

# ORIENTEERING WORLD

2018



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Photo: Donatas Lazauskas.

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Front cover: Maja Alm at the European Orienteering Championships 2018. Photo by Donatas Lazauskas



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# A Word from the President

**The very intense and busy Congress Period of 2016–2018 has come to an end, and at the IOF General Assembly in October we started a new two-year period with refreshed goals and ambitions for our organisation.**

## 2 million orienteers globally

The IOF has always had measurable goals, but it was only in 2017 that we started to measure our performance systematically and regularly. One of the interesting numbers we have now established is a total number of orienteers in the world – ca 2 million, including 400 000 active orienteers plus 1.7 million recreational orienteers.

In 2016, the IOF General Assembly made a significant political decision and reduced the number of IOF members from 80 to 70. The main reason why some members were expelled was inactivity, meaning no events or functioning organisation in the country. In making such an extraordinary decision we gave a clear signal to all members that we do not simply collect flags, we are looking for active members who can contribute to international orienteering. In return, the IOF is ready and willing to support members in their development of orienteering.

Since 2016, there has been increasing interest to join the IOF amongst new countries but also from countries expelled. Currently we have 72 members and the goal is to reach 80 strong and active member federations by 2022.

## World Orienteering Day

World Orienteering Day (WOD) is our most important development tool supporting our growth globally. WOD was introduced in 2016 and exceeded all our expectations by attracting 252 000 participants in its first year. Participation grew somewhat in 2017. Based on experience from the first two years, we made some changes in the WOD format, and in 2018 WOD had 358 735 participants from 81 countries/territories.

## To become an attractive partner

In order to be a successful organisation, we

must be an attractive partner, especially for members and sponsors. The IOF has struggled for many years to find organisers for IOF Major Events in all disciplines. After making significant changes in the competition programme, adjusting quality requirements and increasing IOF support to the organisers we now receive 2-4 applications per event in Foot Orienteering. This is a big step forward, but we still have challenges to find organisers in our other three disciplines.

Our sponsorship support is slowly growing, and there is a significant increase in external income to the IOF. The sponsorship agreement with Nokian Tyres Ltd. for the World Orienteering Championships has been extended. The sponsor market is clearly pointing out which events in our portfolio are of sponsorship value – the World Orienteering Championships, the FootO World Cup, and World Orienteering Day.

Television rights from IOF events is one of the most important assets we have today. There is a growing market for our TV-broadcasts from WOC and World Cup, and as a result, IOF income from rights sales is increasing. Also, the IOF has taken a proactive role in sales and in securing consistent high-quality broadcasts.

## Orienteering is the most attractive adventure-based sport for all ages

The IOF General Assembly in October approved the IOF Strategic Directions for 2019–2022, including new Vision, Mission, Main Goal, Values and focus areas for the next two-year period.

“Orienteering is the most attractive adventure-based sport for all ages” is the IOF new vision, and our mission is to promote the global growth of orienteering and develop competitive and recreational orienteering.

Our main goal is to increase the attractiveness of orienteering to participants, and to external partners, so as to be included in the Olympic and Paralympic Games.

The IOF values are sustainable, inclusive and ethical.

Prioritisation is the most important part of the new IOF Strategic Directions 2019–2022.

We are now more realistic and have clearly understood that the IOF is a small organisation with limited resources. This means that we need to be more focused and personally, I think our new IOF Strategic Directions are concrete and give clear directions to the IOF for the future.

I would like to thank our Members, Council, Commissions and Office for their hard work and support during the last Congress period and I believe that we will together successfully implement the new IOF Strategy 2019–2022.



*Leho Haldna*

**Leho Haldna**  
IOF President



Photos by Malin Fuhr and Donatas Lazauskas



The season kicked off with the **European Orienteering Championships** and World Cup Round 1 in Switzerland. Switzerland dominated the championships on home ground and won 5 gold medals, 4 silver medals and 2 bronze medals.

Tove Alexandersson, Sweden, won both the Sprint and the Long Distance and Marika Teini, Finland, won the gold medal in Middle Distance.



Daniel Hubmann, Switzerland won the Sprint, his Swiss compatriot Matthias Kyburz the Middle Distance and Olav Lundanes, Norway, the Long Distance.

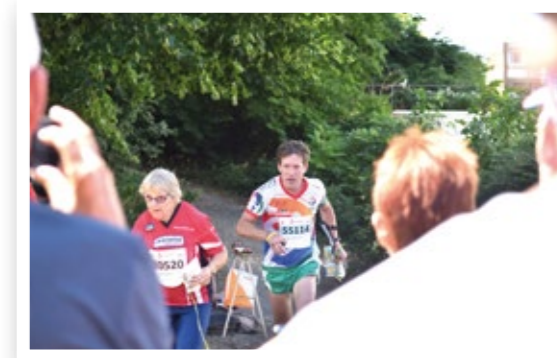
Switzerland won the Sprint Relay and the women's Relay and Norway won the men's Relay.

The **Nokian Tyres World Orienteering Championships** and World Cup Round 2 was held in Latvia.



Norway won three of four gold medals in the men's classes; the Relay, Olav Lundanes in Long Distance and Eskil Kinneberg in Middle Distance. In the Sprint, Daniel Hubmann, Switzerland, won the gold, just one second ahead of Tim Robertson, New Zealand.

Maja Alm, Denmark, won her fifth sprint gold in a row and Tove Alexandersson, Sweden, won the Long Distance. In the Middle Distance, Natalia Gemperle, Russia, took her first individual WOC gold. Sweden won the Sprint Relay and Switzerland the Relay.



More than 4000 orienteers took part in the **World Masters Orienteering Championships** in Denmark.



The **Junior World Orienteering Championships** in Hungary were a great success. Pictured are Russia winning the women's Relay.

**World Cup Round 3** and Pre-WOC was held in Norway at the end of August. Sweden topped the podium in five of six competitions. Tove Alexandersson and Gustav Bergman won the Long Distance, Tove Alexandersson and William Lind won the Pursuit and Sweden won the women's Relay. In the men's Relay, Norway finally managed to beat the Swedes.

The **World Cup Final** in the Czech Republic was an excellent end to a long orienteering season. Tove Alexandersson, Sweden, and Matthias Kyburz, Switzerland, both won the Overall World Cup for the fifth time.



Judith Wyder, Switzerland, and Vojtech Kral, Czech Republic, took the Knock-Out Sprint titles and Switzerland won the Sprint Relay.



In the Middle Distance, both Karolin Ohlsson, Sweden, and Milos Nykodym, Czech Republic, won their first individual World Cup races.



In the final Sprint, Tove Alexandersson and Jonas Leandersson celebrated a Swedish double victory.

Tove conquers FootO once again:

# 4 out of 5 World Championship medals and winner of the World Cup



Photo: Donatas Lazauskas & Malin Fuhr  
Text: Laura Garrido and Sara Ricoy

Tove Alexandersson has done it again: she has been at her very best over the whole season. This year at the World Championships in Latvia she won 4 out of 5 possible medals: gold in Long and Mixed Relay, and silver in Sprint and Relay. And she is the winner of the 2018 World Cup.

### First steps in the orienteering world

Alexandersson has been in touch with orienteering for her whole life, as both her parents are orienteers and she started in this world at the young age of 10. In senior competition, she ran her first World Cup race in 2010 and won her first one just a year later.

– I already had a really high level when I started to compete against the seniors, so I also had pretty high goals from the beginning, she says about her first years at the top.

### How to prepare for the major events

The preparations for big events such as world or European championships can be really tough both physically and mentally, so we have asked her how she deals with such important events.



– I want to be as well-prepared as possible, and I usually spend a lot of time in relevant terrain to be physically and technically prepared. Mentally I know that I'm good at

finding the right mood when I'm standing on the start line, even if my preparations have been poor.

It is well known that Tove is not just a FootO star but also a SkiO one. Regarding her training, she has to focus on both disciplines besides organising her season sensibly. Therefore during summer her sessions are mostly running ones, and in winter she does a bit more skiing than running.

– In the winter I usually do 4-5 high intensity training sessions per week. One long session of over 3 hours, sometimes one shorter training of around 1 hour, and the rest of the sessions at easy pace for 2-3 hours.

### Tove's 2018 season

Generally speaking, she performed well at the World Orienteering Championships. However she didn't have a good Middle Distance race and was eventually disqualified

for missing a control. Alexandersson was the big favourite for this race, and was going for her third gold in a row after having been world champion in Estonia (2017) and Sweden (2016). A big mistake at control 3 (12 minutes) began her downfall.

Although she had that disappointing result from Middle Distance, her team was able to get the silver medal in the Mixed Relay, and then she won the gold in the Long Distance. She insists on not forgetting the races she does badly in, as they are an opportunity to gain experience so that she can try to do things better the next time.

– I had no problem to reload for the Relay and Long, I just wanted to do things better, she says about her experience in Latvia. Regarding this last World Championships, Tove adds:

– The results were good, but I wanted to produce better performances than I did, and it's hard to be always on top.

If we look at the World Cup overall ranking, Tove has had an impressive season this year: she has won six of the eleven races, taken silver in two of them and bronze in one. But for her, none of these are what she considers to be her best performance of the season. In fact, if she had to pick one:

– I don't know, it's hard to say. In Foot Orienteering, the last leg in the Venla Relay is one of my best performances this year so far.

The Swede has been achieving great performances ever since she has been competing at the highest level, and is always among the favourites when a major event approaches. So we'll certainly have to keep an eye on her in the next season.

# Major Event Arenas 2018

Orienteering events are being held in different types of locations. Here are some examples of arenas from IOF Major Events in 2018.

Photo: Malin Fuhr & Donatas Lauzaukas



The World Orienteering Championships Sprint was held in the beautiful old town in Riga, Latvia.



The World Orienteering Championships Relay was held in Sigulda in Latvia.



The Knock-Out Sprint World Cup was held in central Prague in an indoor arena.



The European Orienteering Championships was held in Ticino, the Italian flair of Switzerland, with amazing mountains as background.



The Junior World Orienteering Championships in Hungary was held in Kecskemét in central Hungary.



The World Masters Orienteering Championships Sprint was held in the heart of Copenhagen, Denmark.



The World Cup Final in Czech Republic in Mlada Boleslav.

# Knock-Out Sprint: Challenges athletes in a whole new way



Photo: Malin Fuhr  
Text: Donatas Lauzaukas

Knock-Out Sprint, a new sprint race format, debuted as an official race at the IOF World Cup Final in Prague last October. The experienced Czech organisers had prepared very well; although a Knock-Out Sprint was being held for the first time as an official race at a major IOF event, the overall race day went by without any serious issues.

– This race in Prague was a very valuable test. The organisers planned 4 different races where we had to handle several challenges: a tight qualification race, stressful decisions and tough man-to-man racing. It was a totally different approach to the normal individual racing we are used to. I enjoyed the competition and I am looking forward to running it again at the World Orienteering Championships in 2020, says Yannick Michiels, Belgium.

## Tough race for the athletes

A Knock-Out Sprint challenges athletes in a whole new way. The race at the World Cup Final revealed how physically and mentally demanding this competition format can be. The race finalists can easily run well over 20 kilometres on a race day (including warm-up and cool-down). In addition to that, the finalists have to prepare mentally for 4 different races on a single day, dealing with a mixture of relaxation and growing tension between the rounds.

– I ran more than 30 kilometres that day. Though the courses are shorter and a bit easier, the results of the heats are tighter. You cannot relax and save your effort. The elimination rounds are not easy jogging at all, with all the other 5 guys around wanting to be first to the finish. Usually a WOC Sprint day is a tough day for me with both

qualification and final races in a single day, but I have to say a Knock-Out Sprint is even harder, Yannick Michiels recalls.

## Continuing debates over forking methods

Three forking methods were in use at the World Cup Final: “course choice model” in the quarter-finals, “butterfly” loops in the semi-finals and “no forking” in the finals.

Obviously, forking methods were and will remain a hot topic amongst the orienteering community for quite a while. Should we split runners or make them run the exactly the same course? Do we want to have a podium with competitors who haven’t had to read the map during the whole race? Will all terrain be highly technical and offer lots of route choices and “natural” splitting?

– I like the Knock-Out Sprint! It has a lot of potential, but I feel like we are not ready to award WOC medals in this discipline. The main issue at the moment is race fairness. In my opinion, the only way we are able to get a reasonably fair competition at the moment is to use non-forked courses. The “course choice model” used in Prague has many problems with fairness, even though it worked quite well this time, and to use “butterflies” or “phi-loops” is just plain unfair. My opinion is that we need to test this format more. Only after doing that can we get to the point where we feel like we know that we can organise it without any fairness issues, says Gustav Bergman, a member of the Foot Orienteering Athletes’ Commission.

Both splitting and non-forking “camps” have their arguments in term of race fairness.

– We cannot have a strict rule, defining only one method in a Knock-Out Sprint. In some kinds of terrain it is necessary to use forking/splitting, and the competition terrain used in Prague was not suitable for the courses without splitting/forking. I’m pretty



sure that the quarter-finals in Prague without forking would have received criticism too, Daniel Leibundgut, the IOF WOC Project Manager/Senior Event Adviser explains.

## “Butterfly” loops not suitable

Apparently, one forking method – “butterfly” – came out as not suitable for use in this sprint race format.

– The problem was that the “butterfly” loops were too long in Prague – based on the format description they should be half the length they were. This seems almost impossible to achieve, due to the control circle size and the readability of the competition map. Additionally, the athletes feel it is not fair to have a “butterfly” in a Knock-Out Sprint: some runners can gain an advantage through having the same order of the “butterfly” loops as the strongest heat athletes. Another key issue is related to visibility: having a loop in a 6-8 minute long course makes it hard to understand the GPS tracking and where exactly the athletes are. This is a general rule to consider, independent of the forking/splitting method, Daniel Leibundgut says.

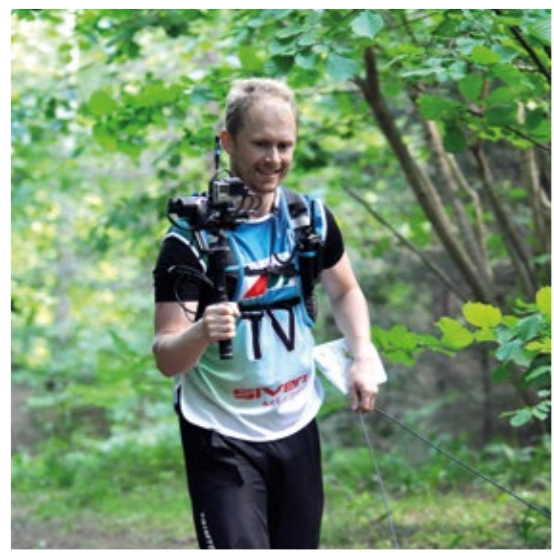
After the World Cup Final, the Knock-Out Sprint format description document was updated and is now part of the new Foot Orienteering Competition Rules, which came into force on 1st January 2019.

– The basic idea is that the rules for Knock-Out Sprint will not be changed before WOC 2020. This enables the organisers and the athletes to have good preparation without any last-minute changes. Experience will be reviewed after WOC 2020, with a possible rules update to follow, Daniel Leibundgut concludes.

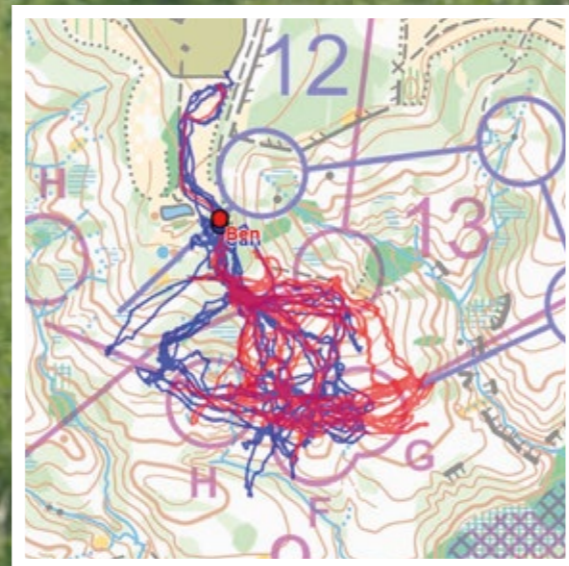
The next Knock-Out Sprint race will be held in 2019 at the IOF World Orienteering Cup Round 3 in Switzerland.

# Running camera gives a true feeling of the speed

Today, a running cameraman is a must for high-quality TV production in orienteering. The running camera brings a true feeling of the runner's speed and demonstrates the difficulty of the terrain.



Carl Magnusson with the running camera during WOC 2018.



GPS tracking from the two running cameramen (Carl Magnusson and Benjamin Edlund) in the 2018 WOC Relay. They ran 12 and 13 kilometres respectively during the race – much further than the competitors!



## Orienteering broadcasts in 2018

### 11 Orienteering events with broadcast quality and 2 with streaming quality in 2018:

- European Orienteering Championships / World Cup Round 1
- World Orienteering Championships / World Cup Round 2
- World Cup Round 3
- World Cup Final (Round 4)

## Ideal set-up for orienteering TV production

- 14 production cameras
- 2 running cameras
- Drone
- Camera crane
- A team of 45 skilled people, all experienced and eager to do the job!

Photo: Donatas Lazauskas & Malin Fuhr  
Text: Malin Fuhr

– It gives the viewer a kind of insider look, something you can't get when you watch other sports such as football or ice hockey, says Karel Jonak, TV producer responsible for the broadcasts from the World Orienteering Championships (WOC) since 2016 and also in 2019. For a long time now he has been deeply involved in the development of orienteering on TV.

– A running camera was just a dream some years ago. When small GoPro cameras first became available, there were always problems with the small and lightweight transmitters. Nowadays we have a good technological solution: a wireless zone is built up in the area and linked by a fibre cable to the production van at the arena. If a good 4G network is available it can be used, but our own network is the most secure way of sending the pictures from the course, says Jonak.

The gimbal, a pivoted support for a hand-held camera, has improved a lot in recent years. In 2015 the cameraman had to hold the camera in the hand, then in 2016 a simple gimbal was used, and since 2017 a better gimbal has worked well.

– Now the gimbals can handle rough conditions, so you don't need to worry about anything else than staying on your legs. It isn't always easy, running in difficult terrain with a one-kilogram camera in your hand, says Carl Magnusson, who has been a running cameraman at the recent WOCs.

### Imagine following Maja Alm!

Even though the technique is getting better and better, there are still challenges in using a running cameraman.

– First of all you must have a good runner. Imagine you have to follow runners like Daniel Hubmann, Jonas Leandersson, Tove Alexandersson or Maja Alm 40 times during a Sprint or a Long Distance race. That is not easy, says Karel Jonak.

Another aspect is the terrain. The signal works best in open areas, not in tiny streets of big towns or in deep forests. It means a lot of tuning, repositioning of antennas and pulling the cables to better positions before and during the races.

– And you must have a good orienteer in your team to be able to anticipate route choices. If you don't, the antennas will cover the wrong area, says Jonak.

Carl Magnusson tries to be in good shape

the whole year. He prepares for WOC by running intervals in the weeks before.

– My best training is during the actual championships. I always feels better and better every day, and after a WOC as a running cameraman I am always in my best condition of the year, says Carl Magnusson.

### Instructions from producer

During a race the running cameramen are acting on commands from the producer, like a radio-controlled car. They get instructions on who to follow and where. Carl Magnusson remembers a funny incident in 2016.

– I was following Tove Alexandersson close to the arena on the Middle Distance when she fell into a small swamp and it looked like she had disappeared. First I heard loud laughter from the producer, a few seconds later I heard the arena speaker screaming oooh, and just after that I heard the spectators also screaming oooh!

Carl Magnusson has also been a skiing cameraman on the 90 kilometre Vasaloppet.

– On Vasaloppet we are live throughout the entire race, so you need to relax and keep at a "high lowest level" through the whole day. In orienteering it is more like intervals, a maximum-effort run with a short rest again and again. He has also been doing shorter clips running with the top women on Lidingöloppet, "The Largest Cross-Country Race in the World".

– That was really tough, he says.

### Inspiring challenges

TV producer Karel Jonak likes orienteering and find the challenges associated with the sport inspiring.

– If you do a football tournament lasting one week, you will set everything up once, and everything stays in the same place for the whole week. With orienteering you always have to start from scratch. No two arenas look the same, and there are always different forests, different courses etc. That means that every production is unique, and we must prepare every single element in advance.

Terrain and weather conditions sometimes mean challenging logistics.

– Sometimes we have to pull 10 kilometres of cable around a Sprint arena, dismantle after the race and start rigging 20 kilometres of cable for Middle Distance around another arena in another town the next morning. I am happy and proud to have such a capable team, says Jonak.

### The future: auto-tracking drones, cameras on athletes?

The running cameras are here to stay, and they definitely bring another element to the orienteering broadcast. Both Karel Jonak and Carl Magnusson have inspiring ideas about future orienteering broadcasting:

– Maybe we will have Point-Of-View cameras on athletes' bodies, or auto-tracking drones following runners through the trees. Another perspective is the storyline of the streaming itself; there could be an on-site studio with instant interviews and guests. And why not 3D animated GPS tracking visualisation? says Karel Jonak.

– I hope we can show more about what is happening between the controls, in those sections of the course where the races are being decided. The athlete's perspective would be very interesting to show. I hope in the future we can have a camera on the athlete, with a GPS connection to the map. Of course that is a big technical challenge, finding a very lightweight camera that could provide the broadcast with good pictures. But I think that would really help us portray the appeal of orienteering, in my view the coolest sport in the world, says Carl Magnusson.



# Lizzie Ingham, New Zealand - back in business with a vengeance!



Lizzie Ingham at the World Orienteering Championships 2018.

Photo: Donatas Lazauskas  
Text: Clive Allen

Many of those watching Lizzie Ingham storming into the finish at this year's World Championships (WOC) and World Cup final races will never have imagined that, at the end of July in 2017, she was lying unconscious by the finish line at O-Ringen in Sweden, the culmination of seven years with a developing health problem. Or that ten weeks later she was undergoing open heart surgery in Oslo. A quite dramatic recovery has followed, transforming Lizzie's career as an athlete: now she can only look forward.

For 30-year-old Lizzie, for whom home is now Halden, the mecca for orienteers in

Norway, this is the most recent chapter in a health story going back to 2010. But let's go back a bit in history, because Lizzie's orienteering life started long before that.

## Best WOC result – ninth

Born into an orienteering family living in Wellington, on New Zealand's North Island, it was in 2004 that Lizzie began to take orienteering seriously – and began to believe she could do well in this sport if she gave it some serious application. She represented New Zealand at the Junior WOC four years in a row, 2005-8, and in 2009 she won 4 gold medals at the Oceania Championships. Meanwhile she did a first degree at university in Wellington, and then in 2011 moved to

Canberra in Australia to do a PhD. Here she came into “a fantastic orienteering community”, with the opportunity to train in superb terrain as well.

That was the year when she really burst on to the world scene at senior level, with three top-twenty placings at the WOC in France, plus 6th place on the first leg of the women's relay; her best WOC overall, she says. But a better individual result was to come – ninth in the Sprint at the 2012 WOC in Lausanne, at that time a NZL record result in WOC, and then in January 2013 she placed third in a World Cup Sprint in her home town of Wellington.

## Undercurrent of worry

On the face of things, a very promising competitive future lay ahead for ambitious Lizzie – but for 2-3 years at that point there had been an undercurrent of worry. It started in 2010, on an active day with three races. Lizzie takes up the story:

– In the third race, on a long leg across a flat area, I suddenly felt very heavy in my legs. Near the end my breathing had become shallow and I was getting tunnel vision too. It got so bad, I had to sit down in the finish schute! But stubborn as I am, I got up again and stumbled across the finish line. Just a short time later, I felt OK again.

Over the next two years there were two or three similar instances, and then in 2013 the problems got worse, and she began to worry that something was seriously wrong. The doctors she consulted in Canberra made lists of symptoms but simply couldn't ‘line up the dots’; they even suggested that the problem was psychological. This was something that Lizzie felt simply didn't fit with her life style and approach to running: wanting to

– go as far as I can with orienteering, while always enjoying it and keeping the rest of my life going.

## Move to Halden

A move to Europe to improve her orienteering had long been in Lizzie's plans, and in 2014 she was approached by Halden Skiklubb – would she like to live and train with us in Halden? She jumped at the chance, and quickly settled in to her new social and training environment. But in getting to grips with higher standards and more pressure, the problems began to escalate.

An example was her race in the Jukola relay, first leg, in 2015. Already by the first control, she was having trouble with both breathing and vision. She battled through to the finish, but describes the race as “one of my toughest races ever,” and she was very unhappy about “letting others down.” After that she passed out twice in big relays, and ended walking up the finish schute with a big crowd of spectators looking on – not the easiest of mental challenges.

She felt that the best chance of getting to the bottom of the problem was to stay in Halden, rather than heading back home.

– In Halden I have a fantastic doctor and the understanding of the whole club, Lizzie explains.

– Who have seen me at my worst and supported and backed me through it all. Most of all though, I have the mental support here, which was vital given it was two years of complete uncertainty and not knowing if it was a physical or mental issue.

Lizzie first saw a cardiologist in 2016,

and ran Jukola that year wearing a full set of electrodes and a cardiac monitor.

– But it wasn't sensitive enough to note anything (despite me feeling terrible!), Lizzie says.

– So the Cardiologist cleared me as healthy.

## The critical occasion

Lizzie struggled badly at WOC 2017, and then took part in the 2017 O-Ringen. It was at a race here that a sprint into the finish – something she rarely felt able to do at that time – led to her collapsing between finish and download.

“

– It has felt amazing each time to sprint down the finish schute at full strength!

– I recollect blanking out, she says.

– And it was a big struggle to come back – there was “freaky stuff” in my mind. The doctors at O-Ringen were fantastic; they couldn't feel my pulse at first and started CPR straight away, and continued until I was fully awake. I was rushed to hospital where doctors monitored me for 2 days.

Records from a defibrillator showed up ventricular fibrillation; Lizzie had been desperately close to cardiac arrest.

Back in Halden, the local hospital performed some cardiac tests and then referred her to a hospital in Oslo. By now it was 8 weeks after O-Ringen:

– 8 weeks of fear, anger, depression, no exercise, no work, and much soul-searching. Am I finished with racing? What am I going to do instead?

In Oslo, an angiogram test discovered what the specialists in Australia had been unable to find: a heart abnormality, existing since birth, that restricted blood flow and at worst, was cutting the flow off completely.

Diagnosis was followed by open heart surgery a week later, at the start of October last year. It turned out that the abnormality was “fixable”, avoiding bypass surgery.

– You'll soon be able to do whatever you want, said the surgeon.

What a relief!

## Rehabilitation was fun!

There followed 12 weeks of cardiac reha-

bilitation training. “It was fun,” Lizzie says, – With lots of aerobics and so on.

She went on her first gentle run just before Christmas, and then cautiously moved forward, little step by little step.

– My legs were OK from early on, but my body had suffered massive trauma, so it was a case of try, see how it feels, try again. Run 2 days in a row, then have 3 days recovery. Then up to 6 days with some running, followed by a long break.

Gradually Lizzie's body responded and it was possible to consider competition again. She was continually building up more good experiences and getting back body strength, and becoming more confident as a result. Her first real race on an elite standard course was in early spring. She was nervous about the possible effects at first, but as she now always felt fine after strenuous exercise, she began to consider what seemed quite impossible 6 months earlier – running at the 2018 WOC.

She did little organised preparation for WOC, but quickly got the “WOC feeling” once in Latvia.

– It was great to feel pain in the legs rather than the chest!, she says.

Both in Latvia and in Prague, she produced remarkable performances, given all she has been through. But performance-wise, she says she is proudest of her runs for Halden in big relays.

– It has felt amazing each time to sprint down the finish schute at full strength!

Looking back on the year as a whole, she says the psychological recovery has been as tricky as the physical:

– Learning to trust my body again has been the main success of this year, I think.

## Looking forward to 2019

### So what of the future?

– The main goal for now is to build up a good base over winter. I'll be back in New Zealand for a couple of months, so will be using the nice summer weather there to build up a decent base.

– For sure, another WOC top-ten placing is definitely a goal, however I think the competition has got a lot tougher since 2012 when I squeaked into 9th place! I think the Middle is my strongest distance, when I get it right. But I am also really look forward to regaining my sprint form now I finally have the chance.

– My main aim has always been to get as high up the result list as possible whilst still enjoying myself and having balance in life, so that will remain the primary goal in 2019. So long as I can smile on both the start and finish line, I'll be happy.

Clearly, “Lizzie vs. 2.0” is now through the testing stage and almost ready for full release!





**The World Cup season  
27 Nov. – 1 Dec. 2017:  
World Cup Round 1**

Clean sweep of wins for Lamov

**Venue:** Ylläs, 150 km N of the Arctic Circle in Finnish Lapland

**Competitions:** Sprint, Middle and Long

**Women:** Tove Alexandersson, Sweden won Middle and Long and was second in the Sprint, which was won by home athlete Salla Koskela. Mariya Kechkina, Russia was second in all three races.

**Men:** A clean sweep of wins for Russian Andrey Lamov. Most successful of the rest were Lars Moholdt NOR and the two Russians Vladislav Kiselev and Sergey Gorlanov.



**The European SkiO Championships in Bulgaria** was the highlight event of the season. Additionally there were World Cup rounds in Finland and the USA. Top stars of the season were Tove Alexandersson, Sweden and Andrey Lamov, Russia, and best nation in the World Cup team competition was Sweden.

**World Cup top three**

**Women:** Tove Alexandersson SWE 405 points, Mariya Kechkina RUS 350, Salla Koskela FIN 312

**Men:** Andrey Lamov RUS 369, Erik Rost SWE 334, Eduard Khrennikov RUS 262. (Stanimir Belomazhev BUL also scored 262, but had no victory, and was therefore placed 4th)

**Relay team competition:** Sweden 53 points, Russia 49, Finland 47.



**3-8 Feb. 2018: European SkiO Championships and World Cup Round 2 (also the Junior World and European Youth Championships)**

**Erik Rost the best of the men**

**Venue:** Spa resort Velingrad, in the southern part of Bulgaria. 19 nations were represented.

**Competitions:** Sprint, Sprint Relay, Long, Middle and Relay

**Women:** Again two wins for Tove Alexandersson, this time in Sprint and Middle. Mariya Kechkina won the Long Distance race and was silver medallist in Middle. Next best overall was Sweden's Magdalena Olsson, taking silver medals in both Sprint and Long.

**Men:** Andrey Lamov won gold in Middle but was otherwise outside the medal positions. Erik Rost, Sweden won Long and was second in the Sprint, where a surprise victory went to the veteran Russian Eduard Khrennikov. Bulgarian Stanimir Belomazhev took silver in Long and bronze in Middle, and there was a welcome bronze medal in Sprint for the Swiss athlete Gion Schnyder.

**Relays:** The Sprint Relay was won by favourites Sweden, with Finland second and Russia third. Norway took the gold medals in the Men's Relay, 17 seconds ahead of Russia with Finland third. The Women's Relay was voided.



**6-10 March 2018: World Cup Round 3 (also the World Masters Championships)**

**Swedish dominance in USA**

**Venue:** Craftsbury, in the NE part of Vermont USA, not far south of the border with Canada

**Competitions:** Sprint, Middle, Sprint Relay, Long

**Women:** Again two wins for Tove Alexandersson, and again in Sprint and Middle. Salla Koskela won the Long and was third in the Sprint. The improving Russian Tatyana Oborina was second in Long and third in Sprint.

**Men:** Erik Rost won both Middle and Long races; Andrey Lamov won the Sprint. Norway's Jørgen Madslie was third in both Sprint and Middle.

Sweden won the Sprint Relay, with Russia second and Finland third.



Photos by Donatas Lazauskas



“The best part of the sport is that there are always new challenges and you never know what to expect”

- Tove Alexandersson

## I can train more and harder because I'm doing two sports

Photo: Donatas Lazauskas  
Text: Laura Garrido and Sara Ricoy

The Swedish athlete Tove Alexandersson is not only the current queen of FootO, but also of Ski Orienteering. She started FootO and also began practising SkiO at the age of ten. Now she is twenty-six, and she has been World Champion in SkiO eight times. In 2018 she has brought three gold medals home from the European Championships and has won the World Cup. So she has been chosen once again as the SkiO Athlete of the Year.



### Three gold medals from Bulgaria

As everyone was expecting, 2018 was in no way a disappointing season. Although this year was not a season with a world championships, Tove produced a fantastic performance at the European SkiO Championships (ESOC) which were held in Bulgaria in February. She started by winning the Sprint race with a margin of thirty-four seconds, and continued with a victory in the Sprint Relay with her team-mate Erik Rost.

Finally she won another gold medal in the Middle Distance, being one minute faster than the silver medallist, the Russian Mariya Kechkina. However her last race in ESOC was not a good end to the championships for the Swede as she finished in seventh position, the only race where she did not win a medal. Nevertheless, she brought home three gold medals from ESOC, as she had done in 2017. Moreover, she finished the season as the leader of the World Cup, her second victory since 2016.

### How to succeed in combining two disciplines

The biggest mystery about Tove Alexandersson is how she manages to be the best athlete in two different disciplines, even though she has had some doubts:

– I didn't think I could do both sports for such a long time, but it has worked fine.

Talking about her training routine, she explains that she obviously dedicates the summer to running as well as competing in FootO, since the World Orienteering Championships usually take place during these



months. When the winter comes she focuses again on SkiO, combining it with running.

But mental preparation is an issue to take into account too, and as she explains an important event enables her to be more concentrated on the race.

– It's easier for me to be sufficiently focused and have a good performance if the competition is important, so I just enjoy all important competitions because I like it when there's a bit more pressure.

Training for both disciplines can be regarded as the hardest point, but Alexandersson regards it as a beneficial point:

– The good thing is that I can train more and harder because I'm doing two sports.

Moreover, although she attends so many competitions, Tove admits that she loves travelling and competing, so organising the season is not a big issue for her.

### High ambitions from the beginning

Going back to the beginning for a person who is now one of the legends of Ski Orienteering, Tove's success started in 2011 when she became Sprint World Champion in her home country. So it was not difficult to imagine that, with such a good start to her sporting career, Tove had so many opportunities to become an unforgettable SkiO athlete. As she says,

– Since the beginning, I have had high ambitions.

Seven years after her first gold medal, the Swedish star has been World Champion seven more times, besides winning one silver and one bronze medal.

A new season is about to start, and the 2019 World SkiO Championships are Tove's main goal as they will take place in Sweden, her home country. Although she is likely to be the main favourite once more, orienteering is always surprising.

– The best part of the sport is that there are always new challenges and you never know what to expect, she concludes, with her mind on 2019.

# WUSOC: One of the best events of the season



WUSOC 2018 was organised jointly by the Estonian Orienteering Federation (EOF) and the Estonian Academic Sports Federation (EASF).

Photo & text: Donatas Lazauskas

## Sergey Gorlanov of the Pacific National University, Russia shares his memories of World University Ski Orienteering Championships 2018.

In February 2018 the small village of Haanja and the town of Tartu, Estonia hosted the 2nd FISU World University Ski Orienteering Championships (WUSOC 2018).

Over 70 participants from 14 countries participated in the championships. Although WUSOC 2018 was highlighted by many as one of the best events of the season, the organisers had to put in a great effort to make these championships a success. Just a few

months before the championships started, the Organising Committee decided to relocate the race venues and to change the organising team!

WUSOC 2018 was organised jointly by the Estonian Orienteering Federation (EOF) and the Estonian Academic Sports Federation (EASF). The initial plan was to organise two out of four races in Tartu and the other two close to Põlva, approximately 60 km away from the Event Centre.

### Three simultaneous problems

In autumn 2017, the Organising Committee encountered three major problems simultaneously. Firstly, it became clear that the budgeted income would be less than

originally expected. Secondly, the chosen Event Director said he didn't have enough time and enthusiasm to continue with the event. And thirdly, the risk of having too little snow in the chosen terrain was very high. So the Organising Committee took the bold decision to change the location of the competitions to Haanja, and bring in a new organising team.

– We decided to have all races with the same Competition Centre in Haanja, 90 km from Tartu. We cut the expenses down as low as we could, and separated the budget into two parts: all competition expenses were managed by the EOF, and the out-of-competition part by the EASF. So both parties got to manage their own responsibility area which



Over 70 participants from 14 countries participated in the championships. Four days of intense races were accompanied by temperatures well below zero and perfect skiing conditions.

they knew best. And we nominated 2 experienced persons to lead the competition management – Markus Puusepp (Event Director of WOC 2017) got responsibility for maps and courses and Paul Poopuu (EOF Managing Director) for administration and budget. Also we involved local clubs from Võru, and altogether we had a team from 6-7 orienteering clubs with strong enthusiasm for producing a successful event, said Sixten Sild, IOF Senior Event Adviser.

### Decisions paid off

And these decisions paid off. Already-built infrastructure and a permanent network of ski tracks in Haanja Biathlon Stadium were two big advantages. Though there was a lack of snow three weeks before the start of the championships, the organising team members cleared all the trails planned in the forest and got ready to take snow scooters on to the tracks as fast as the snow fell.

– Three weeks before the event there was very little snow, said Sixten Sild.

– We were actually very lucky that we got snow at the right time before the event. Otherwise we could have had very poor snow conditions, and a network of tracks covering a very limited area.

### Compliments to the organisers

Regardless of all the organising issues, Tartu and Haanja welcomed the WUSOC 2018 athletes properly prepared. For me, WUSOC 2018 was a very good example of a Ski Orienteering event. Competing there was one of my main goals of last season. My coach and I put in a lot of work to try to get good

results there. But the biggest compliments go to the organisers. The maps and courses were excellent, and accommodation was at a high level for all the teams. The Opening Ceremony in the Science Centre AHHA was also memorable. Nevertheless, there was one drawback. It was my second time in Estonia, and it was the second time we had to drive a long way to the Competition Centre. The Championships programme started with a Sprint race, and this was followed by Mixed Sprint Relay, Pursuit and Middle. Four days of intense races were accompanied by temperatures well below zero and perfect skiing conditions.



Anna Ulvensoeen, Norway, won all three disciplines; Sprint, Pursuit and Middle Distance.

### Attention to detail

One distinguishing element of WUSOC 2018 was a high level of attention to arena layout, ceremonies and event marketing details.

– We, the orienteers, normally pay a lot of attention to the map, tracks and courses,

and much less to marketing, arena layout, ceremonies and other “non-competition” elements of the events. FISU has its own strict standards on these elements. Actually, the IOF's requirements are pretty close, but there is often a big challenge for orienteers when we have to build a proper arena in a place where there is no existing sports centre, but just an empty field. Then we have to compromise a lot, says Sixten Sild, National Event Adviser and Deputy Chairman of Estonian Orienteering Federation Board.

### First time at Winter Universiade

Ski Orienteering entered the programme of the World University Championships officially in 2013, and the first event took place at Tula, Russia in 2016. The next World University Ski Orienteering Championships will be held in Rovaniemi, Finland in 2020.

In 2019, Ski Orienteering will be on the programme of the Winter Universiade, to be held in Krasnoyarsk, Russia, for the first time. The organisers of the Winter Universiade are building a brand new skiing arena with hilly, high-quality ski tracks, and the orienteers are going to compete at the same arena as the cross-country skiers. It looks like preparations are well under way, and another memorable event awaits the student athletes.

– The ski orienteers can expect a very dense network of tracks and challenging courses, where they have to make many quick decisions at high speed – exactly what we should expect from a highest-quality event, says Sixten Sild.



**The world elite MTBO season** began with the European Championships in Hungary in June, continued with the World Championships in Austria in August and concluded with the third round of the World Cup in Portugal in September.

**Best athletes of the year** were the Czech riders Martina Tichovska and Krystof Bogar, whilst the Czech Republic narrowly beat Russia in the 3-race World Cup team competition.

**World Cup top three**

**Women:** 1. Martina Tichovska CZE 65 points, 2. Camilla Sogaard DEN 304, 3. Veronika Kubinova RUS 268

**Men:** 1. Krystof Bogar CZE 304, 2. Vojtech Ludvik CZE 293, 3. Ruslan Gritsan RUS 285

**Relay team competition:** Czech Republic 55 points (positions 1-3-1), Russia 54 (2-1-2), Finland 40



**5-12 August: World Championships and World Cup Round 2** (also Junior World and European Youth Championships)

**Eight individual gold medals – eight different athletes**  
**Venue:** Zwettl, in the Waldviertal district of Austria  
**Competitions:** Mass Start, Middle, Relay, Long and Sprint  
**Women:** Martina Tichovska won gold in Long and silver in Sprint (shared with Camilla Sogaard), Mass Start and Middle. Other world champions were Camilla Sogaard, Denmark (Mass Start), Olga Shipilova Vinogradova (Middle) and Henna Saarinen, Finland (Sprint).



**Women's Relay:** Czech Republic had a clear victory, with Russia and Finland in silver and bronze medal places.  
**Men's Relay:** A very close finish with Russia finishing just ahead of Sweden and the Czech Republic.

**The World Cup season**

27 June – 1 July: European Championships and World Cup Round 1 (also the European Junior and World Masters Championships)

**Czech Republic strongest in Hungary**

**Venue:** The Buda forests, just outside Budapest, Hungary  
**Competitions (elite athletes):** Long, Middle and Mixed Relay  
**Women:** The Russian athlete Olga Shipilova Vinogradova was European Champion in Middle and took silver in Long, where the gold medallist was the Czech rider Martina Tichovska. Clare Dallimore, Great Britain gained her first-ever medal at this level: silver at Middle Distance.

**Men:** Two Czech European Champions: Vojtech Ludvik in Long and Krystof Bogar in Middle. Ruslan Gritsan, Russia won two medals: silver (Middle) and bronze (Long). The Czech Republic team was reckoned to be strongest for the Mixed Relay, and it duly delivered with Russia second and Finland third.



**Men:** World champions are Jussi Laurila, Finland (Mass Start), Anton Foliforov, Russia (Sprint), Simon Braendli, Switzerland (Middle) and Krystof Bogar (Long). Braendli also took silver in Long, Bogar bronze in Sprint and Laurila bronze in Middle.

**21-23 September: World Cup Round 3**

**Two wins for Camilla Sogaard**  
**Venue:** Odemira in southern Portugal  
**Competitions:** Middle, Long, Sprint  
**Women:** A triumph for Camilla Sogaard who won both Long and Sprint. The Middle race was won by the Swedish rider Nadia Larsson. Apart from Sogaard, only Martina Tichovska achieved two top-three placings: second in Long and third in Middle.  
**Men:** Winners were Ruslan Gritsan (Middle), home rider Davide Machado (Long) and Vojtech Ludvik (Sprint). Pekka Niemi, Finland was second in Long and third in Sprint.





Martina Tichovska:

“I was aiming for a medal, but I really didn’t expect a medal in each race”



## The clear queen of MTBO 2018

Photo: Rainer Burmann & Duarte Gonçalves  
Text: Laura Garrido and Sara Ricoy

The Czech athlete Martina Tichovska has been the clear queen of MTBO in 2018. She won five medals at the World MTBO Championships, one in each race: two gold medals in Long Distance and the Relay plus three silver medals, from Middle Distance, Mass Start and Sprint. But, how has she reached the top level in MTBO? We have been talking with her to discover what she has done to become the best MTBO athlete of the year.

### More nervous than in the past

Going back some months, we start talking about last August, the month she became world champion in Austria.

– I had some clear goals before the World Championships, I was aiming for a medal, but I really did not expect a medal in each race, she says about her thoughts during the summer. However, she recognises having been more anxious than ever.

– I was more nervous before the competition than in previous years. After some successes in recent years I knew I was one of the favourites in the races, she adds.

But the Czech did not disappoint the public, winning five medals in all. Winning the gold medal in Long Distance was the best memory from 2018, she says; Tichovska was just five seconds faster than the silver medalist, Antonia Haga from Finland. The other gold medal was with the Czech team

in the Relay, which was the best result ever for her country in a women’s relay.

– We were really close to the medal in past years, but it seemed impossible to succeed in a really strong field, she adds about their victory.

### Essential to have experience

Not many people know that Martina started with FootO with her family, and she even competed in JWOC in 2004. However she became bored with FootO and decided to try MTBO, thanks to her boy friend. Now after several years she is at the top in MTBO. Talking about how to reach such a good level, she says:

– You must not give up after early failures. O-sports are about experience and you have to grow up. Some can do this really fast and others need more time.

But training is also an essential part of being successful, so she prepares very thoroughly for every championship with her coach Barbora Chudíková, a medallist in the SkiO World Championships. She talks about her daily training.

– It consists of 4 or 5 minutes of intensive fast sections (a cross-country circuit, or hills on a road bike) with 5 times repetition. It works for me really well, and I often come back satisfied with my training. It is important to relax before the competition as well. If I feel tired during the training, and I am not able to do my session at the right intensity

and speed, than I prefer to go home. Feelings are really important in my training.

### Difficult to improve on 2018 results, but still motivated

After such an incredible season, it is hard to imagine 2019 without any medals. Martina is still motivated, without any doubt that she will train to do her best.

– Despite having won a medal in each world championship race, my performance was not perfect. There is still a lot to improve on. I feel the pressure to defend my results more and more, especially from new and younger athletes, but that is life. And we never know what will come.

We really wanted to know who would be the idol of such an impressive orienteer. After thinking about it, she insists on the importance of humility:

– I really admire all the athletes who can race at the highest level and enjoy the sport, but still have a normal life and be a normal thinking person.

### Why would you say you love MTB Orienteering, Martina?

– I really love the combination of biking skills and map-reading at high speed. If you find the ideal flow it usually means the perfect performance.

Let’s see if Martina is able to find the correct combination in 2019!

# Age is no limit for competing



The 2018 podium in Men 20; 1. Thomas Steinthal, Denmark, 2. Jan Hasek, Czech Republic and 3. Adrian Jäggi, Switzerland.



Austėja Kalvaitytė from Lithuania and Tobias Micko from Austria at the Junior World MTBO Championships in Austria.

Photo: Rainer Burmann  
Text: Donatas Lazauskas

In October 2018 a new season of the World Masters Series (WMS) kicked-off in Canberra, Australia. The series of mountain bike orienteering races for masters counts its fifth straight season. An idea born inside the Mountain Bike Commission found its place in the hearts of MTBO masters.

After the successful start of the WMS, the MTBO Commission has initiated a series for Juniors and Youth riders – the Young Guns World Series (YGWS). The main target of the series is to develop skills, make new friends and have the fun of racing in different terrains.

Keith Dawson from Great Britain, one of the masterminds behind the WMS and YGWS, shares his memories of launching the Series:

This is a little lost in the mists of time but it was around the time Sandor Talas (MTBO Commission Chairman at that time) invited me to head up the MTBO Masters Working Group. We had four main aims for the series:

- To increase the standard and availability of masters competition throughout the season,
- To encourage travel to new countries to compete and enjoy different cultures,
- to help develop and encourage MTBO in emerging nations,
- Above all to have fun doing it!

I thought the WMS project would be appealing to the Masters, who at that point had just the World Masters Championships once a year to act as a focus. It has exceeded my expectations in that and other respects and the format seems to attract a wide range of enthusiastic competitors and ages. It's a wonderful, friendly MTBO family, and with more frequent competitions the fellowship just grows and grows, as does the spirit of competition. Anyone who doesn't think masters are competitive is sadly mistaken!

There is a growing body of evidence that physical activity, solving mental problems and social interaction is the magic formula to keep young and delay the problems of growing older. If I look around at my fellow

competitors I see plenty of evidence that MTBO is the perfect anti-ageing formula!

Both series pursue the same goals: to increase participation, raise competitive standards and have fun. Whilst the WMS is a mature product, the YGWS has just been born. There is no doubt the WMS has increased event participation and also competitive standards, and helped to build up the MTBO community.

– There was some envy from both elite and younger athletes about the WMS. I am very concerned about the development of young athletes in the sport. Opportunities for Youth and Junior training and competition were limited each year, especially for Youths. Talking to such fine young athletes as Thomas Steinthal, Mikkel Brunstedt Nørgaard and Tobias Micko it was clear they also felt the same. It was their beautiful youthful enthusiasm which encouraged us to set up the YGWS, not just competitions but training days around them. Travel and cost are both problems for young athletes and by partnering with some WMS events we felt that could help both Masters and Young Guns travel and learn.

Jean-Charles Lalevée and François Lorang were also great catalysts for this YGWS venture. After discussions with various National Coaches, who are unsung heroes of the sport, and harnessing their enthusiasm, the idea became a reality. Yes “build it” but would “they come”? Sitting in the sunny finish area at the first YGWS race in Besançon I watched all the smiles and laughter of the young Austrian, Danish, French, Swiss and Czech teams. New friendly rivalries and life long friendships were born, I knew we had made a good decision!

The WMS grew from 11 races in 2015 to 18 in 2019. This year there will be 9 events in 9 different countries, offering 2 races each. The series has already started with the event in Australia and will continue in Europe for the rest of the season. Spain, Slovenia, Latvia, Czech Republic, Sweden, Denmark, France and Germany will host the WMS in 2019.

Meanwhile the second season of the YGWS will consist of 12 races in 5 countries (Portugal, Denmark, Czech Republic, France and Germany).

## Was it hard to find events for the relatively new series?

– I have learnt in my life that starting new initiatives is never easy but “if in doubt do it.” Passion is a beautiful thing. Initially it was about approaching and explaining the WMS concept to both competitors and organisers and convincing both to get involved. The idea is to cause minimal extra work for organisers and to hook onto already high quality and interesting events and increase their foot or rather wheel fall. It's important to have a spread geographically and a lengthy season as the concept is completely different to the one-off Masters Championships. Now that the WMS is well established, organisers approach me after or before I advertise for submissions each summer, and it's then up to the Masters Working Group to decide on the best programme. A real hero of the WMS is Tamás Janko who calculates all the WMS Scores, sometimes made rather difficult by competitors riding out of class or differing result formats which produces much extra work. Thank you Tamás, says Keith Dawson.

The series is still growing and a few changes need to be done, but a positive feedback from the athletes and organisers suggests that this project has a great prospect and might evolve into something bigger in the future.

– I see it growing from strength to strength with more participation. I am particularly excited by newcomers from Slovenia and Latvia and also from Spain. I want to see a standardisation of map scales at 1:10 000 for Middle and Long unless the Long area is very simple, and more careful course overprinting with correct colours, sensibly broken circles and avoidance of obscuring important detail. I also want to see course lengths that reflect the increasing fitness and navigation skills of the older Masters. The move to five-year age classes has been welcomed in promoting inclusive and fair competition.

Finally I would love to see the expansion of the Series to SkiO and even FootO. After all why should the MTBO Community be the only ones having fun with this initiative? – Keith Dawson concluded.



Photos by WTOC

**A season** with both World and European Championships – in Latvia and Slovakia respectively – plus the increasingly popular unofficial European Cup in Trail Orienteering (ECTO) which consisted of 10 competitions over 5 weekends, in Finland, Latvia, Italy, Denmark and the Czech Republic.



Star performer of the 2018 season was 46-year-old Jan Furucz from Bratislava, Slovakia, who won gold in the Open Class PreO and bronze in TempO at the World Championships, and was overall winner of ECTO. He also found time to be chief Course Planner at this year's European Championships. Read a longer interview with Jan Furucz on the next spread.



**4-10 August: World Trail Orienteering Championships**

**Two gold medals for Ola Jansson**  
**Venue:** Daugavpils, in eastern Latvia  
**Competitions:** TempO; PreO and Relay (Open and Paralympic classes). PreO was over 2 days.

**TempO:** Young Petteri Halkala (picture to the right) improved on his European performance to become World Champion. Silver medallist was the experienced Lennart Wahlgren, Sweden and bronze went to Jan Furucz.

**PreO, Open class:** World Champion Jan Furucz was joined on the podium by Norwegian Geir Myhr Oien (silver) and Antti Rusanen (bronze).

**PreO, Paralympic class:** The champion in 2017, Sweden's Ola Jansson, retained his title. His compatriot Michael Johansson took silver, and Svein Jakobsen (Norway) bronze.

**Relay, Open class:** Norway won by a good margin, followed by a superb performance from the Latvian 'reserve' team (the best Latvian trail orienteers were amongst the organisers) for silver, and Finland took bronze.

**Relay, Paralympic class:** Sweden took gold, giving Ola Jansson his second gold medal of the Championships. Second team was the Czech Republic, and third came Russia.



**28 April – 4 May: European Trail Orienteering Championships**  
**Seven gold medals go to Finland**

**Venue:** Bratislava, capital of Slovakia

**Competitions:** TempO; PreO and Relay (Open and Paralympic classes). PreO was over 2 days.

**TempO:** A triumph for Pinja Mäkinen, Finland, an emphatic winner ahead of her compatriot Antti Rusanen. Rising star Petteri Halkala made it a clean sweep of the medals for Finland.

**PreO, Open class:** Antti Rusanen took the gold medal here, with silver going to Krešo Keresteš, Slovenia, who had the same score but errors at the timed controls. Bronze went to the Norwegian Sondre Ruud Bråten.

**PreO, Paralympic class:** European Champion was Pavel Shmatov, Russia, who had a 2-point lead over silver medallist Jana Kostová, Czech Republic and bronze medallist Ola Jansson, Sweden.

**Relay, Open class:** Gold medals went to Finland, silver to Sweden and bronze to Great Britain.

**Relay, Paralympic class:** Czech Republic won gold, with Russia and Sweden taking the other medals.



**Final results, ECTO**  
**260 participants from all over Europe**

1. Jan Furucz SVK, 260 points,
2. Antti Rusanen FIN 250,
3. Erik Stålnacke SWE 228,
4. Sigurd Dæhli NOR 216,
5. Sami Hyonen FIN 215,
6. Dusan Furucz SVK 212.

A total of 260 orienteers, a good increase on previous years, scored 1 or more points in ECTO.

“Within a few seconds we have to solve what takes minutes for others. TrailO is concentration and speed!”

- Ján Furucz, TrailO Athlete of the Year



Photo: WTOC  
Text: Laura Garrido and Sara Ricoy

Ján Furucz, current world champion in PreO and silver medallist in Tempo, has been chosen as the TrailO Athlete of 2018 as a result of his remarkable performances during last season. Furucz grew up in an orienteering family; his two brothers and his sister practised orienteering too, and his father was their coach while his mother took care of them. Nowadays, both he and his brother are part of the Slovakian TrailO team, which helps them support each other and constantly pull harder to improve.

#### A change in training

Last season Ján changed his way of preparing for competitions by increasing his training, and the results have been quite visible.

– My ways of training are basically many competitions, walking with a map and reading terrain features, setting courses for competitions or training sessions, and a lot of training my concentration. I also analyse courses and solutions on the Internet.

For Tempo, which is his favourite discipline, he also has a special routine.

– My very special training is counting letters. In Tempo we need to answer a letter and the speed when answering is very important; within a few seconds we have to solve what takes minutes for others. Absolute concentration and speed!

After the training and the preparation, the World TrailO Championships (WTOC) started in Latvia, where Ján won PreO and reached second position in Tempo, just 4 seconds away from the winner. Although his secret dream was winning the gold, he expected about 10th place in the individual competitions, as he is well aware of the high level that exists among the other competitors. However Ján's dreams came true.

– Just five minutes after finishing the PreO, Ivo Tisljar from the Croatian team came and told me: “You are world champion!” I did not believe it at first, then I was crying for a while. It was an amazing feeling that I wish to everyone. My secret dream has become a reality; unbelievable.

For Ján, that instant became the best moment of 2018.

#### Key is full concentration

After these splendid results for Ján in the individual competitions, the Slovakian team was 16th when it comes to the Relay. In his words:

– The loss of concentration after the individual success and the tiredness after five days of competition might be some of the reasons for the 16th place in Relay, which was the worst-ever result from our team.

Referring to this, he reveals the secret of how to reach the top level:

– Although you need to take part in as many competitions in different parts of the world

as you can, and focus on reading terrain and maps, the key is to be fully concentrated.

Nevertheless, competing at such a high level is not easy and although he loves TrailO, which he defines as “the pure form of orienteering, without the running,” it is a problem to combine it with a family daily routine.

– I only had one holiday day with my family in 2018, he says. However, he recognises that his biggest support are his wife and his children, who enjoy his successes with him despite the difficulties.

#### Two goals for 2019: one for him and one for the team

At this point it's time to look back and analyse the season, but also to look forward and set new goals to keep improving. For 2019 his main goals are two: the first one has to do with his team and it consists of restoring the reputation of his team in the Relay, while the second one is to get the gold in Tempo at WTOC that he was not able to get in Latvia this year. Next year, WTOC is going to be held in Portugal, a country where he has recently been training and has really liked. In fact he has liked it so much that it has just become one of his new favourite areas of terrain! Is this a sign for next year?

We will have to wait almost one year to see if this great orienteer can achieve all his goals, or at least keep to the level he reached last season!



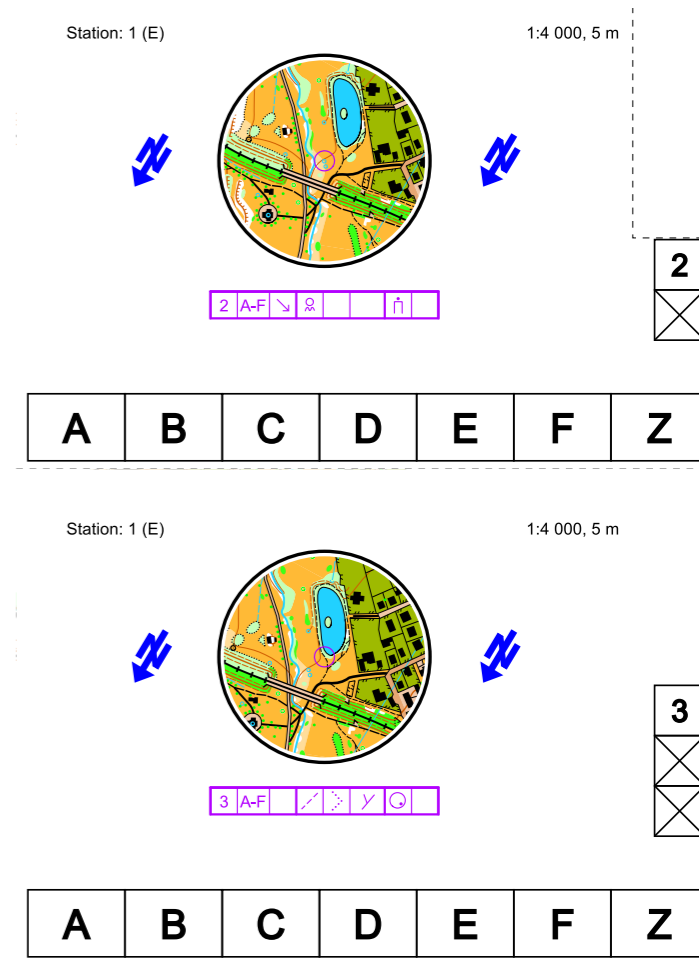
# TrailO moves into the digital era



Carousel punching as used at the European Championships this year.



With ANT, recording at timed controls is very easy.



Timed control maps are circular and have to be very accurate

Photo: ETOC  
Text: Clive Allen

**In major TrailO events, electronic punching has taken over from the old pin punches and control cards. Processing of all start and result data can now be handled by a single computer program. Electronic recording at timed sites, with direct transmission to the event computer or result server, has replaced the pens, paper and stop watches, now used only as back-up. Recently developed software is used to produce the special timed-control maps. Acronyms ANT and TIM are now well-known to tech-savvy event organisers. TrailO has embraced the digital world!**

Even at the highest level in the PreO format of TrailO, the old pin punches and control cards have remained in use long after their replacement by electronic punching in Foot

Orienteering – in part because in PreO, speed is not so important. But now the punches and cards have gone from the top competitions. Here, SportIdent has taken over, with a carousel of SI units at each control for competitors to record their answer. Download at the finish is the same as at a FootO race.

### Keeping answers secret

Unlike in FootO, there is a design challenge at PreO control sites: the challenge is not the technology but the layout, because it is of course vital that an answer given by one competitor cannot be observed by another. It's like protecting your pin when using your credit card.

Designing a sight-secure layout at control sites has not been as easy as it might seem. The carousel now used is a good design, but a competitor always has to be careful to shield his answer – just as when keying in a pin.

### Complex demands in TrailO

As in FootO, download is followed by computer analysis and a result. In TrailO the analysis is quite complicated. The three formats in TrailO – PreO, TempO and Relay – all have quite specific requirements in terms of result output. In all formats, the software checks whether each competitor answer is correct or otherwise. Data from timed controls and TempO stations is automatically uploaded or imported, and is then combined with the analysis to produce the results.

Online results are now common-place, but there are some restrictions not applicable to the other orienteering disciplines. Because of the nature of the competition and to avoid the possibility of cheating, electronic equipment is forbidden on courses and in quarantines, and detailed results showing competitors' answers at each control are published only when the competition is completely at an end.

**Here are three examples of software nowadays in use; several other programs have been developed that tackle the same requirements in slightly different ways.**

### Event management

A commonly used event management program is the web-based program preoresultat.se (trailoresult.com), created by the Swedish Trail Orienteer Martin Fredholm.

This automates the whole event, starting by generating start lists from the database extract of entered competitors. It then takes the download data (SI readout), together with automatically uploaded data from timed sites, analyses the lot and outputs results online.

The laborious process of checking control cards and keying in the answers to the computer, along with the mistakes that can inevitably occur with that method, is now history!

### TempO and timed controls

TempO in its entirety and timed controls in PreO have standard procedures, and a number of programs have been developed to assist organisers, programs that transform the accuracy of recording and the speed of transmission to the event computer. Competitors can be asked to give up to five answers under timed conditions; the answers have to be recorded and the time used has to be measured. Up until recently it was a three-person job, one recording answers on the competitor's control card and two others timing with stop watches. Now this process has been relegated to a simpler back-up system.

Trail Orienteer Libor Forst from the Czech Republic has designed ANT (Answer'N' Time recorder) to do all the recording and measuring on an Android device (smartphone or tablet). A marshal just has to click the answers; the time is displayed and stops when the last answer is keyed. After each

competitor finishes, the data is saved locally, and then automatically uploaded via Wi-Fi or mobile network to the event computer or a web server for further processing.

### Maps for timed controls and TempO stations

For timed controls there is a special style of map design. Making the circular maps on a base sheet at just the right angle from North, and adding the control descriptions and sequence numbers, etc., has always been a time-consuming task with great demands on accuracy.

Now software with the acronym TIM – Timed-control Map maker – has been produced, again by Libor Forst; map files are exported from the map-making software OCAD, and TIM creates cover sheets, competition maps and solution maps to standard designs. TIM is a straightforward Windows program that can just be downloaded and run.



## Foot Orienteering

- 2019**  
 **IOF Orienteering World Cup Round 1**  
 Finland, Europe, 8 Jun - 11 Jun
-  **European Youth Orienteering Championships**  
 Belarus, Europe, 28 Jun - 30 Jun
-  **World Masters Orienteering Championships**  
 Latvia, Europe, 6 Jul - 12 Jul
-  **Junior World Orienteering Championships**  
 Denmark, Europe, 7 Jul - 12 Jul
-  **Nokian Tyres World Orienteering Championships**  
**IOF Orienteering World Cup Round 2**  
 Norway, Europe, 13 Aug - 17 Aug
-  **Asian Junior and Youth Orienteering Championships**  
 Japan, Asia, 20 Aug - 25 Aug
-  **IOF Orienteering World Cup Round 3**  
 Switzerland, Europe, 27 Sep - 29 Sep
-  **Oceania Orienteering Championships**  
 Australia, Oceania, 28 Sep - 6 Oct
-  **IOF Orienteering World Cup Round 4**  
 China, Asia, 26 Oct - 29 Oct
- 2020**  
 **IOF Orienteering World Cup Round**  
 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**  
 Estonia, Europe, 19 Aug - 23 Aug
- 2021**  
 **World Masters Orienteering Championships**  
 Japan, Asia, 24 May - 29 May
-  **Nokian Tyres World Orienteering Championships**  
 Czech Republic, Europe, 4 Jul - 8 Jul
-  **Junior World Orienteering Championship**  
 Portugal, Europe, 18 Jul - 25 Jul
- 2022**  
 **World Orienteering Championships**  
 Great Britain, Europe, 9 Jul - 13 Jul



## Trail Orienteering

- 2019**  
 **World Trail Orienteering Championships**  
 Portugal, Europe, 25 Jun - 29 Jun
- 2020**  
 **European Trail Orienteering Championships**  
 Finland, Europe, 21 May - 24 May
-  **World Trail Orienteering Championships**  
 Hong Kong, Asia, dates i Nov tbd

## Meetings 2019

- IOF Council Meetings**  
 18-19 January Warsaw, Poland  
 April-May (date/location tbd)  
 12-17 August, Sarpsborg, Norway  
 25-29 October, Guangzhou, China (provisional)
- IOF Joint Meeting**  
 18-19 January, Warsaw, Poland  
 All IOF Commissions meet in a joint meeting
- IOF Presidents Conference**  
 12-17 August, Sarpsborg, Norway



## Ski Orienteering

- 2018 - 2019**  
 **European Ski Orienteering Championships**  
 Turkey, Europe, 6 Feb - 11 Feb 2019
-  **World Ski Orienteering Championships**  
**World Masters Ski Orienteering Championships**  
**Junior World Ski Orienteering Championships**  
**European Youth Ski Orienteering Championships**  
 Sweden, Europe, 20 Mar - 24 Mar 2019
- 2019 - 2020**  
 **European Ski Orienteering Championships**  
 Russia, Europe, 8 Mar - 15 Mar

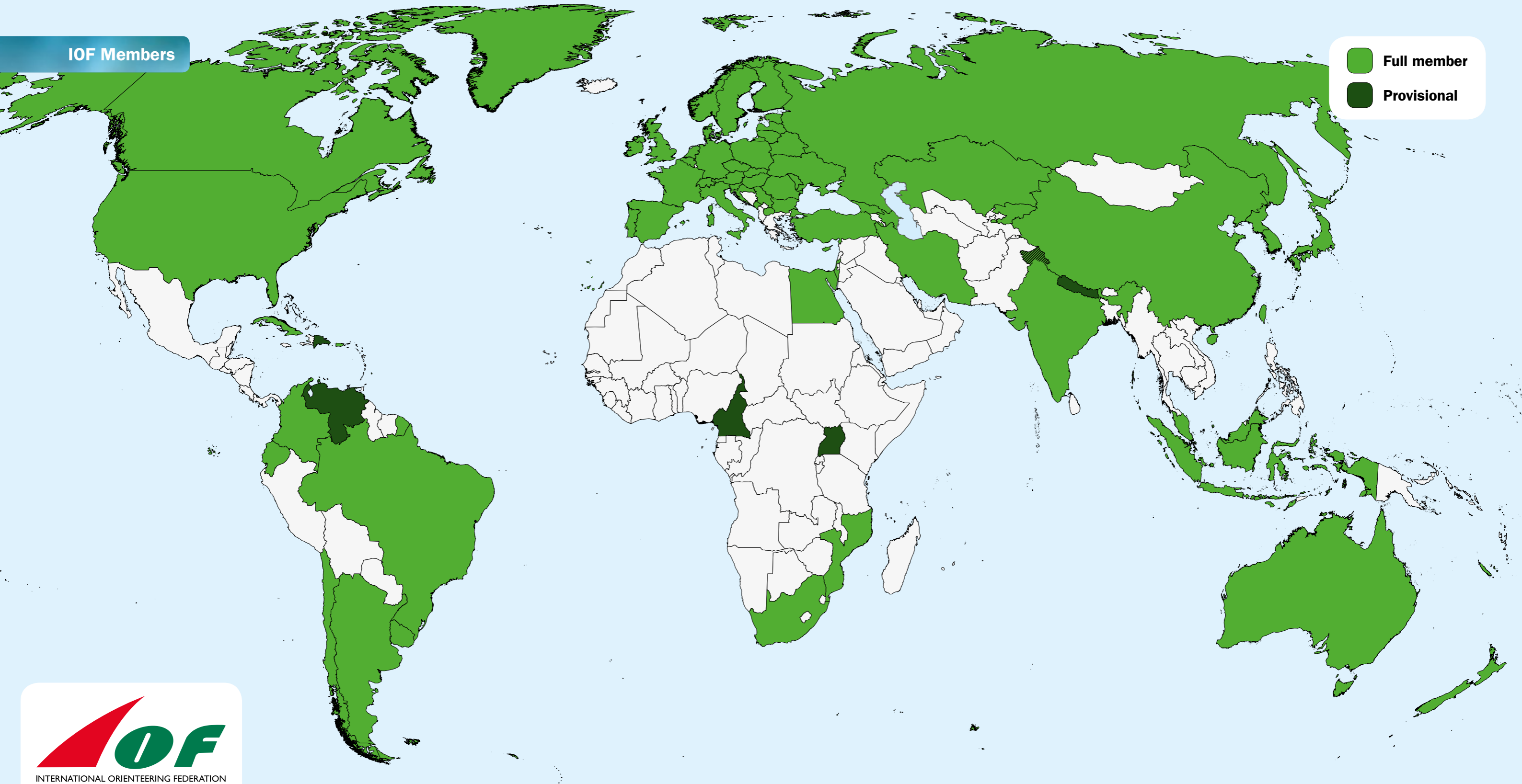
## Partner Events

- 2019**  
 **FISU Winter Universiade**  
 Russia, Europe, 2 Mar - 12 Mar
-  **World Schools Orienteering Championships**  
 Estonia, Europe, 29 Apr - 5 May
-  **European University Orienteering Championships**  
 Czech Republic, Europe, 25 Jul - 29 Jul
-  **CISM World Games**  
 China, Asia, 20 Oct - 23 Oct
- 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**  
 **The World Games**  
 USA, North America, 15 Jul - 25 Jul



## MTB Orienteering

- 2019**  
 **European MTB Orienteering Championships**  
**IOF MTB Orienteering World Cup Round 1**  
 Poland, Europe, 8 Jun - 10 Jun
-  **World MTB Orienteering Championships**  
**Junior World MTB Orienteering Championships**  
**IOF MTB Orienteering World Cup Round 2**  
 Denmark, Europe, 28 Jul - 3 Aug
-  **IOF MTB Orienteering World Cup Round 3**  
**World Masters MTB Orienteering Championships**  
**European Junior and Youth MTB Orienteering Championships**  
 Germany, Europe, 2 Oct - 6 Oct
- 2020**  
 **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



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BUL Bulgarian Orienteering Federation	bgof@abv.bg	GBR British Orienteering	info@britishorienteering.org.uk	MAS Magnet Edge Orienteering Sports Club Malaysia	magnetedgemail@gmail.com	SUI Swiss Orienteering	info@swiss-orienteering.ch
CAN Orienteering Canada	info@orienteering.ca	GEO Georgian Orienteering Federation	geoorienteering@gmail.com	MDA Moldavian Orienteering Federation	orient.md@gmail.com	SVK Slovak Orienteering Association	slovakia@orienteering.sk
CHI Chilean Orienteering Federation	directiva@fco.orienteering.cl	GER Deutscher Turner Bund	vorsitz@orientierungslauf.de	MKD Macedonian Orienteering Sport	orienteeringmacedonia@hotmail.com	SWE Swedish Orienteering Federation	info@orienteering.se
CHN Orienteering Association of China	oacmail@126.com	HKG Orienteering Association of Hong Kong	info@oahk.org.hk	MNE Montenegrin Federation of Montenegro	info@mneof.me	TPE Chinese Taipei Orienteering Association	orienteeringtw@yahoo.com.tw
CMR* Association Sportive D'Orienteering du Cameroun	asorientationcameroun@yahoo.com	HUN Hungarian Orienteering Federation	iroda@mtfsz.hu	MOZ Associacao de Orientacao da Cidade de Maputo	orientacao74@yahoo.com.br	TUR Turkish Orienteering Federation	info@orienteering.org.tr
COL Colombian Orienteering Federation	javier@orienteeringcolombia.com	INA Federation of Orienteering National of Indonesia	orienteering.foni@gmail.com	NED Dutch Orienteering Federation	secretaris@nolb.nl	UGA* Uganda Orienteering Association	ceo@ugandaorienteering.org
CRO Croatian Orienteering Federation	office@orienteering.hr	IND Orienteering Federation of India	orienteering_fed_india@rediffmail.com	NEP* Nepal Orienteering Federation	info@nepalorienteering.org.np	UKR Ukrainian Orienteering Federation	UOF@orienteering.org.ua
CUB Cuban Orienteering Federation	egr69cuba@gmail.com	IRI Iranian Federation of Sports Associations	info@ifsafed.com	NOR Norwegian Orienteering Federation	nof@orienteering.no	URU Uruguayan Orienteering Federation	feduru.orientacion@gmail.com
CYP KOMOAA	komoaa@gmail.com	IRL Irish Orienteering Association	info@orienteering.ie	NZL Orienteering New Zealand	gm@orienteering.org.nz	USA United States Orienteering Federation	contact@orienteeringusa.org
CZE Czech Orienteering Federation	csos@orientacnisporty.cz	ISR Israel Sport Orienteering Association	office@nivut.org.il	POL Polish Orienteering Association	biuro@zielonysport.pl	VEN* Venezuela	ramden7@gmail.com

\* = Provisional members

2nd Global Development Conference:

# Experience sharing and networking



**The 2nd Global Development Conference was held in Prague, Czech Republic with 102 participants from 38 countries. The Regional and Youth Development Commission organised the successful conference in conjunction with the IOF General Assembly.**

**Topics on the agenda:**

- How to Make Orienteering More Accessible and Attractive
- Outsets of Global Orienteering Development
- China: Success Story of Orienteering Development
- Orienteering Challenges and volunteering in South America
- Volunteers Help Develop Orienteering: Experience via the Global Orienteering Volunteer Platform
- Orienteering Scholarship Australia
- Commercial Partnerships for Global Development
- Orienteering within International School Sport Federation
- How University Orienteering Contributes to Further O-Development
- Orienteering with GPS and no fixed controls
- FamCOOL – The New Family Project of Swiss Orienteering in Cooperation with Coop
- Survive Your Hometown: Development of

**Key Competencies in Schools by Using Orienteering Activities**

- School Orienteering in Greece
- Go4orienteering School and Orienteering Promotion Project (workshop)
- Start Orienteering! IOF Launched New Start-up Kit
- China: Success Story of Orienteering Development, cont.
- Open Access to Orienteering: Proposal for an Erasmus+ project
- Motivation & Energy Flow in the O-life Cycle: Czech Approach to Strengthening the O-future

Presentations and recorded video sessions are published on [orienteering.org](http://orienteering.org).

**Countries represented:**

Australia, Austria, Albania, Barbados, Belarus, Belgium, Brazil, Bulgaria, China, Chinese Taipei (Taiwan), Croatia, Cyprus, Czech Republic, Denmark, Ecuador, Estonia, Finland, France, Germany, Greece, Hong Kong SAR, Hungary, Iran, Israel, Italy, Japan, Latvia, Lithuania, Macedonia, Norway, Romania, Russian Federation, Serbia, Spain, Sweden, Switzerland, Turkey and United States.

**The first Global Development Award to Peo Bengtsson**



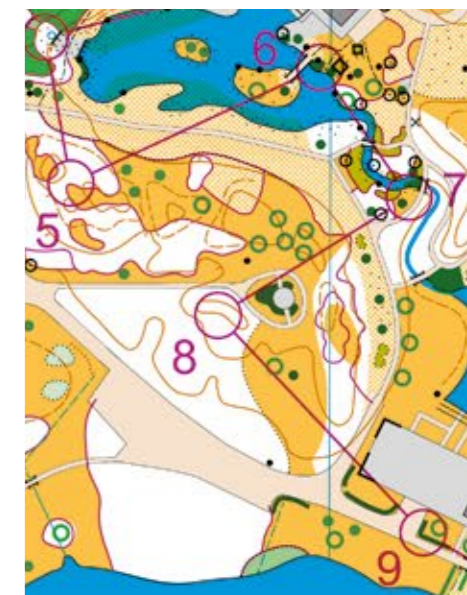
In connection with the Global Development Conference held in Prague, Czech Republic, Peo Bengtsson was awarded by the IOF for his life-long work in developing orienteering around the world.

The IOF Global Development Award has been established to award those who have, through their activities, made significant contributions to the growth of the sport of orienteering and the IOF.

The award winner Peo Bengtsson is without doubt one of the greatest pioneers in orienteering. He has definitely made "significant contributions to the growth of orienteering" on his many journeys around the world.

New member federation:

# Singapore: What is orienteering in Singapore like?



Text: Donatas Lazauskas

Singapore is an island city-state in Southern Asia. So-called Lion City occupies 722 square kilometres and is home to more than 5.6 million people. Singapore is also known as one of the largest global financial centres. Singapore became a member of the orienteering family back in 1978, when the Orienteering Federation of Singapore (OFS) was established.

At that time the federation had 32 members, and the number grew to more than 300 by 1982. The OFS became a member federation of the IOF in 1983, but unfortunately was closed down a few years later. The rapid economic development of the country, coupled with fast urbanisation and de-forestation, led to the loss of interest in the sport, and orienteering in Singapore was put aside into the archives.

**Revival in 2014**

Three decades later, a group of outdoor and adventure sports enthusiasts came up with the idea to add some 'spice' to the already established running community. In January 2014 the OFS was reborn, and in 2018 it became a full member of the IOF.

At present, there are no orienteering clubs and the main promoters of orienteering are the OFS, and a private company Osportz ([www.osportz.com](http://www.osportz.com)) which helps to facilitate school training. The federation has around 30-40 active members, while the rest of the participants are leisure runners, mostly families and adventure sports athletes.

Singapore's has a mix of urban and park terrain. Also campus and school maps are used for training and orienteering education. At present, there are approximately 20 orienteering maps that are available for community use and another 4-5 that are privately owned by schools.

For many years orienteering was known as a part of military training in Singapore. Men at the age of 18 are compulsorily drafted into the Singapore Armed Forces, and are taught navigational skills during their service time.

**Change in perception**

Now the perception of orienteering needs to be changed: for a long time the community viewed orienteering as a skill rather than a sport, although OFS has worked hard to change the public conception in the 1980s and in the last few years. To many Singaporeans the combination of trail/off-trail running and navigation is largely unheard of.

Since 2014, the OFS has organised various events to promote orienteering to the community, trying to host one race per month or having 10-11 races in a year. The number of races is still small, but should grow in the upcoming years. This year, the first ever night orienteering event was held in conjunction with other World Orienteering Day activities.

**Orienteering as part of Physical Education**

Another path for promoting orienteering is to bring it to schools. A few years ago, Singapore's Education Ministry called for a

review of the Physical Education syllabus, with more emphasis on outdoor education and its values. This was the first step in a series of decisions that call for change in the educational direction of local schools. The component of outdoor navigation was also added into the standard teaching syllabus of children's education. Hopefully these changes will open doors to orienteering in more schools, and children could have orienteering as a part of their school activities.

– We are currently working with the Education and Sport Ministries to have orienteering take a leading role in Physical Education. Our main goal is to grow the sport here to be one that is accessible to all members of our local community, and also for all Singaporeans to be equipped with the basic skill set of navigation, says Eugene Chow, the OSF Vice President.

**Look out for the Singapore team in China!**

One more aim of the OSF is to send representatives of Singapore to compete in orienteering events around the world. However it is a hard task for a self-funded organisation at the moment. For now, the Singapore team consists of 2 coaches, 6 senior athletes and a group of 8-10 youngsters. The team's debut was at the Asian Junior & Youth Orienteering Championships in 2015, but Singapore athletes have not participated at any major IOF event since then. The next expected start for Singaporeans is the World Cup Final in China in October 2019.

Please wish the best of luck to your orienteering fellows from Lion City!

# World Orienteering Day 2018



Text: Jenny Nilsson

On Wednesday May 23<sup>rd</sup> 2018 the third World Orienteering Day took place all over the world. New for this year was that any activity held between May 23<sup>rd</sup> and May 29<sup>th</sup> could be registered as a World Orienteering event.

- World participants: 358 735.
- 24% increase in participation from 2017.
- Female participants 49%.
- Young participants (0-23 years) 86%.
- Participants under 12 years 45%.
- Visit: [worldorienteeringday.com](http://worldorienteeringday.com)
- [#worldorienteeringday](https://www.instagram.com/worldorienteeringday)

Up to now more than 2700 posts have been shared under the hashtag [#worldorienteeringday](https://www.instagram.com/worldorienteeringday) on Instagram.

Schools, clubs and enthusiasts all over the world made a fantastic contribution for World Orienteering Day 2018. Below are some selections from all over the world from countries where a World Orienteering Event was held. In China there were 17 100 participants; in Colombia 335 participated. In France around 17 000 participated. Great Britain had 9 904 participants and in India 1 000 took part in an event.

In Indonesia 640 persons participated and in Latvia 419 participants took part. Mozambique had 25 participants. 11 084 persons took part in an event in Spain and in Sweden there were 26 778 participants. Turkey had most participants during World Orienteering Day 2018 with 80 591 participants.

### The International Orienteering Federation's goals regarding the World Orienteering Day are:

- Increasing the visibility and accessibility of orienteering to young people.
- Increasing the number of participants in school and club activities in all National Federations, and getting new countries to take part in orienteering.
- Helping teachers to implement orienteering in a fun and educational way.

Be part of something bigger  
- Colour the World!

## IOF Ethics Panel:

# Securing good governance



Photo & text: Malin Fuhr

The global sporting community is facing turmoil, and no sport can assume that they will not be affected. Ethics in sport, good governance, fairness and the fight against doping in sport have the highest priority within the IOF. The IOF Code of Ethics is established, and the IOF Ethics Panel is responsible for investigating any possible violation reported under the IOF Code of Ethics.

Topics covered by the Code of Ethics include good governance, for example delegation of authority and rights of signature, as well as conflicts of interest, compliance and whistle-blowing. Czech Jan Exner was the chairperson of the IOF Ethics Commission until the General Assembly 2018 and was responsible for the set-up of the Panel.

### Describe your interest in ethics and sports?

- I am a lawyer and therefore it is my job to make sure that rules are followed by various actors within the sporting world. The sporting world is complex. You have national laws and other public regulations that are binding on you. You also have various contractual obligations stemming from contracts you entered into. But I believe that it is equally important for the sporting sector to follow ethical standards and rules set by contemporary society with the aim of protecting its members. These principles aim, amongst others, at securing good governance within sport organisations, which I consider crucial both for their internal and external functioning. Following these principles makes your work more legitimate in the eyes of your members and colleagues as well as from the public point of view.

### Describe the work within the IOF Ethics Panel:

- The job of the IOF Ethics Panel is primarily to make sure that all activities within the orienteering world follow the principles and rules set by the IOF Code of Ethics, IOF Statutes and related rules and regulations. In other words, all stakeholders within orienteering should act according to the rules that the IOF General Assembly has agreed on. The Panel monitors various orienteering activities and decides on alleged ethical violations. Even more importantly, the Panel issues preventive recommendations for IOF bodies and other orienteering stakeholders on how to follow the ethical principles. I was a chairman of the Ethics Commission, which was the precursor to the Ethics Panel, until the 2018 General Assembly in Prague. I was therefore coordinating the work of the Commission and chairing the hearing panels. I very much appreciate the opportunity to work with such a great group of people in the pursuit of the aim we have.

Jan Exner works as a lawyer for the Czech Olympic Committee. He is responsible for all legal issues stemming from the committee's activities. In other words, his job is to make his colleagues' work life easier while making sure that the operations and processes are legal. In practice, he deals with contracts and other legal documents, statutory issues, personal data protection, protection of Olympic property, anti-doping and other things. On the top of that, he gives lectures in EU and sports law at the Charles University Law School.

At the IOF General Assembly 2018 Jan Exner decided to retire from the Ethics Panel due to other tasks within the Olympic movement and potential conflicts of interest. As a re-

placement an external candidate was appointed by the IOF General Assembly, Secretary General of the International University Sports Federation (FISU) Eric Saintrond. As new Chairperson, the Panel among themselves elected Robert Dredge.



Jan Exner.

### Members IOF Ethics Panel

- Chairperson Robert Dredge (GBR)
- Kirre Palmi (FIN)
- Michel Ediar (FRA)
- Anna Samelius (SWE)
- Eric Saintrond (SUI) FISU Secretary General

The athletes' voice:

# Gustav Bergman on the athletes' role in orienteering development

Photo by Malin Fuhr  
Text by Donatas Lasauskas

Two years ago, after a few Foot Orienteering Athletes' Commission (FOAC) members stepped down, the Swede Gustav Bergman was invited to join the Commission's team.

– I love orienteering as a sport, and I feel it is important as an athlete to make your voice heard, and it is through the FOAC that we as athletes have a voice within the IOF. I am very much motivated to help shape our sport in the best possible way, says Gustav Bergman.

The FOAC was established within the IOF in 2007, and has an advisory role. It liaises with and advises the IOF Council and the Foot Orienteering Commission on rules, event programmes, fairness and any other matters relevant to elite athletes and elite orienteering.

We asked Gustav to share his experience within the FOAC and about the role of the athletes' in the development of elite orienteering.

**Could you tell us how the FOAC is organised?**

– The FOAC has a chairman (Lizzie Ingham, New Zealand) and 5 other members. Lizzie is responsible for coordinating our work and for communication with the IOF. Apart from that we have a flat organisation where we all help each other with all issues. Sometimes we divide the work between us, but we don't have specific areas of responsibility throughout the year. We try to meet at most of the international events, but in between our e-mail thread is running hot!

**What have been the main issues discussed by FOAC in recent years?**

– Of course the biggest one has been the creation and evaluation of the Knock-out Sprint. This has taken a lot of time, and we have tried to really get to the bottom of all the issues. Apart from that, there is continuing evaluation of all major events, where we try to give as much feedback as possible after each event.

**FOAC consists of six members, and we have several hundred 'elite' athletes. As a FOAC member, do you receive any feedback from other athletes?**

– We try to get as much feedback as possible, and I regularly go to the Swedish National Team to get their opinion, but it is always difficult to tap in to what every athlete thinks. We rarely get questions or feedback from athletes outside FOAC, and we would love to get more input from other athletes. It

is always possible to send an e-mail to any of the FOAC members, and we will discuss it for sure!

**Would you agree with a statement like "the voice of the athletes is strong and heard inside the IOF"? Are you satisfied with FOAC's abilities to make an impact on decisions within the IOF?**

– Yes, to some degree at least. My feeling is that we are more involved in discussions and decision-making now than a couple of years back, but I think that we still often get asked about existing issues quite late in the process. I think it would be better to involve athletes right from the beginning. But it is getting better and better, and our cooperation with the Foot Orienteering Commission this year has been great.

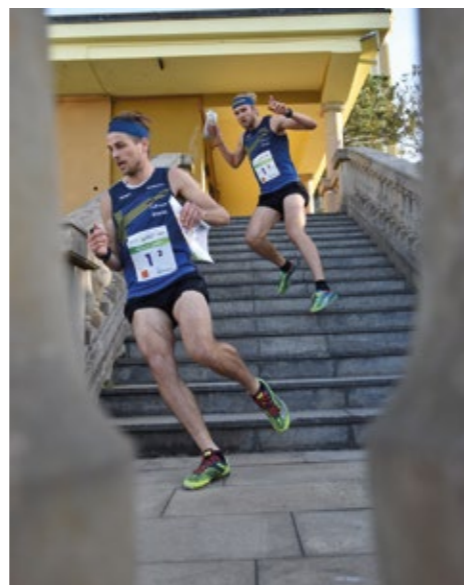
**Starting next year, there will be major changes in the competition programme. The World Orienteering Championships (WOC) will be split into urban and forest, the European Orienteering Championships will be organised in reverse order to WOC, etc. How do the athletes see these changes?**

– I think that these changes have the potential to evolve into something really good. On the other hand, I am not sure that this will necessarily improve the current programme. I see a lot of risks in the WOC splitting, and I fear that it will divide us – the athletes – in the long term. Many national teams already have separate sprint and forest squads, and we might see a development path where we ultimately get split into two different federations – one for the urban and one for the forest.

– This might seem an unlikely scenario, but my feeling is that the possible consequences haven't been analysed enough before the decision to split WOC was made. However I do see the advantages, and just hope that the split proves to be a success.

**If we look at other sports, more and more races have been adapted to TV needs, sacrificing traditional formats: shortened race duration, more head-to-head races, more team races. How do you see the future of orienteering? Do we need to change, or should we just stay as we are?**

– I think that many sports are doing this in the wrong way, and unfortunately orienteering is not an exception. The focus is on changing the sport in order to get more spectators, and then grow as a sport. I think the correct way must be the opposite



Gustav Bergman (at the back) with his teammate Jonas Leandersson in the Knock-Out Sprint in Prague. The creation and evaluation of the new format has been the biggest task for the Athletes Commission.

– focusing on growing as a sport, and then getting more spectators because of that. I also think that we are underestimating our possible TV audience by trying to get a lot of things to happen in a short time.

– Just look at the Tour de France, where the races last for hours. It is possible to make great TV entertainment in a slow way! I also think this development is a big risk for all sports. If you look at cross-country skiing as an example, I think they have overdone it. I can only speak for myself, but I have completely lost interest in watching it on TV. Sprints and mass-start/chasing start races are boring to watch. Give me an individual start and a 50 km race and I will watch it for sure.

**What other issues do you see in orienteering?**

– I am very worried about the risk of losing what orienteering really is, in the chase for an audience and the money that comes with it. I also worry about the developments that are happening in Sweden right now (and I guess in a lot of places), when many politicians are trying to restrict our Right of Public Access and give more power to big land owners and companies. It has become more difficult to organise events lately, and I fear that this trend will continue. More restriction and exclusion is not what we need in this world right now!

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