

IOA Junior Officer Report for 1 May 2016 to 30 April 2017

Activities

Training weekends

The main thrust of our activities is our training weekends. In this period we held four as follows:

- September 2016 - Carrickshouk (JHI training) - 14 Juniors (8 F + 6 M)
- December 2016 – Dublin (3 Roc) / Glendalough - 19 Juniors (9 F + 10 M)
- March 2017 – Wicklow/ Dublin (including time trial) – 33 Juniors (22 M + 11 F)
- March 2017 – Comeragh's – 30 Juniors (10 F + 20 M)
- Five of our M/W16's (+3 leaders) also attended a BOF training weekend at Hawkshead OEC in the UK in December 2016

Fundraising

- We held several fund raising events during this period
 - Sprint races at UL and Mary I
 - Table quiz at Leinster 3Day
 - 6 cake sales (Kinsale sprint, Irish Champs – all days!, Munster Champs and Munster League event at Kilworth). Funds from later two cake sales will be used in 2017. The amount raised totalled approximately €4000. This amount is really important to us as it allowed us to expand our range of activities both over the year and also next year. The 2016 funds were mostly used to pay for accommodation, map production etc. for the training camp held in France. Thanks to all for your great generosity and all who contributed to the activities!

International competitions

- Junior World Orienteering Championships, Switzerland, July 2016 – 6 athletes (Jonathan Quinn, Paul Pruzina, Peter Meehan, Aoife Mc Cavana, Caoimhe O'Boyle and Róisín Long + 2 leaders + strong support crew of parents). Solid performance overall. Best results were Róisín's top 50 finish in the sprint and some Middle Distance B finalists.



JWOC Team + Niamh (coach) preparing for the JWOC sprint. This was a strong team and three of the team represented Ireland at the senior WOC in Sweden later in the summer.

- European Youth Orienteering Championships (EYOC) Poland June 2016 – 8 athletes (Clodagh Moran, Eadaoin Mc Cavana, Emer Perkins, Rachel Collins, Conall Whelan, Eoin Riordan, Ruairí Long and Zac O’Sullivan Hourihan) + 2 leaders. Solid results overall in very difficult rough / green terrain.



EYOC Team

- JHI Northumberland – September 2016 – 23 athletes (including 6 debutants) + 6 leaders, Strong team performance resulted in retaining the Judith Wingham trophy for victory over Wales for the third year in a row. Clodagh Moran was awarded the Bob Pinker trophy as the best Irish athlete.
- Junior European Cup (JEC), Scotland, October 2016 - 7 athletes (Aoife Mc Cavana, Caoimhe O’Boyle, Emer Perkins, Róisín Long, Conall Whelan, Paul Pruzina and Peter Meehan + 1 leaders. We don’t often compete in JEC but we travelled this year to support our Scottish colleagues and give the juniors some more international / high level experience. Solid performances overall.



Paul lines up for Leg 1 of the men’s relay at JEC. On Paul’s right is the great Finn Olli Ojanaho, who dominated both EYOC and JWOC in 2015 and is eligible for JWOC again in 2017. Olli won the leg. However the Swiss, despite looking very relaxed here, were 1st and 2nd teams!

Summer Trip

A large group of juniors and some of their families attended a week long training camp in France. The camp was funded by the IOC cake sales. For me this was the highlight of 2016. We trained on WOC 2011 maps which are regarded as being amongst the most technical in the world. Planning of training was provided by Toni O'Donovan, Ruth and several of the younger seniors. It was great to see how everyone improved during the week (even myself!). Ruth and Don provided fantastic hospitality and great support.



France training week.

Finances

Our net expenditure was about €13,500 – slightly over budget. The greatest expenditure being on the four international competitions, followed by the training weekends and new gear.

Sponsorship

We were very fortunate to obtain some sponsorship from Franc Events. This has allowed us buy some 55 new squad jackets. You may have seen some around but hopefully the rest of the squad will be seen in theirs this year.

Next year

- Hope to have similar level of activity.
- Attend JWOC (Finland) and EYOC (Slovakia). Teams to be picked after IOC.
- We need to consider sending a team to JEC in Switzerland in October?
- Full team of 24 for JHI in Northern Wales in October.
- Residential training weekends are essential to bring juniors into the squad and keep them involved. We need to increase the number of weekends, spread them geographically around the country and also increase those attending the training weekends. We need to focus on the M/W12's and M/W14's especially.
- We hope to have the same level of financial support from IOA but fund raising will also be necessary.

Thanks

My 5 year term as IOA Junior Officer ends at the upcoming AGM. It's been a great privilege to have been Junior Officer. I have thoroughly enjoyed it, learnt a lot and made some great friends along the way. The work reported here and all that we did over the past 5 years has been very much a team effort. I have been given fantastic help from a lot of different people; too many to mention, and help has never been refused. I do not like to mention specific names but Ruth Lynam who has given many years of service to the juniors has been as active as ever this year.

Mike Long
IOA Junior Officer
April 2017