the Irish Orienteer

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THE IRISH ORIENTEER NO.32 DECEMBER - JANUARY 1988 ISSN 0790-1194

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John McCullough, 9 Arran Road, Drumcondra, Dublin 9.

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For further information on orienteering contact The Irish Orienteering Association, 38 The Glen, Woodpark, Ballinteer, Dublin 16.

COVER PHOTO: A fee of IR£10.00 is paid to the supplier of the cover photograph if it is received in printable form: black-and-white prints of about 10" x 8". **Cover photo:** Trim Orienteers at the Leinster Championships at the Devil's Glen. (Richard Flynn).

RESULTS: A charge of IR£6.00 per page is made towards the publication of event results. This amount is based on the results being submitted in a form suitable for reproduction and is calculated on the number of pages sent in, not the number which finally appear in print, so please tidy up the presentation of results before sending them in. Typed originals or good photocopies are preferable, but remember that each page is reduced to about 2/3 its original size in printing.

FIXTURES: The fixtures list is the most recent available when going to press. Experience has shown, however, that changes do occur, and often at short notice. It is wise, therefore, to verify that the event is going ahead as advertised by checking the 'Weekend Sports Diary' in the newspapers or contacting the organising club.
Where possible an Ordnance Survey Grid Reference is given for each area. If pre-entry is required it is normally indicated in the event information. Event start times are generally between 11.00 am and 1.00 pm: do not expect to be allowed to start after this, unless otherwise stated.

SUBSCRIPTIONS: Individual subscriptions at IR£6.50 per annum (six issues), or more cheaply through your club.

Entry form distribution with *TIO* is free. Please supply at least 550 copies. The inclusion of an event entry form in *TIO* is in no way to be taken as an endorsement or recommendation of the competition concerned.

ADVERTISING RATES: Please contact the editor.

Letters to the Editor

28 Waltham Tce
Blackrock
Co Dublin
November 2, 1987

The Editor
The Irish Orienteer

Dear John,

Having had a talk with some of the Leinster clubs after National O-Day, it seems to me that without major national publicity the whole exercise is a bit pointless. This somewhat depressing conclusion was reached after consideration of the following data:

1985 National O-Day:	2517 participants in Leinster
1987 National O-Day:	c. 380 participants in Leinster

(1985 is thelast year for which I have information). The major difference between the two years is that in 1985 Cospoir were instrumental in providing publicity at a national level. In 1987 the IOA moved the issue on to the regional associations, with a resulting drop in attendance. (Admittedly in Dublin there was considerable competition from Stephen Roche. I would be interested to hear how the other regions fared).

Average attendances in Dublin were 50-60 at each event. The organisers would have had to put in the same effort for 200 as for 60, so it seems a waste of effort for clubs to persist in running National O-Day as it stands. The only good thing was that those people who did turn up seemed to be more interested in orienteering than in previous years. They certainly got a lot of individual attention (there was nothing else to do!).

I know that Cospoir will no longer be funding the event, but but without adequate overall coordination at a national level and advertising National O-Day does not seem to be worthwhile.

Yours,

Arthur Green

Arthur Green

PS Anyone know of a potential sponsor for National O-Day 1988?

34 Park Drive,
Cabinteely,
Dublin 18.

6th November 1987

Dear Editor,

I would like to make a plea on behalf of the wayfarers who attended the Hollywood event on 11th October.

Bearing in mind that some have buggies and very young children, the wall at the start was quite an obstacle to cross. The wall topped with barbed wire in the corner of the field on the first leg finally got the better of many, including two M/W 11's that my wife met.

Perhaps some better consideration of the needs of these participants would be a good thing, not discouraging them from staying with the sport.

Regards,
John O'Leary.

GUIDANCE FOR LETTER WRITERS TO *TIO*.

As a means of communicating with other orienteers, of airing views and of raising questions, letters to the editor are a welcome part of *The Irish Orienteer* and will continue to be so. The only letters which gain any consideration are those which can be authenticated by checking with the author.

Anonymous letters get the consideration they deserve: they go straight in the rubbish bin.

A HAPPY CHRISTMAS AND A GOOD O-YEAR IN 1988 TO ALL *TIO*'s READERS!

HOW THE JUNIOR ELITE TRAIN.

(TRAINING HINTS FROM STRANGNAS HIGHSCHOOL BY THOMAS PETTERSSON)

I have been asked to describe the training we pursue at the orienteering highschool in Strangnas. This year twenty-eight students took the orienteering syllabus. The region around Strangnas offers fine opportunities for good orienteering training, with good maps of detailed terrain.

Pupils at Strangnas High School are aged between seventeen and nineteen years. The students' timetable is planned so as to devote two afternoons a week to specialised orienteering training. In order to make this possible the student loses five hours per week from other subjects. A further two evenings per week are set aside for training in the late afternoon after school.

"Periodising" is the term given to the training of different aspects in different periods of the year. We train through four periods which I will now try to describe:

1. BACKGROUND TRAINING 1 (15 November-15 March: 5 months)

The aim of this period is to build up a good base from which to work. The key-words are: ***LONG - EASY - SLOW***. This period should include distance running in terrain (or snow-bounding), general and special strength training, mobility exercises with quality training. The long-distance session should usually be carried out with a map in hand: we call this "home-sickness" training. We travel out by bus from Strangnas and run (or snow-bound) home.

In order to avoid over-use injuries which often surface in this period we recommend skiing one to three times per week. This trains not only the legs but gives all-round conditioning to the whole body. You should, nevertheless, run at least once a week if you ski a lot.

It is important that you keep contact with maps during this period which otherwise consists mostly of condition training. If there's a lot of snow it's harder, but snow-bounding or ski-orienteering is better than nothing at all.

To re-cap: a week of background training can appear thus:

Monday	Speed / intervals / hills
Tuesday	Skiing / distance running or snow-bounding
Wednesday	Gymnastics / aerobics / strength training relaxation / ball games
Thursday	"Home-sickness training

Friday - Sunday: The students train by themselves or with their clubs.

Many who really train a lot succumb sooner or later to injury. A method of escaping, or at least of lessening the chances of this happening, is to vary your training as much as possible. For instance, you can first have a running session, afterwards you can train in a swimming pool and swim intervals. In the first instance the training effect is "limb specific" while in the second case you further train your overall heart and lung capacity, without risking overuse injury to the legs. This is called "cross-training".

2. TRANSITION PERIOD 1 (16 March to 30 April: 6 weeks)

This period is directed towards preparation for the approaching competition season. There are two important goals here:

(i) Training of technique.
(ii) Adaption to terrain-running (This presumes that you find snow-free terrain which varies a lot throughout Sweden. One solution is to travel southwards as a group.)

We train technique 2-3 times a week at this time. The first sessions should be of a slightly simpler type in order to re-train map-contact (e.g. route choice training where students run two by two; night orienteering; terrain running with a map). Technique training may then be intensified more and more. While at the beginning of this period students can often train in small groups (2-5) one should train alone for optimum concentration as the exercises become more difficult.

Conditioning training is continued during this period but, generally speaking, sessions should be shorter and faster. All training should take place in the forest. Strength training should also be continued with one session per week (this is done, or *should* be done, all year round.)

Speed work becomes more important now and it is extremely beneficial to do it with a map in hand. I will now describe two training models:

1. Long intervals (approx. 3 minutes) - figure 1.

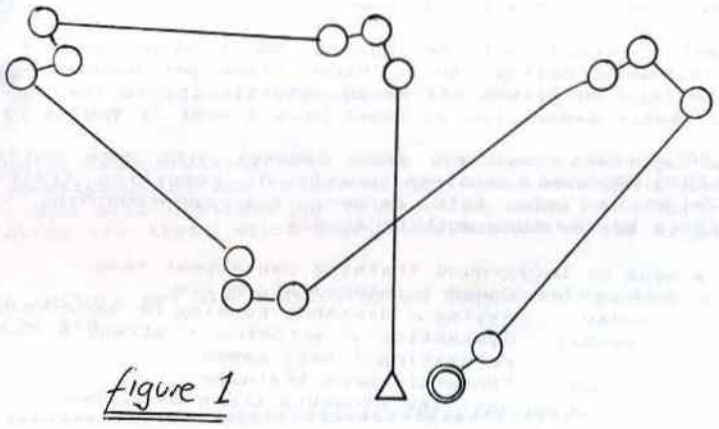


figure 1

In this exercise you plan many legs, five to eight of which are about 1000m long. The terrain should be very runnable and the legs relatively easy technically. Each participant is instructed to hold the highest speed he is capable of over the number of long legs he has decided to run. He recovers on the short legs by slowing down to a little over jogging pace.

2. The second model consists of "tempo-loops" containing "active rest" - figure 2.

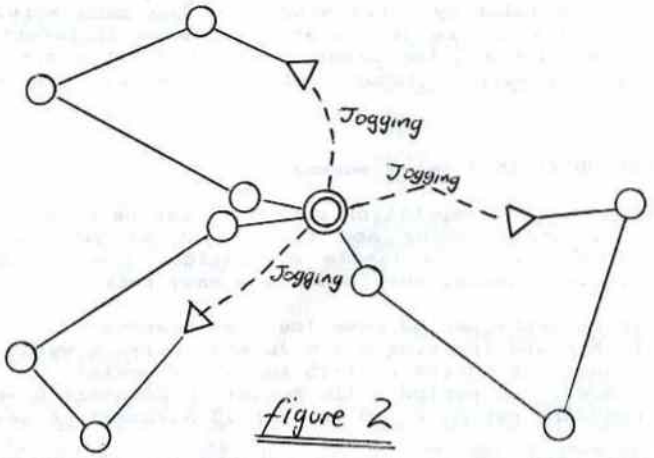


figure 2

The loops measure 2000m to 2500 m. Again the area should be runnable and the control points relatively easy technically. All loops radiate from a central point with a jogging stretch to each start point. Participants decide themselves how many loops they will run, usually between three and five.

Towards the end of this period competitions will have started in earnest. As this happens we usually switch Monday's training to Wednesday, and *vice versa* i.e. Monday is devoted to "recovery training after the weekend competitions. We normally run a forty-five minute session on paths and forest and after that a somewhat easier strengthening session with emphasis on mobility and stretching, to return muscles to a balanced state. We don't advocate strengthening exercises for the legs at this stage as strength will be trained and maintained throughout normal training .... so as to avoid over-use injuries!

3. COMPETITION PERIOD 1 (1-31 May: 4 weeks)

Here at the High School we continue to train during this important season in much the same fashion as during the previous period. Peak form should have been achieved at this stage and the training is, first and foremost, directed towards holding this form. A little distance training, continued quality running and some alternative sports are what we train now.

Technical training is also continued, but you must be careful not to have too much or make it too difficult. Even so, one can become a little weary of ongoing technical training throughout the competition period. In this case it is better to save the motivation for competition.

As has been previously mentioned we always have a recovery period on Mondays after competition, with easy running, strength training and stretching. Importantly, stretching prevents injury. Muscles work best when they have been restored to their normal length and the muscle fibres have been realigned to the direction in which they normally

work. Only then are muscles functioning optimally and ready for new work. What I want to say is that some injuries, particularly those of the legs, can be avoided by stretching. But too much stretching can lead to over-mobility of the joints and can cause different problems. It is unfortunate that all too often we don't stretch directly after finishing. This omission, though, is one which can easily be rectified.

4. RECOVERY PERIOD (1-15 June: 2 weeks)

After an intensive competition period it can be good to back away from thoughts of orienteering and train just as you feel...slower tempo, easier training and a little gymnastics. Towards the end you can introduce longer running sessions at an easy pace.

After this recovery period come four new seasons:
Background training 2 (16 June-31 July: 6 weeks)
Transition period 2 (1-15 August: 2 weeks)
Competition period 2 (16 August-15 October: 8 weeks)
Recovery period 2 (16 October-15 November: 4 weeks)

These dates need not be rigidly adhered to, of course, but can assist when you draw up a training programme of your own. It is also important to keep an exact diary of all training which can be examined at a later date.

Good luck in the forests!

(Translated from Skogssport Nr.6/1967 by Aonghus O'Cleirigh)

Observations:

It is to our advantage in Ireland that we are virtually snow-free all year round. In winter the Swedes must train through cold, snow and short daylight hours. Much of their background training (15 November-15 March) is planned so as to overcome these problems: therefore skiing, snow-bounding, gymnastics, etc., are not requisites for success in orienteering. Rather, they are efforts at making the best of the situation. However, the Swedes do feel that it is important to train the body as a whole and the activities listed above accomplish this. We should similarly ensure that our own training programmes incorporate overall conditioning exercises.

Scandinavian climatic conditions impose a closed season on orienteering in winter, yet it is considered important to keep contact with maps during this period. We have no such climatic restriction but it might be worth considering not racing the unimportant winter competitions and just train and try out new ideas without concern for the results. It would appear that some form of break is needed from time to time in order to restore appetite for competition.

"Map reading on the run" can be trained to quite an extent by bringing a complex foreign map with you while running, imagining yourself navigating round the course and solving the problems. During the transition phase reference is made to doing virtually all training in a forest. This is not possible for us or, in fact, for most other nationalities. Some of the Swiss, for instance, run road races and track for speed and speed-endurance. Here at home we have cross-country races, fell-races and road races to supplement forest running.

Aonghus oCleirigh,
Curragh Orienteers.

FANCY ADDRESS

The annual **Irish Hill Runners Association** fancy dress Christmas race takes place on Sunday, December 27th at 12.00 noon, sharp. The peak in question is the Great Sugarloaf (Glencap) in Co. Wicklow. Starting from Feeneys' pub in Kilmacanogue.

On the topic of hill running, the 1988 IHRA fixtures list is now available and will be published in *TIO* for your information as soon as possible.

CONGRATULATIONS

Congratulations to **Carey May**, one time Irish Ladies Orienteering Champion, on the birth of twins Nicholas and Brittany at the end of October. Carey and her husband David Edge are living and working in the province of Ontario, Canada.

LUCKY ESCAPE

Competitors at the **Ward Junior Home International** event at Carrick Mountain, Co. Wicklow the October Bank Holiday weekend were unaware of how close the competition was to a big problem: deer shooting. When the officials arrived at the forest early on the morning of the event there were big red and white signs at the entrances saying "DANGER! DEER SHOOTING IN PROGRESS". Luckily the hunters were intercepted and came quietly when confronted by the event helpers.

NEW UCCO SECRETARY

University College, Cork, Orienteering Club inform us that they have a new Hon. Sec. in the person of **Geraldine Gray**. The address of the club is the same: UCCO, c/o P.E. Office, UCC, College Road, Cork. UCCO can be seen regularly at events all round the country in their distinctive 'Jolly Roger' O-suits, with skull and crossbones rampant. Keep up the good work, Folks!

IRISH TEAM COACH

The FIOA hopes that somebody interested in training and coaching will express an interest in becoming **Irish Team Coach**, to take on this responsibility from the Team Manager who has in the past often been landed with this job too.

If you are interested, or know anybody who is interested, please contact Maura Moran, FIOA Secretary, at Dublin 01-886382.

COULD YOU SELECT AN IRISH TEAM?

If you think you could select an Irish international orienteering team, let the FIOA have your ideas. The methods of team selection are under review at present: you have up to January 15th to make your views known. If you are a selector, a team member, an ex-team member or a prospective one, or just have an interest in this area, please let us have your thoughts, in writing.

Ernie Wilson, 24 Corby Drive, Lisburn, Co. Antrim has agreed to co-ordinate replies, so write to him. Your comments are invited as soon as possible.

Remember, **reply before January 15th next!**

FMCI LECTURES

A series of mountaineering lectures is being run by the **Federation of Mountaineering Clubs of Ireland** in December and January. On December 16th there will be a lecture on the recent **Irish Zhangzi Expedition**, probably at 8 pm and probably in Trinity College, Dublin.

On Janury 20th next Stephen Venables, author of the award-winning book "Painted Mountains" will speak on **"Climbing on four continents"** at the Arts Block, TCD.

Brigid Flanagan,
38 The Glen,
Ph. 01-980928 Woodpark,
Dublin 16.

Irish Orienteering Association

BULLETIN - NOV. 1987

1988 IOA ANNUAL GENERAL MEETING

The 1988 IOA AGM will be held in February or March of next year. Date and venue will be announced later.

Nominations to the IOA Executive and proposals for amendments to the Constitution must be sent in writing to me.

All Officers on the present IOA Executive are from Leinster Clubs. What about some nominations from Munster and Connaught?

FAMILY EVENT ENTRY FEES

The Executive recommends a maximum fee per family for all events consisting of the combined entry fees for 2 adults and 1 junior. All clubs should implement this.

MEMBER REGISTRATION FORMS

Thanks to those clubs who have returned their member Registration Forms.

Would those clubs who have not yet submitted their lists, please send them on to me as they are needed for our annual census.

REGIONAL CHAMPIONSHIPS

The Executive recommends that a prize should be given to the competitor with the fastest time in each class in addition to the Regional Awards.

INVITATION TO SWEDISH 5 DAY AND ORINGEN CLINICS 21-29 JULY.

The venue for the 1988 International Clinics and 5 Day is Sundsvall 400 km north of Stockholm.

There are two Clinics:
a) Development for those involved in promoting the sport.
b) Coaching for Elite Orienteers.

This year there is a charge of approximately £60 for entry to the Clinic. This covers board, lodging and material for the Clinic, entry fee for the 5 Days and transport to all competitions.

The Oringen Committee have invited us to send two people to the Clinics. Applications should be sent to me in writing to arrive not later than Friday 22nd January '88.

WARD JUNIOR HOME INTERNATIONAL '87

Congratulations to all who helped make this such a successful event.

Extract from letter received from Judith Wingham (Home International Committee)

" May I thank you very much on behalf of the English OA for staging the Junior Ward Home International this past weekend."

MAP OF THE YEAR AWARDS 1986

Grade 1.....Carrick Mountain, Co. Wicklow.

Grade 2.....Curragh Chase, Co. Limerick.

Grade 3.....Castlepark, Kilkenny.

4 DAYS of FRANCE 1988

in Champagne

- Orienteering on the slopes south of Reims in the Champagne-district, France. Camp central EPERNAY.
- Catégories form HD 12 to HD 60 (beginners included).
- Scale 1/15000 - 10 F
  Symbols - Field survey 1987
- Varied and jogged relief - Good running.
- There are aight choices of accomodation e.g. camping of central camp.
- Information :

  "4 Jours de Champagne"
  B.P. 295
  51208 EPERNAY CEDEX

Epernay

5,6,8,9 Juli 88

Registration deadline : 15 April 1988

setanta orienteers

Enquiries to: Brian Doolan, 103 Jamestown Road,
Inchicore, Dublin 8. Ph.534453.

ANNUAL GENERAL MEETING.....
The Club AGM was held in the D.F.R.C. Ballinteer on Friday 20th November. Members heard reports on the activities and achievements of the Club for the year, which were considerable, particularly in the mapping field. The outgoing Committee were, by acclamation, thanked for their dedication - particularly Aubrey Flegg, the outgoing Chairman, and Richard Flynn, the Mapping Officer. Incoming Committee are Bobby Buckley (Chairman), Brian Doolan (Secretary), Willie Kee (Treasurer) and Brian Power (Projects Officer).

SCHOLARSHIPS....
One of the innovations introduced by the Club was the awarding of scholarships to 3 junior members. The progress of the recipients has been exceptional. Kathy O'Hara was selected for the Irish team in the Ward Junior Home International, Alan Flynn has consistently performed well in M13 and Alan Young is profiled below. The Committee would like nominations for next year's scholarships.

LEINSTER LEAGUE POINTS....
After 3 events - Grognan Kinsella, Glendalough and Hollywood, the scores of club members are as follows: M13 A.Flynn 19, M.O'Neill 1; M19 A.Young 9; M21A P.Smyth 9, D.Deasy 9, K.Walsh 6, S.Walsh 3, N.Farrell 3, J.McElhinney 1; M21B A.Green 13, M.O'Keeffe 5; M35 P.Redmond 18; M40 B.Buckley 17, B.Doolan 6; M45 A.Flegg 20, J.Bent 23; W13 M.O'Neill 2, K.O'Hara 1; W21B A.Ryan 5, K.O'Neill 2; W35 M.McElhinney 9, P.Redmond 6; W40 K.Bent 29, F. White 7; W45 J.Flegg 10.

CLUB PUB QUIZ....
Orienteers (and others) discovered, while wetting whistles, at a recent quiz in the Coachhouse, Ballinteer that a yaffle is a green woodpecker. The enlightened can inundate *The Irish Times* in the spring with claims of having heard the first yaffle of the year !!! D.Quinn (Gen) captained the winning team. Thanks to Ted Corcoran, and daughters, for organising such an enjoyable evening. The proceeds go to club funds.

PROFILE OF OUTSTANDING CLUB PERFORMER....
One of the brightest hopes on the orienteering scene is Alan Young. Orienteering for 10 years, he was introduced to the sport while at school in Drimnagh Castle. Generally improving, his best result to date is 3rd in this year's Munster Championships in M19. The Club scholarship has given him the opportunity to travel to far away events, including experience in this year's JK in England. He trains three times a week, two long runs and one short. Cycling is his other sporting interest. While competitive he orienteers 'because its fun'. During the week he's a draughtman.

TRAINING....
Every Tuesday at 6.30 to 8.00 pm. in D.F.R.C. Ballinteer. Short runs and techique training. Take part, it helps to improve performance. All welcome.

*** Setanta Orienteers wish its members and friends a Happy Christmas and an orienteering New Year ***

1988 YEAR PLANNER

It is customary at this time of year for *The Irish Orienteer* to present you with a preview of some of the major orienteering events at home and abroad in the coming twelve months, and this year is no exception. Here it is.

January Quiet. Keep training and taking the vitamin C or go to the '88 **Asia-Pacific O-Carnival** APOC 88 in Tasmania (6-13th). The first event of the 1988 **World Cup** takes place in Hong Kong on the 3rd.

February At home the **NI Score Championships** and the **Connacht Championships**, although these may be in early March. We may have the **IOA AGM** too.

March The **World Championships in Ski-orienteering** take place in Kupio in Finland (1-6th). **Munster O-Ringen** at Glengarriff, slightly nearer home (19-20th). Sun-seekers may be interested in a two-day in **Lisbon** on 5-6th and another in **Madrid** on 19-20th.

April The **Jan Kjellstrom Trophy** ("JK" to you) near Chichester on the S coast of England at Easter (1-4th), entries close 31.1.88. The **Irish Championships** at Collooney, Co. Sligo and Lough Key, Boyle, Co. Roscommon are on 23-24th.

May The famous **Tio-mila** ten-man overnight relay is on the 7-8th at Sodertalje in Sweden while the **Scottish Championships** and third **World Cup** event take place near Stirling, Scotland, on 21-22nd and the **German 3-Day** at Simmerath is on 21-23rd. The **British Championships** are in the Lake District on 7-8th.

June The **French Championships** at Gerardmer, venue for WOC 87, are on 5-6th, that's our Bank Holiday weekend, and the **Italian 3-Day** at Trento is on 24-26th, preceding the **IOF Congress** at Trentino on 29th-1st July.

July The **Bulgarian 6(?)-Day** on 2-7th clashes with the **Sorlandsgaloppen** at Kristiansand in Norway (2-8th) and the **4-Jours de Champagne** in France (5-9th). In Belgium the **European Open Junior Championships** are from 6-10th and the **Harvester Trophy** 7-man overnight relay is at Worksop, near Birmingham on 9-10th. From 19-22nd the **World Student Championships** are running in Norway, the **Swedish 5-Day**, possibly the world's biggest sporting event, is at Sundsvall from 25-29th, and the **Emerald International** and **Continental Cup** are in Wicklow from 30-1st August, the Bank Holiday Monday. The **IOF Veteran World Cup** is at Amal, Sweden, from 19-22nd.

August The Welsh 6-Day, **Croeso '88**, is at Lampeter from 7-13th, while a series of events, including the **Canadian Championships**, runs in Manitoba from 17-21st. The CISM **World Military Championships**, hosted in Ireland in 1987, are being held at Alborg in Denmark from 26th to 3rd September.

September The build-up for the 1989 **World Championships** in Sweden continues with the first training camp at Falköping from 5-9th followed by **World Cup** event no.8 at Gamleby. The last weekend in September as usual has the **Northern Ireland Championships** and, this year, the **Interprovincial**.

October On 1-2nd the **Australian Championships** take place at Perth. On your way back from this you could take in the **German Championships** on the 8th or the **North American Championships** in Philadelphia on 29-30th, another Bank Holiday weekend, not forgetting the **Munster Championships** in mid-October.

November Carrot time again in Hungary at the **World Night Championships** near Budapest on 4-5th. The **US Championships** are near Washington D.C on 5-6th, followed by the **Irish Two-Day** in the Sligo area on the 12-13th.

December The **Leinster Championships**, Individual and Relay, are moving to the first weekend in December (3-4th).

If all this isn't enough for you here is a taste of 1989:

The second and third WOC training camps are in Sweden from 5-9th June and and 7-11th August; the **World Championships** themselves are at Skövde in Sweden from 12-20th August (unusually early); the **World Masters Games** (for over 40's) are in Jutland, Denmark from 24 July-6 August, and the **European Open Junior Championships** are in Austria from 9-15 July.

Closer to home the **JK** is from March 25-27 (so expect snow), the **Belgian 3-Day** is from April 29-May 1, the **Harvester Trophy** is on July 1-2, and the Scottish Six-Day, **Loch Lomond '89**, is on July 30-August 5. In **Switzerland** on the tenth anniversary of the last Five Day (remember Burgdorf when the police dogs had to be brought in to quell the rioting Britishers?) there is a Six-Day from July 9-16 followed by a plethora of multi-day events in Europe. A Swiss 6-Day in 1991 is planned from July 7-14, in case you miss the 1990 one.

Read all about it in TIO 38 this time next year!

(Contact addresses and further details for these events may be obtained from IOA Secretary Brigid Flanagan (01-980928)).

BLASTED HEATH

CompassSport reports that at the recent Swedish five-day event an error had crept in on 45,000 maps printed for the Linkoping stages of the event: a large rock face in the forest had been omitted due to a transfer falling off a map at the printers. 7 or 8 controls were located in the area and there were too many maps to correct. So what did they do? The Army came in with 2 kg of explosives and blew it off the face of the map!

MORE ON OVERPRINTERS

Following our recent revelations on where to get cheaper overprinters for pre-marking maps (Ted de St. Croix in Canada) here is the sequel: if you need to replace the rubber lines, numbers and circles used on the overprinter don't go to Sweden where it could cost you IR£60 a sheet, contact Ed Hicks, Orienteering Unlimited Inc., Jan Ridge Road, Somers, NY 10589, USA. The price is no more than a fistful of dollars.

DRIPPED ON IN DIPTON

Well, it would have been OK if the planner had not been so security conscious, but... If this sounds like the start of another Irish story, then read on to discover how the cream of the British Isles orienteering talent was left high and dry (wet, really) in Geordie land.

I must admit to having some sympathy with the obviously overworked planner who set out into the forest through the early morning mist and overlooked the fact that Home International runners were to start 90 minutes earlier than those in the concurrent Badge event. Leaving the competition maps locked securely in the boot of his car ensured that our start times were delayed by two hours. I am glad to say that competitors were more concerned for the planner's safety than annoyed by the enforced wait, and he did turn up eventually. I should have started at 9.09. I eventually started at 11.09. The rain started at 10.09.

Perhaps I should start at the beginning and set the scene into its proper context. On the 3rd/4th October, an Irish team of M and W 19's, 21's and 35's gathered at Hexham to compete in the Ward Senior Home International against Scotland, England and Wales. The event was based on the second day of the October Odyssey at Kellas Plantation and Dipton Wood. Ten of the team travelled on Friday night in a minibus organised by Team Manager, Colin Henderson. Our overnight accommodation was in Dukes House School - an ex Army camp turned outdoor pursuits school.

We all had late starts on Saturday and an early shopping trip to Hexham was arranged before travelling the few miles to Kellas Plantation. While some team members ran in their proper class Aonghus O'Cleirigh sprinted round a 4.2 km red course in 21 minutes and I strolled round the same course (complete with camera) in 70 minutes.

Social activities on Saturday night were preceded by a meeting of the Home International Committee and a team briefing to distribute control cards and race numbers. The disco organised at the school was too quiet for most Celtic tastes and the Scottish team manager (abetted by a well known Irish W21) lured many of us into Hexham for a decent pint. With an admirable sense of duty and a healthy regard for the planned early starts, all were in bed (as far as I know) by midnight.

Dipton Wood offered fast, mature coniferous terrain on a central plateau surrounded by gentle slopes divided by small river valleys and with little contour detail. Rock features occur mainly in the steep-sided valley which forms the southern boundary of the area. This valley also holds some of the denser vegetation and was not used by the planner. Ground cover varied from blueberries through light heather to bracken, which was a problem only in the clearings.

Una Creagh ran well, coming 3rd in W19, and Aonghus O'Cleirigh ran 69 minutes for 11.2 km. The best M21 times were Steven Hale with a time of 61 minutes and Martin Bagness who ran 65 minutes. Colin Henderson was our best M35, running 82 minutes over a 9.8 km course, while I finished in 85 minutes. My first problem occurred when Ronnie Kidd zipped past me at the third control. I lost touch with the map and was hesitant on the way to no.4. From 4 to 5 I drifted left to gain better underfoot conditions and was surprised that I still passed

through the narrow band of light green which I had expected to see on my right. I immediately corrected by bearing further left and found a parallel ride which didn't have my ditch junction close beside it. The moral here is to use vegetation for route choice decisions and not for navigation. Things settled down after that and all I needed to do was run faster. It was one of those events where you finish feeling that you could have run a little harder.

The delayed start caused an overlap with Badge event competitors and International results were slow to appear. The Irish minibus rolled out of the car park to sprint towards Stranraer just as the team results were being announced. We narrowly avoided the wooden spoon, and the result showed a distinct switch from our victory over Scotland in the M21 and W21 classes at Springwell the week before. The final points for each country were:

England 204
Scotland 142
Ireland 93
Wales 92

We made Stranraer in reasonable time and were surprised to be invited to by-pass the queue of waiting cars to board the boat early and park near the bows in the interest of packing more vehicles in. Unfortunately, most of our group had headed for the nearest chip shop in search of carbohydrates and returned to find the minibus missing. We walked to the boat and were on board early enough to get seats together (to get a seat anywhere is a luxury on some trips!) and party games across the North Channel rounded off a very enjoyable weekend.

Bill Simpson,
Lagan Valley Orienteers.

RESULTS OF WARD SENIOR HOME INTERNATIONAL, DIPTON WOOD, NORTHUMBRIA, 3-4 October 1987.

M19 class

1	A.Thin	SCOT	63.33
10	J.Logue	IRE	83.08
11	J.Davis	IRE	107.09

W19 class

1	Y.Hague	ENG	59.57
5	U.Creagh	IRE	81.12
8	D.Cunnane	IRE	104.40
9	R.Burgess	IRE	129.18

M21 class

1	S.Hale	SCOT	61.32
7	A.O'Cleirigh	IRE	70.09
10	S.Linton	IRE	74.37
11	R.Kidd	IRE	76.17
13	C.O'Halloran	IRE	77.07
15	P.Higgins	IRE	82.50

M35 class

1	G.Peck	SCOT	62.50
11	C.Henderson	IRE	81.59
12	B.Simpson	IRE	85.41
14	M.O'Hara	IRE	95.33
15	S.Cotter	IRE	96.43

W21 class

1	J.Ramsden	ENG	65.52
6	D.niChallanain	IRE	76.44
8	E.Loughman	IRE	80.27
9	J.Martindale	IRE	82.38
10	S.Clarke	IRE	83.47

W35 class

1	K.Etherden	ENG	65.27
10	Ireland 4	IRE	90.16
11	T.Finlay	IRE	93.17
12	C.Feehan	IRE	98.13
14	M.Pinker	IRE	103.17

Points

	M19	M21	M35	W19	W21	W35	TOTAL
England	22	52	49	15	33	33	222
Scotland	27	29	39	10	15	22	142
Ireland	5	33	20	8	18	9	93
Wales	23	16	27	0	12	14	92

VACANCIES

IOA PRO

As from the IOA AGM in Spring the position of **Public Relations Officer** for the IOA will be vacant. If you think you can do the job, please contact either IOA Sec. Brigid Flanagan (01-980928) or the present PRO John McCullough (01-378819). What's involved? Weekly press releases, IOA meetings, keeping orienteering in the public eye as much as possible, making sure fixtures appear correctly in the media, etc. A piece of cake.

IOA JUNIOR AFFAIRS OFFICER

Nuala Creagh, IOA **Junior Affairs Officer**, plans to step down at the AGM. Anybody interested in taking on the job should contact Nuala (01-934982) or IOA Sec. Brigid Flanagan (01-980928). The job entails overseeing junior development, team selection, training, competition, etc.

IRISH TEAM MANAGER

After each World Orienteering Championships the position of **Irish Senior Team Manager** falls vacant. Applications are invited from candidates, preferably with some international competition experience.

Contact the Secretary of the Federation of Irish Orienteering Associations, Maura Moran, 57 South Avenue, Mount Merrion, Co. Dublin (01-886382).

HEALTH AND FITNESS SHOW

The IOA stand at the recent Health and Fitness Exhibition at the RDS generated considerable interest among passers-by. The IOA wishes to thank Nuala and John Creagh, John McCullough, Justin May, Brendan delaney, Vera Murtagh, Michael Hewson, Bobby Buckley and Brian Hollinshead for their great work manning the stand over the four days of the Exhibition.

COMPASS SPORT MAGAZINE

CompassSport, the full-colour orienteering and fell-running magazine, is still available through *The Irish Orienteer* at only IR£10.00 per annum for eight issues.

Contact John McCullough, 9 Arran Road, Drumcondra, Dublin 9.

1988 EVENTS

The 1988 **Interprovincial** match will be in Northern Ireland on the last weekend in September. There will probably be events on both days.

The **Connacht Championships** will be run at Finner, Bundoran, Co. Donegal (in Ulster), and Union Wood, Collooney, Co. Sligo on either the last weekend in February or the first weekend in March.

The **IOA Annual General Meeting** will take place in Munster in February or March, possibly at a two-day event at Glengarriff in March.

1988 IOF CONGRESS

The biennial **International Orienteering Federation Congress** will take place next year in Italy. The original plan had been to hold it in September but the arrangements have been changed. The new dates are June 29 to July 1. The venue is the city of **Tarpole** on Lake Garda, 40 km north of Trento. Delegates will be able to take in the **Italian 3-Day** on June 24-26 at Pergine, 40 km east of Trento. Further details will be available early in 1988.

EASTINGS

DELEGATE MEETING

The meeting took place on 15th October and was attended by delegates from AJAX, GEN & ECO. The fixtures secretary declared himself to be representing bothe SET & UCDO so boosting the number of clubs represented to five.

Richard Flynn stood down as chairman. During the last two years, Richard contributed a considerable amount to time and energy to the re-establishment to the LOA and we are greatly indebted to him. The post of chairman was transferred to David Watt.

The executive committee is now:

CHAIRMAN David Watt (GEN) FEATURES SECRETARY Arthur Green (SET)
SECRETARY not filled MAPPING OFFICER Brian Power (SET)
TREASURER Brendan Doherty (GEN) TECHNICAL OFFICER Trina Cleary (3 ROC)
JUNIOR AFFAIRS OFFICER Lindie Naughton (ECO)

LEINSTER RELAYS

The 1987 Leinster Relay Championship were cancelled due to lack of interest. Despite the small number of entries, Setanta provided a very enjoyable non-championship relay event at Kilakee. In future it is planned to hold both Leinster individual and relay championships on the first week-end in December. It is hoped that this arrangement will generate enough entries to ensure the survival of an Annual Leinster Relays Championship.

LEINSTER LEAGUE

Three events have now been held. Please forward the results of League events to Richard Flynn who continues to act as League co-ordinator.

The first league event at Croughan Kinsella was also the venue for an Irish Orienteer Trophy match between GEN and AJAX. Members of these clubs have complained that in order to support their clubs, they were required to run outside their usual classes and that these runs could not then be considered for league purposes. The LOA has no function with regard to arranging Orienteer Trophy matches but it did publish a list of league functions well in advance. It is suggested that clubs try to avoid such clashes in future.

JUNIOR AFFAIRS

Junior training will take place on November 28 in Carrigolligan and on December 12. Both start at 11.00 am sharp. All juniors and LSOA regulars are not just invited but encouraged to attend.

A junior challenge between Ulster & Leinster will take place in Cootehill on November 22; teams to be selected according to results this season. If any junior has problems with transport, please contact Lindie.

ENDYMION AWARD

Further research amongst classical sources reveals than Endymion was the first recorded victim of bad course planning and organisation. After wandering around completely lost in the forest for several hourse, he stumbled upon a distant control ZZ, a cavemouth, just as the moon was rising. He promptly collapsed from exhaustion and unfortunately he never regained consciousness.

It is therefore appropriate that his name be used as an accolade for well-run events. In this issue the award goes to Curragh's event at Hollywood. Apart from the intrinsic interest of the courses, the use of a large field as assembly area seemed to enhance the social side of the event.

IRISH TWO DAY REPORT

Space will allow only a brief report: November 14 at Inch was great. Sand dunes for miles, contours and more contours, but running on sand is tiring. Testing courses in a spectacular setting: those who did well enjoyed it, those who did badly learnt a lot. Previously noted only for the film of 'Thr Playboy of the Western World' and the natterjack toad, Inch could become a popular spot for holidaying orienteers to train on, if the fencing programme and land access difficulties don't get worse.

Glengarriff on November 15 after heavy rain proved tougher than at IOC 87. Long, physical courses with much running in the forest and some courses probably too long, to judge by winning times. A value-for-money event: we spent a long time in the forest. Colm O'Halloran lost his overnight lead to finish in 7th place in M21E, the course being won by Padraig Higgins. (Glengarriff is reputed to resemble the area to be used for IOC 88 near Sligo). Deirdre ni Challanain took the W21 Elite course. Full results have been circulated to competitors.
J. McC.

THREE ROCK ORIENTEERING CLUB

3ROC

Enquiries to: John Downey, 117 Wesbury, Stillorgan, Co. Dublin. Tel: 831829

1987 draws to a close with only 15 shopping days to Christmas. The Ward Home Junior International was held at Carrick in October and was a great success. Congratulations to all our juniors who were selected for the team. November was heralded in by the Leinster Championships in the Devil's Glen; the long and physical courses certainly separated the men from the women, children and boys - again well done to all our 3ROC Leinster Champions. The Irish Two-Day brought a fair contingent of members to the complex sand dunes of Inch. The brown and white map was excellent and the day produced some very interesting results, not to mention some very lost people. The mangrove swamps of Glengariff claimed a number of victims and dramatically turned round some of the Day 1 results. Comfortable leads were whittled away and courses won and lost in the struggle for survival! Well done to Karen Convery, Maeve McPherson and Martin Hollenstein on their wins.

Three Rock training has moved to its winter quarters in the Dundrum Family Recreation Centre at 6.30pm(not 8.00 pm) as previously stated. There are changing facilities and hot showers available after the training run. Make it one of your New Year Resolutions to join in and get fit, especially after all that turkey, christmas pudding, mince pies, cream, cake, chocolate.....

Our next event is after Christmas - St. Stephen' Day - Phoenix Park - Fancy Dress - Score Event. Once again stupendous prizes will be awarded, BUT ONLY IF YOU ARE IN FANCY DRESS.

It is nearly Annual General Meeting time again. Friday, 29th January 1988 in Glenalbyn is the date for your new diaries. This year there will be a photographic competition also, to liven up the evening. More details on this later.

14th February 1988 (St. Valentine's Day. in case you had forgotten), the long awaited Pine Forest event takes place. The usual cries for help will be going out. So there is another New Year Resolution for you - how about making a big effort in 1988 to help out at events run by the Club - go on, you will enjoy the experience!

The 3ROC Committee would like to wish all our members a very Happy Christmas and a great orienteering New Year.

***** HAPPY CHRISTMAS *****

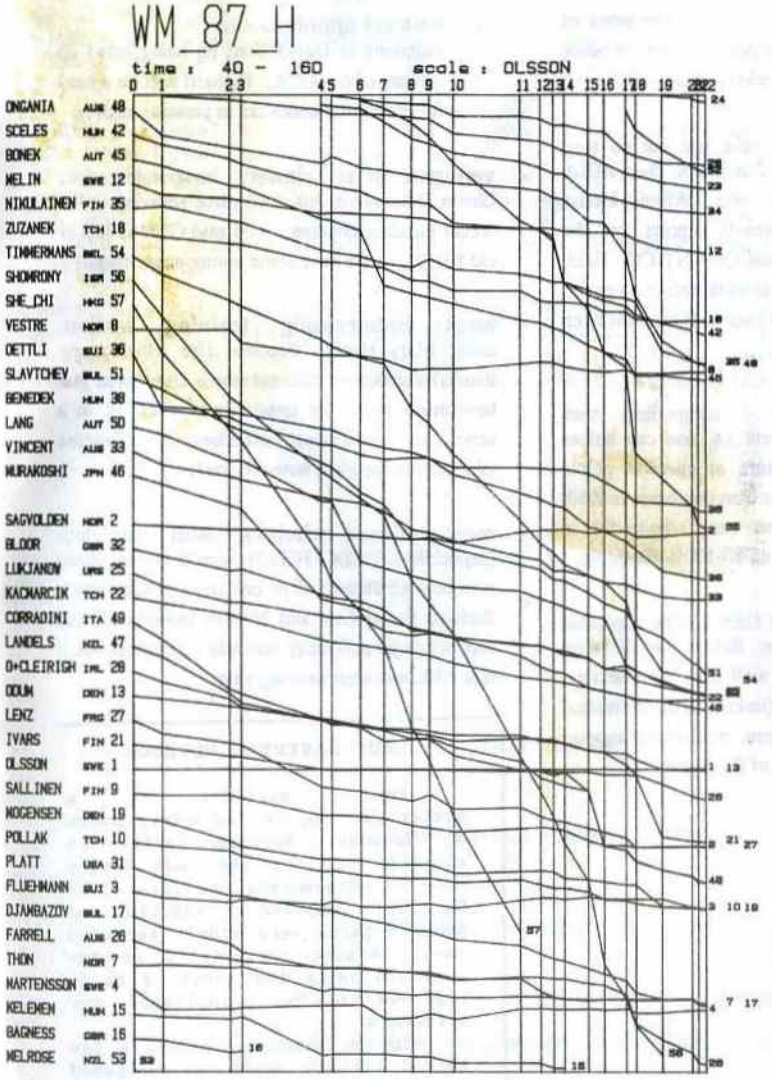
Now what did you think happened to the punches when the event was over?

From SCORE

affiliated to the Irish orienteering association

Transograph – Transparent Orienteering Graphic

Andreas DREXHAGE and Stefan KÖNIG, two west-german elit-orienteers, have meditated on drawn feature of an o-competition. They call their method TRANSOGRAPH. What do you think about it?



The TRANSOGRAPH bans competition action to the paper. The running distance is shown in horizontal, the competition time in vertical direction. The split time are scaled in such a way that the winner's line is straight and horizontal. The line of every other competitor shows a faster split time (line goes up) or a slower split time (line goes down) than the World Champion. A crossing of competitors' lines therefor means an overtaking of the respective runners in the forest. This makes the competition transparent. The utilized computer program is capable of zooming in on any specific competition situation (e. g. only start times 60–80 and controls 3–7) and of using different colours for different runners in order te enhance the legibility.

For further information please contact:
Andreas Drexhage
Stefan König
Gerwigstraße 41
D-7500 Karlsruhe
West Germany

Stefan König, FRG

-IOF Report

GEN NEWS ..... GEN NEWS

It was the best of the times ..... it was the worst of times. GEN records are either being beaten, or being established, depending on the field of endeavour.

- **shortest AGM**: GEN have lost out on their 1986 AGM record (some 2 minutes, chez ABL); writing from America, our White House correspondent Don Thornhill reports on the proceedings of his local club, QUANTICO. Held, I have to presume, in the car-park before an event, a new record of 1 minute 45 seconds has now been established for the meeting;

- **most ghastly event**: competitors then proceeded to a "beer" event i.e. one can before setting out, with two more at specific points throughout the course. Our man confesses to DNF (DOA?) after his second can, admittedly in temperatures up to 100°, with 80-100% humidity;

- **most teams**: some 8/9 GEN outfits supported the not-quite-the Leinster Relays, at Kilakee. These were extremely well run by Setanta; hopefully format changes (linking to the individual championships) will call forth much better support in the future for organisers of this event;

- **highest-level appointment**: congratulations to David Watt on being lifted up the the Chair of the LOA; Richard will be a hard act to follow but the needs are as pressing as ever

- **youngest prize winner**: congratulations to Gavan Doherty on this third place showing in the recent Leinster champs; who said GEN is full of old fogeys ..... we have some young ones as well!

- **most embarrasing training session**: under Mary Healy's direction (for which many thanks) a group of club members discovered just how much scope for improvement there is, in a series of shadowing exercises in Glencree (shadows in the glen, how are you);

- **most eminent scholars**: what other clubs (especially UCDO/TCDO) could have three members conferred all in one day ..... Charlotte / Richard Bonar-Law and Noreen Doherty all had this privilege at Trinity recently ... rumour has it that ABL was seen wearing a tie ...!

LADY BANTRY'S REVENGE

Anyone stricken by a mysterious bug in the early hours of Tuesday, November 17th, is eligible to join the Lady Bantry Club to commemorate the Irish Two-Day 1987. Symptoms of vomiting and stomach pains were widely reported among Leinster orienteers in the week following the event. A help-line is to be established for sufferers.

In the meantime perhaps a few Milton tablets could be purchased by all orienteering clubs to swill around in their orange squash drums at the finish?

AJAX ORIENTEERING AND HILL RUNNING

AJAX ORIENTEERING AND HILLRUNNING CLUB

First of all, having missed the last copy date of TIO 'I take full responsibility'), may we congratulate Deirdre and all the other members of the Irish team for their fine performance at the world champs. Well done also to all members who competed in the Munster champs in Broadford and the Leinster champs in the Devils Glen, who kept the club colours flying. While most of us were off enjoying ourselves, Jimmy, Pat, Willie and co. looked after the organisation of Larch Hill Thanks!

Since National O-Day, we've had a number of enquiries re orienteering and we welcome our new members to the club. While I'm at the welcomes, "Welcome Home" to Catherine and Michelle great to have you back! Farewell and bon voyage to Geraldine who heads 'down under' to Sydney in December.
- Give our regards to Orla and Tara who are on Walkabout somewhere in Australia.

Last, but not least, to give you all due warning, our Club Christmas party will be held on Friday 11th of December, in 19 Kilgarron Park, Enniskerry - all are welcome, providing you bring your own bottle! This is the event of the Club Social diary, so don't miss it!

Any enquiries to:

Deirdre Lewis (Sec.)
19, Kilgarron Park,
Enniskerry,
Co. Wicklow.

(01) 862389

STOP PRESS!

LARCH HILL COLOUR EVENT

SUNDAY 10th JANUARY 1988

at larch hill, rockbrook, co. dublin.

47 bus to rockbrook from hawkins st

ORIENTEERING FIXTURES

December

20	BELFIELD	Dublin 4. UCDO Grade 3 event on the campus. Please control your juniors or we'll be banned entirely! GR O 18 29.
26	PHOENIX PARK	Dublin. Annual 3ROC fancy-dress turkey trot and score event. Start 11.00 to 1.00 near O.S.office. GR O 09 34.
27	SHIPPOOL	Co. Cork. Novelty Xmas Cork OC event. GR W 57 54.

1988 FIXTURES

January

3	LOUGH KEY	Boyle, Co. Roscommon. Boyle Orienteers (B.O.?) Grade 3 event. B&W map. Be careful! You might disqualify yourself from IOC 88!
10	LARCH HILL	Rockbrook, Co. Dublin. AJAX Colour Event. GR O 15 23. (Check the newspapers first).
17	CURRAGH PLAINS	Co. Kildare. Curragh Orienteerers gallop. GR N 78 12.
24	COOLE PARK	Gort, Co. Galway Galway RTC Grade 3 event. GR M 44 04.
24	KNOCKREER	Killarney Town Park. Kerry OC Grade 3 event. GR V 96 91.
24	NEWBRIDGE HOUSE	Donabate, Co. Dublin. DUO Grade 3 event. GR O 21 49.
24	PORTLAW	Co. Waterford. WATO event. Waterford and South Kilkenny Scouts Championships. GR
31	CHIMNEYFIELD	Glenville, Co. Cork. Cork O Grade 2 event. GR N 90 85. Includes inaugural Cork Schools Championships. Pre entry to Con Moynihan (021-886103) for schools and Bernard Creedon (021-963734) for adult team event. New map (if the forest hasn't been sold off by the Department!)
31	TROOPERSTOWN	Co. Wicklow. GEN Grade 1 event. New map. This event is reported to be in some doubt: Check the papers beforehand.

February

7	BALLYDREHID	Cahir, Co. Tipperary. Cork O Grade 1 event. Signposted from Cahir Bridge.GR R 03 26. Pre-entry by 15 January to Fred Calnan (021-292206).
7	HELLFIRE CLUB	Rathfarnham. Co. Dublin. SET 'SPRINT-O' event. GR O 12 22.
7	KILLACLOHANE WOOD	Castlemaine, Co. Kerry. KO Grade 3 event. GR Q 84 00.
14	KILWORTH	Co. Cork. SO Grade 2 Munster League event. New map. GR R 85 05. Followed by Munster OA AGM.
14	MOUNTBELLEW	Co. Galway. Western Eagles OC event. Flat, fast, walled forest with deer. GR M 66 46.

14	PINE FOREST	Rathfarnham, Co. Dublin. 3ROC St. Valentine's Day Grade 2 event. New map (eventually!) GR O 13 22.
20	NI SCORE CHAMPIONSHIPS	Cairn Wood, Dundonald, Co. Down. LVO organised. New map. GR J 45 76.
21	CLARAVALE	Laragh, Co. Wicklow. AJAX Grade 1 event. GR T 16 93.
21	WALSHTOWN WOOD	Midleton, Co. Cork. GR W 68 91. Cork O Grade 1 event, Cork Championships. New map. Pre-entry by 1 February to Mary Curran (021-292480).
27	CONNACHT CHAMPIONSHIPS	Individual at Finner sand dunes, Bundoran, Co. Donegal. GR G 84 60. **This event may be on March 5-6.**
28	BALLYVORISHEEN	Carrignavar, Co. Cork. CorkO Grade 2 event. Final Cork Schools League event. GR W 69 85.
28	KILSHEELAN	Co. Tipperary. WATO Munster League event. GR S 27 22.
28	CONNACHT CHAMPIONSHIPS	Union Wood, Collooney, Co. Sligo. Excellent forest used for last year's Interprovincial match.

March

5	CASTLE ARCHDALE	Co. Fermanagh. FermO NI Ladder event with colour courses. Good forest with amenity value. GR H 17 58.
13	GLENCAP COMMONS	Sugarloaf Mountain, Co. Wicklow. UCDO Grade 1 event called "Rocky II".
19-20	MUNSTER O-RINGEN	Glengarriff, Co. Cork. Cork O. No further details.
26	NI LADDER EVENT	NWOC organised. No details yet.
27	CASTLETIMON	near Brittas Bay, Co. Wicklow. SET Grade 2 event. New map.

April

1-4	*JAN KJELLSTROM TROPHY*	*near Chichester, Sussex. Training, Two-day Individual, Relay. Entry closes January 31.*
10	HAZEL WOOD	SE of Sligo town. BO Grade 2 event.
23-24	IRISH CHAMPIONSHIPS	Individual near Collooney, Co. Sligo; Relay at Lough Key, Boyle, Co. Roscommon.

NOTE: Events listed in *italics* are for information only and do not form part of the Irish fixture list. Only events run by clubs affiliated to the Irish Orienteering Association and registered, with competent officials, are covered by insurance. Always check the Weekend Sports listings in the newspapers if you are in any doubt about whether an event is going ahead as planned, or contact the organisers.

...and for organisers: PLEASE phone the results to IOA PRO John McCullough at the latest by Tuesday evening for inclusion in that week's Press Release, and notify him of any changes in times or venues, and especially of cancellations, as early as possible. It's not just your event that's at stake, it's the future and the reputation of the sport. Phone 01-378819.

MONEYBAGS

Following on the successful stint of ex 3ROC Treasurer **Ronan Cleary** as Treasurer of Hudson Valley OC in New York, fellow 3ROC member **Gordon Parker** has taken on the same job at the South East OA in England. When in England Gordon tends to run for SLOW (South London Orienteers and Wayfinders). You can send donations to him at 6 Eyebright Close, Shirley Oaks Village, Croydon, Surrey CR0 8XR. Phone 031-655 1055.

KARRIMOR TACTICS

A number of Irish orienteers, including Pat Healy, Wally Young, Aonghus O'Cléirigh, Robin Bryson and Deirdre ni Challanáin travelled to Snowdonia for the **Karrimor International Mountain Marathon** on the October bank holiday weekend. The event requires that teams of two carry all their gear (tent, sleeping bags, food, the lot) for two days. About one in every twenty competitors has his sack checked to make sure that they obey the rules about what to bring.

Pat Healy went to register and was picked as the one to have the contents of his rucksack examined. 'Hold on and I'll get it', says he, looking around the room for a good looking bag to borrow, letting on it's his own. A suitable sack was soon spotted leaning against the wall. Approaching the owner Pat says 'Give us a loan of your bag for a minute, the gear checker wants to see mine'.

The bag's owner replied 'I ***am*** the gear checker!'.

Exit a red faced Pat.

EXPOSURE

Winter time has come and with it the increased risk to competitors from cold and wet conditions. When orienteering you should remember that you may be out in the forest for some hours and dress accordingly. Whistles should be carried, for emergency use, and carried somewhere accessible: don't put one in your sock (if you fall into a bog hole you can't get at it without drowning, and it could give you horrendous blisters if it slips down!). Read the Appendix in the **IOA Competition Rules** about Exposure.

One of the symptoms of exposure is drowsiness. A case was reported at an event last season where a competitor suffering from mild exposure was found asleep astride a fence, luckily beside a road. If the runner had been far from tracks or roads he could have been out all night and could have given no assistance to search parties (except perhaps by snoring loudly).

Seriously, we have had a very good safety record in orienteering because of the application of common sense by both organisers and competitors, so let's keep it that way. Prevention is better than cure.

SPONSOR FOUND

Water Technology Ltd., of Cork, have agreed to sponsor the **FIOA Irish League**, formerly the Irish Ranking List. Water Technology already sponsor the Cork League which after three events features results from 313 runners. Munster is fast emerging as the major growth area in orienteering, with more maps and more competitors than the rest of the country put together, especially in the Cork area.

I COULD DO BETTER THAN THAT!

If you've ever said that about any article in *The Irish Orienteer*, here's an invitation for you. *TIO* is always looking for new talent: if you feel moved to write about anything, please do. Reports of events at home and abroad, techniques, mapping organisation, ideas, letters, thoughts... The common theme is orienteering. Contributions don't have to be typed, just legible, and before the copy dates listed on page 2.

Come and try it!

BRITISH SQUAD (Mark VIII) INAUGURAL WEEKEND

Three Irish "Elite" orienteers were invited to participate in the inaugural British Senior Squad weekend in Coniston in the Lake District on November 13-15. The purpose of the weekend was to plan the 1988 season in detail and to focus squad members on the necessary training and preparation. Those who opted to travel were **Julie Martindale**, who is resident in London, **Steven Linton**, a student of architecture at Nottingham, and myself. On arrival at Liverpool on Friday evening I was picked up by **Rob Bloor** in a very fast car. We were soon in Coniston and in good time to participate in the pre-course ale sampling workshop. A programme detailing the weekend's activities had been sent to each of us well in advance. Saturday started with an 08.00 hrs breakfast followed by a review of WOC87 in France, chaired by **Jean Ramsden**.

Although everyone had trained harder then before, the final placings in the World Championships were more-or-less the same as in other years. Times run by British orienteers were far closer to the winning times, but then so were everyone else's: so all the training had been just to keep pace with the rest of the world! It appears from leg-split times over the years that the winner generally comes through only at the end of the race; that in fact any one of the top ten could actually have won. Usually the winner is the one who is fastest over the last few controls (or who *maintains* form over the last few controls!). The changing fortunes of the British runners in WOC87 were then displayed graphically in a "Pressograph". Significantly the best placed male runner's graph (**Martin 'Bilbo' Bagness**) did not fluctuate to any great extent throughout the race and indicated that his finish was as strong as his start. His bold approach to the race included bringing a Mars bar around the course with him!

Richard Jones, who ran in the Relay for Britain, briefly outlined his own training philosophy. He had trained specifically for WOC87 and had run in France as much as possible in the previous three years. He also attended the O-Ringen clinic in Sweden in 1986 and was influenced by **Bob Kaill**'s approach to coaching. In a nutshell:

- MORE RELEVANCE IN TRAINING (TRAINING SHOULD SIMULATE COMPETITION, WITH TIMING EMPLOYED, CONTROL CARDS, ETC.)
- LESS VOLUME
- KNOW YOUR OPTIMUM ORIENTEERING SPEED (YOU CANNOT RUN FASTER THAN THIS AT ANY TIME)
- INCREASE YOUR OPTIMUM SPEED (GRADED TECHNICAL EXERCISES; PRACTISE BASIC TECHNIQUES BEFORE ADVANCED ONES)

In the summer Richard orienteered practically five days out of seven. Before the trials he didn't know how he was doing, but he **did** know his optimum speed! Bilbo ascribes his improved 1987 form to a good winter's training: this was reflected in confidence, better map reading and consistency. It is important to get used to running long races. A number of long races should be run every year, but not necessarily *every* race. For **Yvette Hague** physical training was very important for WOC87. She was injured in spring and consequently gambled on spending her remaining time on physical as opposed to technical training. She felt that it wouldn't have paid off at any other World Championships (she won a World Cup race nearby in 1986).

Ten squad members were then selected for a drug test.

10.30 hrs and time for the squad photo session while Julie, Steven and I looked on. The squad gets a certain amount of sports gear free of charge and generous discounts from certain sports-goods manufacturers. Then came the first physical training session of the day. We broke up into groups and took off into the Cumbrian fells (I did a hard 1hs 20min session with **Rob Bloor** and **Rob Lee**) after which came lunch at 12.30hrs.

After lunch, squad administration was discussed. The British squad is selected directly following a World Championships for the two year period to the next WOC. Additions and deletions are made at any time. The squad Chairman, **Martin Hyman,** makes decisions and is responsible for finance and administration. He is advised by a panel of five consisting of **Geoff Peck** and **Carol McNeill** (two very experienced ex squad-members), **Graham McIntyre** (the Squad Coach), and two current squad members elected bienially. The Chairman will consult this panel before making important decisions. Selections to the squad are made by the selection sub-committee of the International Committee, an organ of BOF. Another sub-committee of the International Committee co-ordinates the various tours that the squad undertakes every year. **Doug Wood** is tour co-ordinator and he appoints team managers for each tour. The Squad Coach is responsible for planning the squad's preparation and training for the next WOC and for the events leading up to it. He will also be responsible for the programme at major squad courses.

One of the most important benefits of the squad is the provision of personal coaching. Whereas individuals may assume responsibility for deciding on their own training programmes, it is a condition of membership that each individual shall report to an approved coach to give evidence that a proper training programme is being followed. **Carol McNeill**, in consultation with the squad coach, is responsible for trying to ensure that each squad member has a suitable personal coach.

All squad members are assumed to be training virtually daily and days lost due to injury are to be *deplored*. Squad medical advice is co-ordinated by **Dr. Wendy Dodds** and she maintains a list of known sympathetic sports injury specialists. Immediately after injury (allowing for the usual self-help procedures) members should consult their coach and someone of the medical profession for assistance. The squad will normally refund 50% of expenses for such treatment.

The squad has no regular source of income. Its three main sources are:

* Sports Council subsidies
* Individual subsidies and grants from various trusts and foundations
* Fund raising

Members applying to the squad for financial assistance must give the following information:

Proposed programme and approximate cost involved;

Details of other applications made for support and of any assistance received

There is an onus on all members to approach all other sources before applying to the squad for assistance.

At 15.00 hrs it was time for the second training session of the day. **Steven Linton, Rob Bloor** and I ran up Coniston Old Man, the local mountain, and sprinted back down again for thrills. (I ran in flats and very nearly killed myself...): 1 hour 15 minutes training.

After the evening meal planning for 1988 got underway. The primary goal of squad members is to be selected to take part in the World Cup series. Five out of the eight World Cup fixtures will be given official squad tour status, culminating in the WOC89 training camp and the final World Cup event in Sweden. Selection policy is that the best few individuals will be selected in at least four races to achieve overall World Cup classification, and others will be selected for one or two races only.

With respect to planning, all aspects of training and competition in 1988 should form a well structured plan. This should be broken into separate phases:

* Basic training phase - main endurance phase, building of strength
* Specific training phase - quality in training, both physical and technical
* Early season competition - fine tuning of race skills
* Main competitions - concentrate on getting results

When fitting competitions into place, **main races** should be identified first. Other major races are important for rehearsal and confidence building and are particularly important as part of the preparation for main races. In relation to the various overseas tours and races in 1988 it is up to each potential competitor (not only squad members) in consultation with his or her coach to indicate availability before the end of 1987. Any subsequent changes in availability must be communicated to the selectors *before* the selection date for any particular tour. Prices are quoted for each tour (highly subsidised) and will be adhered to so as to facilitate an individual's budgeting. The selectors select *only* from those people who are available. A tour manager for each tour/team is appointed by the tour co-ordinator.

Selection for a series of races like the World Cup is based on all known form although more recent and important events carry most weight. Selection for a once-off event of great importance, like WOC, follows a "sudden death" policy. The top four finishers in the trial are guaranteed four of the five team places. This policy is used when there is an abundance of potential team members with little to choose bewteen them. The only factor which determines who makes the team and who doesn't is *current* form. For this purpose the trial is run in *relevant* terrain as *late* as possible.

At 21.00 hrs we adjourned to continue our survey of local ales.

Next morning after an 08.30 breakfast the Home Course programme was finalised. Home courses are co-ordinated by squad member **Steven Hale** and are conducted by squad members themselves, in consultation with the squad coach. The exact content of home courses depends on what the squad *needs*. Individuals may *suggest* almost anything within a rough framework. After this some of us went for a long, slow, three hour run in the fells and, following lunch the course dispersed at 14.00 hrs.

Observations:

My immediate impression of the squad weekend was the businesslike manner in which it was conducted. Everyone had received a detailed programme two weeks in advance listing all who would be in attendance and how they would travel (to rationalise transport). Accommodation was in a hostel for which everyone paid £4 for the two nights and the squad paid for all the food - as much as people wanted. Members took turns to prepare the hot meals.

The content of the weekend was well-planned. All aspects of squad administration, coaching, management, grants, fund-raising, squad image, selection, tour programme, etc., were discussed. Communication between management and squad was open and direct. This is partly attributable to the fact that the squad is represented in management.

Squad membership carries with it certain responsibilities and obligations: the obligation to train and keep a training diary, the responsibility of presenting a good squad image to sponsors and public and to share in the workload of running the squad. All this helps bind the squad together and fosters team spirit. Eccentricities are always tolerated provided they do not cause offence (that's not to say there are never personality clashes or misunderstandings).

In Ireland we don't have the financial resources of the British, but lack of resources does not preclude or excuse lack of organisation and planning.

Can we learn from this?

Aonghus O'Cléirigh,
Curragh Orienteerers.

PHOTOGRAPHIC COMPETITION

An annual feature in years gone by was the 3ROC Photographic Competition which used to take place immediately after the AGM. We have decided to reactivate this archaic event in January, with the usual sumptuous prizes.

The competition is open to all orienteers and encompasses the following four categories: General print; orienteering print; general slide; orienteering slide.

There will be a special prize for the best photo by a Junior (M/W 17-).

Prints can be colour or black and white, any size (but bigger prints look more impressive).

Please send your entries to John McCullough, 9 Arran Road, Drumcondra, Dublin 9, to arrive not later than January 22nd.

The results of the judging will be announced on January 29th after the AGM at Glenalbyn, Stillorgan, and the usual slide show will follow at about 9.30 pm. All are invited.

So get clicking!

IRISH ORIENTEER TROPHY

The second round of the competition is getting under way, rather later than expected, and will spill into early 1988. The age classes used for competition will still be the 1987 age classes, however.

The clubs remaining are Cork Orienteers, who take on North West OC and Blackwater Valley Orienteers, who take on both AJAX and Three Rock OC. Plans are afoot to have an event exclusively for the Irish Orienteer Trophy competition in the midlands early in the new year if a suitable date can be agreed. If the clubs are agreeable the Final may be calculated on the same results in order to get the 1988 competition under way as soon as possible.

What of 1988? There have been several suggestions as to ways in which the competition, the only all-Ireland inter-club competition, can be improved, but new ideas are always welcome. One notion is that a couple of days be set aside early in the year for TIO Trophy events so that fixture clashes can be avoided.

Is there a fairer, simple scoring system? Should more or fewer courses be used? Have you any ideas? Let John McCullough know, if so. And good luck to all the participating clubs both for the rest of the 1987 series and in the 1988 one.

LEINSTER AUTUMN LEAGUE

our events have been run off to date.At the moment we have results from the irst three and we list the leaders in each age class below.Unfortunately he 3ROC event at the Pine Forest on Dec 6th (which was to have been the next eague event)has been cancelled. Therefore Ballinstoe on the 13th Dec. is the ext league event and we shall hold the sixth event in the new year.Some ompetitors will of course have moved up a class,however for league purposes hey can continue in the class they have been competing in.

EAGUE LEADERS

M13		M45		W13	
FULLER	KHO 21	A BONAR LAW	GEN 25	E GLANVILLE	3ROC 20
FLYNN	SET 19	P MC CORMACK	GEN 23	A RICE	AJAX 19
NILAND	AJAX 19	J BENT	SET 23	H OBRIEN	AJAX 16
		A FLEGG	SET 20	N OBRIEN	AJAX 16
M15		W45		W15	
TYNER	3ROC 20	J FLEGG	SET 10	K HICKMOTT	3ROC 19
GOOD	3ROC 19	D LARGE	GEN 10	A RICE	AJAX 10
M17		M50		W17	
GLANVILLE	3ROC 19	C DONLOP	SET 30	R BURGESS	3ROC 27
QUIRKE	CO 19			H CREAGH	3ROC 26
DODDY	3ROC 10	W50			
		N CREAGH	3ROC 20		
M19		V MURTAGH	3ROC 18	W21	
TYNER	3ROC 10			U CREAGH	3ROC 19
CUNNINGHAM	UCD 10	M55		D MI C---	AJAX 10
YOUNG	SET 9	S ROTHERY	AJAX 30		
		J CREAGH	3ROC 26		
M21A				W21B	
REIDY	ECO 20			L NAUGHTON	ECO 29
MAY	3ROC 20			J HORAN	AJAX 17
DELANEY	ECO 18				
M21B				W35	
MCGRATH	3ROC 20			M WALSH	3ROC 24
				W MCCORMACK	GEN 23
M35				M NOWLAN	3ROC 20
DELACY	ECO 20				
REDMOND	SET 18			W40	
				K BENT	SET 29
M40				T CLEARY	3ROC 19
ROE	3ROC 25			R RICE	AJAX 17
LALOR	CO 20				
FLANAGAN	3ROC 17				

FULL LIST OF RESULTS WILL BE ON DISPLAY AT MOST LOA EVENTS .ALL ENQUIRIES O RICHARD FLYNN 942398

THE IRISH ORIENTEERER TROPHY ROUND 1 - ROSSMORE 6/9/87.

L V O V 3 R O C

A Cse.	J. May	3 ROC	83.57.	M21A.	
	W. Hollinger	LVO	97.36.	M35.	
	A. Tyner	3 ROC	99.02.	M19.	
*	E. Reed.	FERM O	103.00.	M21A.	
	S. Simpson	LVO	106.00.	M35.	
	I. Marneill	3 ROC	107.52.	M35.	
	A. Loeson	3 ROC	113.43.	M21A.	
*	K. Finlay	FERM O	113.57.	M35.	
	L. Roe	3 ROC	127.04.	M35.	
	S. McGibbon	LVO	127.34.	M21A.	
*	M. Quinn	TRIM O	137.36.	M21B.	
	R. Williamson	LVO	162.22.	M35.	
	C. Hughes	LVO	180.20.	M21A.	
	. . . . .				
C Cse.	M. Nowlan	3 ROC	48.34.	W35.	
	M. Convery	3 ROC	57.31.	W19.	
	D. Tyner	3 ROC	58.36.	M13.	
	A. Johnson	LVO	60.05.	W21A.	
	R. Burgess	3 ROC	65.00.	W17.	
	H. Creagh	3 ROC	73.02.	W17.	
	J. Walsh	3 ROC	74.18.	M15.	
	L. Convery	3 ROC	81.07.	M50.	
	A. Stewart	LVO	83.20.	W35.	
*	P. McInerney	TRIM O	85.19.	M21B.	
*	C. Doherty	GEN	88.43.	M13.	
	A. Bell	LVO	94.48.	W35.	
	C. Twinem	LVO	95.57.	W21.	
	J. McCann	3 ROC	105.20.	M15.	
*	W. Weld-Moore	WHO	110.28.	M15.	
*	S. Kearns	TRIM O	121.22.	W17.	
*	T. Lord	TRIM O	121.29.	W15.	
*	J. Lord	TRIM O	144.42.	W35.	
*	C. Lord	TRIM O	153.42.	W12.	
	C. Tyner	3 ROC	DNF	M50.	
	J. O'Toole	TRIM O	DNF	M21B.	
	. . . . .				

MAYFARERS

C. Finlay	FERM O	28.22.	M8.
R. Finlay	FERM O	28.42.	M5.
P. Smith	-	45.57.	-
A. Doran	TRIM O	66.00.	-
A. Nein	NWOC	31.52.	-
N. Bogle	NWOC	32.00.	-

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B Cse.	E. Wilson	LVO	65.32.	M 40	
	S. Campbell	LVO	76.47.	M17.	
	A. Cartside	LVO	80.17.	M40.	
	P. Glanville	3 ROC	82.18.	M17.	
	T. McGrath	3 ROC	83.54.	M45.	
*	D. Quinn	GEN	86.16.	M21B.	
	A. Pentiland	LVO	86.33.	M40.	
*	J. Reilly	TRIM O	89.47.	M21B.	
	O. Doyle	3 ROC	89.51.	M15.	
*	T. Finlay	FERM O	93.50.	W35.	
	L. Doddy	3 ROC	94.32.	M17.	
*	J. Watt	GEN	94.55.	W35.	
*	M. Reed	FERM O	97.23.	M50.	
*	D. Watt	GEN	98.06.	M40.	
*	M. Healy	GEN	103.08.	W21A.	
	F. McCann	3 ROC	110.13.	M17.	
	B. Hollinshead	3 ROC	119.19.	M45.	
	K. O'Neill	3 ROC	128.48.	M15.	
*	J. Rowe	TRIM O	DNF.	M21B.	
*	J. Grace	-	DNF.	M15.	
*	B. Doherty	GEN	DNF.	M40.	
*	M. Hewson	GEN	DNF.	M55.	
	. . . . .				
D Cse.	T. Cleary	3 ROC	16.54.	W40.	
	J. Wilson	LVO	17.48.	W15.	
	D. Hollinger	LVO	19.09.	M11.	
	R. Hollinger	LVO	20.38.	W10.	
	D. N. Rowe	3 ROC	21.10.	M60.	
	K. Convery	3 ROC	22.58.	W13.	
	E. Glanville	3 ROC	24.28.	W13.	
	R. Davis	LVO	26.42.	W45.	
*	S. Mullins	WHO	29.21.	W13.	
	K. Williamson	LVO	38.10.	M10.	
	S. Convery	3 ROC	39.47.	W11.	
*	E. Lawrence	WHO	41.51.	W10.	
	V. Murtagh	3 ROC	45.35.	W50.	
*	H. Gingell	WHO	55.56.	W15.	
*	A. Weld-Moore	WHO	57.29.	M11.	
*	S. Huddleston	WHO	57.36.	M11.	
*	D. Bagnall	WHO	59.26.	W13.	
*	A. Lawrence	WHO	115.28.	W.45.	
	F. Marneill	3 ROC	DNS	W7.	
	. . . . .				

Asterisk indicates non competitive T.I.O. Trophy.

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Points	3 ROC	LVO
A	12	9
B	6	15
C	15	6
D	9	12
	42	42

3 Roc win by virtue of the fact that they had the most number of course winners.

THE IRISH ORIENTEERER TROPHY ROUND 1 - ROSSMORE 6/9/87.

S E T V N W O C

A Cse.	S. Linton	NWOC	80.31.	M21A.	
	M. James	NWOC	93.37.	M21A.	
	P. Smyth	SET	95.35.	M21	
	D. Blair	NWOC	97.55.	M21	
	F. Logue	NWOC	103.31.	M19	
	A. McConigle	NWOC	115.22.	M21.	
	A. Green	SET	134.23.	M21.	
	M. O'Keefe	SET	140.22.	-	
	C. Young	SET	141.47.	M21B.	
	N. Farrell	SET	143.40.	M21A.	
	A. Young	SET	143.43.	M19.	
	M. Gaunt	SET	150.18.	M21.	
	F. Flood	SET	150.42.	M21.	
	D. Kelly	SET	DNF		
	S. T. Walsh	SET	DNF		
	R. Kidd	NWOC	DNF		
	C. Reid	NWOC	DNF		
	D. Deasy	SET	DNF		
	. . . . .				
C Cse.	P. O'Hara	NWOC	37.10.	M15.	
	B. James	NWOC	46.48.	M15.	
	J. Cummings	NWOC	47.22.	M15.	
	K. Cummings	NWOC	57.50.	M13.	
	M. Bogle	NWOC	57.51.	M50.	
	S. King	NWOC	58.26.	M13.	
	S. Tinto	NWOC	59.04.	W17.	
	G. James	NWOC	59.56.	M15.	
	D. Logue	NWOC	63.49.	M13.	
	S. Graham	NWOC	64.52.	M15.	
	A. Flynn	SET	67.16.	M13.	
	O. Walsh	SET	90.07.	M50.	
	V. Malcrow	NWOC	90.21.	W17.	
*	B. Regan	FOC	96.32.	M50.	
	M. Driscall	SET	98.56.	M15.	
*	D. Meyran	WHO	112.00.	M13.	
	L. Floyd	SET	119.48.	M15.	
	F. O'Neill	SET	132.11.	W40.	
	W.J. O'Neill	SET	120.21.	M40.	
	G. Byrne	SET	DNF	W17.	
	P. Kelly	SET	DNF	M13.	
	S. Doyle	SET	DNF	-	
	M. Byrne	SET	DNF	W15.	
	. . . . .				

B Cse.	A. Flegg	SET	63.31.	M45.	
	R. Flynn	SET	81.20.	M40.	
	G.F.James	NWOC	86.46.	M17.	
	J. Lewis	NWOC	86.54.	M17B	
	B. Buckley	SET	95.06.	M40.	
	J. McCullion	NWOC	95.12.	M17	
	P. Chilton	NWOC	97.14.	M17.	
	T. Kelly	NWOC	104.54.	M17.	
	R. Mein	NWOC	112.07.	M40.	
	A. McInerney	SET	174.56.	M15.	
	B. Doolan	SET	184.54.	M40.	
	. . . . .				
D Cse.	C. Trainor	NWOC	17.53.	W13.	
	C. King	NWOC	19.32.	W11.	
	J. Graham	NWOC	20.58.	W15.	
	J. Simpson	NWOC	21.27.	M11.	
	S. Boyle	NWOC	22.16.	M10.	
	D. Malcrow	NWOC	27.37.	W13.	
	M. O'Neill	SET	32.24.	M13.	
	S. O'Neill	SET	32.24.	M11.	
	M. O'Neill	SET	32.24.	W8.	
	J. Mein	NWOC	39.20.	W10.	
	R. Buckley	SET	51.29.	W11.	
	E. Flynn	SET	54.03.	M11.	
	D. Buckley	SET	72.12.	M10.	
	. . . . .				

Asterisk indicates non competitive T.I.O. Trophy.

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Points	SET.	NWOC
A	7	14
B	13	8
C	6	15
D	6	15
	32	52

NWOC Winners.

ECO would like to thank all those who travelled to the event.

Results of Curragh OC Grade 1 Event at Hollywood Co. Wicklow

11.10.87

A Course[10] Ok 230m

M21A

1.	J.MAy	3ROC	87.22
2.	B.Delaney	ECO	87.35
3.	E.Rothery	AJAX	87.53
4.	P.Gargan	AJAX	88.07
5.	D.Reidy	ECO	91.47 (M35)
6.	M.O'Hara	AJAX	96.38 (M35)
7.	B.Bell	GEN	112.20
8.	M Meehan	ECO	II4.20
9.	D.Dowd	-	127.03
10.	M.Geoghegan	AJAX	165.21
11.	E.McElhinny	SET	191.07

BCourse 8.0k 210m

M35

1.	J.DeLacy	ECO	73.51
2.	N.Rice	AJAX	81.41
3.	E,Niland	AJAX	83.01
4.	P.DeCLear	LAOC	85.55
5.	T.Russell	ECO	91.00
6.	P.O'Brien	AJAX	91.11
7.	I.Mc Neill	3ROC	99.55
8,	P.Redmond	SET	106.10
9.	J.Rowe	TRIM	135.41 N/C
	D.CRonin	DISQ	Missing No 8
	T.McCormack	DNF	
	J.Murray	DISQ	Wrong No 7

M19

1.	G.Cunningham	UCDO	102.28
2.	A.Young	SET	118.47

C Course 7.1k 180m

W21A

1.	D.Ni Challanain	AJAX	71.36
2.	U.Creagh	3ROC	76.07
3.	M.McPherson	3ROC	81.36
4.	C.Lyons	AJAX	85.38
5.	D.Lewis	AJAX	90.13
6.	U.McPherson	3ROC	108.45

M21B C Coorse

1,	D.Quinn	GEN	77.23
2.	W.Quinn	TRIM	79.49
3.	T.Lawlor	TRIM	79.50
4.	M.Grant	WATO	83.23
5.	J.Colclough	CURR	84.10
6.	M.O'Keefe	SET	84.39
7.	A.Green	SET	89.23
8.	B.McGrath	3ROC	95.56
9.	M.Taylor	-	104.52
10.	J Fitzpatrick	UCDO	108.59
11.	J.Lawlor	GEN	112.46
12.	T.Burke	TRIM	113.48
13.	J.O'Leary	GEN	125.30
14.	A.TRoy	--	132.13
15.	T.Callery	UCDO	137.14
16	J.Dunphy	-	198.07

M17 C Course

1.	L.Doddy	3ROC	82.37
2.	E.Quirke	CURR	97.00
3.	J.Davis	NWOC	98.55

M40

1.	L.Roe	3ROC	78.43
2.	L.Buckley	SET	86.56
3.	R.Flynn	SET	90.20
4.	D.Walshe	3ROC	92.14
5.	Fitzsimons	EOC	99.01
6.	D.Watt	GEN	103.06
7.	J.O'Brien	AJAX	105.01
8.	B.Doherty	GEN	106.29
90.	S.O'Hanly	-	113.37
10.	A.Hannigan	AJAX	124.52
11.	P.Lord	SMD	129.14
12.	B.Doolan	SET	138.07
13.	P.Flannagan	3ROC	144.36
	M.Dooley	Curr	106.57

D Course 6.31k 175m

W35

1.	J.Watt	GEN	73.15
2.	M.McElhinney	SET	85.17
3.	M.Walshe	3ROC	93.35
4.	W.McCormack	GRN	98.38
5.	P.Redmond	SET	113.26
6.	H.Stewart	LVO	138.20
	M. Nowlan	DNF	

W17

1.	R.Burgess	3ROC	68.10
2.	H.Creagh	3ROC	80.19

W40

1.	K.Bent	SET	95.19
2.	R.RIce	AJAX	100.39
3.	B.Flannagan	3ROC	108.06
4.	A.McCormack	GEN	133.36

M45

1.	A.Bonar Law	GEN	71.38
2.	C.Tyner	3ROC	75.36
3.	P.McCormack	GEN	79.09
4.	J.Bent	SET	91.02
5.	MHewson	GEN	95.06
6.	B.Hollinsed	3ROC	103.59
7,	D.Brooks	3ROC	104.11
8.	P.Dempsey	GEN	121.50

M15

1.	D.Tyner	3ROC	69.45
2.	S.Good	3ROC	76.52
3.	P.Nolan	LSOA	96.10
4.	A.O'Mullane	LSOA	97.50
5.	S.Harrison	WO	122.31
6.	G.Dempsey	GEN	124.23
7.	M.Somers	LSDA	129.43
8.	H.O'Brien	AJAX	135.59
9.	E.Lynch		159.21
10.	P.McGarry	LSOA	160.42

D COURSE UNCLADDIFIED NON COMPETITIVE

A Bonar Law	GEN	81.52
C.Young	KSO	84.04
M.Flynn	KSO	107.39 N/C
J.Kelly	UCDO	112.58 N /c
A.Greham	ECO	118.09
S.Murphy		119.37
N.Murphy		119.41
Billis/Glynn		130.55 N/C
R.Lynch		156.15
M.Corrigan		156.37
J.Magee		
CURR 218.00 N/C		
C.MiMhorain		253.05
E.Moran		256.35
E.Clonan		258.35
N. Lawrence	DISQ	Wrong No 10
N.Crawford	DISQ	Wrong No 3
J.O'Neill	DISQ	Missing No 3.4.5

E.Course

W 21B

1.	G.Carmody	AJAX	52.31
2.	L.Naughton	ECO	54.01
3.	J.Horan	AJAX	56.26
4.	C.McNeill	3ROC	63.53
5.	A.McBride	GEN	64.30
6.	C.Maloney	AJAX	65.43
7.	N.Lawlor	GEN	70.01
8.	L.Cannig	TRIM	72.53
9.	M.'O Neill	SET	82.52
10.	D.Cahill		88.34

E Course

M50

1.	C.Dunlop	SET	43.11
2.	G.Eagar	GEN	67.14
3.	P.Cooke	AJAX	70.09

M55

1.	S.Rothery	3ROC	45.33
2.	C.Carroll	3ROC	71.13
3.	J.Creagh	3ROC	81.13

W 15

1.	V.Dowse	KHO	59.19
2.	J.Brooks	3ROc	86.34
3.	A,Cooke	AJAX	110.20

W45

1.	D.Large	GEN	60.52
2.	N.Creagh	3ROC	63.21
3.	M.Moran	GEN	67.41

M13

1.	G.Doherty	GEN	51.07
2.	E.Nolan	AJAX	52.12
3.	B.McMahon	DSLO	58.33
4.	P.Dempsey	GEN	59.44
5.	R.Fuller	KHO	64.16
6.	D.Kinnear	KHO	64.24
7.	G.O'Rielly	KHO	66.11
8.	M.Penny	KHO	68.50
9.	C.Burke	TRIM	72.06
10.	M.'O Neill	SET	75.35
11.	A.Flynn	SET	76.03
12.	P.Murray	-	81.01
13.	L.rigby		81.27
14.	P.Foley		99.39 (M910)

E COURSE NON COMPETITIVE UNCLASSIFIED

P.DeLacy	ECO	66.50 N/C
M.McNulty	CURR	82.20 N/C
F.O'Neill	SET	83.05 N/C
K.Nolan		93,27
P.Hicks	Ajax	102.01
D.Foley		120.02
Flynn Family		132.00
L.Lord	SMO	144.02
J.Lord	SMO	144.27
O'Connell		149.36
P.Greham	DISQ Wrong No 9	
N.Priestman	Disq Missing No 9	

F Course 2.8k 110m

W13

1.	E.Clanville	3ROC	43.20
2.	A.Rice	AJAX	46.46
3.	N.O'Brien	AJAX	62.54
4.	H.O'Brien	AJAX	89.46
5.	C.LOrd	TRim	93,20

W50

1.	V.Murtagh	3ROC	131.23

F COURSE NON COMPETITIVE UNCLASSIFIED

E.Flynn	SET	65.19
Devany	GEN	70.43
C.Cray	3ROC	76.37
T.Grey	3ROC	76.41
Fay Family		111.51
M.Kelleher	DISQ Missing No 2,3	
S.Gargan	AJAX Missing No 2,3	
M.Gargan	AJAX Missing No 2,3	

G.Course 2.2k 80m

M10

1.	D.Buckley	SET	52.02
2.	L.O'Hara	AJAX	53.59
3.	E.Redmond	SET	54.00
4.	C.O'Brolchain	SET	58.43
5.	E.Niland	AJAX	65.15
6.	S.McCormack	GEN	65.24
7.	N.Redmond	SET	68.53
8.	P.O'Hara	AJAX	95.37

W10

1.	J.Power	SET	51.57
2.	M.Dooley	CURR	59.34
3.	F.McNeill	3ROC	64.45
4.	C.Watt	GEN	84.10
5.	S.McCormack	GEN	113.25

W11

1.	A.Delacy	ELO	48.50
2.	R.Buckley	SET	49.16

M11

1.	D.McMahon	DLSO	68.14
2.	D.Cruise	LSOA	68.15

The times above include the time taken to draw in the course at the master map. To calculate race time, subtract four (4) minutes from the listed times.

MUNSTER CHAMPIONSHIPS 1987. KNOCKAPHUNTA, Co. Clare, October 17/18 1987.

A Course 10.4 km, 250 m

M21E

1	A.O'Cléirigh	CO	67.30
2	*P.Higgins*	*UCCO*	*74.26*
3	J.May	3ROC	77.58

B Course 8.7 km, 220 m

M21A

1	*R.Morrish*	*UCCO*	*81.13*
2	D.Lucey	UCCO	91.37
3	L.Byrne	CuO	94.35

C Course 7.2 km, 160 m

M35

1	*P.Nash*	*BVOC*	*63.44*
2	S.Cotter	CorkO	66.08
3	M.O'Hara	AJAX	67.14

W21E

1	B.Loughman	GEN	70.51
2	*M.Curran*	*CorkO*	*79.04*
3	D.Lewis	AJAX	83.01

D Course 6.5 km, 160 m

M19

1	A.Tyner	3ROC	53.35
2	G.Cunningham	UCDO	71.50
3	A.Young	SET	78.45

M21B

1	*P.O'Connor*	*WATO*	*55.24*
2	R.Stanley	GEN	63.58
3	N.Butterfield	ThO	69.46

M40

1	*B.Creedon*	*CorkO*	*62.11*
2	L.Roe	3ROC	66.32
3	D.Burke	LeeO	66.44

M45

1	P.McCormack	GEN	59.14
2	*J.O'Neill*	*BVOC*	*76.52*
3	J.Meagher	LeeO	80.51

W21A

1	F.Daly	CO	82.57
2	*M.Rohan*	*LeeO*	*89.09*
3	B.Coleman	CorkO	97.05

F Course 5.9 km, 150 m

M17

1	*A.Higgins*	*LeeO*	*60.54*
2	J.Scannell	CorkO	64.57
3	P.Glanville	3ROC	74.31

M50

1	C.Dunlop	SET	66.39
2	C.Tyner	3ROC	70.41
3	M.Dooley	CO	77.24

W19

1	*E.O'Keeffe*	*UCCO*	*109.23*
2	M.O'Keeffe	UCCO	145.05

W35

1	J.Watt	GEN	67.37
2	*C.Feehan*	*BVOC*	*68.29*
3	M.Pinker	CorkO	75.11

G Course 4.9 km, 140 m

M15

1	*B.Scannell*	*CorkO*	*43.36*
2	J.Feehan	BVOC	46.35
3	D.Ryan	BVOC	48.43

M55

1	*N.Morrish*	*LeeO*	*55.10*
2	F.Calnan	CorkO	66.38
3	S.Rothery	3ROC	66.50

W17

1	U.Creagh	3ROC	42.29
2	R.Burgess	3ROC	46.21
3	H.Creagh	3ROC	50.36

W40

1	B.Flanagan	3ROC	61.45
2	R.Rice	AJAX	64.30
3	A.McCormack	GEN	81.52

H Course 4.2 km, 100 m

M13

1	*J.P.O'Neill*	*BVOC*	*35.47*
2	A.Kelleher	CorkO	44.11
3	E.Niland	AJAX	49.46

M21C

1	*M.McDonnell*	*ThO*	*52.27*
2	D.Marnane	CorkO	58.29
3	J.O'Dowd	ThO	58.33

W15

1	*N.Higgins*	*LeeO*	*45.31*
2	A.Rice	AJAX	47.01
3	S.Dooler	SET	80.53

W21B

1	C.Moore	3ROC	57.09
2	*E.Feehan*	*BVOC*	*57.19*
3	A.Tague	CorkO	57.42

I Course 3.9 km, 90 m

W45

1	N.Creagh	3ROC	62.46
2	D.Large	GEN	65.12
3	M.Moran	GEN	75.05

W55

1	V.Rowe	3ROC	75.08
2	*M.ni Mhuiris*	*LeeO*	*86.18*

M60

1	D.Rowe	3ROC	60.24

J Course 3.1 km, 55 m

M11

1	*F.Feehan*	*BVOC*	*28.06*
2	F.Dooley	CO	28,07
3	C.Creedon	CorkO	37.55

W13

1	E.Glanville	3ROC	33.01
2	*F.Pinker*	*CorkO*	*33.21*
3	K.O'Hara	SET	35.33

W21C

1	*N.O'Connell*	*CorkO*	*37.58*
2	A.Gleeson	WATO	40.28
3	G.Gray	UCGO	58.02

RELAYS:

Men Open

1	CorkO L.O'Brien, B.Corbett, K.O'Dwyer	147.26
2	AJAX P.Gargan, E.Rothery, P.O'Brien	152.22
3	3ROC J.May, L.Roe, A.Tyner	165.12

Women Open

1	AJAX D.niChallanain, C.Lyons, D.Lewis	160.13
2	AJAX G.Carmody, R.Rice, M.Coleman	206.34
3	CorkO M.Pinker, M.O'Donovan, D.Cunnane	226.20

M45+ BVOC G.Clarson, T.Herlihy, J.O'Neill 172.12

M35+ BVOC P.Nash, S.McSweeney, T.Feehan 136.09

M17- BVOC J.P.O'Neill, P.Feehan, S.O'Neill 122.44

W35+ LeeO C.Nuttall, M.Rohan, M.Morrish 153.59

W17- 3ROC U.Creagh, R.Burgess, H.Creagh 100.57

W13- CorkO F.Pinker, M.Hutchinson, A.Creedon 125.25

Ad Hoc UCGO T.Cotter, T.Joyce, M.O'Keeffe 121.20

K Course 2.5 km, 40 m

M10

1	L.O'Hara	AJAX	30.41
2	E.Niland	AJAX	34.13
3	S.Niland	AJAX	57.54

W10

1	M.Dooley	CO	38.04
2	*D.Creedon*	*CorkO*	*50.43*
3	M.Hutchinson	CorkO	86.50

W11

1	*M.Feehan*	*BVOC*	*26.04*
2	F.Nash	BVOC	31.52
3	A.Creedon	CorkO	50.29

AGE CLASSES

January is the time when orienteers, like racehorses, get a year older, but there - for most of us - the similarity ends. As you all know, your orienteering age is reckoned on the last day of the current calendar year: if you are 21 in, say, October 1988 then you must run in M/W 21 from January 1st 1988. For your guidance here are the years of birth and their corresponding age classes for 1988:

Year of birth	Age class
1978 or later	M/W 10
1976/77	M/W 11
1974/75	M/W 13
1972/73	M/W 15
1970/71	M/W 17
1968/69	M/W 19
1954/67	M/W 21
1949/53	M/W 35
1944/48	M/W 40
1939/43	M/W 45
1934/38	M/W 50
1929/33	M/W 55
1924/28	M/W 60
1923 or earlier	M/W 65

Ward Junior Home International.

Carrick Mountain. Co. Wicklow. 24th October 1987.

Class H13 3.9 KM 70 M

POS.	NAME	TEAM	RESULT	MIN/KM
1	B.REYNOLDS	ENG	34:04	8.7
2	A.DUTTON	ENG	37:57	9.7
3	D.TIVENDALE	SCO	38:47	9.9
4	D.MARSTON	ENG	39:57	10.2
5	S.FENWICK	ENG	41:01	10.5
6	J.P.O'NEIL	IRE	42:05	10.8
7	M.PINKER	IRE	42:43	11.0
8	D.JARDINE	SCO	43:10	11.1
9	D.TYNER	IRE	45:45	11.7
10	R.QUINN	SCO	49:04	12.6
11	A.BRYAN-JONES	SCO	49:23	12.7
12	C.CROOKS	WAL	54:35	14.0
13	J.CROCKER	WAL	55:23	14.2
14	K.CUMMINGS	IRE	58:25	15.0
	R.DAVIES	WAL	DISQ	

AVERAGE TIME PER KM : 11.6 MIN/KM

Class H15 4.5 KM 195 KM

POS.	NAME	TEAM	RESULT	MIN/KM
1	K.GRAETZ	ENG	43:58	9.8
2	D.GOOCH	SCO	49:09	10.9
3	J.HOWELL	WAL	49:59	11.1
4	N.LOMAS	ENG	50:27	11.2
5	J.FEEHAN	IRE	50:50	11.3
6	C.STEWART	SCO	52:33	11.7
7	N.MARSTON	ENG	53:17	11.8
8	B.McINTYRE	ENG	58:48	13.1
9	C.NEILL	SCO	59:24	13.2
10	J.SUTTIE	SCO	63:01	14.0
11	S.GOOD	IRE	66:44	14.8
12	C.CUMMINS	WAL	68:17	15.2
13	P.O'HARA	IRE	68:26	15.2
14	L.SMETHURST	WAL	68:49	15.3
15	J.DAVIES	WAL	71:46	15.9
16	J.CUMMINGS	IRE	73:11	16.3

AVERAGE TIME PER KM : 13.2 MIN/KM

Class H17 6 KM 225 M

POS.	NAME	TEAM	RESULT	MIN/KM
1	J.INMAN	ENG	55:37	9.3
2	A.POWELL	WAL	57:30	9.6
3	A.MONRO	ENG	58:18	9.7
4	A.THIN	SCO	59:23	9.9
5	P.SLINGSBY	SCO	63:54	10.7
6	I.RENFREW	SCO	64:52	10.8
7	J.HOWELL	WAL	66:20	11.1
8	D.HEFFERNAN	ENG	67:57	11.3
9	P.WALDER	SCO	68:37	11.4
10	A.HIGGINS	IRE	80:14	13.4
11	M.WALMSLEY	ENG	83:42	14.0
12	C.PETER	WAL	84:49	14.1
13	P.GLANVILLE	IRE	86:25	14.4
14	E.QUIRKE	IRE	92:09	15.4
15	J.DAVIS	IRE	98:23	16.4

AVERAGE TIME PER KM : 12.1 MIN/KM

Class D13 3.4 KM 55 M

POS.	NAME	TEAM	RESULT	MIN/KM
1	H.HARGREAVES	ENG	35:10	10.3
2	M.TODD	SCO	36:50	10.8
3	S.LEADBEATER	ENG	37:19	11.0
4	J.MacDONALD	SCO	39:31	11.6
5	M.THIN	SCO	40:30	11.9
6	A.BIGGAR	SCO	42:03	12.4
7	P.SKINNER	ENG	43:59	12.9
8	K.CONVERY	IRE	45:47	13.5
9	A.RICE	IRE	51:54	15.3
10	E.GLANVILLE	IRE	53:47	15.8
11	C.ROSS	ENG	61:55	18.2
12	S.CUMMINS	WAL	63:10	18.6
13	B.HIGGINS	IRE	71:21	21.0

AVERAGE TIME PER KM : 14.1 MIN/KM

Class D15 3.9 KM 85 M

POS.	NAME	TEAM	RESULT	MIN/KM
1	H.MONRO	ENG	44:30	11.4
2	J.BRYAN-JONES	SCO	45:22	11.6
3	Z.WILKINSON	ENG	45:56	11.8
4	L.GRAHAM	SCO	48:40	12.5
5	S.PEEL	ENG	49:32	12.7
6	S.NOOT	ENG	51:41	13.3
7	K.McNEIL	SCO	55:58	14.4
8	J.BARTLETT	SCO	63:03	16.2
9	A.CROOKS	WAL	69:48	17.9
10	S.POWELL	WAL	71:54	18.4
11	J.WILSON	IRE	73:28	18.8
12	A.RICE	IRE	81:19	20.9
13	N.HIGGINS	IRE	83:54	21.5
14	S.PETER	WAL	89:27	22.9
	N.SHAW	IRE	DNF	

AVERAGE TIME PER KM : 16 MIN/KM

Class D17 5.2 KM 125 M

POS.	NAME	TEAM	RESULT	MIN/KM
1	M.CUMMING	SCO	51:57	10.0
2	U.CREAGH	IRE	54:47	10.5
3	A.COLLYER	ENG	56:11	10.8
4	K.BRYAN-JONES	SCO	59:00	11.3
5	H.BIRKINSHAW	ENG	66:07	12.7
6	N.MELVILLE	SCO	66:53	12.9
7	A.WARD	ENG	67:46	13.0
8	C.SUDDABY	ENG	68:15	13.1
9	R.BURGESS	IRE	70:02	13.5
10	D.CUNNANE	IRE	72:25	13.9
11	H.CREAGH	IRE	75:50	14.6
12	A.McQUILLAN	SCO	81:33	15.7

AVERAGE TIME PER KM : 12.7 MIN/KM

HELL FIRE RELAYS - 25/10/87

M.11-13

1. GEN 1	G. DOHERTY	S1	28.49	P. TEMPSEY	S2	5[illegible].00	D. MURRAY	S3	58.32	142.21

W.35-40

1. 3ROC 1	M. WALSH	T1	50.18	M. CONVERY	T3	56.02	C. McGRATH	T2	72.3[illegible]	178.5[illegible]
2. GEN 2	W. McCORMACK	T1	50.42		T2	66.10	M. MORAN	T3	76.4[illegible]	193.37

W.OPEN

1. GEN 4	E. LOUGHNAN	T3	37.42	M. HEALY	T1	52.30	J. WATT	T2	39.29	129.41

M.35-40

1. GEN 5	D. QUINN	V2	48.11	T. McCORMACK	V3	53.06	P. McCORMACK	V1	44.05	145.22
2. ROC 1	B. McSWEENEY	V1	59.34	A. MACHIN	V2	53.51	O'NEILL	V3	54.57	168.22
3. GEN 6	D. WATT	V3	59.29	R. DOHERTY	V1	57.13	D. PARTY	V2	52.39	169.21

M.OPEN

1. ROC 2	D. REIDY	W1	46.40	J. DELACY	W3	48.25	P. DELANEY	W2	48.16	143.21
2. 3ROC 2	A. TYNER	W3	50.49	J. McCULLOUGH	W1	43.46	I. McNEILL	W2	60.45	155.20
3. GEN 8	B. BELL	W1	47.50	R. STANLEY	W2	57.33		W3	77.24	182.47
4. TRIM	J. REILLY	W2	67.52		W3			W1		197.52

ADHOC

1. 3ROC 3	C. McNEILL	S1	36.19	R. HOLLINSHEAD	T3	54.24	C. REID	V2	44.40	135.23
2. AJAX	M. RICE	V2	42.28		T3	70.52		S1	24.25	137.45
3. GEN 12	S. KUILDOFF	V2	49.03		S1	33.38	P. RYAN	T3	60.26	143.07
4. 3ROC 4	B. McGRATH	V2	47.10		T3	66.18	M. IRR	S1	33.36	147.04
5. WOT 1	C. ELLIOTT	S1	32.21	B. HARRISON	V2	61.22	C. HUGHES	T3	60.12	153.55
6. SET 1	A. FLYNN	T3	65.30	R. FLYNN	V2	49.06	E. FLYNN	S1	45.04	159.40
7. GEN 11	G. DEMPSEY	S1	32.12	P. DEMPSEY	V2	66.12		T3	77.30	175.54
8. 3ROC 5	S. ROTHERY	T3	50.03		S1	32.17		V2	93.38	175.58

FOUND: KEY RING WITH KEYS

THANKS TO ALL WHO HELPED RUN THIS EVENT AND TO NUALA CREAGH/LIAN CONVERY FOR LOOKING AFTER THE JUNIOR INTERNATIONAL TEAMS.

CONTROLLER: J. MAY 3ROC, PLANNER: W. KEE, ORGANISER: P. WAISH.

CONTINENTAL CUP

The final push for the Emerald International and Continental Cup competitions, to be held in Wicklow on the August Bank Holiday weekend, starts in January. Event officials have been nominated and the organising teams appointed. Entry forms were distributed at the World Championships in France and invitations to compete have gone to IOF countries in Europe.

Individual entry forms will be distributed in Ireland in TIO in early 1988: the entry date for the competition is May 31st.

What can you do to help? The four clubs running the training, two individual and relay events (Ajax, Great Eastern Navigators, Setanta Orienteers and Three Rock OC will need lots of help, as will the event secretariat which is looking after accommodation, entries, results, fund-raising, prizes, programmes, etc, etc. Even if your club isn't directly involved in the events you can still help: offers have already been received but there is more help needed. Even if you can help on the days of the races it will be appreciated. There will be much to do, much to be learned, so please come forward and offer your services.

Volunteers from all parts of the country will be welcome!

If you can help, contact Monica Nowlan, 67 Glendrook Park, Dublin 14 (01-933551).

Results of the Leinster Champs. at Devil's Glen, Co. Wicklow on 1.11.87.

A Course. 11.3Km. 480M.

W21E

1.	A. O'Cleirigh.	Curr. O.	97.00.
2.	J. May	3 Roc.	110.47.
3.	E. Rothery.	AJAX.	111.07.
4.	P. Healy.	Curr. O.	113.09.
5.	W. McAuliffe.	AJAX.	117.05.
6.	R. Morrish.	U.C.C.O.	121.21.
7.	W. Young.	Curr. O.	121.31.
8.	K. O'Dwyer.	S.O.	122.15.
9.	P. Higgins.	Custume.	132.43.
10.	T. O'Sullivan.	Curr. O.	135.09.
11.	R. Kidd.	N.W.O.C.	138.47.
12.	P. Gargan.	AJAX.	140.39.
13.	K. Walsh.	Set.	179.04.
14.	J. McCullough.	3 Roc.	D.N.S.
15.	M. Deasy.	U.C.G.O.	D.N.S.

B. Course. 9Km. 375M.

M21A

1.	M. Crowe.	U.C.D.O.	103.17.
2.	N. Bohan.	Curr. O.	104.35.
3.	D. Lucey.	U.C.C.O.	119.45.
4.	J. Walshe.	U.C.C.O.	123.16.
5.	L. Byrne.	Custume.	123.26.
6.	T. Lucey.	Cork O.	128.06.
7.	B. O'Connor.	AJAX	132.13
8.	B. Bell.	Gen.	135.29.
9.	D. O'Leary.	Cork O.	141.13.
10.	M. Geoghegan.	AJAX.	164.42.
11.	M. James.	N.W.O.C.	D.N.F.
12.	S. Walsh.	-	D.N.S.

M19

1.	T. Cotter.	U.C.C.O.	112.28.
2.	A. Young.	Set.	135.48.
3.	G. Cunningham.	U.C.D.O.	142.19.
4.	B. Hutchinson.	U.C.C.O.	148.00.
5.	T. Callery.	U.C.D.O.	215.20.
6.	M. Flynn.	K.S.O.	D.N.F.
7.	L. O'Bruadair.	U.C.D.O.	D.N.F.

M35

1.	B. O'Neill.	Curr. O.	104.42.
2.	S. Cotter.	Cork O.	119.30.
3.	P. O'Brien.	AJAX.	134.41.
4.	I. MacNeill.	3 Roc.	136.23.
5.	J. Fitzsimons.	E.C.O.	190.08.
6.	M. Kavanagh.	-	194.34.
7.	T. McCormack.	Gen.	D.N.F.
8.	M. O'Hara.	AJAX.	D.N.F.
9.	E. Kavanagh.	-	D.N.F.
10.	P. Redmond.	Set.	D.N.F.

C Course. 8.2Km. 275M.

W21A

1.	E. Loughman.	Gen.	90.51.
2.	C. Nic Mhuiris.	U.C.G.O.	98.32.
3.	D. Ni Challaghan.	AJAX.	105.21.
4.	D. Lewis.	AJAX.	119.37.
5.	C. Lyons.	AJAX.	126.53.
6.	M. Coleman.	AJAX.	130.13.
7.	M. Curran.	Cork. O.	132.06.
8.	M. Healy.	Gen.	139.14.
9.	F. Daly.	Curr. O.	140.35.
10.	E. Deane.	Cork. O.	143.04.
11.	A. Person.	Set.	145.06.
12.	E. Feehan.	B.V.O.C.	148.36.
13.	G. Carmody.	AJAX.	150.52.
14.	C. Moore.	3 Roc.	172.55.
15.	J. Horan.	AJAX.	215.26.
16.	C. Moloney.	AJAX.	D.N.F.
17.	J. Kelly.	U.C.D.O.	D.N.F.

D. Course. 7.7Km. 250M.

M40

1.	P. Lawlor.	Curr. O.	79.48.
2.	E. Wilson.	L.V.O.	83.26.
3.	N. Rice.	AJAX.	93.51.
4.	L. Rowe.	3 Roc.	93.59.
5.	M. Creedon.	Cork. O.	94.24.
6.	B. Buckley.	Set.	102.24.
7.	P. Flanagan.	3 Roc.	111.07.
8.	J. Murray.	Set.	111.51.
9.	T. Feehan.	B.V.O.C.	111.53.
10.	E. Niland.	AJAX.	115.56.
11.	R. Flynn.	-	122.15.
12.	H. Inglish.	Gen.	123.59.
13.	D. Watt.	Gen.	131.21.
14.	F. McCormack.	Curr. O.	134.02.
15.	N. Donagh.	Custume.	135.58.
16.	N. Crawford.	3 Roc.	138.50.
17.	J. O'Brien.	AJAX.	150.28.
18.	J. McElhinney.	Set.	157.29.
19.	B. Doherty.	Gen.	157.30.
20.	G. Condon.	E.C.O.	166.52.
21.	D. Walsh.	3 Roc.	172.39.
22.	B. Doolan.	Set.	188.10.
23.	P. J. Harris.	Custume.	D.N.S.
24.	P. Lord.	Trim O.	D.N.S.
25.	A. Hannigan.	AJAX.	D.N.F.
26.	D. Burke.	LEE O.	D.N.F.

M17

1.	L. Doddy.	3 Roc.	86.14.
2.	E. Quirke.	Curr. O.	101.12.
3.	J. Scannell.	Cork. O.	101.22.
4.	D. Lewis.	N.W.O.C.	109.38.
5.	P. Glanville.	3 Roc.	115.38.
6.	H. Lindon.	3 Roc.	119.41.
7.	T. Kelly.	N.W.O.C.	132.30.
8.	P. Chilton.	N.W.O.C.	D.N.S.

E Course. 6.5Km. 200M.

W35

1.	W. McCormack.	Gen.	89.07.
2.	M. Walsh.	3 Roc.	91.25.
3.	J. Watt.	Gen.	91.57.
4.	C. Feehan.	B.V.O.C.	101.04.
5.	M. McElhinney.	Set.	104.09.
6.	J. O'Keefe.	B.V.O.C.	108.12.
7.	P. Redmond	Set.	114.16.
8.	F. White.	Set.	121.37.

W19

1.	M. Convery.	3 Roc.	86.37.
2.	L. Hutchinson.	U.C.C.O.	100.02.
3.	E. Jones.	K.S.O.	126.33.

M21B

1.	C. Reid.	N.W.O.C.	65.20.
2.	D. Quinn.	Gen.	69.06.
3.	R. Stanley.	Gen.	71.09.
4.	B. McGrath.	3 Roc.	71.55.
5.	N. Duffy.	Curr. O.	72.37.
6.	W. Quinn.	Trim O.	73.21.
7.	N. Butterfield.	T.H.O.	76.49.
8.	J. Reilly.	Trim O.	78.00.
9.	A. Green.	Set.	81.07.
10.	B. Power.	Set.	82.36.
11.	C. Young.	K.S.O.	88.30.
12.	B. Cryan.	D.L.S.O.	90.14.
13.	V. Jones.	Cork O.	91.43.
14.	M. O'Keefe.	Set.	92.09.
15.	C. Crowley.	Cork O.	92.32.
16.	J. Lawlor.	Gen.	94.49.
17.	M. Grant.	W.A.T.O.	96.27.
18.	J. Rowe.	Trim O.	99.39.
19.	A. Troy.	-	102.19.
20.	D. Whelan.	S.O.	109.03.
21.	P. O'Meara.	Trim O.	112.12.
22.	R. Hudson.	Trim O.	113.33.
23.	C. McMillan.	-	115.19.
24.	J. O'Leary.	Gen.	115.54.
25.	N. Farrell.	Set.	126.19.
26.	J. Downey.	3 Roc.	129.58.
27.	T. Ayton.	Trim O.	154.31.
28.	P. McInerney.	Trim O.	165.21.
29.	I. Doyle.	Cork O.	168.44.
30.	J. Morgan.	-	173.48.
31.	P. Lane.	-	174.49.
32.	E. Heery.	-	174.52.
33.	D. Kennedy.	U.C.D.O.	D.N.F.
34.	K. O'Meara.	3 Roc.	Disq. Misp. No.9.
35.	A. McGonigle.	N.W.O.C.	D.N.S.
36.	P. Gaffney.	U.C.C.O.	D.N.S.
37.	B. Callaghan.	Curr. O.	D.N.S.

F. Course. 5.5Km. 150M.

M50

1.	A. Bonar-Law.	Gen.	76.10.
2.	C. Dunlop.	Set.	77.38.
3.	N. Bogle.	N.W.O.C.	82.09.
4.	L. Convery.	3 Roc.	88.38.
5.	C. Tyner.	3 Roc.	92.07.
6.	P. Walsh.	Set.	94.54.
7.	N. Dooley.	Curr.O.	97.48.
8.	P. Cooke.	AJAX.	108.19.
9.	E. Lawrence.	W.H.O.	162.55.
10.	P. Morgan.	Gen.	D.N.F.
11.	G. Eagar.	Gen.	D.N.F.

M45

1.	A. Flegg.	Set.	60.11.
2.	P. McCormack.	Gen.	69.56.
3.	H. Quirke.	Curr.O.	74.26.
4.	J. O'Neill.	B.V.O.C.	79.58.
5.	T. McGrath.	3 Roc.	83.32.
6.	J. Bent.	Set.	83.46.
7.	D. Brooks.	3 Roc.	90.04.
8.	P. Dempsey.	-	167.16.
9.	J. D. Clarke.	Gen.	D.N.F.

W45

1.	W. Creagh.	3 Roc.	96.06.
2.	J. Flegg.	Set.	98.32.
3.	H. Convery.	3 Roc.	102.04.
4.	H. Moran.	Gen.	110.06.
5.	T. O'Neill.	B.V.O.C.	D.N.F.

W40

1.	B. Flanagan.	3 Roc.	100.04.
2.	A. McCormack.	Gen.	114.43.
3.	R. Rice.	AJAX.	120.41.
4.	M. Higgins.	Set.	151.11.
5.	C. Bent.	Set.	Disq. missed No.

G. Course. 5.2Km. 120M.

W55

1.	D. Large.	Gen.	102.59.
2.	P. May.	3 Roc.	134.41.
3.	V. Rowe.	-	167.15.

M55

1.	S. Rothery.	3 Roc.	74.37.
2.	S. Kulldorff.	Set.	80.50.
3.	D. Rowe.	-	92.31.
4.	C. Carroll.	3 Roc.	98.46.
5.	J. Creagh.	3 Roc.	116.01.
6.	M. Hewson.	Gen.	D.N.S.
7.	R. Lysaght.	Set.	D.N.F.

H Course 4.5Km. 150M.

W21B

1.	A. McBride	Gen.	92. 01.
2.	A. Sheridan	U.C.D.O.	104. 12.
3.	A. Deering	Cork O.	106. 56.
4.	R. Ni Charthaigh	U.C.D.O.	110. 16.
5.	A. M. Dowling	U.C.D.O.	112. 42.
6.	J. Hanafin	Cork O.	114. 36.
7.	C. McGrath	3 Roc.	116. 05.
8.	C. MacNeill	3 Roc.	116. 49.
9.	C. Murphy	U.C.C.O.	124. 09.
10.	M. Creedon	Cork O.	124 30.
11.	N. Lawlor	Gen	D.N.F.
12.	A. O'Donnell	U.C.D.O.	D.N.F.
13.	R. O'Kane.	-	D.N.F.

W17

1.	U. Creagh	3 Roc.	54. 47.
2.	R. Burgess	3 Roc.	60. 66.
3.	T. Eakin	3 Roc.	65. 52.
4.	H. Creagh	3 Roc.	71. 03.
5.	A. Hutchinson	U.C.C.O.	87. 53.
6.	L. Lawrence	K.H.O.	88. 20.
7.	L. Gibney	-	D.N.F.

M15

1.	J. Feehan	B.V.O.C.	48. 33.
2.	P. O'Hara	N.W.O.C.	52. 08.
3.	J. Cummings	N.W.O.C.	55. 27.
4.	S. Good	3 Roc	57. 44.
5.	S. Scannell	Cork O	69. 11.
6.	K. O'Neill	3 Roc	71. 40.
7.	G. James	N.W.O.C.	78. 03.
8.	O. Doyle	3 Roc	80. 39.
9.	B. James	N.W.O.C.	83. 05.
10.	J. Rahilly	B.V.O.C.	85. 07.
11.	A. O'Mullane	D.L.S.O.	86. 13.
12.	B. Condon	E.C.O.	92. 21.
13.	J. McCann	3 Roc	92. 33.
14.	B. MacMahon	D.L.S.O.	93. 54.
15.	J. O'Neill	K.H.O.	97. 12.
16.	S. Harrison	Wesley	103. 45.
17.	G. Dempsey	-	100. 13.
18.	P. Murray	Gen	112. 50.
19.	H. O'Brien	AJAX	130. 47.
20.	S. Graham	N.W.O.C.	D.N.F.
21.	G. Condon	E.C.O.	Disq. Misp. No. 10.
22.	E. Byrne	3 Roc	D.N.S.
23.	J. O'Rourke	3 Roc	D.N.S.

I Course 3.2Km. 70 M.

W15

1.	A. Rice	AJAX	30. 47.
2.	J. Wilson	L.V.O.	33. 51.
3.	K. Gillespie	-	45. 33.
4.	J. Graham	N.W.O.C.	48. 57.
5.	V. Dowse	K.H.O.	56. 15.
6.	J. Brooks	3 Roc	58. 08.
7.	M. McDarby	Set	64. 07.
8.	C. Howely	Set	67. 12.
9.	G. Doller	Set	70. 11.
10.	S. Creagh	Set	72. 48.
11.	F. Lovely	Set	D.N.S.

W13

1.	K. Convery	3 Roc	32. 42.
2.	M. Feehan	B.V.O.C.	38. 18.
3.	E. Glanville	3 Roc	38. 19.
4.	K. O'Hara	Set	48. 41.
5.	A. Rice	AJAX	55. 50.
6.	L. Creagh	Set	56. 58.
7.	C. Reynolds	Set	59. 44.
8.	H. O'Brien	AJAX	64. 28.
9.	A. Cooke	AJAX	64. 49.
10.	N. O'Brien	AJAX	67. 01.
11.	B. McGarry	D.L.S.O.	69. 59.
12.	C. Trainor	N.W.O.C.	71. 24.
13.	A. Hunter	N.W.O.C.	75. 16.
14.	C. Garry	Set	81. 13.
15.	T. McClenaghan	N.W.O.C.	94. 52.
16.	S. Behan	Set	D. N.S.

M13

1.	D. Tyner	3 Roc	26. 03.
2.	J. P. O'Neill	B.V.O.C.	28. 08.
3.	E.E. Niland	AJAX	28. 26.
4.	G. Doherty	Gen	31. 43.
5.	B. Creedon	Cork O	34. 52.
6.	K. Cummings	N.W.O.C.	35. 01.
7.	A. Flynn	Set	37. 39.
8.	D. Murray	Gen	39. 23.
9.	S. King	N.W.O.C.	40. 42.
10.	P. Dempsey	-	48. 16.
11.	G. O'Reilly	K.H.O.	50. 21.
12.	D. Logue	N.W.O.C.	53. 21.
13.	M. Somers	D.L.S.O.	53. 40.
14.	M. Penny	K.H.O.	60. 25.
15.	R. Fuller	K.H.O.	65. 01.
16.	K. McGrath	D.L.S.O.	D.N.S.
17.	B. O'Kane	N.W.O.C.	D.N.S.

J Course 2.2Km. 40 M.

M11

1.	F. Dooley	Curr O	15. 13.
2.	P. Feehan	B.V.O.C.	16. 38.
3.	C. Creedon	Cork O	18. 57.
4.	J. Simpson	N.W.O.C.	29. 50.
5.	E. Flynn (Non/comp)	Set	31. 04.
6.	C. Murray	Gen	33. 49.
7.	P. O'Hara	Set	37. 40.
8.	A. Peters	Set	38. 56.
9.	J. Pringle	Set	63. 34.
10.	D. MacMahon	D.L.S.O.	80. 46.
11.	A. Cruise	D.L.S.O.	D.N.S.
12.	P. Culhane	D.L.S.O.	D.N.S.

W11

1.	S. Convery	3 Roc	22. 47.
2.	C. King	N.W.O.C.	24. 22.
3.	A. Creedon	Cork O	30. 45.
4.	F. Nash	B.V.O.C.	30. 51.
5.	R. Buckley	Set	42. 18.
6.	Emma Wilson	L.V.O.	42. 27.

M10

1.	S. Bogle	N.W.O.C.	22. 27.
2.	L. O'Hara	AJAX	23. 25.
3.	E. S. Niland	AJAX	24. 12.
4.	A. de Lacy	E.C.O.	44. 15.
5.	S. J. Niland	AJAX	51. 47.
6.	N. Redmond	Set	60. 14.
7.	P. O'Hara	AJAX	64. 55.
8.	W. McDonald	E.C.O.	79. 28.
9.	S. McCormack	Gen	91. 00.
10.	R. McCormack	Gen	Disq. 1 & 2 wrong.
11.	D. Buckley	Set	Disq. Missed 3 to 6.
12.	E. Redmond	Set	D.N.S.

W10

1.	M. Dooley	Curr O.	22. 33.
2.	D. Creedon	Cork O.	29. 10.
3.	S. McCormack	Gen	59. 15.
4.	N. Feehan	B.V.O.C.	79. 13.
5.	K. McCormack	Gen	83. 12.

Entry on the day

Y Course

1.	F. Malone	-	78. 46.
2.	S. Walshe	-	78. 55.
3.	R. Bonar-Law	-	98. 26.
4.	D. Corrie	-	98. 56.
5.	Dillon	-	109. 44.
6.	E. Corcoran	-	112. 28.
7.	E. Corcoran	Gen	116. 03.
8.	M. Heapes	-	126. 38.
9.	O. Prendergast	-	138. 43.
10.	B. Quigley	-	156. 37.
11.	J. Kenny	-	197. 22.
12.	A. O'Connor	-	197. 51.

12 D.N.F.

Z Course

1.	McDaid	-	42. 23.
2.	E. Hicks	-	47. 03.
3.	I. Graham	-	49. 43.
4.	C. Hicks	-	52. 56.
5.	D. Jacobs	-	54. 26.
6.	D. Keane	-	56. 10.
7.	G. Keane	-	56. 11.
8.	J. B. Gillespie	-	58. 27.
9.	Grey Family	-	64. 23.
10.	M. Fitzpatrick	-	66. 13.
11.	P. Hicks	-	67. 03.
12.	D. Nuzum	-	67. 14.
13.	A. O'Neill	-	69. 58.
14.	S. Doherty	-	72. 17.
15.	V. Murtagh	-	78. 53.
16.	P. Irwin	-	79. 14.
17.	I. Nuzum	-	85. 46.
18.	Graham	-	96. 30.
19.	U. O'Connor	-	104. 15.
20.	S. Carroll	-	104. 51.
21.	M. Gargan	-	128. 41.
22.	S. Gargan	-	128. 46.
23.	M. Driscoll	-	163. 44.
24.	M. O'Neill	-	163. 47.
25.	S. O'Neill	-	182. 38.
26.	B. O'Neill	-	186. 31.
27.	F. O'Neill	-	186. 37.

2 D.N.F.

SUMMARY RESULTS

M55	S. Rothery	3 Roc.	Leinster Champion.
M50	A Bonar-Law	Gen	" "
M45	A. Flegg	Set	" "
M40	P. Lawlor	Curr O	" "
M35	B. O'Neill	Curr O	" "
M21E	A. O'Cleirigh	Curr O	" "
M21A	M. Crowe	U.C.D.O.	" "
M19	T. Cotter	U.C.C.O.	Class Winner.
	A. Young	Set	Leinster Champion.
M17	L. Doddy	3 Roc	" "
M15	J. Feehan	B.V.O.C.	Class Winner.
	S. Good	3 Roc	Leinster Champion.
M13	D. Tyner	3 Roc	" "
M11	F. Dooley	Curr O	" "
M10	S. Bogle	N.W.O.C.	Class Winner.
	L. O'Hara	Ajax	Leinster Champion.
W55	D. Large	Gen	" "
W50	Nil		
W45	U. Creagh	3 Roc	" "
W40	B. Flanagan	3 Roc	" "
W35	W. McCormack	Gen	" "
W21	E. Loughman	Gen	" "
W19	M. Convery	3 Roc	" "
W17	U. Creagh	3 Roc	" "
W15	A. Rice	Ajax	" "
W13	K. Convery	3 Roc	" "
W11	S. Convery	3 Roc	" "
W10	M. Dooley	Curr O	" "

E.C.O. would like to thank all those who participated in the championship and in particular those orienteers from outside the province.

Results of Trim-O Sth Meath Grade 2 Event at Cootehill Wood 22/ Nov. /1987

A Course 10.6Km

1.	J. May	3Roc	M2IA	72.32
2.	B. Reed	FermO	M2IA	80.29
3.	C. Majury	Lvo	M2IA	83.12
4.	E. Wilson	Lvo	M2IA	84.59
5.	R. Day	3Roc	-	89.10
6.	A.McGonigle	NWOC	M2IA	92.41
7.	B. Haire	Lvo	M2IA	97.23
8.	A. Green	Set	M2I	102.08
9.	S.McGibbon	Lvo	M2IA	116.59
10.	A.Butterfield	DUO	M2I	119.41
11.	N. Rice	AjaX	M2I	120.10
12.	J. Kenny	Kso	M2I	133.06

Disq. T Caffrey BSO

B Course 8.3Km

1.	C. Henderson	Lvo	M35	66.13
2.	B. Simpson	Lvo	M35	70.05
3.	D. Quinn	Gen	M2IB	82.21
4.	W. Hollinger	Lvo	M35	84.38
5.	B. Murray	Ind.	M35	85.41
6.	A. Young	Set	MI9	91.31
7.	G. Cunningham	Ucd	MI9	92.37
8.	B. McBurney	NAC	M2IB	96,24
9.	G. Tubbritt	ECO	M2IB	97.25
10.	C. Young	KSO	M2IB	97.31
11.	A. Savage	Lvo	W2IA	98.42
12.	H. Majury	Lvo	W2IA	99.24
13.	I. Ray	-	-	106.28
14.	J. O'Leary	Gen	M2IB	121.40
15.	G. Hughes	Lvo	M2IB	128.04
16.	P. O'Maitiu	Kso	MI9	132.39
17.	R. Williamson	Lvo	M35	140.41
18.	T. O'Dowd	-	-	142.51

Disq. R.Mc Court
B. Mc Eneaney

C Course 5.9Km

1.	P. McCormack	Gen	M45	51.50
2.	H. McLindon	3Roc	MI7	52.07
3.	B.C.McKenna	Lvo	M40	52.33
4.	S. Campbell	Lvo	MI7	54.21
5.	H. Inglis	Gen	M40	58.40
6.	I. Spratt	Lvo	MI7	59.45
7.	M. Healy	Gen	W2IA	60.17
8.	A. Bonar Law	Gen	M?	63.03
9.	D. Kelly	UcdO	MI7	63.29
10.	A. Gartside	Lvo	M40	66.19
11.	T. Kelly	NWOC	MI7	66.56
12.	A. Pentland	Lvo	M40	71.17
13.	T. Finlay	FermO	W35	71.39
14.	D. Watt	Gen	M40	73.37
15.	M. Flynn	Kso	M2IB	74.28
16.	H. White	Lvo	M40	77.04
17.	R. Mein	NWOC	M40	78.36
18.	B. O'Brien	Bso	-	78.41
19.	O. Twinen	Lvo	W2IB	79.29
20.	H. Stewart	Lvo	W35	81.12
21.	L. O'Bruadair	UcdO	MI9	82.46
22.	E. Jones	Kso	WI9	91.12
23.	N. Gannon	Kso	M2I	91.21
24.	M. Hewson	Gen	M55	92.57

C Course (cont.)

25.	D. Brooks	3Roc	M45	95.12
26.	A. Tottenham	FermO	W35	99.56
27.	R. NiCharthaigh	UcdO	WI9	102.14
28.	T. Callery	UcdO	-	102.51
29.	J. Lalor	Gen	-	105.53
30.	D. Farnham	Lvo	W2IB	110.08
31.	M. Beary	UcdO	-	113.34
32.	A.N.Other	-	-	114.31
33.	K. Farnham	Lvo	W35	121.17
34.	T. Lord	TrimO	WI3	135.03
35.	C McDonagh	-	-	159.15
36.	K.O'Reilly	-	-	159.17

D Course 4.8Km

1.	P O'Hara	NWOC	MI5	40.50
2.	U. Creagh	3Roc	WI7	40.56
3.	S. Good	3Roc	MI5	47.22
4.	R. Burgess	3Roc	WI7	49.52
5.	M. Reed	FermO	M50	51.25
6.	M. Bogle	NWOC	M50	51.33
7.	T. Eakin	3Roc	WI7	53,42
8.	K. O'Neill	3Roc	MI5	53.47
9.	H. Creagh	3Roc	WI7	55.18
10.	O. Doyle	3Roc	MI5	55.48
11.	J. Wilson	Lvo	WI7	55.53
12.	S. Graham	NWOC	MI5	63.48
13.	C. Pratt	WHO	MI5	71.52
14.	N. Creagh	3Roc	W40	72.23
15.	A. McBride	Gen	W2IB	72.25
16.	A. DeEyto	WHO	MI5	72.34
17.	N. Lalor	Gen	W2IB	77.06
18.	T. Keegan	UcdO	-	77.19
19.	D. Large	Gen	W45	77.32
20.	C. O'Byrne	-	-	86.31
21.	J. Creagh	3Roc	M55	88.35
22.	M. Rea	-	-	89.26
23.	Brankhead	-	-	89.27
24.	L. Naughton	ECO	W2IB	91.42
25.	M. Moran	Gen	W45	97.37
26.	D. Roche	Gen	-	97.39
27.	R. Davis	Lvo	W45	98.37
28.	C. NiCharra	UcdO	W2IB	103.03
29.	F. Dunwoody	UcdO	W2IB	103.05
30.	A.M. Dowling	UcdO	W2IB	103.05
31.	W. Regan	FermO	M50	103.58
32.	R. Patterson	-	M2I	106.35
33.	W. Weld-Moore	WHO	MI5	110.04
34.	I. Clarke	-	-	116.09
35	A. O'Donnell	UcdO	WI7	118.47
36.	A. Gorman	Bra	W2IB	121.07
37.	R. O'Kelly	KSO	-	125.19
38.	O. D'arcy	KSO	-	125.22
39.	B. Jackson	KSO	-	125.24
40.	D. Gormley	-	-	127.26

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P. Keane J. Hennessy B.Carty
D.O'Sullivan D. Flynn J. Hearns
S.Abraham G. McDonald

E Course 2.8Km

1.	A. McKenna	Lvo	26.47	MI3
2.	J. Simpson	NWOC	27.53	MII
3.	J. Graham	NWOC	28.57	WI5
4.	S. Bogle	NWOC	32.09	MII
5.	B. O'Kane	NWOC	32.56	MII
6.	R. Hollinger	Lvo	38.56	WII/I3
7.	S. Kane	NWOC	39.20	MI3
8.	G. Doherty	Gen	40.13	MI3
9.	A. Hunter	NWOC	40.43	WI3
10.	D. Logue	NWOC	40.59	MI3
11.	T.McGenaghan	NWOC	47.56	WI3
12.	A. Moore	Lvo	49.29	WI5
13.	R. Crawford	NWOC	49.49	WI5
14.	C. Deighan	NWOC	52.44	WI3
15.	D. Hollinger	Lvo	53.23	MI3
16.	H. Fuller	Bra	54.13	WI5
17.	C. McKenna	Lvo	61.48	MIO
18.	A. Lawrence	WHO	64.20	M40
19.	J&L Lord	TrimO	77.44	W35/M6
20.	J. O'Connor	KSO	77.51	*
21.	Healy	-	77.55	-
22.	C. O'Connor	KSO	77.52	-
23.	A. Hanson	KSO	87.49	-
24.	M. Halpin	KSO	87.53	-
25.	J. Brooks	3ROC	90.07	WI5
26.	M. Galligan	-	102.25	-
27.	S. Dempsey	-	102.30	-
28.	Healy	-	103.14	-
29.	Healy	-	103.24	-
30.	C. Lord	TrimO	112.26	WI3
31.	Healy	-	112.27	-
32.	L. Ferris	WHO	127.45	WI3
33.	E. DeEyto	WHO	127.47	WI3

Disq. D. Byrne

F Course 1.5Km

1.	E. Lawrence	WHO	WIO	17.02
2.	C. Mc Kenna	Lvo	MIO	17.37
3.	T. Tottenham	FermoM9		19.19
4.	C. Hunter	NWOC	WII	21.29
5.	S. McCormack	Gen	WIO	21.43
6.	C & R Finlay	FermO	M5/8	23.21
7.	L. Griffith	WHO	WII	24.28
8.	T. Stronge	WHO	WII	24.29
9.	E. Moynan	WHO	WII	24.31
10.	L. Suitor	HHOC	WI3	27.34
11.	A. Mackey	WHO	WII	27.48
12.	K. Moody	WHo	WII	27.49
13.	A. Dowzer	WHO	WII	27.49
14.	J. Kinner	Lvo	MI3	28.38
15.	C. King	-	-	35.51
16.	M. Williamson	Lvo	MIO	36.25
17.	T. Pentland	Lvo	MIO	38.28
18.	B. Bogle	NWOC	MIO	39.50
19.	K. McCormack	Gen	W?	54.02
20.	M. Dalton	HHOC	MI3	85.52

Disq. M. Schofield
A. Morin

Thank you to everybody for coming to the event. We hope that you all enjoyed the outing. A special thanks to our controller Brendan Delaney of ECO and to all the members of TrimO who helped out on the day.

KILSHEELAN GRADE 3 EVENT 1/11/87 RUN BY W.A.T.O

A COURSE 7.0 km 310m

1:	P. O'Connor	w.a.t.o	101.50
2:	A. Cox	w.a.t.o	104.10
3:	T. O'Keeffe	curragh	110.25
4:	P. Moran	w.a.t.o	112.50
5:	T. Flavin	c.o.c.	117.40
6:	A. Carroll		148.10

B COURSE 5.8 km 280m

1:	A. Marshall	b.v.o.c.	73.15
2:	S. Pim	w.a.t.o.	98.40
3:	F. & B Walshe		148.05
4:	P. McCoy	w.a.t.o.	150.00

C COURSE 3.5 Km 220m

1:	A. Gleeson	w.a.t.o	69.00
2:	A.A.&T. Marshall	b.v.o.c.	73.45
3:	B. O'Farrell	c.o.c.	73.45
4:	K. Pim	w.a.t.o	76.48
5:	Dunne/Whitney		82.40
6:	Butler Family set		192.10

D COURSE 2.8 Km 120 m

1:	Fitzgibbons Rockwell	41.40
2:	Lambe Family	133.50

IOF BULLETIN

November, 1987

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