The Irish Orienteer

No. 44 DECEMBER 1989 - JANUARY 1990 £1.00

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No. 44 DECEMBER - JANUARY 1990 ISSN 0790-1194

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The opinions expressed in *The Irish Orienteer* are not necessarily those of the editor or of any orienteering organisation. While every effort is made to ensure the accuracy of the information contained in *The Irish Orienteer* no responsibility can be accepted for errors or omissions, or for their consequences.

The copy dates for the forthcoming issues are:

No. 45	February - March 1990	21 January
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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.

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

Entry form distribution with *TIO* is free. Please supply at least 550 copies.

ADVERTISING RATES: Full page £40, half £25, quarter £15. Reductions for multiple insertions and for orienteering advertisements.

COVER: Larry Roe (3ROC) at last year's Connacht Championships at Killary, Co. Galway. (Photo by Stephen Ryan, UCGO).

LETTERS

15 Templeroan Ave
Dublin 16

20 November 1989

The Editor
The Irish Orienteer

Dear John

I wish to comment on a short article in TIO No.43 entitled "Propoganda War Hots Up". I am unclear as to where the propoganda comes from, or for that matter, which Club is offering enticements to new members. Yes, our Club Notice Board does have a note stating "New Members Welcome". We are aware that a large number of people enjoy orienteering without being members of any Club. The IOA recognised this with it's directive on entry fees at events. When non-members come to an orienteering event they should be made aware that there is a choice of Clubs and information should be freely available, when requested. I am not aware of any soliciting and in any event new-comers make up their own minds on what club to join.

Obviously the organising Club at an event has the hightest profile and as such may attract potential new members. I can not see a problem with other Club Notice Boards, although a location that does not compete with the organising Club's displays would be expected.

Yours sincerely

BRIAN POWER
Chairman
Setanta Orienteers

90 Moorefield Park
Newbridge
Co. Kildare.

1 November 1989

Dear John,

I would like to comment on two points raised in TIO No 43. The first is in relation to Maura Thornhills letter on prizes for M and W 10s and 11s. Given the current situation in our society with competition between young people for places in colleges, jobs etc., I thir. the idea of "collecting trophies" for WINNING at orienteering events should at least be de-emphasized in order not to add further to the already considerable stress placed on young people.

Participation at this age should be emphasized as the most desireable aspect of the sport and not who comes first or second. It is the participation that must be encouraged and rewarded. Maura mentioned giving a memento to all who finish. This is a great idea and perhaps should be considered seriously in the future. It would encourage more participation by young people and remove the WINNING/LOSING aspect which is highlighted by prize giving in its conventional sense. It is my opinion that any young person [or any person of any age for that matter] who picks up a map and compass and heads into the woods is a winner. Prizes are not necessary to highlight this. In relation to "Children ----hanging around events while their parents compete and help", why not invovle them more in the planning , preparation and running of the events. In this way young people are genuinely involved and have a sense of belonging, which can improve their chances of successfully facing and overcoming the challenges that life will present to them. By encourageing & rewarding participation we may keep young people interested and have them there when, as older orienteers, serious competttion (and prizes) have a more fitting place.

The second point is in relation to Una Creagh's interesting article on the Mourne Mountain Marathon. Una was critical of the accuracy of the grid references. I thought it strange that the organizers of a prestigious event like this would allow this to happen, (or would they?). In looking at the "Mourne Country" 1:50,000 map consider the following. A six figure grid reference shows the co-ordinates of the bottom left hand (South West) corner of a 100 meter square on the ground.

The control description lies somewhere within this 100 meter square, and not exactly at the point of intersection of the Eastings and Northings indicated by the grid reference. On the map itself this square measures 4mm x 4mm (2mm x 2mm on the 1:50,000 map). Could this be what actually transpired with the grid references or were there actual errors as Una stated. It would be very interesting to know.

Thank you for taking the time to read this letter. I look forward to TIO every two months. It is very informative and generally an equally good read. Continued success to you with it.

Yours Sincerely,

Padraig Callaghan.

P. Callaghan.
Curragh Orienteering.

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25 Balally Park,
Sandyford Road,
Dublin 16.

Dear Sir,

Once again the time for the famous annual Tonlegee Snow Run is approaching. Willie McAuliffe is the current holder of the crystal bowl. Hopefully the weather will be more interesting this year: last year was rather tame, with only a sprinkling of snow.

The route is from the Glenmacnass car park to the top of Tonlegee and back. Last year all the entrants, including one lady, completed the race.

As the route is unmarked and conditions are not expected to be good, only experienced runners/orienteers should consider participating. The race is scheduled for Sunday the 4th of February, starting at 11.00 a.m. Check with N. Coldrick or myself at 608288 (work).

The winner takes home (for a year) a beautiful cut glass rose bowl with all previous years' winners names inscribed on it.

Yours faithfully,
Brian Bell.

Irish Orienteering Association

IRISH ORIENTEERING ASSOCIATION NEWS

PAT REDMOND
HON. SEC.
18 ORCHARDSTOWN AVE.,
RATHFARNHAM,
DUBLIN 14
30-11-1989

The AGM will be held on Sat. 17th Mar. 1990 at 5.00pm at Creedons Hotel, Inchigeela, during the Irish 3 day.

The IOA executive congratulates all those selected to run for Ireland in the recent Ward Home International. A special mention is made to those Juniors who performed particularly well in the recent Junior Ward Home Int.. The IOA wishes to thank John Mc Cullough for taking on the role of Team manager for the event.

Brian Corbett has been presented with the "SILVA AWARD" for his outstanding services to Orienteering.

At the IOA executive meeting held on the 10th Nov.'89 the following decisions were made.

(1) As and from the 1st Jan. 1990 events not registered with the IOA Fixture Secretary will not be advertised in TIO or the News Papers.

(2) The committee are going ahead with the production of a promotional brochure for Irish Orienteering. It is expected that it will be available early in the new year.

(3) It is proposed to revise the constitution and udate the rules of competition.

(4) The following funds were allocated :

Mapping grants	£700
Controllers/Planners Course.	£300
Permanent course development.	£200
Promotion of National O Day.	£200
Junior Development.	£100

(5) Cospoir are planning a House of Sport. It's will be situated off the long Mile Rd., Walkinstown, Dublin 12. The IOA propose to share an office with AFAS, ICU, IUC and the FMCI. Secretarial facilities will be available along with rooms for meetings. From this office it is hoped to be able to disseminate and receive information during normal working hours.

(6) The IOA are to purchase a full set of Irish Team O Suits.They will be loaned to all competitors representing Ireland at International events.

(7) The "best Map of the Year" award is to be adjudicated on by the Chairman of the IOA and the Mapping Officer (currently J.Creagh and P. Healy respectively).

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

IRISH ORIENTEERING ASSOCIATION NEWS

INVITATION TO SWEDISH ORINGEN CLINICS AND 5 DAY 18-27 JULY '90

The venue for the 1990 International Clinics and Swedish 5 Day is Goteborg.

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

The Oringen Committee have invited us to send two people to the Clinics. Anyone interested in attending should apply to me in writing by **Friday 5 January '90.**

CENSUS '89

Thanks to all Clubs who have already returned their figures.

Would those Clubs who have not sent back their Census Forms please do so by return. Final figures are now urgently needed for our 1990 Government Grant Application.

The following Clubs have not as yet reaffiliated to IOA for 1989

Bolton Street OC
Kevin Street OC
Raven OC
Outward Bound Adventure Club

COSPOIR GRANTS

We are very grateful to Cospoir for the recent grants to Orienteering.

* £4,500 - towards administrative costs.
* £1,500 - towards the cost of participation in this Year's World Orienteering Championship in Sweden.
* £250 - towards the cost of participation in the Ward Junior Home International in Wales.

DISTRIBUTION OF TIO

In case you have ever wondered, The Irish Orienteer is supplied to members of Leinster O-clubs and Thomond OC free every two months (well, not free exactly, but the cost is covered by the annual club subscription). This accounts for about 350. Some Leinster clubs only get a handful, and Lee and Waterford get a small number. The Great Outdoors, Bramac Stores and Bush Sport get some to sell and there are about sixty individual subscribers.

If you would like your club to get TIO for you, contact the club secretary. The cost is about £15 per issue for 25 copies, including delivery to your club secretary, calculated on the past year's prices.

LOOKING WEST

The most urgent news from Connacht is that the venue of the 1990 Connacht Championships has been moved slightly, from Union Wood to Ballygawley, contrary to the information in the entry form. Event Controller Frank Ryan (Western Eagles) was unhappy with some aspects of the old Union Wood map and opted to move the competition to nearby Ballygawley.

The Connacht Orienteering Council has a new Chairman in Stephen Ryan who thus becomes a member of the IOA Executive. The Connacht Secretary is still Baldur van Lew, Gortadooey, Claregalway, Co. Galway (091-98068).

The All-Army Championships next spring are planned for a revised map of Union Wood and Ballygawley, outside Sligo, and Connacht are hoping to host the 1992 Irish Championships in Co. Galway.

IRISH LADIES DISQUALIFIED

Reading recent reports on the World Championships it became clear that the Irish Ladies team had been disqualified from the Relay competition as a result of finishing in a time greater than 5 hours. This ignominious fate befell Ireland, Austria, Yugoslavia and the USA, while the fourth leg runner for Japan wasn't even let start.

The ladies courses were all slower than expected, so to beat the 5-hour cutoff they had to finish in less than 34.1% more than the winners, while the men, with a 7-hour cutoff, only had to finish less than 70.7% slower than the winners.

Again this year, teams with early runners disqualified weren't allowed to run their four runners: whyever not? This happened to the Irish men's team at WOC '87 in France.

Surely this isn't the best way to encourage the weaker countries? What's the point in sending a women's team at all if this rule is to apply? As "Orienteering North America" commented, we are effectively being told "Yes, we want you to come to the WOC so we can call it a World Championship, even though you're not really good enough to compete with us".

COUNTY COUNCIL GRANTS

Fingal Orienteers in North County Dublin have just received a £100 grant from Dublin County VEC to further the cause of orienteering in the North County.

IRISH TEAM SELECTION : A PROPOSAL

As a recently retired selector I think the Irish team selection procedure is in need of review. While I believe that we had a good team in Sweden and that our procedure produced the most competitive trial ever staged I think that the selectors failed to convince everyone of the fairness of their methods. The problem was that we agreed to take into account 'selection events' throughout the season, while a sizeable group thought that a 'sudden-death' trial at the end of the season was better. Our compromise of a weighted trial was not universally welcomed. The fact that the final place in the men's selection came down to fractions of a minute is, I believe, of little consequence to the selection procedure. This might happen in any type of selection process where a race result is used. What is of consequence is that the amount of work done by the selectors, especially Chairperson Ernie Wilson, went largely unappreciated. Well, I think that Ernie's work went a long way to ensuring that we had the right team in Sweden, but that we cannot expect that kind of commitment from people in future.

The concept of a WM trial is a relatively new one (1987 was the first and even then the selectors retained the final decision). The benefit of a trial is that it removes the need for close decisions ands the success of WM trial 1989 as a competitive event has convinced me that we should move towards a sudden death trial for the World Championships, with the following qualification procedure. People should qualify automatically for a WM Trial directly from the major events in Ireland. I suggest that the first two in each championship grade event for the year preceding the WM should qualify for the Trial. The selectors should meet and announce the exact numbers - perhaps they might like to nominate only the winner from the first six months events, two from the last six months and maybe three from the Irish Championships. Places could be reserved, too, for overseas runners, depending on overseas results. The selectors role would be as follows:

Nominate qualification events and the numbers to qualify for the WM Trial from each event in advance, publicise through the newsletters before the closing dates of each event, and retain a veto of events in cases of faulty timing, misplaced controls, inadequate planning, map errors in vital areas, losing results, extreme weather etc. The selectors could also decide to award a trial place to people finishing closely (less than 30 seconds) behind previously qualified winners.

Monitor overseas applicants - nominate overseas events where performances will be taken into account and runners added to WM trial as necessary. Any additions to trial and the progress of this whole procedure should be publicised as quickly and widely as possible.

Provide Team Manager with a list of WM Trial participants, confirm with the qualified runners.

Example: The selectors decided that one place in the Trial be given to the winners of the first 5 selection events in the WM year and two places to the first two in the second 5 events, with 3 in IOC.

Event	1	2	3	4	5	6	7	8	9	10	IOC
1st	J	B	J	B	B	Q	A	E	L	B	K
2nd	Y	R	B	V	R*	J	J	A	V	J	V
3rd	D	Y	V	W	J	B	W	K	R	A	W
4th	O	X	W	J	D	W	V	V	B	V	M
5th	G	C	C	F	G	D	E	R	J	G	Y

The outlined initial represents when a runner qualified for the Trial. * R awarded the WM trial place available at event 5 for finishing within 30 seconds of B, who had previously qualified.

The Team Manager, or other person nominated by IOA/NIOA, would be responsible for the WM Trial, ensuring that it was fair and testing (Scotland '89 was a notable success in this regard). I think that this procedure would pick out the outstanding people during the season, ensure that the system is understood by everyone, upgrade the competitiveness of domestic championships, lessen the workload on selectors and still give the people who are going well at the time of WM the best chance of getting there. Throughout the season, competitors would know when they had qualified for the WM Trial and event results would have an immediate relevance.

For other international teams a more direct system could be used. Say a team of 4 was required after event no. 6 - then choose 4 from most recent event, with reserves from previous events in order (1st to 4th in next most recent event, 1st to 4th in the previous event etc.). In the above example this would mean that the team would have been G, J, B, W with reserves being called up in the order R, D, V, Y, X from the previous events.

Eoin Rothery

COMPETITIVE ORIENTEERING

Some ideas and recommendations on the development of senior Irish teams

by Colin Dunlop

OBJECTIVES FOR THE '90s

1. Concentrate on the Ward Home Internationals and other international events based in the U. K. and Ireland.
2. Encourage, help develop and organise Juniors to continue in the sport.
3. Set-up a workable format for Selection, Communications, Finance and Training.
4. Foster team spirit.

1. WHICH INTERNATIONAL EVENTS

The Home Internationals offer the most realistic competition for Irish runners, giving them a reasonable chance of challenging for the top ten places in their class.
Participation in the W.O.C. is justified only on the grounds of keeping Irish Orienteering visible to the F.I.O., and as a reward to Irish runners for good performances at local levels of orienteering. Its value as a means of improving Irish performances is non proven. It is expensive and a drain on our very limited resources and a financial burden on those selected on the team.

RECOMMENDATION: Wholeheartedly support home internationals for the next three years and do not enter for W.O.C on the next two occasions, after three years review the situation.

2. JUNIORS

Through the dedicated work of individuals in each Province, juniors are being well catered for at present. Improved performances are obviously resulting. This work must be continued and encouraged by the I.O.A. and N.I.O.A.

RECOMMENDATION: More financial help and support by actively recruiting other dedicated helpers/organisers/coachs. Keep the continuity. Bring juniors into appropriate international competition as early as possible.

3. MANAGEMENT

The crux of the problem faced by senior Irish Teams are Selection, Communication, Finance and Training. Also leadership and organisation.

RECOMMENDATION: a) Selection: Senior Team selection is the responsibility of the F.I.O.A., as part of fostering an all-Ireland approach to the sport. Apparently the F.I.O.A. has been functioning only intermittantly! Team selection is an important and urgent matter, it is suggested that whatever the situation of the F.I.O.A., the I.O.A. and the N.I.O.A. should each nominate a Selector/Team Manager. Their mandate will be to meet, decide on policy and action with the authority of their associations. Having two Managers should help to ensure there will always be at least one available to attend Internationals etc. Similarly, travel should be reduced and channels of information easier to use. The Selector/Managers should meet with the Provincial committees to request their help in providing information on likely squad members.

b) Provincial committees should nominate a person to act as information gatherer.

c. The two National Selectors should meet in August annually and decide on which International events Ireland will enter. It is essential they then communicate this information to everyone!

d. Based on the information given by the Provincial committees, and there own good judgement the Selectors will select a squad as early as possible before the international.

e. Eligible and likely Irish team members residing abroad must be advised that if they want to be considered for selection they must advise the Selectors of their progress/results on a 2/3 monthly basis.

Communications

a. At least 6 weeks before the International the Selectors must advise team members of arrangements, cost, subsidies and any other information available.

b. There is an obligation on team members selected to advise the Selectors of availability immediately they are informed of their selection.

c. At least 3 weeks before the International a meeting of team members and selectors should take place to diseminate as much information as possible.

d. Some form of newsletter should also be circulated.

Finance

I.O.A. to allocate a budget annually, no matter how small! N.I.O.A. to also allocate funds, if possible using any appropriate grants availble for such purposes. Special fund raising efforts are not the Selectors task, team members should be encouraged in this direction!

Training

Selectors to nominate a number of events as training events, where squad members will be requested to run on courses which approximate most closely to the courses they will run in the international.
Much closer liaison with the Irish Hill Runners Association, to avoid fixture clashes and perhaps to nominate hill runs for special stamina building.

4. TEAM SPIRIT

This important element is difficult to develop in an individual sport, it does however, make a difference to performances, especially in relays.

RECOMMENDATION: Appoint a team Captain for the year to help facilitate communications and establish a team identity.
I.O.A./F.I.O.A. provide "O" suit tops only, on a on loan basis for international events.
Organise as many as possible informal get-togethers among team and selectors.

The foregoing is just a framework which might be worth trying. It requires tuning, adjusting and attention to detail.

Team members and Selector/Managers want satisfaction and enjoyment from the sport, I believe only better organisation will help to achieve this aim.

Colin Dunlop

Nov 1989.

SWEDISH 5-DAY 1990

Damien Cashin of Tochar Orienteers, Roundwood, Co. Wicklow, is planning to take a minibus from Ireland to the Swedish 5-Day O-Ringen next July at Göteborg. Five seats are vacant at present: if you are interested in making the trip, contact Damien at 01-818212.

The plan is to travel via Larne-Stranraer, then Newcastle-Göteborg. The event is on from 23-27 July 1990 and entries close March 1st. A great chance to see the world's biggest event. The event centre is Kviberg, 4km NE of the centre of Göteborg.

O-FOR HANDICAPPED

At the Swedish 5-Day next summer a special 5-day event for the handicapped will run concurrently with the main competition. Maps at 1:5000 scale will be used and the terrain will feature good paths and metalled roads suitable for wheelchairs.

ROTHERY WRITES AGAIN

In this issue you can read about more proposals for Irish team selection following this year's problems. Eoin Rothery has sent his most recent suggestions for your perusal. He hasn't been training much since going to Australia due to a long standing achilles tendon injury. He and Deirdre have attended a couple of events: courses are long but interesting: B course winning time 90 minutes, most people over 2 hours, some even four hours.

His address is 5 Thomas St., Selby, Victoria 3159, Australia. Why not send a Christmas card?

IRISH ORIENTEER TROPHY

Entries are invited from all Irish orienteering clubs for the 1990 Irish Orienteer Trophy interclub competition, the winners of which will travel to the final of the CompassSport Cup in England in October.

The knock-out competition will be run at colour events and Grade 2 events in the first half of next year, with the final in September. Entry fee is IR£10 per club for the entire competition. As far as possible the preliminary rounds will be run off on a provincial basis between clubs of roughly equal ability. Contact the editor for details.

THE GREAT TRAVELLING O-SUPPER

Combine your navigational talents with a delicious meal and the chance to raise funds for the Junior Squad: it's the Great Travelling O-Supper, a moveable feast or progressive dinner on the Norwegian Master Map system: each course of the meal in a different house. At each house you will be given the location of the next house/course.

This novel event will take place after the final Leinster League event on February 11th. Tickets £5 each from any Junior Squad members based in Dublin. Contact Karen Convery (697107), Aileen Rice (935983) or Gavan Doherty (806611).

SPEAKING OF WHICH...

After moving dinners and Padraig Callaghan's letter about Grid References, it is interesting to note that not alone were the Grid refs. wrong for the Irish Individual and Relay Championships this year (one was several miles off the Irish coast), the second day of the Irish Two-Day was misplaced off to the north of Clonmel and about four miles SW of Fethard.

EVENT REPORTS

MUNSTER CHAMPIONSHIPS

The social event of the season so far was the après-O at Creedons Hotel, Inchigeela, on the morning of the Munster Individual Championships. Well, actually, it wasn't an après-O, since there hadn't been any orienteering (unless you count getting wet and windblown around the parking field at Tír na Spidóige), but it brought back the days of yore when orienteers of all persuasions would repair to a hostelry to mull over the recent event and swap routes and excuses.

The weather was so bad that morning that the Controller, Dave Calnan, wisely decided to postpone the event. First the Junior courses, then the Senior were abandoned, fortunately before any runners started. An exposed mountainside such as the competition area is no place for the faint hearted, or anyone else, on a day like that. This is only the second time I can remember an event being postponed at the last minute, and surely highlights the need for Controllers, the only ones with the authority to make this decision.

It's an ill wind, however, that blows no good, and Creedon's Hotel were rushed off their feet getting soup, sandwiches and hot whiskey when they thought they'd be having a nice quiet morning. The event has been rescheduled for April 21st next and entry forms will be in *TIO* 45 in February. Those who entered already can have a free run or can get their money back, and more entries will be accepted.

The Munster Relays went ahead at Warrenscourt next day, despite the Cork Jazz Festival, in rather better weather conditions. An old estate, featuring forest, open, hills and lakes provided good scope for a relay, although the absence of a results display made the proceedings rather hard to follow. Cork O dominated the competition.

WARD SENIOR HOME INTERNATIONAL

----------Gortin, Co. Tyrone----------

Combined with the Northern Ireland Championships, a BOF National Event and a Come-and-Try-It event, the Ward Senior Home International at Gortin was the biggest competition ever undertaken by a Northern Irish club, and Fermanagh Orienteers did a great job. Gortin is a physical area, with steep forest, heather and bog, and courses were rather long for many of the local competitors. Winning times in the Senior classes were on target, but the difference in standard on the day between top Irish and top British orienteers was notable and was underlined by the final scoreline of the Home International: England 206, Scotland 156, Wales 95, Ireland 83.

Heavy rain in the early morning cleared for the first starters in the Home International, with the rest of the field an hour later. Mild panic set in when (a) there weren't any signposts for the event and (b) nobody knew anything about the minibus to the start. Even the driver didn't know where the start was. All got sorted out soon,

though, and the climb to the start was worthwhile as it reduced the ascent on the courses considerably. In retrospect, the courses were insome cases a bit too long: earlier in the month, at the Leinster Championships in Glendalough, the story had been "You thought that was tough - wait till you see Gortin!". For those of you who missed the event, another chance will come at next year's Northern Ireland Championships in September.

Next day a FermO specialty, a Score Relay. All competitors have all controls overprinted on their maps and have to get a certain number of points each, depending on their age class. As soon as you have the appropriate score you come back and hand over to your next runner, and so on. Great fun, and no hassle with complex course combinations, Vannas, Farsta or Motala systems, or what not. Teams were entering up to the last minute as long as there were pre-marked maps. The sun shone and we all went home happy after the 12.00 prizegiving, as promised.

LEINSTER CHAMPIONSHIPS : GLENDALOUGH

----------1st. October 1989.----------

As an interim measure between the old-style Leinster Champs in December and the new-style ones in Spring, the '89 event took place at the beginning of October at Glendalough, organised jointly by Curragh and Naas. Parking at Derrybawn House and starting and finishing below the Derrybawn ridge meant a considerable walk for all both before and after the race, but on a beautiful, sunny autumn day who could have complained? Starting and finishing here gave us a new perspective on Glendalough, the longer courses spending a good deal of time in the open where control sites were easy and heather high. Back in the forest there was some interesting stuff towards the end on the steep, cliff-covered slope overlooking the lakes: for some extraordinary reason, at one control, we heard the strains of "Sentimental Journey" being rendered on an accordion in the valley below. The high-point (almost literally) was coming out over the Derrybawn ridge and looking down into the valley of Glendalough in its Autumn colouring: a breathtaking view at any time, today it was spectacular.

A small entry by the official closing date meant that several courses were combined. Late entries then swelled the numbers so that overloading occurred to some extent and some found that their needs weren't catered for as well as they might have been had the full range of courses been available. The animal trail near the car park was a great success, however, and it had the advantage that results could be posted immediately: the finish being 2km or so from results made the displaying of results terribly slow. A bus load of Cork Orienteers gave the event an international flavour. All in all, a great day out.

IRISH TWO - DAY : November 18-19, 1989.

Clogheen and Knockanaffrin were the two areas used for this event: both newly mapped forests in the Knockmealdown and Comeragh Mountains, on opposite sides of the Tipperary/Waterford border. Clogheen, spanning the road up to the famous "Vee", looked interesting driving through it, but proved to have lots of fern and rhododendron and too much road running to generate much enthusiasm. The event did generate some discussion of route choice, however, with split times being compared with interest, but the navigation was undemanding.

Knockanaffrin proved more interesting next day: two blocks of forest separated by some moderately detailed open mountain. Thick mist added to the navigational problems here, to the delight of planner Pat O'Connor, but some very fast times were returned despite this. A number of the overnight leaders came to grief on the trickier navigation of the second day, and some dramatic gains were made by those starting the race in second or third position.

Justin May (3ROC) and Deirdre ni Challanáin (AJAX) retained their titles from last year in the M and W21 A classes, May's nearest challengers Padraig Higgins and Peter Kernan coming adrift in the mists of Day 2. May increased his overnight lead from 1.43 to 17 minutes, and ni Challanáin , who started 1.50 off the pace on Sunday, overhauled the leader Caitriona Morrish and finished 4.22 clear. The only dead heat of the weekend occurred in the rarified air of the W50 class between 3ROC clubmates Nuala Creagh and Hazel Convery, Creagh overcoming a 21-minute deficit and relegating overnight leader Diana Large to 3rd place.

CHRISTMAS GIFT IDEAS

Books
Gaiters
Head Lamps
Dry Bags
Swiss Army Knives
Day Sacs
Climbing Socks
Thermal Gloves
Map Covers
Maglite Torches
Fleece Jackets
Gift Vouchers

GREAT OUTDOORS

JUNIOR PHYSICAL TRAINING

There will be forthcoming articles on this topic. However, to start the ball rolling, the following schedules are suggested for all Junior Squad members, or any other juniors wishing to join the panel. The "initial" column describes the kind of physical training you should start on if you have not trained seriously before. The "established" column describes the target "background" training you should aspire to within six months of commencement of physical training. As a general rule, your body will need 3 months to aclimatize/adapt to physical training or "Initial" regime. Slowly increase your training to barely reach the "Established" level in just 6 months (no less!). If in doubt train less rather than more! If an injury hurts while running, you shouldn't be running!

CLASS	INITIAL	ESTABLISHED
M/W10/11	No Planned Training Whatsoever -	You are naturally fit
M/W13	No systematic training -	Play games, group sports etc.
W15	2 sessions/week + O-Event 6-7K slow + 3-5K fast	3 sessions/week + O-Event 7-8K slow + 4-5K fast + 2-3K hard
M15	2 sessions/week + O-Event 6-9K slow + 4-6K fast	3 sessions/week + O-Event 8-12K slow + 6-8K fast + 3-4K hard
W17	2 sessions/week + O-Event 6-9K slow + 4-6K fast	3 sessions/week + O-Event 8-10K slow + 5-6K fast + 3-4K hard.
M17	2 sessions/week + O-Event 6-10K slow + 5-8K fast	4 sessions/week + O-Event 10K slow + 12K slow + 6-8K fast + 4-6K hard
W19	2 sessions/week + O-Event 6-10K slow + 6-8K fast	4 sessions/week + O-Event 10K slow + 10 K slow + 6-8K fast + 5K hard
M19	2 sessions/week + O-Event 8-12K slow + 6-8K fast	4 sessions/week + O-Event 10K slow + 12 K slow + 7-9K fast + 5K hard

"slow" means nicely, little stress, talk with friends.
"fast" means faster, slightly difficult to talk, concentrate on faster but relaxed running form.
"hard" means very fast, forget talk, but hold relaxed striding form.

For M/W 17 and 19 if you are joined an athletic club, under a good coach, substitute your "fast" run with an interval training session.

I suspect that the above targets will scare some juniors. However, if you want to achieve excellence in Orienteering, you must aspire to muscular fitness and cardiovascular performance. If it's any consolation you are also likely to acquire a well-shaped and attractive body, as well as enhanced life quality and possibly even an extended active lifetime!

However, I cannot overemphasise that physical training should be enjoyable. If it hurts - back off for a while. If its boring, select your training area more carefully - a background of trees, fields and nature easily surpasses noisy and exhaust-polluted city streets. Good committed friends help to make training sessions enjoyable and likely to proceed regularily.

Remember, once you have been training regularily for several months, you are becoming elite citizens of Mother Earth - you are fit! Less than 2 out of 10 people generally ever reach this enhanced state of life.

In future articles, I will suggest target performance levels for the various classes. However, for the moment, please commence physical training if you have not already done so.

I will also provide any interested juniors with training diaries to record what you actually do in training from week to week. Please do not hesitate to contact me at any time to discuss your current, planned or unachieved training regimes.

Bernard Creedon
Tel: 021-361824

IMPORTANT NOTICE

Following a decision by the IOA Executive, no orienteering events will be insured, or listed in the *TIO* Fixture List, nor the newspaper sports diaries, nor sent to the media at all, nor will any results be published in the media, ***unless*** the event is properly registered with the IOA Fixtures Secretary, Sean Cotter, 41 Halldene Grove, Bishopstown, Cork, as stipulated by IOA.

THANKS, OPW!

No sooner was the new map of Dublin's Phoenix Park off the presses, complete with photogrammetric 2.5 metre contours, than the Office of Public Works decided to move the Phoenix Monument into the centre of the main road and run a metalled track for bikes all down the SW side of said road! Please take note of these map corrections!

CORBETT GETS SILVA AWARD

John Creagh, IOA Chairman, presented the Silva Award to Cork O's Brian Corbett at the Irish Two-Day in mid-November. Brian was nominated by Bernard Creedon for his long service to the sport at all levels, and for his efforts mapping and working for orienteering, especially in Munster. Well done, Brian!

LATOK SALE

Outbound, the south-city offshoot of Bramac in Liffey Street, are having a pre-Christmas sale of Lowe Latok clothing at their Exchequer St. shop, between Pasta Pasta and the Central Hotel in Dublin 2. Check it out!

SHAMROCK O•RINGEN '90

Entries have already begun to arrive for this event and we look forward to hearing from the Irish applicants. A word of caution, however, there is obviously a limit to the amount of local accommodation - guest-houses, hotels and bunk/breakfast houses - and the simple system of first-come first served will have to apply. The earlier you book the nearer you can be to the event centre.

For recent major events, there has been a trend towards very large numbers of last minute entries. Now we will bend over backwards to afford everyone a run, but you must enter in reasonable time if you wish to ensure the staging of a competition in your own class. With a large number of courses over 3 days, we cannot wait until one week before the competitions to see if there are sufficient entrants to ensure a competitive class.

And now for the good news - the terrain is very good indeed and will ensure a continuation of the technically high standards associated with this event. The planners are Brian Corbett, Rory Costelloe and Sean Cotter and they hope to have all maps completed before the end of the year.

This year, there will be a creche facility available at the Event Centre. We must have names and numbers beforehand to ensure that we can cope.

There will be a Ceili on Saturday night, and a C&W dance on Sunday night.

Entries and Competition Enquiries to Bernard & Margaret Creedon, Mount Prospect, Douglas, Co. Cork. Tel: 021-361824

TWENTY YEARS A-GOING

November 12th dawned a grey and foggy morning.

Out of the mists of time four figures retraced their ageing footsteps back to their former haunts, emerging rejuvenated into the land of eternal youth where always the sun shines and the air is fragrant and balmy.

They skipped in around the woods like fauns to the music of the songbirds, visiting the colourful controls which they had planted the day before, and then tended to the many metters pertaining to the day ahead. The wood held its breath.

Soon others of their ilk began to arrive, led in by the "ancient of days" complete with white beard, flowing locks and flashing eyes. He was clad in a strange and colourful costume unlike anything worn two decades ago. He could hardly wait to plunge into the woodland- ... and disappeared quickly behind a tree ... and was lost to sight for some hours.

Seriously, though, it was a great day. We had over 270 participants on the two courses provided. Interesting and varied orienteering was available to all and most people found something suited to their abilities.

Many made gallant attempts to complete the long White course with times ranging from one and a half to well over three hours, but the weather remained perfect and it was a joy to be out in the woods on such a day. John McCullough (SKOC) won in a time of 93.19 - a very creditable performance for 9 km and 30 controls. Other results worthy of mention were M15 Gavin Doherty (GEN) in 5th place with a time of 117.41 and M13 Shane O'Neill (OLSO), 21st, with 149.22. For sheer doggedness and determination Nuala Creagh won the day with a time of 3 hrs 45 mins. Others - by choice - left out the first section and concentrated on areas suitable to their training, and here also some good times were recorded. By looking at the times for the "scatter" section and bearing in mind that they did not have to return to the finish they can probably make a rough estimate of their placing. Others started at the beginning and almost finished what was a pretty tough course. 55 people finished and 84 completed parts of the course.

On the Blue course M55 Paddy Cooke (AJAX) won in 20.01 minutes. The first woman was GEN's Winifred McCormack (W35) in 35.30. We did not include the minus scores in the results as many people, especially families, preferred to enjoy themselves and spent a long time out in the wood on such a lovely day.

The one fact which emerged from the feedback at the finish was that almost everyone *enjoyed* themselves and that was our reason for staging the event in the first place.

Simplicity was our keynote. There was the minimum of work involved with the event. Diana Large, Colin Dunlop, Seán Rothery and Mike Lunt were responsible for their own part of the course, i.e. planning, putting out controls, checking them and tidying up afterwards. Colin was the organiser and prepared signs and information

boards. Mike got the map preprinted with control descriptions and the first part of the course, making for the minimum of fuss at the Start and no big delays at registration. Joss Lynam (alias "the ancient of days") provided the souvenir maps. Paddy O'Leary manned the start, Mike, Seán and Hazel Newman the Finish and Alison Dunlop and Diana dealt with Registration. Joss and Andrew Bonar-Law helped with results. So 10 bodies coped with the 270+ competitors and, what is more, enjoyed themselves in so doing.

It was interesting to see how legible and adequate the black and white map was at the larger scale of 1:10,000. I would venture to say far more so than the original coloured version, although the lack of yellow was rather muddling. I feel that this scale is much more suitable for younger orienteers (the learners) and veterans whose eyesight is not what it was. Maybe we will follow the example of some of the Continental countries and Great Britain in providing both scales at major events.

There was only one unfortunate incident: when Seán went out to collect controls he found that No. 2 (20) on the Norwegian course had been vandalised. He reckoned it had been done by a mad and frustrated orienteer as it was in an area which would not have been visited by a non-orienteer. The flag had been flung into some brambles and the stake with the master map buried in nearby bushes. Luckily, it must have happened towards the end of the event as it did not seem to have affected other competitors. However, earlier on it might have completely messed up the course. So, whoever committed the foul deed need not appear at our 25th celebrations. We could well do without that sort of competitor.

So what can we learn from the success of this event? Has orienteering got too complicated and tied up in red tape? Should we have more of these type of events? Anyway let's keep the enjoyment going.

And so, as the sun sank slowly into the evening mists and the night creatures came out to hunt, we repaired to the local hostelry and a large log fire and talked of days of yore. Those were the times of nine-mile courses, hiking boots and rucksacks, senior men and women; days when some men ran, but it was not the done thing to be seen to do so. But it is doubtful that the mighty feats of courage and endurance of those orienteers of twenty years ago will even again be equalled in the times to come.

Diana Large.

JUNIOR FUNDRAISING

The organisers of the Shamrock O-Ringen 1990 wish to have a soup-kitchen at the finish each day with all proceeds going to Junior Orienteering. Consequently Juniors attending the event will be asked to help pour soup for a while at some time over the weekend. Seniors will be allowed to help if they want. Further info from Brian Scannell 021 963677.

WORLD CHAMPS QUALIFICATION

It's interesting to see how the various countries fared in the qualification races for the WOC. The first 25 in each of four heats qualified, not necessarily the fastest 50 men and 50 women. Countries were entitled to one man and one woman in the A-final, whether they qualified on the basis of time or not.

4 qualifiers- Men: SWE, NOR, FIN, URS, DEN, GBR, SUI, TCH: Women: SWE, TCH, URS, NOR, FIN, SUI, FRG.
3 qualifiers- Men: HUN, FRA, POL, Women: GBR, BUL, DEN, AUS;
2 qualifiers- Men: AUT, BUL; Women: HUN, NZL, POL;
1 qualifier- Men: JPN, FRG, USA, AUS, CAN; Women: FRA, CAN, IRL, USA;
No qualifers- Men: YUG, NZL, BEL, ITA, IRL, ISR, HKG, ESP; Women: AUT, BEL, YUG, JPN, ITA, HKG.

VETERAN HOME INTERNATIONAL

Plans are afoot to run a Veterans Home International for M/W 40 and above in Wales next October. The event will be run as an experiment to see how well it is supported, and will coincide with a National Event on the forested sand dunes of Pembrey.

SUGGESTIONS?

Recent Leinster events have seen the emergence of an event comment sheet for competitors to record their impressions of the event. Various headings are listed, to be rated on a scale of 1 (unsatisfactory) to 5 (excellent), including aspects of organisation (registration, start, finish, results) and orienteering (map, courses, suitability), and an overall "value-for-money" rating. The results should be interesting.

MUNSTER CHAMPS RE-RUN

Due to the cancellation of last October's 1989 Munster Individual Championships, the event is to be re-run at Inchigeela on April 21st 1990, one week after Easter. Those who had entered already can either run at no charge or seek a refund. Additional entries will also be taken. '89 entrants are automatically included in the re-run (are they re-entrants if they apply again?). 1989 age classes will, of course, apply. The event will be followed on Sunday, 22nd April, by an event at Ballydrehid, Cahir, Co. Tipperary. Entry forms will be in *770* 45.

SWEDISH AU-PAIR: ANY TAKERS?

Anna Wahlberg, a 15 year old Swedish girl from Göteborg, wants to come to Ireland to learn English and to train from mid-June to mid August next year. She can offer accommodation etc in Sweden to any family who can take her in in Ireland. Her particular problem is that she cannot metabolise gluten and would therefore prefer to stay with a family of a coeliac patient here. Any takers? Write to Anna Wahlberg, Orrekullgatan 12, S-42530 HISINGS-KARRA, Sweden. P.S. The '90 Swedish O-Ringen is in Göteborg in July.

ODDS' n' ENDS

Drug testing was carried out on several members of the Irish team at the Senior Home International at Gortin. The verdict? "We would strongly recommend that the Irish team commence a course of treatment as soon as possible..."!

Fears have been expressed about a possible link between bracken spores and stomach cancer but no definite connection has been established. Research continues. In the meantime keep your mouth closed when orienteering in the summer...

ORIENTEERING FIXTURES

December

17	**BELFIELD**	Dublin 4. UCDO Grade 3 event. GR O 18 29.
17	**CHIMNEYFIELD**	Glenville, Co. Cork. LeeO CL7. GR N 90 85.
26	**PINE FOREST**	Rathfarnham, Co. Dublin. 3ROC annual Christmas Score Event. Start 11-1. GR O13 22.
27	**RIVERSTICK WOOD**	Co. Cork. Cork O Christmas Event. GR W 65 57.
31	**BALLYSCANLAN**	Tramore, Co. Waterford. WatO G3. GR S 55 02.

1990

January

7	**NEWBRIDGE HOUSE**	Donabate, Co. Dublin. DUO/UCDO. GR O 21 49.
14	**PHOENIX PARK**	Dublin. Fingal OC Leinster League (LL6).
21	**SAGGART**	Tallaght, Co. Dublin. AJAX Sprint-O. GR O0223.
28	**GARRETTSTOWN**	Kinsale, Co. Cork. Cork O Gr3. GR W 58 44.
28	**LOUGH KEY**	Boyle, Co. Roscommon. Lough Key OC. GR G8403.
28	**PORTLAW**	Co. Waterford. WatO Gr 3. GR S 44 15.

February

4	**BALLYSCANLON**	Tramore, Co. Waterford. WatO Gr3. GR S 55 02.
4	**CURRAGH WOOD**	Midleton, Co. Cork. Junior Squad fundraiser.
4	**ROSSMORE**	near Monaghan. TrimO Colour Event. GR H6531.
9	**CURRABINNY**	Ringaskiddy, Co. Cork. Cork night-O. GR W7962
11	**CULLENAGH**	Dunmanway, Co. Cork. UCCO Munster League Grade 1 event. GR W 14 54.
11	**PINE FOREST**	Rathfarnham, Co. Dublin. 3ROC Final League event (LL7) GR O 13 22.
11	**WOODLAWN**	near Athenry, Co. Galway. WEO. GR M 68 31.
17	**N. I. SCORE CHAMPIONSHIPS** Coranirk (FermO) & NIOA AGM.	
17	**CLOGHEEN**	Co. Tipperary. Irish Interversity Championships. CRTCO. Closed event.
18	**CLARA VALE**	Laragh, Co. Wicklow. O-Naas colour. GR T1693.
24	**CONNACHT CHAMPIONSHIPS Ballygawley,** near Collooney, Co. Sligo. GR G 71 29. Entry form enclosed.	

25	**INTERPROVINCIAL CHAMPIONSHIPS Finner,** Ballyshannon, Co. Donegal. Excellent area of sand dunes. GR G 84 60.	

March

2	**GARRETTSTOWN**	Co. Cork. Cork Night Champs. GR W 58 44.
3	**SPRINGWELL**	Co. Derry. NWOC. Colour series 1. GR C 76 25.
4	**GREEN WOOD**	Kilfinnane, Co. Limerick. Grade 2 Munster League event. GR R 65 18.
4	**SUGARLOAF**	Co. Wicklow. UCDO colour. GR O 23 13.
9	**WARRENSCOURT**	Kilmurry, Co. Cork. Munster Night Championships. GR W 38 67.
11	**CASTLE TIMON**	near Brittas Bay, Co. Wicklow. SET Colour event. GR T 29 86.
11	**GLENGARRA**	Co. Tipperary, near Mitchelstown. Munster Schools Championships. GR R 92 22.
11	**ROSTELLAN**	Whitegate, Co. Cork. LeeO Gr3. GR W 87 66.
17-19	**SHAMROCK O-RINGEN**	Ballingeary, Co. Cork and Killarney, Co. Kerry. Entry form enclosed.
24	***BRITISH CHAMPIONSHIPS*** Yorkshire area.	
25	**TRAMORE**	Co. Waterford. WatO Munster League Grade 2 event. Sand hills. GR S 59 01.
31	**LEINSTER CHAMPIONSHIPS Carrick Mountain,** Ashford, Co. Wicklow. GEN event. GR T 23 93. Entry form enclosed.	

April

1	**LEINSTER RELAY CHAMPIONSHIPS Three Rock Wood,** Co. Dublin. 3ROC event. GR O 17 23.	
7	**GOSFORD**	Markethill, Co. Armagh. LVO. GR H 97 40.
8	**CLOGHEEN**	Co. Tipperary. Cork O Munster League Grade 1 event. GR S 01 12.
8	**HELLFIRE WOOD**	Rathfarnham, Co. Dublin. Fingal OC Colour event. GR O 12 22.
13-16	***JAN KJELLSTROM TROPHY*** Perth, Scotland. "JK90": training, two-day individual, relay. Entry form enclosed.	
15	**KILAVULLEN**	Fermoy, Co. Cork. BVOC Gr2. GR W 65 98.

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.

ODDS' n' ENDS

The IOA AGM has been arranged for late afternoon on St. Patrick's Day at Creedons' Hotel, Inchigeela, Co. Cork, after the first day of the Shamrock O-Ringen.

Thought for the day: "If you're fit, you don't need exercise; if you're not fit, exercise can be dangerous!" (from *Points East*)

Congratulations to ex IOA-Secretary Catherine Keys (né Murtagh) and husband Tony on the birth of their first child, James Christopher, on 29th November. Catherine and Tony are currently residing at 1523 Yale Drive, Winchester, Virginia 22601, USA.

Derrybawn Mountain in Co. Wicklow, the southern part of the Glendalough map, is displaying an ugly scar where a road has been made across the mountainside to the ridge near Mullacor, overlooking the lakes at Glendalough, with plans to build a car park and tea room at the top. Shades of the worst aspects of Swiss tourism. Can we as orienteers do anything to stop desecration like this?

APATHY RULES

What an AGM the Leinster O-Council had on November 1st! Eleven people attended, four from the Committee and seven others. The sorry state of Leinster orienteering was acknowledged, but no light was evident at the end of the tunnel. The LOC still seeks a Chairman, and the post of Juniors officer is either vacant or has become Development. Fair play to Frank Flood for taking this on: possibly the most difficult job of all.

NWOC CHAMPIONS

***** STOP PRESS *** NWOC from Limavady have won the British Schools Championships. Contratulations!**

SUMMER PLANS

Some big events next year include, as always, the Swedish 5-Day in July, accessible this year as it's at Göteborg from 23rd to 27th; the Swiss 5-Day near Zurich on July 16-20; races in Spain and Portugal in early March; the JK in Scotland at Easter; a series of World cup races starting in Poland on May 27th, the weekend of the Scottish Championships; the Junior World Champs in Sweden on 13-14 July, the Veteran World Cup in Hungary on August 1-5 and the Asia Pacific O-Carnival in the Vancouver area of Canada from 3-12 August. The usual annual review will be in *TIO* 45 in February.

WORLD CHAMPS '91

Preparations for the 1991 World Championships are taking shape already. The competition will be in the Marianske Lazne (Marienbad) area of Czechoslovakia from 20-25 August 1991. The first WOC training camp will be from 18 to 31st August 1990: contact SOB UV CSTV, Na Porici 12, Prague 1, CS-11530, Czechoslovakia.

WORLD CUP '90

The World Cup series, which takes place on the years between World Championships, kicks off in Zloty Potok, near Krakow, in Poland on May 27th. The remaining events are at Silkeborg in Denmark on May 30th and at Voss, Norway, on 3rd June. The second cluster of events starts at Olds, Alberta, in Canada on August 11th, then Cle Elum, Washington USA on 18th August. Another gap until September 30th for Vallée de Joux in Switzerland, then October 3rd at La Chapelle sous Bois near Besancon in France and the Final at Uslar in West Germany on October 6th.

It is unlikely that any Irish runners will compete in enough events to score.

3ROC

THREE ROCK ORIENTEERING CLUB

Enquiries to: Vera Murtagh, 19 The Cloisters,
Harold's Cross, Dublin W6. Tel: 908237

The orienteering season is now in full swing with the Northern Ireland and Leinster Championships and the Irish 2-Day behind us. The Event in Gortin (which formed part of the British "National" Event Series) was physically tough but with excellent courses. Congratulations to winners Emma Glanville, (W15) and John Creagh, (M 55), and to 2nd place winners Karen Convery, Nuala Creagh and Pat Flanagan.

The Irish 2-Day was held in Tipperary and Waterford this year. Day 1 was for the runners amongst us while Day 2 brought more brain power into play. Again congratulations to our winners: Justin May, (M21A), Emma Glanville, (W15), Una Creagh, (19), Maire Walsh, (W40), and in W50 a tie between Nuala Creagh and Hazel Convery.

Our 3ROC League Event attracted a large attendance on the day. Thanks are due to Planner, Trina Cleary, Controller and Assistant Harold White and Philip Butler and Organiser Pay May. A special word of thanks to Justin May, Brian Hollinshead, Christy McLoughlin, Nuala Creagh and John McCullough, who put out and took in controls. And of course the usual thanks to all the helpers on the day.

Our next Event is our FANCY DRESS SCORE EVENT on St. Stephen's Day. The venue is the Pine(less)! Forest. The usual stupendous prizes will be awarded to the most outrageous, topical and colourful costumes. Help will be needed on the Day as usual and the Creagh Family will be looking for volunteers.

Future Events include a league event in the Pine Forest in February and the Leinster Relay Championships in April, 1990.

TRAINING: Dates for your New 1990 Diaries - the first "First Friday" of 1990 will be on 5th January in Glenalbyn, followed by the usual practical session on 6th January. How about a New Year Resolution to attend one or both of these sessions each month.

Do you ever need a lift to an event? Nuala Creagh, our Junior Affairs Officer, will get you a lift if you telephone her in time at 934982, and this doesn't apply to just juniors.

'O' Suits still available from Trina Cleary (936187).

3ROC take this opportunity to wish all our members a very Happy Christmas and a prosperous New Year. We look forward to seeing you all on 5th January in Glenalbyn.

GREAT EASTERN NAVIGATORS NEWS

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

Recent Happenings:

Our last GEN event was in Trooperstown, on October 8. Thanks to David Watt for organising, Thornhills for starting, McCormacks for finishing, Brenda, Ann, David, Dermot, Diana, George, Brendan for various other functions. Particular thanks to Philip Ryan for planning, and to Richard Flynn for controlling.

A GEN group went to the Munster Chmpionships at the end of October. Unfortunately the first day was cancelled due to bad weather conditions, but GEN had a top relay team, the following day, of Brendan Doherty, Jane & David Watt, who ran as a W21A team! The event is due to be re-run in April 1990, and entry forms are available from the secretary.

By the time you read this, our AGM on Friday December 8 will have come and gone. The hostess is Jane Watt, with mulled wine by Peadar Dempsey. Our event in Ballinastoe (December 10), will have also come and gone, planned by Dermot Kennedy, and organised by Maura Moran.

Congratulations to Diana Large, who appeared as cover girl of TIO 43. This is her second time, her last was a picture of her running around Belfield.

In the Future:

Our next GEN gathering is on Wednesday, February 7, in the Deerpark. A 'Midwinter Madness' Quiz Night will be held. All Welcome.

We are also running the first day of the Leinster Championships, in Carrick, on the 31 March, 1990. If you are interested in getting involved, please contact us, we'd be glad to hear from you!

Welcome:to our latest members, Darragh O'Kelly, Ken Collins, Michael Galligan, Susan Dempsey, Brian Flynn, Paul Durrant, Stephen Hannon & Paul Nolan. We hope you enjoy the coming season, Best Wishes!

WARD JUNIOR HOME INTERNATIONAL

This years Junior Home International took place in North East Wales in late October. There had been much anticipation of the Irish team's performance who were hoping to improve on last years excellent results. Much had been expected from the entire M15 team, David Hollinger M13 and the usuals such as Peter O'Hara and John Feehan who finished in third place last year.

The team travelled together on the boat on the Friday and we were able to meet at the accomodation centre (Chester Y.H.) for a very informal discussion on Junior Orienteering in Ireland. This was kept short as it was to bed early for us all in preparation for the big competition.

The individual race on the Saturday was held on the map "Big Covert & Bryn Alyn". Here, the terrain here was very fast open with intricate landforms but some slow forest with many rock features was used on the longer courses. Long distances but relatively easy navigation were the general formula for most courses. The overall speed of the terrain didn't suit the Irish and we found it difficult to adjust to the 1:10,000 scale and poorly mapped contours. Most of the prizes went to the English, and the Irish teams performance was a little disappointing. The best results for us were third in M17 for John Feehan and fourth in M17 and M13 for Peter O'Hara and David Hollinger, respectively. Best of the girls was Karen Convery who finished fifth in W16. Gavan Doherty and myself were both disqualified for punching reasons. In the M17 class we scored 3rd, 4th and 5th and so an air of anxiety settled on these men in anticiption of the relays.

Social activities for the evening consisted merely of the presentation of prizes, sampling of the local not-so-very-haute-cuisine and an early night disco. Another, even more informal, team discussion held on the stairway of the hostel managed to keep the other teams from their sleep.

The relay race was held on the same map as the previous day but mainly in the forested half. A slow forest by English standards and the Irish felt quite at home. Our own M17 team were pretty nervous because of their performance the day before and the English as usual were larger than life. However they were soon quietened when Marcus Pinker came home over two and a half minutes ahead of the rest of pack in the M13 first leg and when Peter O'Hara led by a similar margin in the M17 race. When Brian Creedon finished the second leg in the M13 class the lead had streched to over five minutes and David Ryan finished the second M17 leg with a narrow 20 second lead over Paul Whiston of England. John Paul O'Neill was under immense pressure as he took off into the forest with Ben Reynolds sure to be chasing like a fox. After an unfortunate error J.P. was caught at the second last control and Reynolds used an unorthodox route choice to the final control to lead John Paul into the finish by less than 30 seconds. Meanwhile

tension was developing in the Irish camp as John Feehan battled fiercly with Keith Graetz running head to head in the forest over the final M17 leg. Alas victory for the Irish today was not to be and the vast experience, and fitness of the English ace paid off over the final leg as John was pipped by a mere 19 seconds. Despite being beaten these two remarkable results raised the spirits of the Irish Team considerably and finished the weekend on an optimistic note.

For us it was direct to Hollyhead and straight home. The one sad aspect for us all was that we saw the last outing for Peter O'Hara and Aine Rice as members of the Junior team. Both are longserving members of the Irish Junior Squad and they both move into the senior ranks next year. They will be missed: But not by the M17s, who might get a chance to win a few prizes from now on!

As usual there would be no trip for us if it were not for the drivers who work very hard to make us enjoy ourselves. This year the thanks must go to Billy O'Neill, Carmel Feehan, Bernard Creedon and Charles Reid.

Overall, the event was a success for everyone who attended and the Irish can take a bow for some magnificent performances considering the amount of travel getting to the event and tough opposition they faced. In fact it can be very intimidating having to face the very confident, well coached and highly fit British teams who receive a great deal of attention from the B.O.F. in all aspects of the sport.

The policy of the B.O.F. in regard to this issue is that today's juniors will be tomorrow's seniors and that a high standard at this level will reflect itself in other ranks in the future. Over the years, many fine performances have come from Irish juniors in this competition but for some reason they have not developed as much as their English or Scottish counterparts. Over the next couple of years a new approach to junior competition should be encouraged at home to see if a system can be developed for the successful training of juniors at both international level and club level. Already, Bernard Creedon, the Junior Affairs Officer of the I.O.A., has begun trying out coaching exercises with juniors at local events in Munster and hopefully a system will arise out of this to create a moderate programme for coaching the juniors in Ireland who wish to take the sport seriously.

John Scannell.

IRELAND'S BIGGEST O-EVENT ?

A recent event at Currabinny Wood 10 October, organised by CorkO and the CSOA saw an attendance of between 800 - 900 youngsters. This was an ideal introduction to the sport and since then an increased number of schools have been attending local events such as the Cork League.

FINGAL ORIENTEERS

The October meeting of the Club was as usual in Colaiste Choilim, Swords/Lord Mayors. A business like meeting which discussed the following: Membership, Finance, Fixtures, Training & Mapping.

Nov. 19th Beginners Event in Newbridge; Thanks to Posters (60) - Northside News, Westside News and the Fingal Independent the event was very well attended. The support from thos e Orienteers not at the Irish-2-day was much appreciated. More importantly the phone (405512) is still ringing.

Finance: Gerry Smith is back on the Quiz Trail in the Harp Inn, Swords, Wednesday the 29th Nov. at 8.00 p.m. Prizes ? What Prizes.

Membership: A steady growth of new members, thanks to the Newbridge event. A 33% increase is predicted, eat your heart out Albert.

Fixtures: Newbridge was planned by John Bean and organised by Lillian Quill who organised Frank Flood, thanks to all who helped out on the long day.

Phoenix Park, Jan.14th.: The Event Team - who actually volunteered - are Eileen Jones, Doug Corrie, Gerry Smith and Leonard Floyd. As this is the 6th and final league event we wish them well. All FINS on deck needless to say. (wet joke).

Mapping: Negotiations are abreast with Dublin County Council for permission to map Ardgillaun Demesne, Skerries. Pat Healy held a mapping meeting where an intrepid 5 learned a little more about a lot more.

CONGRATULATIONS to Brid Quigley on being elected Chairperson of the Leinster Schools O.A. and to Frank Flood on becoming Leinster O.C. Development Officer. The competition for these posts had to be seen to be believed.

Keen, Not So Keen or Just About Orienteers have no excuses with convenient events like Hellfire, Belfield and 3 Rock, so let's see you out there. Don't forget Club-O'Gear is available from Brid Quigley - order now for the new Xmas edition - a nice present for £18.00 approx.

GEAR OR NO GEAR HAVE A MERRY CHRISTMAS.

setanta notes

MULLAGHMEEN EVENT : The event on October 15th was very successful with over 200 competitors from all parts of the country (from Belfast to Cork!). We hope Lagan Valley Orienteers enjoyed their day in Mullaghmeen for their Club Competition. Over 25 Setanta members helped with running the event. The results are published in this edition of TIO. The next event at Mullaghmeen is on April 29th 1990 - the Leinster Schools Champtionships, organised by Wilson's Hospital, Multyfarnham.

MOUNTAIN MARATHON AGAIN : We have discovered where the two controls got to. They were picked up by an Irish Army team who were on a navigation exercise in the Glen of Imaal. Obviously we encroached into the Military lands. Thanks to a prominent ECO member for owning up!

KILLAKEE MAP : The third edition of this popular map has been printed and is noticeably less green than the previous edition. By the time these notes are read, our League event on December 3rd will have been held on the new map. Now that this task is completed, we can get on with mapping new areas, which have not progressed as quickly as planned. We plan to make up for lost time in the spring.

HILL RUNNING: There are many enthusiastic hill runners in the Club. At the recent prize-giving function, Bobby Buckley got the 'Best Vet' award in the Leinster League while Stephen Walsh came 4th overall in the Irish and Leinster men's open.

LEINSTER LEAGUE: We were not made aware of any changes to the format of the present Leinster League. TIO 42 reported - "The Leinster League will be run on much the same basis this season as last" and "The idea of colour events for the League still hasn't been taken up: Leinster await a directive from their Technical Officer before this will be considered". Hence the Croghan Kinsella event in September was run to the prescribed standard.

ANNUAL GENERAL MEETING: The Annual General Meeting and Social evening will be held on January 12th next. See enclosed notice to Club Members for details. Items to be included on the Agenda should be received not later than January 8th. This note should be regarded as formal notice of the AGM to Club Members. Your attendance would be appreciated.

ENQUIRIES:- **SETANTA ORIENTEERS.**

C/O. B. Power. 15, Templeroan Ave., Dublin 16.

Tel. (01) 941378

CONNACHT NEWS

After a long absence from the pages of *TIO*, the Eagle Eye is making a welcome return with news and views, but above all, gossip from west of the Shannon.

At a mid-November AGM held in Roscommon, a new look Connacht Council was elected:

Chairman Stephen Ryan, USAC, Renmore Barracks, Galway

Secretary Baldur van Lew, Gortadubha, Claregalway, Galway

Treasurer Noel Donagh, Custume Barracks, Athlone, Co. Westmeath.

I would like to take this opportunity to thank P.J. Harris for his years' work as Chairman and to wish him a safe and peaceful trip in the Lebanon on United Nations duty.

Well, what about some news from the clubs ...

Western Eagles have increased their membership over the past few months with the arrival of Frank Stamp from Holland. Frank, who now works for Digital, is a one-time Dutch decathlon record holder and is taking to orienteering like a duck to water - literally, as he seems to have an attraction for blue areas on the map. Speaking of attraction, John Walshe has announced his engagement to Michelle, and once they have stopped playing with the new house we might see them out orienteering again. John, who finished third in the Croagh Patrick run over the summer, had a nasty fright in Union Wood some weeks ago. He was lunching at No. 9 when he heard a voice say "Excuse me, but would your name conceivably be John Walshe?", and there in the field was a large white horse! Anyway, to cut a long story short, John then followed this horse, in true "High Spirit" fashion and, yes ... got lost: good one, John, most of us blame the compass!

Lough Key Orienteers have found a new solution to making a permanent course ... Cathal Creagh has been seen, hammer and chisel in hand, carving controls onto boulders. Romance has also hit LKO with George "this-sport-has-no-respect-for-neither-man-nor-beast" Taylor looking for the address of one-time UCGO Secretary Emma Shaw-Fortune. Emma was forced to emigrate to Germany after a rather embarrassing incident with her club captain (or was it club Lt.) at the arts Ball!! The less said about this the better, right Steve?

UCG continue to spread the word of orienteering with meetings or events held weekly. (Deep meaning discussions on the morality and spatial dimensions of orienteering are also held every night in the back room in Freeney's over pints and Leonidas chocolates!) Best of luck to Mick Deasy on his Tiglin O-Leadership course: this goes some way to explaining why he asks innocent first years to follow him into the forest to see something that points to the North!?!

On a serious note, the Connacht Champs are on 24th February in Ballygawley and NOT Union Wood, with the Interprovincials on Finner Dunes on the 25th. See you there!

Eagle Eye.

EASTINGS

NEW COMMITTEE

THE FOLLOWING MEMBERS WERE ELECTED AT THE AGM :-

BRIAN POWER (SET) FIXTURES
BRIAN HEENEY (GEN) MAPPING
VERA MURTAGH (3 ROC) TREASURER
AONGHUS O'CLEIRIGH TECHNICAL OFFICER
FRANK FLOOD (FIN) DEVELPMENT OFFICER

OUR THANKS TO LINDIE NAUGHTON (ECO) AND RICHARD FLYNN (SET) WHO AFTER SEVERAL YEARS OF SERVICE HAVE STEPPED DOWN FROM THE COMMITTEE.

CHAIRMAN

IN THE ABSENCE OF ANY NOMINATIONS, I THE OUTGOING CHAIRMAN, DAVID WATT, RELUCTANTLY AGREED TO REMAIN IN THE POSITION FOR THE TIME BEING ALTHOUGH NOT NECESSARILY FOR ANOTHER FULL YEAR. AT THE MOMENT IT LOOKS AS THOUGH MY COMMITMENTS ELSEWHERE WILL BE INCREASED AFTER CHRISTMAS. THIS BEING SO, I WILL RESIGN CHAIRMANSHIP REGARDLESS OF WHETHER OR NOT THERE IS ANYONE TO REPLACE ME.

MATTERS ARISING AT AGM

CONCERN WAS EXPRESSED AT THE LACK OF MAPS AND OF AREAS SUITABLE FOR MAPPING IN LEINSTER. THIS CREATES A PROBLEM FOR THE HOLDING OF MAJOR EVENTS. E.G. TWO-DAYS, NATIONAL CHAMPIONSHIP ETC IN LEINSTER AND MAKES IT EXTREMELY DIFFICULT TO PLAN SEVERAL YEARS AHEAD AS REQUESTED BY THE NATIONAL FIXTURES OFFICER, SEAN COTTER.

MANY FOUND THE STRUCTURE OF THE LEINSTER LEAGUE TO BE DEFECTIVE IN THAT NO COURSE OF MEDIUM TECHNICAL DIFFICULTY WAS PROVIDED AS A BRIDGE BETWEEN THE D COURSE AND NOVICE COURSES. THE LEAGUE IN FUTURE WILL BE RUN AS COLOUR EVENTS. DESPITE WHAT APPEARED IN A PREVIOUS T10 NO DECISION HAD BEEN TAKEN TO RUN THE LEAGUE AS COLOUR EVENTS FOR THE CURRENT SEASON.

DEVELOPMENT

THE DEVELOPMENT OFFICER, FRANK FLOOD, WOULD LIKE TO KNOW WHETHER OR NOT, THE INDIVIDUAL LEINSTER CLUBS ARE INTERESTED IN INTEGRATING THEIR VARIOUS PROMOTIONAL EFFORTS INTO A REGIONAL ONE. CLUB COMMITTEES PLEASE CONSIDER.

VACANCIES

THE NATIONAL JUNIOR AFFAIRS OFFICER, BERNARD CREEDON IS ANXIOUS THAT A LEINSTER JUNIOR AFFAIRS OFFICER WITH WHOM HE CAN BE APPOINTED.

THE LOC ALSO NEED A SECRETARY WHO COULD IMPROVE OUR COMMUNICATIONS WITH THE CONSTITUENT CLUBS.

ORIENTEERING RESULTS

WATERFORD ORIENTEERS PORTLAW RESULTS SUNDAY 8TH OCTOBER

GREEN COURSE 6.6Km 195m

Andrew Pim	81.50
Michael Grant	93.45
Pat Moran	102.00
Roger Johnson	108.45
Eileen Hayes	119.00
John Doran	164.00
Chris. Haughton	181.00
Hugh Dobbs	194.00
Con Murphy 1 wrong 1 missed	

YELLOW COURSE 3.2Km 95m

Niel O'Callaghan	26.40
Ronan Connolly)	
John Connolly)	31.40
Jimmy O'Donoghue)	
Vincent Morgan	31.45
S. Bergin	33.00
O'Shea	33.20
Brian Hartery	34.20
Ian O'Brien	36.30
Richard Meade	36.50
Eoghan O'Neill	39.00
Billy Fox	43.00
Paul & Ann	43.30
Karl Hammond	44.30
Ken McCormick	47.00
Mark McCormick	47.00
Sandra McCormick	47.00
C. Connolly	55.00
S. Connolly	55.00
M. Connolly	55.00
Paul McCluskey	55.00
Tony Murphy	57.00
Peter Murphy	57.00
Fiachra Fitzgibbon	61.00
Sheey Murphy	69.00
Garry Robertson	69.00
Karen Robertson	69.00
Barbara Johnson)	78.30
Hilary Johnson)	
Tom Casey	84.00
Tony Mulcahy + Friend	96.00
Marie Phelan	103.00
Maura O'Donoghue	105.00
Liz Cleary	105.00
Eoin Robinson	1 missed
Sean Nolan	1 missed
Eoin Taylor	DNF
A Taylor	DNF
Brian Daly	DNF

RED COURSE 4.6Km 125m

Pat O'Connor	43.30
Billy O'Connor	66.40
Tony Marshall	67.30
Ruth Power	83.30
John Fitzgibbon	84.00
Rachel Power	88.00
Aidan Marshall	90.00
Irene Power	91.00
John Power	91.00
Paul Murphy)	101.30
Brian Kavanagh)	
Tom O'Sullivan	117.00
Nicky Walsh	121.00
Thomas McDonald	123.30
John Kelly	148.30

GRAY COURSE 3.6Km 100m

Billy Fox	40.00
Gilbert Indiazi	46.50
Paul Allen	53.30
Mary Kelly	132.00
Donagh Cleary	144.00
Cathy Whelan	144.00
Catriona Cleary	144.00
Anthony Marshall	1 missed
Sandra Marshall	1 missed
Ann Gleeson	1 wrong
William Kee	2 missed
Graeme & Terry	2 wrong
Bob Kane	DNF
Christopher Dobbs	DNF
Neil Dobbs	DNF
A. Fitzgibbon	DNF

TROOPERSTOWN EVENT 8TH OCTOBER RUN BY GEN O CLUB.

A 8.7K 260M

1.	J. MAY	3ROC	M21A	71.44
2.	P. KERNAN	AJAX	M21A	73.12
3.	P. HEALY	CO	M21A	74.57
4.	J. MCCULLOUGH	3ROC	M21A	82.49
5.	M. O'HARA	AJAX	M35	84.54
6.	B. DELANEY	ECO	M21A	86.03
7.	P. SMYTH	---	M21A	90.51
8.	P. GARGAN	AJAX	M35	92.02
9.	B. BELL	GEN	M35	92.48
10.	G. CUNNINGHAM	UCD	M21A	95.18
11.	P. NOWLAN	DLS	M17	100.47
12.	P. REDMOND	SET	M35	102.07
13.	M. GEOGHEGAN	AJAX	M21A	104.54
14.	F. LAFFERTY	FIN	M21A	108.04
15.	T. CALARY	UCD	M21A	110.27
16.	J. KENNY	DUO	M21A	115.49
17.	M. FLYNN	UCD	M21A	116.55

B 6.5K 195M

1.	A. FLEGG	SET	M50	61.28
2.	G. DOHERTY	GEN	M15	62.11
3.	S. O'BOYLE	CO	M21B	62.49
4.	B. BUCKLEY	SET	M40	67.04
5.	A. O'MULLANE	DLSO	M17	67.08
6.	M. O'NEILL	DLSO	M15	67.41
7.	P. FLANAGAN	3ROC	M45	68.35
8.	L. FLOYD	FIN	M17	73.10
9.	N. CRAWFORD	3ROC	M45	73.50
10.	H. CREAGH	3ROC	W19	75.53
11.	J. FITZPATRIC	UCD	M21	76.28
12.	D. WATT	GEN	M40	78.44
13.	A. YOUNG	SET	M21B	79.46
14.	C. FLETCHER	GEN	M21B	80.28
15.	R. MCDONALD	CO	M21B	81.15
16.	A. MCINERNEY	FIN	M17	81.55
17.	M. MCPHERSON	3ROC	W21A	82.17
18.	L. ROE	3ROC	M40	83.28
19.	J. BENT	SET	M50	85.15
20.	P. DEMPSEY	GEN	M50	87.29
21.	R. NORTON	3ROC	M50	87.56
22.	J. O'NEILL	KHO	M15	91.14
23.	D. BROOKS	3ROC	M45	91.40
24.	A. MURPHY	---	M21B	93.11
25.	F.FLOOD	FIN	M21B	94.41
26.	N. FARRELL	SET	M21B	94.39
27.	C. BENT	SET	W40	95.06
28.	E. JONES	FIN	W21A	95.14
29.	M. HEAPES	GEN	W21	96.37
30.	A. HALLOWES	3ROC	---	103.51
31.	J. GRAY	3ROC	M40	106.18
32.	J. DUNPHY	CO	M21B	108.36
33.	M. SOMERS	DLSO	M17	110.32
34.	N. MANNING	DLSO	M15	112.36
35.	B. HALLOWES	3ROC	M40	113.35
36.	D. DOYLE	---	M21B	158.00

D.N.F. C. MCLOUGHLIN M35
A. FITZPATRICK M21B

C 5.5K 185M

1.	P. MCCORMACK	GEN	M45	54.02
2.	J. WATT	GEN	W35	59.24
3.	S. O'NEILL	DLSO	M13	60.16
4.	B. MCGRATH	3ROC	M40	61.14
5.	B. POWER	SET	M40	61.53
6.	M. NOWLAN	3ROC	W35	66.13
7.	T. MCCORMACK	GEN	M40	67.49
8.	C. DUNLOP	SET	M50	68.31
9.	E. HUME	---	---	69.02
10.	M. HEALY	GEN	W35	70.07
11.	K. CONVERY	3ROC	W15	70.38
12.	W. MCCORMACK	GEN	W40	70.44
13.	B. QUIGLEY	FIN	W21B	76.05
14.	B. DOHERTY	GEN	M45	80.06
15.	M. WALSH	3ROC	W40	80.20
16.	D. BUTLER	SET	M40	81.37
17.	G. SUGRUE	FIN	M17	81.55
18.	M. MORAGHAN	CLOG	---	85.52
19.	G. DEMPSEY	GEN	M17	88.39
20.	M. KAVANAGH	---	---	89.47
21.	J. BEAN	FIN	M21B	89.53
22.	T. CONNIFFE	DLSO	M15	89.58
23.	J. CALAHAN	UCDO	W21B	91.20
24.	P. BUTLER	3ROC	M40	93.22
25.	J. CLARKE	GEN	M45	97.21
26.	V. DOWSE	HSCH	W17	100.50
27.	E. FITZGERALD	---	---	121.28
28.	R. FULLER	KHO	M15	132.45
29.	A. PETERS	KHO	M15	134.49
30.	D. ARMSTRONG	KHO	W17	151.00

D.N.F M. O'HERLIGHY DLSO M15
D. HOLLYWOOD FIN M17
D. DONNELLY NAAS M15

F 2.1K 90M

1.	M. ROCHE	---	---	25.52
2.	C. MAHONY	GEN	W11	25.56
3.	S. HEALY	GEN	W9	30.20
4.	S. O'NEILL	3ROC	W8	36.44
5.	P.FLANAGAN	3ROC	W8	37.05
6.	P. O'HARA	AJAX	M10	42.36
7.	K. MCCORMACK	GEN	---	44.54
	J. PASSEY	---	---	44.54
8.	A. WALSH	3ROC	W7	46.19
9.	N. WALSH	----	--	46.21
10.	N. NOWLAN	3ROC	W8	46.31
11.	S. NOWLAN	3ROC	W6	46.31
12.	P. DURRANT	----	--	52.58
13.	N. ROCHE	----	--	92.57

D 4.3K 140M

1.	D. LARKIN	3ROC	---	54.49
2.	J. FLEGG	SET	W45	60.08
3.	S. KULLDORF	SET	M60	61.40
4.	D. HICKEY	DLSO	M13	64.16
5.	M. HIGGINS	SET	W45	64.48
6.	B. DOOLAN	---	---	64.51
7.	G. BYRNE	FIN	W19	67.53
8.	P. LARKIN	3ROC	---	68.03
9.	B. FLANAGAN	3ROC	W40	68.39
10.	J. LYNCH	---	---	70.43
11.	L. CONVERY	3ROC	M50	70.50
12.	B. HOLLINSHED	3ROC	M50	71.02
13.	A. MCBRIDE	GEN	W35	73.07
14.	A. MCCORMACK	GEN	W40	76.21
15.	D. LARGE	GEN	W50	76.30
16.	N. BRADY	DLSO	M13	77.46
17.	S. CONVERY	3ROC	W13	79.00
18.	C. RYAN	DLSO	M13	79.39
19.	S. PEEL	----	---	80.44
20.	J. WALSH	DLSO	M45	82.16
21.	E. CONROY	AJAX	W21B	84.13
22.	J. DONALD	KHO	W15	86.01
23.	M. GALLAGHAN	GEN	---	87.38
24.	A. COOKE	AJAX	W15	91.06
25.	A. PETERS	KHO	M13	91.55
26.	J. BUTLER	3ROC	M13	93.47
27.	S. COLTON	KHO	W15	94.22
28.	W. O'NEILL	SET	M40	95.39
29.	P. MAY	3ROC	W50	96.22
30.	M. COX	DLSO	M13	96.42
31.	P.COOKE	AJAX	M55	99.14
32.	F. O'NEILL	SET	W40	100.38
33.	A. DONALD/ HENDERSON	KHO	M13	101.30
34.	R. WHEELER	DLSO	M15	103.56
35.	C. BRANIGAN +	CO.	W13	120.09
36.	HOSFORD/DAHL	WO	W13	120.41
37.	WOLSEY/WILKINSON		W15	122.12
38.	C,N,F. LEE	3ROC	---	132.16
39.	G. MAGUIRE	UCDO	---	138.13
40.	M. BARRY	---	---	160.19

D.N.F KAMILLA DLSO W15
P. MULVEY GRANGE M13
T. O'NEILL DON M13
S. O'HARE GRANGE M13
ZYCHEHRAZI KHO W15
A. BRADY --- ---
E. QUILL FIN M11
L. DONALD KHO W15
V. MURTAGH 3ROC W45
B. SHARKEY --- ---
S. DEMPSEY --- ---
M. RUSSELL --- ---

E 3.6K 110M

1.	C. LYNAM	3ROC	M5	50.05
2.	L. RIGBY	----	M13	51.59
3.	N. MAGUIRE	FIN	---	60.42
4.	A. LEINEIKE	---	W21B	66.44
5.	M. WELLIMAN	---	W21B	66.58
6.	C. MCGRATH	3ROC	W40	67.42
7.	J. MARCIANO	----	---	67.44
8.	C. BUTLER	SET	W11	67.48
9.	L. CLARKE+	DLSO	---	68.52
10.	M. REDMOND	SET	M10	69.37
11.	D. CLARKE	DLSO	---	70.29
12.	E. O'BRADAIGH	----	---	70.36
13.	E,P. O'NEILL	3ROC	---	71.24
14.	C. THORNHILL	GEN	W10	75.24
15.	K. CURLEY	DON	M11	76.24
16.	S. MCCARTHY	DON	M11	76.29
17.	M. O'NEILL	SET	W10	81.37
18.	M. KELLY	DON	M11	83.31
19.	E. REDMOND	SET	M10	86.00
20.	S. FOWLER	DON	W13	88.47
21.	C. KENWORTHY	DON	W13	88.49
22.	M. DUNNE	DON	W13	88.50
23.	E. BUTLER	SET	W10	89.36
24.	L. O'HARA	AJAX	M10	90.33
25.	S. MCCORMACK	GEN	W11	93.25
26.	P. DUNNE	DON	M11	94.09
27.	J. PASSAT	---	---	94.46
28.	L. MAHON	---	---	95.38
29.	GRANDFIELD	FIN	W13	96.05
30.	R. CALLAGHAN	CO	---	96.31
31.	A. BRENNAN	FIN	W13	97.55
32.	A. TOWELL	DON	M11	101.32
33.	J. BUTLER	3ROC	W40	102.03
34.	S. GRIFFIN	WO	M13	104.22
35.	RAFTER+CO	--	---	107.05
36.	B. MCMAHON	--	---	107.35
37.	L. HOFF	---	---	109.47
38.	K. MCGRATH	DLSO	W13	110.19
39.	D. BARRY	DON	W13	111.33
40.	R. HICKEY	GEN	---	112.52
41.	KAVANAGH	GEN	W21	115.17
42.	PORTER+CO	KHO	W13	117.08
43.	D. O'HERLIHY	DON	W11	121.36
44.	BRADY	---	---	122.00
45.	J. SHORTHALL	DON	W11	123.48
46.	FOX	---	---	120.00
47.	M. VAN LIERHAT	---	---	132.19
48.	A. MORE O'FARRALL	---	---	137.19
49.	E. LAWRENCE	KHO	W13	147.00
50.	S. BUTLER	SET	W6	147.54
51.	S,C. BUTLER	SET	W40	148.00
52.	C./ BUTLER	SET		148.00

SETANTA ORIENTEERS LEINSTER LEAGUE EVENT

MULLAGHMEEN: OCTOBER 15th, 1989.

PLANNER: C. YOUNG; CONTROLLER: A. FLEGG; ORGANISER: B. POWER

A COURSE (7.7km, 265m)

	NAME	CLUB	TIME
1.	J. May	3 ROC	57.21
2.	A. O'Cleirigh	LUO	60.15
3.	P. Kernan	AJAX	69.37
4.	J. McCullough	3 ROC	69.40
5.	W. Hollinger	LVO	72.05
6.	G. Cunningham	UCDO	72.57
7.	S. Cotter	CORKO	73.10
8.	B. Delaney	ECO	73.14
9.	A. Stott	LVO	73.51
10.	E. Wilson	LVO	74.48
11.	B. Simpson	LVO	76.22
12.	G. McGibbon	LVO	79.45
13.	M. Geoghegan	AJAX	81.16
14.	T. Callery	UCDO	81.48
15.	C. Majury	LVO	82.10
16.	C. Henderson	LVO	85.16
17.	E. Niland	AJAX	85.35
18.	E. Loughman	ONAAS	85.58
19.	M. O'Hara	AJAX	86.12
20.	P. Nolan	DLSO	88.25
21.	B. Ervine	LVO	90.46
22.	D. Glanville	UCDO	95.29
23.	T.O'Keefe	ONAAS	97.31
24.	J. Fitzpatrick	UCDO	98.53
25.	U. Jones	CORKO	103.50
26.	R. Williamson	LVO	117.22
27.	P. Herbert	LVO	118.41
28.	G. Hughes	LVO	124.36
29.	F. Ryan	WE	129.39
30.	J. Callaghan	WE	165.19
*	B. Corbett	CORKO	54.29
	D. Connery	WE	M/P. No.2
	R. Kavanagh	ONAAS	DNF
	I. Johnson	LVO	DNF
	P. Dunne	WE	DNF
	A. Butterfield	GEN	DNF

* Didnot punch No. 9. Controllers Note: Control No.9 was misplaced by approx. 30m on ground (2mm on map). Considering grade of event, course results will stand, as all competitors were equally affected.

B COURSE (60km, 195m)

	NAME	CLUB	TIME
1.	S. O'Boyle	CURRO	56.18
2.	M. Flynn	SET	64.14
3.	D. Quinn	GEN	65.56
4.	M.McPherson	3 ROC	65.59
5.	B. McKenna	LVO	68.28
6.	P. Flanagan	3 ROC	70.56
7.	C. Williamson	SET	75.11
8.	A. O'Mullane	DLSO	75.50
9.	E. Deane	CORKO	78.44
10.	B. Scannell	CORKO	78.32
11.	C. Twinem	LVO	80.17
12.	D. Kelly	UCDO	80.18
13.	H. Creagh	3 ROC	81.31
14.	G. Stott	LVO	83.43
15.	A. Pentland	LVO	84.10
16.	M.O'Neill	SET	85.03
17.	D. Keane	TRIMO	87.24
18.	N.C. Crawford	3 ROC	88.35
19.	B.O'Brien	BSO	89.56
20.	K. Millinson	LVO	90.35
21.	H. Majury	LVO	92.37
22.	A. Rudd	SET	93.40
23.	N. Farrell	SET	95.46
24.	D. Casey	UCDO	98.45
25.	J. Gray	3 ROC	100.39
26.	E. Jones	FINGAL	102.25
27.	H. Stewart	LVO	105.25
28.	D. Watt	GEN	105.56
29.	C. Fletcher	GEN	107.41
30.	D. brooks	3 ROC	120.07
31.	R. McDonald	CURRO	122.12
32.	A. Bell	LVO	133.35
33.	A. Michael	UCDO	144.18
	J. Rowe	TRIMO	DNF
	R. Hudson	TRIMO	DNF
	D. Farnham	LVO	DNF
	C. Murphy	DUO	DNF

C COURSE (4.8km, 160m)

1.	E. Niland	AJAX	62.14
2.	C. Dunlop	SET	62.21
3.	D Hollinger	LVO	62.53
4.	M. Convery	3 ROC	62.53
5.	A. Bonar Law	GEN	64.57
6.	N. Butterfield	TBO	65.59
7.	M. Nowlan	3 ROC	67.19
8.	A. Gartside	LVO	69.38
9.	B. Doherty	GEN	70.11
10.	J. Wilson	LVO	72.27
11.	K. Convery	3 ROC	72.31
12.	H. White	3 ROC	74.17
13.	M. Healy	GEN	75.07
14.	K. O'Hara	SET	75.35
15.	W.Weld-Moore	SET	78.35
16.	A. Flynn	SET	82.49
17.	J. Reilly	TRIMO	83.38
18.	T. Conneff	DLSO	85.29
19.	P. Butler	3 ROC	87.19
20.	C. Law		92.11
21.	H. Mulligan	LVO	92.38
22.	H. Convery	3 ROC	98.56
23.	L. Jones	KSO	103.28
24.	P. O'Hara	SET	107.15
25.	R. Davis	LVO	108.00
26.	I. McKenna	LVO	111.33
27.	S. Collins	SET	125.44
28.	E. Conroy	AJAX	128.32

NON FINISHERS: D. Bagnall, P. Lord, E. Lawrence, S.O'Neill, L. Fitzpatrick, E. Glenville, P. Flood, J. McEntree, T. O'Brien.

SHORT NOVICE (2.2km, 80m)

1.	1. O'Hara	AJAX	47.23
2.	P. Flanagan	3 ROC	48.29
3.	E. Niland	AJAX	49.14
4.	P.O Hara	AJAX	51.50
5.	N. Nowlan	3 ROC	57.02
6.	S. Nowlan	3 ROC	57.05
7.	K. Mulver		66.13
8.	C. Mulligan	LVO	70.58
9.	C. O'Donovan		77.15
10.	U. O'Sullivan		78.43
11.	M. Treacy		78.44
12.	B. Tormey	SET	82.20
13.	H. Whelan	SET	84.25
14.	G. Byrne		88.08
15.	Trinette	UCDO	98.46
16.	O. McLord		109.44

NON-FINISHERS: Stott, J. Williamson.

D COURSE (3.6km, 85m)

1.	R. Hollinger	LVO	43.17
2.	B. Flanagan	3 ROC	51.15
3.	S. Kulldorff	SET	52.56
4.	T. Burke	TRIMO	56.11
5.	D. Large	GEN	58.55
6.	A. McBride	GEN	62.53
7.	M. Byrne	GEN	63.52
8.	S. Dempsey	DLSO	65.32
9.	L. Convery	3 ROC	70.20
10.	J. Cathalin	UCDO	70.39
11.	A. Sheridan	UCDO	71.03
12.	M. Halpin	KSO	72.49
13.	A.M. Dowling	UCDO	76.32
14.	D. Hickey	DLSO	76.36
15.	N. Ervine	LVO	79.30
16.	B. Doolan	SET	80.47
17.	J. Butler	3 ROC	81.32
18.	F. O'Neill	SET	86.43
19.	M. Higgins	SET	89.41
20.	T. Lord	TRIMO	98.16
21.	B. Hynes	GEN	98.42
22.	V. Murtagh	3 ROC	106.49
23.	J. Ryan	WEOC	109.08

NON FINISHERS: W. O'Neill, M. Finnegan, O. McCaul.

LONG NOVICE (3.8km, 100m)

1.	G. Woods	LVO	48.02
2.	C. McKenna	LVO	50.05
3.	E. Scott	LVO	53.39
4.	E. Cinnamon	LVO	57.31
5.	F. Murray	SMOC	59.21
6.	M. Kelly	UCDO	79.48
7.	P. Conroy	UCDO	79.49
8.	S. Ni Aodha	UCDO	80.08
9.	S. Moody	SET	81.30
10.	E. Lawrence	KHO	85.36
11.	T. Monaghan	LVO	88.50
12.	U. Sullivan		94.39
13.	B. Collins	WE	94.46
14.	K. Rudd	KHO	101.26
15.	T. Partland	LVO	101.55
16.	A. Treacy	UCDO	116.16
17.	L. & J. Lord	TRIMO	119.45
18.	O. Sheahan		121.39
19.	K. Keeley		121.41
20.	M. Williamson		126.26
21.	Oldcastle Guides		127.32
22.	P. Walsh		130.58

NON-FINISHERS: R. Nurzum, E. Moody, M. Smith.

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CORK LEAGUE 1989

This years Cork League continues to go from strength to strength with attendances of 355, 280, 310, 340 for the first four events. Competition is as usual very intense, many juniors are running the Blue course and are putting some well known seniors under increasing pressure. Sean Cotter is maintaining his grip on the competition with Kevin O' Dwyer (SO) a close second, (pipped by 3 seconds at Warrenscourt on 26 NOV by the above.). Third position been fought for by Liam O'Brien, John Casey and John Scannell. Meanwhile in the womens open class D. Ni Cheallanain has a slight lead over Liz Deane and Rose Whelan. Junior classes are also very competitive with many juniors running up a class or two!!

THREE ROCK WOOD LEINSTER LEAGUE EVENT, SUNDAY NOVEMBER 5th.

A Course 7.2km. 350m.

1.	B. Delaney	ECO	M21A	71.18
2.	F.Lafferty	FIN	M21B	86.05
3.	D. Cashin	AnTochar O	M21B	89.15
4.	G. Cunningham	UCDO/3ROC	M21	90.04
5.	M.Geoghegan	AJAX	M21	98.19
6.	M.O'Keefe	FIN	M21A	99.30
7.	B.Bell	GEN	M35	99.31
8.	Tom Condon	CORK O	M35	109.39
9.	T. Callery	UCDO	M21	110.31
10.	Val Jones	CORK	M21A	120.54
5 N/F				

B Course 6.4km. 300m.

1.	Gavan Doherty	GEN	M15	71.01
2.	A.O'Mullane	3ROC	M17	75.08
3.	B.Buckley	SET	M40	77.07
4.	E.Loughman	NAAS	W21A	78.49
5.	Martin Flynn	SET Etc!	M21	81.15
6.	Mike Deasy	UCGO	M21A	82.18
7.	Pat Redmond	SET	-	85.46
8.	Ted Russell	ECO	M40	89.51
9.	Sennen O'Boyle	CURR	-	92.49
10.	M.O'Neill	DLSO	M15	93.28
11.	Anthony Murphy	-	M35	95.56
12.	G. Smith	FIN	M35	99.55
13.	Robbie Fenlon	3ROC	M21B	100.43
14.	B.O'Brien	BSO	-	101.45
15.	E.Jones	FIN	W21	102.23
16.	David Brooks	3ROC	M45	104.01
17.	Joan Flanagan	-	W21	106.02
18.	David Watt	GEN	M40	106.06
19.	David Casey	UCDO	M21	107.05
20.	Pat Flanagan	3ROC	M35	108.30
21.	T. Gray	3ROC	M40	109.36
22.	H. Creagh	3ROC/COMAD	W19	115.35
23.	Dominic Doyle	-	-	117.33
24.	Leonard Floyd	FIN	M17	119.49
25.	H.Inglis	GEN	M40	121.48
26.	M.Heapes	GEN	-	129.11
27.	D.Kelly	UCDO/FIN	M19	130.43
28.	Des Fitzgerald	UCDO	M19	185.26
29.	Cormac Taylor	CORMO	M19	187.22
9. N/F				

C. Course 5.0km. 270m.

1.	L.Doddy	3ROC	M19	65.11
2.	A.Bonar Law	GEN	M55	66.36
3.	S.'ONeill	SET/DLSO	M13	67.08
4.	Monica Nowlan	3ROC	W35	68.06
5.	Colin Dunlop	SET	M50	68.12
6.	P.Brennan	SET	M21B	68.13
7.	B. Cryan	3ROC	M21B	70.58
8.	G.Condon	ECO	M40	71.47
9.	B.Condon	ECO	M17	73.03
10.	Vincent Delany	GEN	M40	73.33
11.	Tom McCormack	GEN	M45	73.41
12.	Brendan Doherty	GEN	M45	73.57
13.	Thomas Keegan	UCDO	-	74.57
14.	Maura Thornhill	GEN	W35	75.48
15.	J.Watt	GEN	W35	76.03
16.	John Rowe	Trim O	M21B	76.41
17.	Alan Pim	WATO	M50	78.01
18.	Gerry Sugrue	FIN	M17	78.12
19.	Sue Pim	WATO	W45	79.56
20.	E.Hume	-	-	80.15
21.	R.Hudson	Trim O	M21B	81.52
22.	W.McCormack	GEN	-	81.54
23.	Roger Johnson	WATO	M45	84.54
24.	C.Fitzsimons	3ROC	M9	91.20
25.	Marie Clonan	FIN	W21B	92.24
26.	P.Walsh	SET	-	92.52
27.	Gerard Maguire	UCDO	-	93.02
28.	Maire Walsh	3ROC	W40	93.19
29.	Stephen Peel	-	-	95.50
30.	Chris McLoughlin	3ROC	M35	97.04
31.	S.Murray	SET	M40	97.50
32.	B.Hollinshead	3ROC	M50	99.02
33.	D.Thornhill	GEN	M40	100.37
34.	D.Barry	GEN	M35	100.43
35.	B.Quigley	FIN	W21B	103.38
36.	T. Conneff	DLSO	M15	106.28
37.	Mark Halpin	KSO	M21	107.18
38.	Vanda Dowse	3ROC	-	109.28
39.	P. Cooke	AJAX	M55	109.35
40.	C.O'Mara	-	-	111.49
41.	Niall O'Higgins	GON	M15	112.49
42.	Simon Deery	GON	M17	113.58
43.	P.Murray	SET	M15	114.44
44.	A.Pomeroy	-	M21	127.42
45.	C. Carroll	3ROC	M55	129.47
46.	Brian Doody	OAT	M17	142.58
46.	John Doody	OAT	M15	142.58
48.	David Diggins	GON	M15	154.49
49.	J.Staunton	GON	M15	154.49
50.	Eoin Lawless	GON	M13	155.08
18 N/F				

D. Course 3.8km. 190m.

1.	D.Kennedy	GEN/CRUS	-	63.53
2.	S.Rothery	3ROC	M60	68.53
3.	B.Flanagan	3ROC	W40	71.51
4.	P.Redmond	SET	W40	83.24
5.	S.Walsh	DLSO	M13	90.29
6.	F.O'Neill	SET	W40	93.49
7.	Michelle Kelly	UCDO	W19	96.14
8.	Brenda Hynes	GEN	-	96.57
9.	Jim Walsh	DLSO	M45	101.11
10.	C.Hicks	AJAX	-	101.33
11.	D.Large	GEN	W50	106.55
12.	P.Evans	-	M40	109.22
13.	Maura Higgins	SET	W45	113.11
14.	Paul Hicks	UCDO	M17	120.33
15.	Niamh,Ciaran, Frank, Lee	3ROC	-	129.22
16.	Anne Dowling	UCDO	W21B	135.11
17.	M.Hewson	GEN	M55	138.44
18.	E.Conroy	AJAX	W21B	141.55
19.	Roisin Tierney	-	W21B	141.55
20.	Mary O'Neill	-	W21	164.55
21.	C. Murphy	FIN	W21	165.00
22.	Ide ni Dhubhshtaine	ECO	W21B	181.33

Long Novice 4.25km. 170m.

1.	Nicholas Carron	SMYC	-	45.01
2.	M.Byrne	SMYC	-	45.06
3.	Aidan Corcoran	NullamoreOC	-	45.21
4.	Stephen Brady	SMYC	-	47.08
5.	Christian Caffrey	SMYC	-	47.24
6.	Tony Geraghty	MCR	-	48.36
7.	John Lynch	-	-	49.47
8.	Cormac Walsh	Nullamore OC	-	50.32
9.	O.Hamilton	UCDOC	-	51.04
10.	Paul Durrant	-	-	55.01
11.	Kenneth Burke	DUO	M17	55.28
12.	Niall Murphy	DUO	-	55.30
13.	Michael Silvestri	TCD	-	55.31
13.	Sinead Sheehan	DUO	-	55.31
15.	T/B. Madden	Nullamore OC	-	58.56
16.	Paul Smallen	MCR	-	60.11
17.	T. Russell	ECO	W40	60.58
18.	S.Doorly	UCDO	M19	65.32
19.	Niamh,Jane,Louise	MCR	-	66.04
20.	David Cullinane	NAAS	M13	69.32
21.	Ian Kane	SMYC	-	69.37
22.	Mark Killeen	SMYC	-	69.39
23.	Fiona MacNeill	3ROC	W10	79.45
24.	Mary Flynn	-	-	82.50
25.	Shane Cullinan Paul Byrne Aoife Lalor	UCDO	-	83.33
26.	Eileen Byrne	MCR	-	89.19
27.	H.Teehan	MCR	-	91.23
28.	Adele Treacey	UCDO	-	92.22
29.	Monnelly	3ROC	-	92.34
30.	M.O'Rourke	-	-	96.09
30.	Eleanor Edmond	-	-	96.09
32.	Paul O'Brien	-	-	99.17
33.	Egans-3	-	-	113.46
34.	O'Reilly Family	-	-	119.21
35.	L.Lawrence	GEN	-	140.00
3 N/F				

Medium Novice 3.1km. 105m.

1.	C.Cullinane	NAAS	-	38.50
2.	S.Cullinane	NAAS	M10	42.04
3.	C.O'Dwyer	UCDO	-	45.04
4.	Petra Conroy	COCO	45.12	
5.	C. Fuchsbauer	UCDO	-	45.13
6.	Gretta Kelly	-	-	52.21
7.	Brian Clark	SMYC	-	53.38
8.	Colm Dundon	SMYC	-	53.45
8.	Ashling Cleaver	SMYC	-	53.45
8.	Kevin Kane	SMYC	-	53.45
11.	Eoin Redmond	SET M10	58.05	
12.	Fiona McGowan	UCDO	-	58.45
13.	Patricia kennedy	-	-	59.27
14.	Caroline Magee	Rathmines	-	59.39
15.	Mary Murphy	Rathmines	-	59.40
16.	Deidre Hough	Rathmines	-	59.41
17.	T.Gray	3ROC	-	60.27
18.	A. Cooke	GEN	-	60.38
19.	L & N.Gavin	MCR	-	62.15
20.	Niamh & Lesley	MCR	-	64.14
21.	C.Mahony	-	-	65.15
22.	Jackie Ryan	Rathmines	-	70.45
23.	Karan Keeley	Rathmines	-	70.46
24.	Orla Sheahan	Rathmines	-	70.47
25.	Noel O'Brien	3ROC	-	73.08
26.	K.T.Quinn	-	-	73.23
27.	Claudine Quinn	-	-	73.24
28.	E.Balbirne	UCDO	-	73.25
29.	R. Fitzsimon	-	-	73.26
30.	Norton	-	-	81.25
31.	M.Brady	-	-	82.26
32.	D.O'Reilly	COMAD	-	83.48
33.	Douglas Mooney	COMAD	-	83.54
34.	Niamh O'Broin	COMAD	-	83.56
35.	Tim Lane	-	-	84.16
36.	Johansen Family Lane Family	-	-	85.23
37.	Andrew Lane	-	-	85.33
38.	Eddie O'Connor	3ROC	-	85.27
38.	Colin O'Connor	3ROC	-	85.27
40.	Mary Rafter	-	-	91.25
41.	Cheryl Owens	MCR	-	105.30
42.	S.McKenna	MCR	-	119.06
43.	David Smullen	MCR	M13	125.12
44.	Andre Hackett	MCR	-	125.47
3 N/F				

Short Novice 2.5km. 105m.

1.	N.Butterfield	-	M21B	27.29
2.	N.Roche	-	-	29.18
3.	Maurice Roche	-	-	29.19
4.	Peter Cassidy	-	-	29.35
5.	Liam O'Hara	AJAX	M10	31.59
6.	Sile Loughman	NAAS	W10	32.31
7.	Susan Healy	GEN	W9	37.39
8.	P.Murray	SET	M11	37.46
9.	Mark Delany	GEN	M9	37.47
10.	C.Thornhill	GEN	W10	38.23
11.	Cian O'Brolchain	SET	M10	40.00
12.	M.Galligan	GEN	-	40.50
13.	S.Dempsey	GEN	-	40.51
14.	F. O'Brolchain	SET	M11	41.59
15.	Eleanor Farrell	GEN	W11	42.02
16.	K.Thornhill	GEN	W11	42.04
17.	Hill	-	W21B	46.20
18.	Eogham Hicks	AJAX	-	46.46
19.	Niamh Nowlan	3ROC	W8	54.52
20.	R.O'Brolchain	SET	W10	56.53
21.	Eimear Fitzsimons	3ROC	-	63.06
22.	Aishling Walsh	3ROC	W7	63.46
23.	Sheila Nowlan	3ROC	W6	63.47
24.	John Clare	DLSO	M12	66.07
25.	G. Gray	3ROC	M10	69.16
26.	T. Cooke	3ROC	M8	69.20
27.	P O'Hara	AJAX	M10	77.05
28.	Julie, Susan	-	-	81.56
29.	Swan Family	-	-	81.57
30.	Swan Family	-	-	82.02
31.	Swan Family	-	-	82.17
32.	Swan Family	-	-	85.14
33.	Swan Family	-	-	85.15
34.	Kenny	-	-	88.33
4 N/F				

ANNIVERSARY EVENT - TIGLIN, NOV 12, 1989

The organisers, Mike,Diana,Sean,Paddy and Colin, appreciated the support of about 270 people who came to sample the delights of black and white maps and the variety of types of orienteering on offer. Many thanks to George, Joss, Hazel, Alison and Andrew for their invaluable help on the day. Perhaps clubs should run a number of less serious and varied events throughout the season?

RESULTS

WHITE COURSE Competitors who completed the entire course (30 controls)

1	J. McCullough	M35	3Roc	93.19
2	P. Healy	M35	Curr	96.26
3	B. Dalby	M21	3Roc	102.00
4	B. Delaney	M21	Eco	115.26
5	G. Doherty	M15	Gen	117.41
6	M. Flynn	M21	Set	117.57
7	E. Loughman	W21	Naas	118.03
8	P. Flanagan	M35	3Roc	127.17
9	B. Bell	M35	3Roc	134.07
10	P. Redmond	M35	Set	135.27
11	L. Roe	M40	3Roc	135.43
12	D. Cashin	M21	ATOC	136.00
13	A. Bonar-Law	M55	Gen	138.07
14	D. Quinn	M21	Gen	138.40
15	G. Cunningham	M21	Ucdo	139.17
16	J. Kenny		Duo	140.39
17	A. O'Mullane	M17	Dlso	141.06
18	T. Callery	M21	Ucdo	141.37
19	A. McInerney	M17	Fin	144.49
20	A. Flegg	M50	Set	145.00
21	S. O'Neill	M13	Dlso/Set	149.22
22	P. Nolan	M17	Dlso	149.42
23	M. O'Neill	M15	Dlso/Set	152.18
24	J. Watt	W35	Gen	154.21
25	J. Fitzsimons	M40	3Roc	156.20
26	D. Kelly	M19	Ucdo	156.51
27	J. Davis		Duo	157.29
28	S. O'Boyle		Curr	158.00
29	A. Murphy			159.34
30	V. Jones	M21	Cork	159.36
31	C. Fletcher	M21	Gen	162.03
32	D. Casey	M21	Ucdo	163.12
33	N. Crawford	M45	3Roc	169.37
34	J. Maguire		Ucdo	171.09
35	E. Hutchinson	M19	Ucco	171.28
36	G. Maguire		Ucdo	172.09
37	P. Dempsey	M50	Gen	172.22
38	G. Dempsey	M17	Gen	172.30
39	J. Fitzpatrick	M21	Ucdo	172.37
40	P. Butler	M40	3Roc	172.57
41	M. Peel	M40		178.29
42	H. Creagh	W19	3Roc	181.04
43	L. Flood	M17	Fin	181.44
44	K. Ellwick		WO	198.40
	D. Figgis		"	
	D. Berman		"	
	Kennedy		"	
	Elliott		"	
	Wilkinson		"	
50	C. Carroll	M55	3Roc	203.09
51	D. Watt	M40	Gen	214.24
52	S. Hannon	M21	Gen	214.41
53	N. Creagh	W40	3Roc	225.53

RESULTS

WHITE COURSE Competitors who completed Sections 2,3 and 4 (21 controls)

1	P. McCormack	M45	Gen	100.26
2	T. McCormack	M40	Gen	105.49
3	J. Gray	M40	3Roc	122.04
4	D. Corrie	M21	Fin	135.58
5	N. Lee	W21	3Roc	140.55
6	B. Quigley	W21	Fin	149.12
7	Kavanagh			160.41

White Course - A further 77 people completed a mixture of controls, sections etc.

BLUE COURSE - SCORE EVENT (10 controls, 10 pts each. 5 pts deducted for every minute or part minute over 40 min.)

1	P. Cooke	M55	Ajax	100	pts	(20.01 min!)
2	P. McManus		Tiglin	100		(25.00 min.)
3	W. McCormack	W35	Gen	100		(35.30 min.)
4	D. Allen	M13	Set	95		
	A. Stanley		Set	95		
6	E. Craig	M13	Set	90		
	A. Rice	W15	Ajax	90		
8	E. Glanville	M19	3Roc	85		
9	The Jordans		3Roc	75		
	D. Donnelly	M13	Naas	75		
11	K. Jordan		3Roc	70		
12	H. Coburn	M13	WO	65		
13	C. McCarthy	M17	Fin	60		
	A. Dowling	W21	Ucdo	60		
15	S. Collins	M13	Set	55		
16	J. Dunlop	M45	3Roc	50		
	P. Flanagan	W8	3Roc	50		
	O'Neills		3Roc	50		
	R. Barry	M11	Gen	50		
	D. Clarke	M13	Dlso	50		
	R. Frendo			50		
22	O'Neills		3Roc	45		
23	B. Clarke	M13	Dlso	40		
	C. Murphy	W21	Fin	40		
	A. Cooke	W15	Ajax	40		
	Ju. Butler	W40	3Roc	40		
	J. Butler	M13	3Roc	40		
28	C. Murphy	W21		35		
29	S. Nowlan	W6	3Roc	30		
	N. Nowlan	W8	3Roc	30		
	B. Hannigan	M13	Naas	30		
	C. Fitzsimons	M10	3Roc	30		
	N. Murphy		Duo	30		
34	F. O'Brolchain		Set	25		
	C. O'Brolchain		Set	25		
36	L. Clarke	W15		20		
	D. O'Kelly	M15	Gen	20		
	A. Cooke		Gen	20		
	T. Cooke		Gen	20		
	S. Leech	M13	WO	20		
41	D. B?	W15	Set	15		
42	S.McCormack	W11	Gen	5		
	R. O'Brolchain		Set	5		

Minus scores not given! A total of 106 (some were family groups) took part.

U.C.D.O. - Belfield 22/10/89 Results

A COURSE, 5.5 KM

1.	P. NOLAN	M17	DLSO	28.58	
2.	S. WALSH M21A	UCDO/SET		29.19	
3.	G. DOHERTY	M15	GEN	32.03	
4.	D. QUINN	-	GEN	32.15	
5.	C. CARROLL	M21A	-	33.22	
6.	B. BUCKLEY	M40	SET	33.35	
7.	E. HUME	-	-	33.52	
8.	T. McCORMACK	-	GEN	35.24	
9.	L. FLOYD	M17	FING	36.04	
10.	J. GRAY	M40	3ROC	36.37	
11.	B. HOLLINSHEAD	M50	3ROC	37.42	
12.	R. STANLEY	-	-	37.48	
13.	P. DEMPSEY	M50	GEN	39.31	
14.	P. MCCORMACK	M45	GEN	39.50	
15.	R. NORTON	M50	3ROC	40.26	
16.	N. FARRELL	M21	SET	40.52	
17.	F. FLOOD	M21	FING	41.19	
18.	D. KENNEDY	M21A	GEN	41.34	
19.	B. DOHERTY	M45	GEN	42.30	
20.	D. LONG	M17	GEN	42.50	
21.	A. COX	M21	TRIN	43.18	
22.	M. GALLIGAN	-	-	43.31	
23.	B. HEENEY	M21A	GEN	43.41	
24.	A. MURPHY	-	-	44.10	
25.	J. FITZSIMMS	M40	3ROC	44.27	
26.	M. HEALY	W35	GEN	45.02	
27.	M. HEAPES	-	GEN	45.35	
28.	J. O NEILL	M17	KHO	45.44	
29.	A. M O FARRALL	-	UCDO	45.58	
30.	C. O MARA	-	3ROC	46.16	
31.	H. MULLEN	-	BSO	47.18	
32.	M. FLANAGAN	-	3ROC	47.34	
33.	MEADES	-	3ROC	47.40	
34.	B. O BRIEN	-	BSO	47.40	
35.	T. CONEFF	M15	DLSO	48.05	
36.	D. DOYLE	-	-	48.18	
37.	V. O NEILL	M15	DLSO	49.43	
38.	M.SOMES	M17	DLSO	50.24	
39.	S. MURRAY	M40	SET	50.27	
40.	C. MCLOUGHLIN	-	-	52.05	
41.	S O NEILL	M13	SET	52.24	
42.	M. HEWSON	-	GEN	52.27	
43.	C. DAVITT	M19	BSO	52.31	
44.	P. BUTLER	M40	3ROC	52.38	
45.	G. SUGRUE	M17	FING	52.05	
46.	P. WALSH	M55	SET	53.36	
47.	G. CONDON	M40	ECO	55.45	
48.	D. BROOKS	M45	3ROC	57.06	
49.	A. MCBRIDE	W35	GEN	57.24	
50.	D. LYONS	M15	DCSO	59.30	
51.	C. CARROLL	M55	3ROC	60.46	
52.	P. CALLERY	M17	-	77.30	
53.	D. WALSH	M15	DAT	80.50	
54.	C. WALSH	M15	DAT	80.50	
55.	D. PAUL	-	-	90.07	
56.	N. LYNCH	M15	-	91.18	
57.	M. O GRANBY	-	BSO	130.28	
58.	A. MCCARTHY	-	BSO	133.28	

4 DNF

B COURSE, 4.5 KM

1.	L. NAUGHTON	W35	ECO	29.10	
2.	B. MCGRATH	M40	3ROC	29.37	
3.	N.C. CRAWFORD	M45	3ROC	29.52	
4.	A. COOKE	W15	AJAX	33.19	
5.	NIAMH & CO.	-	-	33.30	
6.	M. CONNERY	W21	3ROC	33.44	
7.	W. MCCORMACK	-	GEN	34.20	
8.	B. DOOLAN	-	SET	34.30	
9.	R. FULLER	M15	KHO	36.41	
10.	A.M. DOWLING	W21B	UCDO	36.53	
11.	J.D. CLARKE	M45	GEN	36.57	
12.	D. HOLLYWOOD	M17	-	37.13	
13.	S. COLGAN	M14	SWORD	37.19	
14.	M. EATON	M21B	SET	37.40	
15.	M. O HERLIHY	M15	DO	37.59	
16.	D. HICKEY	M13	DLSO	38.10	
17.	M. MAGUIRE	-	FING	40.04	
18.	S. DEMPSEY	M13	DLSO	41.02	
19.	H. WOOD	W21	DUO	41.28	
20.	D.P. MURRAY	M15	SET	41.53	
21.	C. MONTAGUE	M17	FERM	43.16	
22.	S. CROWLEY	M17	-	43.16	
23.	K. WILSON	-	UCDO	43.47	
24.	C. ANDERSON	-	UCDO	45.47	
25.	A. ROSSITER	-	UCDO	46.16	
26.	P. HANLON	-	CRUS	48.20	
27.	C. FLETCHER	-	GEN	48.38	
28.	G. TIER	-	-	48.38	
29.	J. O CONNOR	-	-	48.54	
30.	N. BRADY	M13	DLSO	50.03	
31.	U. LAWLER	W17	-	51.13	
32.	B. DOODY	M17	DAT	51.57	
33.	J. DRUMM	-	UCDO	51.58	
34.	K. BURKE	M17	-	53.55	
35.	J. WHELEHAN	M21B	SET	53.58	
36.	J. CAREY	-	CRUS	55.37	
37.	D. ARMSTRONG	W17	KHO	55.52	
38.	O. CAROLAN	M13	GONZ	57.03	
39.	W. FITZGERALD	M15	GONZ	57.16	
40.	J. MOLLOY	M15	GONZ	57.16	
41.	S. NEWAL	M15	DO	64.12	
42.	P. O NEILL	M40	3ROC	64.13	
43.	P. CASSIDY	-	-	64.52	
44.	N. ROCHE	-	-	66.10	
45.	M. ROCHE	-	-	66.30	
46.	D. FITZGERALD	-	GONZ	71.54	
47.	E. EDMOND	-	-	77.34	
48.	M. O ROURKE	-	-	77.39	
49.	N. O SULLIVAN	W17	-	80.33	
49.	C. NALE	W18	-	80.33	
51.	SWINBURNE	-	-	81.57	
52.	N. REDMOND	M10	SET	89.16	
53.	S. LYNCH	-	-	95.18	
54.	J. CAROLINE	-	-	122.02	
54.	C. SMYTH	-	-	122.02	
56.	FIONNUALA&BRONNAGH		-	140.47	

3 DNF

C COURSE, 3.2 KM

1.	D. O KELLY	M15	GEN	23.48	
1.	S. DEEVY	M17	GONZ	23.48	
3.	B. SCALLAN	W19	3ROC	25.39	
4.	C.RYAN	M13	DCSO	26.55	
5.	N. O HIGGINS	M15	GONZ	27.47	
5.	C. DOOLIN	M15	GONZ	27.47	
7.	T. HENDERSON	M13	KHO	27.52	
8.	P. HICKS	M17	UCDO	28.48	
9.	K. SHORTALL	M13	DO	29.07	
9.	J. MCNABB	M13	DO	29.07	
11.	A. DONALD	M13	KHO		
12.	LYNCH	W13	WES	30.25	
13.	D. CULLIMORE	M13	NAAS	31.35	
14.	M. MURPHY	-	-	31.51	
15.	D. RIGGIS	M15	WO	32.18	
16.	B. HYNES	-	GEN	32.46	
17.	T. LORD	W17	UCDO	33.01	
18.	R. GREEN	-	ECO	33.15	
18.	T. MAGUIRE	-	ECO	33.15	
20.	LINDA & CIARA	W15	-	33.17	
21.	J. DONALD	W15	KHO	33.50	
22.	J.COOKE	-	GEN	34.01	
23.	S. DEANE	M15	WO	34.18	
24.	A. CURTIN	M13	GONZ	35.29	
25.	W.J. O NEILL	M40	SET	35.49	
26.	G. LAWLESS	-	GONZ	36.01	
27.	J. BUTLER	M13	3ROC	36.18	
28.	S. GRIFFIN	M13	WES	37.07	
29.	R. SHAW	-	ECO	37.12	
30.	R. MCSWINEY	M15	GONZ	37.16	
30.	D. DIGGINS	M15	GONZ	37.16	
32.	F. O NEILL	M40	SET	37.26	
33.	H. COLURN	M13	WO	38.49	
34.	S. DEMPSEY	-	-	39.07	
35.	B. O GORMAN	-	UCDO	39.28	
36.	S. CELTINS	W15	KHO	39.50	
37.	P.A. BYRNE	11TH	S&T	40.20	
38.	J. FINEGAN	-	-	40.26	
39.	M. FINEGAN	-	KSO	40.30	
40.	M. FLYNN	-	UCDO	41.39	
41.	B. CLARKE	M10	GEN	42.03	
42.	M. DAVIS	-	-	42.29	
42.	J. FITZGERALD	-	-	42.29	
42.	J. FITZGERALD	-	-	42.29	
45.	R. WHEELER	M13	DO	42.52	
46.	B. LAWLESS	-	GONZ	43.21	
47.	J. PRINGLE	M13	SET	44.06	
48.	THE LADS	-	-	44.10	
49.	M. KELLETT	-	OBCO	44.56	
50.	T. O NEILL	M13	DO	46.37	
51.	H. MURPHY	-	-	47.07	
52.	E. CROWE	-	-	47.25	
53.	P. MULVEY	M13	GRAN	47.26	
54.	DINEEN	-	-	47.30	
55.	S. SMITH	W17	FING	48.06	
55.	C. MACCARTHY	M17	-	48.06	
57.	M. RODGERS	W17	-	48.10	
58.	E. REDMOND	M10	SET	48.49	
59.	P. KELLETT	M15	OBCO	50.30	
59.	J. KELLETT	W9	OBCO	50.30	
61.	C. SMITH	M13	GONZ	52.16	
62.	A.M. CULLINANE	W13	NAAS	52.45	
63.	A. O BRIEN	M13	GONZ	53.46	
64.	N. DOHERTY	W13	GEN	54.00	
65.	E. FITZGERALD	M9	-	57.21	
66.	P. DAVIES	M10	-	57.40	
66.	KATRINA	W8	-	57.40	
68.	L. QUILL	-	FING	57.50	
69.	S. CAHILL	M11	-	58.16	
70.	NORTON	-	-	58.42	
71.	E. LAWLESS	M13	GONZ	59.26	
72.	T. MONAGHAN	-	-	60.01	
73.	D. MCNEILL	M8	3ROC	62.38	
74.	S. SOUTHEY	W17	UCDO	63.44	
75.	G. KELLY	-	-	64.37	
76.	J. GORMAN	M13	DLSO	65.23	
77.	M. RYAN	-	-	68.48	
78.	B. MURPHY	-	-	69.59	
78.	D. RYAN	-	-	69.59	
80.	J.RYAN	W17	UCDO	73.10	
81.	K. WATSON	W17	UCDO	73.20	
81.	F. QUIGLEY	W17	UCDO	73.20	
83.	F. MACNEILL	W10	3ROC	74.02	
84.	K. KELLETT	M11	OBCO	76.09	
85.	E. BENT	-	-	92.04	
85.	S. CROWLTER	-	-	92.04	
87.	L. O SULLIVAN	W17	-	99.28	
87.	AM. NI LUANAIGH	W17	-	99.28	

3 DNF

D COURSE, 2.4 KM

1.	G. ROCHE	M17	-	18.20	
2.	C. CAREY	-	CRUS	19.11	
3.	B. SHARKEY	W21	FING	21.40	
4.	D. O HERLIHY	W11	DO	22.40	
5.	M. GRANDFIELD	W13	-	23.01	
6.	F. LAWRENCE	W11	KHO	24.02	
7.	K. MCGRATH	M13	DO	24.50	
8.	C. MURPHY	W21	FING	25.20	
9.	M. O NEILL	W21	-	25.32	
10.	G. GRAY	3ROC/GEN		27.27	
11.	D. MCONNELL	M12	PRES	27.28	
12.	P. GUBBY	-	UCDO	28.14	

13.	C. O GORMAN	W19	UCDO	29.18
14.	G. O CONNOR	-	-	29.25
15.	N. MAGUIRE	-	FING	29.36
16.	D. MORAN	M13	PRES	31.52
17.	N. MURPHY	M35	GEN	33.10
18.	M. FITZPATRICK	M13	DO	35.33
19.	N. BROOKS	W7	3ROC	36.38
19.	J. BROOKS	W19	3ROC	36.38
19.	J. HARDY	W19	-	36.38
22.	S. CULLINANE	M10	NAAS	37.58
23.	C. FRANKLIN	W13	KHO	38.03
24.	G. MURPHY	-	-	39.36
25.	A. LAVELL	M13	DO	40.33
26.	D. MURPHY	-	-	42.36
27.	M. MURPHY	-	-	43.00
28.	E. WALLACE	M13	KHO	45.29
29.	J. CALLAN	W17	UCDO	46.00
30.	N. CALLAN	W17	UCDO	46.17
31.	J. HEALY	M35E	GEN	46.20
32.	E. MANHEUM	W13	KHO	47.29
32.	N. GIB-BRAB	W13	KHO	47.29
34.	K. KEKLEY	-	COM	49.17
35.	M. SILVESTRI	-	TCD	49.39
36.	M. DUNNE	W13	DO	51.33
37.	T. GRAY	-	GEN	52.40
38.	OWENS	-	MCR	52.48
39.	K. RUDD	W11	KHO	53.27
40.	S. WOLSEY	W15	WES	57.07
41.	C. KENWORTHY	W13	DON	82.00

3 DNF

E COURSE, 1.2 KM

1.	D. NAGLE	-	-	13.37
1.	L. NAGLE	-	-	13.37
3.	M. O NEILL	W10	SET	15.29
4.	A. BELL	M6	GEN	17.00
5.	T. HYNES	-	-	21.51
5.	J. HYNES	-	-	21.51
5.	J. DARDIS	-	-	21.51
8.	C. MAHONY	-	-	21.52
9.	S. HEALY	W9	GEN	22.10
10.	PAIS - GREEN	-	-	22.39
11.	P. MURRAY	M11	-	23.20
12.	D. HEALY	M6	GEN	24.07
13.	K. FLANAGAN	M6	3ROC	24.24
14.	A. MACNEILL	W4	3ROC	24.34
15.	R. O BROLDAIN	-	SET	25.09
16.	S. DOWNEY	-	3ROC	25.54
16.	M. DOWNEY	-	3ROC	25.54
18.	P. FLANAGAN	W8	3ROC	26.17
19.	J. LALOR	-	-	28.50
19.	M. LALOR	-	-	28.50
21.	S. MCCORMACK	W11	GEN	32.57
22.	A. PASSLI	-	-	33.39
23.	MAGUIRE+3	-	FING	34.36
24.	MCGRATH'S	-	3ROC	35.50
25.	PASSI	-	-	36.00
26.	E. FITZSIMMONS	-	3ROC	59.18

The Irish World Championship Team, sporting their Trimtex O-suits; Orla Cooke, Eileen Loughman, Una Creagh, Deirdre ni Challanain, Catriona Morrish, Aonghus O'Cleirigh, Steven Linton, Bill Edwards, Colm O'Halloran and Brian Corbett.