NATIONAL ORIENTEERING DAY

Sunday October 7th 1990

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The Irish Orienteer

NO. 48 August - September 1990 £1.00

NATIONAL TRY ORIENTEERING DAY

SUNDAY OCTOBER 7TH

THE IRISH ORIENTEER

NO. 48 AUGUST - SEPTEMBER 1990 ISSN 0790-1194

The Irish Orienteer is published at two-monthly intervals and is available through all Irish orienteering clubs. All material concerning orienteering will be gratefully received by the editor, John McCullough, 9 Arran Road, Drumcondra, Dublin 9.

The copy dates for the forthcoming issues are:

No. 49	October-November 1990	23 September
No. 50	December-January 1991	18 November
No. 51	February-March 1991	20 January

For further information on orienteering contact the Irish Orienteering Association, c/o AFAS, House of Sport, Long Mile Road, Dublin 12. (01-501633).

COVER PHOTO: Frank Lee and son Ciarán (3ROC) find their way together in the Phoenix Park. (J.McCullough) . £10 for you if your photo makes it to the front page! Black and white or colour, about 10"x8" please.

RESULTS: Cost £6 per page submitted.

FIXTURES: The fixtures list is the most recent available but experience has shown that changes can occur, frequently at short notice. If you are in any doubt, check with the organising club or the Sports Diary in the newspapers. Start times are generally from 11.00 am to 1.00 pm. Where possible an Ordnance Survey Grid Reference (GR) is given for the area.

SUBSCRIPTIONS: £6.50 per annum (six issues) or more cheaply through your club.

ENTRY FORMS for events are distributed free of charge. Please supply at least 550 copies in good time.

ADVERTISING RATES: Full page £40, half page £25, quarter page £15. Reductions for multiple insertions and for O-adverts. Small ads free to IOA/NIOA club members (gear for sale, etc.)

In this issue ...

Fixtures for 1990/91, entry forms for NIOC and Irish 2-Day, event results, club news World Cup report, The Year Ahead, etcetera ...

In the next issue...

It's up to you whether there's anything in the next issue... Suggestions: IOF Congress, World Student Champs, summer events in Europe and North America, the Hill Running year, Mournes MM report ...

Why not write something for The Irish Orienteer? News from your club or your province, whatever strikes you as interesting? Do an event report! The sky's the limit. Mapping, planning, juniors, organisation, competition, controlling, equipment, techniques, gadgets, profiles of people or clubs...

LETTERS

Dear John,

Some more information on Jan Fjaerstad whose training schedule you outlined in the last issue. He started his twice-a-day 25km training when he moved to the University of Trondheim from which the top Norwegians still come. The week you outlined was quite typical - he in fact clocked up 16 000 km in one year! Along with this running ability he had/has real orienteering talent, finishing second in the World Championships (WM) in 1974 and a member of the winning Norwegian relay team in WM 1978.

He drifted out of orienteering and running during the early eighties but an unfortunate back problem caused by sciatica which necessitated an operation in 1988 reawakened his athletic ambition. Last year he finished 10th in the Norwegian Elite orienteering championships (only the top ranked 70 are allowed to take part) and 5th in the Oslo marathon in 2.23.

At 36 his performances continue to impress - at this year's Norwegian O-festival at the beginning of August he finished 6th in M21 Elite. The opposition included current World Champion Petter Thoresen and Håvard Tveite (third place finisher at WM last year) who finished in 14th and 7th position respectively. That race (which ranks about second in importance only to the Norwegian Championships) saw the Norwegian relay team of 10 years ago back at the front: Morten Berglia (32) was second, Øyvin Thon (31) third and Sigurd Dæhli (37) ninth. Another old campaigner Jorgen Mårtensson was fourth - there's hope for all of us yet!

(The event was won by Bjorn Haavenger who is a student at the University of Trondheim).

Hope this is of some interest.

Brian Corbett.

THE YEAR AHEAD

The most recent IOA Fixtures List, which is included in the fixtures list on the centre pages of this issue, is a revealing record of the strengths and weaknesses in Irish orienteering: in the remainder of this year and the first part of next, there will be 40 events in Munster, 13 in Connacht and 8 in Ulster and Leinster (of which one is being run by a Munster club!).

Connacht is coming alive again with Galway RTC, Little Killary OC, Lough Key OC, Athlone RTC, Custume Orienteers, Western Eagles and Skerdagh ORC Orienteers running events : it's good to see life again west of the Shannon, even if affiliation to IOA comes second on the list.

In Munster UCCO are making night orienteering their forte with an ambitious series of night events (including the dunes at Rossbeigh in Kerry) and training weekends (the grants must be good!), while Cork Orienteers go from strength to strength, unfortunately at the expense of ailing Lee O.

Leinster continues to muddle through, apparently lacking direction, with a Council unsure of the reason for its existence (like Marvin in the Hitch Hikers Guide), while Ulster clubs do a great job considering the small numbers participating. An emergency fixtures meeting for Leinster has been called for October (does the fact that this is six weeks away reveal something about how much of an emergency Leinster sees it to be?), so things may improve in 1991.

What of leagues? The Northern Ireland Colour series runs from January to December with nine events this year. In Munster there are Munster League events, a Cork League, a Cork street-O league, a Waterford League and an Inter-firm league. Competition is maintained all year round.

Some good events are in prospect in the coming season: the Munster Championships at Rathgaskig, the Connacht Championships at Union Wood (evidently much improved since its remapping), the various Home Internationals - including the inaugural Veteran event, and the Scottish Six-Day in August stand out, as of course should the Shamrock O-Ringen in June.

After the Irish Championships tends to be the part of the year when orienteers are most resistant to coming out to play. Next season there seems to be a breathing space in May followed by an active June with two WatO Grade 1 events, the Scottish Championships and the Shamrock. This event will start on a Friday evening with a short race, followed by normal length courses on Saturday and Sunday, an interesting idea.

The highlight of the year on the international front will be August's World Championships in Czechoslovakia. Doubtless much fundraising will be going on for the team: let's all try to get involved this time. There are between two and three thousand orienteers in the country: just think what we could achieve in an orienteering crusade.

J.McC.

TIO FINAL WHERE?

The date and location of the Final of the 1990 Irish Orienteer Trophy competition remain undecided following negotiations between the three clubs concerned. The obvious choice, Mullaghmeen, Co. Westmeath on September 23rd, won't suit Lagan Valley because of their involvement in the Mournes Mountain Marathon both as organisers and competitors. The second choice of Castle Archdale, Co. Fermanagh on September 30th won't suit Cork Orienteers because of the distance to travel. A neutral venue in Leinster has been sought but without success.

If the immediate problem isn't solved then the winners won't be able to take part in the CompassSport Cup final in October in England. This would, I suspect, be looked upon with relief by many of the competitors, but the option should be given to the clubs concerned to travel or not.

NO MUNSTER RELAYS

The latest news from Munster is that the Munster Championships at the end of October will almost certainly just be a single day Individual event. Insufficient interest has been shown in either organising or running in a Relay Championship.

If enough people are staying around for the weekend (it's a bank holiday, remember) then Cork O will stage a second event on Sunday to fill in the time and make the trip worthwhile. This will probably take the form of a score event on Rathgaskig using all the controls from Saturday plus a few more scattered around.

If the Relays are dropped from this weekend they are unlikely to reappear in the fixture list later in the year. Relays have always been troublesome -a lot of effort for a small entry- and many organisers are reluctant to get involved. Setanta Orienteers who are due to organise next year's Leinster Relays are believed to be keen on running an event along the lines of the Score Relay made popular by Fermanagh Orienteers.

The Editor, a long time relay enthusiast, feels that Score Relays should supplement conventional Relays rather then replace them, but his may be a lone voice.

CRUSADERS STREET-O

A dog club, the WTCI, provided the biggest surprise at the first Crusaders street orienteering event in June when by sheer force of numbers they almost took the team prize from Three Rock and Salle Duffy.

Accumulating the highest number of points on the day was Andrew Butterfield of Trinity who took 78 minutes to find all 25 controls. This was well outside the 40 minutes time limit but Andrew had accumulated so many points that not even Val Jones of COD or Stephen Walsh of Setanta could catch him.

First woman was DSD's Patricia Walsh while the first under 16's were Ken Figgis of Wesley and Lorna Vogelsang of St. Kevin's.

KARIN AXELSSON

Hallo! My name is Karin and I'm a Swedish girl at the age of 20. My biggest interest is orienteering and it's because of that I write this to you at the Irish Orienteering Association.

I would like to find an orienteering family who needs an au pair, animal keeper or something like that. I hope you will help me find this family. I'm used to animals and I like cooking. From around October 1990 to March 1991 is the period I could work (I don't want to miss so many Swedish orienteering competitions) but we can discuss other periods.

It would be really nice with an orienteering club near to train with. Thank you!

Karin.

(My address is: Karin Axelsson, Rosendalsv. 8, 147 63 Uttran, Sweden).

NATIONAL O-DAY 1990

If any National O-Day posters come your way, do put them up at work, at school, in your local library, sports centre, shopping centre, college, doctors waiting room ... We have to get more people out orienteering to replace the natural drift away from the sport over the years. Get all those families, runners, badminton clubs and all out!

HILL RUNNING NEWS

The fixture list for the rest of 1990 is listed below for your information.

Aug	26	Lugnaquilla L	12.00
Sept	9	Clashegall L	12.00
	16	Ballybraid L	12.00
	16	World Cup, Austria	
	22/23	Mournes Mtn. Marathon	
Oct	7	Sorrel Hill L	12.00
Nov	10	Dinner Run H'cap L	
Dec	27	Bray Head Xmas L	12.00

L=Leinster, M=Munster, C=Connaught, U=Ulster.

Further information on these races from Douglas Barry (01-868180), Brian McBurney (08 082 064 260) for NI races or Gerry McGrath (021-543832) for Munster.

The Leinster hill running league, run over twelve races between May and July was won by Tommy Jordan from Co. Wexford with his compatriot Dick Boland second. Jordan had 19 points and Boland 20. The Wexfordmen made such an impression that the regular foursome would have cleaned up on the prizes if they had all run the requisite seven races. As it was Three Rock's John McCullough took third spot ahead of triathlete Niall Diamond with Ciaran Young (Setanta) fifth.

Two newcomers, Kevin Grogan and Adrian Tucker of the Gardaí, finished 6th and 7th: the Garda team could be a force (ahem) to be reckoned with in the early season Business Houses league next year if they get organised in time.

THANKS

The usual thanks are due to the editors of other orienteering newsletters and magazines for sending copies of Score, Senav, Scoop, the NIOA newsletter, Orienteering North America, Y Ddraig, Irish Mountain Log, Orienteering World and Lokation. Thanks also to all of you who contributed to this issue and to previous issues since the last "Thank You".

If your club produces a news sheet, why not send TIO a copy too? Why hide your light under a bushel?

IAN TRAVERS

We learned recently of the death of Ian Travers, killed in a climbing accident on Mont Blanc on July 19th. Ian was one of Leinster's early orienteers, a member of the band who travelled to the 1973 Swiss 5-Day, and a skilled map-maker. His involvement with scouting led to the production of the Woodstock orienteering map at Inistioge, Co. Kilkenny, for the 1978 Jamboree and the production of two mountain maps of Brandon Hill and Mount Leinster in the same area, while he had previously produced a map of Kilruddery, outside Bray.

All orienteers who knew Ian will no doubt join in expressing sympathy to his wife Marjorie, young daughters Ciara and Gail, parents and family.

MANASLU 1991

The Irish expedition to Manaslu in the Himalayas is still fundraising! The expedition, the first Irish group to attempt an 8000 metre peak, has produced an attractive and colourful T-shirt which is on sale for £6 from Frank Nugent, 151 Glenmaroon Road, Palmerstown, Dublin 20 (01-269580) or Dawson Stelfox, 99 Dunmurry Lane, Belfast BT17 9JU (084-622019). John McCullough hopes to have the T-shirts on sale at events also.

NEW ADDRESSES

Two recent changes are:

IOA Fixtures Secretary, Sean Cotter, now at 45 Rossbrook, Model Farm Road, Cork (021-546194), and

a new GEN Secretary, Andrew O'Mullane, 79 Glenbrook Park, Rathfarnham, Dublin 14 (01-933891).

OS MAPS AGAIN

The latest on the Ordnance Survey is that the revised Kenmare 1:50000 sheet 78 and the 1:25000 maps of the Reeks and Killarney National Park should be ready by now.

As far as revisions to the Wicklow (sheet 56) and Slieve Bloom (sheet 54) maps

are concerned, little information has come to David Herman or Tom Joyce, the correction-compilers of the Mountaineering Council of Ireland. David can be contacted at 41 Meadow Grove, Dublin 16 (01-984821) and Tom at Acorn Lodge, Rosenallis, Co. Laois (0502-28669).

COMPUTER CORNER

Ernest Parker of Carlow has produced a computer program to run on an IBM PC for his final exam project at the University of Limerick. The program handles the results for a large international orienteering event. As a by-product of this project he has also produced a program for "small" colour events (up to 2000 competitors!). The system hasn't yet been field tested but he is keen to do so. If you would like to try out Ernest's program at an event this season, contact him at 4 Páirc Mhuire, Tullow, Co. Carlow (0503-51488).

In the USA David Dana has developed a program for making up IOF control descriptions and printing them. The program runs on a Apple Mac and can be got from David for US$20 (plus postage, I suppose). His address is 1540 Hudson St. #204, Redwood City, CA 94061, USA.

In Britain some programs evidently designed to do much the same as Ernest Parker's are available for IBM PC's and compatibles from Diana and Terry Smith, 7 Curlew Drive, Hythe, Southampton, Hants SO4 6GB (Phone 03-0703-845787). If you prefer, they'll process the results for you.

SLOW, the South London club, have invested in a program called OCAD for drawing orienteering maps, intended for use by non PC-experts. The club are the first outside Switzerland to do so. For more information contact David or Vivien Large, 27 Second Ave., London SW14 8QF.

SUMMER MIGRANT

One of the more exotic summer migrants in Ireland at the moment is Norwegian team member Monica Hatlen who has been taking part in some of the hill races in Leinster and in whatever orienteering is going. Monica works for Ericsson, the telephone people, and will be on a training course in Dublin until mid October.

Monica ran in the first three races of the World Cup in May, finishing 24th in Poland, 11th in Denmark and 20th in Norway and lying 18th overall. Unfortunately she can't make it to Canada and the USA for the second series in August but should be able to run in the autumn in France, Switzerland and Germany for the last three races where she will be joined by Eileen Loughman running for Ireland.

BACK AT THE RANCH

Colm O'Halloran of Lee Orienteers and ex UCCO, now resident in Calgary in Canada, was placed 8th in the Canadian rankings last year, with a predicted finishing time 15.99 minutes behind the winner in a hypothetical 90 minute O-race. Long-time Canadian international Ted de St Croix finished 4th, 4.46 down on winner Mark Adams. Colm expects to run for Ireland in the World Cup races at the Asia-Pacific O-Carnival in August.

POSTILLION DISQUALIFIED

The most recent issue of Y Ddraig, the Welsh orienteering newsletter, contains a most illuminating glossary of orienteering terms in Welsh. Did you know, for instance, that north is gogledd, orienteering is cyfeiriannu, or that impenetrable thicket is dryslwyn?

There are a number of terms which have close similarities to the Irish words: course (cwrs, cúrsa), degree (gradd, grád), knoll (cnwc, cnoc), score (sgôr, scór), time (amser, aimsir), river (afon, abhann). A number of anglicisms have crept in, however: grid system becomes "system grid" and map symbols become "symbolau map". However, an interesting exercise, and full marks to Hefin Jones of Eryri for the effort. Go n'éirí an bóthar leat and may the wind at your back always be your own.

ODDS'n'ENDS

Ex Irish Champion Deirdre nf Challanáin (AJAX) has moved to Cardiff where she has been taking part in local events. One of the criteria for eligibility for the Welsh team is nine months residence in Wales: don't stay too long, Deirdre, we need you! ... **cheapskate** orienteers may like to consider

WORLD CUP REPORT

The 1990 World Cup started in Poland on May 27th with a normal length event amid very fast runnable forest and chalk cliffs 100km from Kracow. The young Czech Tomás Prokes had a surprising win over Norwegian World Champion Petter Thoresen by 22 seconds with Sweden's Hakan Ericsson third. Further surprises were in store for the Scandinavians when Britain's Stephen Hale and the Soviet Union's Sixten Sild and Vladimir Alexeev took the next three places. Few of the runners had been in Poland before and the terrain gave the non-Scandinavians a better chance. An outstanding run by Hale left him just 95 seconds down but outside the medals. The next two places went to Urs Flumann and Christian Hanselmann from Switzerland, both of whom ran in Ireland at the CISM Military Championships in 1987.

In the women's race the Scandinavian dominance was more marked, the only surprise being the 31 year old Swiss sports teacher Frauke Bandixen in 3rd place behind Sweden's Katarina Borg and Norwegian Ski-O World Champion Ragnhilde Bratberg. The Czech challenge failed to materialise despite the girls' good showing at last year's World Championships.

Three days later in Denmark the format changed to Sprint-O for the second event. An area of low visibility mixed forest on spur/moraine terrain near Silkeborg was the venue for this, Denmark's second ever World Cup race, the first to be run as a sprint. A qualifying race in the morning was followed by a chasing start race in the afternoon: the secret of success was to stay cool - not to try to run too fast because of the short course, but to avoid mistakes. Swedish runners Hakan Ericsson and Christina Blomqvist led the two races by more than half a minute after the first part but both came unstuck in the chasing start race with Ericsson losing four minutes and falling to 9th, with Blomqvist losing 11 minutes and finishing 27th overall. Ragnhilde Anderson (NOR) won the women's race in 53.00 with Katarina Borg 2nd, four seconds behind. Sweden's Niklas Löwegren finished seven seconds clear of Tomás Prokes, still only a junior! Best British performances were Steven Hale (16th in 57.15) and Gill Hale (29th in 62.47) in the Women's race.

On to Bergen in Norway for June 3rd where the courses had to be changed at the last minute to avoid three metres of snow. Many teams found the trip to Bergan too expensive and dropped out after the Danish race, many of the others were starting to feel the strain of travel and intense competition. The course at Voss started 600m above sea level, above the tree line, and proved very taxing both physically and technically. The first control lay in partly snow-covered open mountain before the runners plunged back into thick forest for the rest of the course. Both the map and the organisation came in for criticism by competitors and the Norwegians not surprisingly took the honours, Rolf Vestre and Havard Tveite finishing 1st and 2nd in the 12.0km/310m men's course (73.22 and 75.27) with compatriots Anne Line Nydal and Ragnhilde Bratberg repeating the trick in the 10.1 km/420m women's race with times of 58.47 and 58.56. Dickie Jones finished best of the British in 18th place.

After three races the overall positions are that Löwegren (SWE) leads the men's class with 97, then Fluhmann (SUI) 92 and Prokes (TCH) 89. In the Women's class Swedens Katarina Borg leads Norway's Anne Line Nydal and Bente Andersen(NOR) by 98 to 87. The second leg of the competition took place in early August in USA and Canada with some Irish interest: Julie Cleary and Colm O'Halloran running in the events. The top 35 runners in each race will score and the best five results from the series of eight races will count.

J.McCullough. (Thanks to Dickie Jones of *CompassSport* and to *Orienteering World*).

JUNIOR BADGE SCHEME

The Badge Scheme has now been updated with the results of the Irish Championships. It took a lot of work --- 125 Juniors entered the Championships, and 85 ran to Badge Standard, with 37 of these getting the Gold Standard. This is fantastic performance, and great credit is due to all concerned, and also to our Junior Affairs Officer, Bernard Creedon, who has done so much to raise performance and to create a team spirit among Juniors.

It takes three Badge Standards to win a Badge, and the 85 Badge Standards mentioned above resulted in the following Badges:-

W13	T. CONNOLLY	CORK O	GOLD	M10	P. O'BRIEN	AJAX	SILVER
W13	RUTH HOLLINGER	LVO	GOLD	M11	BRIAN BOGLE	NWOC	SILVER
W17	KAREN CONVERY	3 ROC	GOLD	M11	TIMOTHY PENTLAND	LVO	SILVER
W17	EMMA GLANVILLE	3 ROC	GOLD	M13	SHANE O'NEILL	DLSO	SILVER
M11	TIMOTHY TOTTENHAM	FERM O	GOLD	M13	S. WALSH	DLSO	SILVER
M13	CONNOR CREEDON	CORK O	GOLD	M15	ALAN HUTCHINSON	CORK O	SILVER
M13	PATRICK FEEHAN	BVOC	GOLD	M17	GAVIN DOHERTY	GEN	SILVER
M13	DAVID O'CONNOR	CORK O	GOLD	M17	G. JAMES	NWOC	SILVER
M13	JAMES REID	FERM O	GOLD				
M15	BRIAN CREEDON	CORK O	GOLD	W11	ANNE FEEHAN	BVOC	BRONZE
M15	EDWARD E. NILAND	AJAX	GOLD	W11	STEPHANIE GAMBLE	NWOC	BRONZE
				W13	CAROL HUNTER	NWOC	BRONZE
W10	KATE McCORMACK	GEN	SILVER	W13	JOANNE NEIN	NWOC	BRONZE
W13	MARIANNE HUTCHINSON	CORK O	SILVER	M13	C. RYAN	DLSO	BRONZE
W13	MARY O'CONNOR	CORK O	SILVER	M15	F. DOYLE	CORK O	BRONZE
W15	M. COOKE	NWOC	SILVER	M15	DECLAN LOGUE	NWOC	BRONZE
W15	SHARON DEVLIN	NWOC	SILVER	M17	L. FLOYD	FIN	BRONZE
W15	FAYE PINKER	CORK O	SILVER	M17	MARK O NEILL	DLSO	BRONZE
W15	AILEEN RICE	AJAX	SILVER				

The clubs with most Badge winners are Cork O (9), NWOC (8) and DLSO (4). The provinces (except for Connacht) are evenly represented, with 12 from Leinster, 12 from Ulster, and 11 from Munster.

The remaining BADGE events this year are:-

17th November: Day 1 (Brocagh, Co. Wicklow) Irish 2-Day.
18th November: Day 2 (Carrick, Co. Wicklow). Irish 2-Day.
Watch out for the entry forms. They should be available soon.

Congratulations to all 35 badge-winners named above, and to the 21 who won badges earlier this year. To get your 1990 badge, send £1 and your name and address to:-

Bernard Creedon, Tavio, Mount Prospect, Douglas, Cork.

Frank Cunnane.

IN SEARCH OF THE CASTAWAYS

In mid June, Crusaders Athletic Club organised its first street orienteering event - and despite a few problems, it proved a great success, especially the barbecued marshmallows, courtesy Therese and Alan.

But what on earth, you may well ask, is an old established athletic club like Crusaders (we celebrate our 50th birthday in 1992) doing affiliating to the IOA?

First of all, you needn't worry - we aren't trying to pinch your members. Crus O will remain a closed club for members of the athletic club and so second choice club for the members of 3ROC, GEN, UCDO, DUO and other O-clubs already training with us.

However we do want orienteers to consider what we have to offer. We train four nights a week at our base in serpentine Avenue, Sandymount, all year round, as well as on Sunday mornings (the non-orienteers, that is).

On Monday we run around the roads, Tuesday is fartlek/pyramid day (200m then 300m, 400m, 600m and down again would be a typical session), Wednesday is another road run and Thursday is interval night (8x400m, for example).

We also have training for primary school pupils on Monday afternoons from 3pm during term time and juvenile training for the over-12 age group at 5pm on Tuesdays and Thursdays.

Because we spend most of our time running round a large field, we can adjust sessions for individuals so that over the winter you will become fitter and faster, whatever your original standard.

We are also hoping to organise a regular hill session for Saturdays plus a circuit session indoors if we get the numbers. The more we have, the better organised we can be - and the more likely everyone will find a training partner of similar standard.

So for a small fee you can let us look after the physical training of your members while we let you look after their technical skills. We are open to all suggestions.

Certainly after the street orienteering evening the club ius entirely converted to the idea of organising a few more low-key events, and we could perhaps hold an introductory course for beginners in our club house.

So if you want to get fit, or are fit and want company and a bit more discipline in your training, why not give us a call? Our new name may be Crus O but we ain't no castaways!

Just contact Lindie Naughton (963373), Peter Hanlon (965769) or Jennifer Carey (698325).

UP & DOWN

A new fell running/mountain racing magazine, "Up & Down", has just been launched in Britain and is available by subscription to Irish orienteers and hill runners. It has grown from the fell running section of CompassSport which will now be devoted completely to orienteering.

Up & Down is a full colour A4 format magazine, like CompassSport, and will appear six times a year. Editor Dave Woodhead has long been associated with the fell running section of CompassSport and the new magazine is published by Ned Paul, publisher and ex editor of the parent magazine.

Subscription rates are STG£10.00 per annum and should be sent to Up & Down, 25 The Hermitage, Eliot Hill, London SE13 7EH. Unfortunately there wasn't much about Irish hill running in the pilot issue, but we can change that if we want.

MIDSUMMER MADNESSES

The longest Saturday of the year saw a lot of activity in the hills with the IHRA Lug Relay in Wicklow, an attempt on all the Irish "Munro's" (3000 foot peaks), and a trio of Setanta orienteers trying the famous Hart Walk, again in Wicklow.

The Lug Relay was run in mixed weather conditions, sunshine, mist, wind and heavy showers, and the team of Thomas Callery (UCDO), Martin Flynn (SET/UCDO) and Peadar Dempsey (GEN) finished first in a small field. The lack of experience and basic safety precautions taken by the competitors raises serious questions about this race, though: common sense suggests that entrants should have some experience of hill running and navigation.

The leading second leg runner somehow contrived to run to Luggala from the Sally Gap without, he says, crossing any roads: some feat! My own theory is that he thought it was the Luggala relay, not the Lugnaquilla relay.

At about 2 pm at the Wicklow gap the bedraggled figure of Bobby Buckley of Setanta appeared, going in the wrong direction. After wolfing down some of Mary McElhinney's life-saving cake (his support team having failed to materialise from the mist) he revealed that he was, in fact, on the second part of the infamous Hart Walk having been on the go since 10 pm the night before. The idea was to walk from Terenure in Dublin to Drumgoff in Wicklow by road and back over the mountains to Terenure within 24 hours. The other two members of the party, fellow Setanta members Richard Flynn and Philip Brennan, had retired on the nether regions of Lugnaquilla but the bould Bobby persisted, making it back with five minutes to spare.

(In 1886 Prof. Henry Chichester Hart and Sir Frederick Cullinan walked the 65 miles/8000feet climb from Terenure to Lugnaquilla summit and back, starting at 10.58 pm on 20th June and returning at 10.48 pm on 21st, to win a fifty guinea wager with R.M.Barrington that it couldn't be done in under 24 hours. In 1976 Niall Rice and Eddie Gaffney did it in 17 hours 39 minutes.)

On the Saturday evening some of the Setanta lads and hill runners were to attempt a record on the Munros, starting up Lug from Camara at 10 pm so as to get most of the driving done by night when the roads would be quiet. Lugnaqilla and Galtymore conquered, the gallant band hit Killarney in their hired gas-guzzler ... where the bid came to an end when the petrol ran out: ever tried to get petrol in Killarney in the early hours of Sunday morning?

The final Midsummer Madness, the annual Great Eastern Navigators score event/quiz/barbecue to have been held at Newbridge House, Donabate was postponed from June 19th to July 19th because of the construction of a farm in the park, and then postponed from July 19th to July 31st because of the official opening of said farm. Hope you didn't go along and find it a no-O area.

NO DOGS

Following a recent incident in Munster where a dog was found following sheep at an orienteering event, the Munster Orienteering Association have introduced a ban on all dogs at events. Be warned!

This has been a controversial issue in Britain in recent years, but pets tend to have a higher priority with our neighbours than they have here. True or false?

WORLD CHAMPIONSHIPS APPROACH

Well, it's time once again to review the state of play for the World Championships, less than a year away. We are, presumably, sending a team, we will doubtless have acquired a team manager, but where are all the preparations we hoped for following the mess which preceded the last WOC in Sweden in 89?

Preparations in Czechoslovakia are advanced. The first training camp has been held and around the world national teams are readying themselves for the highlight of the orienteering year. More problems face the unfortunate Irish selectors every year: now, with so many of our top orienteers based abroad it is becoming increasingly difficult to monitor and compare performances. Colm O'Halloran in Canada, Orla Cooke in Sweden, Eoin Rothery in Australia, Bill Edwards, Steve Linton, James Logue, Julie Cleary, Deirdre ni Challanáin, Vince Joyce in Britain, Caitriona Morrish in Switzerland ... how will they cope? The home-based few of Kernan, May, Morrish, Higgins, Corbett, Loughman, McPherson et al are in the minority. Perhaps the time has come to appoint a British-based team manager?

The question facing the selectors is whether to have a trial to pick the team or not. If so, is it to pick the top team members, with the selectors discretion used for the last places, or will they select the outstanding team member first, exempt him or her from the trial, and run off the trial to pick the rest of the team?

What of the cost? Czechoslovakia is a cheaper country to live in than Sweden, but there's no such thing as a cheap World Championships. When you consider the time, effort, dedication and cash any of the orienteers listed above have ploughed into the sport in their effort to reach the top, the cost in personal effort is staggering. Have the rest of us given any support? Orienteering as a whole is run on a shoestring: we provide one of the best value sports around, and we don't realise that we may be underselling and underpricing ourselves. A second rate 10k or 5 mile road race attracting several hundred runners will charge maybe £3 or £4 and not even give you a map of the course! We could be raising much more money for development, for the International Fund, for the whole sport, if it wasn't for our apathy. Mind you, a permanent identifiable squad would help: they should do some of the fundraising as they will be the beneficiaries.

I'm sure that if you looked back at previous TIO's you would see the same sentiments being expressed each time a WOC has come or gone, yet nothing changes. Without the glittering prizes our top orienteers have nothing to aim for, nor will the rest of those down the field. I have argued in the past for more emphasis on competition with attainable opponents: the Home Internationals are fitting this bill, though we could take them more seriously. We shouldn't neglect the World Championships: our participation marks us as full members of the International Orienteering Federation, which we have been for fifteen years now: we can't go back to being a third world O-country.

ENVIRONMENT LINK

A summary of recent activity in this area is provided by Dermot Somers in AFAS News.

Wicklow National Park: The Liffey Head Bog, Djouce, War Hill, Tonduff and the surrounding areas have been purchased from Slazengers of Powerscourt. The core area of Glendalough and much state forestry are already in State possession, so the plan for a park from Lugnaquilla to Kilakee is advancing. Luggala Estate is the major discontinuity.

Connemara: No planning applications for gold mining as yet. Croagh Patrick has been protected by its Holy Mountain status but Doolough, the valley below Mweelrea, is much more vulnerable and some conservationists fear that it might be traded off for The Reek.

Mount Brandon: The ESB are considering a hydro-electric scheme on Lough Cruttia, the lowest of the paternoster lakes on Brandon. The Mountaineering Council of Ireland are opposing all such schemes (we already have too much electricity). If the ESB get to the planning application stage the MCI will be looking for support from other outdoor organisations to oppose it. At the moment they stand alone in their opposition to a hydro scheme at Lough Fada in Kerry but they are encouraged by the result of their stance two years ago against the Coumasaharn scheme near Glenbeigh. If you want to see the results of these EC-funded schemes go to Coumloughra on Carrantoohill.

Roundstone Bog: Two local landowners have taken a High Court case claiming that the ASI status (Area of Scientific Interest) has devalued their property, i.e. that they mightn't be able to sell it as an airport. The Bórd Pleanála oral hearing has been postponed pending the outcome of the case.

EUGENE GALLAGHER

You may remember some months ago that Eugene Gallagher, well known canoeist and adventure sport proponent, and manager of the Gartan Lough outdoor centre in Donegal, was killed in a fall while mountaineering in South America.

A fund has been set up by the Irish Canoe Union to erect a commemorative plaque at Gartan Outdoor Centre and surplus funds will go towards buying mountain rescue equipment for the Chimaroza Climbers' hut near where Eugene fell.

Contributions should be sent to the ICU, House of Sport, Longmile Road, Dublin 12.

MAPPING COURSE

The IOA Training Board are running a mapping course on the weekend of November 3/4 next at Petersburg Outdoor Centre, Clonbur, Co. Galway. The course will be open to all IOA club members but will be on a first-come, first served basis. Cost will be £28, including food, accommodation and instruction. Experienced Irish mappers will be teaching on the course.

The centre is located at the south end of Lough Mask, with Clonbur forest nearby (there's an event there in late November - let's hope this isn't a last ditch effort to finish the map ...!)

ON FOOT

Once upon a time it was the habit of orienteers, once the O-season ended, to take part in some of the long mountain walks being organised around the country, probably running the course to the amazement of the more sedate-paced (pedestrian?) hill walkers. The Reeks, Lug, Galtees, Mourne Wall, Maam Turks and Blackstairs all fell to the onslaught of the studded shoe. The fashion seems to have subsided in recent years, and the number of organised walks has diminished due to increasing numbers and concern about erosion.

The Lug Walk may now be run every second year and the Mourne Wall has been abandoned. Some long walks are still being organised, however: the Galtees on August 18th run by Tyndall MC, the Burren in Co. Clare, run by Thomond Orienteers, on August 25th, the Glover Highlander in Donegal on September 8th run by North west MC.

ORIENTEERING FIXTURES

September

4	**BISHOPSTOWN**	Cork city. CORK O street-O league 1.
9	**CLARA**	Laragh, Co. Wicklow. GEN Colour event. GR T 16 93.
9	**WARRENSCOURT**	near Macroom, Co. Cork. Cork O grade 3 beginners event. GR W 38 67.
11	**MAYFIELD**	Cork city. Cork O street-O league 2.
15	**TOLLYMORE**	Newcastle, Co. Down. NI Colour Series 6. GR J 35 32. Start 11.30-1.00.
16	**BALLYSCANLON**	near Tramore, Co. Waterford. WATO grade 3 event. GR S 55 02.
16	**RIVERSTICK WOOD**	near Kinsale, Co. Cork. Cork O grade 3 Norwegian event. GR W 66 58.
16	**THREE ROCK WOOD**	Dundrum, Co. Dublin. 3ROC/DLSO mass-start event. GR O 17 23.
18	**BLACKROCK**	Cork city. Cork O street -O league 3.
22-23	**ANDERSONS MOURNE MOUNTAIN MARATHON**	Co. Down. Two day navigation/endurance event. Entries to Denis Rankin, 18 Cranmore Gdns., Belfast BT9 6JL by 27/8.
23	**CORRIN HILL**	Fermoy, Co. Cork. Cork O grade 3 beginners event. GR W 80 96.
23	**MULLAGHMEEN**	Co. Westmeath, near Oldcastle. Setanta Grade 1 event. GR N 47 78.
25	**THE LOUGH**	Cork city. Cork O street-O league 4.
29	**NORTHERN IRELAND CHAMPIONSHIPS Gortin,**	Co. Tyrone. FermO. GR H 49 83. Entries close 16/9/90. Entry form enclosed.
30	**CASTLE ARCHDALE**	Co. Fermanagh. FermO colour event. GR H 17 58.
30	**KILBRITTAIN**	Bandon, Co. Cork. Cork O grade 3 badge event. GR W 52 47.
30	**PORTLAW**	Co. Waterford. WATO grade 3 Waterford league event. GR S 44 15.
30	***WORLD CUP 6***	Valle de Joux, Switzerland

October

3	***WORLD CUP 7***	La Chapelle Sous Bois, Besançon, France
6	**MOYDAMLAGHT**	Co. Derry. NI Colour Series 7 & LVO Champs. NWOC. GR H 74 99.
6	***WORLD CUP 8***	Uslar, Germany
7	**GARRETTSTOWN**	Kinsale, Co. Cork. Cork O grade 2 Cork League event. GR W 58 44.
7	**NATIONAL ORIENTEERING DAY**	Local Come-and-Try-It events. See list on back page.
13	***COMPASSSPORT CUP FINAL***	East Midlands, England.
14	**KNOCKACAREIGH**	Kilmurry, Co. Cork. Cork O grade 2 Cork league event. GR W 36 64.
14	**THREE ROCK WOOD**	Co. Dublin. 3ROC colour event. GR O 17 23.
14	**TRAMORE**	Co. Waterford. WATO grade 3 Waterford League event on dunes. GR S 59 01.
16	**FARRAN FOREST PARK**	Coachford, Co. Cork. Cork O schools introductory event. GR W 49 71.
19	**FARRAN FOREST PARK**	Coachford, Co. Cork. UCCO night event. GR W 49 71.
20-21	***VETERAN HOME INTERNATIONAL*** **Pembrey,**	S Wales. National Event VI. (24/9/90)
21	**LOUGH KEY FOREST PARK**	Boyle, Co. Roscommon. LKO grade 2 event. GR G 85 04.
21	**TRACTON**	near Carrigaline, Co. Cork. LeeO Grade 3 event. GR W 73 56.
27	**CASTLEWELLAN**	Co. Down. NI Colour Series 8 & NWOC Club Champs. LVO. GR J 32 37.
28	**MUNSTER CHAMPIONSHIPS Rathgaskig,**	Ballingeary, Co. Cork. CorkO. Entry form enclosed.

November

2	**WARRENSCOURT**	near Macroom, Co. Cork. UCCO grade 3 night event. GR W38 67.
3-4	***WARD JUNIOR HOME INTERNATIONAL*** **Happendon Wood,**	Douglas and **Corehouse,** Hamilton, Glasgow.
4	**BALLYGAR**	Co. Galway. Western Eagles colour event. GR M 78 53.
4	**BELFIELD**	Dublin 4. UCDO grade 3 event. GR O 18 29.
4	**CHIMNEYFIELD**	Glenville, Co. Cork. Cork O grade 2 Cork league event. GR W 90 85.
4	**COLLIGAN WOOD**	Dungarvan, Co. Waterford. WATO grade 2 Waterford league. GR X 21 97.
9	**ROSSBEIGH**	Co. Kerry. UCCO night event on sandhills. GR V 65 92.
10	**CAPPANALEA**	Killorglin, Co. Kerry. UCCO grade 3 training event. GR V 72 88.
10-11	***WARD SENIOR HOME INTERNATIONAL*** **Harrogate** and **Skipton,**	Yorkshire
11	**CURRAGH WOOD**	Midleton, Co. Cork. Cork O grade 2 Cork league event.

11	**MUCKROSS WOOD**	Killarney, Co. Kerry. UCCO grade 3 training event. GR V 97 85.
17-18	**IRISH TWO-DAY**	**Brockagh,** Laragh , GR T 12 97, and **Carrick,** Ashford, GR T 23 93, Co. Wicklow. GEN and SET. Entry form enclosed.
18	**KNOCKANANNIG**	Fermoy, Co. Cork. LeeO grade 3 event. GR W 77 96. Note change of date.
24	**NORTHERN IRELAND NIGHT CHAMPIONSHIPS Barnetts Park,**	Belfast. LVO. GR J 31 68.
25	**CLONBUR**	near Cong, Co. Galway. Galway RTCO grade 2 colour event. GR M 11 57.
25	**WARRENSCOURT**	near Macroom, Co. Cork. Cork O grade 2 Cork league event. GR W 38 67.

December

1	**CASTLE ARCHDALE**	Co. Fermanagh. NI Colour Series 9. FermO. GR H 17 58. Start 11.30-1.00.
2	**BALLYNOE FOREST**	Clonmult, Midleton, Co. Cork. Cork O gr 2 Cork Champs and Schools Champs
2	**KILSHEELAN**	near Clonmel, Co. Tipperary. WATO Waterford league event. GR S 27 22.
2	**UNION WOOD**	Collooney, Co. Sligo. LKO grade 2 colour event. GR G 68 28.
9	**GALTY WOOD**	near Mitchelstown, Co. Cork. UCCO grade 2 Cork league event. GR R 88 18.
9	**CARNAGH**	near Athlone, Co. Westmeath. Athlone RTC grade 2 colour event.
16	**BELFIELD**	Dublin 4. UCDO grade 3 event. GR O 18 29.
26	**THREE ROCK WOOD**	Christmas Score Event. 3ROC. 11.00-13.00. GR O 17 23.
27	**RIVERSTICK WOOD**	near Kinsale, Co. Cork. Cork O Xmas fun event. GR W 66 58.
30	**TRAMORE**	Co. Waterford. WATO grade 2 event. Sand dunes. GR S 59 01.

1991

January

20	**WOODLAWN**	Athenry, Co. Galway. UCGO grade 2 colour event. GR M 67 30.
27	**GARRETTSTOWN**	near Kinsale, Co. Cork. Cork O tenth anniversary (badge) event. GR W 58 44.

February

3	**FANORE**	Co. Clare. Burren OEC grade 2 colour event. GR M 14 07.
9	**IRISH STUDENT CHAMPIONSHIPS Silsh Wood,**	Collooney, Co. Sligo. GR G 75 31. Entries to Frank Ryan, Galway RTC, Dublin Rd., Galway, by 19.1.91.
17	**UMMRA WOOD**	near Macroom, Co. Cork. Cork O grade 3 Norwegian event. GR W 37 72.
23-24	**CONNACHT CHAMPIONSHIPS Union Wood,**	Collooney, Co. Sligo. GR G 68 28. Entries to Frank Ryan, Galway RTC, Dublin Rd., Galway by 1.2.91.

March

3	**CLARINBRIDGE**	Co. Galway. WEO grade 2 colour event. GR M 43 20.
24	**PORTUMNA**	Co. Galway. Custume-WEO grade 2 colour event. GR M 85 04.
29-31	***JAN KJELLSTROM TROPHY 91***	Chesterfield, Derbyshire. Training, two-day individual, relay.

April

7	**KILLARY**	Co. Galway. LKAC grade 2 colour event. GR L 77 65.
14	**CORINBEG**	near Newport, Co. Mayo. SORCO grade 2 colour event.
14	**KNOCKANAFFRIN**	Co. Waterford, near Clonmel. WATO gr 1 Munster League event. GR S 28 17.
27-28	**IRISH CHAMPIONSHIPS Glen of Aherlow,**	Co. Tipperary. Cork OC.

June

2	**BRANDON HILL**	Graiguenamanagh, Co. Kilkenny. WATO grade 1 event. GR S 70 40. New area.
8-9	***SCOTTISH CHAMPIONSHIPS*** **Pitlochry,**	Perthshire.
16	**COUMSHINGAUN**	Comeragh Mountains, Co. Waterford. WATO grade 1 event. GR S 33 10.
28-30	**SHAMROCK O-RINGEN**	West Cork/Kerry. Cork Orienteers.

Note: Events in italics are for information only and do not form part of the Irish fixture list. Only registered events run by clubs affiliated to the Irish Orienteering Association, with competent officials, are covered by insurance. Always check with the organising club or the Sports Diary in the newspapers if you are in any doubt that an event is going ahead as advertised.

CORK INTER-FIRM O-LEAGUE 1990

The third Cork Inter-firm O-League was an outstanding success for Cork OC and attracted the largest attendance yet, with very keen competition in all the classes. The league, which ran over the eight consecutive Tuesday evenings in June/July brought regular crowds of just under a hundred competitors per event to forests within 20 miles of the city. Competition classes were provided for men's, ladies and ad hoc teams with four events to count and three runners per team to score.

The format of this league is to provide a short course of 4-5 km with Wayfarer-type control sites (8-12 controls) and premarked maps which are recycled. This style of course makes for speed orienteering with winning times varying from 16.5 to 24.5 minutes on course lengths of 4 to 5.5 km.

Much of the local orienteering population participated and used the events as general fitness training. Event winners included John Casey who won three events and cycled to them all, Brian Creedon, Kevin O'Dwyer, John Muckian and Tim Goulding. Most of the firms which competed had at least one "known" orienteer and this ensured that competition was keen. However, steady performances by the Cork RTC team which had by far the most orienteers (Sean Cotter, Fred Calnan, John Scannell, Pat Cadogan, Ger Kelleher and Sean O'Leary) ensured a good team victory, winning four events and finishing runners-up in three, but surprisingly without an individual event winner.

Previous winners of the league Southern Orienteers and Water Technology finished second and third respectively. In the ladies section UCC Staff led by Anne Murphy dominated the league by winning six events, beating last year's winners Wexport. The Ad Hoc class was won by the Creedon Kids of Cork OC, Conor, Deirdre and Ailbhe squeezing out the late challenge of the IDA. John Casey and Mary Curran were the leading individuals in the league.

The League is not intended to be "ISO 9000" standard orienteering with the "Q"-mark for course planning but is to provide a subtle introduction to it with a social and friendly atmosphere. Bar-B-Q's followed at several events and at Garrettstown a football match was played on the strand in the dark followed by a search for a watch (which was found!).

The league provides a focus point for the summer or "off" season, which is a bit of a misnomer as there is none in Munster, and also provides to clubs a fuel line of new members who can look forward to introductory events in September/October before the more "ISO" orienteering appears in October/November.

John Scannell.

(I'm not sure what ISO 9000 orienteering is either! International Standards Organisation?- Ed.)

NI CHAMPS NOTE

Anyone wishing to contact Maxwell Reed, to whom entries for the Northern Ireland Championships are to be sent, should note that his phone number on the entry form is wrong. The correct number is Dungannon 22182. The dialling code is 08 08687 from the Republic. If you haven't run at Gortin, now's your chance! There's an entry form with this issue.

Incidentally, the entry form doesn't say anything about the NI Championships on the front, but look inside. It's not clear whether you can enter the Castle Archdale Sunday event on the day - the maps are premarked but there will be entry on the day also - let the organisers know how many are coming so they can overprint enough maps.

KJELLSTROM IS 80

Bjorn Kjellstrom, one of the founders of the Silva compass company in Sweden in 1930, turns 80 in September. Bjorn, with his two brothers and another orienteer Gunnar Tillander, designed and produced the Silva compass specifically for orienteering (or *orientering* as it was then).

In 1946 he moved to America to establish Silva there and added an "e: to the name of the sport, hence "orienteering". In 1947 he registered "orienteering" as a trademark and was the first to use the term in his book "Be expert with map and compass". Happy birthday, Bjorn.

RAVEN PHASED OUT

According to a leaflet published by the office of Public Works on The Raven nature reserve at Curracloe, Co. Wexford there are considerable restrictions being placed on access to the forested sand dunes in the area, probably the finest orienteering area of its type in the country. Since the 1981 Irish Championships was run here the area has been used for perhaps five serious competitions (Leinster Champs, Irish Two-Day) and a number of local events. The plans for the area are to revert to its natural state, removing all recently planted timber near the sea-shore and to let the present timber crop to run its full rotation.

"To protect the fragile dune system within the plantation and the rare plants which grow there a number of curbs on public amenity have been introduced", the leaflet continues. "These include the prohibition of horse riding; the phasing out of orienteering; the prohibition of off-track jogging".

As reported in TIO 47 IOA Environment Officer Aubrey Flegg is compiling an inventory of orienteering areas of particular importance which might, as a side effect, enable us to argue against this kind of blanket prohibition. Would it not be possible to negotiate access for, say, one event per year in a season when the birds are not breeding and when minimum disturbance would be caused to wildlife? Surely orienteering is less disruptive than forestry felling and therefore could we not continue using the area for the moment? Should we stand idly by and allow others, who don't understand the sport and what it involves, to prevent the reasonable access of responsible users to such outstanding orienteering terrain? Does anyone care?

LAST ORDERS FOR PEMBREY

On the topic of sand dunes, entry for National Event VI at Pembrey in south Wales on October 20-21 closes on September 24th. There will be green, red, orange and yellow courses for entry on the day, both days, in addition to the pre-entry classes.

The inaugural Veteran Home International will be run on Day 1, with VHI runners starting before the National Event. Day 2 will feature a chasing start for all competitors. The area is a fast, complex one of sand dunes (2.5m contours) with mature forest and plans are afoot to fell the area next year.

Entry to Mike and Auriel Dobbs, 2 Heol Cae Rhosyn, Birchgrove, Swansea SA7 9LY and enclose 2 SAE's or portage. Day 1 STG£4.75/2.50, day 2 STG£3.00/1.50.
Accommodation enquiries to Kay Seward, 2 Ystrad Rd., Fforestfach, Swansea SA5 4BT. Enclose SAE.

L O C Leinster Orienteering Council

LEINSTER LEAGUE 1990 - 1991: The Leinster Clubs fixtures Committee, at their May meeting decided to run a league again in the new season. The league will be based on 7 designated colour events, for the following standard colour coded courses: Blue, Red, Green , Orange and yellow. The following 2 events were designated league events:
September 9th. : Clara, Laragh, Co. Wicklow
October 14th. : 3Roc Mountain, Co. Dublin

The other 5 events to be designated when the fixtures calendar is finalised.

FIXTURES MEETING: Unfortunately the May meeting was not very well attended. Hence the gaps in the calendar. Leinster needs commitment from all Clubs to run events. With that in mind, all affiliated Clubs are asked to attend a meeting on October 8th, details below, or to make a written submission in advance to the fixtures secretary.

Date: Monday, Oct. 8th.
Time: 8.00 pm.
Venue: 15, Templeroan Avenue, Templeogue, Dublin 16
Secretary: B.Power (tel. 941378)

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getting their old training shoes resoled with studded soles to use for terrain running or hill races. Contact Shoecare Ltd., 33 St. Mary's St., Preston, Lancashire PR1 5LN. Cost is about STG£10 per pair, plus post. ... a new AFAS Newsletter has been produced (the last in a long series) by Bill Hallowes, the AFAS administrator at the House of Sport. Bill wants to publish it every 2-3 months with news of AFAS and its affiliates (that includes you!) If you would like to join the Association for Adventure Sports, contact Bill at the House of Sport (address on page 2). Individual £5, associate £10... New Irish Walk Guides published by Gill and Macmillan will be available next March. The new series will comprise three books: South west; West and north west; East and south east. The original 1978 series were useful pocket-sized books edited by Joss Lynam and written by Joss (3ROC), Frank Martindale (Tipperary Orienteers) and Gerry Foley (Sligo Orienteers), among many others... rumour has it that we may soon see an Irish Sprint-O Championships ...

COURSES COMING

A course planning course is being run at the F.H. Ebbitt Centre, Bryansford, Co. Down (near Newcastle) on October 12-14th next. Orienteers from the North are particularly invited to attend, but I'm sure that others won't be turned away if space permits. The weekend will include elements of planning, controlling and organising, with first aid and the evaluation of a new organisers" manual. Contact Colin Henderson, 31 Pond Park Ave., Lisburn, Co. Antrim, by October 9th. Cost to NIOA members £5.

At the National Adventure Centre, Tiglin, some O-courses will feature in the autumn: Basic orienteering on October 6-7 (course OR2) and orienteering is also included in the introductory adventure weekends throughout the summer. Full details from Tiglin, Ashford, Co. Wicklow (0404-40169) or from AFAS at the House of Sport.

The IOA Training Board are to run a mapping course, a controlling course and a planning course during the coming season.

JOANNA TAYLOR'S LAST BREATH

(Heavy Breathing, part iii)

There is a second way by which one can breathe and fully fill one's lungs: it is independent of the method I described in the last Irish Orienteer and can be used instead of or in addition to the first way.

Put a hand on your chest in the middle, feeling the inverted V-shape formed by the curving ribs and the breast-bone. Push the hand outwards and upwards diagonally. This should fill your lungs with air. These are musicians' muscles rather then athletes', but of course anyone can use them and they may help when much air is needed. For wind musicians, including singers, the cavities within the head and chest become part of the instrument and their shape determines tone quality. The forward movement allows for mors sensitive control. The muscles can be exercised in the same way as the sideways ones. Note the difference with the shallow breathing when only the base of the throat moves out.

Good breathing is of course of far wider importance than just when orienteering. Especially when combined with relaxation, it eases most stressful situations. Most people know how to relax. For those who don't, here is a simple recipe: starin every muscle in your body that you can think of, from top to toe, one at a time, and then let it flop. When you have got used to doing this regularly you may find, as I did, that you only need to do it with the small ones: forehead, eyes, tongue, fingers and toes. The big muscles will look after themselves. Then breathe deeply a few times. It works in an enormous variety of situations: strain, tiredness, pain, unpleasant medical treatment (or in the dentist's chair), fear, even allergies, migraine, asthma. The complaint doesn't disappear, but becomes easier to bear.

In particular I recommend to orienteers to try to relax and breathe properly before the start of an important event and also, if this ever happens to you - I am told it happens to even the best orienteers - when you are lost. It is worth the extra few seconds as it will enable you to take decisions calmly and sensibly.

(Concluded)

These three articles first appeared in SCOOP, the South Central's Own Orienteering Paper, in England. Thanks to Editor Roger Thetford for not -so far- objecting when I reproduced them. Thanks also to Joanna Taylor, orienteer and basoonist).

Championships - 2090

Cartoon: Juriy Manaev, URS

ORIENTEERING 2000

(A brief report an a development conference in Britain last year)

The opening question was "In 2000 will there be orienteering at all, will there be land for us to orienteer on?". A variety of speakers addressed topics from leisure orienteering through forestry to the environment and the future of the soprt. This may not all be seen as relevant in the Irish context, but it is often the case that development here follows trends established in Britain and elsewhere, so there may well be lessons for us from the conference.

Leisure Orienteering

Leisure orienteering, according to Frank Rose of the NWOA, is not just about permenent orienteering courses, a common feature in Britain, but about accessible local maps, possibly of areas which wouldn't be considered for "real" orienteering. Public transport access, easy parking nearby and safe courses are essential. Good value should be stressed: a permanent course is a facility like a swimmimg pool or a tennis court, but much cheaper and easier to maintain. Leisure-O caters for the non-travelling public and for groups, scout troops and others who don't want to run a full scale event for themselves.

The organisers of the course need to have some feedback from the users: did they enjoy it? Regular maintenance of the course is important, with good variety of planning for the white/yellow/orange standard.. In Manchester there are full-time employees looking after permanent courses! Leisure orienteering for local people based on local areas is seen as a way of taking pressure off mainstream orienteering so that increased numbers aren't such a problem. Large numbers orienteering are a mixed blessing: the effect on the club, the sport and the environment have to be considered.

The forester's viewpoint

The Forestry Commission is the largest landowner in Britain and their principal concern is to produce timber for financial reward. There are many pressures on forestry land: orienteering is one activity of many (horse riding, shooting, car rallies, scientific study groups stc) which has to be slotted in to the programme for a forest. Areas of scientific interest will be out of bounds and may affect access to land, but the Commission see themselves at custodians of the country's natural heritage. In Britain organised recreation users of forestry must pay for the facility: think how much the repairs after the RAC rally must cost! Finally, talk to the forester in good time. Know your forester, know his problems and try to overcome them together.

Environmental problems

How do we overcome environmental problems? Cut out bad practice and develop the things we do well. Access is a case in point: the perception which landowners have of orienteering is important, and we must approach each case differently depending on whether the landowner is pro-orienteering or not. Sites of special scientific interest (SSSI's) will affect orienteering, as will EC legislation governing environmental impact assessments and the Flora and Fauna and Wildlife Habitat directive. It may be up to orienteers to prove that in a few weeks there will be no trace of whatever damage was caused by a competition.

In the East Midlands of England orienteering takes place on 14 SSSI's with very few problems. The Nature Conservance Council are open to negotiation on access to areas designated as SSSI's, with perhaps a permanent course alowed in part of a forest and a major event every 2-3 years at an agreed time of year (how about this for Curracloe?). It is important that orienteers are recognised as environmentally concerned. Greater contact and liaison with

landowners should be considered. Environmental and conservational polocy statements by the BOF should be promoted, with an environmental element in any coaching. Course planning should take environmental considerations into account, come and try it events for conservationists to see just what happens in orienteering, and the designation of sites of special orienteering importance (as in the IOA's plan) should be tried.

Event organisation - how will it change?

Clive Allen, ex BOF Chairman and an occasional participant in Irish events, said that we should be using technology to save people time and make things run smoothly. For major events a new start system should be considered, perhaps along the lines of the Swedish one where call-up is at -2 minutes, then control card and description sheet issue, map issue at time zero , then stapling tables on the way to the start control to put card or descriptions into the map unit.

On the topic of colour awards Clive recommended a nationally recognised scheme of standards from the Pathfinder badge (one completion of the white course) up to the Brown course award (three places in the top half of the field). As to Badge Event (more or less equivalent to Irish Grade 1 events) he proposed the elimination of all age classes below M/W17 and of all B classes except M/W21. B class runners and under 17's can be catered for on colour courses from white to blue while the A and 21+ competitors run on specific courses. At present good juniors run up a class and poor juniors are out of their depth. Orienteering should be looked on as a good experience for both the competitors and the event officials and if anything within the event structurs could be changed to make this possible then it should be looked into and changed accordingly.

Mapping in the year 2000

Robin Harvey noted that extraordinary strides had been made in O-mapping in Britain between 1967 when the first colour maps appeared and 1977 when the maps would stand up very well against modern maps (remember in 1976 Britain hosted the World Championships). International specifications were published in 1969 and are now being reviewed for next year, but any changes are likely to be minor.

In the next ten years the developments are likely to be mostly technological. Base maps in detailed areas are esentially all done by photogrammerty (ie from aerial photos). In future we may be using satellite photographs to make base maps. Scribing and pen-and-ink drawing will still be around but computers will be much more in evidence for drawing O-maps. BOF must encourage amateur mappers to produce simple maps lest the skills of map-making are lost to the professionals who are at present making the maps for major competitions.

Orienteering in Sweden

Lillvor Johanssen started her orienteering career in 1968 when there were few young people in the sport because orienteering was not very well known. In the schools they did "compass-sport" using bad maps; there were no permanent courses, no coaching and no world championships. Today orienteering is a national sport and one of the largest in Sweden. During the '70's numbers increased from about 15 000 to 75-80 000 with the number of clubs rising from about 600 to about 1500, but by 1985 this had fallen to about 800.

People in Sweden connect orienteering with good ethics, good morals, a sport of nature, a family sport, a sport for all and also for the elite, but without the large sums of money and without the big commercial backing of other sports, and so far without drugs. Orienteering in Sweden is more than just a sport: orienteering is a lifestyle and a lifestyle of quality.

During the '80's the Swedish O-Federation (SOFT) sent out leaders to all the districts to meet the clubs and see what development they wanted. As a result thay started the "Group in the Centre" scheme with ten instructors travelling all around the country running courses in clubs. About 3000 orienteers took part. In 1987 a further scheme was introduced where information packs on PR, marketing, educating children, youths and adults in orienteering were distributed to clubs. After 6 months there were 1000 new adult orienteers. During the '80's the number of competitions has stayed the same (about half as many as in Britain) but club numbers have been falling.

For the '90's SOFT will be concentrating on youth and on women in orienteering, while competition organisation isn't being forgotten either. They plan to develop the sport to make it attractive to orienteers and non-orienteers alike. More clubs will offer their members a variety of sports, map-scales will move towards 1:10 000 and radio tracking will be developed to enable orienteering to be shown on TV.

Working Groups report back ...

The impact of electronics: computers are here to stay and should be used to the best possible advantage of orienteering even though problems had arisen with the use of computers in the field. A working party should be set up to develop a standard system of computing for major events.

Orienteering in schools: Orienteering has an enormous amount to offer young children. As a classroom activity it can link in with other subjects and can be introduced to children of all ages. Competition should be very much at child level, not too advanced. Strong school to O-club links should be encouraged. How do clubs see their responsibility towards looking after schools?

Fixtures: Excessive numbers at events are a problem, particularly in south east England. Should one be confined to events run only by your neighbouring clubs? Should publicity be restricted? Should B-classes beeliminated from big events?

Women in orienteering: A very wide range of ability and interest level among women taking up orienteering. More helpers are needed for novice courses. Small numbers mean that the 5-year age classes can be too small: how about W35 and 40 together, say? The official opening up of men's courses to women was terriffic. More women organisers and controllers are wanted, but how do you get them?

Orienteering magazines: Both club newslaters and a national O-magazine are vital. An editor has to cater for a very wide range of people's tastes and reflect all aspects of the sport and to maintain the balance between articles and important information.

BOF in 2000

1972 saw the introduction of full-time staff in BOF and the availability of people during normal working hours in the future will be a major advantage for developing the sport. During the '80's BOF income increased from £48 000 to £230 000 (about 500%), including grant aid from £25 000 to £125 000; membership increased by 34%, events by 90% and participation by 84%.

In the '90's we are likely to see a growth in outdoor leisure activities, especially outside the 20's age band: orienteering is ideally placed to benefit from this. BOF has to deal with a wide range of tasks, from sponsorship to membership, and the question is should BOF be a federation **of** orienteering (a sport plus just creating awareness) or a federation **for** orienteering (involved in all aspects)?

Great Eastern Navigators Orienteering Club

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

Midsummer Madness finally took place on July 31, at Newbridge Demesne, organised by Diana Large, with barbecue by Peadar Dempsey. The event was very successful by all accounts.

Mapping is going very well in Brockagh, under the supervision of Ross Stanley. Corkagh should be starting soon.

GEN are running a colour event in **Claravale** on **9 September**, with Jane Watt planning, and Michael Hewson organising. Contact Michael on 422998 if you can help.

Our next event after National Orienteering Day (October 7) is in **Brockagh** on Saturday 17 November (the first day of the Irish 2-Day). We will need lots of help on the day, so keep that day free! The following day's event is being run by Setanta in Carrick.

Welcome to our latest member, Brian Colleran.

All future GEN correspondence to be addressed to the new secretary:

Andrew O'Mullane,
79 Glenbrook Park,
Rathfarnham,
Dublin 14,
Ph: 933891.

setanta orienteers

SETANTA NOTES

NEW SEASON: by the time these notes are read we should be into the new orienteering season after the lazy summer months. There is no tradition of orienteering during summer in this country. The Continental Cup of 88 was the exception. The likely reason for this is not necessarily the lack of interest in competition but more the need for a break for the few who run the sport. We need more people to get involved in event organisation and other activities such as new mapping projects, etc.; so lets have more involvement by all in the new season.

MOUNTAIN MARATHON: this year the Setanta mountain marathon was held on July 1st. in the area south of the Wicklow Gap, The going was heavy, very wet underfoot and this, combined with a very strong headwind made racing difficult.The morning started very cloudy with visibility down to 10 metres. This turned some competitors away which was a pity as the cloud cleared shortly after noon to leave us with a bright blustery day. Numbers were particularly low this year which we hope is not a sign of things to come. Many thanks to P O Neill who recovered one of our controls (in heavy fog) which had absconded to seek shelter in a nearby rock cluster. Thanks also to all the other competitors for turning out, we know you all enjoyed yourselves enormously; see you all again next year!

Results: A course (16 km)

1.	C. Young	SET	2 hrs, 32 mins
2.	M. Flynn	SET	3 hrs, 09 "
3.	P. Dempsey	GEN	3 hrs, 44 "
	B. Doyle		N.F.

Results: B course (13 km)

1.	P. Nolan	GEN	2 hrs, 26 mins
2.	N. Crawford	3ROC	2 hrs, 47 "
3.	M. McPhearson	3ROC	2 hrs, 51 "
	M. Hatlen	TULLINGE	"
4.	J. Fitzsimon	3ROC	2 hrs, 58 "
5.	B. Jordan	3ROC	3 hrs, 04 "
6.	P. Flanagan	3ROC	3 hrs, 25 "
7.	P. ONeill	3ROC	3 hrs, 58 "
8.	P. Walsh,B.Power	SET	4 hrs, 02 "
	B. Doherty, D. Large		N.F.

LONG DISTANCE ROUTE: Well done to Bobby Buckley for completing the Hart walk from Terenure to Lugnaquilla and back (approx. 70mls) in under 24 hrs. Richard Flynn and Philip Brennan went as far as Glenmalure, before retiring.

ENQUIRIES AND INFORMATION: Setanta Orienteers, (tel. 941378)
15, Templeroan Ave., Dublin 16.

THREE ROCK ORIENTEERING CLUB

3ROC

Club Secretary Vera Murtagh, 19 The Cloisters, Terenure, Dublin 6w Phone 908237

Welcome back after your envigorating summer break! Have you all finished your bits of map yet? No? Well, read on ...

First Fridays: The First Fridays resume on September 7th at 8 pm at Glenalbyn Sports Centre, Stillorgan: club night, map dissection, slagging of one another's route choice, etcetera ... in the room over the bar.

and Saturdays: The morning afters continue on September 8th with morning training at Kilmashogue at 11.00. Next month on October 5th/6th: Glenalbyn at 8pm and Hellfire Wood at 11 am.

Weekday training resumes on Tuesday evenings at 7pm at Belfield from the car park behind the restaurant, courtesy of UCDO, from September 4th, but come along any Tuesday. Who knows who you might meet!

Competitions: We are running events on September 16th at Three Rock (with DLSO), October 7th at Phoenix Park (National O-Day), October 16th at Three Rock (on our own) and December 26th again on Three Rock (Christmas fancy dress score event). The sooner we get Clara remapped, the better! Next year 3ROC are down to run the Leinster Individual Championships in the spring, plus the usual range of local events. Watch out for night-O and street-O too! Helpers are always welcome.

Mapping: Mapping Officer David Rowe is convening an informal mapping fieldwork workshop in his own home, Glenfarn, Woodside, Sandyford (just behind Lamb Doyle's) at 8pm on Monday 10th September. If needed it will become a series of two or three Mondays. The intended procedure is that David will describe (in detail and with flip charts) what he does himself and will invite comments and alternative approaches.

The purposes of the workshop/s are (a) to attract new mappers and (b) to evoke alternative (and probably better) ideas from the more experienced. In addition he would like you all to give him your completed sections of Clara for drawing up by the end of September. This year.

Travel: Anyone interested in going to National Event VI/Veteran Home International at Pembrey, South Wales for October 20/21 contact John McCullough (378819). If you would like to join in the club trip to National Event VIII at Epping Forest near London on November 25th and the challenge against London OK, contact Trina Cleary (936187). Similarly if you can put up any of the LOKkies for the Irish Two-Day on November 17-18, contact Trina.

Fashion: The famous red and black 3ROC O-suits, designed to instil fear and loathing into even the sternest opposition, are again available from Trina. Cost: as little as possible, but depends on STG£ exchange rates, oil prices, Dow Jones (even Dai Jones) index etc.

O-Bits ... Well done to Una and Hilde Creagh on their performances at the World Student Championships in Estonia and to training officer John McCullough on finishing third in the Leinster Hill Running league. Persistence can pay off! ... Thanks to all who supported our event at Pine Forest on July 10th: we took in over £100 to help our student team members ... we had members running in France, Switzerland, Sweden, Canada, USA and Estonia this summer. Come along to the First Fridays and hear all about it ... Good luck to all 3ROCkers going for selection on the National teams for the Ward Senior and Junior Home Internationals and the Veteran Home International this autumn. Juniors, don't forget to apply for those club grants!

Thanks to all who helped at the Be Active, Be Alive week event in Phoenix Park and at the Pine Forest in July, even if one control didn't turn up until the hill race the next night!

3ROC SCORE EVENT, PINE FOREST, 10.7.90

Where there is a tie on points, faster time determines position. Scores incorporate penalties (10 per minute or part).

1.	T. Callery	M21	UCDO	270	44.57
2.	B. Dalby	M21	3ROC	265	47.40
3.	E. Loughman	W21	NAAS	240	44.54
4.	C. Dunlop	M55	SET	230	44.13
5.	R. Kavanagh	M21	COD	230	44.29
6.	G. Doherty	M17	GEN	225	46.02
7.	P. O'Neill	M45	3ROC	200	46.05
8.	P. Flanagan	M45	3ROC	195	43.55
9.	M. Flynn	M21	UCDO	195	48.38
10.	P. Nolan	M19	GEN	190	45.44
11.	I. MacNeill	M35	3ROC	180	45.18
12.	A. Bonar-Law	M55	GEN	180	45.35
13.	J. Fitzsimons	M40	3ROC	145	44.39
14.	T. Keegan	-	UCDO	145	45.00
15.	N. C-Crawford	M45	3ROC	145	50.56
16.	T. McGrath	M45	3ROC	140	47.11
17.	C. Carroll	M55	3ROC	130	46.14
18.	S. Rothery	M60	3ROC	125	44.40
19.	P. Butler	M40	3ROC	125	48.26
20.	A. O'Mullane	M19	GEN	120	52.21
21.	C. Davitt	M21	BSO	110	43.55
22.	T. Cleary	W45	3ROC	110	47.59
23.	M. MacPherson	W21	3ROC	100	57.58
24.	B. McGrath	M40	3ROC	95	47.43
25.	B. Doherty	M45	GEN	90	48.31
26.	G. Condon	M40	GEN	85	51.36
27.	T. Conneff	M15	DLSO	75	50.13
28.	G. Power	W35	3ROC	70	44.15
29.	J. Butler	M13	3ROC	70	47.59
30.	M. Walsh	-	-	65	48.52
31.	H. Coghlan	-	GEN	60	40.32
32.	C. Thornhill	W11	GEN	60	45.12
33.	Y. Fitzsimons	W35	3ROC	55	50.43
34.	J. Garry	-	-	50	40.03
35.	S. Barnett	-	-	50	40.12
36.	L. C-Crawford	M8	3ROC	50	43.24
37.	C. Fitzsimons	M10	3ROC	50	44.36
38.	R. McGrath	JNR	3ROC	50	44.50
39.	N & M. Nowlan	W9/40	3ROC	50	46.29
40.	B. Hollinshead	M50	3ROC	45	43.54
41.	A. Hollinshead	W21	3ROC	40	28.54
42.	S. Nowlan	W7	3ROC	40	35.51
43.	M. Walsh	W40	3ROC	40	41.46
44.	D. O'Kelly	M17	GEN	40	41.47
45.	E. Fitzsimons	-	3ROC	40	42.14
46.	R. Cronin	W13	GEN	40	47.58
47.	F. MacNeill	JNR	3ROC	30	47.40
48.	F & M. O'Regan	-	-	30	48.34
49.	A. Walsh, P. Flanagan	W8	3ROC	20	45.46
50.	P. Dempsey	M50	GEN	20	48.34
51.	J. Cathalin	W21	UCDO/SET	20	49.21
52.	L & R. Sweeney	W10/9	-	10	48.19
53.	W. Gordan	W45	3ROC	10	49.40
54.	B. Flanagan	W40	3ROC	10	56.26
55.	E. Cathalin	W19	3ROC	0	49.27
56.	V. Murtagh	W45	3ROC	0	50.26

57.	Devlin Family	-	FIN	0		51.54
58.	D. Brooks	M45	3ROC	-15		80.31
59.	C. Conneff	JNR	DLSO	-80		56.54
60.	V. Jones	-	COD	-85		70.43
61.	J. Barrett	-	NAAS	-125		84.08
62.	H. McInerney	-	-	-125		84.16
63.	S. Leahy	M23	BSO	-250		79.50
64.	Lawrence	-	GEN	-400		96.04
65.	B. Colleran	-	-	-460		118.30

RESULTS OF LOUGH KEY OC EVENT
PORTUMNA, CO. GALWAY, 8th July 1990.

A course

1	J.McCullough	M35	3ROC	85.36
2	J.Walshe	M21	WEO	101.04
3	T.Callery	M21	UCDO	105.20
4	M.Flynn	M21	UCDO	109.01
5	A.Pim	M21	WATO	109.03

Disqualified:

M.Grant	M21	WATO	
P.Gaffney	M21	FUCCO	
B.van Lew	M21	WEO	

B course

1	E.Niland	M40	AJAX	92.15
2	E.Loughman	W21	NAAS	97.58
3	G.Taylor	M45	LKOC	106.59
4	S.Ryan	M21	UCCO	112.24
5	S.Connor	M21	WEO	123.09

Disqualified:

J.Cathalin	W21	UCDO	

C course

1	R.Kavanagh	M21	NAAS	82.16
2	C.Dunlop	M55	SET	85.52
3	A.Bonar Law	M55	GEN	89.34
4	N.Crawford	M45	3ROC	115.04
5	B.Doherty	M45	GEN	117.34

Disqualified

N.Carroll	M45	GEN	
J.Gray	M40	3ROC	
M.nf Choitir	W21	COD	
L.van Jongh		WEO	
E.Cathalin	W19	3ROC	

D course

1	S.Pim	W45	WATO	68.20
2	N.Lee	W21	3ROC	80.52
3	A.Pim	M50	WATO	81.56
4	J.Muldowney	M21	LKOC	154.19

Disqualified:

F.White	W35	SET	
M.Troy			
J.Nevin		LKOC	
D.Foley	M15	SBOC	
D.Corry	M15	SBOC	
P.Corry	M15	SBOC	

E course

1	M.Cashin	W21	WEO	66.30
2	T.Conlon	M21	LKOC	77.54
3	W.Flaherty	M21	LKOC	81.50
4	D.McFarlane	W21	WEO	85.49
5	E.Moroney	W19		96.20

Disqualified:

J.Foley	W13	SBOC	

F course

1	E.Kieran		33.17
2	E.Perry		40.01
3	D.Woolett		56.55
4	Barrett family		83.08
5	Cregg family	LKOC	102.07

Disqualified:

B.Cregg	W21	LKOC	
M.Cregg	M21	LKOC	