The Irish Orienteer

No. 42 August - September 1989 £1.00

17 Templeroan Way,
Knocklyon Road,
Dublin 16.

Dear Editor,

I am taking this opportunity to inform your readers that I do not intend to let my name go forward as Leinster Orienteering Council chairperson at the LOC AGM to be held this Autumn. I have now held this post for two years which I think is long enough. Next year I propose to concentrate on night courses and this will not leave adequate time to devote to LOC matters.

The revamped LOC has now been in existence for four years and is making progress in several areas. It is important that someone comes forward who in the role of chairperson can give it a fresh impetus. The role of LOC chairperson does not have a tightly defined job specification and it does not lend itself to a concise description suitable for a letter such as this. I am, of course, available to answer queries from any interested parties.

Orienteering depends on people coming forward at club, regional and national level to fill its many voluntary positions. I think it is important to demonstrate that once people have accepted a role for a couple of years they can walk away from it and direct their energies elsewhere. If this is not seen to be so it is a major disincentive to people taking on these positions in the first place.

Lastly I would like to say that I have enjoyed my two years as LOC chairperson and that, in particular, I have enjoyed the varied contacts with orienteers throughout Ireland.

Yours faithfully,
David Watt.

"Silverdale"
Windsor Road
Rathmines
Dublin, 6.
17 August 89.

FUNDRAISING WM 89

Dear Editor

I wish to take this opportunity to thank Irish Orienteers in general for their contribution to our fundraising efforts for WM 89. A total of £2,200.00 has been collected.
I offer a special thanks to the clubs who sold tickets for our raffle and those who organised fundraising events. Certain individuals took initiatives and organised coffee mornings, sold burgers etc. and to these I am very grateful.
In particular I wish to thank our many panel members who responded so positively to this fundraising effort. Their efforts have been rewarded and hopefully a standard has been set whereby representing Ireland in orienteering will not be such an expensive exercise.
(The Government (Cospoir) grant towards WM 89 is £1400.00)

Sincerely

Wally Young

WM 89
World Orienteering Championships, Skaraborg Sweden 12-20 August 1989 ®

BEFORE....

The Irish squad had been running at the nominated selection events throughout the past season and a final squad of thirteen men and eight women formed the pool from which the World Championships team to travel to Sweden was picked. The selection races were held on the weekend of July 8/9 at Mabie and Drumlanrig in Scotland. Aonghus ÓCléirigh was pre-selected for the men's team. The chosen team was:

Aonghus ÓCléirigh (Curragh), Steven Linton (NWOC), Brian Corbett (CorkO), Bill Edwards (CorkO - Individual race only), Colm O'Halloran (LeeO - relay race only).

Orla Cooke (AJAX), Eileen Loughman (NAAS), Caitriona nic Mhuiris (LeeO), Deirdre ni Challanain (AJAX) and Una Creagh (3ROC - relay only).

The non-inclusion of Irish Champion Peter Kernan proved a controversial decision as he was second overall in the trial, winning Day 1 by four minutes, and led to the resignation of Team Manager Wally Young, according to a letter from him to the squad members.

The actual method of selection was unusual: it had been decided that, according to the squad members' performances in selection events, a handicapping system would operate on times in the trial so that Joyce, Edwards and Corbett had no handicap, O'Halloran, Rothery and May had their running times increased by 2%, Kernan, Linton, Rory Morrish and Padraig Higgins by 3% and Wally Young, Pat Healy and James Logue by 5%. In the womens' case ni Challanain and nic Mhuiris were at 0%, Loughman, Creagh and Aideen Morrish were +2%, Maeve McPherson and Orla Cooke +4% and Julie Cleary +5%. In the event, James Logue was injured and didn't run and Julie Cleary didn't run.

The events were planned by Andy Lewsley (whose other achievements include running the entire Harvester trophy B-class on his own) and organised by his wife Stella. The organisation was excellent and the planning good: the terrain at Mabie good: runnable, with some contour detail, while Drumlanrig was mixed and with lots of paths: technically easier. The 6 minute start interval on Day 1 meant that Kernan caught Morrish (-12) and Linton (-6) while O'Halloran caught Rothery (-6) and May (-12).

The actual times of the team (with adjusted time) were:
Men Corbett 185.22 (185.22), Linton 182.15 (187.43), Edwards 189.40 (189.40), O'Halloran 186.03 (189.46). (Kernan was 185.18 (190.51)).

Women Cooke 144.14 (150.00), nic Mhuiris 151.23 (151.23), ni Challanáin 152.20 (152.20), Loughman 149.37 (152.36), Creagh 154.08 (157.12).

DURING....

The World Championships took place at Skövde in Sweden, between Lake Vanern and Lake Vattern, from 15-20 August. A qualification race took place first, with the top 25 in each of four races going through to the final. Each country is entitled to a runner in the finals even if they don't qualify on the basis of time. Pat Healy assumed the mantle of Team Manager in Sweden and did a fantastic job in is inimitable relaxed-but-efficient way, and team spirit was good all through the week. In the end the Irish did no better than expected, though Orla Cooke's result in the Qualification race must have been the highlight of the week.

Orla Cooke finished 25th in her heat and became the first Irish runner to qualify in her own right. Steven Linton finished best of the men in 39th place and got into the final. The qualification race format has only been in operation for 2 WOC's: the IOF felt that the numbers in the WOC were getting too big and that the spread of start times needed was getting too long, introducing the possibility of dramatic changes in weather conditions, etc, during the course of the race.

The rest of the Irish ran in the B-final, Eileen Loughman finishing 9th: as the first starter she was alone in the forest, and she and Deirdre ni Challanain were the first finishers. Bill Edwards finished best of the Irish men.

The next day the A-final was run, Orla Cooke having a good steady run to finish 42nd out of 56 finishers in 88.18. The winner was Marita Skogum of Sweden in 64.06. In the men's race Steven Linton also had a steady run with no disasters to finish 54th in 146.22, ahead of Canada, Spain, Israel and Hong Kong. His course was won by Petter Thoresen of Norway in 96.16. The best British runners were Yvette Hague, 18th in the Womens race (74.46) and Steven Hale, 15th in the mens with 104.21. The results do show, however, that steady runs aren't enough to beat the world's best: as members of the team said on their return, we still have a long way to go.

The Relay medals were shared between the Scandinavians and Czechoslovakia: Norway winning the Mens and Sweden the Womens race. The Irish team of O'Cléirigh, Corbett, O'Halloran and Linton finished 21st, moving up from 22nd when the French mispunched, while the ladies finished 16th with Orla Cooke running first, then Loughman, Creagh and ni Challanáin.

A major impression was made by the Russian team in their first World Championships as full members of IOF. Alida Abola (a mother of two children, aged 8 and 10) was third in the Womens' race, with Russian girls also 15th, 26th and 29th. (USA only managed 47th). In the men's race Vladimir Alexeev finished 7th, with team mates 14th, 22nd and 25th. Mikell Platt of USA finished 43rd, by comparison. The USSR teams finished 4th and 5th in the Relays also.

AFTER....

Team selection is a difficult process. The selectors are in a no-win situation, almost by definition, and their job is an unenviable one. We have never had a problem-free World Championships: in 1976 Declan O'Callaghan's grandmother apparently never passed on a vital phone message to him to travel to Scotland; in 1987 team manager Ted Russell resigned at the eleventh hour and controversy surrounded the selection of Denis Murphy after the trial in Scotland. We probably never will have a problem-free WOC, but we will always need selectors.

There is an argument for using the nominated selection events as a means of qualifying for the final trial, and running a one or two-day no-nonsense trial to select the fittest team near the time of competition, possibly in Ireland (at least until we can really afford to send a squad abroad for a trial). The World Championships is the pinnacle of the sport and we must keep sending teams in order to give our top competitors something to aim for. There are other competitions, however, and I think we should be spending more money and effort on them: Home Internationals, European/World Junior Championships, World Student Championships. The pinnacle is no use without a sound base, to revert to the old pyramid cliché.

Congratulations to the team and thanks to all who helped get them to Sweden. The next WOC is in Czechoslovakia in 1991, and the one after that in the USA in '93. We must start preparing for these now, both financially and in terms of training and planning. I'm sure I said the same thing after France, after Australia and after Hungary. We've had the talk - let's have the action.

I hope to have a full report on the World Championships in TIO 43 in early October.

J. McCullough.

RESULTS OF 13th. World Orienteering Championships

Individual Men

1	Peter Thoresen	NOR	96.16
2	Kent Olsson	SWE	99.26
3	Havard Tveite	NOR	99.58
4	Hakan Eriksson	SWE	100.04
15	Steven Hale	GBR	104.21
54	Steven Linton	IRL	146.22

Individual Women

1	Marita Skogum	SWE	64.06
2	Jana Galikova	TCH	65.30
3	Alida Abola	URS	68.13
4	Ragnhild Bratberg	NOR	69.23
18	Yvette Hague	GBR	74.46
42	Orla Cooke	IRL	88.10

Men's Relay

1 Norway (O. Thon, R. Vestre, P. Thoresen, H. Tveite) 246.01

2 Sweden, 3 Finland, 4 USSR, 5 Switzerland. Britain finished 12th and Ireland 21st (A. ÓCléirigh 80.15, B. Corbett 99.03, C. O'Halloran 85.49, S. Linton 94.04, total 359.11).

Ladies Relay

1 Sweden (K. Rabe, A. Hannus, K. Haglund, M. Skogum) 223.46

2 Czechoslovakia, 3 Finland, 4 Norway, 5 USSR. Britain finished 9th and Ireland 15th (O. Cooke 69.31, E. Loughman 74.45, U. Creagh 83.44, D. ni Challanain 81.57, total 309.38).

IOA VACANCY

Another active orienteer emigrating means that the post of IOA Environment Officer will be vacant from September. Eoin Rothery, who promoted the establishment of the position and has held it for the past eighteen months or so, is leaving for Australia and seeks a replacement.

Anybody interested should contact Eoin at 16 Vincent St., SCR, Dublin 8 (01-544723) or Brigid Flanagan, 38 The Glen, Woodpark, Dublin 16 (01-980928).

Apart from losing Eoin, who has been orienteering here as long as anyone can remember, the change of environment officer will mean that someone will have to go in off the deep end, to some extent, with Environment Link, Gold EIA, and the other issues affecting adventure sports. The FMCI are becoming very active in the area of environment and have just launched an appeal among their members for a fighting fund of at least £15,000 initially.

'ROUTES' STILL AVAILABLE

Browsing through the bookracks in The Great Outdoors recently I came upon some copies of Eoin Rothery's book 'Routes' about orienteering techniques. The book has been difficult to get for several years but a fresh supply was unearthed in Eoin's attic and is available to the first few to make it to the shops. Fantastic value for money, it is the only conprehensive attempt to describe orienteering for Irish readers (the Setanta Orienteers booklets on event organisation and on starting orienteering don't try to cover as much ground). The highlight of the book for the beginner is the orienteering glossary, explaining all those esoteric terms like re-entrant, index contour, etc.

And get the author to autograph it before he goes to Australia!

NEW *COMPASSSPORT* EDITORS

Andrea and Dudley Giles have taken over the editorship of *CompassSport* from founder Ned Paul, and will take up duty in late August. Ned is still staying on as publisher of the magazine. The new editorial address is: Andrea and Dudley Giles, 5 Holly Road, Farnborough, Hants, GU14 0DZ, phone (03)0252-517437.

CompassSport is still available to TIO readers at IR£11.00 for eight issues (one year). Send payment to John McCullough, 9 Arran Road, Drumcondra, Dublin 9.

IRISH CHAMPS PREVIEW

The grapevine has it that next year's Irish Championships will be run by North West OC on the weekend of April 28/29 at Benevenagh, a partly forested mountain rising to 1260 feet between Limavady and Coleraine, overlooking Lough Foyle.

STREET-O IN CORK

This September another series of street orienteering league events kicks off the season in Cork. The events are run on Tuesday evenings and tend to centre on various public houses in the city. The events are:

5th The Lough (Hawthorn Bar)
12th Ballinlough (Silver Key Bar)
19th Collins Barracks
26th Regional Technical College.

MUNSTER TRAINING

Several training weekends in Munster are being organised for the Autumn. The first is the Junior training weekend at Inchigeela on August 26/27 (details were in TIO 41), then September 23/24 at Glengarriff and Bere Island, and 7/8 October at Riverstick and Garrettstown near Kinsale.

For those who like to plan ahead, there is another weekend at Rosbehy and Cappanalea in Kerry on January 20/21 1990.

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

PLANNERS AND CONTROLLERS COURSE

A badly needed course for planners and controllers is being organised by IOA on November 25/26 at Wesley College, Dublin. The course will be given by Ian McMillan of the British O-Federation who gave an two courses in Cork and Dublin a couple of years ago. This course should be compulsory for anyone intending to plan, control or organise events: make sure your club is represented.

Details from Frank Cunnane (021-358480).

DUBLIN PEAKS RUN

The second Dublin Peaks Run in aid of St. Michael's House takes place on Sunday September 24th from Marlay Park, Ballinteer, at 11.00 am. Last year 424 people finished and numbers are expected to be up considerably this year, possibly to 2 or 3 times this figure.

Orienteers and hill runners are invited to run the ten mile course over Tibradden, Fairy Castle, Two Rock and Three Rock or walk/jog at their own pace: last finishers in '88 took 228 minutes. The whole route is on paths or roads and navigation is not a problem.

Details from Harry Dixon, St. Michael's House, Goatstown, Dublin 14. Pre-entry costs £4, £6 on the day, and all finishers receive a certificate and T-shirt. Sponsorship cards are also available. And the bag-piper is expected to be on Two Rock again!

MAP MUSEUM

Anyone visiting London before the end of 1990 may be interested in an exhibition at the British Museum called **"What use is a map?"**. A display of maps of all kinds (including orienteering) demonstrates the diversity of people who use maps (prospectors, soldiers, travellers ...). The museum is open Monday - Saturday 10-5, Sunday 2.30-6.00 pm.

MISCELLANY

Not doing anything on the October bank Holiday weekend? Bored with whittling away at your P.B in the Dublin Marathon? Why not try the Karrimor Mountain Marathon? ... Justin May (SROC) finished a clear winner in the Irish Hill Running Association's summer league, winning 8 races and only needing 7. Clubmate John McCullough finished second with Joe Beirne 3rd. Alan Flynn (SET) was best junior, while GEN, AJAX, Trim0 and Fingal runners also featured. It's great training, but worthwhile knowing the route beforehand as the flags are often hard to spot ... Plans are already afoot in Scotland for "Southern Uplands '91" (six areas have been selected, including four new ones), and plans for the '93 event are getting moving: Grampian and Mar OC are the organisers... If you thought the Irish Champs results were slow, what about the JK? These took a good month longer to come, although they did apologise (and they had over 4000 competitors). ... in the Ireland v Scotland match held at IOC 89 Ireland won by 26 points to 16 ... Bert Slader's book on his 650 km walk from southern France to Santiago de Compostella in Northern Spain on the ancient pilgrim's path is available from Quest Books, 2 Slievenabrock Ave., Newcastle, Co. Down, BT33 0HZ, at STG£6.00. Bert is the Deputy Director of the NI Sports Council and well known in outdoor education circles.

IRISH JUNIOR SQUAD TRAINING WEEKEND 1989

The Irish Orienteering Squad represents the best of Irish juniors based on their performances over the year. The aim of the yearly training weekend is not to make us into world champions but as an opportuniy for juniors from around the country to get to know each other and to benefit from technical training at the same time. This ultimately helps team performances at international level, as the juniors would be familiar with their teammates.

June the 30th saw the start of yet another annual Junior Squad Training Weekend. This year's event was held in Ardnabannon, Co. Down and was organised and co-ordinated by Charles Reid and Steven Linton with assistance on the days from Ted Feehan, Bobby O'Connor, Margaret Creedon and Bernard Creedon, the I.O.A. Junior Affairs Officer.

The map used for the training exercises was Tollymore Forest Park, a mixed, steep, technical forest with excellent runnability, ideal for training. The exercises were varied and often unusual, requiring a great deal of mental concentration. However, with courses named like the "Battenburg Run" and because we didn't know precisely what the next exercise entailed everyone stayed interested in the activities.

Most of the techniques were practised at a very detailed level, e.g. accurate pace counting, intricate contour reading and precise compasswork. This helped us to fine-tune certain areas of our O-technique which are often neglected by impatient junior orienteers. The attention to detail helped each person identify his or her own weaknesses. Competition was kept to a minumum although we were encouraged to time ourselves and trace lost time. The training ended with a fun relay, the winning team included Faye Pinker and Austin Whyte.

Activity in the forest was supplemented by a variety of interesting lectures and talks given by Charles and Steven about the benefits of training , race preparation etc..

Overall, the event ran very smoothly with no major disasters (except for John Feehan who suffered a sprained ankle). The computer helped to maintain the efficiency, even if the spellings were not always right (All is forgiven Charlei Read!). Thanks to Jane Wilson for arranging a barbecue on Saturday evening. Credit is due to Bernard, Bobby and Ted who drove most of us from Cork and chauffeured everyone to the forest. And of course, thanks to the organisers, Charlie and Steven for a great weekend.

Brian Scannell

HARVESTER RELAYS '89

If you got an opportunity to run in Britain's longest overnight O Relay, would you turn it down as a fanatical exercise for nocturnal insomniacs or would you be tempted to give it a try? What follows is an account of one such experience.

The 'Harvester' is a seven person per team event starting at 11.30 p.m. held close to mid-summer. The first 4 runners normally compete in darkness. This year Wimborne Orienteers organised the event in Ibsley & Rockford in the New Forest. Brigid & I were staying nearby in Longleat. But first we had to contend with an unusual problem i.e. if you leave your caravan unoccupied overnight the site warden explained that he would need planning permission for storage!. That aside we set off for Ibsley.

Twisting and turning through a residential area it soon became obvious why no public address was going to be allowed and the restriction of no entry after 11- no departures before 9. The site itself was a flattish gravelly elevated area of about 4 acres, and was transformed into a colourful tent city by 700+ orienteers. We found the LOK patch, and through the active support of Julie and Ronan Cleary (3ROC) we joined LOK to compete in the event. After brief introductions it was down to the serious business of O. This year there were 3 courses of 70, 50 & 35km. We were to run the 35Km on a team headed by Ian Gulliver. Before long it was pitch dark and all that could be seen was some darting white lights and the distant orange glow of Southampton.

On the east side could be seen a giant floodlit scoreboard type construction. The novel idea (which was demonstrated every hour up to 11.00 p.m.) was that the incoming runner would grab a map from this board and use this as a change-over baton. Immediately afterwards an official would pull out the next map for that team and allow it to hang from the board (backwards naturally!) with the number of the leg prominently marked on the back. You could therefore by simple observation follow the progress of the race. The system worked really well. Nearby was a large marquee used for results display, sweat shop and soup kitchen.

15 teams started the A course at 11.30, followed by 73 teams on the B course 15mins later and finally Ian with 14 other rivals on the stroke of midnight. Ronan graciously provided me with a high tech halogen headlamp, a preview of the map (it had been used some time previously), and a few words of encouragement that made the 10 year gap from night O seem irrelevant. I was ready for leg 2.

Ian was back in 47 mins in 4th place to set me off into the dark oblivion. I knew I had a chance when I found the starting control, and gradually I inched up to a slow jog. The terrain

was mostly bracken with very few trees and by leg 2, I was running flat out. I felt that I needed to leave the paths and go direct if I was to help this unique Anglo-Irish team. Did you know that a re-entrant looks like a depression at night..you have to explore it to find out the difference.

No real orienteer finds his true grit until he is lost..this happened going to control 7. A major feat of triangulation using the propane powered beacon at the last control as a reference solved that difficulty and got me back to the general area of the control. Within minutes, I was sending off leg 3 having completed the 4km in 40 mins. Your run is not over until you have made sure that the next runner is adequately awake and fully understands why you are calling him/her at this time of the night? Sue and Adrian Pearle kept the team going and Brigid had to don the headlamp for leg 6 as it was not yet light. As I fell asleep around this time I am not sure when she started. We had slipped to 12th position by the time that Graham Martindale (ex Tipp O) started. A fine run of 74 mins for 8km left us in 7th position.

Julie ran a good 3rd leg and helped LOK ladies to a 3rd place. Roxanne White also helped on the 5th leg. Ronan ran a good sixth 12 km leg for the LOK A team.

On our way back that morning we mingled with the hordes of Americans at Stonehenge, and I think the only thing we had in common was a quasi jet-lag for such is the after effect of the Harvester. We both agreed that this was a marvellous never-to-be-missed experience and is without doubt one of the best Relays.

.....Pat Flanagan 3ROC

JUNIOR BADGE SCHEME

All those who did not change class on 1st January bring forward to 1989 the standards they earned in 1988. As a result of the IRISH CHAMPIONSHIPS the following badges were earned:-

CLASS	NAME	CLUB	BADGE EARNED	CLASS	NAME	CLUB	BADGE EARNED
W11	MARY O'CONNOR	CORK O	GOLD	M11	DAIRE SHAW	ThO	SILVER
M13	DAVID HOLLINGER	LVO	GOLD				
M15	DAVID TYNER	3 ROC	GOLD	W11	KATE THORNHILL	GEN	BRONZE
				M11	EUGENE S. NILAND	AJAX	BRONZE
W10	CLAIRE THORNHILL	GEN	SILVER	M13	PATRICK O'HARA	SET	BRONZE
W11	MARIANNE HUTCHINSON	CORKO	SILVER	M15	K. CUMMINGS	NWOC	BRONZE
M11	STEPHEN BOGLE	NWOC	SILVER	M15	MARK O'NEILL	DLSO	BRONZE
M11	COLIN McKENNA	LVO	SILVER	M15	A. RUDD	SET	BRONZE

Badges for 1989 aren't ready yet, so don't send your £1 until I let you know.

Those who changed class on January 1st will have to wait until they have completed two more events, to earn a badge. The other BADGE events this year are:-

Oct. 21	Northern Ireland Champs.	Oct. 28	Munster Championships.
Nov. 18	Irish 2-Day (day 1).	Nov. 19	Irish 2-Day (day 2).

Look up the venues in T.I.O. and mark the dates in your diaries.

Frank Cunnane.

ENVIRONMENT NEWS

A new organisation - ***ENVIRONMENT LINK***- has been set up to co-ordinate environmental activities between outdoor groups such as the IOA, FMCI, Irish Ramblers, An Oige, ICU (Canoeing), AFAS, IPPC (Peatland Conservation), and Cavers. A number of meetings have been held, chaired by Dermot Somers of the FMCI. We decided to act on a number of issues, as follows.

We opposed a proposal to locate a Waterbus on Glendalough Lake Upper, because it would be out of proportion in the landscape, of the possible pollution, of the fact that the area is a designated Nature reserve and because it would detract from the wilderness value of the area.

We expressed concern to the owners of the Liffey Head Bog area, as this is a site of international scientific importance and is in danger of being disposed for either turf cutting or blanket conifer plantation.

A proposed golf course in Killarney National Park was opposed as being against the spirit of a National Park - the sanitised safe environment of a golf course would be a stark contrast to the wild beauty of the rest of Muckross Woods.

Membership of Gold-EIA - the organisation set up to carry out an independent environment impact assessment of gold mining in Mayo - was applied for by the IOA and I contributed a number of proposals on the Gold-EIA scoping document prepared by the Scottish group of consultants, concerning geological, social, economic and political issues. Donations to Gold EIA are needed from individuals too and can be made to Dr. Emer Colleran, 33 Beach Grove, Oranmore, Co. Galway.

IOA also supported FMCI in their opposition to hydroelectric schemes on a number of corrie lakes on the Ring of Kerry. Coumloughra, under Carrauntoohil has been installed for a number of years featuring a road, built without planning permission, which was washed away in a storm. It was repaired and got retrospective planning permission. The developer has been active again recently, excavating on the upper lakes which were not part of the planning permission. Across the road above Glenbeigh at Coumsaharn, FMCI successfully stopped an ESB proposal to use two lakes, but this proposal may be submitted in modified form by a private developer. These schemes are attractive because it is clean energy, there are large EC grants and the ESB is under a legal obligation to buy electricity generated privately. However, these schemes are going ahead in wilderness areas, when the ESB has a huge overcapacity even without serious energy conservation measures. Donations to the FMCI Environmental Defence fund, which is being set up to fund Gold EIA and legal costs relating to the hydropower schemes can be made to Dermot Somers, Ballycullen, Ashford, Co. Wicklow.

Eoin Rothery

HILL RUNNING NEWS

Following the success of the IHRA Summer League in the Dublin and Wicklow mountains, forthcoming fixtures are : August 27th Lugnaquilla (selection race for the World cup in France next month), Sept 3 Clashegall, 16th Ballybraid, 30th Sorrel Hill, Dec 27th Sugarloaf from Kilmacanoge.

John Lenihan's wins on the Galtees, Carrantouhill and the Warrior Run must place him in a good position for selection on the Irish Team for the World Cup.

Details from Douglas Barry, 01-868180.

Don't forget the Dublin Peaks run on September 24th, the Mournes Mountain Marathon on September 16/17 and the Karrimor Mountain Marathon on October 28/29.

NATIONAL O-DAY?

Rumours are circulating about the possibility of a National Orienteering Day on Sunday, September 24th next. Details will be circulated by IOA if it's going ahead.

RECEIVE "COMPASS-SPORT" REGULARLY

To: CompassSport, c/o John McCullough, 9 Arran Road, Drumcondra, Dublin 9.

YES Please send me CompassSport for one year (8 issues) starting with next issue/issue no. .....

I enclose cheque/P.O for IR£11.00 made payable to John McCullough.

Name .....

Address .....

.....

.....

Renewal? ... New Subscriber? ...

IRISH LEAGUE

An addition to the Ranking events for 1989 is the NIOA event at Tollymore on 4th November. With the seven usual events (Irish Champs., three Regional Champs., the NIOA Champs, and the Irish 2-Day --- both days separately), this makes up the 8 events, with three to count.

The LEAGUE LIST, showing latest rankings will be mailed soon to all club secretaries. If any individual wants a copy, just let me know. Ring 021-358480.

Frank Cunnane.

ONCE UPON A TIO

Browsing through the archives recently I came across some issues of a magazine called "Irish Adventure Sports" from 1972 and '73. This short-lived venture was edited by Ernie Lawrence, canoeist, who is now also involved in the Leinster Schools OA. The August '72 issue reports on events in long-forgotten forests, but some familiar names do emerge in the results. The Royal College of Surgeons in Ireland OC (remember Jan Peter Poulsen?) ran an event on April 30th in the Glen of Imaal on a three-colour map, breaking the run in Leinster of events on old maps or on one-colour new maps. Paget McCormack won the Senior Mens race from Niall Rice and Colin Dunlop, while Maire Byrne (now Thornhill) won the ladies event from Wyn Delaney (McCormack) and Hazel Convery. Winning times were 86 minutes (nobody bothered about seconds then) for the men and 83 for the women.

Joss Lynam ran an event at Glendalough on May 14th on the first Irish four-colour map. ("This event was thought to be on the tough side ...". Nothing changes!) Niall Rice, leaving a sheep and a tourist prone in his wake, won by 30 seconds from Paget McCormack (129.45 and 130.15). Sean Rothery finished third in 137 minutes. Hazel Convery, Diana Large (who appeared as "L. Darge") and Kay Bent were the leading ladies. Declan O'Callaghan won the B course (Intermadiate Men) and Monica Turley (Nowlan), M.Hickey and Maire Cregan (Walsh) were the leaders in Intermediate Women.

Robert Garrett ran a score event at Hollywood Glen on June 11th which was won by Sean Rothery with Niall Rice and Ted McGrath runners up. Wyn Delaney, Hazel Convery and Maire Cregan all featured in the Womens event and Declan O'Callaghan again won the Intermediate Men.

Diana Large and Liam Convery ran an evening score event and barbecue at Kilruddery. Nigel Bark romped home with a 50 point margin, as in 1970. Paddy O'Leary was second and Sean Rothery third. Ruth Lynam won the Senior Womens event with Ingrid Masterson second and Nuala Rothery third. The reporter states that Irish Orienteers hope to repeat this event each year.

Meanwhile in Munster "a slight, fairhaired figure in running gear" appeared at the start of the Reeks Walk, confessing that he had never been on the Reeks before. The bemused organisers eventually let him off and Paget McCormack produced a new record of 3 hours 15 minutes for the run. Willie Cunningham had the day before run a poorly attended Mountain Trial on the hills west of Glencar. This was won by Niall Rice with Neil Mather second.

John Meagher had just produced a new two-colour map of Glendav, near Millstreet, and ran an event on June 25th. "Unfortunately many of the entrants found the going too hard, there were many non-finishers, and Dubliners dominated the Senior Mens results". Mike Lunt won in 127, Joss Lynam second in 151 and a young upstart called Eoin Rothery was third in 157. (Eoin returned in May 1978 to win the Irish Championships here by 52 seconds from Wally Young). The Senior Womens race was won by G.Mather in 4 hours 14 minutes. No other finishers were reported in this class.

Moving on some years...

TEN YEARS AGO.....

The Irish team was travelling to their Third World Championships at Tampere in Finland. The team was Wally Young (Curragh), Pat Healy (Curragh), Eoin Rothery (AJAX), Declan O'Callaghan (AJAX), reserve Richard Weaver (LVO), Carey May (AJAX), Eileen Loughman (GEN), Alison Smillie (QUBOC) and Monica Turley (Mactire). Pat Flanagan was the team manager. The most notable performance was Wally's relay run, finishing 4th on the first leg despite (or perhaps because of) a disastrous run in the Individual.

On May 13th 1979 Setanta ran the inaugural Leinster Championships at Devil's Glen, almost ten years to the day after Mike Lunt, stimulated by an article in The Observer, organised the first orienteering event in Ireland here. The '69 map was an unmodified six-inch OS sheet and the event was won by Niall Rice, wrote Aubrey Flegg in the LOC Newsletter. "The important thing on that first event", recalled Mike Lunt, "was to find features which the organiser could recognise. We were not in the least bit worried about whether they could be recognised by an orienteer on the run. The controls were H. Williams' bags and the markers coloured felt pens. Nobody worried too much in those days: we just came out and had a great time".

Back in '79 the top womens' class was still W19A. Peo Bengtsson had brought a party of Swedes and Norwegians to Ireland after the JK in Devon to run in various events here. John McCullough and Ronan Cleary ran a Pooter Relay at Hollywood Glen (won by Pat Healy, Nigel Finlay and Roxanne White).

In May after a Grade 1 event at Villierstown, Co. Waterford, the IOA had an EGM in the open air to bring in several constitutional amendments (the establishment of regional Councils and the creation of the posts of PRO and Training and Development Officer in IOA). A petrol shortage meant that the hoards from Dublin had to travel by bus. The bus had very little fuel so we siphoned central heating oil from Brendan McGrath's oil tank (he had just moved house). The bus got a puncture in Cappoquin, then we had to push start it, and finally we ran out of fuel in Rathfarnham late that night. The bus driver went round to the boot, took out his bike, and cycled off into the sunset, leaving his passengers to their fate.

The Irish Junior team had travelled to the Lake District in June to take on Britain, Norway and Denmark. The Irish team consisted of Aonghus O'Cleirigh, Nigel Finlay, Mick Lynch, Carey May, Roxanne White, Catherine Murtagh, Julie Martindale, Kenny Warren, Ronan Cleary and Willie McAuliffe, at least five of whom are still orienteering and two of whom have since married one another. Nigel Finlay records that Irish times were well down on Norway, Denmark and Britain.

It must be a sign of old age, but all this seems like only yesterday ...

J. McC.

WALK FOR M.S.

The Multiple Sclerosis Society of Ireland has asked us to mention their "March on the Bastille" to aid MS on the 200th anniversary of the French revolution. The walk will be led by Donncha ÓDúlaing from Nantes (starting in Nantes: Donncha is Irish), along the Loire, to Paris, covering 15-20 miles per day for 8-9 days, visiting chateaux and so on. The cost is IR£1500 and runs from 6th to 21st October. Sponsorship cards and full details are available from Lorna Mitchell, MS Ireland, 2 Sandymount Green Dublin 4. Phone 01-694599, mornings.

LATE AGAIN

Apologies for the late appearance of *TIO 42*. This was caused by the Editor failing to recognise that even printers (maybe especially printers) need holidays, and that these usually occur in early August.

IRISH ORIENTEER TROPHY '89

Within days proposals should be on their way to clubs to run off the '89 competition before December 31st, to get up to date, and to get off to a good start in '90. The Trophy is already inscribed with the years, so dropping a year to catch up with ourselves isn't a great idea.

As always, suggestions for improvement will be welcome. Contact *TIO*.

LEINSTER LEAGUE: BLACK & WHITE

The Leinster League will be run on much the same basis this season as last, but with the short courses "maybe a bit easier", according to Fixtures secretary Richard Flynn. The scoring system will be 1 point for 1st, 2 for 2nd, etc, which is a change from last season.

Plans are for four courses, two long (easy and hard) and two short (easy and hard), so the idea of colour events for the League still hasn't been taken up: Leinster await a direstive from their Technical Officer before this will be considered.

REGIONAL CORRESPONDENTS WANTED

Many communications to TIO conclude with lines like "Keep up the good work. How about more about orienteering in Munster/ Connacht/ Ulster/ Leinster/ the rest of the world, and so on. Without help from you, the ordinary orienteer, no news from your area will get to TIO. I am always grateful to those of you, the Brian Scannells, Aonghus ÓCléirighs, Eoin Rotherys, Pat Flanagans, and the many others who contribute one way or another to The Irish Orienteer, *your* magazine. Without you it's pointless as well as impossible to produce *TIO*.

Particularly welcome are contributors from outside Leinster. Can I spell it out? Munster, Connacht and Ulster (to a lesser extent) I'd love to hear from you! If there's nothing from your area in *TIO* from your area, it's largely up to you to rectify.

Here are some suggestions: Event reports on the Cork League, the NI Night Champs, the British Schools Champs in November, the World Champs, the Ward Senior and Junior Home Internationals, your summer orienteering; features: why you started orienteering, what you get from it, what does the future hold; training: what do you do, how do the stars in your club train? etc, etc.

Over to you.

Orienteering Fixtures

September

3	ISLAND WOOD	Newmarket, Co. Cork. BVOC G3 event. GR R 37 05
3	PHOENIX PARK	Dublin. 3ROC colour event. Revised map.
9	MUCKROSS	Killarney, Co. Kerry. "Ventact South" event. Cork O. GR V 97 85
10	FARRAN PARK	Co. Cork. Cork O G3 beginners. GR W 49 71
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. Entries close 25.8.89.
17	CURRABINNY WOOD	Ringaskiddy, Co. Cork. Cork O come-and-try-it event. GR W 79 62
17	KILLINEY HILL	Co. Dublin. DLSO Colour Event. GR O 26 25.
17	KILSHEELAN	Clonmel, Co. Tipperary. Landscape Wood. WatO grade 3 event. GR S 29 23.
24	GLENBOWER WOOD	Killeagh, Co. Cork. Cork O Colour GR W 99 77.
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. Entry form enclosed.
1	WATERGRASSHILL	Co. Cork. LeeO G3 event. GR W 79 83.
8	GARRETTSTOWN	Ballinspittle Co. Cork. CorkO Cork League No. 1 (CL1). GR W 58 44.
8	HILLSBOROUGH	Co. Down. LVO Club event. GR J 24 57.
8	TOWER HILL	Portlaw, Co. Waterford. WatO G2. GR S 45 18.
8	TROOPERSTOWN	Laragh, Co. Wicklow. GEN Leinster League event (LL2) GR T 16 97.
14	GLENBOWER	Killeagh, Co. Cork. Cork O beginners/Girl guides event. GR W 99 77.
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. Entry form enclosed. Essential to attend!
22	**BELFIELD**	Dublin 4. UCDO Grade 3. GR O 18 29.
22	**GORTIN**	Co. Tyrone. Team score event. Start 12.00.
22	**KNOCKANANNIG**	Rathcormack, Co. Cork. LeeO G2. GR W 77 96.
28-29	**MUNSTER CHAMPIONSHIPS**	Tir na Spideoige, Inchigeela, Co. Cork and Warrenscourt, Kilmurray, Co. Cork. Individual & Relay. Entry form enclosed.
28-29	***WARD JUNIOR HOME INTERNATIONAL*** *in Wales. Ireland, England, Scotland and Wales compete.*	

November

4	**TOLLYMORE**	Newcastle, Co. Down. NI Colour series 8 and Irish Ranking event. LVO GR J 35 32.
5	**KNOCKAREIGH WOOD**	Kilmurray, Co. Cork. Cork O CL2. GR W 36 64.
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	**CURRAGH**	Midleton, Co. Cork. Cork O CL3.
12	**MALAHIDE CASTLE**	Co. Dublin. UCDO Grade 3. New map. GR O 21 45
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. Entry form enclosed.
26	**WARRENSCOURT WOOD**	Kilmurry, Co. Cork. Cork O CL4. W 38 67.

December

3	**HELLFIRE WOOD**	Rathfarnham, Co. Dublin. SET Leinster League event (LL5). GR O 12 22.
3	**RAHAN WOOD**	Mallow, Co. Cork. BVOC CL5.

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. Many 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.

3 JOURS FRIBOURG
3 TAGE-OL FREIBURG

3 GIORNI CO
TICINO 1989

THE 1989 SWISS 6-DAY

Having seen advertisements for this competition and, mathematics apart, thinking that it was the reincarnation of the good old Swiss 5-Day on almost its tenth anniversary, three of us (myself, Nora and Ted McGrath) entered the event. In fact the 5-Day we thought we were going to isn't on until next year, which is another day's work.

The competition was split into two 3-Day events, the first at Bulle near Fribourg (French speaking) and the second at Lugano in the south (Italian speaking), with German in between, so all tastes (linguistic, cultural and gastronomic) were catered for. Environmental considerations meant that the event was limited to 2000 entrants but we squeezed in by the skin of our teeth (two months late) so that they could add another nationality to the list of participating countries and another flag to the wall of the event centre.

Terrain and weather varied throughout the week. Thunder, lightning and torrential rain greeted us on the 50 minute walk to the start at **Schwyberg** on Day 1. The terrain was pre-Alpine: steep forest with some contour detail, open pasture above 1400 metres. Typical problems were route-choices in very steep sections of spurs/re-entrants up to 250 metres high. Bad route-choice coupled with misinterpreting the map on the crucial third leg cost me time (23 minutes for 1.1km!). It never struck me before how alike are waterfalls and bridges on an O-map: but don't try crossing a Swiss river in spate over a waterfall. None of us excelled today, but it was an interesting area with good, physical courses. Course lengths all week were short (on paper) but plenty long on the ground!

Day 2 at **Piamont** was a complete contrast. Plateau forest, like Donadea crossed with Mullaghmeen. Beautifully runnable, not too steep, sunny and not too muddy. The navigation was easier but the extra speed meant several small errors.

Day 3 was at **Les Alpettes**, scene of the Individual race at the 1981 World Championships. Back to pre-Alpine terrain, rain and mist. Having had the old map to study didn't make any difference when it came down to it - the running and navigation were still very demanding. A 70 minute walk each way to the assembly field plus a 50 minute walk to the start, on top of an O-course made this the longest day. Again problems with long route choice: 30 minutes for leg 2 of about 1.5 km. At no time could you relax: nothing was easy in this forest, and the rain, mud and elephant tracks didn't help. At the finish we were all presented with Swiss Army knives: they would habeen useful on the course for hacking through undergrowth.

Trudged back to Bulle where we were staying in the town nuclear bunker under a building site where the workers started their pneumatic drills at 07.00 precisely: so much for that lie-in. Still, the decontamination rooms came in handy after a day in the forest.

A well-earned day of rest on the Thursday saw us travelling to Lugano in the almost tropical south. The temperature on stepping from the air-conditioned train hit us like a blast from a furnace - even Ted's pipe wilted (withdrawal symptoms from St. Bruno had set in). A bus ride *a la* Fangio left us at the event centre where the food left much to be desired, in contrast to Bulle.

tesserete

scala 1:10000
equidistanza 5m
novembre 88

PART OF H35A COURSE WITH EDITOR'S ROUTE (!)

The forests here were Spanish chestnut and beech, with small farms scattered throughout the upper regions: Ticino is actually the most forested canton in Switzerland. Days four and five at **Capriasca Ovest** and **Capriasca Est** shared a common finish area and brought us high into the hills over Lugano. A beautiful mixture of runnable forest, open land and contours made these races very enjoyable. The sun was a bit too hot, though, and shade was needed to reduce glare from the map. One problem area was a section of old barbed wire left by the army in which many of us got entangled. In places it was difficult to tell up from down on the map: I was prepared for a really tough slog up a mountain on one leg only to find myself dropping into a deep valley: relief! (no pun intended). Contouring as much as possible on the small sheep tracks was the key to success.

The last day, at **Tesserete** (see map), had a chasing start from 08.00 am and we were fortunate to have reasonbly early runs as it was once again very warm. A Finn starting 1.40 behind me passed before no.1 when I ran into the wrong re-entrant but much to my surprise I caught him at the second last control and passed him to finish 15th in H35A. The competition was run in forested semi-suburbia and the longer courses had a 1km taped route through houses and fields on which I managed to go wrong three times. We were presented with frisbees in the finish chute to add to our knives.

The whole competition was enjoyable and well organised. The winners were mostly Swiss with a scattering of other nationalities. It was a strange sensation to be the only three Irish at an event: at the last Swiss 5-Day there were thirty four. Switzerland is quite expensive but the camping/dormitory/floor space laid on by the organisers is good value. We were very lucky with the weather this year: it can be a real mud-bath if the rain is persistent. Bring your wellies. Some unusual features of the event were the control descriptions all printed in the programme for competitors to make up their own lists - none were provided. Veteran and junior courses ran on 1:10000 scale maps, the others using 1:15000.

Next year the 5-Day is around Zurich and all events are served by public transport. The entry fee includes a 7 day travel pass. Competition dates are July 16-20 with training on 14/15. Entry fees are SFr110 (adults), 70 or 85 for juniors. This is equivalent to about IR£47/30/36, which compares well with, say, Scotland. Entry closes April 15th.

Contact Schweizer 5-Tage-OL 1990, Postfach 1166, CH-8620 Wetzikon, Switzerland.

J. McCullough.

AJAX Athletic Hill Running and Orienteering Club

Deirdre Lewis, 16 Vincent St. Sth, Dublin 8

IRISH CHAMPS Peter Kernan and Deirdre NiChallanain scored yet another double championship win for Ajax at Ravensdale, by small margins of 20 and 41 seconds respectively. Paddy O'Brien made a stalwart defence of his M35 title with second place to a young whippersnapper. However, things were different at the relays as we had pressure, good terrain and good planning. The M35's were beaten on the run in by 24 seconds by Southern O, while the M21's saw the Curragh beaten at last but this time by Cork O, with Liam O'Brien running a blinder on Leg 3.

WORLD CHAMPS Deirdre NiChallanain and Orla Cooke duly qualified for the Irish team at the trials but the Ajax men contrived to finish 5th and 6th. Peter Kernan was particularly unlucky, after winning day 1 by a large margin, when he could only finish 11th on the technically easier day 2 and lost out to Colm O'Halloran by 1 minute on the percentage countback. The trials were notable in that nearly every man who ever won a major Irish event was there (only Peter James and our own Declan O'Callaghan were missing) and that none of the six over 30's managed to make the team.

Map Sales All Ajax maps are available from Jimmy O'Brien, 54 Oldbawn Park, Dublin 24 ph 518551

Area	Near	Scale	Co-ordinator	Yr.	Price
Camolin	Gorey	15000	E Rothery	81	20p
Cloghleagh	Kilbride	15000	E Rothery	83	35p
C-Ballinastraw	Rathdrum	15000	E Rothery	85	40p
Dundrum/Balally	streets	10000	E Rothery	84	25p
Killiney	Dalkey	5000	E Rothery	88	40p
Raven	Curracloe	10000	E Rothery	84	50p
Ravens Rock	Enniskerry	15000	P. O'Brien	83	35p
Saggart Woods	Tallaght	10000	E Rothery	87	30p

Also available: Balally, Bushy, Deerpark, Eamonn Ceannt, Fairview, Herbert, Larch Hill, Marlay, Merrion Square, St. Annes, St. Endas. Landowners, Forestry and Park dept. approval must be obtained.

Membership Adults/Familys £5, Students, Juniors and Unemployed £2. Send to Deirdre Lewis, 16 Vincent St., SCR, Dublin 8, 544723.

Holidays Scotland is again the major attraction and this time we have a resident Scot in Michele Coleman to coordinate our team effort.

3ROC

THREE ROCK ORIENTEERING CLUB

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

Remember - a date for your diary - FRIDAY, 6th OCTOBER, 8 p.m. - the FIRST FRIDAYS commence again in GLENALBYN. Come along and bring any maps of events you took part in over the summer months. Slides, photographs etc., will be looked at with interest and you can tell your adventures to a captive or is it a captivated audience.

The very next day, SATURDAY, 7th OCTOBER, John McCullough is running a training event in 3 ROCK WOOD. This will be a good opportunity to prepare for the new season.

We would like to run a week-end training event in Mullaghmeen Forest sometime soon. However, before we make any firm bookings for accommodation we will need to know what interest exists in the Club for such a venture. (see Club Bulletin for details).

Congratulations to Una Creagh on her selection for the World Championships in Sweden and commiserations to the rest of the 3Rock members on the squad - better luck next time. Congratulations also to Justin May on winning the IHRA Leinster Hill Running Summer League, and to John McCullough who came 2nd in the same league.

News, as you can see, is sparse as the grapevine has been on holidays for the past few months. However, we hope everyone had a great summer and we look forward to seeing you all, tanned and fit, on the 6th October in Glenalbyn.

Congratulations also to Vince Joyce on winning H35A at Loch Lomond '89, and to Anne May winning D40B.

On the move: Brian McElduff, home for the summer, heads back to his geological studies in Austria while Mark Donovan has just passed through on his way from studying in the USA to working in Sweden: we'll expect great things at the Christmas Score event, Mark!

Re-mapping Carrick is in hand, but there are events to be organised during the season: come on, volunteer for Phoenix Park (new map grawn by Justin May) on September 3rd, Three Rock Mountain on November 5th, Christmas Score event on December 26th, Leinster Relays on April 1st, and doubtless more.

John McCullough is again seriously considering organising a Night-O series this winter/spring. Read Pat Flanagan's article on the Harvester Trophy relay and come and try it. You may like it. Don't leave it to the night-O stalwarts from GEN... why let them have all the fun?

Club O-suits are still available from Trina Cleary (936187). Details of Wednesday evening training in Marlay Park from Nuala Creagh (934982). Last year regular weekly training was abandoned for the first time since 1976 due to apathy. Let's try again this year.

*** SEE YOU ALL IN PHOENIX PARK ON SEPTEMBER THIRD! ***

gortin '89

ACCOMMODATION

Simple cheap indoor and self-catering accommodation in the immediate area is scarce so it is advisable to book early. The following is a breakdown of what is available.

1. Hotel, B & B and self-catering chalets - These have been informed about the event and anticipate bookings directly. List enclosed and also available from the organiser - send SAE - or from Omagh Tourist Office, Omagh, Co Tyrone.

2. Hostels with self-catering facilities - 2 high quality hostels are available reasonably close to the event, one with 24 beds at a cost of £100 for the weekend, another with 12 beds at £50. The organiser will take block bookings for these up to 1 September - thereafter individual bookings will be taken at a cost of £5 per person for the weekend.

3. Floor space accommodation - This has been negotiated in a variety of halls, schools etc around the area. Bookings should be made directly with the organiser.

4. Camping and caravanning facilities for about 150 are also available at Gortin Glen Caravan Park, Lisnaharney Road Lislap OMAGH Co Tyrone Tel (06626) 48108

Further afield accommodation - lists available from:
Strabane Tourist Office, Abercorn Sq., Strabane, Co Tyrone.
Cookstown Tourist Office, 48 Molesworth St., Cookstown.
Tourist Info. Centre, Enniskillen, Co Fermanagh.

If difficulties are experienced, please write to the organiser: Teresa Finlay, Gortatole OEC, Florencecourt, Co Fermanagh, N Ireland. Tel 036582 8888

ACCOMMODATION	Tel.
Knock-na-Moe Castle Hotel, Omagh	3131
Royal Arms Hotel, 51/53 High St., Omagh	3262
Silverbirch Hotel, 5 Gortin Rd., Omagh	42520
Mrs M Clements, 14 Greenmount Rd, Beragh.	(53)688
Mrs S Clements, 9 Lissan Rd., Omagh	45592
Mrs Cuddihy, 1 Georgian Villas, Omagh	45254
Mrs Fulton, 5 Mellon Rd, Mountjoy, Omagh	45400
Mrs Keane, 10 Lenagh Rd, Mountfield.	(74)401
Mrs Kelly, 34 Main St., Gortin	(6)48241
Mrs McCann, 12 Tamlaght Road, Omagh	3381
Mrs McFarland, Lislap P.O., Gortin.	(6)48284
Mr McCaffrey, Main St, Dromore	(82)219
Mrs Marshall, 31 Loughmuck Rd, Omagh	42557
Mrs H Patterson, 31 Main Street, Sixmilecross	(72)232
Miss J Patterson, Letfern, Seskinore.	841324
Mrs Reid, Greenmount Lodge, Seskinore.	841325
Mrs Toner, Lenamore, Gortin.	(6)48305

Self-catering cottages at:
Baronscourt Leisure Pursuits
Fairways
Golf Course Road
Newtownstewart
Co Tyrone BT78 4LF
Tel 06626 61013

FERM O

CRITICAL SUCCESS FACTORS IN ORIENTEERING

An Appraisal of Loch Lomond '89

More than 100 IOA orienteers together with about 60 of their NIOA colleagues travelled to Scotland to compete in the bi-annual 6 Day which was held in the Loch Lomond region. While many took part in the event as by way of a summer holidays, almost all competitors who came to the starting line had personal goals such as win!, achieve gold, silver, finish, etc. With the large classes (more than 3000 competitors) and the usual mixture of physically demanding terrain and complex navigation, achieving one's goal was not easy.

The obvious question to be asked is:- Why did some Irish orienteers appear to perform significantly better that others (and presumably get a higher sense of achievement)? The following reflections are not directed at H & D21E nor at the revellers ,rather they are asking what did I (mr/ms average orienteer) learn from the experience and can I do better the next time by putting some of this knowledge into practice. Could it be that there are a **few significant factors?** I know that this discussion should and perhaps did take place at most clubs' training sessions back in Spring. What the results tell me is that some clubs are not getting it right.

* MAPS:

You need to be totally familiar with maps of a similiar complexity. You cant turn up in Scotland, glance at the map at the start and know instinctively the correct approach to vast areas without line features but containing a multitude of contour detail. These **map interpretation skills** take time to develop even when training and coaching is provided. Applying them in the competitive environment of the forest is a further refinement. We are now fortunate to have some really good areas mapped especially in Munster. The high level of performance of their Juniors could well be related to the the spate of excellent West Cork maps.

* TRAINING:

You cant hope to do well in today's highly competitive world without preparation. For orienteering that takes the form of regular training. This should incorporate a mix of **O techniques and physical training.** Club training officers should be raising different O problems to enable a discussion to take place. This allows the lesser experienced to understand that there are multiple approaches to O problems and from the practice sessions each person can figure out what is best for them. Even an indoor session studying previous Scottish maps would

have been most beneficial. Clubs who practise this reaped their rewards as shown in the results. Almost all clubs who got into the top ten including **Ann May's** (Winner of D40B) SLOW are known to have regular bi-weekly training.

* REALISTIC TARGETS:

You should sit down before you fill in the entry form, and decide **what is right for you.** If you are unable to train DONT enter an A class. If you have just taken up the sport in the last 3 months DONT enter an A class. It is a common mistake to see novices entering an A class and struggling to finish in times up to 2½ hours every day...the first couple of days are spent in coming to terms with the unfamiliar terrain resulting in frustration and disappointment. ..that loses people to the sport.

A better approach is to settle for a B or C Class. B in Scotland offers good technical challenge for the average Irish orienteer. Which is more satisfying competing with the top 10% for a win or place or trailing in at the bottom of the list? Most of us who were there know that **John Keane** (3ROC) was 3rd (M10B) and that **Raymond Finlay** was 3rd (M35B) but do we remember who was 39th in H40? Of course we dont. We all benefit from tangible evidence of achievement and the associated recognition, not to mention the prizes.

Clubs have a responsibility to provide guidance especially to their newer members when they are going abroad to orienteer. For maximum enjoyment and benefit in the A and E classes one should be capable of achieving Gold standard.

* FORWARD TACTICAL PLANNING:

Every general worth his salt has a plan of action to **minimise** his **weaknesses and maximise** his **strengths.** Orienteers should do likewise. At a Six Day only 4 days count in the overall results. You should select the 4 areas that suit your ability... Pick new maps rather that resurveys to reduce the advantage to the home people....Have a rest day between each event- be fresher than your opponents...Use the other two days to train... Avoid the slogs if enjoyment is your goal...If you are incredibly fit then go your hardest each day and drop your weakest run.

* SUPPORT:

No man (or woman) is an island! Back up support appears to be essential for success in orienteering. This important ingredient to success can be family, teacher or Club . All our

winners at junior level had this support. The same pattern seems to be repeated in the UK. Characteristic of this is the mushrooming of Club tents where the competitor can find find solace, advice, comparison and analysis of courses. It is difficult for the orienteer to achieve alone. Club identity can be a great help. Clubs should recognize this in their development plans and aim to cultivate a **supportive environment**

Summary of Results:

The best performances came from our Juniors achieving 13 Golds. The girls showed the way with **Clare O'Connor** (CORKO) winning D10A, and **Ruth Hollinger** (LVO) winning in D11A sharing top billing. They were followed by **Maeve O'Neill** (SET) 3rd in D11B. In a highly competitive D13A **Ailbhe Creedon** (CORKO), **Miriam Feehan** (BVOC), **Faye Pinker** (CORKO) and **Sheila Convery** (3ROC) all achived gold standard.

Foremost amongst the boys was the already mentioned **John Keane**. Other to achieve gold were **Colin McKenna** (LVO), **David Hollinger**(LVO), **Peter O'Hara** (AJAX) and **John Feehan** (BVOC).

High fliers in the Senior Classes were **Vince Joyce** (3ROC) 1st in M35A, **Ann May** (SLOW/3ROC) 1st in W40B, **Heather Majury** (LVO) 2nd in D35B and **Raymond Finlay** (FERMO) 3rd in H35B.

Four overall winners, 4 placings, 15 Golds, 37 Silvers with many other wins and placings on individual days is a creditable performance. If Ireland could do that well in the Olympics you'd never hear the end of it.

Your next opportunity for this competition is 1991, the venue is South West Scotland, the event centre is Moffat,...see you on the prize winners podium!

The hurler on the ditch.

P.S. I've deliberately omitted the 'housekeeping' items such as shoes with good studs, sealed compasses, and other such paraphernalia from the success factors not because they are unimportant but rather they should be self evident.

Great Eastern Navigators News GEN NEWS Great E

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

What have GEN been doing over the summer?

Welsh Weekend. June 10/11 - A GEN party went over to this weekend. Some fastish running terrain, but very intricate. . .The boat came home at about 3. AM. . . just in time to go to work. . . all very enjoyable.

Hill Running. This sport for **real** men & women is so enjoyable that some GEN members (Herbie Inglis, Brian' Heeney, Peadar Dempsey) have completed the New Balance evening league. . . all for fun

Athletics. Noel Carroll left on 24th July for the World Veteran Championships in Oregon, USA. He is going for gold in the 800m. His clumates in GEN all hope it goes well for him

Newbridge. June 23. Thanks to Diana for running the show. Peadar-the-chef-Dempsey was called to a wedding, so we had to manage without him.

Trooperstown

October 8. You've only got 2 months(ish) to grab a committee member and beg to be allowed help at this event. . . well, please try, especially if you're new in the club - it's a good way to get to know people

Odds 'n' Ends

Controller/ Planner's Course. GEN are interested in Frank Cunnane's offer. Any other clubs out there?

American Correspondent. Gerry Connolly, our man-on-the-ground in America, is a native of Dublin, but now lives in America, works in computers, & is a member of Delaware O-Club. We have also made him an honorary GEN member. Best wishes to Gerry, and his clubmates in DelO. . . We'll hear more from him later.

Mapping. Extension of Brockagh planned. Grab a committee member if you're interested in helping, you don't need experience, we give on-the-job training.

GEN Notice Board. This device is to keep you informed between TIO's. It also has orienteering media coverage from Ireland **and** abroad. All orienteering articles, results, notices, comments etc. will be gratefully received by the secretary.

Best wishes for the coming season to all GEN members!

FORESTRY AND WILDLIFE CODE

The Forestry and Wildlife Code is produced by the Timber Growers UK and is being considered by the IOA as a suitable forestry policy that should be supported by us and submitted as such to Coillte Teo. It is a 32 page glossy brochure, dealing with forestry under the headings Landscape, Water, Nature Conservation, Roads, Access and Recreation and Archaeology in particular it suggests.

Proper planning of new forest schemes, including analysis of local soil and vegetation patterns, landform shapes, rock and water features and views. Rides should be wide. Forest borders should be broadleaved.

Design should aim to blend boundaries into the surrounding landscape, to promote a sense of continuity. To reduce the apparent uniformity of an area it is worth considering not planting right up to watercourses and to exposing crags and knolls. Both along the forest edge and within it care should be taken to avoid the creation of long straight boundaries with obtrusive right angles, parallel edges, symmetrical shapes or vertical (perpendicular to contours) and horizontal (parallel to contours) boundaries.

Potential soil erosion should be avoided by encouraging the establishment of permanent strips of grass, dwarf shrubs or broadleaved tree cover along the edges of watercourses. Main drains should follow gentle gradients. Terminate all drains short of watercourses. Clean drains outside fish spawn seasons and ensure free flow of water. Careful application of chemicals.

Felling operations should be phased to protect the scale and enhance the diversity of the forest landscape. Corridors of mature trees should be maintained alongside felling coupes.

A comprehensive management scheme for existing forests which would take into account the flora, fauna, landscape and needs of other countryside users and carry out forestry operations in sympathy with these factors.

Roads in conifer plantations should have bends and verge diversity. Some views should be retained by leaving small areas unplanted at the appropriate points.

Recognisable or waymarked trails should be created to for public access.

Eoin Rothery

LEINSTER O-RINGEN RESULTS

Course : A

1	W.YOUNG	CURR	M21A	70:28
2	P.HEALY	CURR	M35	75:34
3	J.MCCULLOUGH	3ROC	M21A	76:40
4	B.BELL	GEN	M35	89:30
5	M.O'HARA	AJAX	M35	95:26
6	C.NicMHUIRIS	UCGO	W21A	105:39
7	M.FLYNN	SET	M21	112:07
	M.O'HARA	AJAX	M35	DISQ
	C.HARRINGTON	-	-	DNF
	M.GEOGHEGAN	AJAX	M21	DNF
	D.MURPHY	ECO	M21	DNF
	D.NiCHALANAIN	AJAX	W21	DNF

Course : B

1	S.O'BOYLE	CURR	M21B	60:08
2	P.REDMOND	-	-	67:05
3	M.McPHERSON	3ROC	W21	69:08
4	E.LOUGHMAN	NAAS	W21A	71:24
5	T.McCORMACK	GEN	-	74:43
6	D.CASHIN	ATO	-	74:50
7	M.THORNHILL	GEN	W35	76:47
8	G.DOHERTY	GEN	M15	77:55
9	E.CORCORAN	GEN	M21B	77:59
10	M.HEALY	GEN	W35	78:04
11	L.ROE	3ROC	M40	81:01
12	F.LAFFERTY	FIN	M21B	81:50
13	P.FARRELLY	CURR	-	84:37
14	B.McGRATH	3ROC	M40	85:09
15	M.HEAPES	GEN	W21	90:37
16	R.WILLIAMSON	LVO	M35	99:38
17	J.WATT	GEN	W35	101:03
18	?.COLCHOUGH	CURR	M21B	101:47
19	J.GRAY	3ROC	M40	113:52
20	M.SOMERS	DLSO	M17	116:40
21	T.KEEGAN	UCDO	-	129:32
	B.BUCKLEY *	SET	M40	DISQ
	S.KEANE	-	M17	DNF
	B.DOODY	3ROC	M17	DNF
	P.BRENNAN	SET	M21B	DNF
	B.DOHERTY	GEN	M45	DNF

* CORRECT RESULT WILL BE IN TIO 43

Course : C

1	A.FLEGG	SET	M50	49:33
2	J.BENT	SET	M50	60:49
3	P.WALSH	SET	M55	62:46
4	C.DUNLOP	SET	M50	62:53
5	R.FLYNN	SET	M45	63:49
6	H.WHITE	3ROC	-	67:00
7	M.O'NEILL	SET	M15	67:08
8	E.E.NILAND	AJAX	M15	67:18
9	B.POWER	SET	M40	68:53
10	N.CRAWFORD	3ROC	M45	69:38
11	M.WALSH	3ROC	W40	73:22
12	M.LUNT	GEN	-	74:11
13	B.QUIGLEY	FIN	W21B	74:18
14	K.BENT	SET	W40	74:25
15	A.FLYNN	SET	M15	74:31
16	L.FLOYD	FIN	M17	76:13
17	M.HEWSON	GEN	M55	79:53
18	A.COOKE	AJAX	W15	82:30
19	E.JONES	FIN	W21	87:15
20	J.BARRETT	NAAS	-	92:43
21	N.MacINERNEY	NAAS	-	92:47
22	J.CULLY	CURR	-	93:[illegible]
23	L.DINEEN	FIN	W21B	107:[illegible]
24	G.CAMPBELL	-	-	109:[illegible]
25	P.COOKE	AJAX	M55	115:[illegible]
	G.CONDON	ECO	M40	DISQ
	D.WATT	GEN	M40	DNF
	T.WALSH	FIN	W21B	DNF

Course : D

1	K.CONVERY	3ROC	W15	42:17
2	W.McCORMACK	GEN	-	51:[illegible]
3	F.FLOOD	FIN	M21	55:32
4	S.O'NEILL	SET	M15	56:06
5	N.LEE	3ROC	W21A	60:07
6	E.GLANVILLE	3ROC	W15	60:21
7	S.KULDORFF	SET	M60	61:10
8	H.CONVERY	3ROC	W50	61:32
9	J.FLEGG	SET	W45	62:39
10	E.FLYNN	SET	M15	65:07
11	R.NORTON	3ROC	3ROC	65:45
12	M.HIGGINS	SET	W45	68:55
13	C.CARROLL	3ROC	M55	69:26
14	F.O'NEILL	SET	W40	70:57
15	N.LALOR	GEN	W21B	72:31
16	C.McGRATH	3ROC	W40	73:25
17	A.McBRIDE	GEN	W35	76:32
18	A.McKENNA	TD	W21B	78:10
19	J.O'NEILL	FIN	W40	82:50
20	D.HICKEY	DLSO	M15	84:42
21	D.LARGE	GEN	W50	85:32
22	J.BUTLER	3ROC	M15	100:48
23	V.MURTAGH	3ROC	W45	122:04
	B.HYNES	GEN	-	DNF

Course : E

1	F.O'NEILL	SET	W40	25:27
2	B.O'NEILL	-	-	27:12
3	M.O'NEILL	SET	M15	29:03
4	C.RYAN	DLSO	M13	30:58
5	E.S.NILAND	AJAX	M11	38:37
6	M.FLYNN	-	W21	41:12
7	M.WILLIAMSON	LVO	M11	45:00
8	S.HEALY	GEN	W10	45:23
9	C.THORNHILL	GEN	W10	49:40
10	P.FLANAGAN	3ROC	W10	51:00
11	N.NOWLAN	3ROC	W10	51:23
12	S.NOWLAN	3ROC	W10	51:31
13	C.FITZSIMONS	-	M10	53:59
14	L.O'HARA	AJAX	M10	55:33
15	E.REDMOND	SET	-	72:38
16	P.QUILL	FIN	-	137:24
	S.NILAND	AJAX	M10	DNF

Leinster 2-Day 28/29 May 1989
Day 2 -- Ballinastraw, Co. Wicklow
AJAX

A Course 7.6km. 340m

	Name	Class	Club	Time
1	W Young	M21A	Curr	70:41
2	P Healey	M35	Curr	77:03
3	J McCullough		3ROC	85:32
4	M Flynn		SET	92:13
5	B Bell	M35	GEN	93:18
6	C Ni Muiris		UCGO	97:14
7	P Higgins	M21A	WEO	97:53
8	Brian Heeney	M21A	GEN	112:58
	T O'Sullivan	M21A	CO	DNF

B Course 6.1km. 265m

	Name	Class	Club	Time
1	Gavin Doherty	M15	GEN	60:45
2	D Cashin	M21B	ATO	67:37
3	E Loughman	W21A	NAAS	67:44
4	F Lafferty	M21B	FIN	69:03
5	S O'Boyle	M21B	Curr	69:44
6	P McCormack	M45	GEN	75:54
7	J Colchough	M21B	CURR	77:41
8	M McPherson	W21	3ROC	79:31
9	E Corcoran	M21B	GEN	80:18
10	B Buckley	M40	SET	80:59
11	P Redmond	M35		81:12
12	David Quinn		GEN	81:36
13	J Fitzsimons	M40	ECO	85:06
14	T McCormack			88:40
15	Larry Roe	M40	3ROC	88:58
16	P Butler	M40	3ROC	92:33
17	Doug Corrie	M21B	FIN	94:11
18	C Brown		ESK	95:55
19	Pat Flanagan		3ROC	96:11
20	M Somers	M17	DLSO	97:07
21	Declan Stokes	M35	CO	98:21
22	J Watt	W35	GEN	98:49
23	Thomas Jones	M21	CURR	104:22
24	T Keegan		UCDO	104:55
25	D Gannon	M21	CURR	120:19
26	J Maguire	M21	CURR	122:33
27	J Gray	M40	3ROC	123:27
28	Mary Heapes	W21A	GEN	123:35
29	P Lord	M40	TRIM	125:15
	B McGrath	M40	3ROC	DNF

C Course 4.6km. 175m

	Name	Class	Club	Time
1	A Flegg	M50	Set	56:57
2	Moira Nowlan	W35	3ROC	68:01
3	M Lunt			70:38
4	C J Carroll	M21		70:50
5	Nigel Crawford	M45	3ROC	71:42
6	A Flynn		SET	72:46
7	B Power	M40	SET	73:14
8	EE Niland	M15	AJAX	73:56
9	Mark O'Neill	M15	SET	76:58
10	Colin Dunlop	M50	SET	82:43
11	K Bent	W40	SET	86:59
12	Maire?Walsh?	W40	3ROC	88:31
13	Joe Cully		CO	93:04
14	R Hudson		TRIM	99:02
15	E Jones	W21	FIN	101:43
16	B Flannagan	W40	SET	102:00
17	B Doherty	M45	GEN	112:11
18	B Quigley	W21B	FIN	114:23
19	M Hewson	M55	GEN	122:21
20	A Cooke	W15	AJAX	137:19
	J Bent	M50	SET	DNF
	F Connolly	M21	CO	DNF
	P Cooke	M55	AJAX	DNF
	R Flynn	M45	SET	DNF
	A Morrish	W21A	LEEO	DNF
	B O'Boyle	W21	CURR	DNF

D Course 3.8km. 125m

	Name	Class	Club	Time
1	S O'Neill	M13	SET	41:41
2	E Glanville	W15	3ROC	46:20
3	N Lee	W21B	3ROC	46:52
4	W McCormack	W40	GEN	48:43
5	J Flegg	W45	SET	52:58
6	S Kuldorff	M60	SET	54:41
7	Karen Convery	W15	3ROC	55:28
8	Ann McBride	W21B	GEN	59:27
9	Maire Convery	W21	3ROC	60:07
10	L Naughton			60:26
11	L Convery	M50	3ROC	61:23
12	Hazel Convery	W50	3ROC	61:32
13	C Carroll	M55	3ROC	68:48
14	C McGrath	W40	3ROC	69:44
15	Nora Lawlor	W21B	GEN	71:13
16	M Higgins	W45	SET	73:20
17	A McCormack	W40D	GEN	75:55
18	E Flynn	M13	SET	77:13
19	A McKenna	W21B	TOGH	89:10
20	F O'Neill	W40	SET	90:59
21	J Butler	M12	3ROC	94:14
22	Claire Lord	W15	TRIM	109:10
23	J Lord	M50	TRIM	130:33
	L Lord	M9	TRIM	
24	Vera Murtagh	W45	3ROC	143:40
	H Lambert	M45	3ROC	DNF
	D Large	W50	GEN	DNF

E Course 1.8km. 40m

	Name	Class	Club	Time
1	M O'Neill	W10	SET	19:51
2	Cathal Ryan	M13	DLSO	20:42
3	B O'Neill	M40	SET	21:28
4	F O'Neill	W40	SET	22:03
5	E S Niland	M11	AJAX	25:03
6	P Flannagan	W8	3ROC	27:58
7	K McCormack	W10	GEN	30:22
8	Peter ?			32:57
9	Mark Gargan	M9	AJAX	34:52
10	S McCormack	W11	GEN	37:17
11	J Butler		3ROC	40:48
12	Levingstone		AJAX	46:39
13	D Levingstone		AJAX	49:09
14	E Fitzsimons	W3		50:04
15	S Niland	M10	AJAX	51:10
16	Russell			51:13
17	Eoin Redmond	M10	SET	55:44
18	Niamh Nowlan			57:15
19	S Nowlan			57:35
20	P Higgins			80:07
	Liam O'Hara	M10	AJAX	
	S Rothery	M10	3ROC	DNF

Leinster 2-Day 28/29 May 1989
Day 1 Three Rock, 3ROC
Day 2 Ballinastraw, AJAX

Overall results

A Course Overall

	Name	Class	Club	Overall
1	W Young	M21A	Curr	141:09
2	P Healey	M35	Curr	152:37
3	J McCullough		3ROC	162:12
4	B Bell	M35	GEN	182:48
5	C Ni Muiris		UCGO	202:53
6	M Flynn		SET	204:20

B Course Overall

	Name	Class	Club	Overall
1	S O'Boyle	M21B	Curr	129:52
2	Gavin Doherty	M15	GEN	138:40
3	E Loughman	W21A	NAAS	139:08
4	D Cashin	M21B	ATO	142:27
5	P Redmond	M35		148:17
6	M McPherson	W21	3ROC	148:39
7	F Lafferty	M21B	FIN	150:53
8	E Corcoran	M21B	GEN	158:17
9	T McCormack			163:23
10	Larry Roe	M40	3ROC	169:59
11	J Colchough	M21B	CURR	179:28
12	J Watt	W35	GEN	199:52
13	M Somers	M17	DLSO	213:47
14	Mary Heapes	W21A	GEN	214:12
15	T Keegan		UCDO	234:27
16	J Gray	M40	3ROC	237:19

C Course Overall

	Name	Class	Club	Overall
1	A Flegg	M50	Set	106:30
2	EE Niland	M15	AJAX	141:14
3	Nigel Crawford	M45	3ROC	141:20
4	B Power	M40	SET	142:07
5	Mark O'Neill	M15	SET	144:06
6	M Lunt			144:49
7	Colin Dunlop	M50	SET	145:36
8	A Flynn		SET	147:17
9	K Bent	W40	SET	161:24
10	Maire?Walsh?	W40	3ROC	161:53
11	Joe Cully		CO	186:05
12	B Quigley	W21B	FIN	188:41
13	E Jones	W21	FIN	188:58
14	M Hewson	M55	GEN	202:14
15	A Cooke	W15	AJAX	219:49

D Course Overall

	Name	Class	Club	Overall
1	Karen Convery	W15	3ROC	97:45
2	S O'Neill	M13	SET	97:47
3	W McCormack	W40	GEN	100:07
4	E Glanville	W15	3ROC	106:41
5	N Lee	W21B	3ROC	106:59
6	J Flegg	W45	SET	115:37
7	S Kuldorff	M60	SET	115:51
8	Hazel Convery	W50	3ROC	123:04
9	Ann McBride	W21B	GEN	135:59
10	C Carroll	M55	3ROC	138:14
11	M Higgins	W45	SET	142:15
12	E Flynn	M13	SET	142:20
13	C McGrath	W40	3ROC	143:09
14	Nora Lawlor	W21B	GEN	143:44
15	F O'Neill	W40	SET	161:54
16	A McKenna	W21B	TOGH	167:20
17	J Butler	M12	3ROC	195:02
18	Vera Murtagh	W45	3ROC	265:44

E Course Overall

	Name	Class	Club	Overall
1	F O'Neill	W40	SET	47:30
2	B O'Neill	M40	SET	48:40
3	M O'Neill	W10	SET	48:54
4	Cathal Ryan	M13	DLSO	51:40
5	E S Niland	M11	AJAX	53:40
6	P Flannagan	W8	3ROC	78:58
7	Niamh Nowlan			108:38
8	S Nowlan			109:06
9	Eoin Redmond	M10	SET	128:22

Killiney event 11-6-89 WM Fundraiser by AJAX A, HR and OC.
30 x100 point controls. 40 minutes: Penalty/Bonus(max 600) 1pt/sec

1	M Flynn	Set	M21	2604
2	M Nowlan	3roc	W35	2472
3	R Burgess	3roc	W19	2419
4	M Geoghegan	Ajax	M21	2400
5	B Heeney	Gen	M21	2370
6	L Rigby	Diso	M13	2243
7	D Hickey	Diso	M13	2242
8	S O'Neill	Diso	M13	2241
9	L Roe	3roc	M40	2146
10	M Convery	3roc	W21	2076
11	C Dunlop	Set	M50	2070
12	J Clarke	Gen	M45	2060
13	P Butler	3roc	M40	2010
14	M Walsh	3roc	M40	1980
15	H White	3roc	M45	1978
16	B Doherty	Gen	M45	1945
17	P Brennan	Set	M21	1940
18	D Brooks	3roc	M45	1930
19	B Flanagan	3roc	W40	1835
20	P Cooke	Ajax	M40	1795
21	N Crawford	3roc	M45	1780
22	E Glanville	3roc	W15	1740
23	T Keegan	Ucdo	M21	1730
23	J Fitzsimons	Eco	M40	1730
25	S Convery	3roc	W13	1715
26	G Doherty	Gen	M15	1687
27	M Cronan	Fing	W21	1610
28	J Gray	3roc	M40	1564
29	Linda	Gen	W15	1539
30	F O'Neill	Set	W40	1500
31	B Norton	3roc	M50	1439
32	B Clark	Gen	M10	1386
33	B Hollinshead	3roc	M50	1369
34	V Murtagh	3roc		1300
35	T & A Cooke			1230
36	E Conroy	Ajax	W21	1225
37	I Monreal, D Vebano			1195
38	J O'Neill	Fing	W40	1150
39	L Naughton	Eco	W21	1140
40	A Walsh, P Flanagan			1132
41	J Butler	3roc	M13	1120
42	C Sweeney			1069
43	B O'Neill	Set	M40	1010
44	N, S Nowlan	3roc	W6,8	1010
45	Lambert			1000
46	K Flanagan	3roc	M6	732
47	N, I Brooks	3roc	W17	650
48	E Fitzsimons			538
49	T J Gray	3roc		500
50	Lambert Jun.			0
50	E Kelly			0

Planner Eoin Rothery
Organiser Deirdre Lewis
Willing Helpers:
Peter Kernan
Eilis Conroy
Brendan O'Connor
The O'Briens
Ann Masterson
and Justin May.

This score event format made it very easy to calculate results and since each control was worth the same it saved some headaches for the competitors. The Bonus had to be set to a maximum of 600 (=10 minutes) so that a score of 2,400 could not be obtained by finishing immediately. Prizes were awarded in Junior classes (M/W13-19), but two still have to be collected - E Glanville (W15) and S Convery (W13).

Environment Update

Empty soft drink and beer cans are now worth money: 50p for every 150. Recovery Resources Ltd. are recycling these cans at 23A Greenhills Industrial Estate, Dublin 12 (tel 503193). So now, if you must buy sickly american addictive fizz, you can at least do something useful with the empty as the aluminium is recoverable. Or how about collecting the empties after some outdoor event?

RESULTS OF 3ROC "SPRINT-O" EVENT IN THE PINE FOREST, SUNDAY 25th. JUNE 1989.

Controller: Una Creagh Organiser: Nuala Creagh Planner: Justin May

A COURSE 3.85km. 170m 26 controls

1.	Peter Kernan	AJAX	43.24	M21
2 =	Gavan Doherty	GEN	54.12	M15
2=	Sennen O'Boyle	CURR	54.12	M21
4.	Eileen Loughman	NAAS	55.55	W21
5.	Brian Heeney	GEN	56.16	M21
6.	Marcus Geoghegan	AJAX	58.03	M21
7.	David Quinn	GEN	58.32	M21
8.	Martin Flynn	SET	59.25	M21
9.	Aubrey Flegg	SET	59.57	M50
10.	Ian MacNeil	3ROC	60.27	M35
11.	Monica Nowlan	3ROC	61.04	W35
12.	Gordon Parker	3ROC	64.03	M21
13.	Andrew Bonar Law	GEN	64.36	M55
14.	Michael Lunt	GEN	66.39	M50
15.	Pat Flanagan	3ROC	67.48	M40
16.	Brendan O'Connor	AJAX	67.54	M21
17.	N.C.Crawford	3ROC	68.09	M45
18.	Dermot Hickey	ECO	69.34	M21
19.	Arthur Green	CLOG	70.37	M21
20.	D. Cashin	AnTochar O	72.05	M21
21.	Shane O'Neill	DLSO	72.38	M13
22.	Mark O'Neill	SET	73.10	M15
23.	Richard Flynn	SET	74.15	M45
24.	Jerry Gray	3ROC	84.33	M40
25.	Thomas Keegan	UCDO	86.44	--
26.	Brendan Doherty	GEN	88.33	M45
27.	Brian Hollinshead	3ROC	88.53	M50
28.	Philip Butler	3ROC	90.06	M40
29.	David Brooks	3ROC	95.12	M45
30.	B. Quigley	FIN	98.10	W21
31.	Francis Lafferty	FIN	98.11	M21
32.	R. Farrell	-	133.25	--
33.	Fiacra Worrall	-	133.52	--
34.	T. Conneff	DRO	136.23	M15
35.	Francis Crowe	-	137.30	--
36.	Rodney Forde	DCH	140.35	--
37.	Fintan Manley	DCH	145.53	--

5 NON FINISHERS

WAYFARERS 3.50km. 110m. 11 controls

1.	Jamie Swan	NAAS	49.09	---
2.	Brian Fay	NAAS	49.10	---
3.	John Keely	DCH	55.02	M15
4.	Niamh Nowlan	3ROC	56.16	---
5.	Sheila Nowlan	3ROC	56.24	---
6=	Margaret Swan	NAAS	63.00	---
6=	Breda Fay	NAAS	63.00	---
8.	Lorcan Nagle	--	73.02	---
9.	Damhan Nagle	--	73.10	---
10.	Deidre Nagle	--	73.40	---
11.	John Loughman	--	73.46	---

B COURSE 2.39km. 110m. 16 controls

1.	Karen Convery	3ROC	50.03	W15
2.	Brigid Flanagan	3ROC	51.24	W40
3.	Jennifer Flegg	SET	52.13	W45
4.	Michael Hewson	GEN	54.43	M55
5.	Liam Convery	3ROC	61.04	M50
6.	Billy O'Neill	SET	63.05	M40
7.	A.M. McKenna	AnTogher O	63.49	W21
8.	Diana Large	GEN	66.35	W50
9 =	Peter Tutty	DCH	67.33	--
9 =	Peter Coyne	--	67.33	--
11.	Fran O'Neill	SET	67.34	W40
12.	D.Hickey	DLSO	68.29	M13
13.	J. Cathalin	UCDO	71.40	W21
14.	Jeff Butler	3ROC	72.05	M12
15.	T.O'Melley	--	72.28	--
16.	Emmet Flynn	SET	73.16	M13
17.	Gerard Connolly	Delaware Valley O.A.	75.37	M21
18.	Brenda Hynes	GEN	80.35	--
19.	Anne Murphy	--	89.18	--
20.	Vera Murtagh	3ROC	100.24	W45

1 NON FINISHER

C COURSE 2.1km. 9 controls

1.	E. Conroy	AJAX	30.19	W21
2.	Luke C.Crawford	3ROC	35.51	M8
3=	Margaret Sweeney	--	39.34	--
3=	Sarah Gilbert	--	39.34	--
5.	Sile,Deidre,John Loughman	--	39.37	--
6.	Grainne Carroll	--	39.39	--
7=	Olive Nonahan	DCH	41.25	W14
7=	Anne Marie Kilcoyne	DCH	41.25	--
9.	Maeve O'Neill	SET	49.43	W10
10.	Lucy Ryan	--	51.00	W10
11.	Alan Bell	--	51.58	Jun ior
12.	Mairead Weymer	--	55.02	Novice
13.	Frances Murphy	--	56.40	Novice
14.	Shana Fox	--	58.18	--
15.	Niamh Clancy	--	58.25	--
16.	S. Nic Carthaigh	--	58.31	--
17.	Mary Doyle	--	58.52	--
18.	SiobhanWeldon/Irene Egan	TRIM O	60.33	W17
19.	Pamela Flanagan	3ROC	61.03	W8
20.	Jean Mullen	3ROC	64.46	W50

Irish Orienteering Association

DEVELOPMENT OFFICER:
FRANK CUNNANE.
phone: 021-358480.

"Knocknarea",
Barnstead Ave.
Blackrock,
Cork.

6th. August, 1989.

NOTICE

A CONTROLLERS and PLANNERS COURSE

conducted by
IAN McMILLAN, B.O.F.

will be held in
WESLEY COLLEGE, BALLINTEER, DUBLIN

on
SAT. 25th and SUN. 26th NOVEMBER, 1989.

DETAILS ARE AS FOLLOWS:-

TIME: 9.15 a.m. to 5.00 p.m. EACH DAY.

BRING: Spirit Pens (non-permanent, for use on mapping film), Pencils, Paper, Erasers, Orienteering Gear.

PROVIDED: Mapping film, maps of the areas we are going to visit. **HOT DINNERS** @ £3 per day IF paid for at least one week in advance, or preferably with booking. Otherwise, bring packed lunches.

FEE: £10 PER PERSON, PAYABLE WITH BOOKING. **BOOKINGS** ON A "FIRST PAY, FIRST BOOKED" BASIS. BOOKINGS ACKNOWLEDGED SAME DAY (BY POST).

NUMBERS: WILL BE RESTRICTED TO 30, BECAUSE OF ROOM SIZE.

CHEQUES: PAYABLE TO "FRANK CUNNANE".

SUBSIDY: This course is being subsidised by the I.O.A., to a maximum amount of £200. Subsidy will be by way of refund. To qualify for a refund, it is necessary to complete the course.

REFUNDS: 1. For persons who live more than 20 miles from Dublin, mileage from home to Dublin and back, less 40 miles, will be reimbursed, provided that cars are as full as reasonably possible. Contact club-mates and nearby clubs to fill cars.
2. The remainder of the subsidy will be paid to those who have to pay for overnight accommodation, up to a maximum of the An Oige rate per night, for two nights. Stay with friends, if possible.