CONTINENTAL CUP TEAM: Photo taken by Pat Flanagan on July 5th at Achères. Included are:
Back Row; Clare Nuttall, Pat Healy, Faith White, Orla Cooke, Una Morrish, Eileen Loughman, Julie Martindale, Frank Martindale, Roxanne White, Carey May, Noel Morrish, Charlotte Bonar-Law, Andrew B. Law.
Front Row; Deirdre Ni Challanáin, John Riordan, Pat Flanagan, Rory Morrish, Aideen Morrish, Aonghus O' Cléirigh.

## LEINSTER RANKING

For 1980 the following system for Leinster Ranking will be used:

.. All Grade 1 events and Grade 11 events in Leinster are included.

.. A certain number (to be decided) of a competitors best events over the year will be taken into account.

.. The year will run from January to December

.. Grade 1 events can be used twice in the above calculations.

.. A competitor must have attended at least two separate events to be included.

.. No points will be awarded to competitors competing as teams, except in M,W 10, 11, 12 and 13.

.. Non-Leinster Club competitors results will not be used in the calculation of results, although credit may be given. (They will appear in the lists).

.. M21A The same method as in previous years will be used and is as follows:-

1. Take the average of the first three competitors. (Seconds are converted into a decimal).

   e.g. A=90, B=100, C=110, therefore average = 100.

2. Each person's time is calculated as a percentage of this average. e.g.

   $A = \frac{90 \times 100}{100} = 90$ $B = \frac{100 \times 100}{100} = 100$ $C = \frac{110 \times 100}{100} = 110$

3. Each person's percentage is subtracted from 200 to give their points. e.g.

   A=200-90 = 110, B=200-100 = 100, C=200-110 = 90

   so where CT = competitors time, and A = average of the 1st 3 M21As the following formula is used:

$$\text{Points} = 200 - \frac{(CT \times 100)}{(A)}$$

.. ALL OTHER CLASSES

B.O.F. have published a list showing how many minutes the winner in each class takes to run 1 kilometre. Times have been given for two types of terrain; (1) Flat, easy: therefore fast times. (2) Steep, tricky; therefore slower times.

I feel that in Ireland we do not have many 'tricky' areas and most of our terrain is steep, so I have taken a mean time which woudl apply to areas described as 'steep-easy' and feel that this will meet our situation. So minutes per km. of winners in each class read as follows:-



MINUTES PER KILOMETRE (m.p.k.) B.O.F. STANDARDS

| | | | |
|---|---|---|---|
| M50 | 12 | W50 | 20.5 |
| M43 | 10 | W43 | 16 |
| M35 | 8.5 | W35 | 14 |
| M21A | 7 | W19A | 11 |
| M21B | 9.5 | W19B | 14.5 |
| M19 | 8.5 | W17 | 13 |
| M17 | 9.5 | W15 | 14.5 |
| M15 | 10 | W13 | 19.5 |
| M13 | 11.5 | W11 | 20.5 |
| M11 | 15 | | |

Using this data, I have worked out the following ratios per class, using M21A's m.p.k. as a base 1.

e.g. M50 7:12 = $\frac{12}{7}$ = 1:1.7

Therefore, M50 takes 1.7 times longer to run 1km than M21.

W19B 7:14.5 = $\frac{14.5}{7}$ = 1:2.1

Therefore, W19B's take 2.1 times as long as M21A to run 1km. etc. etc.

This establishes an immutable relationship between M21A and each of the other classes.

At each event these factors can be used and results in each class are based on the AVERAGE OF THE TOP THREE M21A's m.p.k. on that day.

| CLASS | FACTOR-based on B.O.F. m.p.k. (M21A as base 1) | m.p.k. at event i.e. A x factor | COURSE LENGTH (in kms). | IDEAL WINNING TIME (I.W.T.) i.e. course length x km time |
|---|---|---|---|---|
| M11 | 2.1 | 21 | 3 | 63 |
| M50 | 1.7 | 17 | 4 | 68 |
| M13 | 1.6 | 16 | 3 | 48 |
| M21B | 1.4 | 14 | 7 | 98 |
| M43 | 1.4 | 14 | 5 | 70 |
| M15 | 1.4 | 14 | 4 | 54 |
| M17 | 1.4 | 14 | 5 | 70 |
| M19 | 1.2 | 12 | 7 | 84 |
| M35 | 1.2 | 12 | 7 | 84 |
| M21A | 1.0 | 10 | 10 | 100 |
| W19A | 1.6 | 16 | 6 | 96 |
| W17 | 1.9 | 19 | 5 | 95 |
| W35 | 2.0 | 20 | 4 | 80 |
| W19B | 2.1 | 21 | 4 | 82 |
| W15 | 2.3 | 23 | 3 | 69 |
| W13 | 2.8 | 28 | 2 | 56 |
| W50 | 2.9 | 29 | 2 | 58 |
| W11 | 2.9 | 29 | 2 | 58 |

EXAMPLE OF AN EVENT.
(Purely theoretical).

A* = Average of 1st 3 M21As m.p.k.

Having arrived at an I.W.T. the same method for working out points can be used as for M21A.

- i.e. $200 - \frac{(CT \times 100)}{(IWT)}$

By this method all results can count even if there is only one competitor in a class. i.e. a Par has been established.

The working out of these results depend on each organiser sneding in course lengths for each class.

## JUNIOR AFFAIRS

The first major international competition involving Irish Juniors - the Continental Cup in July in France - proved a very successful trip. While we came back with no prizes except for a 3rd in W13 by Rhona Yard of NWOC, the experience gained was invaluable. The intricate maps and complicated terrain proved very difficult, in particular for the southern juniors, many of whom had never competed outside Ireland before. Nevertheless, there were no disasters. By the 3rd day, the Continental Cup Competition, the team had adjusted well and learned to cope with the difficulties. After this experience the standard of Junior Orienteering should show a dramatic improvement in the coming season. The one casualty of the trip was Roxanne White, W17, who unfortunately injured her feet so badly on the first day that she was unable to take part in the rest of the competition. Her place was taken by reserve, Michelle Coleman.

Home International: See Team Manager's Notes
Junior Championships: See IOA Notes - contact club sec. for entry form.

Irish Junior Squad: Now being drawn up. Any juniors not already on teams, who would like to be considered should apply to Maire Walsh or to their Regional Organiser. Unfortunately, there seems to be a very small pool of junior Orienteers to draw on. There is a huge gap between the team members at the top and the hundreds of novices who attend LSOA events. Until more juniors are attracted into clubs and to ordinary events there is no real future for Orienteering in Ireland.

Each club should have an officer for juniors, who is responsible for junior recruitment, runs regular training events for juniors, and keeps in contact with local clubs and schools. Map Clinics will be run at LSOA events this year and this is a good opportunity for clubs to meet juniors and help them improve. Ths first LSOA event is on Sept. 21st, run by DLSO at
Assistance from Senior Os will be very welcome.

Maire Walsh

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## COLOUR CODED EVENTS

**AJAX O. & A. C. with the approval of the IOA, are introducing the colour system of events to Leinster. Thomond and NWOC already run similar schemes in their areas Four events will be run up to the end of the year. In these type of events courses of different lengths and technical difficulty are open to everybody. At each event the samecourses( by colour) will be offered and will be of the same type of length and difficulty, so a person will know what to expect. Badge times, for each course will be displayed at the start of each event and a badge of the appropriate colour will be awarded to everybody who completes the course within this time. The times may be extended, at the discretion of the organiser.**

| COLOURS | APPROX. LENGTH | APPROX BADGE TIME | (Minutes/km) |
|---|---|---|---|
| BLUE | 5.5 + | 60 minutes | 11 |
| RED | 4 - 5.5km | 60 " | 13 |
| ORANGE | 3 - 4.5 | 60 " | 17 |
| YELLOW | 2 - 3.5 | 60 " | 22 |
| WHITE | 1 - 2 | 45 " | 30 |



A sizeable contingent of GEN competed abroad this summer. Eileen Loughman, David Quinn, Andrew and Charlotte Bonar Law and Diana Large took part in the French Three-Day including the Continental Cup. Eileen and David went on to Switzerland for the Swiss 5-Day where they met up with Tom and Win (+ twins), Philip Ryan and Maura Thornhill. Our congratulations to Maura who came fourteenth out of 170 on the final day of the Women's W19A class. With the experience gained this summer GEN are looking forward to the coming season with confidence.

GEN are organising the dinner dance this year. It will be held in the Dalkey Island Hotel on Saturday 29th November.

Tickets £7.60 approx. - available from GEN committee members.

Our car and foot Treasure Hunt, held on August 22nd in aid of the International Fund was enjoyed by all - we hope this will encourage other clubs to organise something similar - i.e. social and not too strenuous! - or even social and strenuous?

P. Ryan.

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The GEN Committee would like to comment on the lack of proper management of the IOA sponsored visit of G. Nielsen to train juniors. It is felt that the visit was not sufficiently planned or publicized, nor was it made clear for whom it was intended.

We suggest that in future such a training event be planned, scheduled and publicized at least 3 months in advance. Adequate publicity would include information on the types of training, location of training, transport, accommodation, cost and eligible participants.

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## TWININGS Self-Help Foundation

With a little effort we could arrange for a £10,000 or £2,500 or £1,500 donation to an orienteering project.

Have you any ideas about a project we could submit?

The final submission will have to include details of the project, costs, who will benefit, and it has to be submitted before the 31st January.

We are setting up a group to discuss ideas and possible submissions at the next L.R.C. on 24th September. So if you have any ideas, send or phone an outline to

Maura Thornhill at 985282 as soon as possible.

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## SETANTA NOTES:

We have another batch of sweat-shirts, this time in navy and with a good few small sizes. Prices are still £5.00 (medium), large and extra-large sizes, and £3.00 for small. Orders to secretary - be quick. Also plenty of badges in stock at £1.20 each - from sec.

Note new address for Secretary: Denis Deasy, 63 Rathgar Road, D.6 Phone. 979069.

N.B. See separate sheet enclosed with newsletter for entry form for Ballinascorney Event on October 12, and also for information on Mountain Marathon to be held on September 14th.

783000



## 3ROC NEWS

So, the new season is upon us! I suppose for all those who travelled to the continent in July, the last one never really ended. Anyhow, looking forward to the new season, we can at last announce that we have our long awaited set of distinctive red/black 3ROC O-suits - there are still a few left at £11.00, available from Justin May (988730). As regards up and coming events, we will be quite busy until Christmas with a Grade 2 in Clarabeg at the end of September, a two day event in Donadea in November (night event on Sat. night, Relay on Sunday - see separate notice) and a Grade I on a new map of Ballinahinch/Kilmurray in December - check fixtures list for dates. Anyone who would like to help in anyway at any of these events should contact any of the following:- Susanne Cawley, Ronan Cleary, Pat or Brigid Flanagan, Justin May, John McCullough, Ted McGrath.

By the time you read this, the search should be well under way for the 3ROC Harvester Relay team which will probably still be lost somewhere in Lime Park, England. Amongst the 97 teams entered for this year's event we believe we are the only team from overseas. (For those who haven't heard of the "Harvester" - it is a seven person relay race, starting at Midnight. This year it being held in Lime Park, near Stockport, England on the 31st August).

Well, thats it for now - I hope to see you all out in September and the best of luck for the months ahead.

J.May.

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## 3ROC NIGHT-O and RELAY

Donadea, Co. Kildare. November 8th and 9th 1980.

Night Orienteering; Sat. Nov. 8th.

Courses and approximate lengths:

| | | | | |
|---|---|---|---|---|
| A | M21 | | | 7.0 km |
| B | W19 | M19 | M35 | 5.5 km |
| C | M17 | M43 | | 4.0 km |
| D | W17 | W35 | W43 | 2.0 km |

Pre-entry only: entry closes October 19th.

3ROC RELAYS; Sunday Nov. 9th .

Teams of three, any mixture of club, class and sex.

Classes: A 3 x 6.0 km
B 3 x 4.5 km
C 3 x 2.5 km

Pre-entry by October 19th, please.

Entry forms and further information will be available at events in September and October, or from:
John McCullough, 34 Dun Emer Drive, Dublin 14. Ph. 981556
Ronan Cleary, 16 Dodder Park Road, Dublin 14. Ph. 904177

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## Fell Racing

Fell racing got off to a great start in May and June around Dublin with six races organised by Ajax Orienteers. Declan O'Callaghan introduced the idea, having attended a fell race in the North. A tradition of mountain racing has long been established in the south however, over such walks as the 'Reeks', 'Maamturks', 'Galtees' and 'Lug'. One of its premier names, Niall Rice organised the fifth race in the series.

Hill training has largely been neglected in orienteering training and these races really showed up some deficiencies in leg strength. Different running techniques are required, both for uphill and downhill. Here are the first 3 in each race!

Fairychase (Ticknock-Fairy Castle)
1. B. Keeney 22.30 mins 2. W. Young 23.14 mins 3. D.O'Mahoney 23.24 mins

Tibradden-Fairy Castle
1. B. Keeney 34.28 mins 2. D.O'Callaghan 37.11 mins 3. P. Delaney 37.21 mins

Sugarloaf
1. D.O'Callaghan 19.04 mins 2. E.Rothery 19.21 mins 3. M. Rice 19.50 mins

Stone Cross-Seahan
1. A.O'Cleirigh 31.24 mins 2. D.O'Callaghan 33.46 mins 3. E.Rothery 34.01 mins

Curtlestown-Glencree
1. A.O'Cleirigh 46.45 mins 2. E. Rothery 50.38 3. D. Reidy 51.24 mins

Stone Cross-Seefingan
1. P. Healy 67.26 mins 2. A.O'Cleirigh 67.32 mins 3. E. Rothery 72.03 mins

The races were held mid-week and in the evenings, but still attracted an average of over 30 to each. The sight of Carey May's back became quite familar to most of the fields as she placed 5,5,4,7 and 4 in the first 5 races.

## Fell Race League

A league was held over the series of 6 races. 20 points were awarded to the winner, 19 to second, 18 to third etc. Where people had equal points, the individual races were looked at, to see who beat who, or, if this was not possible, the best overall race was taken. Here is the top 20:

(Best 3 races)

| | | | | | |
|---|---|---|---|---|---|
| 1. A.O'Cleirigh (Curr) | 59 | 8. B.Keeney(Athlete) | 40 (2) | 15.G.Byrne(Curr) | 32 |
| 2. D.O'Callaghan (AJAX) | 58 | 9. P.Lalor(Curr) | 40 | 16.G.Slater(Athlete) | 27 |
| 3. E.Rothery (AJAX) | 56 | 10.P.Kernan(Athlete) | 36 | 17.E.Niland(AJAX) | 26 |
| 4. C.May (AJAX) | 50 | 11.D.Reidy(Curr) | 35 (2) | 18.D.Thornhill(Gen) | 22 |
| 5. C.Rice (Athlete) | 49 | 12.A.May(3Roc) | 34 | 19.P.Healy(Curr) | 20 (1) |
| 6. M.Rice (Athlete) | 48 | 13.C.Taylor(Athlete) | 34 | 20.W.Young(Curr) | 19 (1) |
| 7. N.Rice (Set) | 45 | 14.E.Gaffney(Athlete) | 32 | | |

## FELL RACING FIXTURES

| | | |
|---|---|---|
| **SEP 7 (Sunday)** | **3.00pm** | **From the road between Sally Gap and Kilbride, Brittas, Blessington. 6miles, 1000ft.** |
| **SEP 13 (Saturday)** | **3.30pm** | **From the Promenade, Bray (South Side). 3 miles 800ft.** |
| **SEP 21 (Sunday)** | **3.00pm** | **From the Featherbed (Between Glencree and Hell Fire Club) to Kippure. 5miles 800ft.** |
| **SEP 27 (Saturday)** | **3.00pm** | **From the Featherbed road to Three Rock 9mls,1600ft.** |

**Lug Relays cancelled due to lack of entries.**

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## SWEDISH 5-DAY 1980, UPPSALA

Having experienced last years Swedish 5 day competition, it was a little easier to know what to expect this time. The organisation is done on a massive scale to cater for the 17,800 competitors every day, mistakes are rarely made and the competition is run very smoothly and efficiently, yet above all this, I think that what strikes most visitors is the Swedes warm hospitallity and friendship.

Because of the huge entry, the start times, for approximately 120 different classes, begin at 8.00am and continue until about 1.00pm. This often means getting up at 4.30am for breakfast in order to drive the distance to the event. There are 5 start venues catering for about 24 classes each, at the finish these connect to 5 finishing lanes where the spectators can watch constant streams of competitors finishing from about 8.20am to 3.00pm. You have to watch out for your own start time as names are not called, the maps and control cards are issued in bags at the start.

The maps for the 5 days were all drawn by the one man, as is typical of most Scandinavian maps, they were all rich in contour detail, with very little vegetation marked. Tracks were very few and far between which meant it was necessary to orienteer on just contours for much of the courses, although there were many wet marshes which helped a bit. Obviously the Swedes are well used to these maps as they seemed to find little difficulty in winning most of the top classes(Lars Lonnkvist in the H21E, but one of the few exceptions was Liisa Veijalainen in the D21E).

Technically the courses were hard, which lead to relatively slow times for the average competitor in a class, navigation had to be slow and carefull in order to hit the control first time. The terrain was mainly rough with small rocks overgrown with moss, a lot of thigh deep marshes and fairly thick undergrowth in places, any open ground was generally bare rock some of this being very detailed. As well as catering for the competitor in the forest, the Swedes also have to allow for the protection of their wildlife which leads to the necessity of having large areas marked on the map as being 'out of bounds', however these areas were not taped or marked in the wood and some competitors were disqualified for wandering into these ares (unfortunate if you get lost!).

Regardless of whether we did well or badly during the day, it was made sure that we forgot about it in the evenings as we were entertained by our 'hosts' (the foreign competitors invited by the federation each had their own host) either by a tour of Stockholm, 'just for fun' races and relays which were nevertheless taken very seriously! or a film show and talk by P.O.Bengtsson and a talk by the mapper for the 5 days.

Anyone who has a chance to take part in this competition should have no hesitation in doing so, its a fantastic experience that I'm sure no one forgets. The orienteering is taken very seriously by everyone (aged from 10 - 60) and it is a pleasure to be among so many people sharing the same interest and to have the opportunity to talk to and learn from people from many different nationalities.

Carey May.

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The AJAX AGM was held on Friday 22nd August. The following officers were elected:

Chairman: Declan O'Callaghan, 3 Cappagh Villas, Clondalkin, Co.D
Secretary: Frank Horan, 11 Sweetmount Pk., Dundrum, D. 14 (983881)
Treasurer: John Ryan. Coach: Eddie Niland
Committee Members: Eoin Rothery, Hilary McCutcheon, Philip Thompson, Orla Fitzgerald.

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## AUGHAVANAGH - LONG-O

8 June, 1980. CURRAGH ORIENTEERS

### "A" COURSE

| | | | | |
|---|---|---|---|---|
| 1. | A. O'Cléirigh | CO | 126.17 |
| 2. | D. O'Callaghan | AJAX | 126.31 |
| 3. | E. Rothery | AJAX | 132.30 |
| 4. | D. Reidy | ECO | 132.55 |
| 5. | P. Lawlor | CO | 134.40 |
| 6. | J. May | 3ROC | 137.05 |
| 7. | C. May | AJAX | 144.50 |
| 8. | E. Niland | AJAX | 151.26 |
| 9. | A. Flegg | SET | 152.50 |
| 10. | J. Murray | MAC | 162.21 |
| 11. | N. Rice | SET | 167.42 |
| 12. | T. McGrath | 3ROC | 194.24 |
| 13. | T. Caffrey | SET | 212.15 |
| 14. | M. Kavanagh | SET | 234.20 |
| 15. | J. Newman | GEN | 240.00 |

### "C" COURSE

| | | | |
|---|---|---|---|
| 1. | A. May | 3ROC | 63.40 |
| 2. | T. McCormack | GEN | 66.15 |
| 3. | B. Cryan | UCD | 75.00 |
| 4. | M. McNulty | CO | 78.22 |
| 5. | J. Ryan | AJAX | 82.30 |
| 6. | P.H. Ryan | GEN | 84.20 |
| 7. | J. Martindale | TO | 86.00 |
| 8. | B. Concannon | GEN | 87.12 |
| 9. | W. Delaney | GEN | 93.40 |
| 10. | C. Bonar-Law | GEN | 101.15 |
| 11. | D. Ellis | MAC | 106.45 |
| 12. | D. Large | GEN | 110.40 |
| 13. | J. Flegg | SET | 114.20 |
| 14. | R. Rice | SET | 117.45 |
| 15. | T. Doonan | CO | 123.58 |
| 16. | F. White | SET | 140.30 |
| 17. | P. Van Rooxen | SWOC | 143.08 |
| 18. | B. Mills | CO | 145.34 |
| 19. | Findlay | | 145.40 |

### "B" COURSE

| | | | |
|---|---|---|---|
| 1. | F. McCormack | CO | 121.33 |
| 2. | E. Loughman | GEN | 122.25 |
| 3. | P. Flanagan | 3ROC | 122.35 |
| 4. | M. Ryan | CO | 134.42 |
| 5. | F. Horan | AJAX | 137.12 |
| 6. | A. Bonar-Law | GEN | 139.14 |
| 7. | F. Martindale | TO | 140.41 |
| 8. | C. Dunlop | SET | 148.10 |
| 9. | P. Thompson | AJAX | 149.28 |
| 10. | B. Butler | AJAX | 149.38 |
| 11. | S. Cawley | 3ROC | 152.24 |
| 12. | O. Cooke | AJAX | 153.39 |
| 13. | P. Cleary | CO | 161.40 |
| 14. | M. Walsh | 3ROC | 162.40 |
| 15. | B. Walsh | 3ROC | 163.06 |
| 16. | J. Bent | SET | 167.37 |
| 17. | B. Flanagan | 3ROC | 170.11 |
| 18. | J. Crowley | CO | 172.20 |
| 19. | T. Hudson | SET | 182.26 |

### "D" COURSE

| | | | |
|---|---|---|---|
| 1. | R. Doorly | GEN | 47.05 |
| 2. | E. Flegg | SET | 57.15 |
| 3. | D. Quinn | GEN | 64.23 |
| 4. | N. Flegg | SET | 102.40 |
| 5. | McNamara | GEN | 104.00 |
| 6. | C. Wann | SET | 126.15 |

### "B" COURSE (ctd)

| | | | |
|---|---|---|---|
| 20. | A. O'Sullivan | CO | 148.25 |
| 21. | B. Ellis | GEN | 171.20 |
| 22. | C. O'Cléirigh | | 176.15 |
| 23. | H. Newman | GEN | 184.00 |
| 24. | P. O'Cléirigh | | 207.50 |

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### Mactire Score Event Cruagh 15th June 1980

| | | score | pen. | total | | | score | pen. | total |
|---|---|---|---|---|---|---|---|---|---|
| B. Power | SET | 390 | 13 | 377 | K.Convery | 3ROC | 100 | --- | 100 |
| R. Buckley | SET | 385 | 12 | 373 | A.McCormack | GEN | 105 | 7 | 98 |
| T.McCormack | GEN | 350 | -- | 350 | S.Hutton | --- | 85 | 24 | 61 |
| C.Dunlop | SET | 330 | -- | 330 | J.Mullen | MAC | 60 | 6 | 54 |
| P. Ryan | GEN | 325 | 1 | 324 | D.Lyons | MAC | 45 | - | 45 |
| A.Bonar Law | GEN | 325 | 3 | 322 | P&S McCormack | GEN | 40 | - | 40 |
| W.Delaney | GEN | 320 | - | 320 | A &H Convery | 3ROC | 75 | 56 | 19 |
| B.Dunlop | SET | 305 | 2 | 303 | M.P.Higgins | -- | 40 | 52 | -12 |
| S.Kulldorff | SET | 245 | - | 245 | W.Goodbody | --- | 95 | 117 | -23 |
| B.Ellis | GEN | 235 | -- | 235 | D.O'Brien+2 | MAC | 35 | 72 | -37 |
| D.Large | GEN | 215 | -- | 215 | J.Kane | ) | | | |
| B.O'Connor | DLSO | 170 | -- | 170 | E.O'Connor | ) | 20 | 312 | -292 |
| F.Murphy | DUO | 140 | -- | 140 | E.Cuxton | ) | | | |
| L.Peters | GEN | 165 | 36 | 129 | | | | | |

RESULTS of Grade 2 event held at Donadea on May 11th. GEN

A Course 8.3km, B Course 6.8 km, C Course 6km, D Course 3.7 km
Wayfarers - 4.km

A Course M21A:

| | | | |
|---|---|---|---|
| 1. | P. Lalor | CO | 63.59 |
| 2. | N. Rice | SET | 80.04 |
| 3. | J. Murray | MAC | 85.38 |
| 4. | E. Niland | AJAX | 90.00 |
| 5. | T. O'Leary | ECO | 108.54 |
| 6. | T. Caffrey | SET | 112.55 |
| 7. | A. Price | SET | 120.11 |

M35A

| | | | |
|---|---|---|---|
| 1. | P. McCormack | GEN | 83.40 |
| 2. | A. Flegg | SET | 87.06 |
| 3. | H. Quirke | CO | 95.55 |
| 4. | C. O'Rafferty | GEN | 133.03 |
| 5. | J. Lynam | 3ROC | 135.31 |
| 6. | B. Hallowes | MAC | 146.10 |

Misc. A.

| | | | |
|---|---|---|---|
| J. Ryan | M19A | AJAX | 82.22 |
| A. Bonar-Law | | no time | |
| C. Dunlop | | SET | 93.50 |
| P. Thompson | | AJAX | 93.58 |

D. Course M13

| | | | |
|---|---|---|---|
| 1. | N. Bohan | CO | 79.50 |

W12

| | | | |
|---|---|---|---|
| 1. | E. Flegg | SET | 49.02 |
| 2. | K. Convery | 3ROC | 104.52 |

W43

| | | | |
|---|---|---|---|
| 1. | N. Lynam | 3ROC | 106.50 |

Misc. D

| | | | |
|---|---|---|---|
| C. Bonar-Law | W15 | GEN | 47.50 |
| T. McCormack | n/c | GEN | 49.59 |
| G. McCormack | | | 55.33 |
| G. Eager | | | 76.08 |
| C&T Duke | | | 103.27 |
| Giblin | | | 108.45 |
| R. Duke | | | 109.15 |
| L. Mangan | | | 115.08 |
| V. Swan | | | 146.12 |
| M. Kiely | | | 147.15 |

5 n/f

89.55
161.00

WAYFARERS: 1. N. Flegg, SET 68.45. 2. G. Young
3. A. Dunlop SET 121.09 4. Breslin
4 n/f

B. Course W19A

| | | | |
|---|---|---|---|
| 1. | A. Hallowes | MAC | 105.17 |
| 2. | M. Doyle | MAC | 161.42 |

M21B

| | | | |
|---|---|---|---|
| 1. | P. King | CO | 79.22 |
| 2. | B. McGrath | 3ROC | 82.25 |
| 3. | R. COleman | CO | 167.53 |

M19

| | | | |
|---|---|---|---|
| 1. | N. Finlay | DUO | 58.27 |

Misc. B.

| | |
|---|---|
| G. Henriksson | 104.00 |
| R. Buckley | 126.05 |

1 n/f in B.

C. Course

| | | | |
|---|---|---|---|
| 1. | F. McCormack | CO | 60.58 |
| 2. | S. Kulldorff | SET | 74.47 |
| 3. | L. Convery | 3ROC | 102.40 |

W35.

| | | | |
|---|---|---|---|
| 1. | D. Large | GEN | 84.48 |
| 2. | J. Flegg | SET | 99.43 |

W19B

| | | | |
|---|---|---|---|
| 1. | R. Roche | GEN | 179.15 |
| 2. | M. O'Rafferty | GEN | 191.50 |

M15

| | | | |
|---|---|---|---|
| 1. | J. Shulmeister | GEN | 116.21 |
| 2. | J. Riordan | LO | 116.45 |

Misc. C

| | |
|---|---|
| S. Hynes, | 115.53 |
| O. Cantwell | 159.26 |
| S. Seymour | 180.39 |
| S. Hutton | 184.48 |
| T. Walker | 184.48 |
| L. Peters | 184.48 |
| J. Caffrey | 253.10 |

5 n/f

Good Wishes:

* To Tommy Caffrey of Setanta who has a broken leg. Hope it won't take too long to heal and that we will see him back in action before the end of the season.

* To Carey May of AJAX, who is off to Denmark shortly. She will be coached by the Danish Junior Coach, Gert Nielsen, and we wish her every success.