

Orienteers from 17 countries take to the forests

265 runners from 17 nations are entered for the 17th Foresters' European Championships in Orienteering, EFOL, which will be staged by the orienteering clubs OK Esbjerg and OK West in conjunction with the Danish Forest and Nature Agency and Varde Town Council.

The Championships start on Wednesday 11th August with a town orienteering race which will finish beside the open-air stage at Arnbjerg. Here at 16.30 the Opening Ceremony will take place, with speeches of welcome from Varde's mayor, Gylling Haahr, and the international President for EFOL, Leif Strömquist.

The Varde Guards will provide music, also in connection with the race Prize-giving, and everyone is welcome to watch the ceremony.

The event gets under way on Tuesday with training in Gøddel Bjerge near Nyemindegab Camp, where the Event Centre will be situated and all participants accommodated. On Thursday an individual race will take place in Kærgård Plantation, and the event will finish with a relay on Saturday on a completely new map of Nyemindegab Plantation.

For the participants in EFOL the event includes much more than orienteering. They have the chance to take part in a forest seminar and to go on short excursions in the neighbourhood. A day is set aside for a study tour to Blåvandshuk, Ringkøbing Fjord and Esbjerg including a visit to Myrthuegård.

Try it yourself!

In addition to the championship races, the two orienteering clubs are staging the 'Sydvestjysk 5-Days' for anyone who would like to try an orienteering race. At present there are 100-120 runners entered from the whole of Denmark. You can enter even on the race days – see www.efol2010.dk.

Very many helpers from the two orienteering clubs are involved in the double event. In addition, students from Sct. Jacobi School will be helping as control marshals for the town orienteering race on Wednesday.