

# EUROFIT

# SPORT INTERNATIONAL

CISM MAGAZINE n. 65

AVRIL 1985



**MILITARY MILITAIRE MILITÄR**



# SOLIDARITE CISM CISM SOLIDARITY



Lorsque le hasard ou plutôt la chance vous donne l'occasion de découvrir une Personnalité rare, peu commune, et la bonté qui s'en dégage, il vous est alors très difficile d'oublier par la suite cette merveilleuse Découverte.

Je suis persuadé que ce que je dis ici est partagé par tous nos amis qui ont connu et apprécié comme moi durant leur séjour au CISM, cet Homme inoubliable qu'était Monsieur Lenglers BAIYOKE.

Malheureusement ses apparitions dans nos différentes réunions n'étaient pas aussi fréquentes que nous l'aurions souhaité.

Monsieur Lenglers BAIYOKE avait en effet cette distinction rare allée à une simplicité admirable dont seules quelques rares personnalités de son espèce peuvent s'enorgueillir.

Sa grande et très discrète générosité qu'il mettait constamment à la disposition de notre organisation dénotait son attachement aux idéaux du CISM et sa grande sympathie pour ses dirigeants.

Sa disparition est incontestablement une très grande perte pour notre Fondation, à laquelle il avait consacré ces dernières années le meilleur de lui-même pour son développement, son efficacité et son apport important dans la réalisation de certains objectifs du CISM.

À Madame BAIYOKE, à ses enfants et petits-enfants et à tous ses proches collaborateurs, nous exprimons notre profonde tristesse, mais aussi notre grande Admiration.

Le Général de Division Mohamd Salah MOKADDEM,  
Président du Conseil International du Sport Militaire

**ADIEU A  
UN AMI**

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**FAREWELL  
TO A FRIEND**

When by chance – or rather by good fortune – one comes across an outstanding person emanating such an aura of goodness, it is very hard to forget him. The late Mr. LENGERS BAIYOKE was this type of a man and I am sure that all CISM members share my high esteem for him and that his memory will stay with us.

Unfortunately his presence at our different meetings was not as frequent as we might have wished.

In Mr. Lenglers Baiyoke we discovered a man of quality who was endowed with the art of simplicity – a combination mastered by few.

The immense but discrete generosity he offered our organisation during his lifetime was his way of showing complete adherence to the ideals of CISM and to his appreciation of its leaders.

His bereavement is a tremendous loss to the Foundation to which he had contributed benevolently over recent years for its development and for the realisation of CISM's objectives.

To Mrs Baiyoke, to his children and grand-children and to his close collaborators we convey our profound sorrow.

Division General Mohamed Salah MOKADDEM  
President of the International Military Sports Council

# SPORT international

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CONSEIL INTERNATIONAL DU SPORT MILITAIRE

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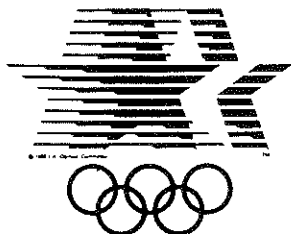
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- ARISTON FOTO (ITALIE)
- CEWE – FÖRLAGET (SVEDE)
- KUVA – PAIJULA
- MIAO SHUHUI & TANG YUMIN



# *Nos* SOLDATS ATHLÈTES *à l'honneur*

# *Honour to Our* SOLDIER-ATHLETES

The performance of our military athletes in the Winter and Summer Olympics demonstrated to the world the very high level of competition encountered at CISM championships. We present in the following pages our best athletes at the Olympic Games of 1984.

Les performances de nos athlètes aux Jeux Olympiques d'hiver et d'été ont démontré au monde le très haut niveau des athlètes militaires.

Nous présentons dans les pages qui suivent quelques données qui sont parvenues au Secrétariat Général sur la participation des athlètes militaires aux Jeux Olympiques.

## Los Angeles

PAYS-NATIONS	CIVILIAN ATHLETES	MILITARY ATHLETES	PROCENT POURCENTAGE
	NOMBRE D'ATHLETES	NOMBRE D'ATHLETES	
	CIVILS	MILITAIRES	
ALGERIE-ALGERIA	30	5	16
ALLEMAGNE RF-GERMANY F.R.	350	51	15
AUTRICHE-AUSTRIA	85	26	30
BELGIQUE-BELGIUM	61	11	18
BOLIVIE-BOLIVIA	14	0	0
DANEMARK-DENMARK	71	1	1
DJIBOUTI-DJIBOUTI	0	3	100
ESPAGNE-SPAIN	194	3	1
ETATS-UNIS-UNITED STATES	596	34	6
FINLANDE-FINLAND	96	8	8
FRANCE-FRANCE	519	33	6
ITALIE-ITALY	238	29	12
LUXEMBOURG-LUXEMBOURG	6	0	0
PAKISTAN-PAKISTAN	29	4	14
PORTUGAL-PORTUGAL	40	2	5
RWANDA-RWANDA	2	1	50
SUEDE-SWEDEN	194	3	2
SUISSE-SWITZERLAND	145	8	5
TCHAD-CHAD	3	1	33
TOGO-TOGO	6	0	0
<b>TOTAL</b>	<b>2679</b>	<b>215</b>	<b>8%</b>



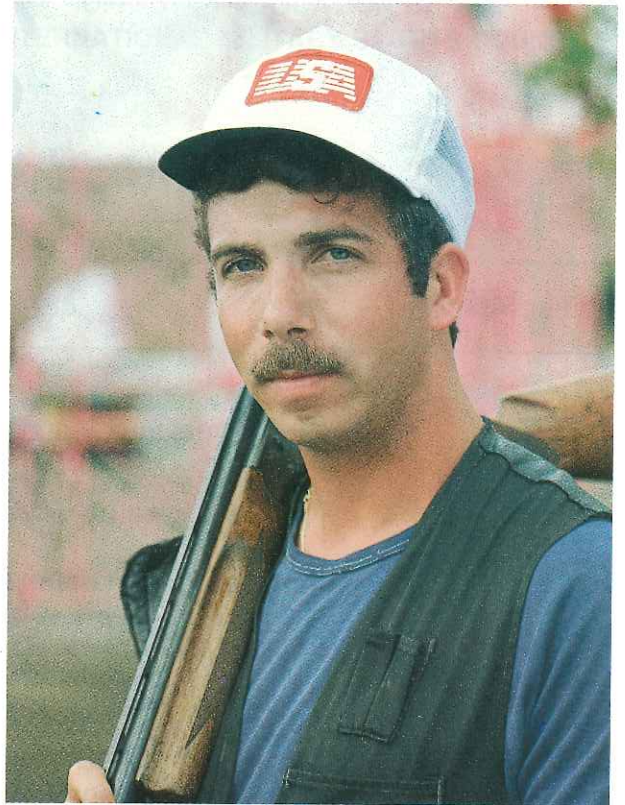


# U.S.A.

## MÉDAILLES D'OR – GOLD MEDALISTS



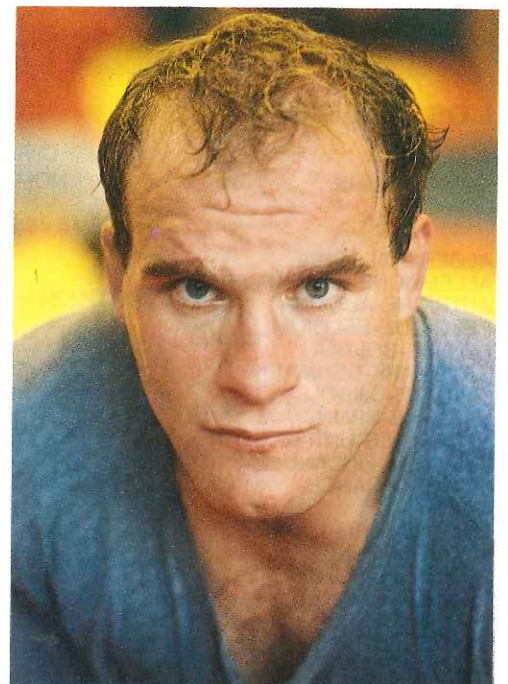
2 LT ALONZO BABERS (Track and Field)  
– 400 meter  
– 4 x 400 meter relay



SSG MATTHEW DRYKE (Shooting)  
– skeet



CPT EDWARD ETZEL (Shooting)  
– Small bore rifle



2LT LUDWIG BANACH (Wrestling)  
– Freestyle (220 Lb – 100 kg)



# ETATS – UNIS



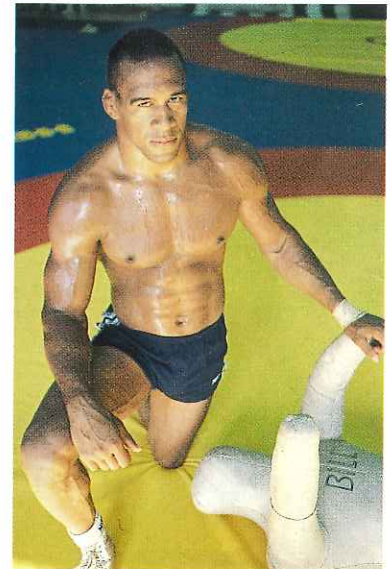
## MÉDAILLES D'ARGENT – SILVER MEDALISTS



1



2



3



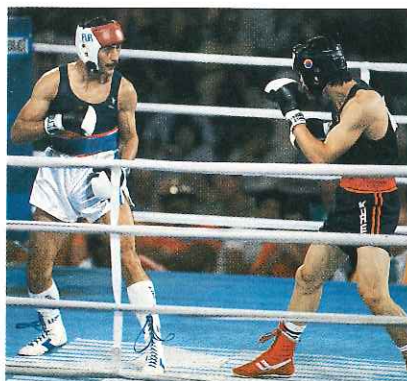
4

1. SP5 DEAN GLENESK (Modern Pentathlon)
2. SP5 RUBY FOX (Pistol Shooting)  
– Women's Sport Pistol
3. SGT GREGORY GIBSON (Wrestling)  
– Greco-Roman (220 Lb – 100 kg)
4. SUSAN RAPP (Swimming)  
– 200 m Breaststroke

## MÉDAILLES DE BRONZE – BRONZE MEDALISTS



CPT WANDA JEWELL  
(Shooting)  
– Women's Small Bore Rifle



SP4 ARISTIDES GONZALES  
(Boxing – 165 Lb)



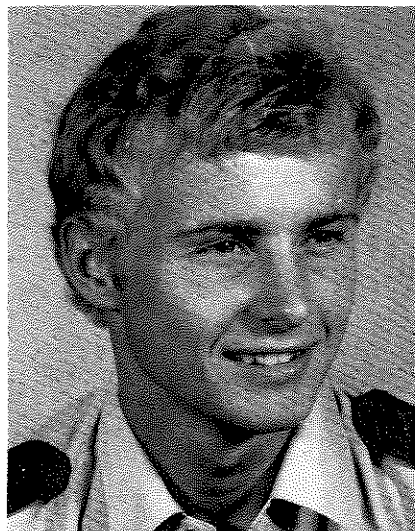
SSG DANIEL CARLISLE  
Olympic Trap – Fosse Olympique  
(Clay Target Trap Shooting)





# FEDERAL REPUBLIC GERMANY

## MÉDAILLES D'OR – GOLD MEDALISTS



SGT PETER ANGERER

(Skiing)

- 20 km biathlon (gold)
- 10 km biathlon (silver)
- biathlon relay (bronze)



SOL MICHAEL GROß

(Swimming)

- 200 m Freestyle (gold)
- 100 m Butterfly (gold)
- 200 m Butterfly (silver)
- 4 x 200 m Freestyle-relay (silver)



PRIV FREDY SCHMIDKE

(1000 m Cycling)

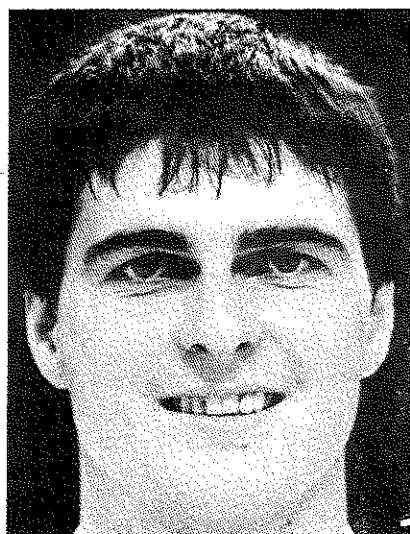
## MÉDAILLES D'ARGENT – SILVER MEDALISTS



PRIV ROLF GÖLZ

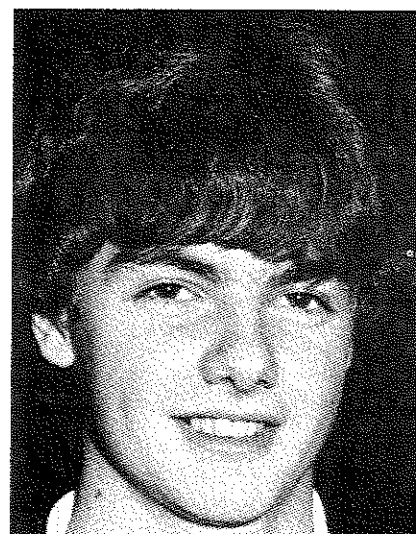
(Cycling)

- 4000 m individual pursuit (silver)
- 4000 m team pursuit (bronze)



AIR 1CL ULRICH ROTH

(Handball)



AIR 1CL DIRK BRINKMANN

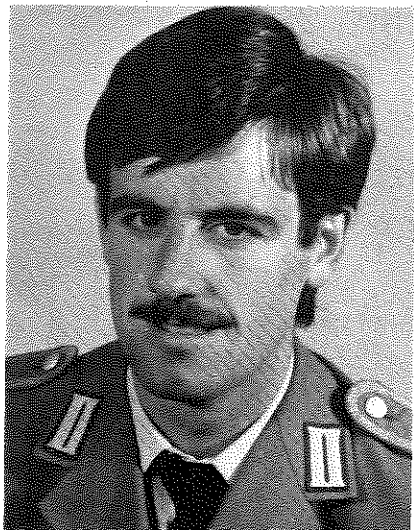
(Hockey)

# RÉPUBLIQUE FÉDÉRALE

# D'ALLEMAGNE



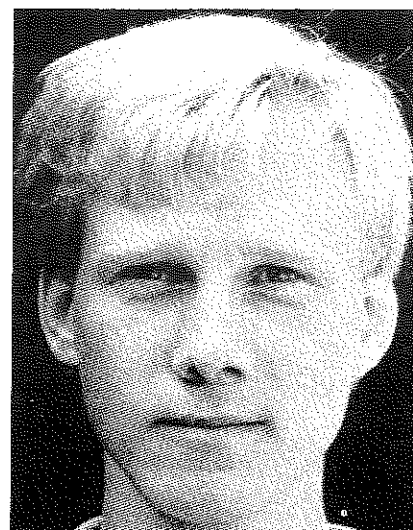
## MÉDAILLES DE BRONZE – BRONZE MEDALISTS



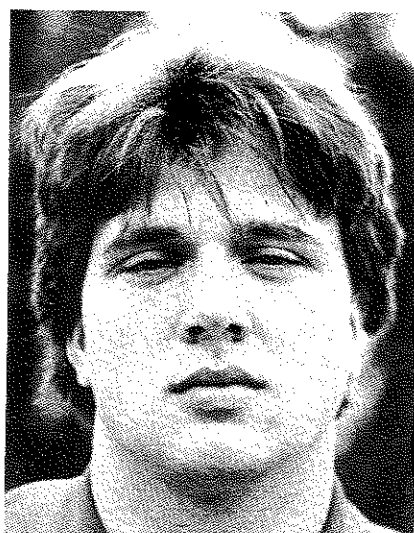
1 SGT FRITZ FISCHER  
(Skiing – Biathlon Relay)



PRIV ROLAND GÜNTER  
(Cycling – 4000 m team  
pursuit)



PFC DIETMAR HOGREFE  
(Equestrian)  
Three-day event (team)  
Concours complet par équipe



PRIV RAINER HOPPE  
(Waterpolo)



PRIV THOMAS HÜBER  
(Waterpolo)

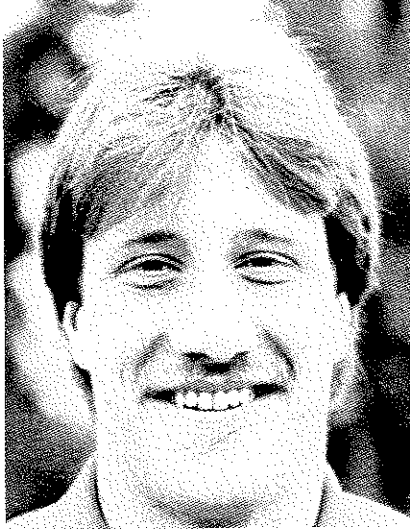


SGT MANFRED NERLINGER  
(Weightlifting)  
– super – heavyweight





# BUNDESREPUBLIK DEUTSCHLAND



PV2 WERNER OBSCHERNIKAT  
(Waterpolo)



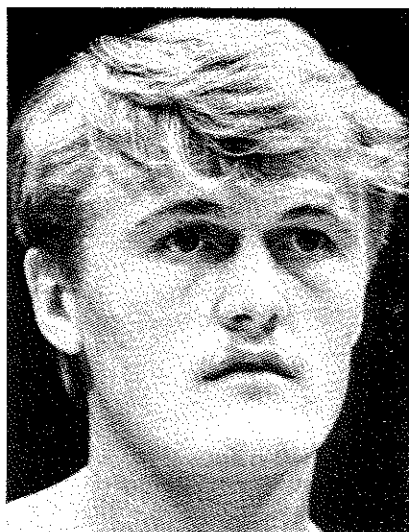
PFC RAINER OSSELMANN  
(Waterpolo)



PFC MICHAEL MARX  
(Cycling)  
— 4000 m team pursuit

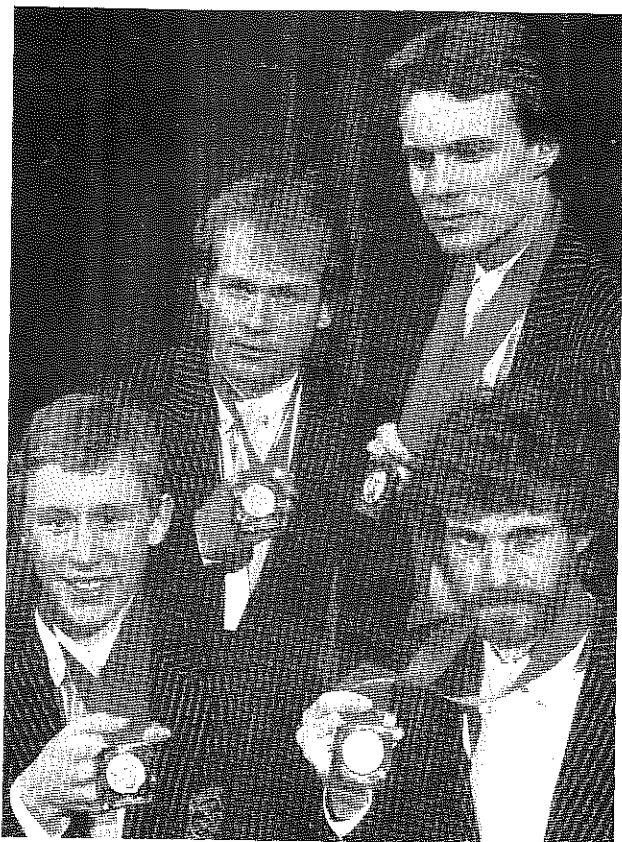


SGT ERNST REITER  
(Skiing – Biathlon Relay)



PV2 MANFRED ZIELONKA  
(Boxing)  
— light – middleweight

# SWEDEN – SUÈDE

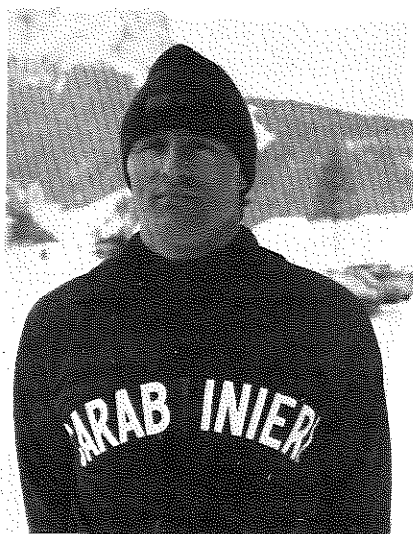


1. PRIV GONDE SVAN (Skiing)
  - 15 km (gold)
  - 4 x 10 km (gold)
  - 50 km (silver)
  - 30 km (bronze)
2. SGT JAN OTTOSSON (Skiing)
  - 4 x 10 km (gold)
3. BENNY KOHLBERG (Skiing)
  - 4 x 10 km (gold)
4. SGT THOMAS WASSBERG (Skiing)
  - Nordic ski 50 km (gold)
  - 4 x 10 km (gold)

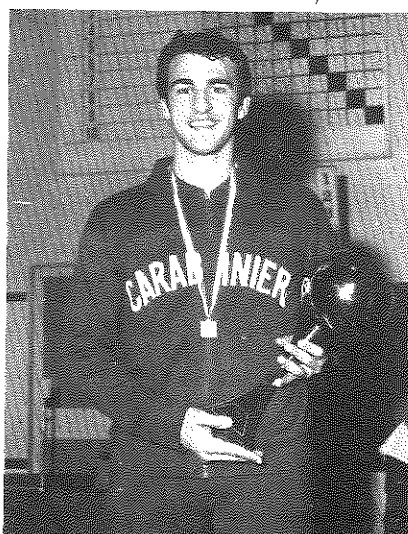
# ITALY – ITALIE



## ● GOLD MEDALISTS



CARAB. PAUL HILDGARTNER  
(Bobsleigh)



CARAB. MARIO NUMA  
(Escrime)

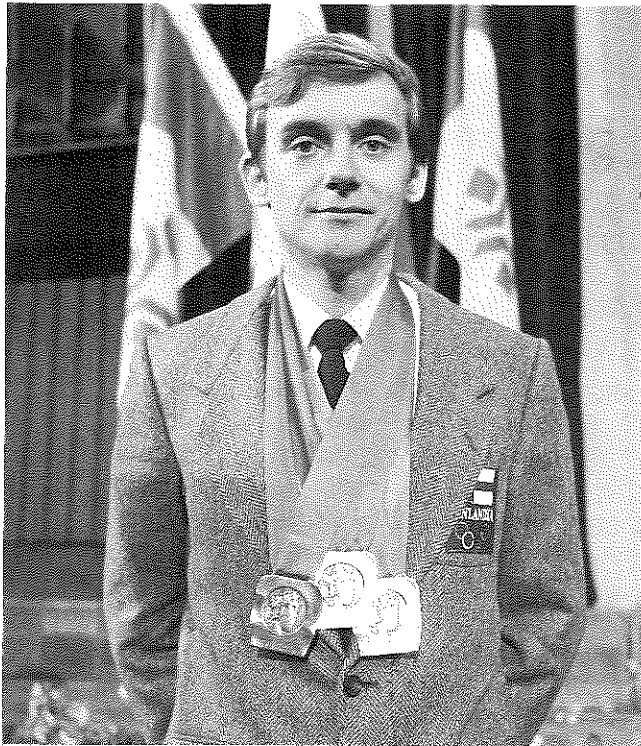
## BRONZE MEDALISTS (no photograph)

- CARAB. ANGELO MAZZONI  
(Escrime)
- SOL PAOLO VECCHI  
(Volleyball)
- FIN SANDRO BELLUCCI  
(Athlétisme)

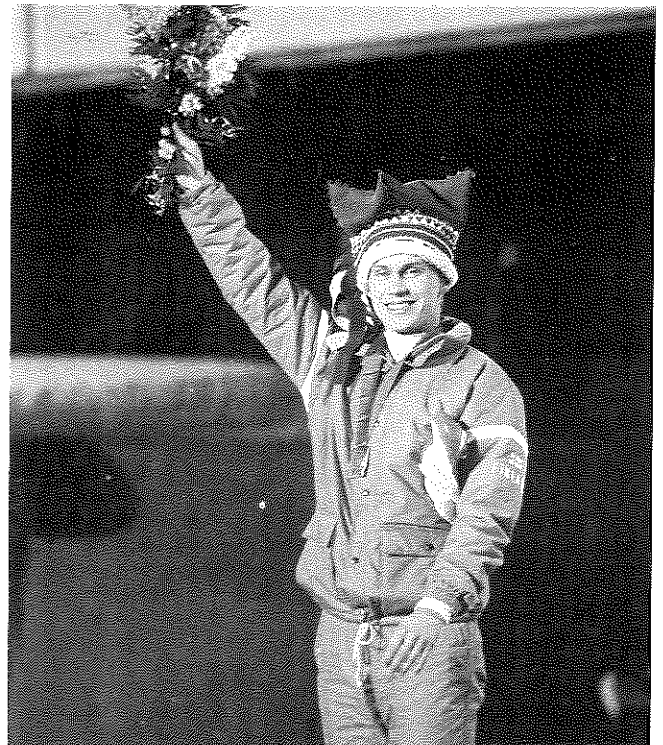




# FINLAND – FINLANDE



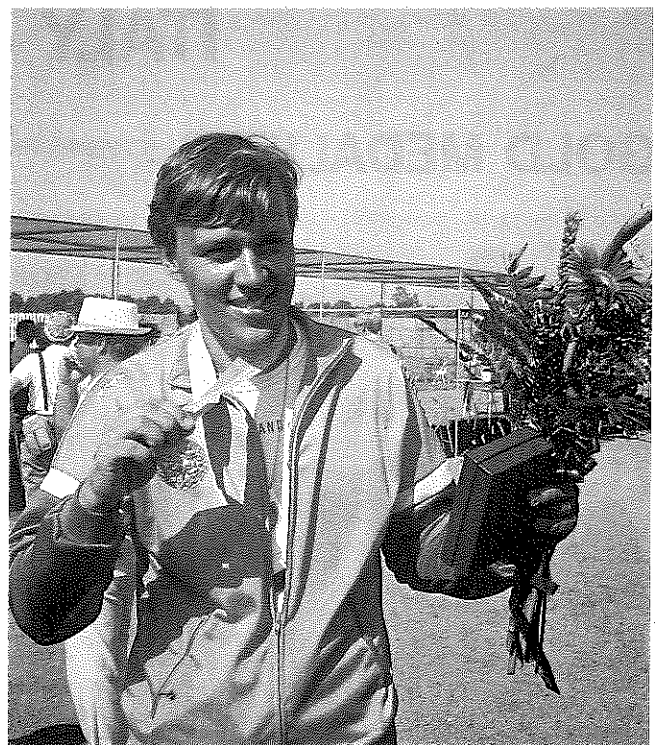
PTE AKI KARVONEN (Ski)  
– 15 km cross-country (argent)  
– 50 km cross-country (bronze)  
– 4 x 10 km relay cross-country (bronze)



WO II JOUKO KARJALAINEN (Ski)  
– Nordic combined (silver)



PTE JUKKA YLI-PULLI (Ski)  
– Nordic combined (bronze)



WO III RAUNO BIES (Shooting)  
– Olympic pistol (bronze)

# AUSTRIA – AUTRICHE



**MÉDAILLE D'OR – GOLD MEDALIST**



SGT PETER SEISENBACHER (Judo) – Middleweight (86 kg)

# ALGERIA – ALGERIE



**MÉDAILLE DE BRONZE – BRONZE MEDAL**

SGT MUSTAPHA MOUSSA (Boxe)

# BELGIUM – BELGIQUE



**MÉDAILLE D'ARGENT – SILVER MEDAL**

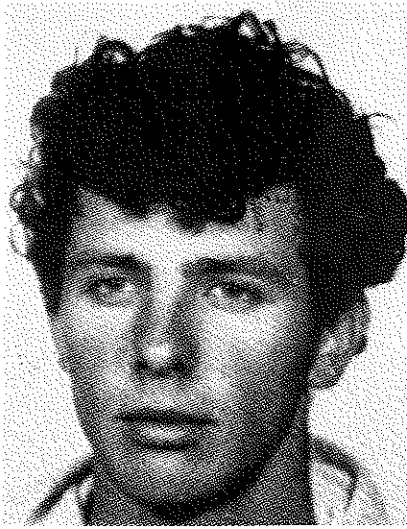
– SGT DIRK CROIS (Aviron)



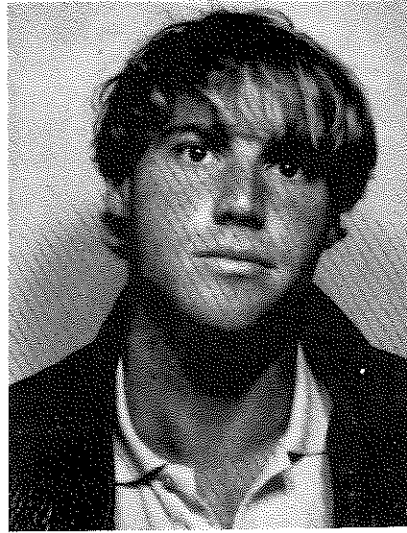
# FRANCE

## MÉDAILLE D'OR GOLD MEDALIST

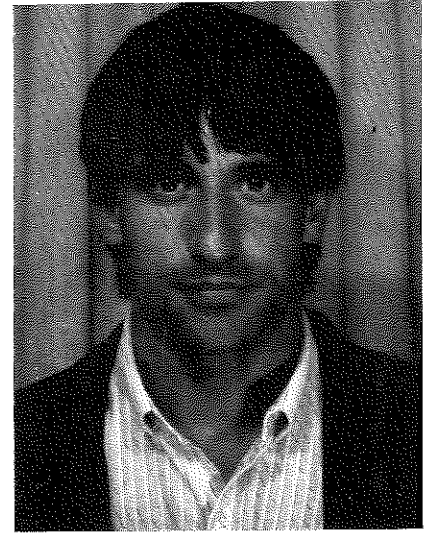
## MÉDAILLES D'ARGENT SILVER MEDALISTS



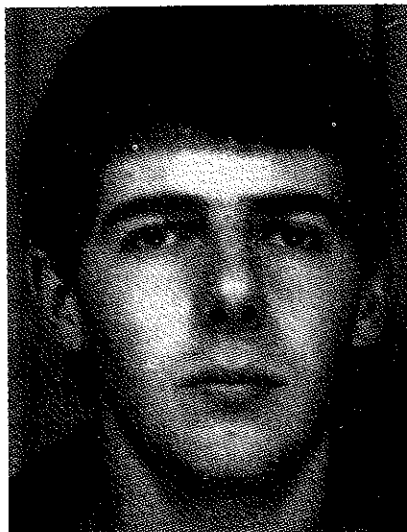
MDR PIERRE QUINON  
(Athlétisme)  
— Saut à la perche



MDR BERNARD BRÉGEON  
(Canoe-Kayak)  
— K2 - 1000 m (argent)  
K1 - 500 m (bronze)



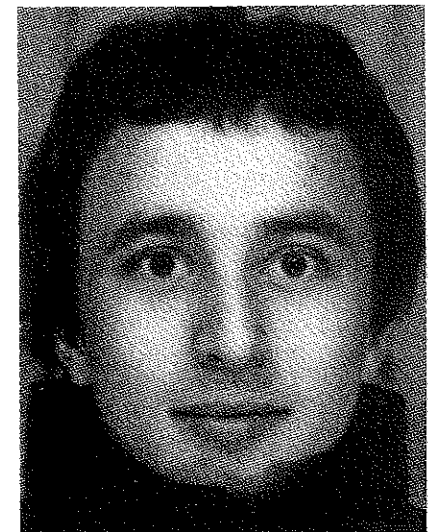
MDR PATRICK LE FOULON  
(Canoe-Kayak)  
— K2 - 2000 m



MDR PIERRE GUICHOT  
(Escrime)  
— Sabre pa équipe



MDR JEAN-MICHEL HENRY  
(Escrime)  
— Epée par équipe



MDR OLIVIER LENGLET  
(Escrime)  
— Epée par équipe

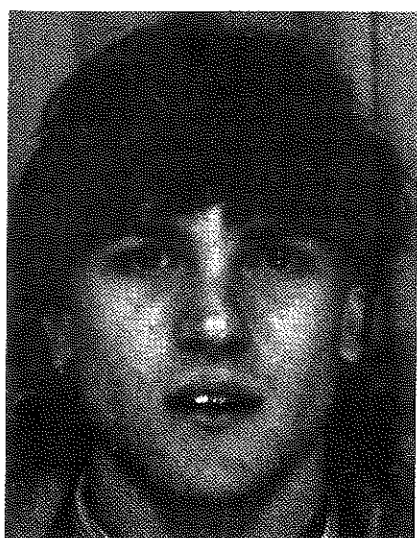


# FRANCE



## MÉDAILLE D'ARGENT SILVER MEDALIST

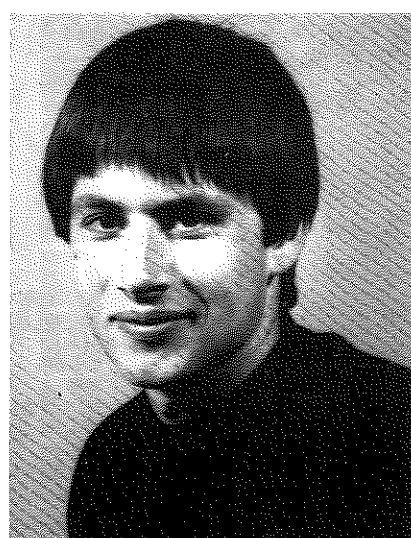
## MÉDAILLES DE BRONZE BRONZE MEDALISTS



MDR FRANCK DUCHEIX  
(Escrime)  
— Sabre par équipe



MDR DIDIER HOYER  
(Canoë-Kayak)  
— C2 - 1000 m



MDR ERIK RENAUD  
(Canoë-Kayak)  
— C2 - 1000 m



MDR PHILIPPE OMNES  
(Escrime)  
— Fleuret par équipe






























MDR MICHEL NOWAK  
(Judo)  
78 kg



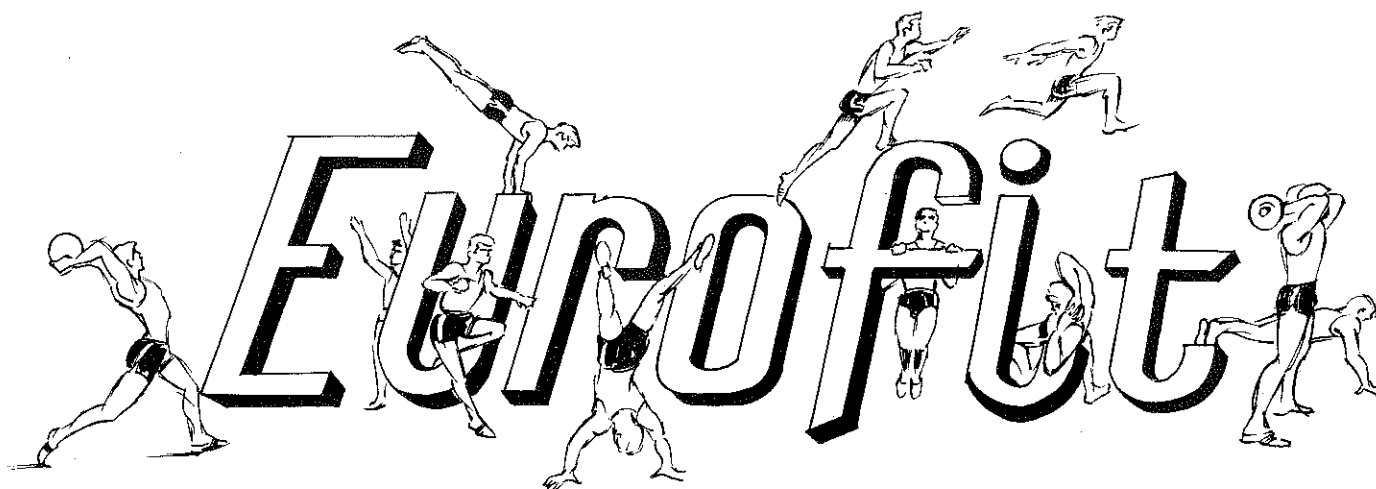
SGTCH PAUL FOUR  
(Pentathlon Moderne)  
— Equipe

# LES LOGOS DU CISM

## THE CISM LOGOS

		PENTATHLON MILITAIRE	– MILITARY PENTATHLON
		PENTATHLON MODERNE	– MODERN PENTATHLON
SPORTS MILITAIRES		SEMAINE DE LA MER	– SEA-WEEK
		PENTATHLON NAVAL	– NAVAL PENTATHLON
		P.A.I.M.	– P.A.I.M.
		PENTATHLON AÉRONAUTIQUE INTERNATIONAL MILITAIRE	– INTERNATIONAL MILITARY AERONAUTICAL PENTATHLON
		PARACHUTISME	– PARACHUTING
MILITARY SPORTS		ORIENTATION	– ORIENTEERING
		SEMAINE DU SKI	– SKI-WEEK
		TIR	– SHOOTING
		ATHLÉTISME	– TRACK & FIELD
		AVIRON & KAYAK	– ROWING & KAYAK
		CROSS-COUNTRY	– CROSS COUNTRY
SPORTS INDIVIDUELS		CYCLISME	– CYCLING
		EQUITATION	– HORSEMANSHIP
INDIVIDUAL SPORTS		NATATION	– SWIMMING
		TENNIS	– TENNIS
		HALTÉROPHILIE	– WEIGHTLIFTING
SPORTS de COMBAT		BOXE	– BOXING
		ESCRIME	– FENCING
COMBAT SPORTS		JUDO	– JUDO
		LÜTTE	– WRESTLING
		TAEKWONDO	– TAEKWONDO
		BASKETBALL	– BASKETBALL
		VOLLEYBALL	– VOLLEYBALL
SPORTS d'ÉQUIPE		FOOTBALL	– FOOTBALL
		HANDBALL	– HANDBALL
TEAM SPORTS		HOCKEY s/GAZON	– FIELD-HOCKEY

# PHYSICAL FITNESS ASSESSMENT:



## THE EUROFIT TEST BATTERY

The Eurofit test battery proposed by the Committee for the Development of Sport of the Council of Europe (Council of Europe, 1983) consists of a series of tests for assessing physical fitness of children and adolescents. The test construction and its historical roots will be presented together with a description of the tests and an example of reference values (norms) for young adults.

Physical fitness, like health, is a general concept which can be viewed in many ways. Generally, a distinction is made between the motor and the organic components of physical fitness. The motor component refers to the neuro-motor/movement abilities, whereas the organic component refers to the processes of energy production, transport, and work output. Recently the American Academy of Physical Education accepted the following definition: "Physical fitness is the ability to carry out daily tasks with vigor and alertness, without undue fatigue and with ample energy to engage in leisure time pursuits and to meet the above average physical stresses encountered in emergency situations." (Clarke, 1979, p.1). So broadly defined, it is difficult to construct tests that are standardized, objective, valid and reliable measurements of the total physical fitness concept.

### The Eurofit test battery: construction and historical roots

As mentioned above, a general concept such as physical fitness is difficult to measure. It thus comes as no surprise that since Sargent (1921) proposed the vertical jump as 'the test of a man', considerable change has taken place both in the thinking about physical fitness and in its measurement. Considerable research has taken place in this area in several European countries and many remarkable contributions have been made in the development of tests and techniques for the evaluation of physical fitness. It was at the 7th annual meeting of the heads of European Sports Research Institutes (Strasbourg, May 1978) that a coordination of research efforts in the field of assessing physical fitness was proposed and approved by the Committee for the Develop-

ment of Sport (Comité pour le Développement du Sport, CDDS) of the Council of Europe. As a result of this agreement the First European Seminar on Testing Physical Fitness was held in Paris (26–28 October 1978). Participants at this seminar discussed the concept of physical fitness and its components and agreed that the following areas should be considered in the evaluation of physical fitness:

- a. structural factors: height, weight, and lean body mass (bone age physique may be included if desired);
- b. functional factors: aerobic capacity, muscular strength; static and dynamic (functional), flexibility, running speed and speed of limb movement;
- c. coordination: it was recognised that factors of coordination are now identified although further research is needed (CDDS, 1979).

In addition, it was decided to hold two separate meetings, one to consider the assessment of aerobic capacity or cardio-respiratory endurance (Birmingham, June 1980), the other to consider the tests for measuring the motor aspects of physical fitness (Leuven, May 1981). At the 2nd European Seminar in Birmingham (June, 1980) it was decided that the Physical Work Capacity at a heart rate of 170 beats per minute (PWC 170) test, using a bicycle ergometer and recording the heart rate, is the best simple laboratory test for estimating cardio-respiratory endurance. Furthermore, it was estimated that bicycle ergometers were not always available and that a more simple field test should be proposed. The participants agreed that further research was needed based on the existing simple field tests. Two working parties were set up in order to investigate these simple tests and to solve some methodological problems in the evaluation of the bicycle ergometer test (CDDS, 1981). Finally, during the 4th European Research Seminar on Testing Physical Fitness, (Olympia, 12–14 May, 1982) an agreement was made regarding the laboratory and field test for measuring the cardio-respiratory capacity (CDDS, 1982). At the 3rd Seminar (Leuven, May 1981), the motor fitness re-



search was analysed and discussed. Mainly based upon the factor analyses by Simons et al. (1969, 1974) carried out with Belgian secondary school girls and boys, an agreement was made upon the structure of the motor fitness domain and its components. It should be mentioned that Simons et al. (1969) started their initial research on the basis of a review of the literature available at that time, as well as of the studies carried out by Fleishman (1964).

The work of this seminar crystalized in the acceptance of eight factors of the motor fitness domain (Simons & Renson, 1982), which are identified in Table 1.

Furthermore, consensus was reached on which tests were considered to be valid and reliable measurements of these factors, and on the testing procedures that should be used (Simons & Renson, 1982).

The final Eurofit test battery for the evaluation of physical fitness is presented in Table 1. As already decided in Paris (CDDS, 1979) simple measurements of body structure such as height and weight should be included in the testing procedure. A detailed description of the test procedures and guidelines is given in the Eurofit handbook (Council of Europe, 1983).

**TABLE 1: Synoptic overview of the Eurofit test battery for measuring physical fitness: factor structure and proposed tests (Council of Europe, 1983, p. 9).**

DIMENSION	FACTOR	DESCRIPTION	EUROFIT TEST	SECOND CHOICE
1. CARDIO-RESPIRATORY ENDURANCE	Cardio-respiratory endurance	Effort on a bicycle ergometer to reach 170 heart beats per minute Distance in predetermined time	PWC 170 test (laboratory test) 6 minute run test (field test)	Alternative indoor tests: 480-metre shuttle run or 20-metre progressive shuttle run
2. STRENGTH	a. Static strength b. Explosive strength	maximal strength maximal muscular power	arm pull standing broad jump	hand grip vertical jump
3. MUSCULAR ENDURANCE	a. Functional strength (dynamic strength) b. Abdominal strength (dynamic trunk strength)	upper limb muscular endurance abdominal muscular endurance	bent arm hang sit-ups in 30 seconds	
4. FLEXIBILITY	Flexibility (extent of flexibility)	articulo-muscular range of movement	sit and reach	
5. SPEED	a. Speed of limb movement b. Running speed	segmental repetitive velocity total body velocity	plate tapping time for 25 cycles shuttle run 10x5 m	50 metre sprint
6. BALANCE	Total body balance	co-ordination of total body equilibrium	standing on one foot on a beam for 1 minute: "flamingo" balance	
7. DETAILS ON:	Age (years, months) Sex Weight (kg) Height (cm)			

#### EUROFIT test battery: test description

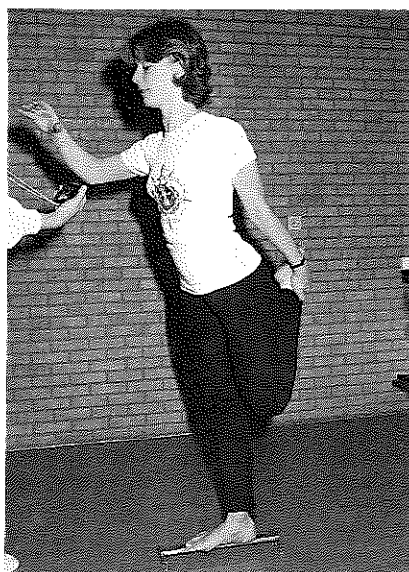
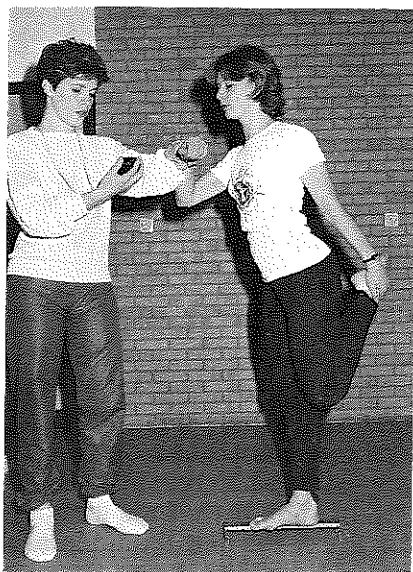
The test battery consists of simple tests that provide a practical means for measuring the physical fitness of children and adolescents. The tests do not require extensive equipment and are selected according to their established objectivity, reliability and validity. Furthermore, reference values are available in a number of European countries. Instructions should be carefully followed as well as the general directives in the execution of these tests. Moreover, the motor fitness battery and the cardio-respiratory endurance test should be performed on different

days. When this is not possible, the motor fitness battery should precede the endurance test.

Only the cardio-respiratory field test is described in this article since it is thought that the bicycle ergometer test (PWC 170) is not feasible in some countries.

**EUROFIT TEST BATTERY: Motor fitness tests** (from Simons & Renson, 1982, see also Council of Europe, 1983).

# 1ST TEST: FLAMINGO BALANCE (FLB)



## FACTOR: TOTAL BODY BALANCE

### MATERIAL:

- An iron beam 50-cm long, 4-cm high and 3-cm wide. Stability can be provided by means of two supports each measuring 15-cm in length and 2-cm in width.
- Stop watch without "reset" (zero-setting) so that it continues after stopping and a subsequent restart.

### INSTRUCTIONS FOR THE SUBJECT:

"Try to keep your balance for as long as possible while standing on your preferred foot upon the long axis of the beam. Bend your free leg backwards and grip the back of your foot with your hand on the same side, "standing like a flamingo". Your other arm may be used to keep your balance. I will help you to place yourself in the correct position by giving you support on my forearm. As soon as you release my supporting arm, the test begins. You must try to balance yourself in this position for one minute. The test is stopped each time a loss of balance is registered, i.e. when you let your free leg go (the one you are holding) or when you touch the floor with any part of your body.

After each interruption, the same procedure starts over again until one minute has elapsed."

### DIRECTIVES FOR THE TEST LEADER:

- The tester should place himself in front of the subject.

- The subject is allowed a trial to become familiar with the test and to make sure that the instructions are understood.
- After this trial the test is carried out.
- The stop watch is started when the supporting arm of the tester is released by the subject.
- The watch is stopped each time that the subject is thrown off balance by releasing the free leg or when touching the floor with any part of his body.
- After each interruption the tester helps the subject to place himself correctly in the start position.

### SCORE:

- Number of attempts needed to keep in balance on the beam during one minute.

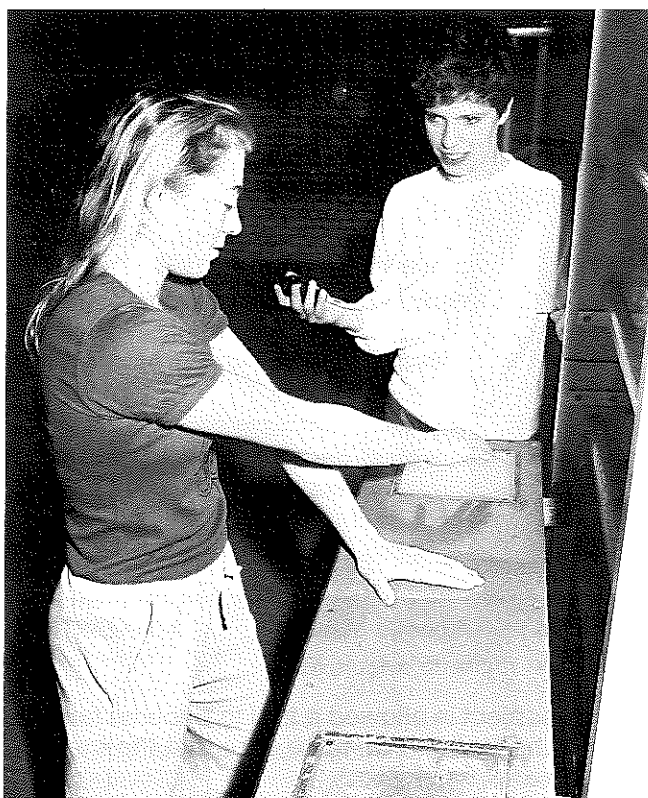
For example: a subject who needs 5 attempts to keep in balance during one minute receives a score of 5.

**ATTENTION:** Should the subject reach 15 interruptions within the first 30 seconds, the test is ended and the subject is given a zero score, which means in fact that the subject is unable to perform the test. This was occasionally the case among the younger age groups (6 to 9 years).

### NORMS:

OSTYN, M. (et al.) (1980b).

## 2ND TEST: PLATE TAPPING (PLT)



### FACTOR: SPEED OF LIMB MOVEMENTS

#### MATERIAL:

- Table, adjustable to different heights.
- Two rubber discs, each 20 cm in diameter, are fixed horizontally on a table. The centre points of the discs are 80 cm apart. A rectangular plate (10 x 20 cm) is placed between the two discs equidistant from each disc.
- Stop-watch.

#### INSTRUCTIONS FOR THE SUBJECT:

"Stand in front of the table with a slightly spread stance. Place your non-preferred hand on the rectangular plate in the centre. Your preferred hand is then placed on the disc opposite this hand, passing over the non-preferred hand. You must move your preferred hand back and forth between the two discs as quickly as possible, each time passing over the hand in the centre. Be sure to touch the discs each time. When I say "ready . . . start!" you will move your preferred hand back and forth as quickly as possible 25 times. Do not stop before I give the signal "Stop"! While you are performing, I will count aloud. The test is done twice and the better time is taken as the score."

20

#### DIRECTIVES FOR THE TEST LEADER:

- Adjust the table so that the top is just below the umbilical level.
- The tester sits in front of the table and concentrates upon the disc where the subject places his hand at the beginning of the test.  
The tester counts the number of taps on this disc.
- The stop-watch is started at the signal "ready . . . start!". Assuming the subject starts on disc A, the stop-watch is stopped when he/she touches this disc for the twenty-fifth time. Thus the total number of taps on disc A and disc B amounts to 50 taps, i.e., 25 cycles between A and B.
- The hand on the rectangular plate has to stay there during the entire test.
- The subject is allowed to have a trial run before the test in order to choose the appropriate hand.
- A test period is given between the two attempts. During this time another subject can perform his first trial.

#### SCORE:

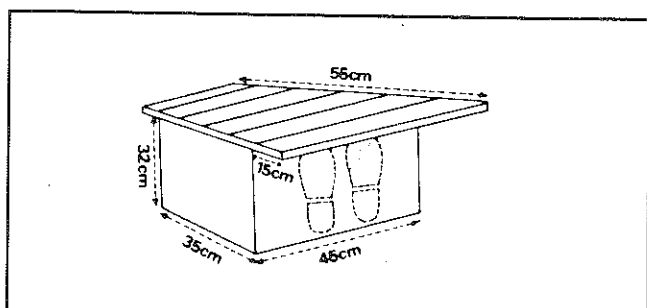
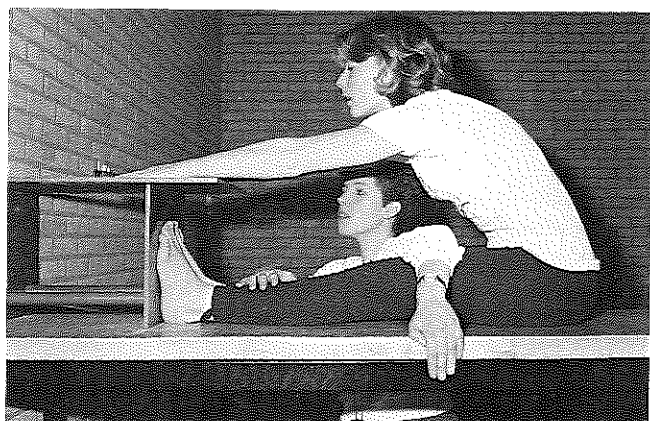
- The better result of the two trials is taken as the score. The score is recorded as the time needed to touch the discs a total of 50 times and is written in tenths of a second.
- For example: a time of 10,3 sec receives a score of 103.
- If the subject fails to touch a disc, an extra tap is added in order to reach the 25 required cycles.

#### NORMS:

BOVEND'EERDT, J.; H. KEMPER & VERSCHUUR (1980).



# 3RD TEST: SIT AND REACH (SAR)



## FACTOR: FLEXIBILITY

### MATERIAL:

- A test table or box with the following dimensions: length 35 cm; width 45 cm, height 32 cm. The measurements of the top plate are: length 55 cm; width 45 cm. This top plate extends 15 cm over the side supporting the feet. A scale from 0 to 50 cm on the top plate is marked with parallel lines of tape every cm.

### INSTRUCTIONS FOR THE SUBJECT:

"Sit down. Place your feet flat against the box. Bend the trunk as far forward as possible without bending your knees and with your hands stretched out in front of you. Try to remain still in the farthest position. Do not use any bouncing movements. The test will be done twice, with the better result counting as the score."

### DIRECTIVES FOR THE TEST LEADER:

- The tester stands besides the subject and fixes his/her knees in the extended position.
- The score is determined by the farthest position that the subject can reach on the scale with his/her fingertips. The subject must hold this position at least for a count or two so that the tester can correctly read the score.
- If the fingers of each hand do not reach an equal position, the average distance of the two fingertips is taken.
- The test must be done slowly and progressively without any bouncing movements.
- The second trial follows after a short rest period.

### SCORE:

The better result of the two trials is recorded. The score is given in cm reached on the scale on the top of the box.

For example: a subject who can reach his toes receives a score of 15. One who reaches 7 cm past his toes receives a score of 22.

### NORMS:

- OSTYN, M. (et al.), (1980a).
- OSTYN, M. (et al.), (1975).
- BOVEND'EERDT, J.; H. KEMPER & R. VERSCHUUR (1980).
- FARALLY, M.; J. WATKINS & B.H. EWING (1981)
- NUPPONEN, H.; R. TELAMA & V.M. TOYLI (1981).
- BOA DE JESUS, J.M. (1981).

### NOTE:

The variation in scale on the top of the box must be considered when comparing the norms of these different studies.

# 4TH TEST: STANDING BROAD JUMP (SBJ)



## DIRECTIVES FOR THE TEST LEADER:

- Horizontal lines are drawn on the landing-mat 10 cm apart, parallel to the take-off line.
- A tape-measure can be taped perpendicularly to these lines in order to get an accurate measurement.
- The tester stands at the side and records the distance jumped for each attempt.
- The distance is measured from the front edge of the take-off line to the point where the back of the heels make contact with the surface. If the position of the heels differs, the distance between the take-off line and the nearest heel is taken as the score.
- If the subject falls backwards or touches the mat with any part of the body, another attempt should be allowed.

## SCORE:

The better result of the two attempts is taken as the score. The result is given in cm.

For example: a subject who jumps 1m 56 cm receives a score of 156.

## FACTOR: EXPLOSIVE STRENGTH

### MATERIAL:

- Nonslip hard surface, preferably two judo or gym mats (set lengthwise next to each other).
- Chalk.
- A tape-measure.

### INSTRUCTIONS FOR THE SUBJECT:

"Stand behind the take-off line with your feet together, toes just behind the line. Bend your knees and swing both arms backwards. Push off vigorously and jump forward as far as possible. Try to land with your feet together without falling backwards. The test is done twice and the better record is counted."

### NOTE:

The jump has to be performed with the take-off and landing mats at the same level.

### NORMS:

- OSTYN, M. (et al.) (1975).
- HEBBELINCK, M. & J. BORMS (1969, 1973).
- BAR, C. & S. SZCZESNY (1981).
- FARRALLY, M.; J. WATKINS & B.M. EWING (1981).
- NUPPONEN, H.; R. TELAMA & V.M. TOYLI (1981).
- BOA DE JESUS, J.M. (1981).
- EFGS (1981).

# 5TH TEST: ARM PULL (ARP)



## DIRECTIVES FOR THE TEST LEADER:

- The tester places himself in front of the subject and adjusts the chain so that the hand grip lies in the plane of the elbow pit of the supporting arm. The arm not being tested (right/left) grips the vertical support (right/left) at shoulder height.
- The subject should pull not only with the arm muscles, but more importantly with the back muscles as well.
- Check that the subject takes a steady position with feet spread out.
- Before the test is taken, the tester must make sure that the dynamometer is set at zero and that the snap-link and chain are well secured.
- After a short rest a second attempt is made.
- The indicator needle is not returned to zero after the first attempt. So the tester has only to check if the second attempt is better than the first.

## FACTOR: STATIC STRENGTH

### MATERIAL:

A calibrated dynamometer (Bettendorf type) is fixed to a vertical support (e.g. at a wall bar or a vertical pole) by means of a chain and a snaplink. Both the height and the length of the pulling device must be adjustable. The chain is fixed so that the hand grip of the dynamometer with a removable back piece can be adjusted in the plane of the elbow pit of the supporting arm (see figure). An indicator needle on the scale of the dynamometer indicates the maximum result. Two additional supporting grips are provided on the right and left side of the vertical support. These are used to stabilise the arm not being tested (non-preferred arm).

### INSTRUCTIONS FOR THE SUBJECT:

"Stand sideways with your feet spread out apart. While you support yourself against the board with your arm stretched horizontally, take the hand grip with your preferred arm. Pull as hard as possible, as if you were bending a bow. Do not jerk the chain."

### SCORE:

The better result of the two attempts is taken as the score. The result is read to the nearest 0,5 kg.

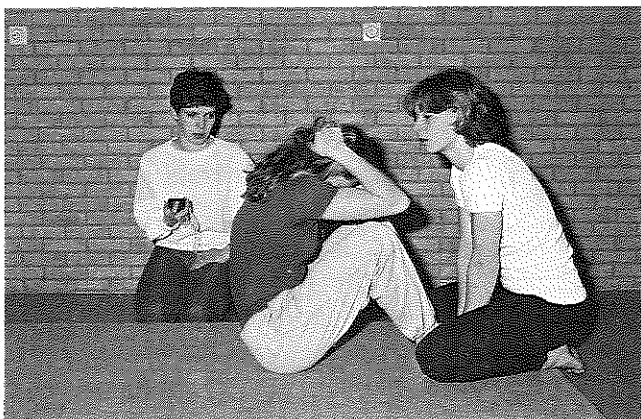
For example: a result of 35,5 kg receives a score of 355.

### NORMS:

- OSTYN, M. (et al.) (1980a).
- BOVEND'EERDT, J.; H. KEMPER & R. VERSCHUUR (1980).



# 6TH TEST: SIT-UP (SUP)



## DIRECTIVES FOR THE TEST LEADER:

- The tester kneels at the side of the subject, checking for the correct starting position.
- The ankles of the subject are held by an assistant. With the help of his body weight the assistant fixes the heels to the mat at all times.
- After the instructions are given and before the test begins, the subject should execute the entire movement once, to make sure that he has understood the instructions.
- The stop-watch is started at the signal "Ready... Start!" and is stopped after 30 sec.
- The tester counts aloud each time a complete, correct sit-up is performed. One complete sit-up includes the curling up of the trunk until the sitting position is reached, elbows touching the knees, and the return to the mat with the shoulders touching the mat. No counting means that the sit-up was not performed correctly.
- During the performance the tester corrects the subject if he does not touch his knees with his elbows or does not touch the mat with his shoulders when returning to the starting position.

## FACTOR: TRUNK STRENGTH

### MATERIAL:

- 2 mats (set lengthwise next to each other).
- Stop-watch.
- Assistant.

### INSTRUCTIONS FOR THE SUBJECT:

"Lie down on your back with your hands clasped behind your neck, knees bent (90 degrees) and heels flat on the mat. Your elbows must come forward as you curl up, finally touching your knees. You may try one sit-up before the beginning of the test. Be sure that your hands are kept clasped at the back of your neck during the movement. The return to your starting position must be just long enough for your shoulders to touch the mat! When I say "Ready... Start" repeat this action as rapidly as you can during 30 seconds. Continue these movements until I say "Stop!". You only have to perform this test once."

### SCORE:

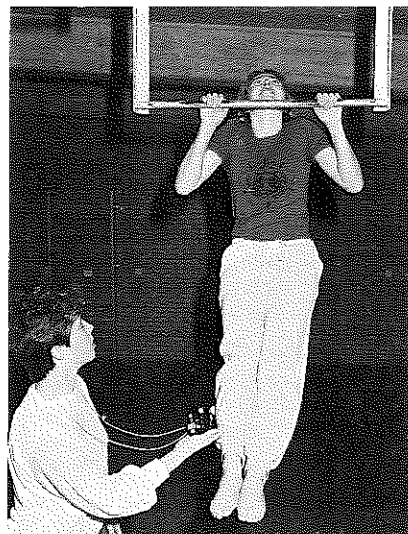
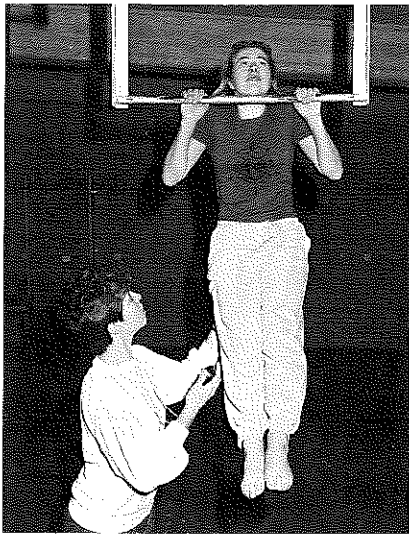
The total number of correctly performed and fully completed sit-ups within 30 seconds is taken as the score.

For example: 15 correct performances receive a score of 15.

### NORMS:

- OSTYN, M. (et al.) (1975).
- HEBBELINCK, M. & J. BORMS (1969).
- NUPPONEN, H.; R. TELAMA & V.M. TOYLI (1981).
- BOA DE JESUS, J.M. (1981).

# 7TH TEST: BENT ARM HANG (BAH)



## FACTOR: FUNCTIONAL STRENGTH

### MATERIAL:

- A horizontal bar with a diameter of 2,5 cm set about 190 cm above the ground.
- Stop watch.

### INSTRUCTIONS FOR THE SUBJECT:

"Stand under the bar and place your hands on the bar at shoulder width in a forward grip. Lift yourself up until your chin is higher than the bar. Hold this position as long as possible without resting your chin on the bar. The test finishes when your eyes are lower than the bar.

### DIRECTIVES FOR THE TEST LEADER:

- Let the subject stand under the bar with hands in a forward grip on the bar at shoulder width. Be careful: most subjects place their hands too far apart.
- The height of the bar may be adjusted to the mean reaching height of the test group.
- Holding the stop-watch ready in your hand, take the subject by the hips and lift him into the correct position.
- The watch is started the moment the subject's chin is above the bar and the tester lets him go.

- Swinging movements of the subject should be stopped by the tester. The tester encourages the subject.
- The watch is stopped when the subject cannot hold the required position any longer as described above (eyes below the bar).
- No time indications one given to the subject during the test.

### SCORE:

The time in tenths of a second is taken as the score.

For example: - a time of 17,4 sec receives a score of 174.

- a time of 1 min. 03,5 sec receives a score of 635.

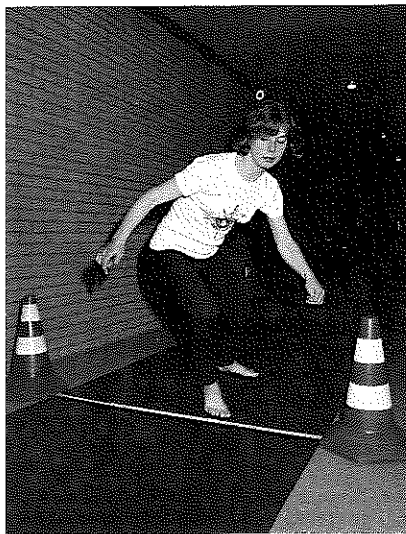
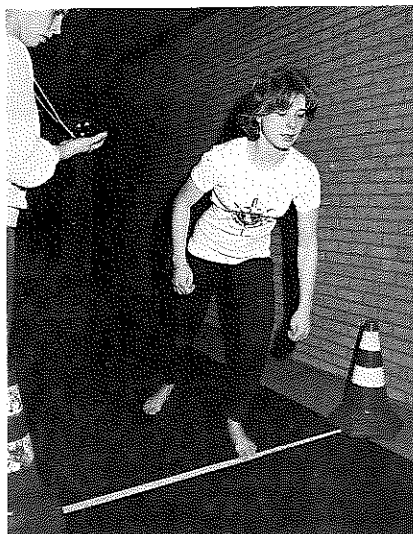
### NOTE:

In the studies by Boa de Jesus, Nupponen and EFGS, lowering the chin below the bar determined when the watch was stopped.

### NORMS:

- OSTYN, M. (et al.) (1980a).
- BOVEND'EERDT, J.; H. KEMPER & R. VERSCHUUR (1980).
- BOA DE JESUS, J.M. (181).
- EFGS (1981).
- NUPPONEN, H.; R. TELAMA & V.M. TOYLI (1981).
- OSTYN, M. (et al.) (1975).

# 8TH TEST: SHUTTLE RUN, 50 METER (SHR)



## FACTOR: RUNNING SPEED

### MATERIAL:

- Slip-proof floor
- Stop-watch
- Measuring-tape
- Chalk or white tape
- Traffic cones

### INSTRUCTIONS FOR THE SUBJECT:

"Get in a starting position behind the line. One foot should be just behind the line. When the start is given, run as quickly as possible to the other line and cross over it with both feet. Turn around as quickly as possible and return to the starting line and cross over that with both feet. This is one cycle which must be completed five times. On the fifth run, do not slow down when coming to the finish but continue running. This test is done once."

### DIRECTIVES FOR THE TEST LEADER:

- Two parallel lines are drawn on the floor (with chalk or tape) 5-m apart.
- The line is 120 cm long and the end of each line is marked with cones (Indian clubs, blocks, etc.).

- The tester should make sure that both the subject's feet cross over the line, that he/she remains in the required path and that the turns are made as quickly as possible.
- After each cycle, the number of cycles completed is called out aloud.
- The watch is stopped when the subject crosses the finishing line with one foot.
- The subject should not slip or slide during the test, so a slip-proof floor surface is necessary.

### SCORE:

The time needed to complete five cycles is taken as the score and written in tenths of a second.

For example: a time of 21,6 sec receives a score of 216.

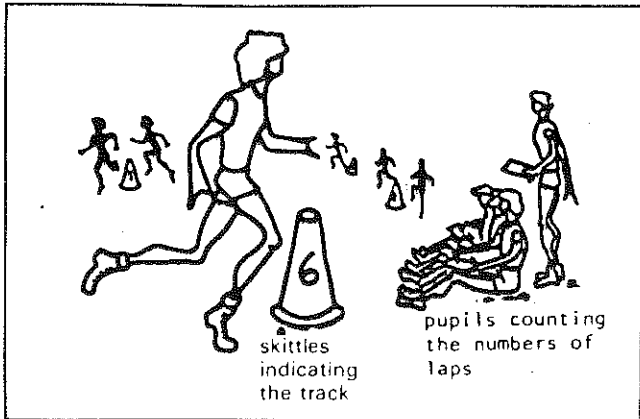
### NORMS:

- OSTYN, M. (et al.) (1980a).



# 9TH TEST: 6-MINUTE RUN TEST

## FACTOR: CARDIO-RESPIRATORY ENDURANCE



### MATERIAL:

- Six traffic skittles (cones) numbered from 1 to 6.
- 50-m rope.
- Stop watch and whistle.

### INSTRUCTIONS FOR THE SUBJECT:

Soon you will perform the 6-minute run test, you should try to run around the circuit as many times as possible in the allotted 6 minutes. First choose a partner. Does everybody have one? While one of you does the test, the other sits by the circuit and marks the number of laps you have completed on your score form. After the first athlete has run, you change places and those who have been scoring do the running and vice-versa.

### INSTRUCTIONS FOR THE SCORERS:

- Check the name of the runner on the score forms.
- On the form you'll see a series of numbers from 1 to 13. Each number corresponds to the number of whole laps the runner completes.
- At the signal to "Go", the runners start, and when they pass the starting line having completed their first lap, you cross out number 1. After each succeeding lap they complete, you cross out the next number, i.e. 2; after the third lap, 3; and so on. I will check the first and the second laps to see if you have crossed out the correct number.
- At the end of precisely 6 minutes, the final whistle will go.
- The runners must immediately run off the circuit and stop.
- On the circuit there are skittles, numbered from 1 to 6, and at the bottom of the form you will find numbers 1-6.
- Cross out on the form the number corresponding to the number of the skittle the pupil was heading for when the final whistle goes (for example, pupil between skittles 1 and 2, cross off 2).

### INSTRUCTIONS FOR THE RUNNERS:

- Whilst practising, most of you will have noticed that the most difficult thing to do is to use one's energy properly during a long-distance run. Try to run at a regular speed and to go as far as possible in six minutes. Don't start too quickly, and don't run at uneven speeds. If you start too quickly and cannot keep it up, reduce your speed.
- If you absolutely have to, you may walk for a short distance, but not more than 25 metres at a time, i.e. the distance between two skittles. Afterwards you have to carry on running. I will blow a whistle at the end of each minute. So you will know how long you still have to run.
- If you have some energy left towards the end, you may start running faster.
- In the last minute, I will blow the whistle every ten seconds. After exactly six minutes I will whistle sharply twice and you then stop immediately.

- Don't move until I have checked that each scorer has crossed the right skittle for you on the score form. I will indicate when you may return to the start.
- Try to do your best.

### INSTRUCTIONS FOR THE TEST LEADER:

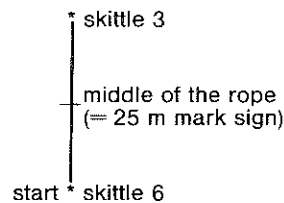
- Provide benches if you can for the scorers to sit on.
- After the first and second laps check if the scorers have crossed out the right numbers.
- Don't let the scorers talk too much.

### CALCULATIONS OF RESULTS:

The result is the distance (in metres) covered in six minutes.

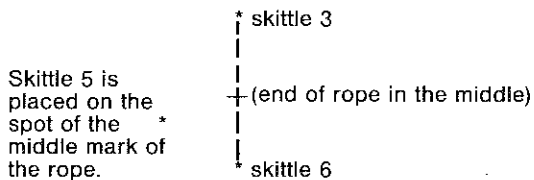
### LAYING OUT THE CIRCUIT:

1. Select a starting point, place skittle number 6 there, insert a peg alongside, attach the 50-m rope, and place skittle number 3 at the other end of its full length. Make a mark in the middle (25 metres).



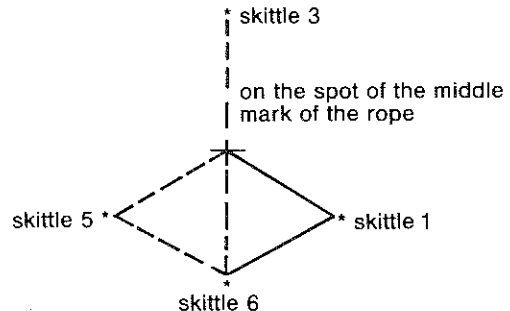
2. Go back to the end of the rope at skittle number 3, and peg it at the middle 25-m mark. Take the mid point of the rope (25-metre mark) and walk to the left of the line connecting skittle 6 to 3, so that both 25-metre parts are fully stretched.

This point is marked by skittle number 5.



3. Then holding the mid point of the rope (25 metre mark), go to the other side (the right) of the line connecting skittle 6 to skittle 3.

When both 25 metre parts are fully stretched, place skittle number 1.



### 6 MIN. ENDURANCE RUN

4. Take the end of the rope at skittle number 6 and peg it at skittle number 3. To place skittles number 4 and 2 repeat the procedures set out in paragraphs two and three, above.

All six skittles should now be in the right position: 25 metres from each other - forming an equilateral hexagon. The circuit is now complete.

## SCORE FORM FOR THE SIX-MINUTE RUN TEST

Name: \_\_\_\_\_

School class: \_\_\_\_\_

Date of birth: \_\_\_\_\_

Sex: \_\_\_\_\_

Date of the test: \_\_\_\_\_

During the six-minute run:

1. Cross out the appropriate number for each lap every time your runner passes the starting point.

Number of laps:

1 2 3 4 5 6 7 8 9 10 11 12 13

2. At the end of the run, encircle the number corresponding to the skittle number which is in front of the runner when he stops.

Skittle number on the circuit: 1 2 3 4 5 6

3. Distance covered = \_\_\_\_\_ meters.

## EUROFIT TEST BATTERY: Reference values

A test battery without reference values is useless for the evaluation of human characteristics. Consequently, reference values should be constructed for a given age and sex, and made available to all those involved in the evaluation process. For the Eurofit physical fitness tests, reference values for a number of tests are already available for several age groups of both sexes.

As an example, the reference values of 19 to 19.5 year-old Belgian adolescents are given for six motor fitness tests (Table 3). (It should be noted that the second choice test, vertical jump, is included as a measurement of explosive strength as an alternative to the standing broad jump recommended as the best measurement of explosive strength in the Eurofit test).

The reference values stem from the Leuven Growth Study of Belgian Boys (Ostyn et al, 1980) in which more than 20 000 boys 12 to 20 years of age were surveyed. A similar study was initiated recently in which some 10 000 girls, 6 to 20 years of age, were investigated. Reference values for Belgian girls will be constructed on the basis of this epidemiological research.

AUTHOR	COUNTRY	AGE GROUP	SEX
Hebbelinck & Borms 1969	Belgium	1-13 years	males
Hebbelinck & Borms 1973	Belgium	6-13	females
Ostyn et al, 1975	Belgium	12-19 years	females & males (provisional reference values)
Ostyn et al, 1980a	Belgium	12-20 years	males
Ostyn et al, (1)	Belgium	6-20 years	females
Nupponen, Telama & Toyli, 1979	Finland	7-16 years	females & males
Adam, Bar & Szezsny 1982	France	8-14 years	females & males
Farrally, Watkins & Ewing, 1980	G.B. (Scotland)	13,15,17 years	males
Bovend'eerd, Kemper & Verschuur, 1980	The Netherlands	12-18 years	females & males
Leyten, Kemper & Verschuur, 1982	The Netherlands	9-11 years	females & males
Boa de Jesus 1982	Portugal	13-17 years	females & males
Ecole fédérale de Gymnastique et de Sport, 1981	Switzerland	14-20 years	females & males

**TABLE 2:** Reference values for a number of tests of the Eurofit test battery for European countries.

(1) The reference values of Belgian girls 6-20 years of age have not been published yet. 1980b in footnotes given in the test description.

In the Leuven Growth Study (Ostyn et al., 1980), the tests are scored on a percentile scale which figures in Table 3. The following percentiles are given: P3, P10, P25, P50, P75, P90, P97. A test score corresponding to a P-value = P75 indicates that 75% of the subjects in the population failed to reach a specific score. e.g. a score of P75 = 46.7 seconds for arm hang means that 75% of the subjects in the population obtained less than 46.7 seconds scores in the bent arm hang test. On a similar chart, as given in Table 3, individual test scores can be plotted to obtain an

individual test profile. Such a profile provides valuable information about the physical fitness of the subject, strong and weak points can be identified, conclusions can be drawn about the overall fitness level and advice can be given for training programmes in accordance with the observed profile. It is also possible to use such profile charts in order to evaluate the fitness level of a group. Group median scores (P50-values) can then be plotted on the chart together with some indication of the inter-individual variation (e.g. minimum and maximum scores).

PERCENTILE SIT AND REACH (CM)	3	10	25	50	75	90	97
	10.2	14.8	19.9	25.3	30.2	34.4	37.9
VERTICAL JUMP (CM)	37.9	41.4	54.4	49.8	54.4	58.7	63.4
ARM PULL (KG)	52.3	59.3	65.7	74.0	82.6	91.5	100.9
LEGLIFTS (20 SEC)	12.7	14.1	15.3	17.0	18.1	19.1	20.4
BENT ARM HANG (SEC)	7.0	13.9	22.5	32.9	46.7	58.0	67.6
SHUTTLE RUN (SEC)	24.7	23.4	22.5	21.2	20.2	19.3	18.6

**TABLE 3:** Reference values for a number of Eurofit tests for Belgian boys aged 19.0 to 19.5 years (Ostyn et al, 1980).

Percentile 3, 10, 25, 50, 75, 90, 97 refers to the respective percentiles.

### Summary and concluding remarks

This article describes the Eurofit test battery for the evaluation of physical fitness. The test construction and the historical roots of the test battery are given together with the test instructions. In addition a list of publications is included with European reference values for a number of tests and an example is given of reference values for Belgian male adolescents aged 19.0 to 19.5 years.

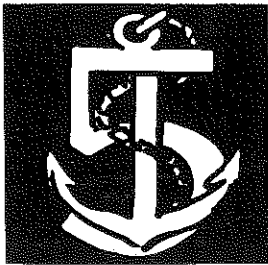
With all the participants at the four European seminars on testing physical fitness and with the Committee for the Development of Sport (CDDS) of the Council of Europe we hope that this test battery will be used throughout European countries and hopefully also in a large number of countries outside Europe. We are convinced that the Eurofit test battery is a valuable tool for evaluating the physical fitness of man. Although we are aware that the Eurofit test battery is not the first attempt made to standardize physical fitness testing (see e.g. Larson, 1974), we hope that it will be successful in permitting future cross-cultural comparisons of physical fitness. Furthermore, we are also aware that as a result of ongoing research, the procedures, measuring techniques and knowledge about the components of physical fitness will change and improve further thus prompting new test batteries in the future. Meanwhile, we hope that the Eurofit test battery will serve its purpose and help all those involved in the assessment of physical fitness as an essential part of the total well-being of man.

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## 26ème SEMAINE DE LA MER 26th SEA-WEEK



Horten Norway 18th–22nd June, 1984

Le Vice-Amiral Nielsen, Commandant naval du district d'Oestlandet, secondé par son état-major et les cadets de l'Ecole Navale d'Officiers, fut chargé de l'organisation et du déroulement de la Semaine de la Mer à Horten, en Norvège, durant le mois de juin 1984.

Depuis 1969, la Semaine de la Mer comprend à la fois un pentathlon naval et de la voile.

Le pentathlon naval comprend:

- un parcours d'obstacles de 300 mètres
- une épreuve de sauvetage
- de la technique navale
- de la natation militaire

Ces différentes épreuves furent organisées à la base navale de Horten.

En voile, les équipages de chaque pays étaient composés d'un barreur et de deux équipiers naviguant sur un bateau en acier «Yngling». Les concurrents changeaient d'embarcation avant chaque course.

Une course olympique fut organisée dans les environs de Horten. Des changements brusques de vent et les courants rendirent les conditions difficiles, tant pour les concurrents que pour le Comité de Course.

A la cérémonie de clôture de la ville de Horten, le représentant du CISM rendit hommage à la nation hôte et aux concurrents en ces termes:

«Le Second Championnat de la Semaine de la Mer de Norvège fut organisé avec dextérité et précision. Rien ne fut négligé pour que tout se déroule parfaitement. Les arrangements pris en faveur des dirigeants et des concurrents furent de premier ordre».

Il y eut d'excellentes possibilités de rencontres et de contacts.

Le CISM fut très honoré que Sa Majesté le Roi Olav V, patron et membre honoraire, ait profité de l'occasion pour inspecter les compétitions.

Je désire également exprimer ma gratitude à la ville de Horten qui, fidèle à ses liens étroits avec la Marine, a apporté tout son soutien dans de nombreux domaines.

La ville réalisa l'importance des bonnes relations entre la population civile et les autorités militaires.

A tous les concurrents: merci pour votre bonne conduite. Vous avez été de vrais sportifs.

La prochaine fois – en Juin 1985 – nous vous rencontrerons à San Diego, U.S.A. J'espère que vous y serez présents et que de nouveaux pays se joindront à nous.

Capitaine (marine) Tage Sjölander

The Naval Commander of the Oestlandet District, Rear Admiral Nielsen, backed by his staff and the Naval Officers' School, was entrusted with the organisation and the conduct of the SEA-WEEK event in Horten, Norway in June 1984.

Since 1969, the Sea-Week event has comprised both Naval Pentathlon and Sailing.

The Naval Pentathlon, consisting in:

- a 300 – metre obstacle race;
- a life-saving race;
- a seamanship race;
- a utility swimming race;

was arranged at the Horten Naval Base.

In sailing, the crew consisted of three members from each nation sailing in a steel-boat „Yngling”. The teams changed boats before each race.

An Olympic course was set up in the sailing area outside Horten. Varying winds and currents made conditions difficult for competitors and race committee alike.

At the closing ceremony in the town of Horten, the CISM representative congratulated the host nation and competitors in the following terms:

“Norway's second Sea-Week championship was orchestrated with skill and accuracy, with no effort being spared to make things run smoothly. The arrangements for leaders and competitors were first class.

CISM was extremely honoured that His Majesty King Olav Vth, as a patron and honorary member, took advantage of the opportunity to inspect the competitions.

There were excellent possibilities for contacts to be made.

I also wish to express my gratitude to the city of Horten which, with its long-standing tradition in dealing with the Navy, gave its full support in so many ways.

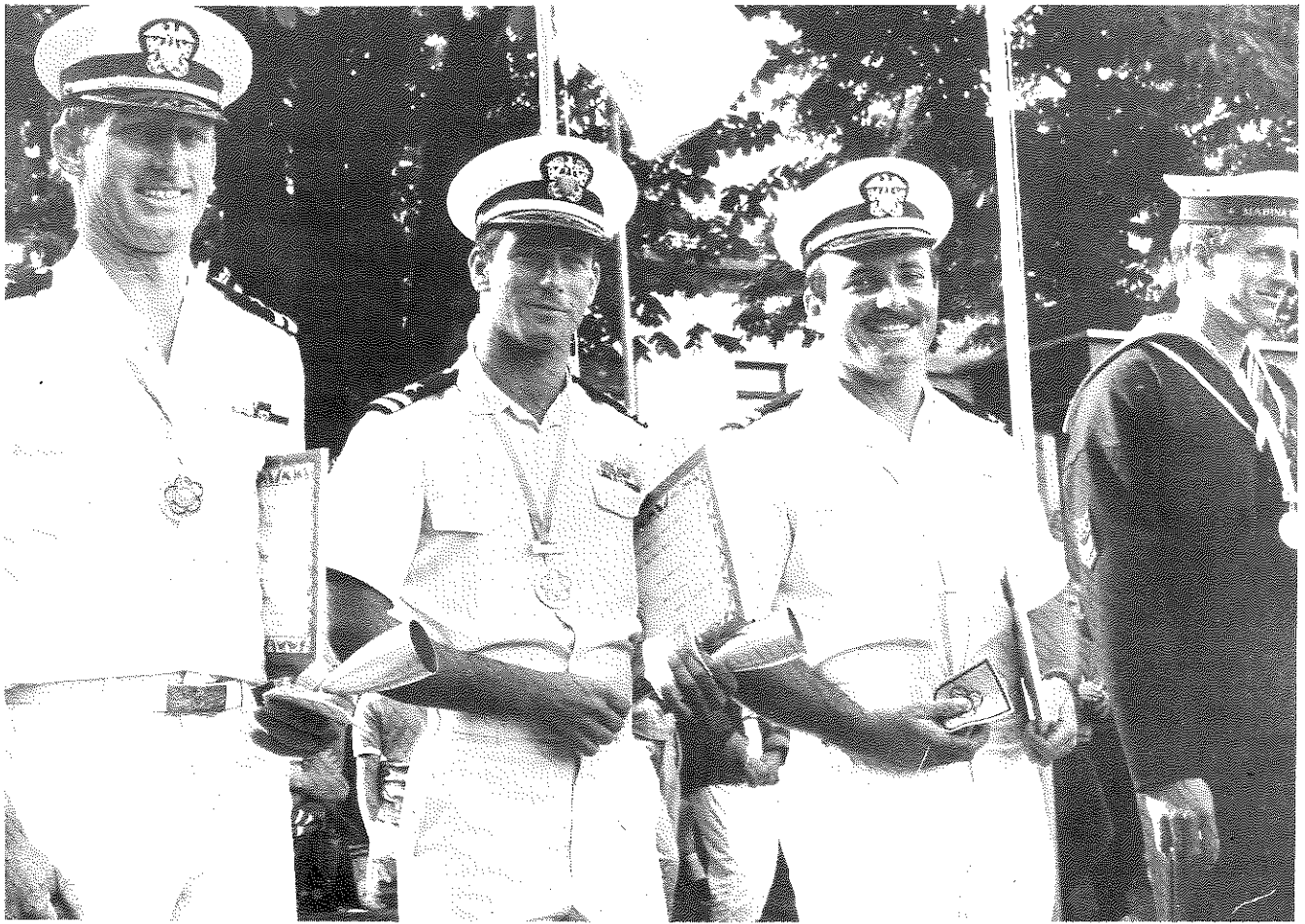
The city realised the importance of good relations between the civilian population and Military authorities.

The competitions were of high quality. I am impressed that the younger countries in Naval Pentathlon have made good progress after such a short period.

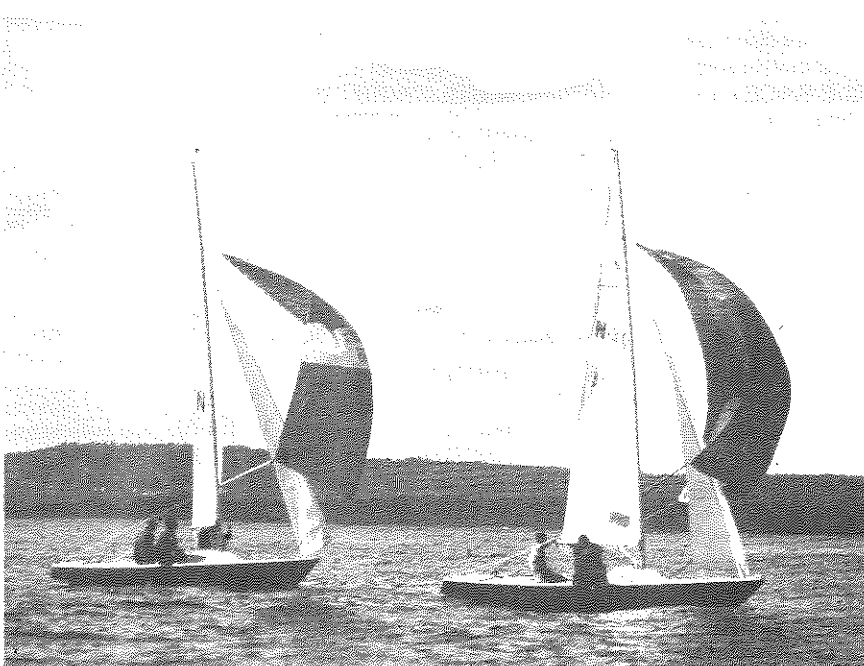
To all competitors: thank you for your good behaviour. You have been good sportsmen.

Next time – in June 1985 – we shall meet in San Diego, U.S.A.. I hope that you will be back then and that some new countries will join us.”

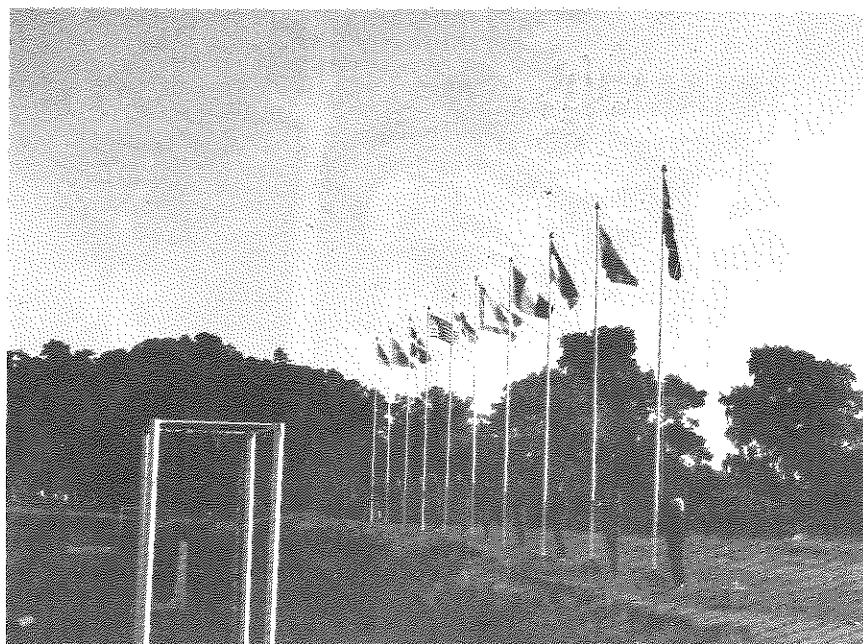
Navy Captain Tage Sjölander



Les champions de voile (USA) Lt Cleve, Lt Whitluck, Lt Keiler.  
The champions in sailing (USA) Lt Cleve, Lt Whitluck, Lt Keiler.



Le championnat de voile.  
The sailing championship.



La cérémonie d'ouverture.  
The opening ceremony.

26ème SEMAINE DE LA MER,	NORVÈGE, HORTEN	du 18 au 22 JUIN 1984
<b>Pays participants:</b>	9 – Norvège, R.F. d'Allemagne, Brésil, Danemark, Etats-Unis, Finlande, Italie, Pays-Bas, Suède.	
<b>Représentant officiel du CISM et Président du C.T.P.:</b>	le Capitaine RSN Tage Sjölander (Suède)	

## RESULTATS D'ENSEMBLE

### 1. PENTATHLON NAVAL

#### Classement individuel

1. HERMANDSEN	(NOR)	6.006 pts
2. HARPER	(USA)	5.983 pts
3. PEDERSEN	(NOR)	5.959 pts

#### Classement par équipe

1. Norvège	17.823 pts
2. Etats-Unis	17.577 pts
3. Brésil	17.530 pts

## RESULTATS PAR DISCIPLINE

### 1. PARCOURS D'OBSTACLES – OBSTACLE RACE

#### Classement individuel

1. HARPER	(USA)	1.172 pts
2. HERMANDSEN	(NOR)	1.164 pts
3. KVAERNES GJOVIK	(NOR)	1.155. pts

### 4. NATATION UTILITAIRE – UTILITY SWIMMING RACE

#### Classement individuel

1. KOLDERUD	(SWE)	1.259 pts
2. ASCHMONEIT	(RFA)	1.249 pts
3. WOYTONICZ	(FRA)	1.247 pts

### 2. SAUVETAGE – LIFESAVING RACE

#### Classement individuel

1. KERNAN	(USA)	1.180 pts
2. RAACH	(RFA)	1.178 pts
3. JANILSON	(BRA)	1.168 pts

### 5. CROSS AMPHIBIE – AMPHIBIOUS CROSS-COUNTRY

#### Classement individuel

1. HARPER	(USA)	1.120 pts
2. ASCHMONEIT	(RFA)	1.204 pts
3. HERMANDSEN	(NOR)	1.196 pts

### 3. TECHNIQUE NAVALE – SEAMANSHIP RACE

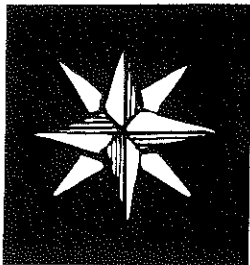
#### Classement individuel

1. HERMANDSEN	(NOR)	1.274 pts
2. HARPER	(USA)	1.252 pts
3. JANILSON	(BRA)	1.248 pts

### 6. VOILE – SAILING

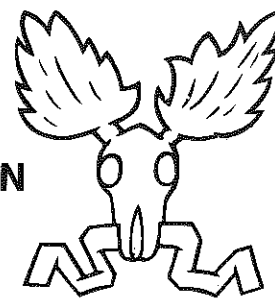
1. Etats-Unis	17.4 pts
2. Italie	27.7 pts
3. Danemark	41.0 pts





## 18ème CHAMPIONNAT CISM D'ORIENTATION 18th CISM ORIENTEERING CHAMPIONSHIP

LAHTI – FINLAND 23–29 July 1984



L'inauguration du 18ème Championnat d'Orientation du CISM a eu lieu à Lahti, dont le centre multi-sports très bien équipé, a déjà accueilli de nombreux championnats de sports d'hiver. Plusieurs centaines de spectateurs regardèrent la parade des meilleurs spécialistes mondiaux militaires en orientation et assistèrent à la joyeuse cérémonie d'inauguration.

Le Ministre de la Défense Nationale, Monsieur Veikko Pihlajamäki et le Lt-Général Raimo Viita, responsable de l'entraînement, accompagnés par les attachés militaires des pays participants et les hauts responsables de la ville de Lahti honorèrent l'évènement de leur présence.

La cérémonie d'ouverture très réussie comprenait, entre autres, une présentation des activités de l'Ecole des Sports dont le programme se clôtura par un impressionnant saut à ski réalisé par le soldat Matti Nykänen, champion olympique et champion du monde. Le jeune champion olympique, qui termine son service militaire à l'Ecole des Sports, fut immédiatement entouré par un groupe de curieux. Les représentants des Jeux d'Hiver et d'Été se congratulèrent et l'air se remplit de l'espoir qui précède les grands évènements sportifs.

### **Une compétition de haut niveau sur un terrain exigeant:**

Le Championnat d'Orientation comprend une compétition individuelle, dont les résultats sont comptabilisés par équipe, et un relais.

Durant la cérémonie d'ouverture, le Major-Général Keijo Tuominen, responsable du Championnat, déclara que «la technique d'orientation a toujours fait partie des vertus de base du soldat». Les concurrents comprirent mieux le sens de ces mots quand ils s'enfoncèrent dans les profondeurs sauvages de Finlande.

Bien que les différences de temps entre les meilleurs et les plus malchanceux se comptaient en heures, tous les sportifs présents firent preuve de rigueur et de force de caractère. Munis d'une carte et d'un compas, les concurrents franchirent les collines et les rochers, longèrent le bord des lacs, et traversèrent les buissons épais tandis qu'ils allaient d'un contrôle à l'autre. Une erreur de dix mètres dans toute direction signifie qu'un contrôle passe inaperçu. En dépit de ce terrain étranger et des conditions exigeantes, pratiquement tous les concurrents franchirent la ligne d'arrivée. – Un excellent résultat.

### **Les Finlandais demeurent invincibles sur leur propre terrain:**

La compétition individuelle fut surtout une lutte entre deux Finlandais: le sous-lieutenant Heikki Peltola et le sous-officier Mikko Kanniainen. Le sous-Lieutenant Peltola remporta son deuxième championnat du CISM. Sa victoire fut cependant très étroite. Une défaite de sept secondes dans la première manche se transforma, grâce à une fin de course remarquable, en une victoire de 2 secondes dans la seconde manche. Les Finnois portent de grands espoirs en Peltola qu'ils espèrent voir devenir un des meilleurs spécialistes militaires d'orientation dans les prochaines années.

Deuxièmes derrière leurs hôtes, les Norvégiens s'adaptèrent très bien aux difficultés et au profil du terrain de Lahti. Le Lieutenant Nils Heastad parvint à défendre avec succès la médaille

Par le Chef de la Délégation Finlandaise  
By the Chief of the Finnish Delegation

Lahti, a town that has hosted many winter sports championships, with its modern and multi-purpose sports center, was the scene of the opening ceremony of the 18th CISM Orienteering Championship. Several hundred spectators witnessed the parade of the best military orienteers in the world and the festive opening ceremony.

The Minister of Defence, Mr. Veikko Pihlajamäki and the Defence Forces Chief of Training, LtGen Raimo Viita accompanied by military attaches of the participating countries and leading personalities of the town of Lahti and Finnish orienteering honoured the occasion with their presence.

The brief and festive opening ceremony included, amongst others a presentation on the activity of the Sports School and the programme was terminated by an impressive ski-jump performed by Private Matti Nykänen, the Olympic Winner and World Champion. The young Olympic Winner who is completing conscript service at the Sports School was immediately surrounded by a group of curious orienteers. Representatives of summer and winter sports shook hands and the air at the stadium was soon filled with the expectations of a great sports event.

### **A competition of high standards in demanding terrain**

Included in the Orienteering Championship is an individual competition, of which team results also are counted, and a relay event.

MajGen Keijo Tuominen, the patron of the championship, said at the opening of the championship, that "The skill of orienteering has always belonged to the basic virtues of a soldier". When vanishing deep into Finnish wilderness, the competitors soon understood the meaning of these words.

Although the differences between the best and more unlucky competitors could be counted in hours, all military sportsmen present showed excellent stamina and perseverance of character. By using map and compass, the orienteers passed rocks and hills, went along coasts of blue lakes and through thick bushes as they moved from one control point to another. An error of ten meters in any direction meant that the control remained unnoticed. In spite of unknown terrain and the demanding trails, almost 100 per cent of the competitors reached the finishing line – An excellent achievement!

### **The Finns invincible in their own territory**

The individual competition was mainly a struggle between two Finns, SrLt Heikki Peltola and MWO Mikko Kanniainen. SrLt Peltola conquered his second CISM championship. His victory was, however, very narrow. The defeat of 7 secs in the first competition turned, thanks to a hard finish, into a victory of 2 secs in the second competition. The Finns, who in military orienteering have been put at a disadvantage because of the generation change, expect that Peltola will be among the world's most successful military orienteers in the future.

Second to the hosts, the Norwegians were most successful in familiarizing themselves with the difficult and fine-profiled ter-



Le sauna et la natation ont remis d'aplomb les chefs de missions et les organisateurs.  
 After the competition the Chiefs of Missions and the Organisation staff recover with sauna and swimming.

d'argent qu'il gagna au Brésil l'année précédente. Titulaire à Lahti de la médaille de bronze en course individuelle, d'argent en compétition de groupe et d'argent en relais cet exceptionnel militaire norvégien obtint ainsi trois nouvelles médailles qui s'ajoutèrent à sa liste de distinctions.

Basées sur les résultats de la course individuelle, les courses de relais furent attendues avec intérêt. Le vainqueur de la compétition par équipes gagne rarement le relais pour lequel beaucoup de calme est nécessaire. Bien que les résultats finnois aient été uniformes en course individuelle, on s'attendait à un résultat surprise en relais.

L'équipe de relais finnoise, composée du sous-Lieutenant Peltola, du sous-officier Kanninen et du Sergent Mattinen (précédent vainqueur dans la jungle brésilienne en 1983) réussit à renouveler ses exploits de manière convaincante sur son propre terrain. Peltola commença le dernier tour avec une avance de deux minutes et sa victoire ne fut jamais menacée.

D'excellentes performances individuelles, comme celle du Français Etienne Bousser, furent admirées.

Traditionnellement, les meilleurs pays en orientation aperçoivent les talons du vainqueur durant le début de la compétition. Les chefs de groupe montrèrent tous une ferme détermination de vaincre dans leur propre spécialité. La victoire du Capitaine Salim d'Oman en lecture de carte nous promet des courses passionnantes sur un front de plus en plus vaste.

La compétition se termina à la manière finnoise, dans un sauna, où tout le monde souhaita bonne chance au Capitaine Salim qui désire inscrire l'orientation au programme des Forces Armées dans les pays arabes.

rain of Lahti area. Lt Nils Haestad from Norway succeeded in defending the silver medal he won in Brazil a year ago. In Lahti the bronze medal in the individual race, the silver in team competition, and silver in relay were added to the list of merits of this straightforward military sportsman from Norway.

Based on the results in the individual race, the competitions in relay were awaited with suspense. The winner in the team competition rarely succeeds in this one in which plenty of nerve is needed, and though the achievement of the Finnish team was uniform in the individual race, the belief in a surprise result was strong in relay.

The relay team consisting of SrLt Peltola, MWO Kanninen and Sgt Mattinen, which in the previous year had won in the Brazilian jungle was, however, able to renew convincingly its relay championship in home terrain. Peltola started the last round with a lead of 2 minutes and the victory was not challenged at any stage.

Excellent individual performances could be seen in relay, e.g. Etienne Bousser of France in the 1st round. Traditionally strong countries in orienteering had the opportunity of examining the challengers' heels in the early part of the competition. The team leaders showed the same kind of will to try and fight in their own field competition. The victory of Capt Salim from Oman in map reading gives us reason to expect thrilling races on a more and more wide front. The competition between the leaders ended, in the natural Finnish way, in the sauna, in whose heat Capt Salim was wished the best of success in his effort to establish orienteering in the Armed Forces of the Arab nations.

### **L'Orientation se développe et s'étend au sein du CISM:**

Traditionnellement, les pays nordiques (Norvège, Suède et Finlande) et la Suisse alpine constituent leur propre groupe dans les compétitions d'orientation du CISM.

Le Capitaine Heinz Tschudin, Président du Comité Technique Permanent, estime que le développement de l'orientation militaire est très positif. Un entraînement actif et de la propagande pour ce sport ont donné des résultats. L'expansion de l'orientation fut surtout remarquée dans la compétition par équipe et dans le relais où la compétition entre pays était équilibrée.

Les soldats brésiliens qui n'ont commencé l'orientation qu'il y a quelques années ont fait preuve d'une technique et d'une condition physique remarquables. Soutenus par des associations civiles d'orientation, les connaissances apportées par l'Académie du CISM et d'autres pays membres portent leurs fruits au Brésil et graduellement dans toute l'Amérique latine. La conquête d'un nouveau continent peut être vue comme un signe encourageant dans la grande famille de l'orientation du CISM. Le travail de pionnier et les programmes d'entraînement sportif du CISM ont donc également porté leurs fruits dans cette discipline.

Le développement d'une coopération entre l'Académie et les comités techniques permanents a prouvé que c'était le bon moyen de promouvoir le côté technique des sports au CISM.

La question centrale durant la réunion du CTP était de savoir s'il fallait inclure une journée d'Etude durant le programme de courses. En effet, le programme chargé et la concentration des courses sont tels que les participants manquent quelque peu de temps pour s'entraîner dans chaque sport et pour échanger des idées sur l'enseignement.

### **Le CISM a bonne réputation**

Le 18ème Championnat d'Orientation fut une excellente occasion de promouvoir les relations publiques du CISM. La presse finnoise, malgré l'approche des Jeux Olympiques, fut très intéressée par les exploits de haut niveau atteints par les sportifs militaires.

Le Lt-Colonel Joao Gonçalves Soares du Brésil, qui était le représentant officiel du CISM, expliqua d'une manière imagée et personnelle les activités du CISM aux très nombreux reporters.

Malgré des ressources limitées, les organisateurs, le Bataillon Håme de Cavalerie et l'Ecole des Sports parvinrent à offrir aux concurrents une compétition de haut niveau technique.

Le club féminin associé, le Lahti Ski club, apporta une aide considérable pour améliorer le confort des invités. Cette fois les femmes ne participèrent pas à l'épreuve d'orientation mais elles seront certainement là en France l'année prochaine.

Les nombreux cadeaux donnés en souvenir rappelleront longtemps au Président du Comité Organisateur, au Lt-Colonel Harri Virtapohja et au Directeur Technique, le Major Juhani Nuorola les invités qui participèrent au 18ème Championnat CISM d'orientation.

L'amitié à travers le Sport – se réalisait à nouveau.

Kauko Palvalin

### **CISM orienteering develops and expands**

The Nordic countries Norway, Sweden and Finland as well as alpine Switzerland traditionally form a group of their own in CISM orienteering. According to Capt Heinz Tschudin, Chairman of the Permanent Technical Committee, the development in military orienteering is very positive. The active training and propaganda for this sport have given results. The expansion of orienteering was seen, in particular in the team competition and the relay race, in which the competition between the countries was even.

The soldiers from Brazil who without prejudice have only been interested in orienteering for a few years, showed surprisingly high technical skill and physical condition. Supported also by civilian orienteering federations, the know-how given in cooperation by the CISM Academy and many member countries is bearing fruit in Brazil and gradually in the whole of South America. The conquest of a new continent can be seen as an encouraging and inspiring sign in the CISM orienteering family. The pioneer development and training work given by CISM in sports has yielded results, and now they can be seen in orienteering.

The development of the cooperation between the Academy and the permanent technical committees has proved to be the right way to promote the technical side of sports in CISM.

One central question in the PTC meeting was the inclusion of the Study day in the race programme. The tight programme and the concentration in the competitions are such that already they do not leave sufficient time for training in each sport and for exchanging experience of coaching.

### **CISM has a good reputation**

The 18th Orienteering Championship was an excellent opportunity to promote CISM public relations, and the Finnish press, in spite of the approaching Olympic Games, was interested in the achievements of the high standard reached by the military sportsmen.

LtCol Joao Gonçalves Soares from Brazil, who was the official representative of CISM, in his colourful and personal way, reported on the activity of CISM for numerous news reporters. In spite of the limited organisation resources, the arranger, Håme Cavalry Battalion and its Sports School, managed to offer the orienteers a competition of high technical standards. The attaché club, formed by ladies, of Lahti Ski club gave enormous help to increase the comfort of the guests. This time female military orienteers were missing from the races themselves, but equally will, no doubt, be reality in France next year.

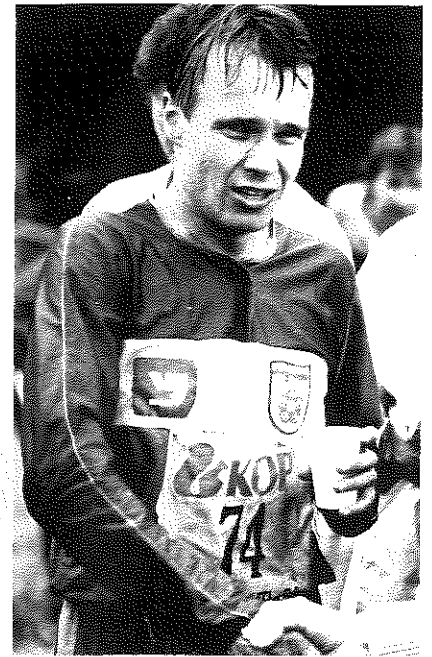
Through the many presents given as mementos, the Chairman of the Organizing Committee, LtCol Harri Virtapohja and the Technical Leader, Maj Juhani Nuorola will long cherish the pleasant memories of their guests who participated in the 18th CISM Orienteering Championship.

Friendship through Sport – was again realized.

Kauko Palvalin



Caporal J.C. DE CARVALHO, le Brésil en plein action.  
 Corporal JOSE C. DE CARVALHO, Brazil in full speed.



Le champion CISM, Lt HEIKKI PELTOLA (Finlande).  
 CISM Champion Lt HEIKKI PELTOLA (Finland).

### 18ème CHAMPIONNAT D'ORIENTATION, FINLANDE, LAHTI – DU 23 AU 29 JUILLET 1984

**Pays participants:** 14 – Finlande, R.F. d'Allemagne, Autriche, Belgique, Brésil, Danemark, Espagne, France, Irlande, Italie, Pays-Bas, Norvège, Suède, Suisse.  
 Observateur: Oman

**Représentant officiel du CISM:** le Lieutenant-Colonel J. Soares (Brésil)

**Président du C.T.P.:** le Capitaine Heinz TSCHUDIN (Suisse)

#### RESULTATS D'ENSEMBLE

##### Classement individuel

1. PELTOLA HEIKKI	(FIN)	2.26'17"
2. KANNIAINEN MIKKO	(USA)	2.26'19"
3. HAESTAD Nils	(NOR)	2.32'46"

##### Classement par équipe

1. Finlande	10.05'13"
2. Norvège	10.43'42"
3. Suède	10.47'25"

#### RESULTATS PAR DISCIPLINE

##### 1. PREMIERE COURSE INDIVIDUELLE – 1st INDIVIDUAL RACE

##### Classement individuel

1. KANNIAINEN MIKKO	(FIN)	1.13'09"
2. PELTOLA HEIKKI	(FIN)	1.13'16"
3. HAESTAD NILS	(NOR)	1.15'11"

##### Classement par équipe

1. Finlande	4.58'58"
2. Norvège	5.17'59"
3. Suède	5.20'55"

##### 2. DEUXIEME COURSE INDIVIDUELLE – 2nd INDIVIDUAL RACE

##### Classement individuel

1. PELTOLA HEIKKI	(FIN)	1.13'01"
2. KANNIAINEN MIKKO	(FIN)	1.13'10"
3. HAESTAD NILS	(NOR)	1.17'35"

##### Classement par équipe

1. Finlande	5.06'15"
2. Norvège	5.25'43"
3. Suède	5.26'30"

##### 3. COURSE DE RELAIS – RELAY RACE

##### Classement par équipe

1. Finlande	2.32'24"
2. Norvège	2.36'00"
3. Suède	2.38'04"

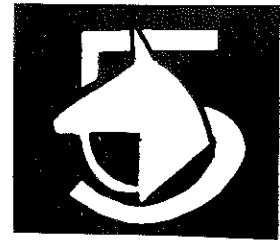
##### 4. POSITION AU CHALLENGE CUP RECTA – RECTA CHALLENGE CUP

1. SAGVOLDEN TORE	(NOR)	45 pts
2. PELTOLA HEIKKI	(FIN)	44 pts
3. OETTLI KASPAR	(SUI)	40 pts



# 19ème CHAMPIONNAT DU C.I.S.M. DE PENTATHLON MODERNE

## 19TH CISM MODERN PENTATHLON CHAMPIONSHIP



**FONTAINEBLEAU – FRANCE DU 10 AU 16 SEPTEMBRE 1984**

by Brigadier General G. Gärdin

Le XIX<sup>e</sup> championnat du Conseil International du Sport Militaire de Pentathlon Moderne s'est déroulé en région parisienne, du 10 au 16 septembre 1984, dans le cadre magnifique de l'Ecole Interarmées des Sports et du Centre Sportif d'Equitation militaire.

Ce championnat était placé sous le patronage de Monsieur Charles HERNU, Ministre de la Défense, représenté à la cérémonie d'ouverture par le Général de Corps d'Armée FENNEBRESQUE, Gouverneur militaire de Paris et Commandant la 1<sup>re</sup> Région militaire, et à la cérémonie de clôture par le Général de Division GRILLOT, Major Général de la 1<sup>re</sup> Région militaire. Ces hautes autorités militaires étaient accompagnées par le Général de Division BRESSON, Commissaire aux Sports Militaires et Chef de la Délégation française au C.I.S.M. et du Général GARDIN (Suède), représentant officiel du C.I.S.M. pour ces championnats.

Au cours de cette semaine, Madame AVICE, Secrétaire d'Etat à la Défense et Monsieur Nelson PAILLOU, Président du Comité National Olympique et Sportif Français, allaient, par leur présence, marquer tout l'intérêt qu'ils portaient aux championnats du C.I.S.M., consacrant ainsi, de manière éclatante, ce moyen unique que constitue le sport militaire pour le rapprochement entre les nations.

Dès le premier jour de compétition le ton fut donné: l'excellente qualité du lot de chevaux proposés aux athlètes, ainsi que le haut niveau technique de ceux-ci, firent de l'épreuve d'équitation un concours très relevé et incertain jusqu'à la fin du 2<sup>e</sup> tour. La République Fédérale d'Allemagne l'emportait, à égalité de points, devant la France.

L'épreuve d'escrime permit aux athlètes malchanceux de la veille de revenir sur les premiers du classement. Ce fut le cas de l'équipe des Etats-Unis qui prit la tête, à l'issue des deux premiers jours.

Le lendemain, ce fut la compétition redoutée entre toutes: le tir. Les meilleurs dans cette discipline ne sont, en effet, jamais à l'abri d'une contre-performance. Mais les Suisses restèrent fidèles à leur réputation en l'emportant par équipe et en prenant, par là-même, la tête du classement provisoire. La France, qui avait quelque peu déçu en escrime, revenait à la 2<sup>e</sup> place.

Dans l'après-midi, 12 longueurs de bassin attendaient les athlètes: c'était la 4<sup>e</sup> épreuve, celle de natation. Verdict implacable, celui du chronomètre qui fut favorable aux Français: ils l'emportaient par équipe et confortaient ainsi leur 2<sup>e</sup> place au classement général.

The 19th CISM Modern Pentathlon Championship took place from 9th to 16th September, 1984 in Fontainebleau, 60 km southeast of Paris.

The championship was arranged in an excellent manner by the French Ecole Interarmées des Sports of Fontainebleau under the responsibility of the Commanding Officer of the 1st Military Region, Général de Corps d'Armée Fennebresque.

Giving the task of organising this event to a physical training school proved to be a guarantee for success. In the magnificent setting of the Fontainebleau forest, the Army school has the necessary infrastructure for fencing, swimming and shooting while the horse riding took place in its military equestrian centre.

Furthermore all these excellent facilities were used in a professional way, with results recorded on a computerised information system and made available 10 minutes after the end of a competition.

In addition at the end of the closing ceremony participating missions received a video cassette containing a 60-minute film of the whole competition from the opening ceremony to the running event.

A well-organised drug control procedure was in force during the event.

The competition reached a high standard. Out of 35 competitors 11 had taken part in the Olympic Games in Los Angeles – 3 from Austria, 2 from Bahrain, 1 from USA, 1 from Finland, 3 from Switzerland (the whole Olympic team) and 1 from France (Paul Four). In Los Angeles the CISM champion Paul Four came in 6th, second man Dean Glenesk was a member of the US silver team and the Swiss team was in 4th place. Among the results, mention can be made of This Schilts, Switzerland, 200p swimming. 200p is maximum score.

The military status of the participants – officials and competitors – can be specified as 17 officers, 15 non-commissioned officers, 22 soldiers and 7 civilian technicians. All categories were represented.

The future of the modern pentathlon seems to be guaranteed for many years on the Olympic programme. The discussion now is focussing on when the ladies will start competing, probably in 1992. This is also very positive for the military development. In Fontainebleau, 9 countries took part; the maximum number so far has been 12. The number will slowly rise – in a couple of years there will surely be 15. The vice-president of UIPMB, Mr Jarrot from France, is conducting some very good work specially in the Middle East and South America. UIPMB progress in those areas means also progress for modern pentathlon in CISM. It should also be noted that three observers were present – from Central Africa, Gabon and the United Arab Emirates.

Enfin, ce fut l'épreuve du dernier jour et de la dernière chance pour certains, capable de bouleverser toutes les données précédentes, le cross-country. Lutter contre cet adversaire invisible qui est le temps qui s'écoule, puiser dans ses ultimes ressources, tel était le programme proposé aux 35 athlètes décidés à se surpasser. Une fois encore, l'équipe des Etats-Unis l'emporta, consolidant ainsi, de manière définitive, sa première place au classement général, devant la Suisse et la France.

Un Français, le sergent-chef FOUR, accédait à la plus haute marche du podium en classement individuel, suivi du S.P.S. GLENESK (U.S.A.) et du F.W. MULLER (R.F.A.), alors que derrière les Etats-Unis la Suisse prenait la seconde place et la France la 3e.

En conclusion, tous furent unanimes pour dire que ce championnat se déroula dans une excellente ambiance, grâce à une organisation remarquable et, surtout, à l'esprit sportif et amical qui anima les participants tout au long de la compétition.



P. FOUR à l'arrivée du Cross-Country  
P. FOUR at the finish



L'hommage du CISM au Monument  
aux Morts de FONTAINEBLEAU

d.g.a.d. Le Général BRESSON, Chef  
de la Délégation Française au CISM;  
Le Général GARDIN Représentant  
Officiel du CISM et M. CERAMY,  
Sénateur-Maire de la ville de Fontai-  
nebleau.



**19ème CHAMPIONNAT DE PENTATHLON MODERNE – FRANCE – FONTAINEBLEAU –  
DU 9 AU 16 SEPTEMBRE 1984**

<b>Pays participants:</b>	9: France, R.F. d'Allemagne, Autriche, Bahrein, Etats-Unis, Finlande, Pays-Bas, Suède, Suisse.
<b>Pays observateurs:</b>	Centrafrique, Emirats Arabes Unis, Gabon.
<b>Représentant officiel du CISM:</b>	le Général de Brigade (c.r.) G. GÄRDIN (Suède).
<b>Président du C.T.P.:</b>	le Général de Brigade R. ZIEGLER (Suisse).

**RESULTATS**

**A. RESULTATS D'ENSEMBLE**

**CLASSEMENT INDIVIDUEL**

1. FOUR P.	(FRA)	5464 pts
2. GLENESK D.	(USA)	5452 pts
3. MULLER S.	(RFA)	5401 pts

**CLASSEMENT PAR EQUIPE**

1. ETATS-UNIS	16027 pts (Glenesk-Burley-Brynestad)
2. SUISSE	16005 pts (Steinmann-Minder-Jung)
3. FRANCE	15874 pts (Four-Choisel-Genard)

**B. RESULTATS PAR DISCIPLINE**

**1. EQUITATION – HORSEMANSHIP**

**CLASSEMENT INDIVIDUEL**

1. JUNG A.	(SUI)	1100 pts
2. DUBIL D.	(FRA)	1100 pts
3. ZIMMER U.	(RFA)	1100 pts

**CLASSEMENT PAR EQUIPE**

1. ALLEMAGNE R.F.	3240 pts (Zimmer-Muller-Gerdes)
2. FRANCE	3240 pts (Dubil-Choisel-Four)
3. BAHREIN	3210 pts (Jasem-Abdulla-Mubarak)

**2. ESCRIME – FENCING**

**CLASSEMENT INDIVIDUEL**

1! MULLER S.	(RFA)	1095 pts
2. FOUR P.	(FRA)	1000 pts
3. GLENESK D.	(USA)	1000 pts

**CLASSEMENT PAR EQUIPE**

1. ETATS-UNIS	2904 pts (Glenesk-Brynestad-Beres)
2. ALLEMAGNE R.F.	2840 pts (Muller-Cichosz-Zimmer)
3. SUISSE	2808 pts (Minder-Steinmann-Schilt)

**3. TIR – SHOOTING**

**CLASSEMENT INDIVIDUEL**

1. SCHILT T.	(SUI)	1132 pts
2. JASEM A.	(BAH)	1066 pts
3. STEINMANN P.	(SUI)	1044 pts

**CLASSEMENT PAR EQUIPE**

1. SUISSE	3176 pts (Schilt-Steinmann-Minder)
2. FRANCE	2912 pts (Four-Genard-Dubil)
3. ALLEMAGNE R.F.	2846 pts (Gerdes-Muller-Cichosz)

**4. NATATION – SWIMMING**

**CLASSEMENT INDIVIDUEL**

1. WOUTERING R.	(HOL)	1368 pts
2. VIDNER P.	(SWE)	1328 pts
3. GENARD B.	(FRA)	1324 pts

**CLASSEMENT PAR EQUIPE**

1. FRANCE	3864 pts (Genard-Dubil-Four)
2. ETATS-UNIS	3816 pts (Brynestad-Glenesk-Burley)
3. SUEDE	3788 pts (Vidner-Norebrink-Rylander)

**5. COURSE – CROSS**

**CLASSEMENT INDIVIDUEL**

1. BURLEY M.	(USA)	1342 pts
2. ZIMMER U.	(RFA)	1255 pts
3. CHOISEL P.	(FRA)	1231 pts

**CLASSEMENT PAR EQUIPE**

1. ETATS-UNIS	3684 pts (Burley-Glenesk-Beres)
2. FRANCE	3492 pts (Choisel-Genard-Four)
3. ALLEMAGNE R.F.	3402 pts (Zimmer-Gerdes-Muller)

A signaler qu'au Tir, Schilt (Suisse) a égalé le record absolu (200 sur 200), score réussi deux fois dans le passé.



L'épreuve d'équitation dans le cadre magnifique du GRAND CARQUET.

The horsemanship in the beautiful GRAND CARQUET.

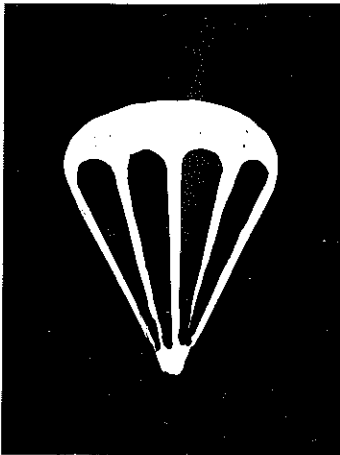
*Jolies ambassadrices*  
*Pretty persuaders*

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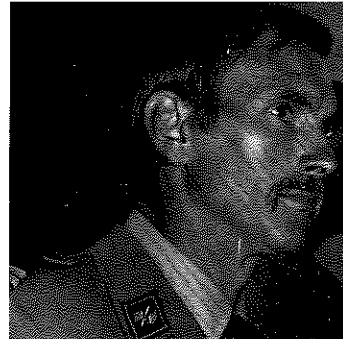




# CONNAISSEZ VOS COMITÉS TECHNIQUES PERMANENTS KNOW YOUR PERMANENT TECHNICAL COMMITTEES



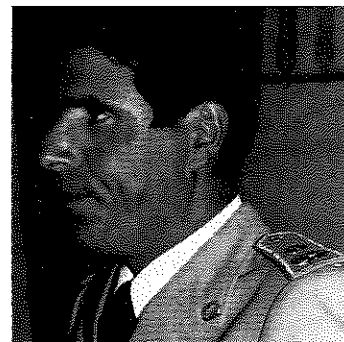
PARACHUTISME  
PARACHUTING



President: Lt-Colonel E. GRÄTZER (SUI)



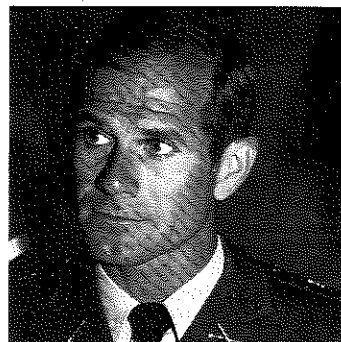
Member: Colonel W. PFLEGERL (AUT)



Member: Lt-Colonel M. ABERCHANE (MAR)



Member: Lt-Colonel C. BERNACHOT (FRA)



Member: Major C. GARWOOD (USA)



Member: Capt. H. SCHLECHT (RFA)



Secrétaire: Capitaine A. OPPIKOFER (SUI)



## CONNAISSEZ VOS CHAMPIONS

## KNOW YOUR CHAMPIONS

Lieutenant SEPPO MÄKINEN (Finlande)

### INTRODUCTION

Le Lieutenant Seppo Mäkinen, de Finlande, est depuis plus de dix ans un des meilleurs spécialistes du tir au pistolet. Il participa à son premier championnat du CISM en 1969, a gagné aujourd'hui 8 championnats individuels et un grand nombre de médailles individuelles et par équipe.

«Je trouve que ce type d'activités est important pour le soldat en temps de paix. Grâce à mes participations aux championnats du CISM depuis plus d'une décennie, je me suis lié d'amitié avec des tireurs militaires de différentes nationalités. Ces contacts sont une manière naturelle de promouvoir une compréhension mutuelle entre des soldats de différents pays».

### Un entraînement de champion

Seppo Mäkinen a 43 ans. Il est marié et sa famille comprend deux futurs tireurs. Ses fils ont 8 et 12 ans.

Seppo Mäkinen est stationné dans le port finlandais situé à l'embouchure de la Baltique. Il tient les championnats du CISM en grande estime:

Mäkinen a su très bien combiner sa vie familiale, professionnelle et le sport. Mäkinen est admiré et respecté de tous pour sa personnalité. De plus, il fait une très belle carrière militaire.

«Je m'entraîne entre 15 et 20 heures par semaine. Je tire environ 20 000 cartouches par an dont 15 000 au pistolet. C'est très absorbant mais rendu possible grâce à la compréhension de mes collègues et supérieurs qui encouragent mon entraînement.

Aujourd'hui, l'entraînement d'un tireur ne se limite pas au stand de tir. La condition physique est très importante dans ce sport. Je skie en hiver et pratique le vélo et le jogging en été.

Le très bon niveau des tireurs au pistolet finlandais me permet de trouver de bons adversaires à domicile. Je désire exprimer ma gratitude au Major (Ing.) Pauli Poutanen qui fut responsable de l'entraînement des tireurs militaires au pistolet. Il est sur le point de quitter ses fonctions d'entraîneur mais l'existence de nouveaux talents a été assurée.

Le tir au pistolet est un sport où l'âge est moins déterminant que dans d'autres sports. Seppo Mäkinen souligne qu'une vie saine lui permet de prolonger sa carrière plus longtemps.

«J'ai prévu de continuer le tir jusqu'à la fin de cette décennie. Mon objectif est d'être sacré dix fois champion du CISM.»

«Deux titres manquent à l'appel. Il y a quelques semaines à Liestal, en Suisse, la chaîne des médailles d'or fut rompue quand j'arrivai second après avoir concédé trois points au vainqueur.»

Seppo Mäkinen a aussi obtenu de très beaux résultats dans les compétitions civiles. En 1978, il gagna la médaille d'or aux Championnats du Monde en tir et la seconde fois fut en 1970 quand il gagna la médaille d'argent.

Seppo Mäkinen a été élu «meilleur militaire finlandais» à deux reprises en 1978 et en 1982. En plus de ses exploits sportifs, son attitude et sa conduite exemplaires ont également contribué à ce choix. La personnalité et la longue expérience de Mäkinen ont un impact sur l'équipe de tir de Finlande et incitent à se surpasser.

### INTRODUCTION

Lieutenant Seppo Mäkinen from Finland has for more than a decade been one of the most reliable pistol shooters. He first participated in a CISM championship in 1969 and to date has won a total of 8 individual championships and a great number of other individual and team medals.

Seppo Mäkinen, who is stationed at the mouth of the Baltic, the important Finnish sea border, holds CISM championships in great esteem:

"I think that this kind of activity for the soldier is important work for peace. Through participation in CISM championships for more than a decade, I have made friends with military shooters from different countries. Contacts are a natural means to promote mutual understanding between the soldiers of different nationalities."

### Champion by training

Seppo Mäkinen is 43 years old. He is married and there are two future shooters in the family. His sons are 8 and 12 years old.

Mäkinen has been admirably successful in combining family, profession and his interest in sport. As a positive personality, Mäkinen is trusted and respected everywhere. Also he has had great success in his military career.

"I train for 15 to 20 hours a week. I shoot on average 20 000 shots a year, of which perhaps 15 000 is with the centre fire pistol. This is, of course, quite a job for me, but my superiors and my colleagues give ample support to my training."

"Nowadays, the training of a shooter does not solely take place with weapon in hand. Even in this sport, physical fitness is important. I myself do skiing in the winter and cycling and jogging are part of my regular programme in the summer."

"The level of pistol shooters is considerably high in Finland, and thus I can find many good opponents in the competitions at home. For this, we owe many thanks to Major (Eng.) Pauli Poutanen who has been responsible for the training of military pistol shooters. Now he is about to leave training duties, but the existence of new talent has been secured".

### Active to the end of the decade

Shooting is a sport in which age is not as decisive as in many other sports. Seppo Mäkinen emphasizes that a healthy way of life makes it possible to continue the career for a longer time.

"I have planned to go on shooting to the end of this decade. It is my objective to achieve ten individual CISM championships".

"Yet two are missing. A few weeks ago in Liestal, Switzerland, alas, the chain of gold medals was broken when I came in second after conceding three points to the winner".

Seppo Mäkinen has also succeeded very well in civilian competitions. In 1978, he won the gold medal in the World Championships in shooting and the second time was in 1970 when he won the silver medal.

Seppo Mäkinen has been elected the best Finnish military sportsman twice, in 1978 and in 1982. In addition to the achievements in sports, his straightforward and exemplary conduct also contributed to the choice. Through his personal characteristics and long experience Mäkinen has an impact on the spirit in the Finnish shooting team and spurs his fellow team members to improve their results.