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No. 102 September 2002 €1.90

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johnmccullough@bigfoot.com

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Cover: Paul Mahon starts the MTBO WOC Relays (see page 12) - *Nina Phillips*

**NEXT COPY DATE**
**October 31st 2002**

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# the Irish Orienteer

*All the News that Fits, We Print*

**No. 102** **September 2002**


## Fiddling while Rome Burns

*A decision has been taken by the NIOA and the IOA not to enter a team in the SHI for 2002. The reason behind this has been the general lack of interest by elite orienteers in putting themselves forward for SHI team selection this year and over the past number of years.*
*This position will be reviewed in 2003 and it is hoped that we will be in a position to select and enter a team.*

So runs a statement this week from Brendan O'Brien, Director of High Performance Orienteering with IOA. Brnedan undoubtedly knows more about this than I do, but I am very disappointed that no Irish team will be travelling to Cornwall for the event. As a former SHI team member, manager and course planner, I know many orienteers who would have given their right arm to be selected to run for Ireland and who still would. What does it say about the prestige of being selected for an Irish team? Is the World Championships the only game in town? Surely we should be grooming our future World Championship competitors in races like the SHI? Let's hope we're back in the race in 2003.

On a more positive note, isn't it great to be starting back into another orienteering season? We've had a great year, after the devastation of Foot and Mouth disease: the British and Irish Championships, the return of the Shamrock, the World Junior Championships, a Junior training camp at the Lakeland 5-Day and the World Mountain Bike O-Championships spring to mind.

However, to return to a recurring theme, it seems to me that numbers orienteering are dropping and the orienteering population is ageing. This needs to be addressed seriously if the sport is to have a future. I see my kids out on Saturday mornings training for hurling and football with maybe 80 other under 10's. Have we any comparable initiative for orienteering? Have we the vision to look forward and face the challenge? Or are we fiddling while Byrne roams, as Keats and Chapman would have said?

(P.S. If obscure literary references are lost on you, consider yourselves lucky!)

# THE O-ZONE:
## Orienteering news from Ireland and the World

### IRISH ORIENTEER TROPHY 2002

BOC have offered to run the Irish Orienteer Trophy competition again this year. They won the event at Dundrum Wood s couple of years ago but never got the Trophy, a glass decanter. Can anyone help locate it please?
Rules will be sent to all clubs. Bascially it's an inter-club competition with seven teams per club, made up according to the age classes listed below. (Remember age classes? It's yuur age on 31st December 2002 that counts: M35, say, means men aged 35 to 39 on 31st December next; W18 means aged girls aged 17 or 18 on that date).
Originally, in the early 1980's, the competition was run with provincial heats and a national final between up to four clubs. It seems that this year's event is being run all in one go, which means less travelling but more complex results calculations.

Date: Sunday 10th November 2002
Knockaun Wood South, Tallow, Co. Waterford (GR X 025 879)
Mainly mixed coniferous forest with a good network of roads, walls, and
vegetation changes, relatively flat and runnable.
Map scale 1:15 000, 5m contours. Survey & map by Seán Cotter.
Team A: Brown Course M21.
Team B: Brown Course M20-,M35, M40.
Team C: Blue Course M18-, M45, M50, M55.
Team D: Blue Course W20-, W21, W35.
Team E: Green CourseW40+, M60+.
Team F: Light Green Course W16-,W18-, M16-.
Team G: Orange Course W14-, M14-.
Organisers: Bishopstown Orienteering Club.
Entry on the day: Pre-marked maps for early starters.

**APPEAL**
**IF ANYONE KNOWS WHERE THE TROPHY IS, PLEASE CONTACT THE EDITOR**

### IRISH ORIENTEERING ASSOCIATION AGM

Glendalough Hotel, Co. Wicklow Saturday 11th May 2002, following the Irish Individual Orienteering Championships at Kanturk Mountain, Co. Wicklow

The AGM coincided with the presentation of prizes for the individual event on the Saturday and there was an attendance of about 40.
The Code of Ethics and Practice for Children's sport in Ireland was discussed. The Children's Officer was amalgamated with the Juniors Officer.
Event registration and 10% levies were discussed and the Munster proposal of retaining a portion of the levy for the region was defeated.
Membership fees for Universities were lowered simply because the membership soared during Fresher's week then these members were no longer active the rest of the year. The 50 member threshold for fees applied.

The following Officers were elected:-
Chairman - Frank Ryan
Secretary - Michael Heng Phung
Treasurer - John Casey
Coaching Officer - vacant
Mapping Registrar - David Weston
Fixtures and Environment - Ruth Lynam
Technical Standards - Aonghus O'Cléirigh
High Performance - Brendan O'Brien
Public Relations - Paul Dunne
Development Officer - Brendan Cryan
Juniors and Children - Mary Healy
(-report by Paul Dunne)

Trophies: Mactire Trophy John Feehan
Silva Trophy Julie Cleary and Ronan Cleary
Silva Award no nominations
Maps of the Year: No information.



### NIOC @ BINEVENAGH

The 2002 NIOA Champs are being run by NWOC on the new British Elite Championships map of Binevenagh on Saturday 19th October. It's a one day event and the entry form is on the NIOA website www.niorienteering.org.uk and NWOC website www.nwoc.info as well as in this issue of TIO.

Charlie Reid of NWOC says it should be a good event with the combination of the significantly improved "elite" map (which was pretty good to start off with), being able to use some new bits and get back into the most complex forested area which had been rather overgrown for a few years subsequent to a major thinning programme.
Classes will run from M/W10 to M/W70 (no A/B or L/S except for M/W21). The probable entry date is 4th October.

### HOME INTERNATIONALS

The Senior Home International this year (Classes M/W 20, 21, 35) is at Penhale Sands in Cornwall on September 14-15th, combined with the Caddihoe Chase badge event. Penhale, you may remember, was the venue for the 1997 Jan Kjellstrom event: fast, intricate sand dunes, with on-site accommodation in mobile homes.

The Veteran Home International (Classes M/W 40 and above) will be in south Wales on September 28-29th, at Mynydd Llangatwg with the relays at Merthyr Mawr (more sand dunes!). The individual is combined with an SBOC National Event.

The Junior Home International is reportedly in Scotland on October 5-6.

### O-SPORT

An exciting-looking, full colour magazine covering European orienteering has been launched. "Orienteering Sport" is edited by Martin Gregor and is produced in the Czech Republic. The first issue runs to 52 A4 pages on very good quality paper. Much of the magazine is in colour, with maps and photos from Greenland to Spain, Portugal, Czech Republic, Denmark, South Africa and Slovenia. Ski-O, training, elite races and technology are also covered.
You can subscribe for €30 (8 issues). Details on www.orient-sport.com.

### ORIENTEERING HISTORY

Take a look at www.orienteering-history.info

### IOA TECHBLAST

Revision of IOF Control Descriptions

A draft of IOF Control Descriptions 2003 is now available on the IOF website - www.orienteering.org . Changes include the removal of some symbols and the inclusion of new ones. Eliminated is the need to have two symbols in the same box - this is designed to help those who write the computer programs that produce control descriptions.

Names and descriptions have been brought into line with the ISOM 2000 terminology. (ISOM 2000 is the new "International Specification for Orienteering Maps" issued by the Map Committee of the International Orienteering Federation.

The IOF have invited member associations to make suggestions and comments. So if anyone wants to comment please do so to me before 31-Aug.-2002. (email: aonghus_ocleirigh@yahoo.com).

Any submissions will be collated by the IOA Technical subcommittee and forwarded to the IOF.
IOA Technical Officer, Aonghus OCléirigh)

### TRAILS AND TRIBULATIONS

The Irish Trail Running Championships was held in Avondale, Rathdrum, Co. Wicklow on Sunday 28 July. This is a beautiful venue and the event suited runners who might not like the rigours of hill running. The route was 10km on track and grass with some uphill sections but no rough stuff.
Runners of all standards and ages were welcome !

For more information on trail running, contact Vivian O'Gorman 01-2956292/087-2186071; or Eva Mulleady 086-8539944.
There is to be a mid-week trail series in Wicklow, starting with Trooperstown Wednesday Aug. 7th (this info from Lindie Naughton, but not the pun in the title).

FRA CHAMPIONSHIPS
The British Fell & Hill Running Relay C'ships take place at Great Langdale, Lake District on Saturday Oct. 19. Teams should be of 6 and there are four legs -
A. 4m/2000 ft climb up Pike-o-Blisco -solo
B. 5.5m/2,5000 ft Side Peak and Longmore - for pairs
C. 5m/1,900 ft navigational route (maps supplied) - for pairs
D. 4.5m/2,000 ft via Oxendale, Red Tarn and Pike-o-Blisco - solo.
There are open, veteran and women's categories, with an entry fee of £42 before Sept. 2 and a 100 team limit (i.e., 600 fell runners out there !). Accommodation is at the local campsite, hostels, hotels, B&Bs, etc., so no problem there. Free food is on offer after. Anyone interested ?
Lindie Naughton
PS: Further info at www.amblesideac.co.uk

LEINSTER LEAGUE PRIZE WINNERS
Here is the list of prize winners for the 2001 - 2002 Leinster League Nine of sixteen events counted The rules for the awarding of prizes are shown below

Yellow

| | | | | |
|---|---|---|---|---|
| 1st | 402 Kevin O'Boyle | M10 | CNOC | 10 |
| 2nd | 360 Cian O'Boyle | M12 | CNOC | 8 |
| 3rd | 315 Conor Short | M10 | CNOC | 8 |

Orange

| | | | | |
|---|---|---|---|---|
| 1st M12 | 435 Ruairi Short | M12 | CNOC | 10 |
| 1st M | 363 Rory Neary | M45 | 3ROC | 9 |
| 2nd M12 | 357 Fearghal Burke | M12 | Fin | 12 |
| 1st W | 312 Toni Butler | W55 | 3ROC | 11 |
| 2nd W | 307 Ciara Burke | W14 | Fin | 8 |
| 1st W12 | 251 Erika Jones | W12 | Fin | 7 |
| 3rd M12 | 190 Alan Murphy | M12 | Fin | 7 |

Light Green

| | | | | |
|---|---|---|---|---|
| 1st M14 | 397 Seamus O'Boyle | M14 | CNOC | 10 |
| 1st M | 396 Brian Power | M50 | Set | 10 |
| 1st W | 378 Bernie O'Boyle | W40 | CNOC | 10 |
| 2nd M | 344 Michael Butler | M60 | 3ROC | 11 |
| 2nd M14 | 337 Brendan Carbery | M14 | CNOC | 10 |
| 2nd W | 334 Nora Lalor | W45 | GEN | 11 |
| 3rd W | 330 Kathryn Walley | W40 | Fin | 12 |
| 3rd M | 284 Sean Rothery | M70 | 3ROC | 9 |

Green

| | | | | |
|---|---|---|---|---|
| 1st M | 376 Declan Carbery | M45 | CNOC | 12 |
| 1st W | 348 Jean O'Neill | W55 | Fin | 13 |
| 2nd M | 330 Brendan Doherty | M55 | GEN | 10 |
| 2nd W | 325 Wyn McCormack | W50 | GEN | 15 |
| 3rd M | 312 Andrew Bonar-Law | M65 | GEN | 13 |
| 3rd W | 285 Aine NiShuilleabhain | W50 | 3ROC | 13 |
| 1st W16 | 259 Deirdre Carbery | W16 | CNOC | 9 |

Blue

| | | | | |
|---|---|---|---|---|
| 1st M | 404 Mick Mangan | M40 | Set | 10 |
| 1st W + High | 383 Ruth Lynam | W45 | CNOC | 12 |
| 2nd M | 362 Andrew O'Mullane | M21 | GEN | 9 |
| 3rd M | 332 Brendan McGrath | M50 | 3ROC | 9 |
| 1st M16 | 300 Ted McCormack | M16 | GEN | 9 |
| 2nd W | 293 Ger Power | W50 | 3ROC | 12 |
| 3rd W | 225 Deirdre O'Neill | W21 | Fin | 9 |

Brown

| | | | | |
|---|---|---|---|---|
| 1st | 430 Marcus Geoghegan | M35 | Ajax | 15 |
| 2nd | 428 Brian Bell | M45 | GEN | 16 |
| 3rd | 389 John McCullough | M45 | 3ROC | 11 |

Black

| | | | | |
|---|---|---|---|---|
| 1st + Highest | 446 Paul Nolan | M21 | GEN | 10 |
| 2nd | 415 Brendan O'Brien | M21 | Ajax | 9 |
| 3rd | 396 Patrick Casey | M21 | GEN | 9 |

Prizes are awarded for the following:
Best three competitors on the BLACK course, and the best three female competitors on the BLUE course.
Top three finishers and best three non-M21 competitors on the BROWN course. Best three M 16 competitors on the BLUE course, best three W 16 competitors on the GREEN course, best three M and W 14 competitors on the LIGHT-GREEN course, best three M and W 12 competitors on the ORANGE course.
Best three males and best three females on the BLUE, GREEN, LIGHT-GREEN, and ORANGE courses other than M/W 16s, 14s, and 12s.
Top three males and top three females on the YELLOW course.

**DUBLIN BY NIGHT**
LOOK OUT FOR A SERIES OF NIGHT EVENTS STARTING ON TUESDAY DECEMBER 2ND.



## MORE SEC'S

Charles Reid, the Secretary of North West OC, has moved to 55 Brentwood Park, Belfast, BT5 7LQ.
Setanta's Secretary, meanwhile, is Michael Mangan, Chapel,
Redcross, County Wicklow. (0404-41708)
Bishopstown Orienteers' Secretary is Sean Cotter 45 Rossbrook, Model Farm Road
Cork, Tel 021-4546194, seancotter001@eircom.net
www.orienteering.ie/boc

## ODDS 'N' ENDS 'N' ODDS

Cork O's event at Currabinny Wood on Tue August 6th. raised €431 for The Irish Cancer Society and for Our Lady's Hospital for Sick Children... for Mountain Running information visit the IMRA website at www.iol.ie/~imra .. "The best part of orienteering for me is taking the one-dimensional map and applying it to the three-dimensional ground....." (Paul Dunne, IOA PRO, in *Walking World Ireland.*). Still, trying to get walkers and outdoor people into orienteering is a good idea ... Paul Geary has set up an Irish Juniors website:
http://www.geocities.com/irishjuniors/ ...

## WICKLOW WAY RELAY

Twenty three teams of up to eight runners showed up for the inaugural IMRA Wicklow Way Relay on June 8th. The 104 km race from Kilmashogue to Shillelagh took winners Setanta Scallywags just 8 hours 47 minutes 50 seconds. Each team was required to have at least two women and two vets to run the 8 stages, which varied in length from 8 km to 8 km.
A two-man "team" of orienteers Hugh McLindon and Eoin Keith finished less than one minute ahead of the Setanta team.

## WHO'S WHO IN THE IOA

Irish Orienteering Association
Executive 2002/2003 Contact Details

Executive Chairperson: Frank Ryan, St. Mary's, Ballinfoyle, Galway; Tel. 091-753829 home, 091-742213 work; e-mail: frankryan46@hotmail.com, frank.ryan@gmit.ie

Administrative Secretary: Michael Phung, Room 4J, Industrial Engineering, NUI Galway; Tel. 091-524411 ext. 3258; e-mail: mmpkh@hotmail.com

Honorary Treasurer: John Casey, 32 Shanagarry, Collins Avenue, Waterford. Tel. 051-30224 Work; e-mail: john.casey@wit.ie

Mapping Registrar: Dave Weston, 49 Ashlawn, Ballinteer, Dublin 16.
Tel. 01-2960854, e-mail: dave.weston@dublincityluas.ie

Fixtures Secretary: Ruth Lynam, Baltyboys, Blessington, Co. Wicklow Tel. 045-867183; e-mail: ruthlynam@iol.ie

Controller of Technical Standards: Aonghus OCléirigh, 60 Blackheath Park, Clontarf, Dublin 3. Tel. 01-8336263; e-mail: aonghus_ocleirigh@yahoo.com

Director of High Performance: Brendan O'Brien, Ashmor House, Willbrook Street, Rathfarnham, Dublin 14.; Tel. 01-4950570, 086-8296016; e-mail: brendan.obrien@ireland.com

Director of Junior Representative Orienteering: Mary Healy, 11 Belmont Grove, Galloping Green, Blackrock, Co. Dublin; Tel. 01-2885798, 087-9873200; e-mail: joehealy@iol.ie

Promotion Officer: Paul Dunne, P.O. Box 5761, Dublin 2; e-mail: pdunne@iol.ie

Development Officer: Brendan Cryan, 21 Marian Cresent, Rathfarnham, Dublin 14; Tel. 01-4945926, 087-6836854; e-mail: cryanbr@yahoo.com

Coaching and Training Officer Vacant

National Children's Officer Barbara Foley-Fisher, Holly Cottage, Benown, Glasson, Athlone, Co. Westmeath; Tel. 0902-85306

## THE WICKLOW CHALLENGE

The Wicklow Challenge is a unique trail-walking event combining the attractions of a long distance trek with that of a team based challenge. 50 teams will run, walk or crawl 77 km in The Wicklow Mountains over 3 days in September 2002, while raising much needed funds for Fighting Blindness and Debra Ireland. Dates: 13 - 15 September 2002. For information call Orla on (01) 495 4904 or log onto www.wicklowchallenge.org

Three days, two nights, one serious challenge!

## GEN RETAIN INTER-CLUB TITLE

Great Eastern Navigators lived up to their name in the mists of Trooperstown on May19th to retain the Leinster Inter-Club Trophy. In managing to organise the event and outrun rivals 3ROC by 9 points, they again kept the handsome trophy for this competition which they inaugurated several years ago.

Sixteen runners could score for each club, four on each of four courses, but only GEN and 3ROC fielded a full team.

The full results are in the results section.

| | Runners | A | B | C | D | Total |
|---|---|---|---|---|---|---|
| GEN | 16 | 95 | 95 | 113 | 104 | 407 |
| 3ROC | 16 | 96 | 97 | 94 | 111 | 398 |
| CNOC | 12 | 46 | 47 | 111 | 96 | 300 |
| SET | 10 | 94 | 25 | 19 | 84 | 222 |
| AJAX | 5 | 74 | 61 | 0 | 0 | 135 |
| FIN | 4 | 0 | 50 | 20 | 19 | 89 |
| UCD | 4 | 57 | 0 | 0 | 0 | 57 |
| DUO | 0 | 0 | 0 | 0 | 0 | 0 |

## NATIONAL O-DAY

Don't forget that Sunday October 6th is National orienteering Day. There will be introductory events at a variety of locations around the country: Try to persuade some of your friends, neighbours, work-mates, scout troops, youth clubs or what have you to come and try orienteering.

Unless we encourage more people to take up orienteering we won't even be able to keep the numbers stable, let alone increase participation in this great sport.

## MUNSTER CHAMPIONSHIPS DETAILS

Munster Individual Championships: Sunday 13th October 2002

Parkmountain Wood, off Tallow / Killeagh road, West Waterford / East Cork; (GR W 993 830 parking).

Mainly mixed coniferous forest with a good network of roads, walls, and vegetation changes. Relatively flat and runnable.

Map scale 1:15 000, 5m contours, 25 cm x 16 cm. Survey, map, & courses by Sean Cotter.

A, B: M/W 10, 12, 14, 16, 18.

E, L, S: M/W 21 (M21E approx. 13 km with 250m climb)

L, S : M/W 20, 35, 40, 45, 50, 55, 60, 65, 70, 75.

N (novice): M/W 21.

Start Times: 10.00 am to 1.00 pm.

Organisers: Bishopstown Orienteering Club (BOC).

Entries Received before 1st October Adult €12.00, Junior/Student €8.00, Family €25.00;

Received after 1st October, if maps available: Adult €18.00, Junior/Student €12.00, Family €37.50. Late entries will be first off between 9 am and 10 am & need to be at registration by 8.30 am to collect their cards.

Send entries & fees (cheques payable to BOC) to John O'Callaghan, Newberry, Mallow, Co. Cork. Tel 086-8586354; jj_ocallaghan@hotmail.com

Entry forms available from www.orienteering.ie/BOC or seancotter001@eircom.net (Phone 021-4546194)

Or make out your own entry form based on the above and include with your form & fees your e-mail address or two stamped self-addressed envelopes or €2.



## MUNSTER RELAYS 2002

Munster Relay Championships: Saturday 9th November 2002

Knockaun Wood West, Tallow, Co. Waterford (GR X 015 886)

Mainly mixed coniferous forest with a good network of roads, walls, and vegetation changes. Relatively flat and runnable.

Map scale 1:15 000, 5m contours. 17 cm x 13 cm. Survey & map by Sean Cotter.

Men's Open; Women's Open; Open 40+; Women's 40+; Open 50+; Women's 50+; Open 18-; Girls 18-; Open 16-, Girls 16-; Open 14-; Girls 14-; Open 12-; Girls 12-; Ad Hoc (Club); Ad Hoc (Open).

First Mass Start Times: 12 noon

Organisers: Bishopstown Orienteering Club (BOC).

Entries Received before 21st October Senior teams €18.00, Junior teams €12.00, Ad Hoc teams €15.00;

Received after 21st October, if maps available Senior teams €27.00, Junior teams €18.00, Ad Hoc teams €22.50.

Send entries & fees (cheques payable to BOC) to John O'Callaghan, Newberry, Mallow, Co. Cork. Tel 086-8586354; jj_ocallaghan@hotmail.com

Entry forms available from www.orienteering.ie/BOC or seancotter001@eircom.net (Phone 021-4546194)

Or make out your own entry form based on the above and include with your form & fees your e-mail address or two stamped self-addressed envelopes or €2.

## LEINSTER COUNCIL ELECTED

At the AGM of the Leinster Orienteering Council on July 2nd, the committee elected for the coming year was:

Chair Andrew O'Mullane GEN
Hon Sec Vera Murtagh 3ROC
Hon Treasurer Jean Mullen 3ROC
Fixtures Sec Deirdre O'Neill FIN
Mapping Officer Pat Healy CNOC
Juniors Officer Declan Carbery CNOC
Technical Officer Rory Wallace AJAX
Ordinary member Brian Power SET

DUO and UCDO to be asked to nominate a representative each for co-option as ordinary members.

A new LOC Constitution was adopted, bringing it into line with the October 2000 IOA Constitution.

## SOT 2003

Scottish O-Tours, run by Gordon Ross and Angela Panther, are including orienteering tours to China, to an international orienteering camp and to the World Masters O-Championships in Norway among many other events in their calendar year. They are also running non-orienteering city breaks, starting with Vilnius, the capital of Lithuania.

Details from www.scottishotours.co.uk, or SOT, 2 Cromar Drive, Tarland, AB34 4UF, Scotland.

## WJOC 2002

The World Junior O-Championships were in southern Spain in July. Well done to Aislinn Austin, Sarah Browne, Stewart Caithness, David Healy, Denise Healy and Niamh O'Boyle who represented Ireland.

Results: Short race B finals 3.7 km: 31st Aislinn 27.38, 44th Sarah 30.06, 48th Denise 31.26, 62nd Niamh 36.38; men: 4.3 km 39th Stewart 27.13.

Classic race: Men 1 Daniel Hubmann (SWI) 59.35. 122 David 84.33; 127 Stewart 85.04, 150 finished. Women: 1 Tina Killimaki (FIN) 50.08; 81 Sarah 69.44, 96 Aislinn 74.48, 97 Niamh 74.55, 122 Denise 99.19; 128 finished.

Relay: Women 1st Switzerland. Ireland 30th (Aislinn, Niamh, Sarah). 39 finished. The Men's relay was also won by Switzerland. There was no complete Irish men's team

# MAP EVOLUTION

**Eoin Rothery** adds to Joss Lynam's historical recollections in TIO101:

"Good to see your letter in TIO 101. I've looked back through my records and your chronology is correct. What was remarkable was the rapid rate of progression in just a few years from OS maps to fully fledged orienteering maps. I was interested in your comment about the Glen of the Downs map (October 1969) being the second event. I have results from most of the early events bar the first two (but Nigel Bark won both) and have built up the following chronolgy of the first year. I have heard rumours of an event much earlier in 1969, possibly organised by Mike Lunt, but know nothing else about it. It's remarkable that Paddy Hayden hand coloured the Glen maps: the desire for accuracy and readability was there from the start.

The Ballinahinch event was memorable for the longest winning time recorded from that early period. Robert Garrett won in 3 hours 26 minutes, M Caulfield had the slowest time of 6 hours 6 minutes (also a record?) and I won the B in 2 hours 55 minutes.

The Hollywood event had Spencer Brook in third behind Mike Lunt and yourself, with Ruth in 6th ahead of Eddie Gaffney and Joe Bent.
The Ballinastraw event was affected by heavy snow, but no thought of postponements. We were made of sterner stuff in those days, although there were 21 DNFs on the Wayfarers course.

The Callow Hill event was the second that had specific categories for Senior Women on the long (A) course. Nigel Bark continued his winning streak with his 10th win from 10 starts, by 16 minutes over Jim Butler with three Scandanavians from RCSI in the field . Barbara Donovan won the womens in Ruth's absence, Ruth having won 6 from 7 previously.

Spencer Brook returned from England to win the Carrick event, which was the first day of a two day (he won Day 2 in Callow Hill as well). This was the second 2 day to be held, in 1970 it had been held at Devils Glen, and this weekend would become the "Irish 2 Day" or "Leinster "O-Ringen".

The Glen of Imaal event was the third "Badge" event and featured the first of many wins by Paget McCormack who went on to dominate the mid-70's. Niall Rice was second, Colin Dunlop third and Mike Lunt fourth. Mike had ended Nigel Bark's amazing unbeaten run in March 1971 and repeated the dose twice more, appearing to be the heir apparent.

Two weeks later at Glendalough Niall Rice turned the tables for his second career win with Paget second and Sean Rothery third ahead of Mike, fourth again. Hazel Convery won the womens event after finishing third to Maire Byrne at Imaal. This event was the second to feature timing to the nearest 5 seconds, which was just as well as Niall's winning margin was only 30 seconds.

Wilbert Hollinger (NI) shocked the southerners with his win at Kilmurry which he achieved by 1.15 from Tom McCormack. All of the contenders were at this event with Colin Dunlop 3rd, Paget 4th, Jim Butler 5th, Mike Lunt 6th, Graham Hamilton (NI, and winner of the first NI event at Carneary in March 1971) 7th, Nigel Bark 8th, Ted McGrath 9th, Sean Rothery 10th, and Niall Rice 11th. I was unlucky 13th. Wilbert based his win on "I usually tried to use the direct route, having complete confidence in the map". Anne Shiel won the women's from Monica Turley and Win Delaney. Anne commented "the accuracy of the map was evident throughout the course". This event was the first "Grade 1" in Ireland and the first to have a "Controller" in Paddy O'Leary.

The actual event dates were:

30 May 1970 Ballinahinch
11 July 1970 Hollywood Glen
27 Dec 1970 Ballinastraw
14 Feb 1971 Callow Hill
4 Dec 1971 Carrick
30 Apr 1972 Imaal
14 May 1972 Glendalough
13 January 1974 Kilmurry

Eoin Rothery
PO Box 1161
Subiaco WA 6904
AUSTRALIA"

## Results from the First Year or so:

| Date | Venue | Organiser | Winner (M) | Time | Winner (W) |
|---|---|---|---|---|---|
| 01/10/69 | Glen of the Downs | P O'Leary | N Bark | | |
| 01/11/69 | Blessington | N Rice | N Bark | 154.00 | |
| 26/12/69 | Devils Glen | M Lunt | N Bark | 160.00 | R Lynam |
| 18/01/70 | Glencree | S Rothery | M Lunt | 174.00 | N Rothery |
| 13/02/70 | Phoenix Park | J Butler | N Bark | 54.00 | |
| 22/02/70 | Carrick | N Bark | P O'Leary | 133.00 | R Lynam |
| 22/03/70 | Cronybyrne | P Hayden | N Bark | 182.00 | R Lynam |
| 19/04/70 | Glen of Imaal | P McCann | N Bark | 135.00 | |
| 30/05/70 | Ballinahinch | J Lynam | R Garrett | 206.00 | |
| 11/07/70 | Hollywood | R Garrett | M Lunt | 133.00 | R Lynam |
| 06/09/70 | Killiney | S Rothery | N Bark | 62.00 | R Lynam |
| 10/10/70 | Aughavanna | P O'Leary | N Rice | 130.00 | |
| 25/10/70 | Ballyward | J Butler | M Richardson | 161.00 | |
| 28/11/70 | Devils Glen | M Lunt | N Bark | 139.00 | |
| 29/11/70 | Devils Glen | M Lunt | P O'Leary/Maura Lunt/I Travers | 65.00 | |
| 27/12/70 | Ballinastraw | S Rothery | N Bark | 106.00 | |

# MTBO News

## British Selection Race 6.4.02

A notable success was achieved in April by John Casey when he won a selection race for the British Mountain Bike World Orienteering Championships team. The event was held in the Forest of Dean the Saturday after the JK, using the 1:10,000 Sallow Vallets O map.
Excellent performances were also recorded by Martin Flynn, 4th and Brid Higgins who was highly placed in the ladies class.

## MTB WOC Selection Race - Kilsheelin, Clonmel 1.6.02

MTBO finally resumed in Ireland after several false starts earlier this year with a selection race for the first ever MTB WOC to be held in France in July.

John Casey had already been selected after his winning performance in England and Iain Rochford had booked his place by virtue of some high placings in World Cup events last year.
This conveniently left John free to plan and organise the Kilsheelin event which took place on a sunny Saturday at the beginning of June.
The long course was 22.5 km/660m climb/9 controls while a shorter course of 12 km/400m/7 controls was also offered.

The first three controls were in an area of tricky singletrack that had been hand marked onto the maps. Anyone that had ridden John's previous event here last Autumn found their prior knowledge of this area quite useful as most time losses were incurred at these early controls.
There followed three long legs of 2.0, 2.5 and 2.9 kms that offered some interesting route choice through the network of forest roads and although the choices looked similar, the time differences were as much as two minutes.
The final three controls were set on more singletrack on the north side of the forest. These small tracks were not always easy to locate and were slippery and bumpy to ride.
As a selection race, the results were largely academic as it transpired that only six men and two women actually wanted to travel to France. However, it was an excellent training ride and served to keep alive this fledgling offshoot of our sport.
The results appear elsewhere in this issue)

## MTB WOC Fontainebleau, France. 1-6.7.02

Team: Men: John Casey, Martin Flynn, Justin May, Paul Mahon, Senan O'Boyle, Iain Rochford; Women: Mary O'Connell, Nina Phillips

Ultimately a great week of friendly competition that was a little less intense, a little less formal than a traditional foot WOC, it began in somewhat farcical fashion with the calling of an extraordinary meeting of team leaders on the Monday night, two days before the competition was due to begin.
What could they have wished to tell us so urgently that it couldn't wait until the first scheduled team leader meeting the following evening?



What transpired was that the IOF controller for the event had just discovered (so he claimed!), that the French had run their championships and selection races a month previously on the map that was to be used for Wednesday's prologue which was due to set the start order for the chasing start of the long distance final on Thursday. The area had been embargoed since May!
Understandably the foreign delegations that made it to the meeting were a little upset on hearing this revelation! In an attempt to make us feel better the organisers offered to extend the limits of the model event area to allow us freedom to roam the full extent of Wednesday's map (the model event would have seen us confined to a small area in the north-west corner of the map). This was all very well but you don't really want to spend too long out the day before a world championship race, do you?
Despite this generous gesture to fairness (!) there was still considerable unease and the overwhelming consensus was that the integrity of Wednesday's competition had been irrevocably compromised and if run, the results could no longer be used as originally intended, ie to set the start order for the chasing start.

Short of cancelling the race altogether, the only logical option remaining was to start Thursday's final at regular 1 minute intervals and use Wednesdays results to set that order meaning that the prologue times would have no bearing on the final outcome other than to set the start order. While it is not as beneficial to start late in MTBO as the creation of tracks through undergrowth is not an issue, the faster riders would still tend to look for later starts in the hope of being pulled along. Otherwise, there was nothing to be gained by riding too hard in the prologue except that to ride in the final you mustn't exceed twice the winner's time and you must finish.

So Wednesday's prologue duly went ahead (in the rain), and we established an order amongst ourselves that more or less held for the week. John Casey first, not a whole lot between Iain, Martin and Justin followed by Paul and Senan. There was never much between Mary and Nina.

Prologue results: Men: 28 km, 17c, 117 competitors

| | | |
|---|---|---|
| 1. Herve Glor | France | 81.36 |
| 53. John Casey | | 102.29 |
| 63. Iain Rochford | | 105.37 |
| 82. Justin May | | 113.08 |
| 87. Martin Flynn | | 115.56 |
| 89. Paul Mahon | | 117.49 |
| 110. Senan O'Boyle | | 130.21 |

Women: 17 km, 12c, 73 competitors

| | | |
|---|---|---|
| 1. Laure Coupat | France | 54.51 |
| 30. Nina Phillips | | 74.55 |
| 44. Mary O'Connell | | 78.56 |

Fortunately the weather was bright and dry for the long final the next day and for the rest of the week, all starts and finishes were based at the event centre, a university sports grounds on the outskirts of Fontainebleau.
The terrain at Fontainebleau was generally flat and fast though there were a number of low ridges to cross giving a small amount of climb. The tracks themselves provided easy enough riding except when excessively sandy when they became a severe struggle. The trick was to ride at the very edge of the track where there might be a firmer line though at some points it was quicker to get off and run with the bike.

Route choice through the complex network of tracks was critical and with multiple junctions (as many as twelve paths met at one point!) it was easy to take a wrong turn.
Personally, I found the long race rather frustrating. I started quite well but then lost time on a series of long legs in the middle before having a clean ride through to the finish. We had been told that the planned winning time was 120 minutes so we were expecting to be out 150 mins. As it transpired, it was won in 90 mins and I took 122. It meant that we could have pushed harder from earlier if we'd known that we weren't going to be out for so long.

At least I had no problem with the bike, unlike Iain, whose map board came loose early on, making map reading very difficult for him.

Long final results: Men: 36km, 24c, 115 competitors

| | | | |
|---|---|---|---|
| 1. | Jussi Makila | Finland | 90.10 |
| 54. | John Casey | | 114.27 |
| 70. | Martin Flynn | | 120.55 |
| 75. | Justin May | | 122.35 |
| 76. | Iain Rochford | | 123.14 |
| 86. | Paul Mahon | | 129.19 |
| 103. | Senan O'Boyle | | 145.14 |

Women: 26km, 20c, 72 competitors

| | | | |
|---|---|---|---|
| 1. | Paivi Tommola | Finland | 76.52 |
| 54= | Mary O'Connell | | 107.05 |
| | Nina Phillips | | 107.05 |

Next day, Friday, the short race took place on the same 1:20,000 map. With a 5 km warm-up ride to the start and the same finish as the previous day, the very straightforward short course meant head down and go as hard as possible. The top 93 men finished within 10 minutes of the winner!

Short race results: Men: 12km, 14c, 117 competitors

| | | | |
|---|---|---|---|
| 1. | Mika Tervala | Finland | 27.13 |
| 58. | John Casey | | 33.33 |
| 60. | Justin May | | 33.34 |
| 77. | Iain Rochford | | 35.20 |
| 88. | Paul Mahon | | 36.30 |
| 99. | Martin Flynn | | 38.25 |
| 104. | Senan O'Boyle | | 39.14 |

Women: 11km, 13c, 72 competitors

| | | | |
|---|---|---|---|
| 1. | Laure Coupat | France | 30.24 |
| 32. | Mary O'Connell | | 37.27 |
| 43. | Nina Phillips | | 39.39 |

The final event, the relays, took place on Saturday (note, no rest days!) A novel mass start arrangement saw the first leg competitors lined up across a broad open space with their maps placed on the ground a few metres ahead. Several further metres beyond the maps, their bikes lay waiting. Not only did they have to pick up their maps and bikes but they had to fix the maps to the map boards before heading off.

This was the trickiest race of the week or maybe it was just me! (worst ride!). Unfortunately for our A team, it had me on it and at least 10 minutes of mistakes cost us a lot of places in the closely contested race.

Now, had Martin taken my place we might even have beaten the British! Ah, hindsight!

Still, it was a great week and we now look forward to the future - Australia in two years (who had that idea?) and then the championships become an annual affair.

At home, we are optimistic that we can stage our postponed inaugural National Championships in October - details will be posted on the internet when they're finalised.

Justin May

## MOUNTAIN RUNNING

Speaking as an ex-mountain runner, it's great training for orienteering: stamina, balance, endurance and determination. Mountain running also seems to generate the same kind of fanatical support and enthusiasm that orienteering used to do, plus they all adjourn to a pub after each race. Lots of orienteers are successful mountain runners - it's easy; there's usually no map reading required, all you have to do is run! Must get back to it ... (JMcC)

### Fixtures

| | |
|---|---|
| 1 September | Mullaghcleevaun, Sorrel Hill, Lackan, Blessington, Co. Wicklow. 12.00 hrs; 11.8 km/590m. |
| 22 September | British & Irish Junior Trial, Three Rock, Co. Dublin. Lamb Doyle's, 11.00 hrs, 6 km/440m. |
| 29 September | Carnaderry, Glendalough, Co. Wicklow. 11km/570m, 12.00 hrs. |
| 16 November | Powerscourt Ridge, Crone, Glencree, Co. Wicklow. 13.7 km/675m; 12.00 hrs |
| December 27 | Christmas Flash, Bray Head, Co. Wicklow. 264 km/191 m (!). 12.00 hrs. |

**Details from Joe Lalor (jlalor@eircom.net), Doug Corrie (01-8404598), Matt Twomey - Munster (063-81628) or the IMRA website www.iol.ie/~imra**



# THE SWEDISH CLINICS 2002

When O-Ringen, the club for the Swedish National Team runners, started its first 5-days competition in 1965, one of several goals was to develop orienteering into a bigger international sport. However, during the next 5-days competition they noticed that it was very difficult for orienteers outside Nordic countries to achieve good results in the difficult Nordic terrain. They considered that a couple of days of training in their forests before the 5-days competition would help these orienteers to improve their results. And so, out of this, the O-ringen clinic was born! Every year, they invite representatives from the weaker countries to come and train with them in the terrain, before competing in the O-ringen.

The theoretical and practical training at the clinics starts four days before the 5-days event and usually they have enough time for six training exercises with maps. They also offer lectures and practical exercises on training theory, course setting, orienteering techniques, mapping, ski-O, trail-O, mountainbike-O and rogaining. International development of orienteering and blood-doping are also discussed.

Many of the best orienteering experts in the world give the lectures at the clinics. At the 2002 clinics we met, among others, Bjorn Ekblom, Carl-Henry Andersson, Kent Olsson, Grant Bluett, Sture Sporrong and Goran Andersson. All these people, as well as the instructors, took part without being paid in order to spread knowledge about orienteering. The purpose of the Clinics is to give the participants an idea of all the different aspects of orienteering - like a Swedish *smorgasbord*.

THE O-RINGEN

When I arrived in Gothenburg in mid-July I was firstly impressed with the excellent public transport system and infrastructure in Sweden. Secondly I was impressed with the train service to Skovde, O-ringen event center. It's definitely a step or ten ahead of ours when you see our diesels chugging away, compared to their top of the range, pristine clean trains.! And thirdly and most unexpectedly I was totally amazed with the professionalism and the larger scale of everything at the O-ringen competition. Imagine at the Shamrock O-ringen seeing Cork-O club officials standing ten feet above the finish line in a commentating box announcing who was just about to come over a wooden bridge 100 metres down the run-in. Or even seeing our friends scratching their heads in the forest on the huge TV screen at the finish.

I have been to many multi-day competitions in Europe before, but this was a huge step above them all. For example, they had about 8 separate run-ins for the finish. I knew about that before I got there but its only until you see you realize that they definitely need every one of those run-ins, and maybe one more. There were A LOT of people running in the O-ringen competition, the most ever this year as it happens. And there were probably more people acting as staff for the competition as there are orienteers in Ireland. It was evident from the first day of competition that orienteering is much more different than in Ireland. They had a new super-elite class this year for the first time. This was just the VIP's of orienteering running extra-long courses. The short day for them was about 10 km. Mats Haldin (Finland) won the super-elite mens and Simone Luder (Switzerland) won the super-elite womens.

The O-ringen Clinics was a chance to step back from the major O-ringen event and learn something from each day, rather than just run the thing and come away with five maps of disasters and uncountable swearing. There were people from all over the world, from Australia, Hong Kong, Canada, Estonia and many more. Most people were in their late teens/early twenties, but

some were coaches looking to learn more about coaching and developing orienteering in their home country. I met up with two guys from Slovenia who were at JWOC in Alicante. They hitchhiked all the way up from Spain the day after the banquet through France, Germany, Denmark and slowly up Sweden. It took them two and a half days.

We trained for four days before the competitions, most days we trained twice a day. A relay race was also set up with 14 teams of 3 teammates on a team with 4 legs. The point of the exercise was to show us all how to run a relay event with orienteers of many different standards of performance. It was a bit like an ad-hoc, with one person running twice. They had eight red, 8-seater buses for the whole of the Clinics and we all stayed 10 km northwest of the event centre in a school for Swedish foresters to learn about forestry and the countryside etc. We ran a park-O event around the school on the rest day with a chasing start, after breakfast. When we ran the O-ringen, every night we had a lecture about various elements of orienteering and also we had feedback from the day's orienteering. We were allocated an instructor who looked after at most five orienteers. Our results were monitored by the instructors at the Clinics which was good to know we were being watched. Peo Benson was the manager of the Clinics and actually started up the O-ringen many years back. So he made sure that we had access to the illustrious tent for Super-elites and VIP's. This was good as there was some rain during the competition. Actually there was amazing weather before the O-ringen; Irish like weather while I was there and amazing weather again the last day I was there and afterwards.

They took us to one or two places to see the sites. For example they showed us the Swedish second line of defence in the 1800s at Karlsbourg. That castle never got beaten even though it suffered a number of attacks. Later that week we returned to watch the fourth stage of the Park World Tour, in and around the castle. That was quite an experience. They had a huge TV on the start/finish platform, which monitored a couple of controls on the courses and the start/finish areas. I stayed here mostly, seated in the tiered, scaffolding seating area, as this gave the best overall view of the race. There was one problem though, the last control's description was "between two trees" but it was actually placed beside the trees, on an official car for the tour. A lot of competitors had problems with this. It wasn't until about three metres before the car that you could see the control. David-Brickhill Jones from Australia remarked quite frustatedly and loudly, at the moment of realization, "that's not a f***in' tree". But they weren't allowed to go too far astray, because if they stopped to read the map, they were shouted at by everyone in the crowd "THE CAR!".

The individual days were not very challenging as I was running the M20S course. There were four courses I could have run, the M20 elite, M20 long, M20 or M 20 short. I wasn't allowed run M20 long and certainly not allowed run the M20 elite as this was reserved for the top Swedes and a couple of the top other elites. Instead of running 8km+ with around 20 controls I ran about 6.5 km every day with only 10 to 12 controls. This was off-putting. It should have being easier but because of the typical Swedish terrain it was not. I didn't see any huge technical improvement in my orienteering but rather a more fluid nature of attacking the courses come the last day or two. It ran like clockwork near the end because I had orienteered so much in the terrain.

So in the end I really enjoyed the Clinics because of the different people I met, the numerous times I ran orienteering courses for training and the education about all the areas of orienteering like doping, going for gold etc. I learnt one major thing about the Swedish people over there. When they say dinner at 6 o'clock, breakfast at 8 o'clock or the bus is leaving at 2.15, they mean it! They are very punctual! At the disco on the last night the organiser said the bus left at 2.15 am with or without you. And that is exactly what it did. I arrived at 2.17am to catch the bus and it was gone! I got stranded 10 km from home that night. But I got a bed in the event centre so all was well.

David Healy (GEN)



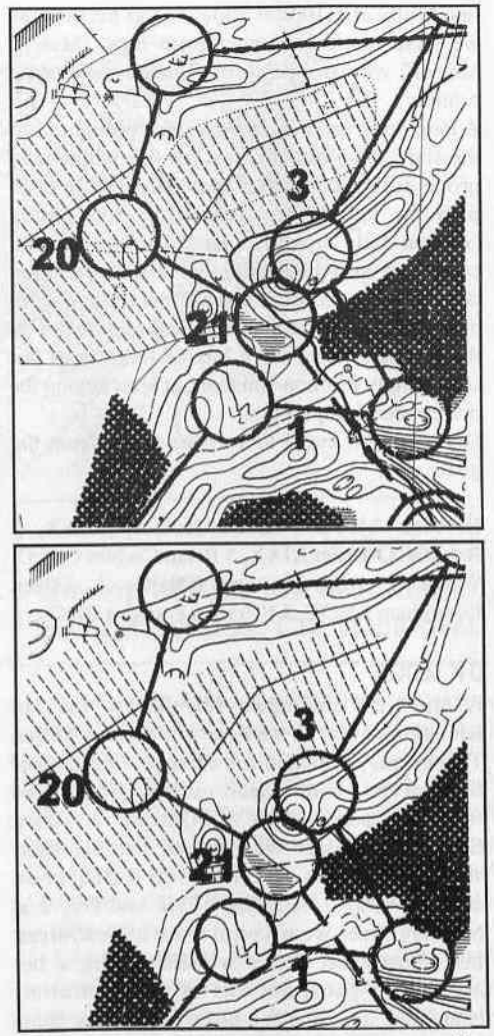
# EVENT REPORTS

It's been a while since the last *Irish Orienteer* and we've had a spring and summer of excellent orienteering, from the regional championships through the British and Irish Championships, to the Shamrock Two-Day, the World Cups, World Junior Championships in Spain, World Mountain Bike Championships in France and the Lakeland 5-Day. Hopefully you were lucky enough to participate in some of these events. Some brief reports follow for those who didn't make it.

## Connacht Championships

The spring season started with an excellent **Connacht Championships** at Knockbarron, near Kinnitty in Co. Offaly on 7th April. This is a small but intricate area of eskers and the use of SportIdent electronic timing meant that Frank Ryan's courses could criss-cross the map and make the best use of the terrain. A splendid sunny Sunday saw Brendan O'Brien take the M21E class and Niamh O'Boyle the W21E. Overall numbers were low, considering how attractive the area is: only about 150 took part. Pedantic readers may point out that Offaly is not in Connacht, but with a fine area like this, who's complaining?

(Editor's aside: My own run was made more interesting still by the provision of a special map with no black features- roads, boulders, magnetic north lines were all missing. It certainly concentrates the mind. It just goes to show, you can't check things enough.)




*Spot the Difference: Knockbarron with and without something ...*

## LEINSTER CHAMPIONSHIPS

GEN managed to find an interesting new area in Wicklow, a continuation of their existing Brockagh map, for the Leinster Championships on April 21st. Brockagh Mountain and Mall Hill, overlooking Glenmacnass, provided very testing orienteering, assisted on the day by visibility of about 20 metres, rain and wind.

Marcus Pinker's map was very clear, though

thankfully at 1:10,000 scale, and as accurate as we have come to expect from him. (Marcus himself was mapping in Canada so wasn't running).
A long drive on rough forest roads brought us to the start: it's a remote area and one which may prove difficult to attract large numbers to or to plan for juniors on. The varied topography (several hills around a huge marshy centre), combined with the conditions, was disorienting, contour and rock detail and old turf cuttings were prominent on the map though less easy to see on the ground. There were lots of long times but surprisingly few non-finishers, at least among the pre-entered competitors.
Definitely an event to sort the sheep from the goats.

**Results:** M21E 1 Colm Rothery AJAX, 2 Brendan O'Brien AJAX, 3 Brian Corbett CorkO. W21E 1 Ruth Lynam CNOC, 2 Eileen Loughman CNOC, 3 Petranka Pacheva BOC.

## JK 2002

A fair Irish contingent travelled to the Jan Kjellstrom event in the Forest of Dean at Easter. This event, postponed from last year because of the Foot and Mouth disease outbreak, was started to commemorate Jan Kjellstrom, a young Swedish orienteer who helped get the sport started in Britain and who was killed in an accident. Day 1 at Lydney Park and Day 2 at Moseley Green were typical forest of Dean areas: fast, mostly deciduous woodland with a fair network of paths but lots of very intricately contoured areas due to a history of mining going back to Roman times. Despite the scale of the event the organisers were able to offer colour-coded and string courses as well as the normal championship courses. Excellent weather (some of the time), excellent maps and excellent orienteering made for a very worthwhile event.
The M21 Elite race was won by Jamie Stevenson (South Yorkshire) and the W21 Elite by Hannah Wootton (Harlequins).
Irish top-ten results included Stewart Caithness (FermO) 3rd in M20L, Allan Bogle (NWOC) 10th M21E, Frank Martindale (3ROC) 10th M65L, Meabh McCann (LVO) 9th W10A, Niamh O'Boyle (CNOC) 3rd W18A, Denise Healy (CNOC) 3rd W20L, Wyn McCormack (GEN) 3rd W50S and Maura Higgins (SET) 9th W60L.

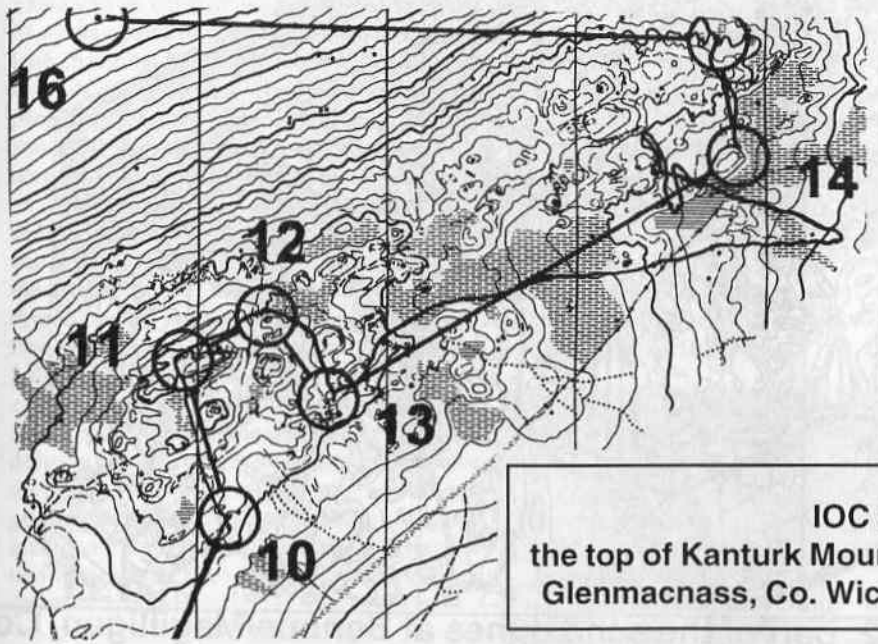
The relays at Lydney Park showed how orienteers triumph over adversity. Rain, wind and mud turned the assembly area into something reminiscent of a ploughing championships. The farmer insisted on dipping everyone's shoes in disinfectant and every car driving over disinfectant straw because of foot and mouth. This led to the starts being put back by an hour. (Curiously, he only insisted on dipping the shoes we wore to the event, not our orienteering shoes). South Yorkshire again won the JK trophy and took second place in the women's race (won by HSK).

Next Easter the event is in the south east of England, west of London, from April 18-21. ("Four days of excellent orienteering in open beech woods and mature runnable coniferous/deciduous forests"), including Star Posts, Hambleden and Bloom and Horton Wood.

## Irish Championships

Scarr and Kanturk Mountain, north west of Laragh in Co. Wicklow, were the venue for this year's Individual Championships run by CNOC. The map, planning and much of the organisation were by Pat Healy and opened up a new area of the country to orienteering, as Pat has done with so many areas over the past nearly 30 years. Curiously, it's just across the Glenmacnass valley, facing the area used for the Leinster Championships three weeks before.
Virtually the only summer we had was in the period of the British and Irish Championships: warm sunshine on the open mountain but no drinks controls because of the relative inaccessibility of much of the area.
The two Elite courses were IOF Ranking Events as well as the Irish Championships. The longer courses went as far south as the summit of Scarr while the shorter ones strayed no further than Kanturk: a mountain with a plateau full of features but a long slog up to it. John Feehan was a clear winner in M21E by 4 minutes from James





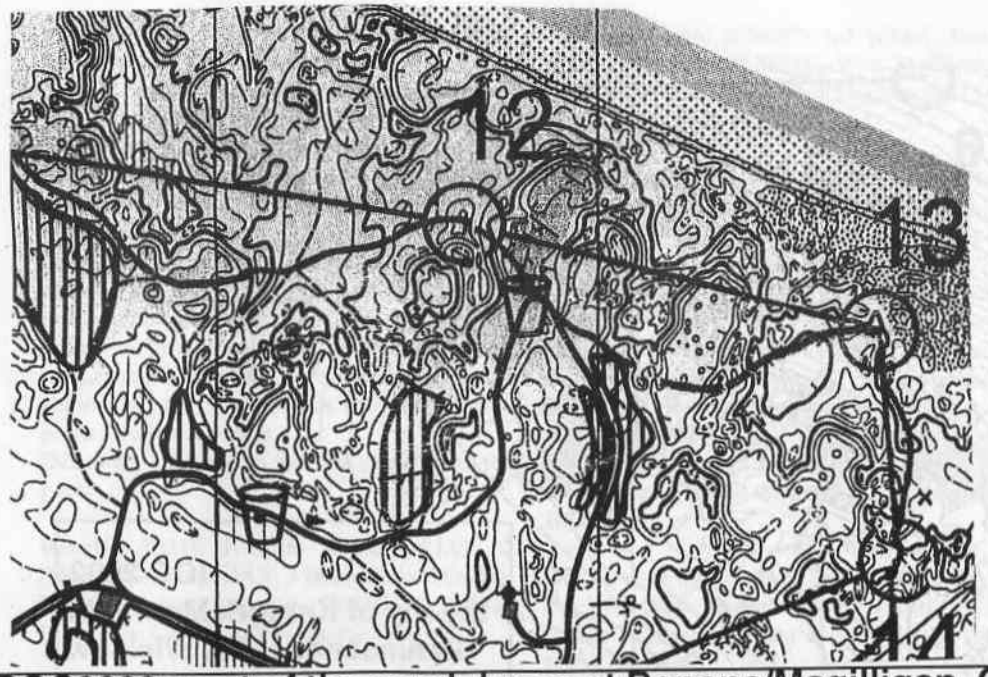

**IOC 2002: the top of Kanturk Mountain, Glenmacnass, Co. Wicklow.**

Logue with a great run by Andrew Quin placing him third; in W21E the fastest was Silke Schlittermann with Petranka Pacheva second and Una May third.

The relays were run in the contrasting surroundings of Dublin's Phoenix Park, organised by 3ROC. Disappointingly, fewer than 50 teams took part in comparison with 130 the last time 3ROC ran the event in 1993. Nevertheless, the going was fast and the natural amphitheatre used for changeover worked very well for spectators. More sunshine and a prizegiving 30 minutes ahead of schedule added to the enjoyment.
AJAX won the Open class (Brendan O'Brien, Aonghus OCléirigh, Colm Rothery) and Cork Orienteers the Women's Open (Fionne Austin, Toni O'Donovan, Faye Pinker,).

## Mad Dogs and Englishmen: the British Championships

The biggest orienteering event ever held in Ireland, this year's British Championships was a triumph for the NIOA. For such a small organisation to stage six events over a weekend, and to do it with such aplomb, was a magnificent achievement. Six events? Training at Benone East, the Elite Short Course and Future Champions Cup at Binevenagh, a trail-O model event, the British and Irish Trail Orienteering Championships at Benone, the British Individual Championships at Benone and the British Relays at Baronscourt.
In blazing sunshine, Steven Linton's individual courses twisted and turned around the complex dunes of Magilligan, the thorny scrub only proving a minor nuisance to the Elites. It was a major coup to get access to the area, site of a prison and a military training area, and the :parking and assembly facilities were excellent. Security was tight but unobtrusive as a result of an explosion in the area in February, but thankfully the event passed off without incident.
The heat on the day (don't complain, that week was the only summer we've had) was intense, but very welcome water stations in the dunes helped keep us going. Longer courses had a rather dull section near the end but most of the area was a tremendous roller-coaster of up, down and around the dunes. My only regret (apart from




**BOC2002: part of the sand dunes at Benone/Magilligan, Co. Derry - substantially enlarged!**

screwing up control no. 1 and not being fit enough) was missing the trail-O.

Baronscourt, the relay venue, was a more conventional affair, though none the worse for that. A splendid assembly area in parkland, overlooking part of the area crossed by many of the courses, whetted the waiting runners' appetites for the run. More sunshine, a picturesque, fast area with plenty of variety and a lively commentary added up to a great day.

Results: BOC Individual: M21E 1st Dan Marston (INT); W21E 1st Heather Monro (WAROC). Irish placings included: Conor Savage (LVO) 4th M12B, Stephen Potts (FermO) 4th M14B, Mark Shiels (NWOC) 5th M14B, Aran Savage (LVO) 3rd M16B, Aonghus OCléirigh (AJAX) 5th fastest M40L, Ronan Cleary (3ROC) 4th M40S, Brendan McGrath (3ROC) 4th M50S, Frank Martindale (3ROC) 6th M65L, Bill Regan (FermO) 3rd M65S, Fred Calnan (CorkO) 4th M75L, Meabh McCann (LVO) 2nd W10A, Niamh O'Boyle (CNOC) 5th W18E, Aislinn Austin (CorkO), 1st W20E, Nuala Higgins (AJAX) 2nd W21L, Eileen Loughman (CNOC) 7th W21L, Brid Higgins (LOK) 3rd W21S, Julie Cleary (3ROC) 1st W35L, Pauline O;'Hara (LVO) 1st W35S, Mary Curran (Cork) 5th W40S, Ruth Lynam (CNOC) 9th W45L, Jean O'Neill (FIN) 6th W55L, Clare Nuttall (Lee) 5th W60L.

Relays: Open: Interlopers; Women: South Yorkshire.

Elite short races: W18E 1st Niamh O'Boyle; W20E 1st Aislinn Austin.

Trail-O: 1st Dave Gittus (WRE) 18 points. Irish Championships 1st Darina Cunnane (Cork) 16 points, 2nd Ruth Lynam (CNOC) 14 points; 3rd Aonghus OCléiridh (AJAX) 14 points:

## Irish Trail-O Championships 2001

The inaugural Irish Trail-Orienteering Championships were held on May 5 on Lower Drummans in Co. Derry. The Northern Ireland Orienteering Association hosted the event in conjunction with the British Trail-Orienteering Championships. The main organisers were Alan Gartside and Anne Braggins.

There was an entry of around forty competitors of which one-third were eligible for the title of Irish champion. The course consisted of nineteen controls of which two were timed to separate people having the same number of correct solutions. The map shows the location of the correct control. Competitors follow a path network that leads them around the course. Each control has a fixed observation point from which you decide the control kite that exactly matches the control details that you have been given. From that observation point, you can see up to five control kites. Using distance and terrain judgement, you decide if one of the kites is exactly in the right position. Except at timed controls, there is no time pressure to make this decision. You can move along the path to observe the control kites from different angles and gradually eliminate those that are obviously incorrect! It helps if you have a thorough knowledge of the IOF pictorial control description symbols.

Control 1 was the first timed control so competitors were immediately under pressure. I wasn't expecting that. I look again at the map and remember that the observation point is not marked on the map. The scale is 1:5000 and 2.5m contours. I look again and I intuitively guess which control is the correct one. But that's not a wise approach. So while the seconds tick away, I systematically evaluate each control. All this seemed to take forever but the results showed that it took me fifty seconds, just inside the sixty seconds penalty-free time limit. A few controls later and I'm beginning to get the rhythm of it - becoming less aware of other competitors. The course was around 3.5k and it took me around fifty minutes, much longer than I expected. Everyone I met was enjoying the event and finding it quite a challenge.

And the results ... as expected British paralympic athlete, Dave Gittus won in style only failing on the second timed control at the finish. Darina Cunnane won the IOA title with sixteen correct controls comfortably ahead of Ruth Lynam and Aonghus OCléirigh. One of the most interesting aspects of the event was to see the actual control sites and flag positions used by Alan Gartside. The challenge now is to hold another IOA championships next year. Maps like Marlay Park, Belfield, St. Anne's Park and Malahide Castle would be suitable. Some extra mapping of detail such as individual trees would greatly increase the number of possible control sites. A nice feature of the format is that the difficulty of the event can be adjusted very easily by only putting out two kites or by using easier correct control sites. It is possible to use the same control site for a difficult and an easy course by having different correct controls on the two courses.

(Report by Gerry Brady)

*AislinnAustin and Julie Cleary with their haul of trophies at the British Championships. Julie went on to win W35 at the IOC a week later.*

## Shamrock 2-Day May 25-26

Scaled down from the three days of yore, a low-key Shamrock 2-Day provided all the usual challenges associated with orienteering in west Cork, plus a few more. A small entry (about 150) but with the usual high proportion of visitors. A lovely little map of Rathgaskig, near Inchigeela, got things going on Saturday evening: rough open, crags and contours plus a few surprises in the forest towards the end to catch the unwary such as myself. Easy to find the finish - just follow the whiff from the dung hill in the farmyard car park.

Day 2 returned to Croghan Mountain, Loo Bridge - scene of the 1998 World Cup. Justin May planned the courses which criss-crossed the area thanks to SportIdent timing. The longer courses had a map exchange beside the finish (tempting to stop!) before a final loop on the hillside. John Feehan built up an unassailable lead to win the M21E class with Liz Campbell again taking the W21E. (Previous winners of the Elite classes get free entry to the Shamrock for life - a nice idea. Ryanair please copy).

Persistent rain in the days before the event made everything very wet and sloppy underfoot: the additional challenge mentioned above. Bog snorkelling is for wimps - try the Shamrock.

let's hope that the Shamrock will again become a regular feature on the orienteering calendar.

Results: M21E: 1 John Feehan (BVOC), 2 Lorenzo Calabro, 3 Conor Barry (CorkO).

W21E 1 Liz Campbell (WAROC), 2 Faye Pinker (CorkO), 3 Ruth Lynam (CNOC)..

## Jukola 2002

For some extraordinary reason I allowed myself to be persuaded to go to Finland for the weekend to run with LOK (London Orienteering Klubb) in a 7-person overnight relay race called the Jukola. This year, on 15th/16th June, the event was at Asikkala, about an hour north of Helsinki. The competition centre was on an airfield and had been transformed into a small town for the weekend. There were almost 1300 teams running, plus a further 600 or so teams of four in the Venla relay, a women's-only race in daylight on the Saturday. (Some said that they were just sent out to make the tracks for the men).

Teams brought their own tents or (as we did) rented yurt-like Finnish army tents for the day. Our tent looked like a wigwam and was full of holes and repairs, so we reckoned it must be an Apache tent. Because it never got fully dark, lying on the floor of the tent looking at the roof was like a visit to a planetarium.

Anyway, those of you who know the Magnificent Seven know the story: the retired gunfighter, the misfit, the guy in the horrors of drink and the rest all come together and, against the odds vanquish the enemy. It was more or less the same with us except for the part about vanquishing the enemy.

The start was at 11.05 p.m. (no, I don't know why) when 1300 first leg runners charged into the night. TV cameras showed the action on a big screen in the finish field. The 13 km first leg was won in about 60 minutes. At that stage, some runners had headlights and some did without. Our team, number 873, aimed to finish in less then 873rd place. The terrain was quite intricate, with large depressions where we would expect hills, some paths and quite low visibility.

Ian Searle ran first followed by two Finns, Olli and Jussi Hekkinen, then Ronan Cleary, Julie Cleary, myself and Steve Bingham as the anchor man. We managed to more or less stick to our schedule but two mistakes cost me a lot of time: 132 minutes for 10.6 km - maybe running in the early morning isn't my forte. The winning teams were finishing as I went towards the changeover pen at 7.30 a.m. and we still had another 27 km or so to go!

The organisation was superb, if you don't think about the toilets. A bank, shops, sports supermarket, hot food, showers and a sauna were all laid on. It doesn't get properly dark so far north in June so it's not like night orienteering here (though the courses don't make any concessions to the darkness). 9500 orienteers descending on a forest: like the Swedish 5-Days all rolled into one.

Final result: we finished. Glad I went? You betcha!

JMcC.



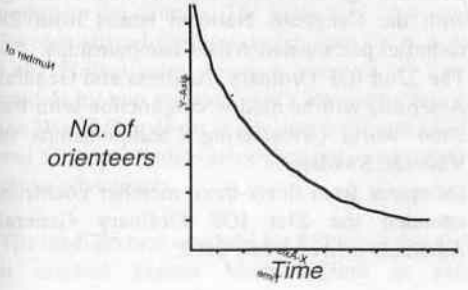
# Come and Learn It versus Come and Try It

**Pat Farrelly takes a new look at ways of introducing orienteering.**

The considerable and varied efforts by the orienteering community to attract newcomers (Introductory & Come and Try it Events, National Orienteering Day etc.) have not reaped the desired nor deserved rewards. Yet, given that many schools have been associated with these promotional events, a sizeable proportion of young people can justifiably claim that they have 'gone' orienteering. The problem is they have also gone from orienteering.

Something is wrong - if one assumes (and I do), that the sport is intrinsically a good one. That part of the problem lies in how the sport is introduced should not easily be discounted. When asked to describe their one-time orienteering experience, many cannot accurately describe what they were doing, or what they ought to have been doing. Sure, there is typically a reference to a map and compass, and the invariable reference to 'getting lost' as if that was an occupational hazard of the sport (but a smarter marketing approach would schedule that 'awareness' for a later point!)

For many, the initial experience simply has not been a positive one. Research articles suggest that plotting the number of orienteering newcomers against time produces a graph something like this:




As orienteering can be a very frustrating sport, the initial dropout is high. But the longer a person tends to stay at orienteering; the likelihood of abandoning the sport diminishes considerably.

The graph illustrates a narrow window of opportunity at the outset to get it right, or to facilitate the newcomer to get it right. Do we have a strategy for a focus on this crucial period? My guess is that the battle to attract a newcomer in most cases is won or lost in terms of their experiences in their first few controls. In relation to the effort to attract new blood, two alternate perspectives might be useful. Firstly, regarding those who drop out, it may be that in choosing to avoid a repeat confusing experience, they are behaving intelligently. Secondly, more than one seasoned coach has remarked on the word which aptly describes the practice of repeating the same training and hoping for a different outcome - 'Insanity'. Repeating the same unsuccessful tactics each year to attract new people might fall into this category.

Do we follow any guidelines on how the sport should be introduced? E.g. Instructor to student ratios? Do we let groups off to discover orienteering with one map between the family and the dog?

## CNOC Summer League.

In relation to my own club, CNOC, we are not altogether clear on whether the Summer League is geared towards participation or recruitment, but we certainly have never quantified the recruitment element. Occupying a useful gap in the O calendar for the Eastern Region, it is a reliable funder for the club. More than that, in spite of the lack of clarity of purpose, the CNOC Summer league is the annual highlight- the Ard Fheis of the Club, bringing everyone together with the unity of purpose of conducting a league.

But the CNOC summer league offers an opportunity to try another approach and to shift the focus from Come and Try Orienteering to Come and Learn It.

**Concept Proposal:**
The idea is to advertise the series of O events as a Course not a League. The focus would be on beginners' courses with Instructors for every 2-3 beginners. The planned courses would increase slightly in difficulty each week with the aim of having students competent to participate independently and competently on beginners' courses by the end of the CNOC sponsored events.

This concept shifts the preparatory focus to the targeting of individuals prior to the course, and the sourcing of suitable instructors. Preliminary investigations suggest that funding from National level might be made available. Instructors (perhaps the majority of them) might come from other clubs, and free entry might be given to any orienteer on the longer courses who brings along a beginner.

**Critical Success Factors**
Clear consensus on what we are doing
Availability of instructors matched with funding for instructors
Prior marketing to source students for the course.

The essence of this proposal is that 'Come and Learn' is the better recruiting agent. If they Come to Learn, they might decide to really try It. If we try it, we might Come to Learn more on how to solve the numbers problem.

(This was originally written as a proposal for CNOC but could have applications in other areas - Ed).

# IOF News

## XXI IOF Congress in France: Denmark, Ukraine and Slovakia appointed organisers of future World Championships

Aarhus, a Danish university city with about 200,000 inhabitants will be hosting the 2006 World Orienteering Championships, whilst the venue of the 2007 WOC will be the Ukrainian capital Kiev. The 2006 World Championships in Mountain Bike Orienteering will be held in Banska Bystrica, Slovakia. These were the decisions taken by the 21st IOF Ordinary General Assembly recently held in Fontainebleau, France.

**Sue Harvey re-elected as IOF President**
Sue Harvey (GBR) was re-elected President of the IOF for the Congress period 2002-2004, and Hugh Cameron (AUS), Åke Jacobson (SWE) and Edmond Szechenyi (FRA) were re-elected Vice Presidents. Leho Haldna (EST), Jan-Erik Krusberg (FIN), Iordanka Melnikliyska (BUL), Shin Murakoshi (JPN) and Marcel Schiess (SUI) were appointed Council members.
At the General Assembly, the delegates ratified Council's decision to approve membership applications from five countries. The former associate member Chinese Taipei was now admitted to full membership, and Pakistan, Indonesia, Turkey, and Thailand were finally granted associate membership. All of these membership applications had been provisionally approved by the IOF Council. The IOF now has 61 members.
Delegates from thirty-three member countries participated in the IOF Congress activities and attended the General Assembly. The delegates also had the possibility to attend the first ever World Championships in Mountain Bike Orienteering which were organised concurrently with the Congress. National teams from 28 countries participated in the Championships.
The 22nd IOF Ordinary Congress and General Assembly will be held in conjunction with the 2004 World Orienteering Championships in Västerås, Sweden.
Delegates from thirty-three member countries attended the 21st IOF Ordinary General Assembly held on 5 July 2002.



# World Ski-O Championships 2002

The World Ski-O 2002 championships were held in Borovetz in Bulgaria during the last week of February. A total of twenty-one countries from three continents competed in the championships including first-timers at this level, Ireland. Three Irish orienteers participated: Joanne Mein and Eunice Cinnamon from Northern Ireland and Rory Morrish from Cork. All three had been prominent international junior orienteers.

Bulgaria in late February is nice for skiing as you have the chance to enjoy good snow conditions in the sunshine. Unfortunately there was too little of the former due to much of the latter and the organisers had a major task trying to rearrange the competition schedule around the expected weather conditions. They managed this very well bringing forward the sprint event to day one and delaying the long event to the end of the week when better snow was expected and the event location was higher in the mountains. Even then they still had to move some snow onto a few competition paths for all events.

The sprint, medium and relay events were held in Govedarci to the west of Borovetz. Rory Morrish and Eunice Cinnamon had the same start time in the sprint event and both did very well to complete the courses. The Russians, Finns and Swedes shared the medals between them with Lena Hasselstrom winning her first of four medals by two seconds. Rory had competed in the World Cup event in Finland in March 2001 and his improvement since then impressed many of the other teams.

The medium race was held the following day and it marked Joanne Mein's debut in ski-orienteering. Jo completed most of the 8.3k course before exceeding the cut-off time while Rory completed the 10.7k course in 97.44 finishing ahead of six competitors. The relays were held the next day and there were improved performances from both Eunice and Joanne. The Russians won both races. They take ski-o very seriously and have a full domestic programme with races covering all the junior age classes and regular training camps.

Two more training days followed before the long race located in a very beautiful mountain basin in Kurtovo. The long race was split into three loops to make best use of the snow and to maximise spectator involvement. The warm sun softened the snow on exposed tracks and resulted in some tiring and slow skiing over soft snow. The rearranged schedule caused difficulties for Joanne and Eunice who had booked flights home for later that day. Both showed considerable further improvement on the relay but had to cut short their races. Rory also had his best performance of the week finishing the gruelling 19.8k course in under three and a half hours.

Jim Lawton (BOC) and Rosarie Kiernan (GEN) also made the trip and played their part in the team preparations. Jim took a keen interest in learning the technical art of waxing skis and still found time for some cross-country and downhill skiing.
*(Rory and Eunice graced the cover of the last issue of TIO)- Ed)*

Sprint. Men (4.2k): 1. A Gruzdev (Rus) 18.44; 2. V Korchagin (Rus) 18.51; 3. R Pesu (Fin) 18.59; 65. R Morrish (Irl) 38.32. Women (3.3k): 1. L Hasselstrom (Swe) 16.49; 2. E Jokinen (Fin) 16.51; 3. T Vlassova (Rus) 16.59; 40. E Cinnamon (Irl) 1:14.32.

Medium. Men (10.3k): 1. E Khrennikov (Rus) 46.25; 2. A Gruzdev (Rus) 46.53; 3. K Ulven (Nor) 48.05; 63. R Morrish (Irl) 1:37.44. Women (8.3k): 1. S Grenholm (Swe) 45.28; 2. E Jokinen (Fin) 45.38; 3. L Hasselstrom (Swe) 45.40; E Cinnamon (Irl) mp; J Mein (Irl) mp.

Relay. Men: 1. Russia 1:56.37; 2. Finland 2:00.44; 3. Sweden 2:00.45; Ireland (R Morrish 63.08). Women: 1. Russia 1:21.12; 2. Sweden 1:21.29; 3. Finland 1:23.41; Ireland (E Cinnamon 1:25.49, J Mein mp).

Long. Men (19.8k): 1. M Keskinarkaus (Fin) 1:42.29; 2. E Khrennikov (Rus) 1:43.05; 3. R Pesu (Rus) 1:45.10; 63. R Morrish (Irl) 3:24.25. Women (13.7k): 1. L Hasselstrom (Swe) 1:20.34; 2. E Jokinen (Fin) 1:23.16; 3. M Vaisainen (Fin) 1:23.56; E Cinnamon (Irl) mp; J Mein (Irl) mp.

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# VISUALISATION IN ORIENTEERING

Canada's **Ted de St. Croix** describes the advantages of visualisation:

Visualisation is a mental training which is sport specific. An orienteer must picture events related to orienteering in his or her mind to reap the great benefits of this skill. The two aspects of our sport, running and navigating, must be mentally rehearsed if one expects to achieve the excellence of which one's body is capable.

Running: Athletes should train in terrain similar to the terrain they wish to visualize so they "run in the terrain" in their mind. While "mentally running" in the terrain, you should be aware of what obstacles you will encounter and how to react to each one.

Navigating/Orienteering Systems: An orienteering system is a sequence of actions taken by an athlete to accomplish a task. Control taking, relocation, start, focus plans, race plans are examples of orienteering systems. When rehearsing orienteering systems, athletes should rehearse the entire system procedure from start to finish. This should preferably be done in real time and athletes should actually see the map, compass, terrain and controls they are rehearsing with in their minds.

Further Readings
For more information on Visualisation and mental imagery, check out the following books:
Canadian Orienteering Federation NCCP Level 2 Coaching Manual.
Orlick, Terry. In Pursuit of Excellence: How to win in Sport and Life Through Mental Training. Human Kinetics: Windsor, 1990.
Weinberg, S. & D. Gould. Foundations of Sport and Exercise Psychology. Human Kinetics: Windsor, 1999.

*(Continued ...)*



***An athlete's guide to mental imagery in the sport of ORIENTEERING***

**What is visualisation?**
Visualisation is the act of creating or recreating an experience in the mind. Effective visualisation involves not only your visual senses, but your auditory, tactile and olfactory senses as well. Athletes of all levels of abilities use visualisation in order to help them with the various aspects of their physical endeavours.

**Uses of visualisation**
Some of the many uses of visualisation include:
Improving Concentration
Building Confidence
Control of Emotional Responses
Acquiring and Practice of Skills
Acquiring and Practice of Strategy
Coping with Pain and Injury
Problem Solving

**How to use visualisation effectively**
In order to use visualisation skills effectively, follow these steps:
Proper setting: Ensure that you are in a quiet room without distractions.
Relax: Take several deep breaths in order to relax oneself.
Open mind: Keep an open mind as to the benefits of visualisation .
Movement: Try moving and positioning your body as if you are actually performing the skill (ie. Rough compass, punching, orienting the map, relocating).
Use all senses: Use not only visual, but olfactory, auditory, and tactile senses when visualising.
Execution and Outcome: View not only the proper execution, but the successful outcome as well. (ie. proper sequence of actions in a system, and see the compass and map in your hand (mentally))
Image in real time: If your control taking system takes 5 seconds, then visualising one contol taking sequence should take 5 seconds.

**Types of visualisation**
Two types of visualisation exist, internal and external. Internal visualisation involves viewing your actions from your own vantage point (i.e.. as you would see through your own eyes). External visualisation is viewing yourself as if from an external viewer, as you might see an athlete competing on television.

**When to use visualisation**
Visualisation is an extremely effective tool which can be used frequently in oneís life whether it be sport related or not. Although it is good to practice visualisation often, it is especially important to use it in the following situations:

Before and after training
Visualisation before physical or technical training helps the athlete focus and get more out of the training. Visualisation after physical or technical training helps the athlete analyze the training session and retain what they have learned.

Before and after competition
Mental training before a competition helps the athlete handle special requirements. After the competition, mental training is used to rehearse the race and learn from mistakes or good technique.

When recovering from an injury
Athletes who train mentally while injured are able to retain and even improve technique

If you find you are having trouble visualising yourself performing skills, try watching a videotape of yourself in competition.

***Editor's note:*** An article in New Scientist earlier this year described an experiment where people imagined themselves doing exercises: lifting weights and the like. They found that the ones who imagined themselves exercising developed stronger muscles than a control group who didn't imagine themselves exercising ... but that doesn't mean that just thinking about going for a training run is enough!

# Lakes 5 Days 2002

**Joe Lalor** *(GEN) reports*

The county of Cumbria bounced back from the near devastation of foot and mouth of twelve months ago by hosting the Lakes 5 Days orienteering festival in the first week of August. The five days of continuous orienteering worked its way around the shores of Ullswater in the Northern Lakelands near the non-tourist saturated market town of Penrith.

Day one was on Watermillock Common and produced the only hiccup of the week. Entry to the parking field was along a narrow farm track straight off the busy tourist road along the lake. Progress along the track was very slow following the previous week's rain and traffic built up on the main road almost immediately. By the time the police arrived there was a queue of traffic several miles along in both directions containing both potential orienteers and irritated tourists. The police closed the entry and moved all traffic along and many missed out on their run, however once they left access was again possible but several people by this stage had been turned away. My party had an early start and were luckily only slightly delayed but for a more complete account of what actually happened ask Trina Cleary, but from a safe distance. As to the orienteering, there was 1.5 km/300m climb to the start on the open fell. In the heat this climb was too much for some of the very young and older competitors but for most it was worth it for the view and the open runnable terrain above the bracken. The terrain was mostly fast open fellside with some slower marshy areas. The courses finished with very fast downhill legs into a semi-wooded area with marshes and extensive bracken which lead to inevitable mistakes.

Day Two on Askham Fell was based in the very pretty village of Pooley Bridge. This area was very runnable with the longest legs of the five days. Most people found the courses too easy but I do wish the elderly man I kept passing would have refrained from his mantra of "boring , boring" as I failed to find my controls after long legs.

Day three was on Place Fell near the village of Patterdale. There was a lot more rock and contour detail here than the previous two days. Many of the UK-based runners were commenting on how rough the terrain was, but anyone who has been to the Shamrock would have felt at home. The organisers for this day wisely split the starts and thus saved the short courses from the 60 minute climb to the open mountain.

Day four was again at Patterdale but on Angle Tarn Pike. There was a major change for this day: the weather. Up to then the main problem was getting enough water in the brilliant sunshine as we listened to news reports from home about wet horse show week. The weather was not bad as such but with the mist and light rain visibility was poor. The terrain was similar but not as rough as day three but with reduced visibility times were lengthened for most.

Day five was my favourite. It was not one of the original venues but, not having been allowed back to one of their sites after foot and mouth, this was a fallback choice. It was sited 60 minutes down the M6 on the northern edge of the Yorkshire Dales near Kirkby Stephen on Birkett Common. It was a very runnable open moorland with not too much detail cut down the middle by a minor road, a place where even I could not go very far wrong.

During the week the focal point for the large Irish contingent was the massive tent of the Irish Junior squad over for a training session. There were many notable Irish individual day results including first of class by John Casey (Ajax), Nuala Higgins (Ajax), Ruth Lynam (CNOC), and Wyn McCormack (GEN) but when it came to collecting prizes only Ruth featured.

Following the problem on day one the organisers declared that the final results would be based on the best three of five rather than the advertised best four. A points system which I believe is in use in the World Cup was use to calculate the score for each day. It would be interesting to know the formula works as it was not immediately obvious for your position how many points you had scored.

I had not been to a five-day before and was apprehensive that I could sustain motivation for that period with out a break. Under the conditions that prevailed, fine weather, runnable courses, swimming and canoeing to hand I need not have worried.



# World Cup 1 & 2: Belgium/Switzerland June 2002

**Andrew Quin**, *3rd at IOC 2002, reports on his first World Cup races.*

The first two World Cup rounds were held in the Ardennes in Belgium, and the region around the town of Fribourg in Switzerland. Faye Pinker, Fionne Austin, John Feehan, Neil Dobbs and Andrew Quin made up the Irish team. We had arranged to meet up in Ryanair's Charlerois airport, although one of our number got left behind in Dublin - something about a passport being left at home! The absent-minded stayed overnight in Dublin, while awaiting the passport to be transported by Bus Eireann from a distant part of the country - a useful service if you ever require it. The next day, while the rest of us were sitting relaxing in the sun in a Belgian town, by sheer chance the individual arrived, wearing, appropriately enough, a "Billy-Goat" T-shirt. He greeted us with a grin from ear to ear, having just made his way from the airport and without having contacted us! Such orienteering skills should not go unnoticed. Reunited, the team made their way back to the accommodation to prepare for next day's middle distance qualification.

The middle distance qualification was held on a small but steep-sided hill called Buttes de Stockhem. The area was, perhaps, a taster of what was to come in Switzerland, with many point features on the hillside. To add to the difficulty, there were areas with thick vegetation underfoot and relatively low visibility. Apart from John, the rest of us placed well back. John just missed qualifying for the A-final, by 1 place and 4 seconds - it was to become a theme for the rest of the week.

The middle distance final was held in a flat, fast forest called La Rocaille. The winning times were under 4.5 minutes/km. John placed 7th in the B-final, while myself and Neil placed 43rd and 48th, respectively. John missed the possibility of qualifying for the long distance A-final by a couple of places again, although a recurring injury appeared again this day, resulting in him missing the long distance race.

Neil and I ran in the Men's B-final classic and Faye and Fionne in the Women's B-final classic. For this event we were bussed through the map to the start location, where we were to run back to Chiny-sur-Semois, our host village. All the courses had a gruelling 60 metre climb for the last half kilometre, up the steep bank of the Semois river. I made a number of large mistakes on this 11 km course. Neil made fewer, and he finished 3.5 minutes in front of me. Both of us were within 2 min per km of the winner, Troy de Haas. As Fionne was finishing the announcer gave the urology speech, which some of you are no doubt familiar with by now!

That evening we relaxed, before attending the World Cup party and getting a late-ish night before our drive to Switzerland the next day for some pre-WOC 2003 training. We got on very well with our host in the Bed and Breakfast - he very kindly gave us a bottle of wine, and we discovered he had been on a sailing trip to Ireland. His main memory was listening to the Dubliners singing the Wild Rover. He requested that I send him a copy of a Dubliners album with this song on it! I have done so and imagine that in the future this peaceful Belgian village will, on

some evenings, reverberate to the sound of NO! NAY! NEVER!.

We arrived in Fribourg, Switzerland on 4th June to our somewhat basic accommodation - a military barracks. The five Irish were bundled in to a dormitory with four Estonians - one of whom turned out to be a demon card-player.

The next day, 5th June, was a very important day - the Irish World Cup match! After morning training and three of us having a hot/cold shower with some Czechs, the Estonians joined us to watch the match. We filled a room in an empty Scottish pub. We later found out that the British O-Team, being more Irish than the Irish themselves, had found the Irish pub in Fribourg, complete with a large screen. The next couple of days were spent training on various maps (one of the training maps was called Bois de la Faye - so Bob and Marcus aren't the only Pinkers with their names on a map). John, having cycled and stretched during the training days, was ready for the relay.

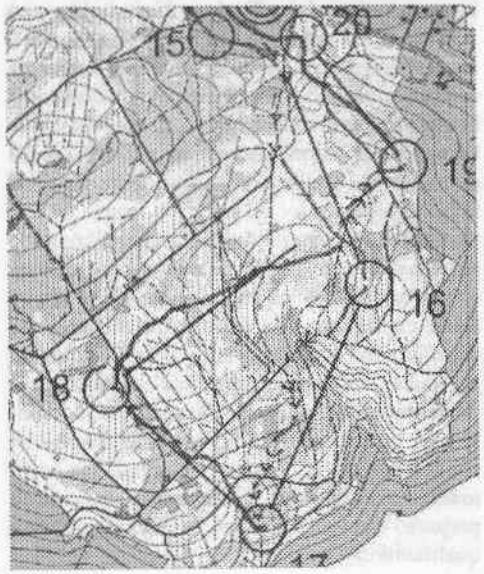
The relay was held in an area very similar to the Belgian terrain we had experienced a few days before. The map, Lossy, comprised two small woods with relatively gentle slopes, with varying runnability and a comprehensive path network. John, myself and Neil ran the eight-ten-eight km legs, in that order, while Faye and Fionne teamed up with Sandy Hott-Johansen, a Canadian runner. John was impressive on the first leg - he was within 4 minutes of the leader. On tagging me, he gave the advice "slow and steady", and I went out with this in mind. Tired from the previous weeks training and competing, I plodded around, but made practically no mistakes, and was pleased to finish just over ten minutes down on the fastest time for the leg. Neil ran well up to the spectator control, but unfortunately made a couple of errors, which brought his time down a little. Overall, we finished 30th out of the 40 teams, and just over 30 minutes down on the winning Russian team.

The classic race the next day was an intimidating 12km with 600 metres climb. The course was essentially a one-man relay, with three loops of 3-5 km. From the start/finish area to the second control for each loop was 750 metres distance with 150 metres climb! Only Neil and I ran in this event, and both of us finished in the last couple of places, unable to cope with this challenge after the previous weeks running. Most of my trouble was caused by sheer exhaustion - preventing me from choosing sound routes and spiking the controls. After I had drawn in my route, I calculated I had done a total of 900 metres climb! It pays dearly to make mistakes in Switzerland!

For Fionne, Neil and me (John and Faye have competed in world class orienteering events before) these World Cup rounds provided us with a first taste of world-standard orienteering. Quite frankly, the elite competitors are classes ahead of us in fitness and navigational ability. However, the events were an invaluable experience for us (particularly the events in Switzerland), as we each aspire to run for the Irish Team in the WOC 2003 event in Switzerland, and beyond. We have seen our limitations, but we have seen our potential.

To finish off I would like to thank the team for an excellent week, and especially John, who did most of the organisation and a lot of the driving.

Andrew Quin, 18th August 2002






# Results Section

organisers: Please include course lengths and keep the format

**Kilsheelan - MTBO National Series, June 1, 2002**

| | | | |
|---|---|---|---|
| Long: 22.5 km, 660m, 9 Controls | | | |
| Justin May | M | 86.15 | |
| Tom Callery | M | 94.21 | |
| Brendan O'Brien | M | 97.35 | |
| Paul Mahon | M | 97.49 | |
| Gerry Brady | M | 106.18 | |
| Paul Allen | M | 109.14 | |
| Senan O'Boyle | M | 114.48 | |
| Brendan O'ConnorM | 114.49 | | |
| Alan Young | M | 123.19 | |
| Mary O'Connell | F | 124.30 | |
| Rick Austin | M | 132.47 | |
| Malcolm Daly | M | 145.09 | |
| Donal McNamaraM | 191.47 | | |
| Martin Flynn | M | Missed 5 | 96.51 |
| Nuala Higgins | F | Missed 6 | 109.43 |
| Alan Ayling | M | DNF | |
| Ger Duffy | M | DNF | |
| | | | |
| Short: 12.5 Km, 400m, 6 Controls | | | |
| Dermot O'Sullivan | M | 69.20 | |
| Brid Higgins | F | 86.15 | |
| Fachtna Healy | M | 90.30 | |
| Andrew Cox | M | 91.36 | |
| Marina Power | F | 124.22 | |
| Willie Hayes | M | 124.22 | |
| Mary Austin | F | 138.16 | |

**Great Eastern Navigators**
**Trooperstown Inter-Club event, 19/5/02**

| | Runners | A | B | C | D | |
|---|---|---|---|---|---|---|
| Total | | | | | | |
| GEN | 16 | 95 | 95 | 113 | 104 | |
| 407 | | | | | | |
| 3ROC | 16 | 96 | 97 | 94 | 111 | 398 |
| CNOC | 12 | 46 | 47 | 111 | 96 | 300 |
| SET | | 10 | 94 | 25 | 19 | 84 |
| 222 | | | | | | |
| AJAX | 5 | 74 | 61 | 0 | 0 | 135 |
| FIN | | 4 | 0 | 50 | 20 | 19 |
| 89 | | | | | | |
| UCD | | 4 | 57 | 0 | 0 | 0 |
| 57 | | | | | | |
| DUO | | 0 | 0 | 0 | 0 | 0 0 |

| | | | | | | |
|---|---|---|---|---|---|---|
| Course A | | | | | | |
| Paul Nolan | Gen | 42.44 | 32 | Black | | |
| Brendan O'Brien | | Ajax | 44.15 | 31 | Black | |
| Brendan Delaney | | CNOC | 49.40 | 30 | Black | |
| Patrick Casey | Gen | 50.39 | 29 | Black | | |
| Andrew Quin | 3Roc | 51.30 | 28 | | | |
| Phillip Brennan | | Set | 53.50 | 27 | Brown | |
| Marcus Geoghegan | | Ajax | 57.50 | 26 | Brown | |
| Gerard Butler | 3Roc | 57.54 | 25 | | | |
| Dave Weston | Set | 59.07 | 24 | Brown | | |
| M Mangan | Set | 59.30 | 23 | Blue | | |
| Eoin Dunne | 3Roc | 61.00 | 22 | Black | | |
| David Tyner | 3Roc | 61.38 | 21 | | | |
| E O'Sullivan | Set | 64.32 | 20 | | | |
| Gavan Doherty | | Gen | 67.34 | 19 | Blue | |
| Terry Lawless | Set | 68.00 | Blue | | | |
| Niall English | UCDO | 71.00 | 18 | Blue | | |
| Paul Smyth | Ajax | 71.04 | 17 | Black | | |
| Anthony Lawler | | CNOC | 74.33 | 16 | Blue | |
| Chrid Blau | UCDO | 74.25 | 15 | Blue | | |
| Andrew O'Mullane | | Gen | 74.58 | 14 | Blue | |
| R Clark | UCDO | 77.44 | 13 | Green | | |
| Shane Enright | UCDO | 79.12 | 12 | Green | | |
| P Dunne | Wego | 89.05 | Blue | | | |
| Fachtna Healy | | Set | 89.55 | | | |
| Sean Hassett | Set | 96.42 | L Green | | | |
| A Blanchard | Gen | 102.00 | Blue | | | |
| M Lande | 117.20 | Green | | | | |

| | | | | | |
|---|---|---|---|---|---|
| Course B | | | | | |
| John Mc Cullough | 3 Roc | 39.29 | 32 | Brown | |
| Peter Kernan | AJAX | 44.32 | 31 | Black | |
| Denis Reidy | AJAX | 46.33 | 30 | Brown | |
| Senan O'Boyle | | CNOC | 47.34 | 29 | Brown |
| Brian Bell | Gen | 49.38 | 28 | Brown | |
| Val Jones | Fin | 62.03 | 27 | Brown | |
| Tony Devlin | Gen | 65.40 | 26 | L Green | |
| Nina Phillips | Set | 70.01 | 25 | | |
| M O' Connell | 3Roc | 71.16 | 24 | Blue | |
| D O'Neill | Fin | 74.49 | 23 | Blue | |
| N Lalor | Gen | 76.00 | 22 | L Green | |
| Nadya Hutchinson | | 3Roc | 78.5 | 21 | Blue |
| Peter Dicker | 83.41 | | | | |
| Donal Walsh | 3Roc | 91.10 | 20 | | |
| Creidhe O'Sullivan | | Gen | 99.15 | 19 | L Green |
| Hazel Thompson | | Set | 105.31 | 18 | |
| Miriam Reid | Gen | 118.03 | Green | | |
| Don Short | CNOC | MP | | | |

| | | | | | |
|---|---|---|---|---|---|
| Course C | | | | | |
| Ruth Lynham | Cnoc | 38.10 | 32 | Blue | |
| Declan Carberry | | Cnoc | 39.28 | 31 | L/Green |
| Deirdre Bell | Gen | 42.82 | 30 | Green | |
| David Quinn | Gen | 43.10 | 29 | Green | |
| Brendan Doherty | | Gen | 43.41 | 28 | Green |
| Tom Condon | Cnoc | 45.41 | 27 | Green | |
| Ted Mc Cormack | | Gen | 46.15 | 26 | Blue |
| Ger Power | 3 Roc | 46.58 | 25 | Blue | |
| Aine Ui Suilleabhan | | 3Roc | 50.19 | 24 | Green |
| Brian Lawless | 3Roc | 51.51 | 23 | Blue | |
| Harold White | 3Roc | 52.08 | 22 | Green | |
| Wyn McCormack | | Gen | 52.48 | Green | |
| Bernie O'Boyle | | Cnoc | 52.51 | W 40 | L/Green |
| Monica Nowlan | | 3Roc | 54.08 | Blue | |
| Niamh O'Boyle | | Cnoc | 56.35 | 21 | Blue |

| | | | | | |
|---|---|---|---|---|---|
| Jean O'Neill | Fin | 58.55 | 20 | Green | |
| Brian Power | Set | 58.57 | 19 | L/Green | |
| Seamus O'Boyle | | Cnoc | 62.47 | | |
| John Fitzsimons | | 3Roc | 68.13 | | |
| Kathryn Whally | | Fin | 70.48 | W40 | L/Green |
| R Neary | 3Roc | 76.39 | orange | | |
| Clare McGrath | | 3Roc | 86.30 | L/Green | |
| Rob & Ellie Napier | | 93.24 | | | |
| Heidi & Eddie | 98.33 | | | | |
| W Walsh | 3Roc | 115.46 | | | |

Course D

| | | | | | |
|---|---|---|---|---|---|
| Ruari Short | Cnoc | 23.37 | 32 | Orange | |
| Michael Butler | 3Roc | 25.09 | 31 | L/Green | |
| Mick Kellett | Gen | 25.19 | 30 | Green | |
| Brian Hollinshead | | 3Roc | 26.06 | 29 | Green |
| A B Law | Gen | 26.12 | 28 | Green | |
| Sean Rothery | 3Roc | 27.28 | 27 | L/Green | |
| Paget Mc Cormack | | Gen | 30.59 | 26 | Orange |
| Gavin Carney | Cnoc | 33.44 | 25 | Orange | |
| David Brooks | 3Roc | 36.50 | 24 | | |
| Caithlin Bent | Set | 40.08 | 23 | | |
| D Walsh | 3Roc | 41.43 | M21 | | |
| J Walsh | 3Roc | 41.43 | W 21 | | |
| Con Carroll | 3Roc | 43.52 | L/green | | |
| Kevin O' Boyle | | Cnoc | 48.20 | Yellow | |
| Toni Butler | 3Roc | 49.23 | Orange | | |
| Maura Higgins | Set | 50.52 | 22 | L/Green | |
| Vera Murtagh | 3Roc | 52.17 | L/Green | | |
| Ben Mangan | Set | 52.48 | 21 | Yellow | |
| Rachel Bell | Gen | 55.33 | 20 | | |
| Yvonne Bell | Gen | 57.33 | Yellow | | |
| E Manus | Ajax | 59.58 | W 21 | | |
| Erika Jones | Fin | 61.09 | 19 | Orange | |
| Laura Mc Kay | Set | 61.40 | 18 | Yellow | |
| Sandra Farrell | 62.23 | W21 | | | |
| R Carney | Cnoc | 76.14 | 17 | Yellow | |

**I.O.C. 2002**
**CURRAGH NAAS ORIENTEERING CLUB**

| | | | |
|---|---|---|---|
| M10A Cillin Corbett | CorkO | | |
| W10A Meabh McCann | LVO | | |
| M12A Richard Dunne | WatO | | |
| W12A 1 Chloe Haines | AIRE | | |
| M14A Ruairi Short | CNOC | | |
| W14A Erinna Foley-Fisher | MNav | | |
| M16A Ted McCormack | GEN | | |
| W16A Deirdre Carbery | CNOC | | |
| M18A Christian Foley-Fisher | MNav | | |
| W18A Niamh O'Boyle | CNOC | | |
| M20L Stefan Falermo | Ajax | | |
| W20L Mervi Karkkainen | BOC | | |
| M21E 1 John Feehan | BVOC | 94:24 | |
| 2 James Logue | NWOC | 98:19 | |
| 3 Andrew Quin | 3ROC | 103:08 | |
| 4 Colm O'Halloran | LeeO | 107:41 | |
| 5 Colm Rothery | Ajax | 108:13 | |
| W21E 1 Silke Schlittermann | ESV | 80:17 | |
| 2 Petranka Pacheva | BOC | 91:09 | |
| 3 Una May | 3ROC | 91:21 | |
| 4 Toni O'Donovan | CorkO | 91:40 | |
| 5 Faye Pinker | CorkO | 98:54 | |
| M21L Declan McGrellis | LVO | | |
| M21S Tony Doolin | Set | | |
| W21L Miriam Feehan | BVOC | | |
| W21S Deirdre O'Neill | Fin | | |
| M35L Marcus Geoghegan | Ajax | | |
| M35S Tony Joyce | Ajax | | |
| W35L Julie Cleary | 3ROC | | |
| W35S/W40S1 Katy Stubbs | BKO | | |
| 2 Brid Quigley | Fin | | |
| M40L Aonghus O'Cleirigh | Ajax | | |
| M40S Ronan Cleary | 3ROC | | |
| W40L1 Sarah Haines | AIRE | | |
| 2 Mary O'Connell | 3ROC | | |
| M45L Gerry Brady | CorkO | | |
| M45S Dave O'Donovan | CorkO | | |
| W45L Ann Savage | LVO | | |
| M50L Colin Henderson | LVO | | |
| M50S1 Ranald MacDonald | DVO | | |
| 2 Nigel Foley-Fisher | MNav | | |
| W50L Monica Nowlan | 3ROC | | |
| W50S Josephine O'Keeffe | BVOC | | |
| M55L Bob Pinker | CorkO | | |
| W55L1 Marion McCormick | BASOC | | |
| 2 Claire Walsh | 3ROC | | |
| M60L Ted Feehan | BVOC | | |
| M60S David Hogg | NWOC | | |
| W60L Clare Nuttall | LeeO | | |
| M65L1 Mike Crockett | QO | | |
| 2 Frank Martindale | 3ROC | | |
| W65L Gill Hardy | CLOK | | |
| 2 Faith White | Set | | |
| M70L 1 Eric Langmuir | BASOC | | |
| 4 Sean Rothery | 3ROC | | |
| M70S John Bedwell | CLOK | | |
| 2 Con Carroll | 3ROC | | |
| W70 Eileen Bedwell | CLOK | | |

**Leinster Orienteering Championships 2002**
**Brockagh, Co. Wicklow**

| | | | | |
|---|---|---|---|---|
| M10A | Cillin Corbett | CorkO | 26.44 | |
| M12A | Fearghal Burke | FIN | 59.35 | |
| M14A | Hugh Power | BOC | 27.07 | |
| M14B | Brendan Farrell | StKO | 55.48 | |
| M16A | Seamus O'Boyle | CNOC | MP | |
| M16B | Ross Moriarty | StKO | 60.48 | |
| M18A | Philip McCann | LVO | 119.07 | |
| 2 | Christian Foley Fisher | MNAV | 148.47 | |
| 3 | Paul Geary | B.V.O.C. | 166.16 | |
| M20A | David Healy | GEN | 105.13 | |
| M21E | | | | |
| 1 | Colm Rothery | AJAX | 77.56 | |
| 2 | Brendan O'Brien | AJAX | 86.24 | |
| 3 | Brian Corbett | CorkO | 89.41 | |
| 4 | Lauri Beilmann | OK ORION | | 96.43 |
| 5 | Brendan Delaney | DFO | 97.54 | |
| M21L | | | | |
| 1 | Oliver Clear | DFO | 124.22 | |
| M21S | Tony Doolin | SET | 124.01 | |
| M35L | Marcus Geoghegan | Ajax | 95.15 | |
| M35S | Jim Hoare | DFO | 73.48 | |
| M40L | Donal Wickham | AJAX | 89.54 | |
| M40S | Andrew Butterfield | GEN | 108.22 | |



| | | | |
|---|---|---|---|
| M45L | John McCullough | 3ROC | 81.39 |
| M45S | Tom Burke | FIN | 97.07 |
| M50L | Wally Young | CNOC | 61.56 |
| M50S | Brian Power | SET | 66.18 |
| M55L | Bob Pinker | Cork O | 65.21 |
| M60L | Ted Feehan | BVOC | 51.49 |
| M60S | David Hogg | NWOC | 72.30 |
| M65L | Frank Martindale | 3ROC | 59.39 |
| M70L | Sean Rothery | 3ROC | DNF |

| | | | |
|---|---|---|---|
| W10A | Meabh McCann | LVO | 59.57 |
| W12A | Cliona Callanan | BOC | 51.13 |
| W14A | Martha Callanan | BOC | 42.53 |
| W18A | Niamh Lalor | GEN | 150.42 |
| W21E | | | |
| 1 | Ruth Lynam | CNOC | 87.37 |
| 2 | Eileen Loughman | CNOC | 101.07 |
| 3 | Petranka Pacheva | BOC | 106.36 |
| 4 | Niamh O'Boyle | CNOC | 109.40 |
| 5 | Una May | 3ROC | 112.40 |
| n/c | Silke Schlittermann | Germany | 86.16 |
| W21L | Miriam Feehan | BVOC | 107.21 |
| W21S | Elizabeth Dean | CorkO | 70.54 |
| W35L | Heather Ervine | LVO | 98.32 |
| W35S | Miriam Reid | GEN | 84.07 |
| W45L | Heather Majury | LVO | 88.55 |
| W50L | Monica Nowlan | 3ROC | 57.39 |
| W50S | Francis O'Neill | SET | 100.35 |
| W55L | Trina Cleary | 3ROC | 71.13 |
| W55S | Antoinette Butler | 3ROC | 113.18 |
| W60L | Maura Higgins | SET | 65.03 |
| W65L | Faith White | SET | 114.47 |

**Results of the CNOC Evening Series League.**
5 events, best 4 counted, simple scoring system: 50 points for a win, 49 for 2nd, etc, 1point for taking part.
Events: D = Donadea 21/5, C1 = Curragh 28/5, W = Woodenboley 4/6, C2 = Curragh 11/6, H = Hillwood 18/6.

LONG
Total Best 4 Name Class Club D C1 W C2 H
200 200 Brendan O'Brien M21 Ajax 50 50 50 50 0
233 195 Marcus Geoghegan M35 Ajax 49 49 38 49 48
189 188 Dave Weston M35 Set 46 47 48 1 47
179 179 Seamus O'Boyle M16 CNOC 45 48 40 46 0
212 175 Ruth Lynam W45 CNOC 43 41 47 37 44
172 172 Philip Brennan M21 Set 31 44 49 48 0
162 162 Paul Smyth M21 Ajax 39 39 41 0 43
161 161 David Tyner M21 3ROC 37 37 42 0 45
193 157 Gerard Butler M21 3ROC 36 40 37 38 42
151 151 Nina Phillips W21 Set 38 34 0 40 39
184 149 Don Short M45 CNOC 35 38 36 39 36
144 144 Martin Flynn M21 Ajax 47 46 0 1 50
141 141 Peter Kernan M45 Ajax 48 0 46 47 0
124 124 Tony Joyce M21 Ajax 0 42 0 42 40
119 119 Gareth Evans M21 CNOC 0 0 43 41 35
104 104 Ger Power W50 3ROC 0 0 34 36 34

MEDIUM
Total Best 4 Name Class Club D C1 W C2 H
238 192 Paul Dunne M45 WEGO 48 49 46 47 48
208 176 Aine uiSuilleabhain W50 3ROC 46 32 43 38 49
215 176 Michael Butler M60 3ROC 47 39 45 40 44
173 172 Ruairi Short M14 CNOC 50 1 41 35 46
171 170 C O Sullivan W21 GEN 1 42 40 41 47
145 145 Jean O'Neill W55 FIN 0 47 48 0 50
143 143 Eileen Loughman CNOC 1 44 49 49 0
141 141 Aave Aleksejeva W35 CNOC 49 45 0 46 1
142 141 Eoghan O'S M10 scouts 37 28 34 1 42
112 112 Anita Sweeney 42 30 39 0 1
112 112 A Murray 42 30 39 0 1

SHORT
Total Best 4 Name Class Club D C1 W C2 H
193 193 Kevin OBoyle M12 CNOC 50 47 46 50 0
142 142 C Carroll M70 3 ROC 0 46 0 47 49
139 138 C Short & R Nugent M10 CNOC 1 1 41 49 47

## Connacht Championships: Knockbarron, Co. Offaly-

M21E Brendan O'Brien Ajax
W21E Niamh O'Boyle CNOC
M20 David Healy GEN
M35 Marcus Geoghegan Ajax
M21L Patrick O'Donovan BVOC
M18A Christian Foley Fisher MNav
M40 Aonghus O'Cleirigh Ajax
M45 Senan O'Boyle CNOC
M21S Zoltan Foley Fisher MNav
M50 Billy O'Neill CNOC
W21L Orla Jennings DFO
W40 Bernie O'Boyle Cnoc
W20 Mervi Karkkainen BOC
M55 Alan Gartside LVO
W45 Mary Healy GEN
M60 Ted Feehan BVOC
W50 Monica Nowlan 3ROC
W55 Claire Walsh 3ROC
W65 Frank Martindale 3ROC
W21S Virginia Campbell UCDO
M45S Leonard O'Brien BOC
W60 Maura Higgins Set
W65 Faith White Set
M16A Ted McCormack Cnoc
W18A Deirdre Bell GEN
M14A Hugh Power BOC
W16A Jane Hingerty GEN
W45S Helen McInerney Cnoc
W14A Ciara Burke Fin
M12A Fergal Burke Fin
W12A Cliona Callinane BOC
M10 Kevin O'Boyle Cnoc
EOD Neil Curran 25Bn
W50S Frances O'Neill Set
M70 Sean Rothery 3ROC

## *THE IRISH ORIENTEER* ADDRESS LIST

| | |
|---|---|
| **AJAX ORIENTEERS** | Rory Wallace, Kilmore, Kilcock, Co. Kildare. (086 8305027) |
| ATHLONE IT ORIENTEERS | Nigel Foley-Fisher, AIT, Dublin Rd., Athlone, Co. Westmeath (0902-24465) |
| **BISHOPSTOWN OC** | Sean Cotter, 45 Rossbrook, Model Farm Rd, Cork. (021-4546194) |
| BLACKWATER VALLEY OC | Ellen Feehan, Scarteen Lower, Newmarket, Co. Cork (029-60385) |
| **CORK ORIENTEERS** | Rick Austin, Gurteenroe, Macroom, Co. Cork (026-42095) |
| CURRAGH-NAAS ORIENTEERS | Gareth Evans, 142 Rathcurragh, Green Rd, Newbridge, Co. Kildare. (045 435515) |
| DEFENCE FORCES ORIENTEERS | Comdt. Denis Reidy, Curragh Camp, Co. Kildare |
| **DUBLIN UNIVERSITY ORIENTEERS** | The Secretary, DU Orienteers, House 27, TCD, Dublin 2.; |
| **FERMANAGH ORIENTEERS** | Bill Regan, 9 Floraville, Enniskillen, Co. Fermanagh (048-66326213) |
| **FINGAL ORIENTEERS** | Tom Burke, 2 Sycamore Ave., Beaufort Place, Navan, Co. Meath (046-74711) |
| GALWAY ORIENTEERS | Frank Ryan, St. Mary's, Ballinfoyle, Galway (091-753829). |
| GALWAY/MAYO IT ORIENTEERS | The Secretary, P.E. Dept., GMIT, Dublin Road, Galway (091-753161-2213) |
| **GREAT EASTERN NAVIGATORS** | Nora Lalor, 6 Knocksinna Grove, Foxrock, Dublin 18 (01-2893497) |
| **KERRY ORIENTEERS** | Rory Costello, 14 Manor Court, Tralee, Co. Kerry. (066-25532) |
| **LAGAN VALLEY ORIENTEERS** | Stephen Gilmore, 41 Drumlough Road, Hillsborough, Co. Down. BT26 6PX; |
| LEE ORIENTEERS | Clare Nuttall, 4 Upr. Panorama Tce., Sunday's Well, Cork (021-4300373) |
| MIDLAND NAVIGATORS | Barbara Foley-Fisher, Holly Cottage, Glasson, Athlone, Co. Westmeath (0902-85306) |
| **NORTH WEST OC** | Charles Reid, 55 Brentwood Park, Belfast, BT5 7LQ.. |
| **SETANTA ORIENTEERS** | Michael Mangan, Chapel, Redcross, Co. Wicklow. (0404-41708) |
| **SLIGO ORIENTEERING CLUB** | Joe Bannon, Corrigeenroe, Boyle, Co. Roscommon (086-8197887) |
| SOUTHERN ORIENTEERS | Kevin O'Dwyer, 2 Wellington Villas, Military Hill, Cork (021-4506740) |
| THOMOND ORIENTEERS | Michael Meade, 7 Cedar Court, Kennedy Park, Limerick (061-412104) |
| **THREE ROCK OC** | Vera Murtagh, 19 The Cloisters, Terenure, Dublin 6W. |
| **UCC ORIENTEERS** | The Secretary, PE Office, UCC, College Road, Cork. |
| **UCD ORIENTEERS** | Box 55, Library Building, UCD, Belfield, Dublin 4 |
| UCG ORIENTEERS | The Secretary, c/o Porter's Desk, Concourse, University College, Galway. |
| **WATERFORD ORIENTEERS** | Veronica Purcell, Lodge's Lane, Newtown Hill, Tramore, Co. Waterford. |
| **IRISH O-ASSOCIATION** | Website www.orienteering.ie |
| **NORTHERN IRELAND OA** | Violet Cordner, 62 Wheatfield Crescent, Belfast, BT14 7HT (048-90-718540) |
| CONNACHT OA | Padraig Higgins, 24 Alverno Ave, Willow Park, Athlone, Co. Westmeath. |
| LEINSTER OA | Vera Murtagh, 19 The Cloisters, Terenure, Dublin 6W (01-4908237) |
| MUNSTER OA | |
| IRISH-O STUDENTS ASSOCIATION | Ailbhe Creedon, Tavio, Mount Prospect, Douglas, Co. Cork. |
| **BRITISH O-FEDERATION** | Riversdale, Dale Road North, Darley Dale, Matlock, Derbyshire DE4 2HX (0044-1629-734042, FAX 0044-1629-733769). www.cix.co.uk/~bof/ |
| **INTERNATIONAL O-FEDERATION** | Sec. Gen.: Barbro Ronnberg, Radiokatu 20, FI-00093 SLU, Finland (00358-40585 3801, fax 00358-93481 3113; www.orienteering.org |

Listings in **BOLD TYPE** have web sites accessible from the IOA web page www.orienteering.ie

**Remember, for round the clock orienteering information on IOA events ring 1890-925023, on NIOA events ring 0044-07020-963986 or check the IOA web page at www.orienteering.ie or the NIOA page at www.niorienteering.org.uk.**



## Orienteering Fixtures

**September 2002**

7 Lagan Valley Regional Parks, Belfast Sprint-O LVO
8 Ballinastoe, Roundwood, Co. Wicklow Local Event / Come & try it GEN
14 Benone, Magilligan, Co. Derry NI Series / Colour Coded NWOC
14-15 Penhale Sands Cornwall Senior Home International
15 Mullaghmeen, Co. Westmeath (nr Oldcastle) Leinster League SET
21-22 Mournes Mountain Marathon
22 Brockagh East Top, Laragh, Co. Wicklow Leinster League GEN
28 NI Series / Colour Coded LVO
28-29 Mynydd Llangatwg/Merthyr Mawr S Wales Veteran Home International WOA
29 Raven's Rock, Glencullen/Glencree, Co. Dublin/Wicklow Leinster League AJAX

**October 2002**

5-6 Perthshire Scotland Junior Home International SOA

**6th October NATIONAL ORIENTEERING DAY**

6 Rinville Forest Park Galway WEGO
6 Phoenix Park Dublin 3ROC
6 Killakee/Hellfire Woods, Rathfarnham, Co. Dublin SET
6 Ardgillan, Skerries, Co. Dublin FIN

13 Parkmountain Wood, Tallow, Co. Waterford Munster Championships BOC
19 Binevenagh, Limavady, Co. Derry Northern Ireland Championships NWOC (entry form enclosed)

**November 2002**

3 Three Rock Wood, Dundrum, Co. Dublin Leinster League 3ROC
9 Castlewellan, Co. Down NI Series LVO
9 Knockaun Wood, Tallow, Co. Waterford Munster Relay Championships BOC
10 Knockaun Wood, Tallow, Co. Waterford Irish Orienteer Trophy BOC
16 Night-O LVO
17 St. Anne's Park, Raheny, Dublin Local Event AJAX
23 Florencecourt, Co. Fermanagh NI Night-O Championships FermO
24 Trooperstown, Laragh, Co. Wicklow Local Event GEN

**December 2002**

1 Djouce Woods, nr. Enniskerry, Co. Wicklow Leinster League SET
8 Curragh, Co. Kildare Leinster League CNOC
14 Gosford, Markethill, Co. Armagh Sprint-O LVO
26 Three Rock Wood, Dundrum, Co. Dublin. Xmas score event. 3ROC.

**March 2003**

23 Connacht Championships CROC

**April 2003**

13 Featherbeds, Co. Dublin/Wicklow , Leinster Championships AJAX
18-21 JK2003, Maidenhead, SE England.