



Irish Orienteering Association

www.orienteering.ie

Annual General Meeting Sunday June 3rd, 2007 Kilcrohane Community Hall, West Cork

1. Roll-call: see appendix
2. The minutes of the previous AGM were accepted unanimously by the meeting and no matters arose.
3. Apologies were received from the outgoing Controller of Technical Standards (Trina Cleary) and the outgoing Honorary Secretary (Niamh Lalor).
4. The Officer's reports were presented (see appendices). No reports were received from the outgoing Honorary Secretary and the Development Officer (vacant position). The following matters arose during the presentation of these reports:
 - a. It was clarified by the Mapping Officer that Department of Sports grants are available to clubs individually – an application need not necessarily go via the IOA.
 - b. Pat Flanagan of 3ROC is possibly available for mapping projects.
 - c. Fingal are unhappy that their event registration for a local event in September 2007 was rejected because it clashed with a previously registered Irish Park-O championships. The applicable rule was re-stated by the Fixtures Secretary. The incoming Controller of Technical Standards was asked to look at developing a clear definition of an Irish Championship event.
 - d. The Treasurer clarified that the IOA is not yet a limited company, and that there is no urgency to make this change.
 - e. The need to develop a community of teachers involved in Orienteering and to try and train non-orienteeing teachers in Orienteering was discussed by the meeting. Andrew Cox of WATO volunteered to form a steering group to try and make something happen in this area.
 - f. The Communications Officer noted that it is not his function to promote or report on any event run by a club – this responsibility lies with the clubs themselves.
 - g. The Communications Officer said he would look into a suggestion was made by Jean O'Neill (Fingal) to try and get Orienteering included in the *Examiner's* annual sports' calendar, published in January; it was noted that this would be a pointless exercise unless the clubs had fully registered all of their 2008 events well in advance.
 - h. A suggestion was made by the chairman that the NIOA be asked to incorporate the Irish relay championships into the NIOA Relay Championships to be held in Autumn 2007.
Note: it has been subsequently clarified that WATO will hold the Irish Relay Championships as originally planned.
 - i. The chairman noted that many orienteers and clubs are concerned about Coillte's forestry management practices, but that the same time they are unwilling to appoint a Development Officer to the committee.

5. The election of officers proceeded as follows. No positions were contested and all nominees were appointed.

Position	Nominee	Nominated by
Executive Chairperson	Marcus Geoghegan	Ger Power
Mapping Registrar	Marcus Geoghegan	Pat Murphy & Jean Mullen
Honorary Treasurer	John Casey (see notes below)	Marcus Geoghegan & Eoin Dunne
Director of High Performance	Brendan O'Brien	Neil Dobbs
Director of Junior Representative Orienteering	Ruth Lynam	Jean Mullen
Fixtures Secretary	Fergal Buckley	Marcus Geoghegan
Development Officer	none	no nomination received
Communications Officer	Fergal Reid	Fergal Buckley & Andrew Quin
Coaching and Training Officer	Ed Niland	Marcus Geoghegan & Fergal Buckley
Controller of Technical Standards	Harold White	Nigel Campbell-Crawford & Martin Flynn
Administrative Secretary	none	no nomination received

6. The chairman indicated that the committee intended to advertise soon for the paid post of Administrative Assistant to reduce the workload on the Treasurer, Secretary and Junior Representative positions.
7. Mary of Connell of 3ROC will take over as Honorary Treasurer later in 2007. Until that time John Casey will be the official Treasurer and will work with Mary to ensure a smooth transition.
8. The chairman indicated that he would be willing to continue as Mapping Officer until another is found, but asked the clubs to put somebody forward for the position as soon as possible.
9. On behalf of Irish Orienteering the chairman thanked the outgoing Controller of Technical Standards (Trina Cleary, 3ROC) and the outgoing Honorary Secretary (Niamh Lalor, GEN), and welcomed the incoming new committee members, Fergal Reid (DUO) and Harold White (3ROC/LVO).
10. The chairman noted that two positions (Honorary Secretary and Development Officer) are vacant and that other committee members would not be "taking up the slack" on these jobs – they will simply lie vacant until they are filled.
11. O'Brien Watters and Co. were appointed as auditors for the coming year.
12. A motion from the Treasurer to alter clause 5.11 of the IOA's constitution was passed unanimously. The old clause read "5.11 Insurance of the participants and the organisers of orienteering events registered in accordance with the Rules of Orienteering." The new clause reads: "5.11 Insurance of the organisers of orienteering events registered in accordance with the Rules of Orienteering." During the discussion of this amendment it was clarified for the floor that an event must be properly registered before it is covered by insurance.
13. A motion from the Coaching Officer was passed unanimously. The motion read "The Irish Orienteering Association seeks the establishment of a Coach Education Commission, under the International Orienteering Federation Councils Regional Development remit or as a new Support Commission, to promote excellence in Orienteering Coaching worldwide and to encourage the greater development and understanding of our sport worldwide".
14. On behalf of the floor John McCullough of 3ROC thanked the committee for their work during the past year and wished them well for the coming year.
15. Irish Orienteering's annual awards were announced during the presentations that accompanied the AGM, see appendix for details.
16. There was no other business and the meeting adjourned.

A series of six presentations accompanied the AGM, see appendix for details.

IOA Chairman's Report to the 2007 IOA AGM Kilcrohane, July 3rd 2007

I would like to thank my colleagues on the IOA Executive Committee for the tireless work that they do on behalf of Irish Orienteering – often it is not recognised by us just how much work goes into making things happen. Also I would like to thank the many non-executive Orienteers who quietly make a huge contribution to the administration of the sport.

Looking back on the past year and looking forward to the next one area shines out – Irish Orienteering's Junior Squad. Please join me in thanking all of the people who work with the juniors – without you we would not have such a successful, vibrant group of enthusiastic youngsters. I strongly encourage every Irish Orienteer to help our junior squad whenever you find an opportunity, and congratulations to the squad members themselves on their excellent achievements in competition during 2006/2007.

The administrative burden on the IOA committee is too large, especially for the IOA Treasurer. Accordingly the IOA is creating the new paid position of part-time administrative assistant. This job will be advertised soon.

Recently we welcomed a new club to Irish Orienteering – Sligo OC. The north-west is an area that has great potential for the development of the sport in Ireland and I encourage all Irish Orienteers to help them and especially to go to their events. SOC is working closely with their local sport partnership organisation and hopefully this will provide a model as to how we can do this country-wide.

Irish Orienteering is very grateful to Martin Flynn for his work on our website, orienteering.ie; for the development of the event management software, Orienteering Ór; and for his remarkable work on integrating GPS routes into on-the-day results printouts. Any club not yet using Ór is strongly encouraged to use it for all of their events next year.

We ran four Rescue Emergency Care Level-1 courses this year, training about 30 Orienteers in basic emergency First Aid. These courses were very well received and I anticipate that the IOA will run at least one per year in future.

Our thanks go to Nigel Campbell-Crawford for his work on SportIdent over the last four years - under his leadership Sportident is now used in most league events countrywide. SportIdent has now been split into two kits, Northern and Southern, and we are grateful to Fachtna Healy and Brian Power for taking on the job of managing these kits.

In 2006 we ran some social events on Inishbofin Island and are attempting to build on this at the 2007 Shamrock O-Ringen. The objective is to enhance the social aspect of Orienteering and to help share the large pool of knowledge and experience that lies within our community.

I am pleased to welcome a new IOA Communications Officer, Fergal Reid, to a post that has lain vacant for the past year. One way to help Fergal in his job is to register your events early and correctly – this gives a healthy looking calendar that makes our sport look vibrant and lively when it is being promoted.

John McCullough has continued to produce “The Irish Orienteer”, developing it into a very professional colour magazine, and we all look forward to reading many future editions.

The post of IOA Development Officer has been vacant for many years now and no club has put someone forward to fill this position. This is unhealthy for our sport as a very serious area of concern is Coillte's clear-felling policy which is largely due to the simultaneous maturation of many plantations that were developed in the 1960s. Clubs are encouraged to develop close ties with Coillte in their local areas so that at least they are aware of happening. A confrontational attitude will not help our cause - an excellent example of how to work positively with Coillte and other semi-state agencies is the work that is being done by Philip Brennan of Setanta as the IOA's representative to the Dublin Mountains Initiative. I would like to remind Orienteers not to claim, either explicitly or implicitly, that they represent Irish Orienteering when they are dealing with Coillte. You are free to make your representations as an individual or as a representative of your club, but if you want to lobby on behalf of Irish Orienteering please join the committee or ask to be nominated as an official representative by the committee.

Next year I believe we need to focus on continuing to build our junior squad, taking advantage of the many local and national grant and support opportunities that are available and finding positive ways to work with Coillte and other landowning bodies.

Marcus Geoghegan, IOA Chairman
chairperson at orienteering.ie

IOA

AGM 2007

Treasurers Report

Income and Expenditure Account

Overall the IOA has a surplus for 2006 of €4,092 (€11,375). The fall in the surplus represents a move back towards normal levels brought about by a more normal spend on High Performance (High Performance spending increased by €5k as a team was sent to the World Champs in 2006 but no team was sent to the 2005 World Champs).

Income

The main source of the IOA income remains the Irish Sports Council Grant. For 2006 this was €46,183, in 2007 the grant, will be €46,200. The past grants from the ISC have been as follows:

	2007 €'000	2006 €'000	2005 €'000
IOA Grant	46	46	45
Total Grant to NGB's	9,181	7,625	6,290

In 2005 the ISC changed their method of grant allocation – from 2005 onwards the grant includes an amount for carding to be distributed to athletes as decided by the IOA. In the past this function was carried out by the ISC with the IOA just acting as the conduit.

The rental of e-cards and e-card income has increase dramatically over the last number of years. This is due in no small part to the efforts of Nigel Campbell Crawford. Much greater use has been made of the SI equipment and more units were purchased in 2005. This income stream will decrease in the future as more and more people buy their own cards.

The event registration fees jumped dramatically in 2006, this is down to a more effective collection mechanism. These fees are accounted for on a cash basis so when it gets accounted for depends on how efficient clubs are at registering events.

There was no TIO income for 2005 and 2006 as the exec decided to cover in full the costs of TIO printing.

The income from high performance and juniors represents the contributions that the senior and juniors make towards international competitions these amounts should be viewed along with the appropriate item in 'Expenses'. For example

	2006 Seniors	2006 Juniors	2005 Seniors	2005 Juniors
Income to IOA	€0	€4,398	€870	€4,421
Payments by IOA	€9,379	€15,909	€4,433	€13,537
Net funding provided by IOA	€9,379	€11,511	€3,563	€9,116

In 2006 the Irish teams were funded to a total of €20,890, this is in comparison to €12,679 for 2005. The main reason for the increase is that the figures for 2005 were low as no senior team travelled to the World Champs in 2005.

Coaching income has decreased over the year as no courses were run. The figure for 2005 is made up mapping courses organised by Marcus Geoghegan. This amount represents the amount paid by participants on coaching courses and should be viewed alongside the equivalent expense. This will increase significantly in 2007 as First Aid and Controllers courses have already been run and more are planned.

Expenses

Many of the items under expenses have already been addressed above (Carding Scheme, High Performance, TIO, Juniors).

Communication Costs include the cost of the website, infoline, brochure printing and PRO expenses.

The depreciation expense is the writing off of the new SI units that were purchased in 2005 for in excess of €9,000.

The cost of coaching has decreased due to the lack of courses that were run (see income)

2006 mapping costs have increased significantly as €3,150 was spent on acquiring a stock of diapositives. Taking this out and the amount spent on grants to clubs for mapping projects was in line with 2005.

Insurance costs have decreased again in 2006. The market for public liability insurance has become much more competitive in recent years (+ is attracting more media attention) hence premiums have been coming down.

Given the new units purchased in 2005 and an extensive reworking of existing units in 2004 the cost of maintaining and operating the SI system decreased substantially in 2006.

The IOF affiliation fee remains the same as previous years.

Niamh Lalor was co-opted as secretary in Sept 2005 and receives an honarium of €200 per month.

Other admin costs are self explanatory

Balance Sheet

The cash position of the IOA remains strong. A surplus of €4,000 have translated into an increase in cash balances of just over €11,000. The reason for the difference was largely because €3,000 of expenses relates to depreciation of equipment which is not a cash expense. Also the amount owed to Creditors increased by nearly €4,000 – these are expenses in the income statement that were not paid at year end.

All of the amounts owing at year end have been paid and all amounts due to the IOA at year end have been collected.

Fixed assets are represented by the new SI units that were purchased during the year.

The IOA has now a capital surplus of nearly €59,000 which is the enduring legacy of many years of fiscal prudence in the management of the associations affairs.

Irish Orienteering Association
Income and Expenditure Account 31/12/2006

Income		2005€	2005€	2006€	2006€
Irish Sports Council					
Grant	Note 1	35,965		46,183	
Carding Scheme	Note 2	<u>9,933</u>	45,898	<u>0</u>	46,183
Clubs					
Affiliation	Note 3	2,621		2,570	
Event Registration	Note 4	4,736		7,129	
Rental of e-cards		<u>1,245</u>	8,602	<u>1,229</u>	10,928
TIO	Note 5		0		0
Other income					
High Performance	Note 6	870		0	
Juniors	Note 7	4,421		4,398	
Bank Interest		0		0	
Coaching		3,166		0	
Sundry		<u>1,008</u>	9,465	<u>0</u>	4,398
Total Income			63,965		61,509
Expenses					
Carding Scheme	Note 2		9,933		8,750
High Performance	Note 6		4,433		9,379
TIO	Note 5		1,356		810
Depreciation			3,035		3,035
Juniors - training, JWOC, JHI	Note 7		13,537		15,909
Coaching			3,944		40
Mapping			5,485		8,700
SI equipment			750		186
Insurance			5,462		3,927
IOF Affiliation			1,700		1,900
IOC Subsidy			500		500
Federation of Irish Sports			85		85
WRE Subsidy			0		500
Admin					
Communication Costs		742		379	
Audit Fee		653		703	
Secretary's Honorarium		800		2,400	
Bank Fees		65		39	
Expenses (postage, travel, meetings)		<u>128</u>	<u>2,388</u>	<u>175</u>	<u>3,696</u>
Total Expenses			52,608		57,417
Excess Income over Expenditure			<u>11,357</u>		<u>4,092</u>
(Total Income less Total Expenses)					

Signed on behalf of the IOA executive:
John Casey Marcus Geoghegan 2/5/07

Irish Orienteering Association

Balance Sheet 31/12/2006

Assets		2005€	2006€
Non Current Assets			
Equipment		6071	3036
Current Assets			
Cash		64,889	75,727
Debtors	Note 8	<u>2,689</u>	<u>2,505</u>
		67,578	78,232
Total Assets		73,649	81,268
Liabilities			
Non Current Liabilities			
Sundry Creditors	Note 9	<u>18,834</u>	<u>22,361</u>
Total Assets less Liabilities		<u>54,815</u>	<u>58,907</u>
Equity/Represented By			
Balance @ 1/1/XX		43,458	54,815
Surplus for year		<u>11,357</u>	<u>4,092</u>
		<u>54,815</u>	<u>58,907</u>

Irish Orienteering Association

Cash Position of Association @ 31/12/06

Current Account		2005€	2006€
Current Account @ start of year		40,751	47,957
Cash Received		60,753	61,693
Transfer from Deposit Account			16,935
Cash Payments		53,547	50,858
Current Account @ end of year		<u>47,957</u>	<u>75,727</u>
Deposit Account			
Deposit Account @ start of year		16,926	16,932
Interest for period		6	3
Transferred to Current Account			-16,935
Deposit Account @ end of year		<u>16,932</u>	<u>0</u>
Total Cash Balance at start of year		<u>57,677</u>	<u>64,889</u>
Total Cash Balance at end of year		<u>64,889</u>	<u>75,727</u>

Signed on behalf of the IOA executive:
John Casey Marcus Geoghegan 2/5/07

Irish Orienteering Association

Notes To Accounts

1: Sports Council Grant

The amount from ISC represents €35,965 which was the association's full grant allocation for 2005. The grant allocation for 2006 including carding is €46,183. Excluding carding this amount is €36,250. The grant allocation for 2007 is €46,200

2: Carding Scheme

The carding system is no longer in operation, in 2006 the ISC allocated money to the IOA which was to be distributed at our discretion to our elite athletes. In 2006 the following amounts were allocated

Nina Philips	3000
Toni O'Donovan	2000
Andrew Quin	1250
Niamh O'Boyle	1250
Neil Dobbs	750
Patrick Higgins	500
	<u>8750</u>

3 Affiliation Fees

The following is a list of the affiliated clubs

BOC	CNOC	Kerry O
3ROC	Cork O	Midland Navigators
AITOC	Fingal	Setanta
Ajax	Galway Orienteers	UCC OC
BVOC	GEN	Wat O

Affiliation fees ranged from €65 for new clubs to €200 for the larger clubs

4: Event Registration

The following amounts were received in 2004

	2005	2006
Leinster	2,086	2,924
Munster	2,250	3,875
Conaught	400	330
Total	<u>4,736</u>	<u>7,129</u>

Amounts Paid per club	2005	2006
3ROC	350	440
Ajax	181	270
BOC	1240	1540
CNOC	525	560
Cork O	300	1250
Fingal	320	655
WEGO	400	330
GEN	185	210
Kerry	525	315
Lee O	35	0
Setanta	315	335
UCD	210	35
Wat OC	150	660
UCC		110
Leinster O Council		419
	<u>4736</u>	<u>7129</u>

5: TIO

The IOA has an arrangement with the TIO whereby the IOA covers the printing cost of the TIO and in turn is reimbursed by the TIO. For 2005 & 2006 the Exec took the decision not to seek reimbursement of these costs and to cover the full cost of printing the TIO

Note 6 - High Performance - Costs of Competition

	EOC	WOC	World Cup	Training	Gear	Total
Amounts Received by IOA	0	0	-	-	0	-
Amounts Paid by IOA						
Entries, Accomodation etc	750	5,964	900	320	1,445	9,379
Funding Provided	750	5,964	900	320	1,445	9,379

Note 7 - Juniors - Costs of Competitions

	Training	Gear	Spring Cup	EYOC	JWOC	JEC	JHI	JK	Fundraisir	Total
Amounts Received by IOA	748	270	639	0	0	294	0	591	1,856	4,398
Amounts Paid by IOA										
Grants to Juniors										2,080
Entries, Accomodation & Expense	1,310	3,945	1,290	1,085	2,876	1,704	225	1,393	0	13,828
Funding Provided	562	3,675	650	1,085	2,876	1,410	225	802	-1,856	9,429

The general method of aiding junior competitors is that juniors pay a significant amount of their costs (travel, accomodation food) and get reimbursed some of those costs depending on the amount of funds that are available at the end of the year and the relative cost of the various competitions

Note 8: Debtors

Amounts due to IOA at 31/12/XX

	2005	2006
Juniors	814	2505
Coaching	1875	
	<u>2,689</u>	<u>2,505</u>

All amounts due have been received

Note 9: Creditors

Amounts owed by the IOA at 31/12/XX

	2005	2006
Audit Fee	650	700
Juniors	8797	13828
Mapping	4900	3970
Coaching	614	40
Secretary Hon	800	1600
SI Equipment	375	
High Performance	2570	
Meeting Expenses	128	
Junior Grants		2080
Communication Costs		143
	<u>18834</u>	<u>22361</u>

Note 10: Equipment

The IOA purchased a number of upgraded SI units during the year. These are being depreciated on a straight line basis over 3 years with zero residual

Cost	2005	2006
At start of year	0	9106
Additions	9106	0
At end of year	9106	9106

Accumulated Depreciation

At start of year	0	3035
Charge for year	3035	3035
At end of year	3035	6070

Net Book Value

At start of year	0	6071
At end of year	6071	3036

Note 11: Mapping

	2006
Diapositives	3150
Mapping Grants	
Wat O	875
Setanta	375
Fingal	470
Galway O	750
Ajax	625
3ROC	625
BOC	1630
UCD	200
Total	<u>8700</u>



*Irish Orienteering
Association*



Annual Accounts for the Year Ended 31/12/2006

- 1: The Irish Orienteering Association – What we do?
- 2: Statement of Responsibility
- 3: Risk Management
- 4: Current List of Officers for 2006
- 5: Accounting Policies
- 6: Financial Statements and Notes

1: The Irish Orienteering Association – What we do?

The IOA is the national governing body for orienteering in Ireland. It represents over 20 clubs and acts as the co-ordinating body to ensure the development of orienteering at a local, national and international level. The IOA is in turn affiliated to the International Orienteering Federation which oversees orienteering globally.

The IOA selects and funds teams to compete at senior, junior and veteran classes to represent Ireland at international competition. The IOA enjoys close links with the Northern Ireland Orienteering Association (NIOA) resulting in athletes from the whole island of Ireland having the option to compete on a world stage.

The IOA executive is made up of a number of officers who are elected at the AGM for a 1-year term. The officers are members of the constituent clubs. The executive is comprised of the following: Chairman, Treasurer, Secretary, PRO, Coaching, Junior Officer, Senior/High Performance Director, Mapping Officer, Technical Officer, Children's Officer, Development Officer and Fixtures Secretary. The rules detailing the governance of the IOA are laid out in its constitution which is available on <http://orienteering.ie/reference/const.html>

Orienteering may take many forms, such as Foot Orienteering, Mountain Bike Orienteering, Ski-Orienteering, and Trail Orienteering. Foot Orienteering is the predominant form practised in Ireland.

2: Statement of Responsibility

The Irish Orienteering Association is fully committed to safeguarding the well being of its members. Every individual in the IOA should at all times, show respect and understanding for their rights, safety and welfare, and conduct themselves in a way that reflects the principles of the association and the guidelines contained in the 'Code of Ethics and Good Practice for Children's Sport in Ireland'.

The Association shall be responsible for the:

- Representation of Ireland in the International Orienteering Federation.
- Selection of teams to represent Ireland at International Orienteering events.
- Organisation of Irish Championship events in co-operation with the Northern Ireland Orienteering Association.
- Development, publication and administration of rules of orienteering appropriate to the needs of orienteering in Ireland.
- Promotion of the sport of orienteering.
- Compliance with any directives and standards of the International Orienteering Federation.
- Compliance with statutory regulations and obligations relating to National Governing Sports Bodies.
- Liaison and co-operation with the National Coaching and Training Center, the

- Irish Sports Council, the Olympic Council of Ireland, and with other government departments and sports agencies as necessary.
- Co-ordination of the activities of regional councils.
 - Insurance of the participants and the organisers of orienteering events registered in accordance with the Rules of Orienteering.
 - Development, publication and administration of byelaws as necessary for the proper running of the affairs of the Association.
 - Development of the sport so that anyone, regardless of physical, social or other conditions, can participate.
 - Preservation of the environment in which orienteering takes place.
 - Maintenance of access to orienteering areas.
 - Maintenance of a register of completed and incomplete orienteering maps.
 - Prohibition of Doping. The IOA declares that doping is prohibited and the provisions of the International Olympic Council Medical Code apply, subject to any necessary changes, to all persons and competitors under the jurisdiction of the Association and its members.
 - Development and maintenance of a spirit of co-operation with the NIOA. It is agreed between the IOA and NIOA that both associations will act autonomously but will co-operate and consult on all matters common to the development of the sport. This co-operation shall extend to the staging of major domestic events, coaching schemes, mapping, and the appointment of event officials. The IOA, however, shall administer Irish teams that compete in the international competitions to which it receives invitations.

The executive is responsible for the preparation of the financial statements, the selection of suitable accounting policies and their consistent application, the making of judgements that are reasonable and prudent and for the system of internal controls. These procedures which are reviewed on a periodic basis provide an ongoing process for identifying, evaluating and managing the significant risks faced by the association.

3: Risk Management

The executive constantly identifies, evaluates and estimates the risks that the association is faced with. The significant risks are managed primarily through the purchase of appropriate insurance. Risk management is by far the single biggest expense of the IOA. The IOA has responsibility through its constitution regarding the insurance of the participants and the organisers of orienteering events registered in accordance with the Rules of Orienteering. This is achieved through a 3rd party public liability policy which is organised by the IOA whereby all fully paid affiliated clubs are indemnified in the event of a 3rd party suing the organisers of an orienteering event.

4: Current List of Officers for 2006

Position	Name
(1) Chairperson,	Marcus Geoghegan
(2) Honorary Secretary,	Niamh Lalor
(3) Honorary Treasurer,	John Casey
(4) Mapping Registrar,	Marcus Geoghegan (acting)
(5) Fixtures Secretary	Fergal Buckley
(6) Controller of Technical Standards,	Triona Cleary
(7) Director of High Performance	Brendan O'Brien
(8) Junior Representative Orienteering	Ruth Lynam
(9) National Children's Officer,	Barbra Foley Fisher
(10) Public Relations Officer	Vacant
(11) Director of Coaching and Training,	Ed Niland
(12) Development Officer.	Vacant

5: Accounting Policies

Convention:

The Financial Statements are prepared under the historical cost convention and in accordance with applicable accounting standards as issued by the IASB. The accounting policies detailed below have been applied consistently in dealing with items that are considered material in relation to the associations financial statements. The executive is satisfied that at the time of approving the financial statements, it is appropriate to adopt the going concern basis in preparing the financial statements.

Basis of consolidation:

The IOA does not have any subsidiary or associate entities. The clubs that the IOA represents and governs have not been included in the financial statements, while the IOA represents and governs the clubs it does not have either dominant or significant influence over the running of any individual club.

Income:

The Grant from the Irish Sports Council represents the annual allocation of funds from the ISC and is recognised in the year that the grant relates to.

TIO (The Irish Orienteer) is a magazine that is produced by John McCullough. The IOA part funds its publication by covering its printing costs. Some of these costs are subsequently reimbursed by the TIO and as such is considered income from the IOA's perspective. This income is recognised based on the date of the magazine's publication. All other income is recognised when received.

Tangible Fixed Assets:

Tangible Fixed Assets are stated at cost less accumulated depreciation. Depreciation is calculated to write off the cost of an asset over its estimated useful life. The IOA does not have any buildings or property. Its assets consist of computer equipment and timing equipment. This equipment is written off over a 3-year period to a nil realisable value. The IOA also purchase smaller items such as first aid kits, tents for international competition, team gear these are expensed in the year incurred even though they may be used over a number of years. This is deemed acceptable as the amounts involved are small and it can be difficult to determine how long some of these items will last hence a one year time period is most prudent.

Expenses

Expenses are recognised when incurred and are matched against the relevant income where appropriate.

Related Parties

Transactions between the IOA and its affiliated clubs or members of affiliated clubs are not deemed to be related parties under IAS 24 Related Party Disclosures. In any case where such transactions did take place, it was at arms length and on normal commercial terms. All of the members of the executive are also members of affiliated clubs.

Irish Orienteering Association

Coaching Officers AGM Report for 2007.

After taking over this job on from Dr. Dobbs, I set myself four tasks, which, I thought, were the greatest need to be completed or have substantial work completed by the next AGM; they are:

- Complete the Long Term Orienteer Development Plan;
- Strategic Coaching Plan;
- New Introduction to Orienteering syllabus agreed with NCTC with support Resources;
- Revision of Level One Orienteering Coaching Syllabus agreed with NCTC with Support Resources;

The Introduction to orienteering has been developed for two types of people – one with no coaching experience and Educators who have no or very little orienteering experience. I will launch this level with resources aimed at adult beginners, but will add to this at a later date with resources for teaching Children with sets for indoors and outdoors.

Level one will continue where the introduction left off with coaching resources to enable novices or intermediate Orienteers confidently completing their courses.

Please see separate document on content of both syllabi.

At this stage final agreement has been made in principle with resources being developed for the new coaches and their athletes and I intend to pilot the introduction during the new season with the level one piloted before Christmas with country rollout to all service providers¹ early in 2008.

Having made the case with NCTC to park the LTOD as it stands after a number of different drafts, so that a new and revised syllabus for the Introduction to Orienteering and Level One Orienteering Coaching can be developed. There is enough detail to progress, but it will need to be returned to regarding trail, mountain biking (and skiing if required!) specific skills.

As for the Coaching strategy I have only done an outline as input from the wider Orienteering community is required instead of just being the product of my random thoughts on the subject. I have done a draft of the overall new coaching structure, listing the main modules for each level including level four.

Other projects, which have been initiated, has been the proposal to the Mountain Council of Ireland (MCI) to create a partnership regarding streamlining Navigation/Orienteering Award based on our Level One Award. This will be aimed at Adventure centre professionals & Students in the various colleges around the country during their training. Contact with FETAC regarding revising of the two certified Orienteering modules. This will have an effect on agencies like FAS and the VEC's who run these modules. Contact has been made to Junior Cycle Physical Education Support Service with minimal interest on their part unless you have an education degree.

1: OEC's/MCI/VEC/FAS

If returned, my main aims for the next year will be:

- Rollout the Introduction to Orienteering and Level One Orienteering Coach, so that all IOA clubs have a number of new coaches within their ranks;
- Establish a network of Open coaching sessions nationwide in conjunction with our major leagues & local events (AS/SC/ML);
- Develop Level Two Club Coach Award with NCTC;
- Agree strategic partnership and new syllabus with MCI and rollout of new course to Adventure service providers (Important as this is where a lot of people get there only taste of Orienteering, so it has to be a good quality experience);
- Other strategic partnerships will be investigated with agencies where Orienteering /Navigation training need & talent transfer opportunities exists;
- Training of New tutors, (Minimum of two required) to help with rollout of new syllabi & structures in all three provinces (paid positions!).

Having seen Nic S. on the Podium at the JK, the other talents within Ruth's & Greg's Junior squads and the emphatic way Marcus became Irish Champion (Again?), I know and you know that we have the talent to be competitive on the world stage. By providing the best consistent coaching structures possible, we may remove some of the barriers and allow more to achieve their true potential.

Ed Niland B.Sc Sp&Ex Sc, PT, NMT,

Documents referred to in this report can be found within the Coaching section of O.ie.

- Outline of Strategic Coaching plan; ✓
- LTOD; ✓
- Introduction to Orienteering; ✓
- Level One: Orienteering Coaching; ✓
- Overview of IOA Coaching Strategy. ✓

TECHNICAL STANDARDS OFFICER'S REPORT

Last year my role as Technical Standards Officer was unfortunately neglected by me as I was out of the country more than I was at home. I found that I didn't have time to revise the Rules and Guidelines as I had underestimated the amount of work which had to be done.

Since the last revision, orienteering has diversified, with rules and guidelines now pertaining to the various elements which makes up the sport of orienteering. The original Rules and Guidelines covered Colour Coded Events, Grade 1 Events, Major Relays, Night Orienteering and Score Events.

Now there are rules and guidelines issued by the IOF for

- Foot O – classic, middle, sprint, relays, night, score and Park
- Mountain Bike O
- Trail O
- Ski O

at international level.

British Orienteering has its own rules and guidelines which have been enlarged to encompass the extra elements which are now part of the sport. Rule and guideline changes were made on a regular basis and can be downloaded.

I do not have broadband and also have a very ancient computer system. Trying to download was taking hours and also I couldn't print more than 2 pages at a time before the computer would crash. I found the whole exercise frustrating and taking up much more time than I actually had.

The British Orienteering Rules and Guidelines are excellent and I feel should be adopted by the IOA, with some cosmetic changes to suit our needs. I have made some notes and am willing to pass these on to the new Technical Standards Officer. International events are covered by the IOF Rules and Guidelines.

I would like to thank Mary Healy for being instrumental in having the controllers' course earlier this year, which I missed as I was in Nepal. I hope that orienteering will grow and prosper in the years to come and I wish the incoming IOA committee all the best in their endeavours.

Trina Cleary



Irish Orienteering Association



www.orienteering.ie

High Performance Orienteering Report IOA AGM 3rd June 2007

1. WOC 2006:

I would like to acknowledge the performance of Andrew Quinn who achieved the best Irish result at the World Orienteering Championships in 2006 when he qualified through the heats against high quality opposition from all the established orienteering nations and competed in the final of the sprint distance.

2. WOC 2007:

WOC 2007 will be held in Kyiv, Ukraine from 18th to 26th August: ><http://www.woc2007.org.ua/>.

3. WOC 2007 Selection Policy

The WOC selection policy for 2007 is as follows.

The selection will be based upon known form and the results obtained in the following events;

- ◆ Irish Orienteering Championships 2007
- ◆ Shamrock O-Ringen 2007

Automatic selection is available from both events, and the team will be confirmed before 15th June 2007.

4. World Cup 2007

Selection for world cup races will be on known form over the past year and at world ranking events.

The 2007 World Cup races are as follows;

- 1 Thu 14 Jun Sprint Distance, Lapua, Finland, Jukola
- 2 Fri 22 Jun Middle Distance, Kristiansand, Norway, Norsk O-Festival
- 3 Mon 23 Jul Long Distance, Östergötland, Sweden, O-Ringen
- 4 Tue 24 Jul Middle Distance, Kiev, Ukraine, WOC/
- 5 Wed 25 Jul Sprint Distance, Kiev, Ukraine, WOC /
- 6 Wed 22 Aug Middle Distance, Kiev, Ukraine, WOC/
- 7 Thu 23 Aug Long Distance, Stein am Rhein, Switzerland, SwissCup
- 8 Sun 26 Aug Sprint Distance, Stein am Rhein, Switzerland, SwissCup
- 9 Sat 6 Oct Middle Distance, Stein am Rhein, Switzerland, SwissCup

5. Mountain Bike Orienteering World Championships

The 2006 MTBO World Championships was held in Finland in July 2006.

Ireland was represented by,

Eoin Rothery, 88th Med Final

John Houlihan, 30th Long Final & 60th Med Final

Nina Phillips, 36th Long Final & 24th Med Final

The 2007 MTBO World Championships will be held in the heart of the Bohemian-Moravian highlands in the Czech Republic, from 5 - 12th of August, 2007. Once again Ireland will hope to have a number of competitors taking part.

6. Trail Orienteering World Championships

In 2006 Alan Gartside finished 14th in the European Trail Orienteering Championships in Lithuania

7. SHI 2006

The SHI was held very late in the year in Early December in the Peak District. As usual the NIOA co-ordinated and selected teams.

8. IOA High Performance Development Grants

As you may know Irish Sports Council have changed their policy on Carding grants relating to Orienteering and the IOA must now administer an appropriate grant scheme to help athletes develop their potential in training and competition.

The criteria for application is attached and based initially upon the criteria that the ISC in conjunction with the IOA set for carded athletes in previous years.

The IOA has awarded €2800 in High Performance Development Grants in 2007, the recipients of are as follows.

Name	Category of Award	Value
Nicolas Simonin	Junior Development	500
Niamh O'Boyle	Development	300
Andrew Quinn	Development	1000
Neil Dobbs	Development	500
Patrick Higgins	Junior Development	500

This scheme will be reviewed and revised if necessary for 2008.

9. World Champs 2006

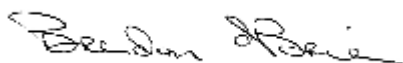
The World Orienteering Championships 2006 were held in Denmark from 1st to 5th August 2006. The following athletes were selected to represent Ireland at WOC 2006.

Men

Andrew Quinn
Neil Dobbs
Ivan Millar
Stewart Caithness

Women

Ailbhe Creedon
Niamh O'Boyle



Brendan O'Brien
Director of High Performance
Irish Orienteering Association

Junior Representative Orienteering

Report 2006-07

Activities of the Junior Squad are outlined below. This is a demanding programme, only made possible by the ongoing commitment of Darren Burke, Ailbhe Creedon, David Healy, Susan Healy, Niamh O'Boyle; the help of many others including Olive Simonin & Mary Healy and the juniors' parents; and the support and co-operation of Greg McCann NIOA Junior Squad Manager.

Outstanding results recently were Nick Simonin's 2nd overall in M18 at the JK, and in the JK Relays where the M48- squad team of Kevin O'Boyle, Alex Simonin & Nick Simonin were only seconds back on first place (non-competitively unfortunately).

International Competitions 2006

Junior World Orienteering Championships, Druskininkai, Lithuania, 2 - 9 July

M20 Patrick Higgins, Seamus O'Boyle, Nick Simonin.

Junior European Cup, Spiez, Switzerland, 5 - 8 Oct

M20 Patrick Higgins, Seamus O'Boyle.

M18 Gerard Higgins, Ruairi Short, Nick Simonin.

European Youth Orienteering Championships, Skofja Loka, Slovenia, 29 June-2 July.

M18 Colm Hill, Francis O'Reilly, Fiach O'Rourke, Ruairi Short.

Junior Home International, Stirling, Scotland. 23 - 24 Sep

One short of a full team Team of 23 including 14 IOA Juniors

M18 Colm Hill, Ruairi Short, Nicolas Simonin. M16 Alan Lane, Cian O'Boyle, Kevin O'Boyle, Conor O'Donovan. M14 Ben Mangan, Conor Short. W18 Martha Callanan, Niamh Curran, Erinna Foley-Fisher. W16 Erika Jones. W14 Laura Cox.

Training

Training is organised on a joint basis with Greg McCann and the NIOA junior squad.

2-3 Sep 2006 NIOA, Tollymore & Castlewellan, Co. Down. Pre-JHI training weekend, 28 selected juniors.

14-15 Oct 2006 Waterford, organisation by Andrew Cox. Training on Knockanaffrin & in JFK Park.

Combined squad and interested juniors from Waterford. Total of 38 juniors over 2 days.

3-4 Feb 2007 NIOA, Slieve Croob & Castleward (21 juniors)

10-11 March 2007 Time Trials and Training. Training in Phoenix Park and Glendasan. 30 juniors

Also local training for small numbers of juniors on Inishbofin in June 2006, and Glendasan in May 2007.

Squad Tours

5-12 Aug 2006 Lakes 5-day. 15 juniors took part in the tour, several others travelled separately. Mostly relatively inexperienced juniors, some greatly improved results producing good runs on quality terrain.

23-25 March 2007. Spring Cup Denmark March 6 juniors.

6-9 April 2007. JK England (29 juniors with squad, others independantly).

Other Activities

Selectors

The current Junior Squad selectors are Ruth Lynam CNOC, Greg McCann LVO, Mary Healy GEN.

Fundraising

Leinster Fundraiser event, May 2006, organised by Peter Kernan & Seamus O'Boyle, raised €363

Sprint Series in Leinster, Feb & March 2007 (planners N Ewen, S O'Boyle, F O'Rourke, R Short) raised €710

Quiz & Raffle, 2 June 2007, Kilcrohane, organised by David Healy & Niamh O'Boyle

Catering for Shamrock Sessions in Kilcrohane, 3 June 2007, arranged by Olive Simonin

Time Trials

New route in Phoenix Park, first used March 2007.

Plans

Teams have been selected for Junior World Championships in Australia 7-13 July (6) and European Youth Championships, Eger, Hungary 22-24 June (4).

6 juniors are attending Training camp for JWOC 2008 in Goteborg, Sweden, 28 July-3 Aug.

Squad tour to Scottish 6-day, 5-12 Aug – 16 juniors & a waiting list.

Time Trial/Training weekend in early September.

If re-elected I envisage a programme similar to that of previous years , which is proving successful in increasing numbers and raising standards and competitiveness. I also would work on sourcing qualified coaching expertise, and I would hope to add one-day or half-day training sessions aimed more specifically at juniors of a particular standard, perhaps best done on a regional basis.

Ruth Lynam

June 2007



Irish Orienteering Association

www.orienteering.ie



Fixtures Secretary's Report IOA AGM 3rd June 2007

Fixtures System

As I reported last year, the reform of the fixtures system has been a priority of mine since taking on this position, and it is now largely completed. The change to a full season-based registration system last year, where the majority of events for the whole season (1st September – 31st August) had to be registered by a cut-off date before the beginning of the season, was a big success. It simplifies management of the schedule, minimising clashing events, and provides a largely complete calendar well in advance, a necessity for the effective promotion of our sport. This will continue for next season, and I hope that the very high compliance among clubs with the system will continue.

Munster League

I am very pleased to announce that, following on from the success of the return of the Munster League this year, it will be expanded for next season with autumn and spring leagues. I would like to thank all of the Munster Clubs for getting together and making it happen, and especially thank CorkO's Danny O'Hare for driving and managing the project.

Irish Championships

As you are well aware, due to scheduling difficulties, this year's IOC was held over 2 days, comprising long and middle distance events. But fear not, a commitment has been made that the IOC Relays will be maintained as an integral IOC event, and this year's event will now be hosted by WatO, in conjunction with the Munster Championships on the October bank holiday weekend. Next year's IOC returns to a 3-day affair over the May bank holiday weekend, hosted by CorkO on Bere Island. Incidentally, the Inishbofin 3-Day on Inishbofin Island returns again on the June bank holiday weekend.

As you can see, these are the main issues of note from my tenure over the past 12 months that I think should be drawn to your attention. If there's anything else of issue or concern that I haven't covered, please feel free to query me on it!!

Fergal Buckley,
IOA Fixtures Secretary

<http://fixtures.orienteering.ie>

IOA Mapping Officer's report to the 2007 IOA AGM Kilcrohane, July 3rd 2007

*Irish Orienteers owe a huge debt of gratitude to those unsung heroes who have put time and energy into producing new and updated maps.
Without them our sport dies.*

2006/2007 has been a slower year for the completion of Irish Orienteering mapping than recently, although this probably reflects a greater emphasis this year on large format championship class maps as opposed to a high volume of smaller park and school maps. The most significant event of the year by far is the receipt of a grant of €25,000 from the Department of Sports for four specific mapping projects.

2006 IOA Mapping Grant Allocations (see mapping.orienteering.ie for full details)

(Budget: €8,000) (9 Clubs Applied)

Championship Map Printing	€600
Photogrammetry/Basemap	€5,250
OCAD	€625
Campus/School	€1,320
Total claimed:	€7,795

Department of Sports – Capital Grant Scheme

In November 2006, on a purely speculative basis, I submitted a Sport's Capital Grant application for €41,000 for four mapping projects to the Department of Arts, Sport & Tourism. The four projects are: Lough Eske; Slievenamon; Comeraghs; Dublin Mountains - these represented the main mapping projects that were under discussion at the time the grant was applied for. The IOA has recently been notified that we have received a grant allocation of €25,000 for these projects (the total grant countrywide across all sports was over €80 million). €25,000 represents 66% of the cost of the four projects and the other 33% must come from within Orienteering; possibly we will organise this such that half comes from the IOA and half comes from the beneficiary club(s). I am very grateful to Gerry Brady of Setanta for his assistance in preparing the application. This is the first time that Irish Orienteering has received a Sports Capital Grant.

2007 Mapping Grant Scheme

As agreed at the March IOA Executive committee meeting, the budget for the 2007 IOA mapping grant scheme is €8,000. The details of the scheme will be announced soon. This scheme will ask for applications under the following headings:

- ♦ Photogrammetry
- ♦ Trail-O, 3rd level campus and school maps
- ♦ Commercial map printing for championship events
- ♦ OCAD 9 software licenses and upgrades
- ♦ Printers

Funds will be allocated depending on the applications received. Maps for championship events that are properly registered with the IOA fixtures secretary before the grant application qualify for a higher grant. It is probable that the 2007 grant scheme will favour those clubs whose projects do not fall under the Department of Sports Capital Grant scheme.

mapping.orienteering.ie

The mapping section of mapping.orienteering.ie has been continuously updated during the past year. All suggestions for improvement are welcome, no matter how small. The site currently contains information about: the 2005 IOA Mapping Course; Historical O maps; Resources; Map Printing; Map registration; IOA Map survey; OSI permits; Grant schemes; IOA reports.

IOA Map Survey

The IOA map survey, based on original work by Gerry Brady in the 1990s, has been updated. Please notify the Mapping Officer of any errors. This survey is the closest that the IOA has to a map register (note: since taking on the job of IOA mapping officer in 2003 I have been unable to locate any official IOA map register).

Diapositives

Diapositives are positive prints on film of aerial photographs and are used in photogrammetry for the production of Orienteering base maps. The OSI is switching to digital prints which do not have the same contrast for the classification of detail as old style prints developed using a chemical process. Pat Healy has managed to get diapositives for a large number of potential Orienteering areas and the IOA has paid for all of these. We are very grateful to Pat for the work that he has done to obtain them before they become permanently unavailable.

Map Registrations (since last AGM)

Dromina Wood	Villerstown, near Lismore, county Waterford	BOC
Castleblash Wood	Ballyhooley, county Cork	BOC
Kilworth Forest	Fermoy, County Cork	BOC
Ballyduff National School	Waterford	BOC
Beaumont Gardens	Cork City	BOC
Scoil Barra	Ballincollig, Cork	BOC
Scoil Iosagáin	Faranree, Cork City	BOC
Sunday's Well National School	Cork	BOC
The Marina Park	Cork City	BOC
Clashduv Park	Cork City	BOC
Murphy's Farm	Cork City	BOC
Sheep's Head	County Cork	CorkO
Tolka Valley Park	Dublin City	Fingal
Annaleeka	Hollywood, County Wicklow	Fingal
Santry Demesne	Dublin	Fingal
Castletown House	Celbridge, County Kildare	Fingal
Fair Mtn./Lough Firrib/Art's Cross	Wicklow	Setanta

Map Metadata

Recently I have run on a number of maps that are printed from a larger OCAD file. These "partial" maps often omit vital information such as scale, north arrow, contour interval, map name, names of the survey team, OSI license information and usually they do not assert copyright. This is bad practice; competitors are not given vital information, the mappers are not given credit for their work and legal ownership is not clear. Clubs are strongly encouraged to layout their maps such that an information box containing the map's metadata can be easily included in a partial map print. Note that all maps produced under the Department of Sports' Capital Grant scheme must include the national lottery logo on all full or partial prints.

Next Year

I recommend that the following areas be addressed by the incoming IOA mapping officer:

1. We need to centralise and publish all available information about best practice in map printing so that clubs can benefit from each other's experiences.
2. We need to maximise our Sports Capital Grant and manage the process smoothly such that we can avail of the scheme again as soon as possible.

Marcus Geoghegan,
IOA Mapping Officer
mapping at orienteering.ie

Marcus Geoghegan

From: IOA Chairman [chairperson@orienteering.ie]

Sent: 30 May 2007 16:06

To: 'committee@orienteering.ie'

Subject: IOA awards

Just FYI, here are the final nominations for this year's awards.

The jury is comprised of the following recent winners: Frank Ryan, Dave Weston, Alan Gartside, Breda O'Donovan, Faith White, Barbara Foley-Fisher, Nina Philips

MG

Nominations for 2007 IOA awards as at 4PM, Tuesday May 30th.

Mactire Trophy

Martin Flynn (Ajax) for the redesign of the IOA web site, giving access to information and facilities for both the committed and the casual orienteer.

Alan Gartside, 3ROC

Martin Flynn (Ajax) for Ór and the web site.

Val Jones, Fingal

Harold White (3ROC) in recognition of his organisation of last year's Irish Orienteering Championships in Carlingford. The standard of the event was excellent in all respects.

Neil Dobbs, DUO

Nicolas Simonin (BOC); Nicolas was 2nd overall at JK 2007 in M18L. This was an excellent result. He is a very committed orienteer. In 2005/2006, he attended an elite orienteering school in Hallsberg, Sweden, which greatly benefited his Orienteering. He finished the Swedish O-Ringen 2006 in 11th place in M18L, out of 187 competitors. He continues to travel over to competitions in Sweden, with his Swedish club, OK Tisaren and is getting better and better. He is a very promising talent for Irish orienteering.

Mary Healy, GEN

Silva Award

Nigel Campbell-Crawford (3ROC) for his husbandry and development of the Association's SportIdent facilities.

Alan Gartside, 3ROC

Nigel Campbell-Crawford (3ROC) for the Silva Award for his work with SI.

Val Jones, Fingal

Martin Flynn (Ajax); Martin has been doing an excellent job, for the past few years, developing the IOA website and managing it. Also he has developed the Ór software, to use in conjunction with Sport Ident. He also has introduced Route Gadget to us, which increases our enjoyment of post-event analysis. His technical expertise is invaluable to us.

Mary Healy, GEN

Silva Trophy

Ruth Lynam (CNOC); Ruth has been doing trojan work for Irish orienteering for the past few years. She has been managing the Irish Junior Squad and developing them to international standards. She has also brought them to events and international competitions abroad. The hours she has put in, on a voluntary basis, have been phenomenal. I believe she well deserves this trophy.

Mary Healy, GEN

Andrew Cox of WatO for his work in the promotion and development of schools orienteering in the Southeast.

Neil Dobbs, DUO

Marcus Geoghegan

From: IOA Chairman [chairperson@orienteering.ie]
Sent: 07 June 2007 09:58
To: 'irish-orienteering@yahoogroups.com'
Subject: Annual Awards

Irish Orienteering's three Annual Awards were presented during the Shamrock sessions in Kilcrohane on Sunday evening last. There were nine nominations in total; the jury was comprised of recent winners.

MARTIN FLYNN of Ajax won the MACTIRE trophy for his work on Orienteering.ie and orienteering Ór. The two nominations highlighted how easy it is to access information and how event management has been greatly simplified. The other nominees were Harold White of 3ROC for his work on the 2006 Irish Championships and world ranking event, and Nicholas Simonin of BOC for his recent achievements in international competitions.

NIGEL CAMPBELL-CRAWFORD of 3ROC won the SILVA AWARD for his work on electronic timing in Irish Orienteering. The two nominations highlighted how he had increased SportIdent's simplicity, stability and usage, and noted how well managed the shared system is. The other nominee was Martin Flynn.

RUTH LYNAM of CNOC won the SILVA TROPHY for her work with the Junior Squad. The nomination used the word "phenomenal" to describe the amount and quality of the work she has done. The other nominee was Andrew Cox of BOC for his work in developing schools' orienteering in the southeast.

Please take the time to congratulate Ruth, Martin, Nigel and the other nominees the next time you meet them. Without this kind of dedication our sport cannot prosper.

Marcus Geoghegan
IOA Chairman

Attendees

John Casey	Ajax
Ed Niland	Ajax
Liz Deane	CorkO
John McCullough	3ROC
Feargal Reid	DUO
Mick Mangan	SET
Alan Gartside	3ROC
Susan Healy	GEN
Niamh O'Boyle	CNOC
Neil Dobbs	WATO
Danny O'Hare	CorkO
Miriam Feehan	BVOC
Andrew Cox	WATO
Mary Curran	CorkO
Bernie O'Boyle	CNOC
Sarah Ni Ruairc	FIN
Isobel Abbott	UCCO
Niall McAlinden	DUO
Andrew McCarthy	Ajax
Cian O'Reilly	Ajax
Ger Power	3ROC
Nigel Foley Fisher	MNAV
Barbara Foley Fisher	MNAV
Jean O'Neill	FIN
Ian McHardy	WATO
Pat Murphy	BOC
Jean Mullen	3ROC
???	CorkO
Corinne Roberts	CorkO
Paul O'Sullivan-Hourihan	DFO/BOC
Pat Farrelly	DFO/CNOC
Brendan Delaney	DFO
Maura Higgins	SET
Martin Flynn	Ajax
Nigel Campbell-Crawford	3ROC
Harold White	3ROC
Caitriona Nic Caba	DFO
Conor Short	CNOC
Robert McEvoy	CorkO
Donogh Wall	BOC
John Scannell	CorkO
Paul Nolan	GEN
Eoin Dunne	3ROC
Elaine Mullan	WATO
Fergal Buckley	Kerry O
Marcus Geoghegan	Ajax
Brendan O'Brien	Ajax
Ruth Lynam	CNOC

The Shamrock Sessions

corko.orienteering.ie

a series of presentations and discussions in Kilcrohane Community hall
on Sunday evening, June 3rd, 2007, 4:45PM to 9:30PM
(times are approximate)

in conjunction with the 2007 Shamrock O-Ringen
hot meals on sale from 6PM (arrive early or it might be all gone)
catering by www.foodforthoughtwestcork.com



17:00

Martin Flynn
Ajax OC
IOA Webmaster

Pyjamas or Lycra? The perfect Orienteering photo

Martin has posted several hundred Orienteering photos on Flickr and has some strong opinions as to what makes a good shot. He will discuss equipment; the rules of photography; difficulties unique to orienteering; maximising your chances of a good shot; lighting; do's and don'ts; choosing your target; what to do with your photos; examples of good, bad and average photos.

Jason Inman
FVO
Great Britain
Junior Orienteering
Squad Coach

From Junior Squad to World Class

Jason will outline the key skills and knowledge areas that junior athletes need in order to progress to Junior and Senior World Class level. He views self-determination as a key feature of an aspiring elite and will briefly outline his expectations for a developing junior.

short break

catering commences

Andrew Quin
3ROC
2004 Irish
Champion

Tiomila

Andrew will share his experiences of the toughest relay race in the world. Ten runners, ten relentless Swedish miles, night and day, club versus club.

18:30

IOA

IOA AGM

The Annual General Meeting of the Irish Orienteering Association

short break

19:50

Andrew McCarthy
Ajax OC
Fitness instructor
specialising in heart-
rate training

Heart-rate training

It is a common belief that the harder we train the fitter we will become, but this is far from the truth. Andrew will cover the different energy training zones; their relation to heart rate; how to identify an accurate resting heart rate and create your own individual training zones; practical application of a heart rate monitor; effective warm-up and cool-down; assessing your body's health on a given day.

Nicolas Simonin
Bishopstown OC
Irish Junior
squad member

Swedish Orienteering Gymnasium

Nicholas attended a Swedish Orienteering Gymnasium during his transition year. He will share his experiences at the gymnasium; his club, OK Tisaren; junior clubs and training in Sweden; Scandinavian terrain and maps.

Aislinn Austin
CorkO, 2007
Irish Champion
Marcus Pinker
CorkO, 2007
Irish Champion

RouteGadget Shamrock 2007 Days 1 & 2

Aislinn & Marcus will replay and discuss their routes using RouteGadget, explaining the choices they made, why they made them and where they could have done better. A unique opportunity to see inside the mind of a champion.