the Irish Orienteer

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The Irish Orienteer

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

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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.

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COVER: Irish Men's Champion, Peter Kernan (AJAX), on the run in at the Irish Relay Championships at Rockmarshall. (Photo by J. McCullough).

LETTERS

11 Glenvara Park,
Dublin 16.
19th May 1989.

Dear Sir,

I would like to take this opportunity to wish Bernard Creedon the best of luck in his new role as Junior Affairs Officer. The fiasco of 'Junior Affairs' in the past year is a lesson we must learn from. Juniors were totally ignored. I found this quite incredible as it is widely preached and believed that juniors are a most important section of the orienteering population and are an integral part of it's development. How is orienteering to develop without interested juniors? How are interested juniors to develop without training and direction? Hopefully, this unfortunate situation will never arise again.

So, apart from technical and physical training, what can be done to improve Irish juniors' performance in international competion? For a start, we could provide courses that are up to competion standard. Frankly, this year's Irish Orienteering Championships came nowhere near this standard. The championships should be the paramount event in Irish Orienteering, junior and senior courses alike. This means they should be challenging, mentally and physically. The biggest mental challenge of the W17 course was to remember the next control code. If this is the standard of our national Championships is it any wonder that many of the Irish juniors simply fade into oblivion when faced with real orienteering? (Scottish 6-day, Junior Home International, Day 2 Shamrock O-Ringen)

Incidentally, I have solved the mystery of the disappearing M/W17's for Bernard Creedon. The cause is a phenomenon occuring annually known as the Leaving Cert. I don't know about Munster juniors, but with 3 weeks to exams, I'm hard pushed to find the time to stare for hours on end in my vanity mirror.

Yours sincerely,

Áine Rice.

(AJAX)

Apartment 5, Silverton,
132 Ranelagh, Dublin 6.

Dear Sir,

Here, for your readers' entertainment, is another twist in he saga of the 1988 Leinster Championships.

I entered the November version of these Championships. (He means December -Ed.). Sadly I became injured a month beforehand and couldn't compete. The chance of defending my title had, so I thought, slipped away.

Due to a technical hitch the Leinster Championships remained undecided in seven classes and the decision was taken to re-run these classes on 7th May 1989. (All of this I first read in "Eastings" in *TIO* 39). By this time I had recovered from injury and was back in training. So was this a glimmer of light at the end of the tunnel? (In times past in the rare occurrance of a condemned man surviving a hanging he was often pardoned and set free). Would I now get another chance?

The next reference to the Leinster Championships that I happened upon was in the Setanta Notes in *TIO* 40 which I received two weeks before the event and from which I quote: "This event incorporates the re-run of classes in the 1988 Leinster Championships affected by timing difficulties in the December event as a result of bad weather. Those who ran in the following classes will be pre-entered automatically - M21A, M50, M17, M13, M11, W10". The reference to "those who ran in December" induced momentary unease. I awaited my control card. It didn't arrive, but Brian Corbett's control card did! He had very kindly sent me his as he wouldn't be running. He thought I might need it! Very soon I saw why because attached to his card was an open letter from the Chairman of Setanta Orienteers to prospective competitors. He instructed that "Only those who competed on December 3rd 1988" were "eligible to run". I was perplexed by this. I had entered with every intention of competing and my entry had been duly accepted by Setanta, the organizing club.

For clarification I phoned the Chairman of Setanta who was also organizer of the re-run. I put my case to him and asked that I be allowed to compete for the title. He replied that he was sorry but the decision had been made by the Leinster Council of which he was a member. But by all means I could run non-competitively. He added that the Council decision was not an ideal solution, but there it was! (Ironically I had recently been co-opted to the position of Technical Officer in the Council). He suggested that I contacted the Controller and the Leinster Council Chairman.

I brought my troubles next to the event Controller. She was my predecessor as Leinster Technical Officer and had held that position when the Council decisions regarding the re-run were made. She sympathized with me but was not prepared to let me race competitively. The situation was explained to me thus: In coming to their decision the Council wished to re-create, as closely as possible, the conditions under which the original competition was held. The event was ***not*** to be a Leinster Championships but a re-run of certain classes. There was to be no "second chance" for those who had not influenced the outcome of the December event. The re-run was to be in effect a "snapshot in time" of the original event.

This amazed me! I pointed out that this was an impossibility as the weather would be different, the undergrowth thicker, the courses different. The entry-field would not be the same. The M21 winner, Brian Corbett, would not be running and those who were running would be in different states of fitness and readiness. There were so many variables. The Council were attempting to play God!

My final call was to the Chairman of the Leinster Council. I briefed him on the predicament I found myself in and asked him what redress I had. I put to him the scenario that if refused a competitive run I could lodge a protest to the Leinster Council through the organizers. This could have the effect of leaving the Leinster Championships undecided in the M21A class until the Council made a decision on the matter, and would necessitate a ***further*** re-run of the race if my protest was successful. He agreed that this option was available to me. I then assured him that I would not take this course of action (and make lifelong enemies of all involved, as frequently happens in our small orienteering community).

I was therefore left with two choices. I could turn up and run non-competitively (...and feel like a ham sandwich at a Jewish wedding) or I could stay away. I stayed away.

I would now like to comment on the situation in retrospect. I feel the decision taken by the Leinster Council/Setanta to limit entrants to those who ran previously was not a good one. The event should have been re-staged as a completely separate Championship in the affected classes with the title Leinster Championships 1988. I suspect that the format that was adopted was chosen to suit the organizing club as it kept administration to a minimum. Mistakes will happen. Anyone who contributes to the sport has, at one time or another, blundered. But once an individual or club is involved in a foul-up, no effort should be spared to put matters to right. Short cuts are just not acceptable.

The cut-off point or limit chosen was arbitrary and contradictory. Arbitrary because it potentially did not cater for a range of entrants to the December event. For instance, what if I had travelled but had a breakdown *en route* and didn't reach the forest? Or missed my start by 20 minutes? Or started on time and didn't finish? Or was disqualified for mispunching? In some of these situations, even though I would not have retained my title, I would have gained admittance to the summer re-run. I would have had a "second chance", in contrast to the Council's "snapshot in time" philosophy. (In fact, were there any runners who failed to complete their course in December who were allowed to compete in May?)

A final point. As an entrant I should at least have been sent a copy of the results of the original event by the organizing club. Presumably this service is included in the entry fee. Early warning of the Setanta/Leinster Council's decision concerning the re-run would have allowed me recourse to a redress well in advance of the event, thus avoiding the unpleasantness and aggravation both to the Leinster Council and to myself.

On the morning of the re-run I entered a 10K road race which I won in a P.B. Every cloud has a silver lining.

Yours faithfully,
Aonghus ÓCléirigh.

THE WESTPOINT EXPERIENCE

USA, April 1989 by Brendan O'Connor (AJAX)

It all began in 'The Goat'. Mark Donavan, home from the USA last christmas to brush up on his Irish accent, and myself were having a quiet pint in the above mentioned hostelry. As is customary at this time of year plans for the coming 'O'season were being formulated. It being the year of the world championships, well you know I reckoned I needed just that little bit of foreign experience.

'Ok man hows about the Westpoint 2-day in April' said Mark.

Well hmmm why not I thought. Over on the Friday, back on the Monday. Perfect. And so the plan evolved.

On arrival at JFK Airport, Newyork, I was met by Paul Walsh, a one time member of the infamous '3roc M17 missile team'. Paul has been working in the Newyork area with a geo-surveying company since leaving college three years ago. He no longer follows the red needle but has taken to mountain biking in a big way.

Paul showed me the way to the 'Conneticut limosine service' -a rather pretentious title considering their vehicles are no more than a couple of 'oul single decker buses.

This 'limosine' took me to Newhaven, about 2 hours north of Newyork, where I met up with Mark. After a quick visit to the local 'store' to buy some juice and muffins we retired to Marks' abode in the heart of downtown Middletown.

Saturday dawned cold and wet. And I was very, very tired. Wild horses could not have dragged me from the sack but somehow Mark managed. A breakfast of juice and muffins followed. I was then bundled into the back of Marks' housemates' car and 2 hours later awoke to find myself surrounded by young boys with very short haircuts. We had arrived at the Westpoint Military Academy.

The general registration area for both days of this 2-day competition was within Camp Buckner, a mottley collection of 'army' type buildings, jeeps and the like.

We collected our control cards and 'free' souvenir T-shirt. (Available in pink only, honest.) Courses on both days were approxiamately 11km long with 500m climb. The terrain was steep with reasonably complex (to me) contour detail. The runnability was good though paths were 'few and far between'.

I prepared my control card and donned the VJs. A last minute flick through 'Routes' and I was ready for anything. Ten minutes later after a lash through the pouring rain I arrived at the start. I felt rotten.

'Welcome to the Westpoint 2-day, Sir!' said the young cadet.
'Its kinda wet out there so be careful and have a good day, Sir!.'

The fog horn sounded and I was off. Mindful of the guru Rotherys' advice I took it handy over the first few controls, 'seeing how the mapper has represented the nature' as a Swede might say.

Approaching the fifth control I caught an American and for the next 4 controls we ran together. On the tenth leg I decided to take an alternative route.In doing so I managed to loose both the American and myself.

This was the beginning of the end.

Twenty minutes later I relocated off the edge of a lake as the American showered back at Camp Buckner.

The rain, cold, wind, jetlag,... were now beginning to take effect.The final 6 controls proved technically quite easy but physically exhausting. I eventually finished in a time of 2 hours and 7 minutes.Mark managed to complete the course somewhat quicker than myself. But then I had my excuses.

No great social events, pub crawls, bottle pushing contests or the like were planned for Saturday night at Camp Buckner. In fact to a large extent the American 'O' scene lacks the sociability of orienteering in Ireland, the 'raison d'etre' for many Irish orienteers. Brown bread and sandles are much in vogue.

Saturday night was spent with a friend of Marks' about an hour from Camp Buckner.

Sunday dawned much as Saturday did. Cold and wet.
An hour on the Freeway brought us back to Westpoint.On This occasion I was starting two minutes ahead of Mark. Taking it easy over the first few controls Mark was soon on my tail. However from this point on the pace quickened each of us pushing the other.
It was on the tenth leg that Mark pulled a fast one.
I was powering up a hill, about 50m ahead of him. I looked around and he was still there. I looked around again and he was gone. Where was he?. I stopped. I called out for him. Silence.
Then it dawned. Unbeknownst to me Mark had nipped into the tenth control and was now well on the way to the eleventh.
After much cursing and swearing I located the tenth control.

The final few legs were long but the navigation was quite easy and I reached the finish in a time of 2 hours and 15 minutes. Mark managed a time of just under 2 hours,opening up a gap of over 15 minutes over the final few legs.

Paul Walsh, who had been in the area for a mountain bike race (which incidently he won) met up with me at the event centre. We also met that great Irish orienteering nomad Piaras de cleir now 'permanently' based in the Newyork area Piaras finished on both days with times similar to myself.

Sunday night was spent sampling the delights of Franklin, Pauls' hometown in New jersey.

On Monday I journied into central Manhattan and did a quick tour of the sights -The Empire State, Central park, St Patricks, and Trump tower. Then it was onto the bus to JFK and the 6 hour flight back to Ireland.

All in all then a packed weekend. The orienteering, both in terms of terrain and organisation was first class. Recommended.

ÓCLÉIRIGH ABROAD

Aonghus OCleirigh, a frequent contributor to these pages, travelled to Sweden for ten days at the beginning of June to take part in the Nordic Championships as part of his build up for the World Championships there in August. Depending on which rumour you listen to Aonghus has/has not been preselected for the WOC race which will/will not be held in Scotland in July and which may/may not include Team Manager Wally Young who has been running very well lately.

BURREN WEEKEND

Thomond Orienteers are again organising their annual Burren Walk from Fanore, Co. Clare on Saturday August 26th followed by orienteering at the Rabbit Warren, Fanore, on Sunday 27th. This weekend has traditionally marked the end of the summer recess and the resumption of the orienteering season and is thoroughly recommended.

The Irish Orienteer

1988 IRISH ORIENTEER TROPHY

By agreement between the three clubs in contention the Final of the 1988 *Irish Orienteer* Trophy was run off at the Irish Individual Championships on April 22 1989, with a modification in the rules allowing each club two people to score on each course, with 6 points for first place, 5 for second, and so on. The maximum score a club could have on any course was 11. On this basis the final result was Cork Orienteers 84, Lagan Valley Orienteers 76, Setanta Orienteers 61.

A course

6	W. Edwards	M21A	Cork	86.55
5	B. Ervine	M21A	LVO	93.10
4	L. O'Brien	M21A	Cork	98.25
3	P. Smyth	M21A	SET	100.21
2	D. Deasy	M21A	SET	108.03
1	A. Stott	M21A	LVO	117.27

B Course

6	S. Cotter	M35	Cork	68.14
5	J. Scannell	M19	Cork	69.18
4	B. Simpson	M35	LVO	73.10
3	P. Redmond	M35	SET	73.12
2	S. Campbell	M19	LVO	86.34

C course

6	W. Hollinger	M40	LVO	54.09
5	B. Creedon	M40	Cork	58.09
4	E. Wilson	M40	LVO	61.52
3	B. Pinker	M40	Cork	63.01
2	B. Buckley	M40	SET	71.21
1	B. Power	M40	SET	87.58

D course

6	J. Leonard	W19	SET	68.11
5	R. McCourt	M45	LVO	68.30
4	R. Flynn	M45	SET	70.59
3	D. Cunnane	W19	Cork	72.56
2	A. Gartside	M45	LVO	73.45
1	B. Pinker	M45	Cork	79.27

E course

6	A. Flegg	M50	SET	43.08
5	C. Dunlop	M50	SET	45.45
4	J. Ryan	M50	Cork	57.27
3	E. Hutchinson	M50	Cork	62.03
2	I. McKenna	W40	LVO	84.07
1	U. Cole	W40	LVO	92.32

F course

6	N. Ervine	M60	LVO	48.54
5	J. Flegg	W45	SET	55.45
4	S. Kulldorff	M60	SET	59.45

G course

6	S. McGibbon	M21B	LVO	70.49
5	C. Crowley	M21B	Cork	77.34
4	P. Gilmore	M21B	LVO	79.29

H course

6	A. Whyte	M15	Cork	43.55
5	N. Drion	M15	SET	53.02
4	A. Flynn	M15	SET	54.03
3	J. Wilson	W17	LVO	54.29
2	P. Ryan	W17	Cork	65.28
1	P. Cunningham	M15	LVO	78.27

I course

6	D. Hollinger	M13	LVO	42.21
5	C. Creedon	M13	Cork	49.18
4	G. Kelleher	M21B	Cork	49.41
3	C. Twinem	W21B	LVO	51.47
2	K. O'Hara	W15	SET	56.53
1	D. Bagnall	W15	SET	59.12

J course

6	A. Creedon	W13	Cork	26.16
5	F. Pinker	W15	Cork	27.33
4	C. McKenna	M11	LVO	30.14
3	T. Pentland	M11	LVO	34.44
2	F. O'Neill	W21C	SET	50.59
1	A. Weld Moore	W13	SET	99.40

K course

6	R. Hollinger	W11	LVO	18.26
5	M. Hutchinson	W11	Cork	25.32
4	M. O'Neill	W10	SET	32.35
3	D. Creedon	W11	Cork	34.32
2	S. Cunningham	W10	LVO	38.06
1	E. Redmond	M10	SET	62.08

TRAVELLING ABROAD?

If you are going to any orienteering competitions this summer, why not write about them for *The Irish Orienteer*? We hope to have reports on the Swiss 6-Day, the Harvester Trophy, the Scottish 6-Day and of course the World Championships. Any takers?

Reports on Irish events are equally welcome: don't leave all the work to the poor Editor!

GOSFORD MOVES

Gosford, venue for the NI Relays on May 20th, has resumed its correct position on the earth's face, just outside Markethill in Co. Armagh. As every schoolboy knows it is not now, nor has it ever been, in the County Antrim as stated in *TIO* 40. Mea culpa.

WARD SENIOR HOME INTERNATIONAL

The Ward Senior Home International this year will be run in conjunction with National Event VII and the NI Championships at Gortin, near Omagh in Co. Tyrone. This event will be worth attending for all interested in competition (and all not interested) to see a top class event. The date is Saturday 21st October, the week before the Munster Championships, and there will be an informal Score relay (a FermO specialty) on the Sunday.

Entry forms should be available at forthcoming events and will be in *TIO* 42 in mid August.

THE FLYING FLYNN

The most recent CompassSport features Setanta's Martin Flynn in full flight at the last control on Day 1 of the Shamrock O-Ringen (the sunny day) in full frontal colour on the cover - the second time an Irish competitor/event has graced the cover (can you remember the first?). The magazine has, unfortunately, no report of the event. People everywhere are notoriously reluctant to put pen to paper.

HILL RUNNING NEWS

Justin May's successes in the IHRA New Balance Summer League races so far should encourage the rest of us orienteers to have a go at Hill Running. Orienteers are a natural choice: thay have stamina, determination, the ability to run in rough terrain, and a slow enough top speed to keep going when the road runners stop.

The next races are 14/6 Kippure 7.30 pm; 17/6 Lug Relay; 21/6 Maulin; 28/6 Seahan; 2/7 Croagh Patrick; 5/7 Glendoo; 12/7 Tibradden; 19/7 Glensoulan; 23/7 Fancy; 26/7 seefingan; 6/8 Galtees; 13/8 Glenmalure; 20/8 Scarr; 27/8 Lugnaquilla; 3/9 Clashegall; 16/9 Ballybraid; 30/9 Sorrel Hill; 27/12 Glencap. Full details from Douglas Barry 868180.

Meanwhile the Hill and Dale Summer League continues up North all races are at 7.30 pm on Thursdays. 15/6 Knockchree, Kilkeel 22/6 Crossone, Bloody Br.; 29/6 Drinahilly. Details from Brian McBurney, 08-082-064-260.

BE ACTIVE, BE ALIVE WEEK

Sorry! You've missed it!

If you saw or heard an publicity for this year's Cospoi "Be Active, Be Alive" Week from Ma 14-21, apart from that sent to th papers by IOA, please write and le us know. Participation seems to hav been at an all-time low, in Leinste at least, surely not helped by lac of publicity. Three events i Dublin's Phoenix Park, for example attracted a total of 27 people, 1 of whom were already members of C clubs.

One unfortunate oversight was that the organiser of the June 21st event at Killiney cancelled the event and told the VEC but neglected to mention the cancellation to IOA. The result? Irate would-be orienteers turning up to a non-event. A great introduction to our sport.

ACCESS DIFFICULT

That we are entirely dependent on the goodwill of landowners and Coilite Teoranta for the wellbeing of orienteering should never be forgotten. The rare occasion when access becomes a problem should again bring home to us how lucky we are most of the time to have good relationships with landowners. Two problem areas recently have been Coole Park at Gort, Co. Galway and the sand dunes at Portmarnock, Co. Dublin. In the Portmarnock case the Country Club is reported to have changed hands and the owners are restricting all access to the dunes and strand. In the meantime be grateful for the areas we still have: increased participation in orienteering will undoubtedly have undesirable side-effects like more restrictions, parking problems, and so on, but we may be able to plan to minimise them by our exemplary behaviour now.

MINIMUM AGE FOR JUNIORS

Safety considerations have recently prompted planners, organisers and controllers of events to ask whether there should be a minimum age below which children are not allowed into the forest unaccompanied, except on String or SmaTroll type courses.

The minimum age class at most events is M/W10, taken to mean "less than eleven years old". This theoretically allows children of six or seven to go out alone on courses planned for 10 year-olds. If anything goes wrong it becomes the responsibility of the event officials. Should we have a minimum age restriction? Similarly, should we follow the European trend and eliminate competitive orienteering for under-13's? While we do have some exceptional talent in the M/W 11's, many of them may be too young for competition pressure. What do you think? Write to *TIO*!

SECRET ARMY

If you saw lots of little green men running around lately they may have been neither Martians nor leprechauns. Reportedly this year's Army Championships were held at Devil's Glen on June 4th, while the Eastern Command and the Air Corps Championships were held at Pine Forest.

ANNUAL REVIEW '88

Paddy O'Leary, director of Tiglin Adventure Centre and at present somewhere in the Himalayas, is doing research into land use in Wicklow. He obtained the following statistics for orienteering in Wicklow for 1988 from event results: 17 events were run (excluding schools events), with a total of 3699 competitors.

Attendances were: Tiglin 317, 182; Sugarloaf 217, 238; Hollywood 270, 199; Trooperstown 402, 217; Ballinastoe 181; Glendalough 400, 191; Brockagh 99; Claravale 217, 146; Croghan Kinsella 116; Carrick Mt. 163; Castletimon 144.

Comparative figures for the other provinces would be interesting. The figures were obtained from results published in *TIO*.

ASK FOR CHEAPER ENTRIES

As a result of a motion adopted at the IOA AGM but not publicised, all affiliated clubs and organisations running open orienteering events are obliged to offer a reduced rate of entry to members of other clubs and organisations affiliated to IOA.

This move is to offer people some immediately tangible benefit when they join clubs. As the IOA has dropped the membership card scheme it is up to the clubs or Associations themselves to issue cards, receipts or other proof of membership so that club members can claim their rightful due at events.

Members should expect to pay about 60% as much as non-members.

TREASURERS READ ON

Another motion passed at the IOA AGM was that affiliates be required to send a copy of their annual accounts to the IOA Treasurer after each club's or association's AGM. Given that the IOA opens its accounts to all and sundry at the AGM each year, surely it is reasonable to allow the IOA Treasurer to review each club's accounts?

As Frank Cunnane pointed out, since the IOA relies largely on event levies for its regular income, the figure of £1139 for 1988 is ridiculously low: this is supposed to be 10% of event income. Did all the clubs only take in £11,390 in all last year? This proposal should help IOA to raise its income towards a reasonable level.

HIGH-O, HIGH-O ...

Those of you thinking of heading to North America this summer may be interested in the Colorado High-O in the Colorado Springs area on July 1/2. Several Irish orineteers ran in the '86 event which was small but excellent. The events this year are at Garden of the Gods, Colorado Springs, and at White Ranch Park, Denver. Cheapest entry deadline is May 31st.

Contact Bob Ellis, 212 Pennsylvania Ave., Woodland Park, Colorado, CO 80863. Phone 161-719-687-3742. The USOF Convention (AGM) coincides with the event.

CORRECTION

3ROC wish to point out that in the results from the Carrick Mountain Grade 1 event on April 16th in *TIO* 40, Monica Nowlan's time on the D course should be 78.41, not 138.41, putting her in 3rd place. Sorry, Monica!

EDITOR WANTED

Recent problems with the production of CompassSport have not yet been resolved and Ned Paul again wants to step down as Editor. Ned has brought CompassSport from nothing to probably the best English language orienteering magazine anywhere and is prepared to assist and to remain on as publisher.

The job offers a salary of STG£3500 plus agreed expenses and involves the production of eight 40-page magazines each year. The job should suit a part-time or freelance worker who, ideally, is an orienteer.

Contact Ned Paul (031-892-9429) if interested.

IOA JOINS GOLD EIA

The IOA has, since the last TIO, affiliated to the Gold Environmental Impact Assessment group to help raise money for a full assessment of gold mining in the West. IOA joins An Taisce, Bord Failte, the Irish Farmers Association, the FMCI and others in expressing their concern by signing up. 3ROC have also subscribed to the fund. Individuals and clubs can contact Dr. Emer Colleran, 33 Beech Grove, Oranmore, Co. Galway (091-24411 ext 2390, work). Cheques should be crossed "Gold-EIA".

IRISH CHAMPIONSHIPS REPORT

RAVENSDALE and ROCKMARSHALL, Co. Louth.

An Irish Championships in a forest again: a novel idea after the past three years and after so many major events this season on complex open terrain like Killary and the West Cork maps. Ravensdale was an area which had been mentioned several times over the years as one which should be mapped, and glimpses of forest from the Dublin-Belfast road looked alluring, so expectations were reasonably high travelling to the event. The entry was well up to or beyond previous years and the ancillary activities such as walking tours of Carlingford, the picturesque event centre, were plentiful and promising, so all that we required was the orienteering.

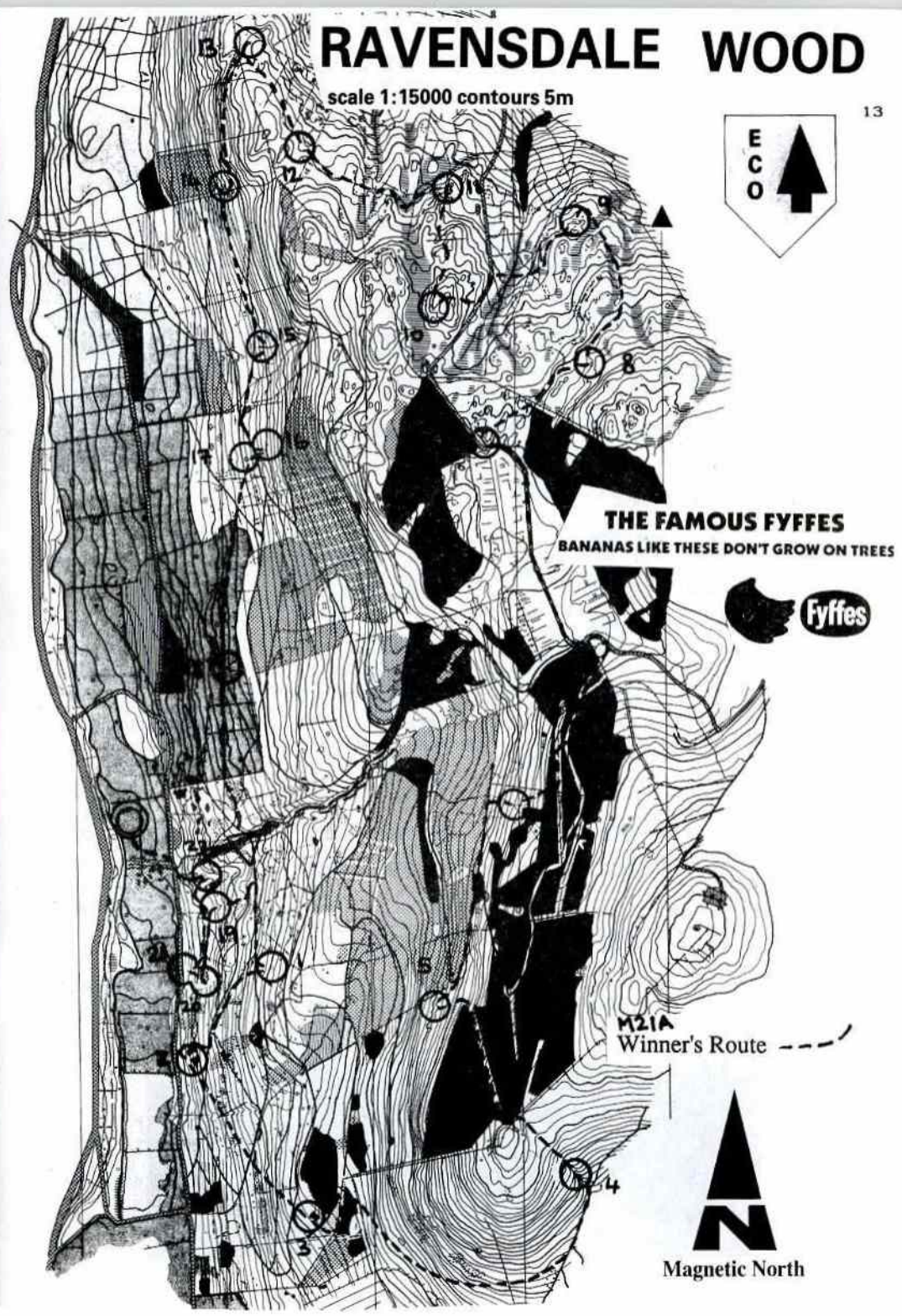
On the day, the sun shone, the Army Band played in the finish field, Radio 2 broadcast live from the assembly area with music and interviews with winners and plenty of food and drink were to be had. Competitors had come from all over Ireland, Britain and the Continent for the premier Irish event, and they may well remember it in years to come for a variety of reasons, but not for the orienteering.

In my own case, with perhaps fourteen years of orienteering behind me, I cannot remember ever running a technically easier course. Competitors were reaching the finish suffering from terminal boredom with long road legs, very easy controls (including wayfarer-style sites on the A course) and some controls on senior courses placed so as to be visible from the preceding one. As one long-time Irish orienteer put it, "It's a long way to come from Sweden to run in an event like that". What a contrast from last year where many of the courses were far too difficult: we seem to have gone to the other extreme. The courses I saw seemed to resemble nothing as much as the CISM courses in Ireland two years ago: pretty physical but not very demanding technically. Being charitable one could say that courses were planned with safety as a primary consideration: if this was the case it's a pity that some of this concern didn't spill over to the Relays the next day.

I find it hard to believe that more interesting courses could not have been planned in the area which, although steep, is no more physical than several other Irish forests, but boat-race controls involving road running with the occasional brief dash into the forest to a control is a poor substitute for real orienteering. The fastest runners won the day: winning times in all classes were very fast but still not fast enough to compete at top level internationally, as demonstrated by Jonathan Musgrave's margin over Peter Kernan and the rest of the field in M21A. Yet again I have little doubt that the event produced Irish Champions on the day, but more orienteering on all courses would have made things much better.

The distribution of titles was more widespread this year than last: Three Rock and Setanta tied with 4 each, then NWOC, AJAX, GEN and LVO with 3, Cork and Lee with 2, and Curragh, Southern, Blackwater Valley, UCC and Thomond with one each.

The advent of an event sponsor of the status of Fyffes Bananas is a very welcome trend which hopefully will lead to greater commercial input to orienteering with corresponding benefits all round.



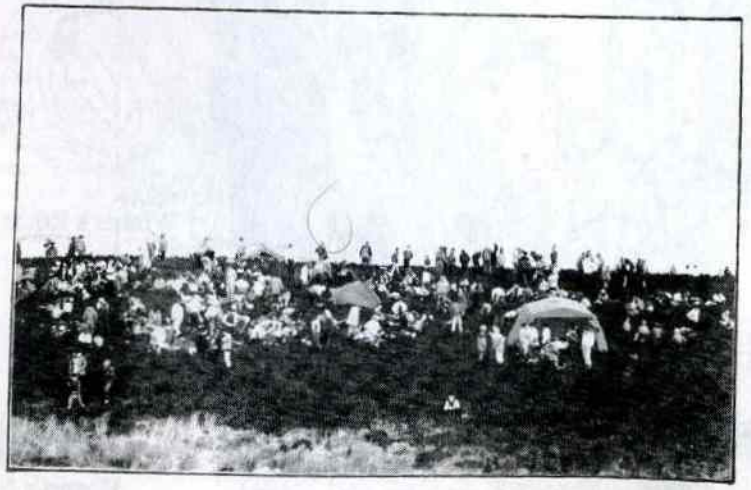
Next day the Relays were run at Rockmarshall, a revised and reduced version of the map used for the 1980 Irish Championships (held in February 1981), an interesting open contoured area including (appropriately enough) both rock and marsh. The area was an excellent choice for a relay, offering quite tricky navigation with some fsat and some not-so-fast running. The chosen assembly area was on an exposed hilltop without any great view, only attained by a kilometre walk across mountainside: our luck was certainly in as far as the weather was concerned. Had the day been bad, a worse vantage point would have been difficult to find. Several features of past relays were repeated: lack of a public address system to keep us informed on progress, slow results and courses declared void due to overprinting, control placing or control description errors. Relays should not be undertaken lightly by organisers. The interest of the courses generally redeemed the weekend from disaster: mental stimulation was needed after yesterday's run. Whether quite so many controls were needed on some courses is an interesting question: the Mens Open had 18 controls in 5.4km.

As regards the honours, Cork Orienteers at last wrested the Mens trophy from Curragh with superb runs from Brian Corbett, Bill Edwards and Liam O'Brien, while 3ROC retained the Women's Open trophy. One course was declared void at the time and a second is at present under negotiation: the official results will doubtless tell the full story.

In summary, the weekend was a disappointing one, redeemed somewhat by the relays. Virtually every other event this season was more challenging than the Individual Championships, which is a pity since so much work was undoubtedly put into the event. Hopefully the oscillations from ridiculously difficult to ridiculously easy will have been damped (critically!) by next year when IOC 90 should return to the North on April 28/29th.

J. McCullough.

Relay assembly area, IOC'89, Rockmarshall, Co. Louth.



RESULTS SUMMARY

M10	A. Mein	NWOC	23.52
	C. Finlay	FermO	27.39
	S. Niland	AJAX	34.12
M11	S. Bogle	NWOC	26.58
	C. McKenna	LVO	30.14
	T. Tottenham	FermO	31.20
M13	F. Dooley	CURR	37.14
	P. Feehan	BVOC	40.45
	D. Hollinger	LVO	42.21
M15	A. Whyte	CorkO	43.55
	J. Chandler	CorkO	45.19
	G. Fallis	FermO	47.02
M17	P. O'Hara	NWOC	52.54
	D. Ryan	BVOC	55.56
	J. Feehan	BVOC	56.58
M19	J. Scannell	CorkO	69.18
	L. Doddy	3ROC	72.15
	D. Conerney	WE	75.16
M21A			
	J. Musgrave	GRAMP	73.56
	P. Kernan	AJAX	81.34
	J. May	3ROC	81.54
M21B			
	P. Saunders	SO	57.16
	F. Lafferty	FIN	65.07
	P. O'Connor	WATO	65.47
M21C			
	D. Thornhill	GEN	49.00
	G. Kelleher	CorkO	49.41
M35	J. McCullough	3ROC	61.06
	P. O'Brien	AJAX	66.45
	B. Vell	GEN	67.26
M40	W. Hollinger	LVO	54.09
	B. Creedon	CorkO	58.09
	B. O'Neill	CURR	59.36
M45	T. Feehan	BVOC	52.59
	H. Inglis	GEN	57.11
	P. McCormack	GEN	58.03
M50	A. Flegg	SET	43.08
	M. Reed	FermO	44.10
	C. Dunlop	SET	45.45
M55	P. Walsh	SET	49.54
	C. Carroll	3ROC	66.39
	F. Cunnane	CorkO	67.36
M60	N. Morrish	LeeO	43.01
	N. Ervine	LVO	48.54
	S. Kulldorff	SET	59.45

W10	C. Thornhill	GEN	30.32
	M. O'Neill	SET	32.35
	C. O'Connor	CorkO	35.52
W11	R. Holliner	LVO	18.26
	M. O'Connor	CorkO	21.46
	J. Mein	NWOC	23.20
W13	S. Convery	3ROC	26.09
	A. Creedon	CorkO	26.16
	F. Pinker	CorkO	27.33
W15	K. Convery	3ROC	35.18
	E. Glanville	3ROC	48.43
	K. O'Hara	SET	56.53
W17	J. Wilson	LVO	54.29
	J. Graham	NWOC	56.27
	N. Shaw	ThO	60.58
W19	N. O'Higgins	UCCO	66.23
	H. Creagh	3ROC	67.26
	J. Leonard	SET	68.11
W21A			
	D. niChallanain	AJAX	60.39
	C. nicMhuiris	UCGO	61.20
	M. McPherson	3ROC	61.39
W21B			
	L. Honkaward	Finland	46.40
	J. Horan	AJAX	48.21
	C. Twinem	LVO	51.47
W21C	V. Hickey	ThO	44.19
	J. Murphy	KO	45.12
	F. O'Neill	SET	50.59
W35	M. Healy	GEN	63.14
	M. Thornhill	GEN	65.56
	M. Nowlan	3ROC	67.10
W40	K. Bent	SET	54.43
	W. McCormack	GEN	54.43
	C. Feehan	BVOC	58.19
W45	C. Nuttall	LeeO	47.06
	J. Flegg	SET	55.45
	S. Pim	WATO	59.17
W50	H. Convery	3ROC	50.00
	D. Large	GEN	55.13
	N. Creagh	3ROC	60.32
W55	E. Brown	SO(GB)	62.11
	F. White	SET	69.23
	M. Morrish	LeeO	75.22

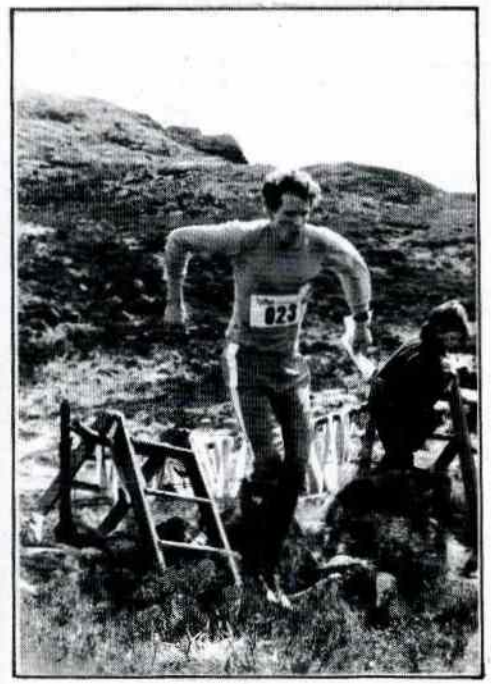
Winning Times:

Course	Class	Length/climb	Mins/km of 1st 3
A	M21A	12.8km/580m	5.78, 6.37, 6.40
B	M19	8.25/175	8.40, 8.76, 9.12
	M35		7.41, 8.09, 8.17
C	M17	7.6/235	6.96, 7.36, 7.50
	M40		7.13, 7.65, 7.84
	W21A		7.98, 8.07, 8.11
D	M45	6.5/185	8.15, 8.61, 8.80
	W19		10.21, 10.47, 10.49
	W35		9.73, 10.14, 10.33
E	M50	5.7/150	7.57, 7.75, 8.03
	M55		8.75, 11.69, 11.86
	W40		9.60, 9.60, 10.23
F	M60	4.75/120	9.06, 10.29, 12.58
	W45		9.92, 11.74, 12.48
	W50		10.53, 11.62, 12.74
	W55		13.09, 14.61, 15.87
G	M21B	7.9/325	7.25, 8.24, 8.33
H	M15	4.4/225	9.98, 10.30, 10.69
	W17		12.38, 12.83, 13.86
I	M13	3.7/200	10.06, 11.01, 11.45
	M21C		13.24, 13.43, 13.87
	W15		9.54, 13.17, 15.37
	W21B		12.45, 13.07, 14.00
J	M11	3.4/105	7.93, 8.89, 9.13
	W13		7.69, 7.72, 8.10
	W21C		13.03, 13.29, 15.00
K	M10	2.9/100	8.23, 9.53/ 11.79
	W10		10.53, 11.23, 12.37
	W11		6.36, 7.51, 7.94.

The largest winning margin was in M55 where Paddy Walsh had 16.45 to spare over Con Carroll. The only dead heat recorded was between Kay Bent and Win McCormack in W40, while the closest margin apart from that was in W13 where Sheila Convery finished only seven seconds ahead of Ailbhe Creedon.

Due to the course planning involving easy orienteering and lots of road running many competitors produced minutes per kilometre times which must be personal bests: only ten classes had winning times in excess of 10 mpk (last year only the M21A's achieved this distinction). Ruth Hollinger in W11 ran 6.36 min/km, beating Irish Champion Peter Kernan, and second only to Scotland's Jonathan Musgrave in speed on the day.

IRISH RELAY CHAMPIONSHIPS



IRISH RELAY ORIENTEERING CHAMPIONSHIPS

Sunday, April 23rd 1989

Men Open class

1	CorkO (B. Corbett, W. Edwards, L. O'Brien)	110.48
2	Curragh (P. Healy, W. Young, A. O'Cleirigh)	115.23
3	AJAX (E. Rothery, R. Bryson, P. Kernan)	117.35
Non-comp.	Scotland (P. Hyman, D. Petrie, J. Musgrave)	108.27

Women Open class

1	3ROC (U. Creagh, M. McPherson, R. Burgess)	124.33
2	AJAX (D. niChallanain, D. Lewis, T. Horan)	149.22
3	GEN (M. Healy, J. Watt, M. Thornhill)	161.38
Non-comp.	Scotland (N. Melville, L. Boyd, P. Blake)	129.54

M13- class

1	CorkO (C. Creedon, J. O'Connor, J. Hurley)	73.52
2	NWOC (D. Logue, K. Cummings, A. N. Other)	78.50
3	LVO (D. Hollinger, T. Pentland, C. McKenna)	84.35

W13- class

1	NWOC (C. Hunter, J. Mein, S. Devlin)	87.41
2	CorkO (F. Pinker, M. Hutchinson, A. Creedon)	121.16
3	GEN (C. Thornhill, ?. McCormack, K. Thornhill)	137.55

M17- class

1	NWOC (B. James, G. James, P. O'Hara)	91.30
2	BVOC (J. P. O'Neill, J. Feehan, D. Ryan)	95.02
3	CorkO (F. Brenock, M. Pinker, B. Scannell)	99.46

W17- class

1	3ROC (E. Glanville, K. Convery, S. Convery)	58.34
2	CorkO (No names)	93.05
3	NWOC (A. Hunter, T. McLenaghan, V. Logue)	116.08

M35+ class

1	BVOC (P. Nash, K. O'Dwyer, S. McSweeney)	136.42
2	AJAX (P. O'Brien, M. O'Hara, P. Gargan)	137.06
3	LVO (W. Hollinger, C. Majury, B. Simpson)	144.21

W35+ class

1	3ROC (B. Flanagan, M. Walsh, M. Nowlan)	143.34
2	BVOC (J. O'Keeffe, E. Feehan, C. Feehan)	153.25
3	GEN (No names)	170.30

M45+ class

1	GEN (P. McCormack, A. Bonar Law, M. Lunt)	134.38
2	LVO (A. Gartside, E. Wilson, R. McCourt)	135.45
3	3ROC (P. Flanagan, H. White, T. McGrath)	160.47

***Ad Hoc* class**

1	Scotland (No names)	95.01
2	CURR (E. Niland, F. Dooley, M. Dooley)	102.50
3	GEN (No names)	105.31

SPRINT - O

Attempts are being made by the International Orienteering Federation (IOF) to introduce a new form of orienteering with the aim of incorporating it in the World Championships as soon as possible. This new form is intended "to provide variations in types of orienteering offered by organisers, to be attractive to the media and to imply a physical and technical challenge different from what is the case in ordinary orienteering". This new form is almost certain to be 'Sprint-O' with a winning time of about 30 minutes, the course consisting of short legs and intensive orienteering - it is definitely not going to be a short version of "ordinary" orienteering. This new discipline will give a chance to weaker O-nations like ourselves.

Currently the stipulated winning times in the World Championships are 90 minutes for men and 65 minutes for women. To compete effectively in such a competition requires phenomenal physical and technical training. For the men more than twelve hours running per week is usual. Such training is almost a requirement to be able to challenge in the World Championships. Unfortunately the average body breaks down long before these hours are clocked up. Motivation to train so hard is also a problem here in Ireland as one can win Regional Championships with only a fraction of the above training. An indication of such a weakness in the physical fitness of the Irish orienteers was shown by Jon Musgrave's recent win in the Irish Championships, nearly 8 minutes (10%) ahead of the best Irish performance.

On the technical side Ireland, along with many other countries, lacks the maps/terrain to build up sharpness in route-choice and fine navigation. A long leg here, when we see one, inevitably involves lengthy sections on forest roads or with safety features close at hand. Many of the maps aren't precise around the circle, leading to a certain lack of confidence.

So how will Sprint-O help our chances? Firstly the required training drops considerably, leading not only to better performances by 21's but also to effective participation by 19's and 35's at the top level. The short leg/direction change is more suited to Irish forests and the shorter lengths will make smaller areas of technical terrain valid for mapping/competition purposes.

This move by the IOF has been viewed with such significance by the Norwegian O-Federation that there is to be a Norwegian Championships in Sprint-O this year, despite the tentative nature of the IOF proposal. It is essential that we in Ireland also view this development positively and introduce a National Championship ourselves in Sprint-O.

Brian Corbett,
Cork Orienteers.

EASTINGS

REGISTRATION FEES

I am delighted to report that we have obtained a high degree of co-operation from the clubs with regard to payment of the £20 Leinster Levy. On this basis the LOC have decided to absorb the cost of paying the I0A registration fees, namely £5 for a championship, £3 for a Grade 1 and £2 for Grades 2 and 3. The LOC will forward the fees well in advance to the National Fixtures Secretary. This will ensure that all fixtures agreed with the Leinster Fixtures Secretary will be covered by the I0A Insurance Policy. As this new scheme will result in a loss of revenue to the LOC, we feel justified in dispensing with the practice of waiving the Leinster Levy on championship events.

GRANTS

The LOC have paid out Equipment grants of £50 each to Naas and Fingal. Junior travel grants for the JK of £20 each were paid to P. Nolan, DLSO, M. O'Neill, DLSO and S. O'Neill, DLSO. P. Nolan was unable to travel due to injury and his grant was transferred to A. O'Mullane, DLSO.

MAPPING

Travelling expenses have been allocated to the Mapping Officer, B. Power and Fixtures Secretary, R. Flynn to enable them to identify new areas suitable for Mapping in Leinster (with the emphasis on areas outside Wicklow). Hopefully, this will allow for forward planning in the production of maps suitable for championship events.

INTER-PROVINCIAL CHAMPIONSHIPS 1989

Detailed results, courtesy of S. Cotter, are now to hand.
The scores were:

Leinster 193, Munster 206, Ulster 140.

Maximum team points of 18 were scored by the Leinster W21 team, D. Ni Challanain and E. Loughman; W35 team, M. Thornhill and J. Watt; W50 team H. Convery and D. Large. Maximum individual scores of 10 were gained by K. Convery, W15; T. Cleary W40; L. O'Hara, M10; F. Dooley, M13; A. O'Cleirigh, M21; P. O'Brien, M35.

LEINSTER CHAMPIONSHIPS

At the last Leinster Fixtures meeting it was decided to shift the date of the Leinster Championships from winter to spring to increase the likelihood of reasonable weather conditions. The 1990 Leinster Championships are scheduled for 31st March/1st April. Naas and Curragh have offered to run the individual 1989 Leinster Championships in October; there were no offers to run a 1989 Relays Championship.

COME AND TRY IT

Sincere thanks to all the clubs who put on events for "Be Active, Be Alive" week; their efforts made it possible for the I0A Secretary to present an impressive list of events to the VEC's.

It is planned to kick-off next season with a Leinster O-day in the Phoenix Park on 3rd September.

RESULTS, BEFORE YOU LEAVE

At the Leinster Schools Championships at Trooperstown on 30th April, participants were presented with the event results prior to their departure following the prize-giving. This was the achievement of F. Lafferty and his computer.

ORIENTEERING FIXTURES

June

16	HOLLYWOOD	near Blessington, Co. Wicklow. Evening event with music and barbecue to fund Irish World Championships Team. Start 7-8 pm. GR N 94 06.
17	SLIEVE CROOB	Ballinahinch, Co. Down. LVO NI Colour Series no.5 on IOC '86 area. GR J 32 47.
23	NEWBRIDGE HOUSE	Donabate, Co. Dublin. GEN Midsummer Madness event & Barbecue. Start 7-8.30 pm. GR O 2149.
25	PINE FOREST	Rathfarnham, Co. Dublin. Sprint-O event run by Irish squad to fund World Championships Team. GR O 13 22. Start 11.00-2.00pm.
29	HELLFIRE WOOD	Score Event run by Irish Squad as World Championships fundraiser. GR O 12 22. 7pm.

July

2	TRAMORE	Co. Waterford. Sand dunes with 2.5m contours. GR S 59 01. WatO Grade 2 event. New map.
9	WICKLOW MOUNTAIN MARATHON	Annual Setanta OC event this year in Glen of Imaal. Bring your own 1" map.

30-5 August LOCH LOMOND '88 Scottish Six-Day.

August

12-20 WORLD CHAMPIONSHIPS Skövde, Västergotland, Sweden.

September

3	LEINSTER ORIENTEERING DAY.	Come-And-Try-It event provisionally in Phoenix Park, Dublin. GR O 09 34.
10	CROGHAN KINSELLA	Woodenbridge, Co. Wicklow. First Leinster League event (LL1). Setanta OC. GR T 13 72.
16	GORTNAMOYAGH	Garvagh, Co. Derry. NWOC NI Colour series 6. GR C 76 13.
16-17	ANDERSONS MOURNE MOUNTAIN MARATHON	Two Day "Karrimor"-style event for teams of two. Contact Denis Rankin, 18 Cranmore Gdns., Belfast BT9 6JL. 3 courses.
17	KILLINEY HILL	Co. Dublin. DLSO Colour Event. GR O 26 25.
30	CASTLEWELLAN	Co. Down. NI Colour series 7. GR J 32 37.

October

1	LEINSTER CHAMPIONSHIPS	Glendalough, Co. Wicklow. Curragh Orienteerers and O-Naas. GR T 11 96.
8	HILLSBOROUGH	Co. Down. LVO CLub event. GR J 24 57.
8	TROOPERSTOWN	Laragh, Co. Wicklow. GEN Leinster League event (LL2) GR T 16 97.
15	MULLAGHMEEN	Co. Westmeath. Near Oldcastle. SET Leinster League (LL3). Worth the journey. GR N 47 78.
21	NORTHERN IRELAND CHAMPIONSHIPS and Ward Senior Home International,	Gortin, Omagh, Co. Tyrone. GR H 49 82. FermO. Entries to Ronnie Patterson, Mt. Prospect House, Darrylin, Enniskillen, Co. Fermanagh, by 22 Sept. (STG£4/2). See next *TIO.*
22	BELFIELD	Dublin 4. UCDO Grade 3. GR O 18 29.
22	GORTIN	Co. Tyrone. Team score event. Mass start 12.00. STG£6/3 per team.
28-29	MUNSTER CHAMPIONSHIPS	Tir na Spideoige, Inchigeela, Co. Cork and Warrenscourt, Kilmurray, Co. Cork. Individual & Relay. Entry forms will be in *TIO.*

28-29 WARD JUNIOR HOME INTERNATIONAL in Wales. Ireland, England, Scotland and Wales compete.

November

4	TOLLYMORE	Newcastle, Co. Down. NI Colour series 8. Runnable forest in the Mournes. GR J 35 32.
5	THREE ROCK WOOD	Dundrum, Co. Dublin. 3ROC Leinster League event (LL4). GR O 17 23.
11	CAIRN WOOD	Dundonald, Co. Down. LVO Night-O. GR J 45 76.
12	MALAHIDE CASTLE	Co. Dublin. UCDO G3 event. New map. GR O 2145.
18	NORTHERN IRELAND NIGHT CHAMPIONSHIPS	University of Ulster, Coleraine, Co. Derry. NWOC.
18-19	IRISH TWO-DAY	Clogheen, Co. Tipperary and Knockanaffrin, Co. Waterford. Event Centre: Clonmel. Cheapest entries to 30 Sept. Michael Grant, Grange, Mooncoin, Co. Kilkenny (051-95295). Entry forms will be in *TIO.*

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. Most of the above events are not on the official IOA Fixture List.

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.

LEINSTER O-RINGEN

After a break of several years the Leinster O-Ringen has been re-established as a fixture ans a welcome addition to the year's programme. The original Leinster O-Ringen of the late 'seventies and early 'eighties becane the Irish Two-Day which travelled around the country as the humour took it, leaving its parent province without one of its major events.

This year's competitions were run on a new map of Three Rock Wood, Co. Dublin and at Ballinastraw/Cronybyrne, Rathdrum, Co. Wicklow, by 3ROC and AJAX. The small numbers attending the events had two good days orienteering at a very reasonable cost, and the organisers should be well pleased with their efforts. Many lessons were learned, however: A lack of an overall plan for the weekend and the use of unsuitable criteria for planning the five courses meant that too many competitors went home unsatisfied by the orienteering, most notably the veterans. The courses were planned to decrease in both length and difficulty from the A to the E, while a shorter, technical course was really required. Had the event been run as a proper Colour event with, say, Blue, Green, Red, Orange and Yellow courses then there would have been few complaints.

Another problem was the uncertainty about whether there was entry on the day as well as pre-entry (there was). Lack of information sent to clubs around the country, insufficient selling by the organising clubs and an insufficient pre-entry presence at events beforehand did little to encourage orienteers to come, and when combined with a clash with a Grade 1 event at Inch in Co. Kerry, meant that the Munster regulars stayed away also.

The organisers left it up to each competitor to decide which course to run: the A course was dominated by M35's as all the best M21's didn't come. The small attendance generally meant that competition was lacking in many instances. The chasing start on Day 2 did spur competitors on to greater efforts, but the decision to start runners more than 60 minutes behind the leader on their course in a mass start at 12.40 is an incomprehensible one to me: runners on short courses with slow times could find themselves with a 40 minute gap between them and the runner in front. The usual method is a one-minute start interval after an hour. Another interesting decision was to use the '82 (revised'85) map of Cronybyrne rather than the '87 version produced by Pat Healy: financial factors, no doubt.

The Saturday night saw an equally welcome return of the Leinster Clubs' supper dance, run by Fingal at the Royal Marine Hotel, Dun Laoghaire. Although gastronomically disappointing, a great night of Céilí and crack was had by the 46 brave souls who attended: a disgracefully low attendance. The orienteers of Leinster don't deserve the service they get from clubs prepared to run events and other functions for them. The score on the night was (give or take) Fingal 18, 3ROC 16, GEN 10, SET 2. AJAX, BSO, CURR, ECO, NAAS, Tocher, KSO, UCDO, DUO, etc... Nil. Perhaps next year things will improve. Still, the dance floor couldn't hold any more...

Next year's O-Ringen will be run by GEN and SET on the last weekend in May in Co. Wicklow. Let's hope for equally good weather and good orienteering.

J. McCullough.

THREE ROCK ORIENTEERING CLUB

3ROC

Enquiries to: Vera Murtagh, 19, The Cloisters, Harold's Cross, Dublin 6. Tel.:908237

Holiday time has arrived and Club members are on the move, some to foreign parts, taking in orienteering on the way, some staying nearer home, with the Scottish 6-Day featuring prominently.

TRAINING

The Training Runs in Marley Park have now finished for the summer. However, they will commence again in early September. The "FIRST FRIDAYS" will commence on Friday, 6th October at 8 p.m. in GLENALBYN. Please bring along any maps of events you ran in over the summer and regale us with tales (tall or otherwise) of your experiences (orienteering, of course!). On Saturday, 7th October 1989 there will be a Training Event in 3 ROCK WOOD; as usual all grades of experience will be catered for - so if you are a "new member" keep that date for your diary. Contact John McCullough (378819) if you require any more details.

IOC '89

Day 1 saw us in Ravensdale and Day 2 we relayed in Rockmarshall. This year we were joined by 6 members of LOK from London who greatly enjoyed the weekend. Congratulations to our Irish Champions - Shiela Convery (W13); Karen Convery (W 15); Hazel Convery (W50); John McCullough M35); Also well done to Laurence Doddy (2nd - M19); Justin May (2nd-M21A); Con Carroll (2nd-M55); Emma Glanville (2nd-W15); Hilde Creagh (2nd-W19); Maeve MacPherson (3rd-W21A); Nuala Creagh (3rd-W50); Philip Butler (3rd-M40). Vince Joyce (4th-M21A) and Una Creagh (4th-W21A) also had notable success. Relay Winners were: W17- Karen & Shiela Convery and Emma Glanville; W35+ Monica Nowlan, Maire Walsh & Brigid Flanagan; Women's Open was won by Una Creagh, Maeve MacPherson and Rachel Burgess - again congratulations to all.

WORLD CHAMPIONSHIPS 1989

Congratulations to our members on the Irish Squad; Julie Cleary, Una Creagh, Maeve MacPherson, Vince Joyce and Justin May and we wish them the best of luck in the Selection Event to finally decide the team. As part of the squad's efforts to raise funds for the team there will be a SPRINT O in Pine Forest on Sunday, 25th JUNE. Please come along and support them.

EVENTS

3ROC ran Day 1 of the O Ringen on the new map of 3 ROCK WOOD. Despite the small numbers taking part everyone enjoyed the event. Thanks are due to Liam Convery (organiser), Justin May (planner) and Monica Nowlan and Brigid Flanagan (controllers) as well as the club members who gave such sterling assistance on the day. Special thanks are due to Arthur Green for his help and wizardry on the computer and Brian Hollinshead who computed like mad.

MAPPING

The resurvey of Carrick commences immediately. Ted McGrath,(our Mapping Officer) is looking for volunteers. Don't worry if you haven't mapped before - a resurvey is relatively easy and full instructions are given. The more volunteers we have the smaller each segment for resurveying will be! The resurvey must be completed by the end of the Summer. Phone TED now at 955020.

FINALLY - Good luck to all our members doing examinations at the moment. Happy holidays to everyone - may the sun shine on you; may your travel

FINGAL ORIENTEERS

May is certainly the Fingal time of the year. May '88 saw the first club meeting - cum - training session while '89 saw our first A.G.M., club event, beginners' event and social night. It also nearly saw our first club divorce, resignation, cancellation, evacuation and emigration! In the ovent - get it?- all went well - very well actually, so the hard part starts now trying to keep up the standard.

It would be impossible to thank all those concerned in the clubs activities by name but a few path blazers demand recognition - Francis Lafferty & Brid Quigley (no relation obviously) for planning and organising the Tiglin Event, and especially Lillian Quill who co-ordinated the ticket sales for the O-Ringen night - if she can do that she can do anything! £93 profit went towards the Leinster - O - Day - much thanks for the support, it was great crack.

MEETINGS	May 2nd was the date for our 1st A.G.M. and despite intense competition the following were deemed to be elected.
Captain	Francis Lafferty (CPI) Computer Printout Impresario - typical Donegal man!
Chairperson	Frank Flood (LAB) makes everything seem like hard work!
Secretary	Lillian Quill (P.D.) always says please but really means just do it!
Treasurer	Gerry Smith (F.F.) anywhere there is money there's a .....
Club Officer	Brid Quigley (F.G.) Fingal Gear Rep.
Mapping Officers	Michael O'Keeffe and Pat Healy (W.P.) one job - two workers.
Social Affairs	Gillian Byrne (Community)
Committee Members	Gerry Morgan and Doug Corrie (Ind) i.e. no jobs!
EVENTS	Lillian is to map, control, plan and run a local event in Albert College Park - no problem to our P.D.!
MAPPING	Hint taken, the club has undertaken to map Ardgillan Demesne over the summer. Details to be finalised on June 7th.
IMMIGRATION	Joe McDermot has moved west to Newport to run his excellent Skerdagh Adventure Centre. The word is the chips are magic but watch the burgers! Likewise Trish Walsh is taking up position as manager of Clonbur Adventure Centre. Trish - dont talk to me unless its a grade 1 - will be sorely missed for her looks, charm and dark glasses - so I'm told anyhow!

Please note: No 1st Tuesday nights in June, July or August but we have a Bowling Night in A.L.S.A.A. on Wednesday 7th June followed by an informal post-mortem on May's activities - over a pint of course.

Congratulations! To our new captain on his winning the M21B section in the Irish Championships, the man goes from strength to strength! Meanwhile, Fin juniors are going places too, Anthony McInerney (M17) came 3rd in L.S.O.A. schools championships while Leonard Floyd (M17) was 2nd in the re-run Leinster Champs and 3rd in the L.S.O.A. Leinster League.

New arrivals graced the Smiths, McDermotts (Fergus branch) and Flood/Brophys.

SURE, IT WAS A GRAND YEAR!

NO DOGS ALLOWED

The pet-lover orienteering lobby in Britain is up in arms over a new rule of BOF to ban dogs from events in general. The situation from September 1st next is that dogs will not be allowed unless specifically stated otherwise. Event organisers are expected to try to get permission for dogs on leashes in assembly areas. The Welsh OA was the first Association to legislate against dogs, followed six days later by BOF Council.

COLOUR EVENTS INCREASE

A look at the advance fixtures for the next year shows that Leinster is at last starting to adopt the Colour Event. Setanta, DLSO, GEN, Fingal and trim Orienteers are all scheduled to run Colour events in addition to those already being run in Ulster by LVO, Fermanagh and NWOC.

A recent move in Britain has been to introduce an optional Light Green course (shorter than Red but less difficult than Green), defined as follows: "Technically medium; controls on obvious point features or distinct contour features a short distance from line features. Route choice via line features or obvious contour features. Legs and controls should by easy early on in the course and become more difficult". The length should be 3.0-4.0 km and the time for most finishers 35-55 minutes.

WOC SELECTION

The Irish trial has been changed both in date and location: the event shifted from Ireland to Wales and then to Scotland, and the date is now July 8/9. This is an unfortunate choice for Una Creagh, one of the hopefuls, who will be competing in the European Junior Championships in Austria the following Tuesday.

TRAINING WEEKENDS

Cork Orienteers are staging a number of training weekends for their members over the summer: if other orienteers are in these areas maybe they might be able to slip in too?

Weekends are June 17/18 at Inch, Co. Kerry; July 15/16 at Glengarriff and Bere Island; August 26/27/28 at Inchigeela; September 23/24 at Glengarriff and Bere Island and January 20/21 1990 at Rossbeigh and Cappanalea, Co. Kerry. OK, so September and January aren't in the summer.

Details from Training Officer Mary Curran (021-506339).

CORK O PROGRAMME

The full Cork Orienteers programme for almost the next year is enclosed in this issue, and a very impressive programme it is too. Cork O are really putting it up to the other Irish clubs to get their lethargic acts together.

A confusing point, though, is the age classes listed on the back page: these are the age classes for 1990, not 1989, so cut them out and refer to them next January.

CLUBS' CONFUSION

The initial awarding of the W55 trophy at the Irish Championships to Elizabeth Brown (SO=Southdowns Orienteers in England, not our own Southern Orienteers or the now defunct Sligo Orienteers) again highlights the potential for confusion between clubs' abbreviated names. Variations are always cropping up: is Curragh CURR or CO (and are they orienteers or Orienteerers)? Are Cork Orienteers Cork, CorkO, COC or CO? What of Little Killary and Lough Key (né Boyle Orienteers, BO)? Togher Orienteers and Tipperary Orienteers? Wesley Orienteers and Western Eagles Orienteers?

Some thought is required by IOA to forestall problems of nomenclature as the number of clubs increases, as we hope it will.

AJAX COMMITTED TO OZONE

The concern of IOA Environment Officer and his club, AJAX, for the ozone layer was manifested at the recent Leinster O-Ringen in a novel way. The organisers eveidntly decided that the way to minimise damage to the ozone layer, given that they were using expanded polystyrene cups for drinks at the finish, was to make all the competitors share the same few cups rather than give each a fresh one. An Irish solution to an Irish problem?

WOC FUNDRAISING EVENTS

Orienteering and other events are being run all over to raise money for the Irish team for the World Championships in sweden in August. The Draw held at the Irish Championships raised £1300, while events in Leinster and Munster are expected to bring in as much again. Nuala Creagh and Pat May organised a coffee morning/bring and buy sale on June 9th while Eileen Loughman, Pat May and Aideen Morrish have been cashing in on orienteers legendary appetites at events to fund the squad.

Forthcoming events are:
June 16 Hollywood, Co. Wicklow;
June 25 Pine Forest, Co. Dublin;
June 29 Hellfire Wood, Co. Dublin.

Mary Curran ran a fundraising event at Rostellan near Cork on June 4th and AJAX ran a score event at Killiney, Co. Dublin on June 11th.

SELECTORS FUTURE PROBLEM?

Irish squad member Anne May (née Shiel), ex secretary of Irish Orienteers and ex-editor of the LOC Newsletter has just given birth to a son. Anne, husband David (who has been known to run for Wales) and son are all reported well. Congratulations. But will he run for Ireland, England or Wales?

COMPASS SPORT ORIENTEER

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JUNIOR NEWS

Orienteering is a sport to be enjoyed. If you are selected and/or put your name forward for National teams (junior or senior) you should also aim to reach a standard commensurate with your all-round ability.

ABILITY

Orienteering (the sport, not the pastime) requires a combination of navigational skills and physical fitness. Some people will work harder to acquire these skills than others; some people will by nature be more fit than others: however, both areas can be improved with practice and training.

ACHEIVEMENT

Each person must decide what he or she wants to achieve in orienteering. If you want to compete in a few events each year and meet your friends for training occasionally that is more than acceptable. If you want to win a National Championship and compete at International level then you must analyse yourself and your sport and decide what you are prepared to do to achieve your aims. Your aims must be realistic: if you run 12 minutes per km as an M17 and last year's National Champion won at 8 minutes per km then you won't win next year's M17 National Championship, but you could aim to run on average 10 mins/km next season.

TIME

There is much more to life than orienteering. You should divide your time and utilise it properly. You need time to sleep, go to school, study, socialise, relax and train. You should live a normal life and merely select a time (e.g. one hour 3-4 times each week) when you can train. The important thing is discipline: follow whatever realistic plan you draw up for yourself.

OTHER SPORTS

I strongly recommend junior orienteers to play other sports. Variety makes training more palatable. I would of course recommend that orienteers take part in cross-country running and athletics at whatever level, as these are definitely of benefit.

ATTITUDE

If you are a competitive orienteer your attitude must be positive. If you are generally accepted as being capable of winning a competition you should aim to do that. Some people want to win but shirk the responsibility: when talking to friends before the competition they show false disinterest and make excuses. This can affect one's own attitude. If you are good enough to win or finish second or third or achieve some goal, then you should go out there, prepare properly and positively, and **have a go.** There is very little

point training for something if you don't positively use your efforts on the day when most required. When a competition is over, it is over: you should accept what has occurred, recognise your strengths and weaknesses and try and do something about the latter next time out.

TRAINING

Junior orienteers must train. The amount of training to be done will vary, depending on age, time available and involvement with other sports. Each orienteer should have a training plan: quite apart from the physical benefits, the discipline is necessary if one is to improve. A 12 to 13 year old competitor should run 2 to 3 times per week, an 18 to 19 year old with any ambition of running with success at senior level must be training 6 times each week. The merits and demerits of different training schedules can be discussed *ad infinitum*. As juniors I would say to you "Go out and run": this is much more important at this stage than any scientific analysis of what you should be doing.

PREPARATION FOR COMPETITION

In the long term one prepares for competition by getting fit and over a period of time coming to terms with the technical aspects of the sport. In the more immediate preparation for important competition one should ease up on training, get regular sleep and stay relaxed. Each individual must develop his or her own routine immediately prior to competition. Relaxation is an important part. One should also learn to be honest with oneself: if you are feeling nervous then don't try to pretend to others that you are not, as this creates additional pressure. On the day of a competition singlemindedness is important: no one will notice or care very much how you feel, they will be engaged with their own personal situation. Your energy and concentration should be utilised towards your main goal, to perform to the best of your ability. You will run no better than your long-term and short-term preparation. A good run will not appear out of the blue and surprise you: if it does you are merely underestimating your ability and should adjust your aims.

COMPETITION

The competitive aspect of sport is healthy and natural. You should be able to compete freely against your best friends and when competition is over discuss your endeavours freely. You should respect attitudes which are different from your own: some of your associates will be more competitive than you, some less so. The enjoyment and benefit derived from the sport is the true measure of one's successful association with it. However, as I have already indicated, people on National teams or panels must be competitive. They should compete regularly and make a special effort for important competition. This is a difficult area: you must prepare for a special effort, yet you must retain clear vision and stay relaxed while competing. Each competitor must develop a rhythm whereby he or she runs to the maximum at which they can cope with the technical skills required. On a road or path one can run at 6 mins/km or faster and still read road and track junctions as required. In technical rough ground one may have to run or walk at 20 mins/km in order to cope effectively with the situation.

When competing it is important to remember that each one is confronted with the same problems. If the ground is rough for you it will also be rough for the opposition. You must stick with the task of applying your skills and fitness to the demands confronting you. It is all the more important that planners set you courses with which you can cope while at the same time challenging you sufficiently.

Orienteering is an individual sport and you must be geared and prepared to operate on your own. You should disregard those ahead of and behind you. Use minor competition to practice skills and develop orienteering rhythm. You should realise that competing is not an endless series of bursts, stops and starts: it is a controlled sport requiring the patience and discipline to move forward only at a speed at which you can apply the skills required for each situation you find yourself in.

CONCLUSION

This paper is not intended as a training guide, it is too brief for that. It is meant to be a thought- and discussion-provoking document. If on reading it you realise you don't know enough about the sport you are trying to be successful at you should try and acquire this information and apply it.

Wally Young
Curragh Orienteerers.
(Wally Young is one of our most experienced and successful international orienteers who has just taken on the job of International Team Manager. This piece was produced for an IOA Junior Squad training weekend. If you want to improve your orienteering, start by asking your club training officer!)

TECHNICAL TRAINING FOR JUNIORS

IOA Juniors Officer Bernard Creedon informs us that a further major training course will be based in Ballingeary in West Cork over the last weekend in August. The training course is open to all juniors, both Irish Squad Juniors and others who would like to attend. There will also be training for adults.

This weekend would not be suitable for beginners as it is intended that there will be a heavy emphasis on contour interpretation and technical orienteering. If you are interested please contact Bernard as soon as possible if you wish to book a place.

Remember: juniors and seniors welcome. Cost approximately £10-15. Bernard Creedon, Mount Prospect, Douglas, Cork. Phone (021) 361824.

IRISH JUNIOR TRAINING SQUAD

M17			W17	
1)	P. O'Hara	NIOA	1) J. Wilson	NIOA
2)	J. Feehan	029-60174	2) J. Grahan	NIOA
3)	D. Ryan	022-22125	3) P. Ryan	021-632365
4)	B. Scannell	021-963677	4) A. Rice	01-935983
5)	B. James	NIOA	5) N. Shaw	061-343959
6)	S. Good		6) N. O'hUigin	021-541488
7)	P. Nolan	01-980686		
8)	F. Brenock	021-631369		

M15			W15	
1)	J. O'Neill		1) K. Convery	01-697107
2)	M. Pinker	026-47119	2) E. Glanville	01-955557
3)	G. Doherty	01-806611	3) K. O'Hara	044-72191
4)	A. White	021-292239	4) A. Rice	01-935983
5)	J. Chandler	021-631160	5) A. Connolly	023-41851
6)	A. Kelleher	021-668378	6) R. Doonan	021-361426
7)	B. Creedon	021-361824		

M13			W13	
1)	F. Dooley		1) S. Convery	01-697107
2)	P. Feehan	029-60174	2) F. Pinker	026-47119
3)	D. Hollinger	NIOA	3) M. Feehan	029-60174
4)	S. O'Neill	01-943154	4) A. Creedon	021-361824
5)	D. O'Connor	021-293310	5) C. Hunter	NIOA
6)	J. Reed	NIOA	6) F. Doonan	021-361426
7)	C. Creedon	021-361824	7) T. Connolly	023-41851

NOTES

Congratulations to John Feehan (BVOC) and Brian Scannell (Cork O) who have successfully applied for the IOA Travelling Scholarship. Both of them will travel to Sweden for the public races at the World Championships. Full marks for the IOA for recviving this excellent scheme which this year makes available £50 per successful applicant.

The above list constitutes the present Irish Junior Training Squad, many of whom have already agreed to attend the forthcoming Training Weekend at Ardnabannon, Co. Down from June 30 - July 2nd. Congratulations to all of those chosen by Junior selectors, Charles Reid, Bobby Buckley and Sean Cotter.

Bernard Creedon, Junior Affairs Officer. Tel 021-361824

setanta NOTES

HIGH PROFILE: In the last edition of TIO we mentioned Pat Redmond's elevation to IOA Secretary. We omitted to mention some other officials in the organisation of the sport. Also serving, for many years now, as IOF and International Officer of the IOA is Faith White. On the Leinster Orienteering Council we have Richard Flynn as Fixtures Secretary and Brian Power as Mapping Officer.

MULLAGHMEEN EVENT (May 7th): We still remember the appalling weather of the Leinster Championships at Mullaghmeen, last December, but the May 7th event must be our most memorable event at Mullaghmeen in terms of ideal weather and the beautiful colours of the forest. All who travelled were well rewarded with the excellent orienteering and the feel of Summer. Arthur Green planned the courses and the organiser was Brian Power. Our sincere thanks to Trina Cleary of 3ROC who controlled the event. Trina was assisted by Ciaran Young who gained valuable experience for future planning and controlling. Our next event at Mullaghmeen is on October 15th next. Our thanks to Faith White for an enjoyable weekend at the Lake House.

SCHOOLS EVENT: Wilsons Hospital, Multyfarnham, organised an excellent schools event at Mullaghmeen on April 16th. Well done to Ernest Lawrence and all the students at Wilsons.

TRAINING AT MULLAGHMEEN: The Club organised a training session on April 8th for our Junior Members in Wilsons Hospital. Bobby Buckley designed the exercises which were most enjoyable . We were most impressed by the enthusiasm of all who took part.

LOC '88 RESULTS: Congratulations to H. Bradley and P. O'Hara who came first and third respectively in the M13 class at Mullaghmeen on May 7th (re-run). Shane O'Neill running for DLSO won the M11 class while A. Creagh came second. C. Dunlop came second in Leinster in M50 class.

IRISH CHAMPS '89: There was a good club turn out at Ravensdale and we had quite a few winners. Aubrey Flegg won the M50 class, P. Walsh won the M55 class, K. Bent won the W40 class and we had many second and third prizes. The Chairman was laiden down with prizes after the prize-giving (none for himself!). The turn out for the Relays was not so good, but those who took part put up a good show. It was just as well that the weather at Rockmarshal was favourable. We know all about exposed sites and bad weather!

TIO TROPHY: We have not been able to get agreement on a date and venue for a final of this match. Frank Ryan of Western Eagles offered to run a special event on neutral territory, but CorkOwere unable to fit it into their busy schedule of events. On the morning of the Irish Champs we were asked to go along with using the results of that event to decide the match. We were not enthusiastic as the TIO match is based on a mix of classes which can not be made on this basis. We did not come out on top based on these results. We felt that a match final should take place. Perhaps in the Autumn? We feel that the preliminary matches and finals should be slotted into the fixtures calendar - take note fixtures secretaries ! If this cannot be done, we would question if it is worthwhile continuing with the competition in future years.

COVER STORY: In brilliant colour on the cover of the latest edition of Compass-Sport is our own Martin Flynn competing at the Shamrock O-Ringen. Martin is on the Committee of Setanta and gets involved in most activities.

MOUNTAIN MARATHON : This year's Setanta Mountain Marathon will be held on July 9th, S.E. of Donard village, in West Wicklow (Imaal area). This event is for experienced orienteers, hill runners and hill walkers. Juniors should be accompanied by experienced adults. There will be two courses, a long course of approx. 15-20 km and a medium course of approx. 10 km. Bring 1" to 1 mile O.S. map of Wicklow District.

ENQUIRIES: Enquiries on membership and other club activities should be addressed to Setanta Orienteers, c/o 15 Templeroan Avenue, Templeogue, Dublin 16 (tel 01-941378)

MULLAGHMEEN RESULTS, continued.

H COURSE 2.2km 90m

LOC '08 RE-RUN

CLASS W10

1.	C. Thornhill	GEN	27.32
2.	S. O'Brien	AJAX	35.44
3.	S. McCormack	GEN	40.53

CLASS M11

1.	J. Reid	FERMO	13.59
2.	S. O'Neill	DLSO	15.43
3.	A. Creagh	SET	23.45
4.	J. Butler	3 ROC	31.25
	N. Brady	(N.C.) DLSO	23.11
	S. Walsh	(N.C.) DLSO	24.19
	D. Hickey	(N.C.) DLSO	26.42
	M. Hickey	(N.C.) DLSO	53.12

ENTRY-ON-DAY

CLASS M10

1.	C. Finlay	FERMO	26.45
2.	C. O'Brolchain	SET	35.57
3.	P.O'Brien	AJAX	58.32

CLASS W10

1.	M. O'Neill	SET	32.20
2.	R. O'Brolchain	SET	36.35

CLASS M11

1.	A. DeLacy	ECO	25.18
2.	T. Tottenham	FERMO	78.21

MISCELLANEOUS

C. Cennan	GIRL GUIDES	23.58
P. Smith	" "	24.00
M. Smith	" "	24.20
R. Finlay	FERMO	27.15
Tessa	NC W50	35.17
A. Clarke	GIRL GUIDES	36.20

LONG NOVICE - 4.0 Km, 140 m.

1.	G & D Smith	FIN	68.57
2.	M. Wilson	KIL	79.14
3.	O.Lovely	SET	104.51
4.	A. McCauley	SET	105.09
5.	J. Hanly	SET	105.16

WAYFARER: 2.0 Km

1.	P. Smith		15.48
2.	C. Donnelly		24.06
3.	M. Whelan	UCG	24.09
4.	P. Gallagher	UCG	24.09
5.	C. Fitzsimons	UCG	34.59
6.	Butlers		37.01
7.	A, Kearney	3 NOC	41,32
8.	S. Farrell		47.03
9.	A. Mady		44.09
10.	B. Farrell		47.11
11.	A. Mady		47.16
12.	E. Fitzsimons		48.52

GREAT EASTERN NAVIGATORS NEWS

Enquiries: Gavan Doherty, 12 Brook Court, Monkstown. Ph:806611

Recent GEN Events:

Trooperstown: Planner: Ross Stanley; **Controllers**: David Quinn & Brian Heeney; **Organiser**: Jane Watt; **Start**: Mike Hewson, Dermot Kennedy, Mike Lunt; **Finish**: Paget, Andrea, Wyn & Tom McCormack; **Registration**: Maura Moran & Mary Healy; **Start times**: Brenda Hynes & Evelyn McAuley; **Results**: Diana Large & George Eagar; **Barbecue team**: Dempseys.

We also had **Geraldine Comiskey** of the Irish Press, who tried out this "form of mass torture". "It's not that bad, though", she remarked as she finished 3rd on the white course, in 35.50 mins, narrowly beaten by Susan Healy and Kate McCormack, both of GEN.

Killiney: Many thanks to Philip Ryan for organising an introductory event on Tuesday 16th May, as part of the "Be Active, Be Alive Week". Not only was there quite a large turn-out, but the event also recieved media coverage the following day!

Training: The Deerpark and the Pine Forest (Thanks to Diana Large) were the most recent Gen training events. We stress that all **all are welcome**, particularily if you are new to the club!

Upcoming GEN Events:

Newbridge Demesne: If there's still time left, volunteer to help **now**. Start times 7-8.30 PM. Barbecue afterwards- be there!

Odds 'n' Ends:

Leinster O-Ringen: Very enjoyable! We hope to see this event annually. Well done to masterminds Brian Hollinshead and Richard Flynn, and to Fingal- O for the Saturday Night ceilí & crack.

Doing anything over the summer? GEN are. A GEN party is setting off to the Welsh Weekend in Gorddinan & Moel-y-Dyniewyd (where? always did go in for funny names, them Great Eastern Navigators!). Read all about in the next GEN news.

Get Well Soon . . . Ross Stanley was knocked off his bike, and was badly injured, but still managed to plan Trooperstown (with a little bit of help from Dave & Brian), while Joe Lalor is having bad back problems- get well soon!

Welcome: To our newest members, the **Lawrences**, and the **Hickeys**, and to our "re-members" - **Ciarán Fletcher**, **Edan & Mary Corcòran** and **Aine Lynch**.

SYSTEMATIC TRAINING GIVES RESULTS

(An analysis of pre-season training of orienteers who later won the European Junior Championships, by Swedish Junior Coach Göran Andersson and Gerry Larsson, translated from SkogsSport 2/88 by Aonghus ÓCléirigh).

During the winter leading into the 1986 competition season all members of the Swedish mens and womens junior squads kept a systematic record of their training, recording month by month the amount of training spent on different physical and mental activities. Also noted were the number of training-free days as a result of rest, injury or illness. Comparisons show that the junior men trained more than the junior women (60 mins/day as opposed to 45 mins/day). The junior men had also trained more often at high intensity than the junior women and had done more orienteering-specific sessions.

A statistical analysis shows a positive connection between certain forms of O-specific and high intensity training and success in competition. For the junior woman a positive association is indicated between the amount of mental training pursued and competition results achieved.

To an increasing extent modern elite sport uses scientific findings to achieve progress in performance. Diverse opinions on training programmes, rest, diet and mental preparation for competition, etc., flourish. The concepts of sport-specific training, competition simulation, etc., point towards a tendency towards qualitative thinking with respect to training. No longer is it solely a question of quantity, i.e. the number of kilometres run or of tennis serves struck.

A problem for coaches as well as athletes is that until now they have had to rely on anecdotal evidence regarding the effectiveness of different systematic training philosophies. Besides, these arguments were often difficult to assess as they were often practised by individuals who were more or less blinkered to a certain avenue of training. What was needed was a documented analysis of a systematic training programme performed by a larger group of elite sportspeople.

The aim of this report is to do just that: to record in detail the results of a pre-season training programme and to relate that to competition performance in the following season.

The Swedish junior squad before the 1985 season comprised 15 boys and 15 girls, about half were 19 and half 20 years old. For the five months from December 1985 to April 1986 all juniors recorded their training. The results were condensed each month by each junior and finally consolidated by ourselves. It should be noted that filling out the training diary was found to be both easy and stimulating by the majority of the group.

The boys trained with high intensity about 7 times a month and with low intensity about 19 times per month, the comparative figures for the girls were 5 and 17 times per month. In total the boys trained about 1 hour a day and the girls 45 minutes. The boys rested 3½ days per month and the girls 5 days. Both groups were ill 3 days a month.

The girls were more or less injury free whereas the boys lost 1½ days per month through injury. The boys undertook significantly more sports-specific training in the form of terrain running and technique training.

The competition season consists of two intensive periods, from mid-April to late May, and in the early part of the Autumn. Four major competitions in Spring '86 were used to assess the effectiveness of the pre-season training. Here are the results:

Training Type	Boys	Girls
Path running	nil	nil
Skiing/cycling	nil	nil
Strength training	nil	nil
O-technique training	nil	negative
Terrain running	positive	positive
Competition simulation	positive	nil
Mental training	nil	positive
High intensity training	positive	nil
Low intensity training	nil	nil
Total training time	positive	nil
Time lost due to illness	negative	nil

It is obvious from this table that only a few types of training show a significant association with competition success. For the boys, large doses of terrain running, competition simulation and training sessions pursued at high intensity show a positive association with competition performance; for the girls competition performance was improved by more terrain running and mental training, but suffered as a result of O-technique training! The amount of training time lost through injury and illness was low, perhaps indicating that the juniors do not spend excessive time training. The small size of the group means that these results should be interpreted with caution.

As of now juniors are recommended to do more of the training with positive effects. The unexpected result that O-technique training has a detrimental effect on girls' performance suggests that O-technique training has been wrongly carried out. In the case of mental training it is likely that girls have a greater need to strengthen their self confidence and thus benefit more from it. This type of training was only introduced to the older half of the group.

We hope that the results of this survey will benefit coaches and younger juniors. Through having a clear awareness of how the elite train we can plan our own programmes more easily.

Bearing in mind that the juniors in this investigation won 5 out of 6 Golds in the European Junior Championships in 1986 a further differentiation between the training types would be worth pursuing. Sports training in itself is seldom glamorous, neither is the development of sports science, but by systematic analysis of this kind one can raise the quality of training and, as a consequence, the results of competition.

RESULTS OF MULLAGHMEEN GRADE 1 EVENT

MAY 7TH, 1989

ORGANISING CLUB: Setanta Orienteers

ORGANISER: B. Power CONTROLLER: T. Cleary, 3 ROC

PLANNER: A. Green ASST. CONTROLLER: C. Young

A COURSE 11.5km 300m

CLASS M21 - A

LOC 88 RE-RUN

NAME	CLUB	TIME
1. J. May	3 ROC	83.28
2. B. Delaney	ECO	89.01
3. K. O'Dwyer	SO	92.26
4. P. Healy	CURR	96.44
5. J. McCullough	3 ROC	103.58
6. M. Deasy	UCGO	116.47
7. R. Kavanagh	NAAS	128.02
P. Higgins	WE	N.F.

ENTRY-ON-DAY

1. B. Reid	FERMO	111.47
2. S. Walsh	SET/UCDO	112.24
3. J. Walsh	WE	114.55
4. B. Heeney	GEN	127.23
5. D. Conerney	WE	129.18
P. Smyth	--	N.F.

B COURSE 9.5 km 260m

1. R. Finlay	FERMO	M35	104.31
2. B. O'Neill	CO	M35	113.57
3. J. De Lacy	ECO	M35	127.19
4. I. MacAuley	FERMO	-	144.26
5. J. Murphy	CO	-	151.26
J. Rowe	TRIMO	(M21B)	144.44
M. Galligan	--		N.F.
D. Keane			N.F.
N. Doyle			N.F.

C COURSE 7.7. km 245m

CLASS M17

LOC '88 RE-RUN

1. A. O'Mullane	DLSO	78.52
2. L. Floyd	FIN	113.21
3. P. Nolan	DLSO	123.51
4. S. Harrison	3 ROC	142.46
A. McInerney		N.F.

ENTRY -ON-DAY

CLASS M17

	CLUB	TIME
1. M. Somers	DLSO	123.38
R. Whelan	3ROC	N.F.

CLASS M21-B

1.	**K. O'Brien**	**LKOC**	**78.38**
2.	**C. Cregg**	**LKOC**	**83.58**
3.	G. Taylor	LKOC	85.10
4.	D. McCormack	THO	89.39
5.	J. O'Sullivan	THO	93.06
6.	J. Colclaugh	CURR	93.47
7.	D. Sahin	TO	98.49
8.	Galligan	--	100.14
9.	McDonald	ECO	102.39
10.	G. Dunne	ECO	105.45
11.	D. quinn	GEN	106.20
12.	M. Brennan	LKOC	113.19
13.	P. H. Ryan	GEN	116.34
14.	Langan	ECO	150.26
15.	J. Darcy	LKOC	151.45
	Garvey	ECO	N.F.

CLASS M40

1. B. McGrath	3 ROC	90.02
2. F. Ryan	WE	93.50
3. P. Flanagan	3 ROC	97.47
4. P. Butler	3 ROC	101.43
5. J. Fitzsimmons	ECO	114.06
6. D. Watt	GEN	114.56

CLASS W21 A

1. E. Loughman	NAAS	90.54

D COURSE 6.1 km 175m

LOC '88 RE-RUN

CLASS M50

1. M. Reid	FERMO	65.48
2. M. Lunt	GEN	67.10
3. C. Dunlop	SET	77.24
4. C. Tyner	3 ROC	95.43
5. R. Norton	3 ROC	100.35

ENTRY-ON-DAY

CLASS W35

1. M. Healy	GEN	68.48
2. M. Thornhill	GEN	71.16
3. T. Finlay	FERMO	91.53
4. H. McInerney	NAAS	114.33
5. A. Tottenham	FERMO	126.17

CLASS M45

1. P. McCormack	GEN	58.53
2. T. McGrath	3 ROC	72.15
3. N. Cranford	3 ROC	77.08
4. D. Brooks	3 ROC	118.34

CLASS M50

1. L. Connery	3 ROC	91.15
2. J. Barrett	NAAS	117.09
M. Newson	N.F.	

MISCELLANEOUS

1. J. Kearney	3 Roc	88.52
2. B. Murray	---	107.44
3. T. Murphy	---	113.56
4. R. Whelan	---	122.37
A. Bonar Law	GEN	NO NO. 12
D. Tyner	3 ROC	NO NO. 10

E COURSE 5.6km 160m

LOC '88 RE-RUN

CLASS W17

1. H. Creagh	3 ROC	66.35

ENTRY-ON-DAY

CLASS W40

1. B. Flanagan	3 ROC	86.42
2. A. McCormack	GEN	119.04

CLASS W21 - B

1. N. Lee	3 ROC	88.15
2. c. Murphy	DUO	90.34
3. F. Kingston	FERMO	111.51
4. A. McKenna	TOGHAR	133.04
5. I. Ni Dhubshlaine	ECO	135.38

CLASS M15

1. M. O'Neill	SET	65.37
2. G. Doherty	GEN	68.14
3. A. Flynn	SET	82.30
4. P. O'Beirne	LKOC	87.01
5. S. O'Neill	DLSO	87.57
6. S. Dempsey	DLSO	128.14

MISC.

1. O. Keeffe	KILDARE	82.36
2. Kinahan	NAAS	106.54
3. Reilly		108.32
4. B. Cryan	3 ROC	126.21
J. O'Brien	AJAX	N.F.

F COURSE 4.3km 115m

1. J. Reid	FERMO	(M13)	51.46
2. H. Connery	3 ROC	W50	68.00
3. T. Burke	TRIM O	(M35)	70.15
4. C. Meade	TRIM O	(M21)	72.18
5. C. McGrath	3 ROC		82.33
6. V. Murtagh	3 ROC	W45	108.37
7. R. Sloane	3 ROC	(W21B)	111.49
8. P. Creagh	SET	W45	179.07
9. R. Lysaght	SET	W55	180.59
S. Dempsey	GEN		NO NO.

G COURSE 3.9km 125m

LOC '88 RE-RUN

CLASS M13

1. H. Bradley	SET	41.32
2. E.E. Niland	AJAX	44.02
3. P. O'Hara	SET	51.07
4. T. Henderson	KHO	58.14
5. S, Collins	SET	59.57
6. Andrew Peters	KHO	66.57
7. T. Conneffe	DLSO	68.47
8. G. Davis	KHO	70.55
9. Angus Peters	KHO	78.08

ENTRY-ON-DAY

CLASS M13

1. J. Pringle	SET	60.29
2. A. Creagh	SET	68.33
3. D. Hickey	DLSO	72.19
4. M.F.O.B.	SET	102.41

CLASS W13

1. S. Convery	3 ROC	52.21

CLASS W15

1. K. Convery	3 ROC	45.31
2. E. Glanville	3 ROC	46.27
3. L. Creagh	SET	93.41
4. C. Lovely	SET	95.44
5. F. Lovely	SET	97.43
6. A. Leavy	SET	100.08
N.C. F. O'Neill	SET	81.23

(CONTINUED AFTER 'SETANTA NOTES PAGE)

[illegible] SCHOOL ... YELLOW — COLOUR EVENT
FINGAL ORIENTEERS — MAY 14th
BLUE 7.5KM

	NAME	CLASS	CLUB	START	FINISH	TIME
1	Corbett S.	M21	CO	74	133.33	59.33
2	Healy P.	M21	CURR	55	117.33	62.33
3	O Dwyer K.	M21A	SO	120	189.04	69.04
4	Bell B.	M35	GEN	0	69.59	69.59
5	McCullough J.	M21A	3ROC	1	71.11	70.11
6	Rothery E.	M21	AJAX	156	230.09	74.09
7	Callery T.	M21A	UCDO	46	125.31	77.31
8	Sargan P.	M21	AJAX	142	228.22	86.22
9	Quinn B.	M35	GEN	66	153.25	87.25
10	Mac Sweeney S.		BVOC	106	195.26	89.26
11	Flanagan P.		3ROC	100	192.59	92.59
12	Mac Pherson D.	W21A	3ROC	62	165.51	103.51
13	Hartnett		SO	114	219.11	105.11
14	Galligan P.		ECO	64	170.10	106.10
15	Harrington P.	M21	SO	118	230.24	112.24
16	Heeney B.	M21A	GEN	44	159.07	115.07
17	Luttrell D.		SO	104	219.09	115.09
18	Flynn M.	M21		2	121.10	119.10
19	O brien J.			110	230.16	120.16
20	O Mahony M.	M21	FIN	108	230.09	122.09
21	Callan A.	M21A		18	144.5	126.50
22	Carrigan A.		ELO	56	190.02	134.02
23	Forke B.		CO	26	169.33	143.33
24	Fitzsimons P.	M21B	CURR	46	190.13	144.13
25	Murphy J.		CO	30	175.39	145.39
26	Smith R.		ECO	54	202.40	148.40
27	Geron D	M21B	ECO	50	202.39	152.39
28	Garvey D.		ECO	38	202.32	164.32
29	Mahony C.		ECO			No 5
30	Reilly J.	M21B	TRIM			MP 5
31	Mc Donald		ECO			DNF
32	Corrie D.	M21B	FIN	80		DNF
33	Walshe S.	M21A	UCDO	68	139.4	DNF
34	Kernan P.	M21A	AJAX	30		DNF
35	Gray J.	M40	SROC			DNF
36	Byrne N.	M21B	Gen			DNF
37	Hume E.					No15/16
38	Duignan P.		SO			DNF

RED 5.5KM

	NAME	CLASS	CLUB	START	FINISH	TIME
1	Tyner A.	M21	3ROC	66	105.44	39.44
2	Flegg A.	M50	SET	144	183.57	39.57
3	Doherty G.	M15	GEN	80	126.40	46.40
4	Mc Cormack P.	M45	GEN	0	46.59	46.59
5	Tyner D.	M15	3ROC	70	117.06	47.06
6	O'Mullane	M17	DLSO	90	137.47	47.47
7	Dunlop D.	M50	SET	102	149.56	47.56
8	Lunt	M50	GEN	120	169.08	49.08
9	Mc Grath B.	M40	3ROC	138	187.33	49.33
10	Flynn R.	M45	SET	60	111.3	51.30
11	Watt J.	W35	GEN	128	180.09	52.09
12	Healy M.	W35	GEN	140	192.28	52.28
13	Buckley B.	M40	SET	86	139.08	53.08
14	O'Neill M.	M15	DLSO	98	151.5	53.30
15	Nowlan M.	W35	3ROC	64	119.06	55.06
16	Glanville P.	M19	3ROC	1	56.12	55.12
17	Watt D.	M40	GEN	124	179.13	55.13
18	Keane D.	M19	TRIM	100	156.06	56.06
19	Tyner C.	M50	3ROC	36	93.08	57.08
20	Nolan P.	M17	DRO	108	165.21	57.21
21	Dempsey P.	M50	GEN	130	187.36	57.36
22	Crawford N.	M45	3ROC	96	153.41	57.41
23	Somers M.	M17	DRO	110	169.09	59.09
24	Flynn A.	M15	SET	62	121.11	59.11
25	O'Beirne D.		3ROC	136	195.12	59.12
26	Bonar-Law A.	M55	GEN	74	133.2	59.20
27	Fitzpatrick J.	M21	UCD	2	61.34	59.34
28	Murray S.	M40	SET	88	150.13	62.13
29	Stokes D.			56	118.35	62.35
30	Brennan F.	M21B	SET	54	116.44	62.44
31	Cully J.		CO	48	111.01	63.01
32	Hallowes B.	M40	3ROC	84	147.25	63.25
33	Keegan T.		UCD	4	68.00	64.00
34	Walshe P.		SET	82	146.00	64.00
35	Jones E.	W21	FIN	49	114.57	65.57
36	Deane E.	W21A	CO	94	160.01	66.01
37	Morrissey T.	M21	SO	116	182.16	66.16
38	Walshe T.	W21	FIN	135	201.41	66.41
39	Walshe M.	W40	3ROC	115	182.22	67.22
40	Butler P.	M40	3ROC	58	126.21	68.21
41	Rowe J.	M21B	TRIM	92	161.57	69.57
42	O'Sullivan P.		SO	104	174.13	70.13
43	Jones T.		CO	46	116.53	70.53
44	Whiteley T.		CO	38	112.35	74.35
45	Maguire J.		CO	42	117.06	75.06
46	Diggins M.		SO	106	185.57	79.57
47	Hallowes A.		3ROC	44	124.44	80.44
48	Naughton L.	W35	ECO	52	133.3	81.30
49	McPherson D.		FIN	68	150	82.00
50	Connolly F.			40	122.03	82.03
51	Flanagan B.	W40	3ROC	134	222.34	88.34
52	Dunlop J.	M40	3ROC	72	163.53	91.53
53	Hannigan	M21B	SO	112	207.32	95.32
54	Aherne J.		So	122	219.12	97.12
55	Conneff T.	M15	DRO	118	217.16	99.16
56	Romanowicz-Cathalin		UCDO	50	181.04	131.04
57	Whelan R.			76	214.4	138.40
58	Ryan R.		SO			DNF
59	Bent J.	M50	SET	34		DNF
60	Fitzgerald S.	M21B	CURR			DNF

41 ORANGE 4.4km

	SURNAME	CLASS	CLUB	START	FINISH	TIME
1	Convery K.	W15	3ROC	43	84.39	41.39
2	Glanville E.	W15	3ROC	5	49.52	44.52
3	Hewson N.	M55	GEN	2	54.38	52.38
4	Convery H.	W50	3DC	47	103.25	56.25
5	O'Neill S.	M13	DLSO	70	126.3	56.30
6	Rigby L.	M13		70	126.3	56.30
7	Conroy E.	W21B	AJAX	0	56.49	56.49
8	Cooke A.	W15	AJAX	24	83.06	59.06
9	Cooke P.	M.55	AJAX	22	83.06	61.06
10	Clarke J.	M45	GEN	74	135.23	61.23
11	Flegg J.	W45	SET	144	205.28	61.28
12	Galligan M.			144	206.57	62.57
13	Mc Queen A.			55	121.35	66.35
14	Lalor N.	W21B	GEN	40	107.38	67.38
15	Dempsey S.		GEN	144	211.44	67.44
16	O'Neill J.	W40	FIN	105	173.49	68.49
17	Stelfox M.			52	120.53	68.53
18	Short D.	M21		146	215.05	69.05
19	O'Mara C.		3ROC	140	209.43	69.43
20	Lynam R.			150	220.14	70.14
21	Dempsey G.	M17	GEN	122	194.47	72.47
22	Kearns H.		CROC	120	196.45	76.45
23	Purcell M.		FIN	108	198.45	90.45
24	Murtagh V.	W45	3ROC	85	190.45	105.45
25	Bent C.	W40	SET	90		MP 11
26	Law C.		GEN	58		MP 4
27	Sugrue G.	M17	FIN	8		No 8

WHITE 2km

	SURNAME	CLASS	CLUB	START	FINISH	TIME
1	O'Neill M.	W10	SET	79	96.24	17.24
2	O'Brien P.	M8	AJAX	175	197.5	22.50
3	Flanagan P.	W8	3ROC	73	96.46	23.46
4	O'Brien Family			146	170.4	24.40
5	Healy D.	W7	CURR	166	192.33	26.33
6	Maguire M.	M10	FIN	120	147.01	27.01
7	Hynes/Geraghty	-	-	60	87.36	27.36
8	Maguire A.	W10	FIN	120	147.39	27.39
9	Quill E.	W10	FIN	120	147.5	27.50
10	Mc Donald R.			75	106	31.00
11	Moorehouse E.			75	106.10	31.10
12	Moorehouse N.			75	106.28	31.28
13	Hynes/Geraghty	-	-	60	91.32	31.32
14	Walshe A.	W7	3ROC	52	83.33	31.33
15	Walshe W.	M5	3ROC	52	83.33	31.33
16	Ried A.			75	106.33	31.33
17	Duncan/Price		-	50	81.4	31.40
18	Hynes/Geraghty		-	60	91.44	31.44
19	Hynes/Geraghty		-	60	93.46	33.46
20	Nowlan N.	W8	3ROC	70	105.5	35.50
21	Nowlan S.	W6	3ROC	70	106.55	36.55
22	Bass			118	155.36	37.36
23	Gargan M.	M9	AJAX	136	176.12	40.12
24	Gargan S.	M8	AJAX	136	177.36	41.36
25	Levingstone		AJAX	105	149.20	44.20
26	Campbell J.			20	120.21	100.21

YELLOW 2.9km

	SURNAME	CLASS	CLUB	START	FINISH	TIME
1	Flynn E.	M13	SET	45	80.41	35.41
2	Clarke L.	W15	GEN	81	126.33	45.33
3	O'Neill W.J.	M40	SET	99	147.16	48.16
4	Murray P.	M15	SET	60	113.11	53.11
5	F.+N. Lee		3ROC	105	160.35	55.35
6	O'Neill F.		SET	79	134.36	55.36
7	Butler J.	W40	3ROC	56	115.31	59.31
8	Butler J.	M12	3ROC	56	115.31	59.31
9	Ryan C.	M13	DLSO	78	140.13	62.13
10	Delaney I.	W21B	ECO	57	120.06	63.06
11	Delaney A.	M15	ECO	57	120.06	63.06
12	Brady N.	M13	DLSO	75	140.40	65.40
13	C.+J. Lee		3ROC	108	176.11	68.11
14	Lambert H.			48	120.21	72.21
15	Gray G.		3ROC	102	180.42	78.42
16	Gray T.	M8	3ROC	102	180.46	78.46
17	Swan J.			154	243.07	89.07
18	Sherwood J.			154	243.07	89.07
19	Swan J.			154	243.31	89.31
20	Halliday N.			154	243.44	89.44
21	Kane I.		SMYC	84	206.22	122.22
22	Fitzpatrick D.		SMYC	90	226.16	136.16
23	Kelly M.		SMYC	93	231.32	138.32
24	McInerney L.			87	228.22	141.22
25	Monnelly		3ROC			No 9
26	Lambert J.			51		DNF
27	Hazlett J.	W21	SET			DNF
28	Swan J.					DNF
29	Halliday R.					DNF

Thanks to our controller Maeve Mac Pherson for her advice and time.
Thanks also to all club members who helped plan and organise the event.

COURSE BLACK

	NAME	CLUB	CLASS	TIME
1.	J. MAY	3ROC	M21A	67.58
2.	P. HEALY	CURRO	M21A	75.40
3.	E. ROTHERY	AJAX	M21A	77.08
4.	B. BELL	GEN	M35	79.32
5.	J. MCCULLOUGH	3ROC	M21A	84.01
6.	T. O'SULLIVAN	CO	M21A	89.00
7.	B. DELANEY	ECO	M21A	90.17
8.	T. CALLERY	UCDO	M21A	101.57
9.	M. O'HARA	AJAX	M35	103.25
10.	A. GREEN	CLOG	M21A	114.37

COURSE BROWN

	NAME	CLUB	CLASS	TIME
1.	P. SMYTH		M21B	64.03
2.	E. LOUGHMAN	NAAS	W21A	71.35
3.	M. MCPHERSON	3ROC	W21A	71.45
4.	S. O'BOYLE	CURRO	M21B	73.32
5.	G. DUNNE	THO	M21B	74.35
6.	B. BUCKLEY	SET	M40	74.44
7.	K. MCDONALD	ECO	M21B	76.09
8.	F. LAFFERTY	FIN	M21B	76.40
9.	J. DE LACY	ECO	M35	77.09
10.	U. CREAGH	3ROC	W19	78.36
11.	A. FLEGG	SET	M50	81.00
12.	?. COLCLOUGH	CURRO	M21B	81.57
13.	M FLYNN	SET	M21B	84.27
14.	J. O'SULLIVAN	THO	M21B	86.24
15.	L. ROE	3ROC	M40	90.22
16.	U. MCPHERSON	3ROC	W21A	97.27
17.	D. MCCORMACK	THO	M21	99.51
18.	P. CALLAGHAN	CURRO	M21B	111.46
19.	P. BUTLER	3ROC	M40	112.22
20.	H. CREAGH	3ROC	W19	116.46
21.	P. DEMPSEY	GEN	M50	118.26
		DNF 2		

COURSE GREEN

	NAME	CLUB	CLASS	TIME
1.	B. POWER	SET	M40	42.55
2.	J. KEARNEY	3ROC		43.43
3.	C. J. CARROLL	3ROC	M21B	46.53
4.	T. CLEARY	3ROC	W40	49.38
5.	K. CONVERY	3ROC	W15	51.22
6.	B. O'BOYLE	CO	W21B	52.40
7.	W. MCCORMACK	GEN	W35	53.44
8.	H. CONVERY	3ROC	W50	54.41
9.	N. LEE	3ROC	W21B	56.31
10.	B. HOLLINSHEAD	3ROC	M50	57.21
11.	A. MCBRIDE	GEN	W35	57.23
12.	S. KULLDORF	SET	M60	59.25
13.	L. CONVERY	3ROC	M50	60.16
14.	C. CARROLL	3ROC	M55	67.23
15.	D. ROWE	3ROC	M60	68.20
16.	V. HICKEY	THO	W21B	70.40
17.	M. HIGGINS	SET	W45	72.46
18.	N. CREAGH	3ROC	W50	73.31
19.	A. COOKE	AJAX	W15	74.25
20.	F. O'NEILL	SET		74.46
21.	C. HICKS	AJAX		74.55
22.	W.J. O'NEILL	SET	M40	75.05
23.	J. CREAGH	3ROC	M55	79.25
24.	J. NOONAN			86.18
25.	T. HARBISON			87.24
26.	V. MURTAGH	3ROC	W45	101.36
27.	V. ROWE	3ROC	W55	106.11
28.	A. MCKENNA	TOCHAR	W21B	107.18
		DNF 4		

COURSE RED

	NAME	CLUB	CLASS	TIME
1.	S. O'NEILL	DLSO	M13	58.42
2.	P. COOKE	AJAX	M55	84.00
3.	P. MURRAY	SET	M15	104.15
4.	E. CATHALAN	3ROC	W19	106.31
5.	J. O'NEILL	FIN	W40	111.15
6.	E. HICKS	AJAX	M13	121.48
		DNF 5		

COURSE BLUE

	NAME	CLUB	CLASS	TIME
1.	P. MCCORMACK	GEN	M45	56.39
2.	A. O'MULLANE	DLSO	M17	58.46
3.	P. NOLAN	DLSO	M17	60.24
4.	D. CASHIN	TOCHAR	M21B	60.43
5.	C. DUNLOP	SET	M50	62.12
6.	D. STOKES	CO	M35	62.53
7.	G. DOHERTY	GEN	M15	63.06
8.	N. CRAWFORD	3ROC	M45	64.57
9.	M. HEALY	GEN	W35	66.36
10.	J. BENT	SET	M50	67.21
11.	M. O'NEILL	SET	M15	68.36
12.	D. LEWIS	AJAX	W21A	68.45
13.	M. SOMERS	DLSO	M17	69.26
14.	J. WATT	GEN	W35	69.40
15.	J. MAGUIRE	CO		69.57
16.	T. KEEGAN	UCDO		70.08
17.	M. LUNT	GEN	M50	70.16
18.	E. CORCORAN	GEN	M21B	74.06
19.	T. JONES	CURRO		76.03
20.	J. CULLY	CURRO		77.26
21.	M. BYRNE	GEN	M21B	77.45
22.	D. WATT	GEN	M40	78.06
23.	S. MURRAY	SET	M40	79.49
24.	F. MCCORMACK	CO		80.14
25.	L. HOULIHAN	CO		80.30
26.	J. O'BRIEN	AJAX	M40	82.42
27.	D. GANNON	CO	M21B	83.29
28.	B. CRYAN	3ROC	M21B	83.35
29.	M. HEWSON	GEN	M55	85.22
30.	J. GRAY	3ROC	M40	86.16
31.	C. BENT	SET	W40	89.06
32.	J. BARRALL	NAAS		90.45
33.	H. MCINERNEY	NAAS		90.47
34.	T. WHITELY	CO		90.59
35.	B. DOHERTY	GEN	M45	99.56
36.	J. FITZSIMONS	ECO	M40	100.48
37.	J. BEAN	FIN	M21B	103.57
38.	B. QUIGLEY	FIN	W21B	104.08
39.	L. NAUGHTON	ECO	W35	115.21
40.	T. CONNIFFE	DLSO	M15	124.09
41.	J. LATHALIN	UCDO	W21B	166.13
42.	R. ROMANOWICZ	UCDO		166.15
		DNF 3		

COURSE ORANGE

	NAME	CLUB	CLASS	TIME
1.	LEE + HAYDEN	3ROC		57.36
2.	L. O'HARA	AJAX	M10	61.13
3.	J. BUTLER	3ROC	M11	69.59
4.	LEE + CIARANS			75.48
5.	KEVIN + MCGILL			76.23
6.	G. GRAY	3ROC	M10	79.10
	T. GRAY	3ROC	M08	79.10
7.	J. O'BRIEN		M07	116.05
8.	G. O'BRIEN		W13	117.30
	S. GREHAN		W13	117.30
9.	B. GREHAN			118.05
10.	A. O'BRIEN +CO			119.38
11.	B. O'HARE	FIN	W21B	126.12
		DNF 2		

COURSE YELLOW

	NAME	CLUB	CLASS	TIME
1.	A. DE LACY	ECO	M11	26.03
2.	M. O'NEILL	SET	W10	40.06
3.	RACHEL H.		W10	40.12
4.	S. MCCORMACK	GEN	W11	59.42
5.	S. O'BRIEN	AJAX	W10	76.27
6.	J. SWAN			80.23
	J. SHERWOOD			80.23
7.	JULIE SWAN			81.47
8.	A. SHERWOOD			82.10
9.	RUSSELL			100.45
10.	P. O'HARA	AJAX	M10	103.28
		DNF 5		

COURSE WHITE

	NAME	CLUB	CLASS	TIME
1.	K. MCCORMACK	GEN	W10	25.57
2.	W. MCDONALD	ECO	M11	28.01
3.	G. COMISKEY	I.PRESS	W21	35.50
4.	S. HEALY	GEN	W09	38.08
5.	P. O'BRIEN	AJAX		40.45
6.	CLODAGH, YVONNE AISLING	AJAX		41.35
7.	E.LEVINGSTONE	AJAX		44.40
8.	C. FITZSIMMONS		M08	50.59
9.	BASS		W03	64.20

INTERPROVINCIAL CHAMPIONSHIPS 1989 ---- RESULTS.

JUNIOR MEN

CLASS...M19

	NAME	CLUB	Le.	Mun	Ul	s
1.	J. SCANNELL	CORK I	...	10	...	
2.	S. CAMPBELL	LVO I	...	...	8	
3.	A. O hUIGIN	LEE I	...	6	...	
4.	P. GLANVILLE	UCDO I	5	...	...	
5.	I. SPRATT	LVO I	...	...	4	
6.	J. DAVIES	DUO I	3	...	...	

CLASS...M17

	NAME	CLUB	Le.	Mun	Ul	s
1.	N. PINKER	CORK I	...	10	...	
2.	P. O'HARA	NWOC I	...	...	8	
3.	J. FEEHAN	BVOC I	6	...	...	
4.	B. JAMES	NWOC I	...	...	5	
5.	P. NOLAN	DLSO I	4	...	...	

CLASS...M15

	NAME	CLUB	Le.	Mun	Ul	s
1.	J. O'NEILL	BVOC I	...	10	...	
2.	G. DOHERTY	GEN I	8	...	...	
3.	B. CREEDON	CORK I	...	6	...	
4.	M. O'NEILL	DLSO I	5	...	...	
5.	D. LOGUE	NWOC I	...	...	4	

CLASS...M13

	NAME	CLUB	Le.	Mun	Ul	s
1.	F. DOOLEY	CURR I	10	...	...	
2.	J. REED	FERM I	...	...	8	
3.	S. O'NEILL	DLSO I	6	...	...	
4.	C. CREEDON	CORK I	...	5	...	
5.	J. SIMPSON	NWOC I	...	...	4	
6.	P. FEEHAN	BVOC I	...	3	...	

CLASS...M11

	NAME	CLUB	Le.	Mun	Ul	s
1.	S. BOGLE	NWOC I	...	...	10	
2.	C. McKENNA	LVO I	...	...	8	
3.	D. SHAW	Th O I	...	6	...	

	TOTALS (BEST 6)	144	148	150		

SENIOR MEN

CLASS...M21

	NAME	CLUB	Le.	Mun	Ul	s
1.	A. O'CLEIRIGH	CURR I	10	...	...	
2.	B. EDWARDS	CORK I	...	8	...	
3.	E. ROTHERY	AJAX I	6	...	...	
4.	S. CUNNANE	UCDO I	...	5	...	
5.	C. REID	NWOC I	...	...	4	

CLASS...M35

	NAME	CLUB	Le.	Mun	Ul	s
1.	P. O'BRIEN	AJAX I	10	...	...	
2.	R. FINLAY	FERM I	...	...	8	
3.	P. GARGAN	AJAX I	6	...	...	
4.	T. CONDON	CORK I	...	5	...	

CLASS...M40

	NAME	CLUB	Le.	Mun	Ul	s
1.	B. PINKER	CORK I	...	10	...	
2.	B. CREEDON	CORK I	...	8	...	
3.	B. McKENNA	LVO I	...	...	6	
4.	B. MEIN	NWOC I	...	...	4	
5.	B. WATT	GEN I	3	...	...	

CLASS...M45

	NAME	CLUB	Le.	Mun	Ul	s
1.	T. FEEHAN	BVOC I	...	10	...	
2.	P. McCORMACK	GEN I	8	...	...	
3.	P. LONG	LEE I	...	6	...	
4.	A. GARTSIDE	LVO I	...	...	5	
5.	A. BONAR LAW	GEN I	4	...	...	

CLASS...M50

	NAME	CLUB	Le.	Mun	Ul	s
1.	M. REED	FERM I	...	...	10	
2.	J. RYAN	CORK I	...	8	...	
3.	C. DUNLOP	SET I	6	...	...	
4.	M. DOOLEY	CURR I	5	...	...	
5.	N. BOGLE	NWOC I	...	...	4	
6.	E. HUTCHINSON	CORK I	...	3	...	

CLASS...M55

	NAME	CLUB	Le.	Mun	Ul	s
1.	F. CALNAN	CORK I	...	10	...	
2.	M. HEWSON	GEN I	8	...	...	
3.	C. CARROLL	3ROC I	5	...	...	
4.	M. O hUIGIN	LEE I	...	5	...	

	TOTALS (BEST 6)	148	154	137		

JUNIOR WOMEN

CLASS...W19

	NAME	CLUB	Le.	Mun	Ul	s
1.	N. O hUIGIN	LEE I	...	10	...	
2.	R. BURGESS	3ROC I	8	...	...	
3.	A. HUTCHINSON	CORK I	...	6	...	

CLASS...W17

	NAME	CLUB	Le.	Mun	Ul	s
1.	P. RYAN	CORK I	...	10	...	
2.	A. RICE	AJAX I	8	...	...	
3.	J. GRAHAM	NWOC I	...	...	6	
4.	A. MOORE	LVO I	...	...	5	

CLASS...W15

	NAME	CLUB	Le.	Mun	Ul	s
1.	K. CONVERY	3ROC I	10	...	...	
2.	S. RYAN	BVOC I	...	8	...	
3.	B. O hUIGIN	LEE I	...	6	...	
4.	A. RICE	AJAX I	5	...	...	
5.	A. HUNTER	NWOC I	...	...	4	

CLASS...W13

	NAME	CLUB	Le.	Mun	Ul	s
1.	F. PINKER	CORK I	...	10	...	
2.	M. COOKE	NWOC I	...	...	8	
3.	C. HUNTER	NWOC I	...	...	6	
4.	M. FEEHAN	BVOC I	...	5	...	
5.	S. CONVERY	3ROC I	4	...	...	

CLASS...W11

	NAME	CLUB	Le.	Mun	Ul	s
1.	R. HOLLINGER	LVO I	...	...	10	
2.	M. O'CONNOR	CORK I	...	8	...	
3.	M. DOOLEY	CURR I	6	...	...	
4.	K. THORNHILL	GEN I	5	...	...	
5.	D. CREEDON	CORK I	...	4	...	
6.	J. MEIN	NWOC I	...	...	3	

CLASS...W10

	NAME	CLUB	Le.	Mun	Ul	s
1.	C. O'CONNOR	CORK I	...	10	...	
2.	C. THORNHILL	GEN I	8	...	...	

	TOTALS (BEST 6)	145	156	139		

SENIOR WOMEN

CLASS...W21

	NAME	CLUB	Le.	Mun	Ul	s
1.	D. NICHALLANAIN	AJAX I	10	...	...	
2.	E. LOUGHMAN	NAAS I	8	...	...	
3.	M. CURRAN	CORK I	...	6	...	
4.	A. MORRISH	LEE I	...	5	...	
5.	G. STOTT	LVO I	...	...	4	

CLASS...W35

	NAME	CLUB	Le.	Mun	Ul	s
1.	M. THORNHILL	GEN I	10	...	...	
2.	J. WATT	GEN I	8	...	...	
3.	T. FINLAY	FERM I	...	...	6	
4.	C. NUTTALL	LEE I	...	5	...	
5.	H. STEWART	LVO I	...	...	4	
6.	M. PINKER	CORK I	...	3	...	

CLASS...W40

	NAME	CLUB	Le.	Mun	Ul	s
1.	T. CLEARY	3ROC I	10	...	...	
2.	C. FEEHAN	BVOC I	...	8	...	
3.	J. O'KEEFFE	BVOC I	...	6	...	
4.	A. McCORMACK	GEN I	5	...	...	

CLASS...W45

	NAME	CLUB	Le.	Mun	Ul	s
1.	M. DOONAN	CORK I	...	10	...	
2.	M. HUTCHINSON	CORK I	...	8	...	

CLASS...W50

	NAME	CLUB	Le.	Mun	Ul	s
1.	H. CONVERY	3ROC I	10	...	...	
2.	D. LARGE	GEN I	8	...	...	

CLASS...W55

	NAME	CLUB	Le.	Mun	Ul	s
1.	M. MORRISH	LEE I	...	10	...	
2.	V. ROWE	3ROC I	8	...	...	
3.	M. O'SULLIVAN	LEE I	...	6	...	

	TOTALS (BEST 6)	156	148	114		

Frank Lawrence

	LEINSTER	MUNSTER	ULSTER
GRAND TOTALS	193	206	140