Europe, 23 Mar - 27 Mar

 **European University Games**
Serbia, Europe, 12 Jul - 24 Jul

 **World University Orienteering Championships**
Russia, Europe, 14 Jul - 18 Jul

2021

 **Winter Universiade**
Switzerland, Europe, 21 Jan - 31 Jan

 **The World Games**
USA, North America, 15 Jul - 25 Jul

Meetings 2020

IOF Council Meetings
10-11 January, Frankfurt, Germany
3-4 April, Paris, France
7-11 July, Vejle, Denmark
October (date/location tbd)

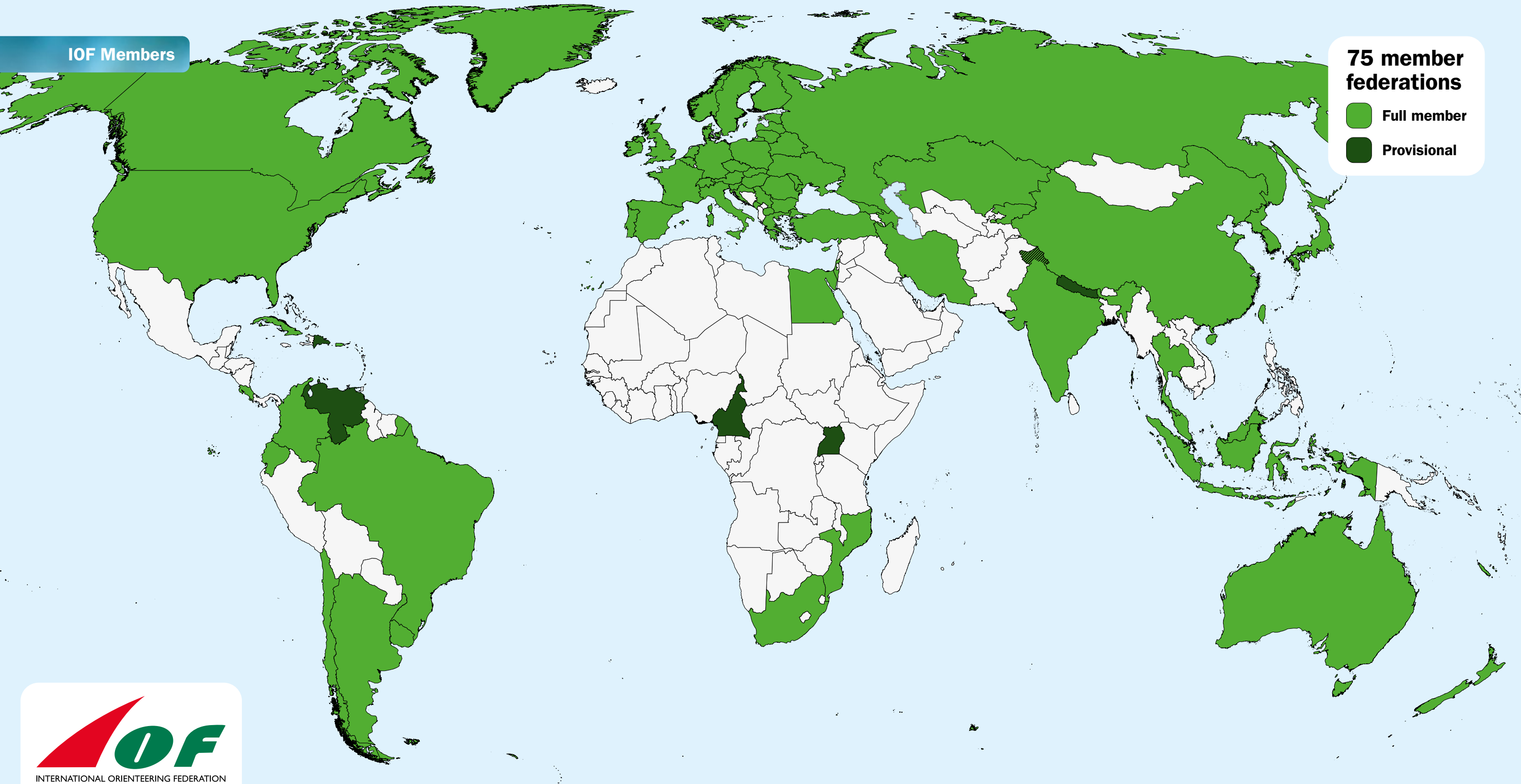
IOF Joint Meeting
10-11 January, Frankfurt, Germany
All IOF Commissions meet in a joint meeting

IOF General Assembly
10 July, Vejle, Denmark



Emily Benham Kvåle, Great Britain returned to competition in mid-season, after being away in 2018 to start a family – and proceeded to record a clean sweep of victories in the World Championships plus World Cup round 3! This remarkable feat gave her a maximum score in the women's World Cup. Photo: Donatas Lazauskas.

- Full member
- Provisional



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Reflections on 2019

Values create pride and challenge

Text: Tom Hollowell

The IOF Strategic Directions for the period 2018 to 2022 were decided by the IOF General Assembly in October 2018. But the most important discussion may not have been the definition of goals and actions for the coming period, but instead the clearer definition of the values of IOF and the global Orienteering community.

From the strategic directions

Sustainable

Orienteering provides mental and physical challenge, builds life-skills and self-confidence and promotes a healthy lifestyle. We are respectful of the natural environment and promote environmental good practice. Orienteering events require limited infrastructure and a low threshold for participation. We are progressive in our response to changes in society.

Inclusive

We equally include people from all ethnic, religious and social backgrounds. Success by women and men is equally recognised. Orienteering is a sport for people across all generations and with varying physical abilities.

Ethical

We are characterized by good governance, democracy and transparency. We are committed to fair play – characterised by the spirit of friendship. Everyone shall conduct themselves with the highest ethical standards of fairness, honesty and respect for the rules and for one another. We are committed to being a doping-free sport and support the enforcement of the World Anti-Doping Code.

Climate Action initiative and was awarded as one of few International Sports Federations for its plan on reducing carbon footprint. The IOF has also made significant strides in assuring financial sustainability over time.

4 new member organisations on 3 continents joined the IOF in 2019 bringing additional perspectives on the delivery and development of our sport. IOF members proudly represent not only flags and nations but individuals with significant diversity. When it comes to participation and recognition Orienteering has a good gender balance. Orienteering is open and inclusive.

The IOF is committed to good governance and in fact the Strategic Directions for the first time specifically identify and set ambitions in this area. In 2019 the Global Association of International Sports Federations (GAISF) conducted an independent review of governance in their member organisations and the IOF received best-in-class honours. Our efforts towards combatting doping in Orienteering have been recognised and confirmed through a compliance review of the World Anti-Doping Agency (WADA). Several significant consultations have been carried out by the Council with both members federations and Athletes Commissions, and it is promising to see that the interest in participating in consultation activities is increasing.

Our values are, and should be, a source of pride. We have demonstrated and been recognised for our values in the context of global sport.

However, as a famous quote goes “Pride is concerned with WHO is right, humility is concerned with WHAT is right”. We need to be humble about what we have achieved.

Our values need to be nurtured as we face new challenges. We cannot simply see them as words on paper but need to critically assess how well we fulfil them and how we can continuously improve.

In 2019 Fair Play was significantly challenged in connection with the Military World Games in China. It was a shock to the global Orienteering community that all did not understand and agree to some of the basic elements of fair play that are essential in our sport. The key now is meeting that challenge through formal structures like the IOF Ethics Panel and competition rules, but more importantly in our dialogue and ongoing education about respect for fair play. We need to discuss and develop methods for defending our ethical principles



Tom Hollowell, Secretary General at the IOF.

and creating fundamental understanding of their necessity.

The governance review carried out by GAISF was also very clear in identifying additional challenges which we need to take on to continue to develop our governance. Most important was the need to increase the involvement of athletes in our governing bodies, to improve the gender balance in the organisation and decision-making process, and improve our member education programmes. The IOF has taken on these challenges in consultation with our stakeholders.

To increase inclusiveness further we need to continue to challenge our perspective about what the sport of Orienteering is at a basic level. We need to feel confident in our history but also be open to new terrains and new formats which allow higher global participation and activity.

How we continue to challenge ourselves on sustainability will define our future. As a sport dependent upon nature and the outdoors we need to do our part in protecting the environment and climate. We have some significant opportunities for improvement, in reducing the footprint caused by transportation and by our events' infrastructure.

But we should not forget that Orienteering in itself contributes to the sustainability of a healthy society. We have unique opportunities and challenges as we continue to develop the positive contributions we can make in building life-skills, self-confidence and a sense of achievement and well-being for all ages.

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