the IRISH ORIENTEER

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For further information on orienteering contact the Irish Orienteering Association, c/o AFAS, House of Sport, Long Mile Road, Dublin 12. (01-501633/569099 24 hours).

COVER PHOTO: Alison Tottenham (Fermo) at Mullaghmeen. (Photo: 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. For up to date information phone 01-569099.

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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... Regional Correspondents always wanted!

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LETTERS

WOMENS ELITE COURSES

Results of the most recent Irish Championships confirmed the seriousness of an issue that has been virtually ignored. Our top Irish women, competing in the most important event of the year, are subjected to the added pressure of having male runners of similar running speed and ability running beside them. This year it was the M4O's. Una Creagh (the ladies winner) was started two minutes after Billy O'Neill and finished 19 seconds behind him. Deirdre NiChallanain (2nd) started two minutes in front of Ernie Wilson, was passed and finished 1.34 behind him. Eileen Loughman (3rd) started 4 minutes ahead of Colin Henderson but was only 2.12 ahead at the finish. I'm not saying that any of these runners were helped or hindered by having someone that close. The point is that there is a potential gross unfairness in this situation: either a W21E could benefit from being led into a series of controls or could lose out by joining an M40 in making an error. Obviously the W21E's are running their own race and should not be influenced by other runners. However, it is very difficult to ignore someone running your course, just ahead of you, maybe leading you into a few controls and then going wildly off course (like M40's are prone to do).

Poor seeding also meant that Una passed 4th placed Catriona Morrish and 5th place Julie Cleary during the race, while Deirdre passed 6th place Michele Coleman and Eileen passed 8th place Maeve McPherson. I don't think it is asking too much that the eight best women orienteers in the country should get a run in the Irish Championships without seeing each other or any similar speed M40's. Poor seeding (which has happened at most Irish Champs that I can remember) also crept into the mens: the following pairs of squad members were set off just 4 minutes apart - May/Corbett, Young/Kernan and Edwards/Morrish.

One of the interesting points of the selection trial for the last World Championships (Sweden in 1989) was that although the final result was very close (top 5 within 5 minutes), the six minute start interval did not prevent runners seeing each other. I think eight minutes should be taken as the minimum between current squad members: if someone overhauls that interval then there is probably a real difference in speed. That makes 22 places over a 3 hour start interval, leaving enough room for any well known foreign competitors.

Eoin Rothery,
198 Pell St., Box 979,
Broken Hill, NSW, Australia.

Work Wanted

Hello!

I'm a Swedish 18 year old girl and my name is Kicki. In June 1991 is my school over and I've planned to work a year or more before I continue my studies.

The last three years I've went to a school in Åmål, where we've been training orienteering very much. There I both learned to train good, make my own food and to "survive" without my family.

With this letter I want to get in touch with people who's interested in sport (especially cross country running and orienteering) and who can help me to find a work somewhere in your country from October to April.

It doesn't have to be as au-pair. It can be to work with tourist or in a sport-institution for example.

Other interests are: music, dancing, to join friends, to travel and much more.

Many greetings from: Kicki Westman, Grossbolsgartan 39, 66700 Forshaga, Sweden.

AN A-Z OF INTER-RAIL ORIENTEERING

Jocelyn Cathalin, UCDO

Before I start this I had better explain that three UCDO members, Thomas Callery, Martin Flynn and myself, Inter-Railed to the Swiss 5-Day and the World Student Championships in Latvia last summer. From Sweden to Latvia and back to Germany we were joined by James Logue and Deirdre ní Challanáin. Serious descriptions of the events have already been published in TIO. If anyone wants to try Inter-Rail orienteering in the future it can be be interesting, not to say educational, as can be seen from thefollowing brief guide.

Advice. Eileen Loughman told us before we left that we should eat plenty and rest during the afternoons (we did this in Sweden but were too busy sight-seeing in Switzerland).

Arsenal. The Swedish division of Jack's Army went to support them in Göteborg but none of the Irish team were playing when we got there.

Baked beans (1 tin). Dinner for five people for one night on our way from Riga to Berlin.

Berlin. A great place to get to after USSR and Poland (and a long train trip). Most maps of the city are out of date at the moment due to the demolition of a very well known line feature.

Bread and Cheese: what we carried with us everywhere from Cherbourg to Leningrad and from Stockholm to Zurich.

Chocolate and Champagne. Some of the few things you can actually buy with roubles.

Drink. Vital in Switzerland because of the heat.

Driving. In the USSR - not for the nervous!

Eggs. LKOC favourite when Guinness is scarce.

Europe by Train. Claims to be the Inter-Railer's bible: over-rated, not very accurate and prefers expensive restaurants.

Foreign currency. What you need to buy anything in the USSR.

Fredericia. Where we nearly got stuck as the result of bad route choice. Town in the middle of Denmark half way to Frederickshaven with red rubber lines on the pavements.

Germany (East at the time). Has chubby border guards who wake you at 5 am while grinning like Cheshire cats.

Great Britain. Their team at the World Student Champs still couldn't out-sing us, but some team members' "dress" sense ... hmm.

Helsinki. Has nice parks, rocks and redcurrant bushes.

Ice cream. Something else you can buy for roubles in the USSR but HB/Langnese/Lusso Eldorado is nicer.

Irishness. We had our flag with us in Switzerland and Sweden and before leaving Riga we were told that although the Irish team hadn't won anything we had created plenty of fun.

ICB. What woke people up in Sweden when builders started working at 6.30 am.

Jungle. A polite description of Latvian orienteering terrain.

Koka Kola. The bottles in Latvia looked as if they'd been stockpiled for years.

Ka De We. Biggest department store in Berlin, has great food section (except we only bought bananas).

Ladas. Transport in Latvia was a convoy of seven coaches with a police escort of two Ladas.

Leaving places. We had problems getting out of Fredericia, Goteborg, Riga and Berlin, for a variety of reasons.

Liseberg. Goteborg amusement park, free entry to O-Ringers.

Mapping expeditions. Some lovely open forest was spotted from trains in France, Finland and Russia, but economics might be fun.

Marshes. Some apparently had man-eating qualities in Latvia.

Nuclear Bunkers. Nice and cool to sleep in in Switzerland.

Nevsky Prospekt. Major street in Leningrad full of fine architecture and (when we were there) drunken ex-sailors.

Nightmares. After-effects derived from using Russian toilets.

Opening ceremonies. After the parade in Sweden we had a band, the official song and Mexican waves, while in Latvia it was an endless stream of folk-dancers.

Penknives. Handy for cutting cheese and opening champagne.

Postcard-writing. Useful occupation while sitting outside Riga railway station for six hours waiting for something to happen.

Punctuality of transport. The number of trains, trams etc which we had to run to catch! ... (more our lack of punctuality).

Queer people. Prime example being the paranoid Latvian (born in Canada and living in West Germany) who invited himself into our compartment as we were leaving Riga, offered us gherkins and left us his briefcase in case the Russians in his compartment stole it like they'd stolen his rucksack. The attendant in the carriage said he was the problem, not them, when he complained.

Recycling. Heavily into this in Switzerland and Sweden.

Red tape. Only real snarl-up was when we were trying to get five Polish transit visas on the train. In the process of finding a currency which we could use to

buy all five the Polish passport official got a bit annoyed, but I'm sure that her own border guard laughing at her didn't help matters.

Silja Ferries. From Stockholm to Turku. The most fantastic ferries we travelled on. They have dozens of bunks free of charge, saunas, carpeted decks and a lovely route through islands.

Stockholm. Nice sweet shops and good fishing in the harbour.

Tea. Given out on trains in the USSR at strategic moments. The water is boiled on turf stoves that smell just like Donegal.

Thomas Cook timetable. Useful, but some misprinting meant we were trying on occasion to catch non-existent trains.

UCDO Banner. Used to keep the sun off our gear, the rain off our gear and the rain off us. A useful focal point for any Irish in the vicinity and good for posing with in the middle of the Rhine.

Underground (Leningrad version). 5 kopecks (0.5 p) to travel anywhere, the fastest escalators I have ever been on (when you step onto them you can't see the far end) and after about 3-4 minutes you land up in marble stations with chandeliers over the tracks; a fairly busy place even at 1 am.

Vanikkala. Border station between Finland and USSR. First place our passports were stamped.

Via, Anita and Yvetta. Three Latvian orienteers we met on the train from Helsinki to Leningrad who had been to Sweden and were going to Riga. They showed us around Leningrad in the middle of the night and offered us somewhere to stay if the eight of us couldn't get a train. As it was we all left for Riga at 1.30 am on a sleeper, the cost for nearly 600km was 9 roubles (about 90 p) Via turned out to be the official translator at the opening ceremony. Sincere thanks to the nameless Russian attendant on the train who, when we couldn't understand each other, went looking for people who spoke both Russian and English and happened to find three orienteers.

Vecdebri. Event Centre for Student World Champs. Has an agricultural college and a football field with a tree in the middle of it.

Vilnius. Lithuanian town built around railway junctions, smells of gas and has fruit and vegetable market.

Watermelon. Good entertainment value. The first was bought in Paris and eaten in Wetzikon while waiting for the supermarket to open. The second was bought in Vilnius and eaten in mid-air while they changed the bogeys going from the USSR into Poland.

Wetzikon. Swiss event centre, actually a defrosted ice rink.

Winter Palace (Leningrad). Incredible, even at midnight.

Xceedingly long train journeys. The worst was five people, each with four weeks' gear in a compartment with four bunks, 6' x 8', for 33 hours from Riga to Berlin.

Yvette Hague. World ladies Student Champion.

Yosh. Latvian drink of pink champagne and vodka.

Zurich. Paddle boats for hire on the lake but the lake is very busy and these depend on muscle power to get out of the way of everything else.

Zlotys. Polish currency. 5000 will get you a bar of "orange" chocolate.

For anyone wanting to try this next year the total travel costs were under £300. Eating can be quite cheap as well if you combine bread and cheese with event centre meals. If you have a month to spare in the summer, try it!

Jocelyn Cathalin

WEATHER HITS FIXTURES

The recent spell of bad weather has hit orienteering fixtures harder than any weather we have had in recent years. The 3ROC Christmas score event on St. Stephen's Day was put back to New Year's Day because of the high winds, the ECO Leinster League event for Coronation Plantation on January 6th and the UCDO Leinster League event for Hellfire Wood on January 13th have been postponed. The ECO event will go ahead on February 17th as planned but the UCDO event has been abandoned altogether.

The latter two cases represent a new form of cancellation, one based on a weather forecast rather than on actual on-the-day conditions, and perhaps indicate that the era of the hard man has passed.

JK ENTRY

Unfortunately the entry forms for this year's Jan Kjellstrom Trophy were not received in time to be distributed with TIO 50 and the cheapest entry date has now passed. The event is still worth considering for Easter, however: four days of top class orienteering with about 3000 others. If you haven't been there you owe it to yourself to go. Entry forms have been included with this issue or already distributed to clubs.

CLEAN SWEEP

The Reed family of Fermanagh Orienteers have had a clean sweep in the 1990 NI Colour Series events with Billy (M21) taking the Brown course, Maxwell (M55) the Blue and James (M15) the green. The series is run over ten events and the best four runs count. Points are awarded thus: Your points = (Standard time / Your time) x 100, where Standard time is the time for the fastest male or female on the course. The winner therefore gets 100 points, someone with twice the winner's time gets 50, and so on. This is basically the same as the old Leinster League system of the '70's except that the standard time was the average of the first three and in the Leinster case if you finished in more than twice the winner's time you got no points.

364 competitors took part in the events, 277 from NIOA. The largest number were from LVO (166), with NWOC next (80) and FermO last (31). 77 runners took part in at least four events and finished the league.

HILL RUNNING

The 1991 Fixture List of the IHRA should be published in the next issue. The perennial problem of clashes between orienteering and hill running continues, with the Curragh event and the Eastern Region cross country coinciding with the Bray Head hill race on January 20th and the Scalp race clashes with the Phoenix Park Leinster League event on February 10th. The winter months will see one race every four weeks or so, with the evening league in Leinster starting on May 1st at Hellfire Wood at 7.30.

The big race in the early season is the Braycot Dart to the Head at Bray Head on Sunday April 14th. This is a 10k (approx) with sections of hill, road and track: an interesting mixture where road runners, hill runners and orienteers can all shine.

One change from the fixtures list published earlier in Irish Runner is that the new Mount Leinster race and Leinster Championship has been moved from March 10th to April 28th so it unfortunately now clashes with the Irish Relay O-Champs. (The question is could a 10.30 start on the first leg give you time to get to Co. Wexford for a race at 2.00 pm? It's only about 100 miles ...)

Before all this, however, is the IHRA Table Quiz at the Terenure Inn, Dublin on Monday 11th February 1991 at 8.15. Teams of 4-5, £12 per table.

ODDS'n'ENDS

* A new map of the Kerry Way is available, covering the entire 215 km route from Killarney through Glenbeigh, Waterville and Kenmare. The map was drawn by Justin May, one of Ireland's best known O- cartographers and is unusual in that it covers each section as a strip on a page rather than a continuous line like the Wicklow Way map. It is available for about £2 and should be a valuable aid for anyone contemplating walking the Kerry Way.

* Good news from the Ordnance Survey is that the revised Kerry 1:50 000 sheet will be ready in Spring, followed by the two 1:25 000 Kerry maps and 1:50 000's of Sligo and Donegal as originally planned.

* The two papers in the most recent Scientific Journal of Orienteering concern First Aid for Orienteering in Scotland by Ian McLean and Impact on Flora and Fauna of the November Classic in 1988 held in the New Forest in Hampshire (and if I'm not mistaken incorporating the Ward Junior Home International). To subscribe to the Journal send 60 SKr to IOF Secretary General, P.O Box 76, S-191 21 Sollentuna, Sweden.

Speaking of First Aid, have you had an anti-tetanus shot within the past ten years?

* Those of you who are map collectors (let's face it, who isn't?) might be interested in a reproduction of Johann Baptist Homann's map of Ireland, Hiberniae Regnum, of about 1712. The full colour map measures 26x22 inches and costs IR£6 including p & p from: Ireland of the Welcomes, Dept. 109, PO Box 273, Dublin 8.

* Isn't it wonderful, in the age of the computer, that we only have to wait almost three months for the results of the Irish Two-day, a competition with just over three hundred competitors, to be published?

* Another recent publication is the AFAS "Guide to maps and guidebooks for walkers". It gives a comprehensive list, area by area, of books, leaflets and maps available and where they can be obtained. A very worthwhile publication for anyone, from Ireland or abroad, considering an outdoor holiday here. A new edition is expected in April/May when the new crop of guide books has appeared.

* Congratulations to Lagan Valley's Steve McGibbon and Chris Twinem, club treasurer and social sceretary, on their recent wedding on February 2nd. Personally I'd say this is taking the job of social sceretary a bit far ... Also in the North, Ronnie Patterson (NIOA Secretary) and Myra McCormack are engaged and Ann and Harry Savage have added Conor to LVO and the family. Congratulations! (Ann is a former Irish team member).

SPRINT-O NEWS

The venue for the first Irish Sprint-O Championships has been confirmed as Curracloe, Co. Wexford, on Monday March 18th. Entry will be limited to approximately 200 competitors and entry forms will be available during February. A certain number of places are reserved for Irish squad members but the rest are open to all. Waterford orienteers are running the event, the first at Curacloe for some time and perhaps the lsat, so it's a chance not to be missed. The area is perhaps the best orienteering area in the country, with forested sand dunes making running fast and navigation difficult.

SHORTS IN THIS YEAR

At the Leinster Championships and Interprovincial this March the usual M21A and B classes have been changed as an experiment into M21AL (long) and M21AS (short), and M21B. The W21's have a W21AL and a W21B only.

This follows the move this year in Britain to provide L and S courses of equal (maximum) technical difficulty but different length, with a simpler, shorter B course for less experienced orienteers. In Britain dual standards existed: Senior B courses were supposed to be shorter than A courses but of equal technical difficulty while junior B courses were shorter and easier.

MAPPING CHANGES

Several changes to the International Orienteering Federation map specifications have been introduced recently. The dimensions of a number of symbols have been changed (small knoll, small depression, pit, boulder cluster, water hole and spring among them) and the symbols themselves have been changed in a number of cases (rough open with scattered trees, distince cultivation boundary, cultivated land, extraction lines, built-up areas, ruin and pipeline). Full details can be had from IOA Mapping Officer Pat Healy, Woodstock, Cut Bush, Curragh, Co. Kildare (045-42625).

UP AND DOWN AGAIN

Not the Grand Old Duke of York, but the sometimes scurrilous but always entertaining fell running magazine "Up & Down" from the CompassSport stable. If you're into hill running you should read it, particularly the Fellternative (message understud) section, always worth a look. The most recent issue concentrates on land access, with a board game called "Mudopoly", Close Encounters of the Turd kind and the usual other features. As a magazine it is filling out and improving with each issue.

Get it from Up & Down, 25 The Hermitage, Eliot hill, London SE13 7EH for STG £10. (Possibly in the near future from TIO ...). The indications are that Irish races, apart from the few in the North, will be covered in future issues...)

CORK O FOR TIO TROPHY

Cork Orienteers took home The Irish Orienteer Trophy for the second time after their visit to the plains of Kildare on January 20th, defeating Belfast's Lagan Valley Orienteers, and Leinster hopefuls Three Rock in a nail-biting final. LVO had seen off Fermanagh and North West OC in the previous rounds while Three Rock had dispatched Ajax and Setanta, but none could match Cork O's strength.

The results announced on the day were that LVO had won but it subsequently transpired that the winners were in fact Cork with 97 points to LVO's 88 and 3ROC's 85.

The provisional date set for the 1991 TIO Trophy Final, September 22nd, may well change as the day clashes with the Mournes Mountain Marathon in which LVO are involved both as organisers and competitors, and LVO expect to be in the final again this year.

EASTERN EUROPE IN '91?

Some other events to consider this summer are the 3-day Rousse Cup in Bulgaria (May 31-June 2), the Prahova Valley Trophy in Ploiesti, Romania (4-6 June) and the Romania Cup at Cluj (8-10 June). Contact TIO for details.

Similarly "Gaudeamus 91", a 3-Day orienteering event at Curtea de Arges, Romania from June 27-29.

1991 AGE CLASSES

A reminder to you all about age classes, although they are becoming increasingly rare in events except for Championships. For orienteering purposes your age class may change on January 1st and your class is determined by your age on December 31st of the year in question. Thus if you will be 35 in August of 1991, say, you can run M/W35 from January 1st 1991.

It is permittted under the rules to run in a more difficult age class than your own (in a younger class if you are 35 or over, in an older class if you are 20 or younger) but you can't run in an easier class than your own. This year's age classes are listed on the following page.

Year of birth	Age class in 91
1926 or earlier	M/W 65

1927-1931	M/W 60
1932-1936	M/W 55
1937-1941	M/W 50
1942-1946	M/W 45
1947-1951	M/W 40
1952-1956	M/W 35
1957-1970	M/W 21
1971-1972	M/W 19
1973-1974	M/W 17
1975-1976	M/W 15
1977-1978	M/W 13
1979-1980	M/W 11
1981 or later	M/W 10

M of course means men and W, women. In international competitions this will often become H (herren) and D (damen). In the USA it's M (male) and F (female). Where classes are listed M21A, M21B, M21C, say, they are usually of decreasing length and difficulty, although M21E means Elite, the topmost course, not E as in ABCDE, or E as in Easy. Where numbers are large the courses may be further subdivided into M21A1, M21A2 etc, which are similar courses of equal technical and physical difficulty. Clear?

LUCKY FOR SHAMROCK

Entry forms for the third Shamrock O-Ringen three day in West Cork at the end of June (28-30) are included with this issue. The map of Glengarriff, to be used on days 2 and 3 will be a resurveyed and extended version of that used for the 1987 Irish Championships.

A sprint-O race on Friday evening at Tír na Spidóige will be followed by an individual competition on Saturday and Sunday at Glengarriff. Friday's and Saturday's races will have start times allocated beforehand while a chasing start will operate on Sunday. The event has been a great success for Irish orienteering and particularly for Cork Orienteers in the past. Let's hope that the change of date from St. Patrick's Day will bring the good weather which has so far eluded the event. Full details of accommodation and entry are on the entry form.

MASS RESIGNATIONS

"Pressure of work" is cited as the reason for the resignation of three of the Irish Orienteering Association's executive in the recent past. The three to leave the committee are Development Officer Rory Morrish, Vice Chairman Frank Cunnane and Environment Officer Aubrey Flegg. Chairman John Creagh will, according to the Constitution, have to step down after this, his third year in office, and would normally be replaced by the Vice Chairman under last year's amendments. Now we'll be looking to fill both posts. Other jobs up for grabs will include Public Relations Officer, a job at present being done in a somewhat low-key manner by the Editor of TIO.

Meanwhile in Leinster the Council has apparently been reduced to just two: Secretary Vera Murtagh and Fixtures Secretary Brian Power, himself about to resign as a result of pressure of studies. A meeting has been arranged for Monday February 25th at Glenalbyn Sports Centre, Stillorgan, Co. Dublin, to try to get Leinster back on the rails. This is perhaps the most important meeting Leinster orienteering will ever see: if it's not successful it may be the last.

NEW COMPASS

Silva, the major Swedish compass and orienteering gear manufacturers, have just introduced a new compass called the Fighter. It comes in three models: a conventional protractor compass (model 5R), a NOR thumb compass (model 6) and a NNNavigator style thumb compass (model 21R).

The difference between these compasses and all previous models is that instead of having a magnetized needle these have an inert needle with two tiny magnets on the underside on either side of the pivot. The result is a dramatic increase in stability and speed of settling of the needle when a new bearing is selected or when you change direction.

The design is a Russian one but Silva are now making the compass as they have the technology while the inventor didn't. The 5R will cost about STG£33 in Britain, so it's not cheap. We may have a road test of one later if we can find a willing owner.

AFAS CONFERENCE

The Annual Conference and General Meeting of the Association for Adventure Sports will take place at the National Adventure Centre, Tiglin, Ashford, Co. Wicklow on Saturday March 9th 1991.

The conference theme, one dear to the hearts of all treasurers, is "Grants available to sports associations: how to apply and lobby for them", and it starts at 10.30 am. The AGM will follow at 4 pm.

Full details available from Bill Hallowes, AFAS, House of Sport, Longmile Road, Dublin 12 (01-509845).

WARD SENIOR HOME INTERNATIONAL

Well, no report has materialised on the event, but the results show that Ireland finished 4th with 107 points, Wales 136, Scotland 240 and England 270. The Irish team were very unfortunate with their travel arrangements, between fog at airports, car accidents andillness the team was reduced dramatically.

In Saturday's Relay the results were Eng 72, Scot 72, Wal 44 Ire 24. The Individual event scores were England 198, Scotland 168, Wales 92, Ireland 83. Our best results were in M35 with Vince Joyce (3ROC) 2nd and Wilbert Hollinger (LVO) 6th. James Logue (NWOC) also finished 6th in M21W as did Hilde Creagh (3ROC) in W19A. The W21E trio of Julie Cleary (3ROC), Una Creagh (3ROC) and Eileen Loughman (CNOC) finished less than 90 seconds apart in 9th, 11th and 12th place.

Yvette Hague, Jean Ramseden and Alice Bedwell took the top places in W21E, Steve Hale, Dickie Jones and Jon Musgrave in M21E.

By all accounts the orienteering wasn't that difficult: open moorland with lots of high walls necessitating crossing points and long queues, but mist and slippery limestone pavement made both navigation and running tricky enough.

This year's event is on October 19-20 at Betwys Y Coed in North Wales. But first, the World Championships ...

WOC 93 UPDATE

Since the last issue, when you will remember Minnesota was being considered for the event with possible sponsorship from the Amateau Sport Commission and Sons of Norway organisation, the situation has changed again. The organising committee have decided that the event must be held on the east coast because that's where the expereinced orienteers, who'll do all the technical work, are. The mapping has started but the funds are not yet in place to run the event. A decision is expected soon from IOF and USOF.

EAST WEST ADVENTURE

ORIENTEERING COURSES
MAP-MAKING SERVICE

Non-residential training courses for IOATB Award Scheme

6-7 April	Introduction to Orienteering
4-5 May	Orienteering Leader (Part 1)
25-26 May	Orienteering Leader (Part 2)

MAP-MAKING SERVICE
SURVEY.CARTOGRAPHY.PRINTING
Conventional Orienteering Maps
Schools.Outdoor Centres.Adventure Camps

Contact: Barry Dalby, EAST WEST ADVENTURE, 155 Beachdale, Kilcoole, Co. Wicklow (01-875990)

INSURANCE & ALTERNATIVES

Chris Mangan, Secretary of AFAS, looks at some aspects of insurance for sports clubs:

Don't be misled by the title as there is no alternative worth its salt. What follows applies primarily to Public Liability insurance. We all appreciate the problems of cost and availability, but there are two other aspects:
(1) Ensuring adequate cover in your existing insurance and (2) where you stand if you don't already have cover and what you can do to cope with potential problems.

Ensure adequate cover

Let's assume you have or are about to get Liability Insurance. You want to be sure your cover will be adequate for your particular needs:

Always give the insurer a full description of what you do. You may phrase some things diplomatically but don't try to hide anything. This can create woeful problems later under the heading "non-disclosure of a material fact", i.e. something which might alter an insurer's decision to accept, reject or impose special terms. Hiding a material fact renders a contract void or voidable at the Insurer's option. Always remember that you are entering a contract with the Insurer. Bear in mind that an Insurer will have to rely on his own knowledge and on what you tell him to make his decision, and that his knowledge will be minimal - he wouldn't know a speleologist if he fell down a pot-hole with one.

If you teach or instruct always ask for that aspect to be covered. Some public liability policies only exclude instruction or advice "given for a fee". At least by asking for the cover you know where you stand if it is refused. If insurers grant the cover, ask if they would extend it to grant personal indemnity to the instructors. Always remember that an injured third party can sue whoever they like, including an instructor personally, either separately or as a co-defendent.

If your organisation is a club you might want member-to-member liability cover. If a club member is injured while acting in his capacity as a club member, he cannot sue the club of which he is a member because he would effectively be sueing himself, which the law doesn't allow. If however the injury was caused by the personal negligence of another member there is nothing to stop him sueing this member as an individual. A member-to-member extension should protect the negligent member, subject to the conditions of the policy and any other ifs and buts there may be.

If you sell or supply products to anyone you should have your public liability policy extended to include product liability to cover against claims arising out of defective goods sold or supplied to third parties.

Ensure that the limit of indemnity under your public liability policy is at least IR£500,000 in any one accident, though a IR£1,000,000 limit is preferable. Ask your insurer for a price on both limits.

Are there any alternatives?

The points made above apply to those who have or are about to acquire public liability insurance. If you aren't in this position you are relying on the "alternatives". There is no substitute for actually having the insurance cover, and this cannot be overstressed. If public liability insurance is either not available or is prohibitively expensive what can you do to protect yourself? The answer is, not an awful lot. There are, however, certain steps which you can take to avoid or mitigate the potential liability.

In the case of adventure sports, it is prudent to warn your members, potential members and the public in general that such-and-such a sport is hazardous by its very nature. Such warnings should be displayed in prominent places. Membership forms, course application forms and the like should always contain such a warning located above or very close to where the form is to be signed and headed "Important Notice - Please Read".

Such forms should also include a disclaimer which the applicant must sign, exonerating the club or organisers from liability and confirming that thay have read the "Important Notice" mentioned above. Such a disclaimer may have little or no legal effect but it could be considered a mitigating factor in a court situation to the extent that it makes it a bit difficult for the plaintiff to plead that s/he did not know the sport was dangerous anfd that this fact had never been pointed out.

Members of a club are individually and severally liable for the liabilities incurred by their club. Let's say a club with five members incurs a large liability. Four of the five do not have two brass farthings (remember them?) to rub together; the fifth owns his own house, has a decent car and so on. As he is the only member worth anything at all he could, theoretically, have to pay for the liability of himself ***and*** of the other four. Unfair? Maybe, but that is the way the law stands. Who said the law was fair anyhow? The possible solution to this problem is to form the club into a non-profit making limited liability company with each member holding one share for as long as he is a member. A company is a legal "persona", that is a legal entity in its own right, and can only be held liable to the extent of its assets. (This is a bit of an oversimplification but it'll do for the moment). This still does not confer total protection as the Directors can in certain circumstances still find themselves personally liable, but it does afford some protection to the individual members of the "Company".

We said already that a club member can't sue the club of which he is a member as he is effectively suing himself. Your club could possibly avoid liability if every participant or user of your facilities had to be a member of the club pefore they could participate. This may not be foolproof but it may help avoid some potential liabilities.

The scope of an ordinary householder's policy is often not appreciated. In addition to covering the contents of your home it generally includes an extension to provide personal liability protection for the policyholder and spouse and members of the family permanently resident there, in respect of their activities as private individuals. In general it is intended to apply to liabilities incurred in the course of one's normal social life which does, of course, include sporting activities. As a consequence a large number of club members may already have liability protection and may not realise it. Check your household policy or ask your broker or insurance company if cover extends to your sporting activities.

I need hardly say that the whole subject of liability insurance is vast and rather complex and one can only brush the surface in rather general terms in an article of this nature. I hope that what I have said is of some assistance and answers some of your questions. Conversely it may pose more questions than it answers, but I hope not.

There are other aspects which I have not even mentioned here, such as occupiers' liability, personal accident insurance or the possible effects of life assurance on your sporting activities. Perhaps we can look at these in some future issue.

(An abridged version of the original article which appeared in AFAS News No. 2, October 1990)

IOA BULLETIN

Annual General Meeting: The AGM is being held on 27th April 1991 at Kilfinane Education Centre, Co. Limerick, at 4.30 pm. This location is the event centre for the Irish Championships. Nominations and motions must reach me in writing before 27th March 1991.

Mactire Trophy: Nominations are invited for this award, presented by Mactire OC, and should be forwarded to me as soon as possible. This award is presented at the AGM. It is awarded to persons who have made outstanding contributions to otrienteering in the previous year in the following areas:

1. Mapping, controlling or organising events;
2. Administration;
3. Achievements in competition.

Previous holders of the award are ineligible for nomination.

Annual Census: Club Secretaries who have not returned their annual census forms are asked to do so. This information is needed to make a correct application to Cospóir for financial aid. The amount of money made available to each sports association is based on the numbers affiliated to that association.

Resignations: Due to the pressure of (non-orienteering) work the following IOA Executive Officers have resigned:
Frank Cunnane (Cork O): Coaching Officer and Deputy Chairman;
Aubrey Flegg (Setanta): Environment Officer;
Rory Morrish (Lee O): Development Officer.

On behalf of all Irish orienteers I would like to thank these officers most sincerely for their work and effort on our behalf in their various positions on the IOA Executive Committee.
These positions are now vacant: people interested in taking up the positions should contact me at the above address below.

Swedish O-Ringen Clinic: We expect to get two invitations to the Swedish O-Ringen Clinic this year. At present we don't know what categories are being invited. If you are interested in attending you could let me know (in writing) and if a suitable invitation is received your application will be considered by the IOA Executive Committee.

Map of the Year Award: Nominations of maps for this award should be sent to the IOA Mapping Officer: Pat Healy, Woodstock, Cut Bush, Curragh, Co. Kildare. There are four awards to be made altogether; awards for a Grade 1, 2 and 3 map and an award for the best cartography and layout.

Irish Team Manager: Paddy O'Brien (AJAX) is being proposed as Irish Team Manager for the forthcoming World Orienteering Championships in Czechoslovakia in August. His name is being sent forward by the IOA to the FIOA who co-ordinate the Irish team and team selection. Paddy can be contacted at Greentrees, Ballyboden Road, Dublin 14(01-933059) for information or to offer assistance.

Pat Redmond, IOA Honorary Secretary, 18 Orchardstown Ave., Rathfarnham, Dublin 14.

LEINSTER ORIENTEERING COUNCIL

What is the Leinster Orienteering Council?
Item 5(a) of the Irish Orienteering Association Constitution is quoted as follows:

"5. MANAGEMENT
(a) Regional affairs shall be conducted by Regional Councils which shall comprise one representative of each constituent club or organisation in that region. Specialist orienteering clubs with more than fifty members shall be entitled to two representatives and those with more than one hundred members shall be entitled to three representatives: the figures to be calculated on the previous year's membership.

Regional Councils shall meet as frequently as may be required for the efficient management of Orienteering within the region. Any decision of a Regional Council may be reviewed by the Executive Committee and on such a review may be varied or rescinded but shall be binding in the relevant Region unless and until so rescinded."

The Leinster Regional Council represents all Leinster clubs affiliated to the IOA. Its main function, as outlined above, is to conduct the affairs of the sport within the Region on behalf of the IOA.

Clubs must nominate representatives to the Council and from these an executive committee must be elected. At this point the Committee consists of the following:

Chairman:	Vacant
Secretary:	Vacant
Treasurer:	Vera Murtagh
Fixtures Secretary:	Brian Power
Development Officer:	Vacant
Mapping Officer:	Brian Heeney
Technical Affairs:	Vacant
Junior Affairs:	Ernest Lawrence (Acting).

As can be seen from the above we have a problem in Leinster at present which must be addressed immediately. A previous council meeting failed to elect a Chairman or secretary and hence the dormant state of the Council. The Council has funds which cannot be used without direction.

A General Meeting of the Leinster Orienteering Council has been called on
Monday 25th February 1991 at 8 pm
Venue: Glenalbyn Family Recreation Centre
Stillorgan, Co. Dublin.

All clubs are asked to send their representatives. The Regional Council should not be seen as an imposition by the IOA but as an essential and necessary body to run the sport in the region.

Leinster clubs are: Ajax Orienteers, Curragh-Naas OC, Eastern Command, Fingal Orienteers, Great Eastern Navigators, Setanta Orienteers, Three Rock OC, Trim Orienteers, UCD Orienteers, COMAD, Kevin St. OC, LSOA.

1991 ORIENTEERING FIXTURES

February

16	**TOLLYMORE**	near Newcastle, Co. Down. NI Score Championships. LVO.
17	**CORONATION PLANTATION**	west of Sally Gap, Co. Wicklow. ECO Leinster League (LL) event postponed from 6.1.91.
17	**KILLAHALLY WOOD**	Lismore, Co. Waterford. WATO Grade 2 event. GR X 08 94.
17	**UMMRA WOOD**	near Macroom, Co. Cork. Cork O grade 3 event. GR W 37 72.
17	***WELSH CHAMPIONSHIPS*** **Afan Argoed**, Port Talbot, S. Wales.	
23	**CONNACHT CHAMPIONSHIPS Union Wood**, Collooney, Co. Sligo. GR G 68 28. Entries to Frank Ryan, Galway RTC, Dublin Rd., Galway by 1.2.91.	
24	**UNION WOOD**	Collooney, Co. Sligo. WEO Grade 1 event.

March

1	**PHOENIX PARK**	Dublin. 3ROC Night-O. GR O 09 34.
2	**GORTIN**	near Omagh, Co. Tyrone. NI Colour Series 1. FermO.
3	**CLARINBRIDGE**	Co. Galway. WEO grade 2 colour event. GR M 43 20.
3	**CLOGHEEN**	Co. Tipperary. Munster League 2. GR S 04 12.
3	**SUGARLOAF**	Co. Wicklow. UCDO colour event. (LL7). GR O 23 13.
10	**HOLLYWOOD**	near Blessington, Co. Wicklow. CNOC colour event.
10	**KILSHEELAN**	Co. Tipperary. WATO G 2 & Munster Schools' Champs. GR S 27 22.
16	**CASTLEWELLAN**	Co. Down. NI series 2. LVO.
17	**CURRAGH WOOD**	Midleton, Co. Cork. CorkO G 2 mass start score event. GR W 86 76.
18	**IRISH SPRINT-O CHAMPIONSHIPS Curracloe**, Co. Wexford . WATO. Pre-entry.	
23	**LEINSTER CHAMPIONSHIPS and Interprovincial, Brockagh**, Laragh, Co. Wicklow. 3ROC. GR T 12 97. Enter by 11.3.9. Entry form enclosed	
24	**HELLFIRE WOOD**	Killakee, Co. Dublin. SET score relay. GR O 12 22.
24	**PORTUMNA**	Co. Galway. Custume-WEO grade 2 colour event. GR M 85 04.
29-31	***JAN KJELLSTROM TROPHY 91*** Derbyshire. Training, two-day individual, relay.	

April

7	**KILLARY**	Co. Galway. LKAC grade 2 colour event. GR L 77 65.
7	**KILWORTH**	Fermoy, Co. Cork. SO Gr. 2 Munster League event. (Possibly at Chimneyfield).
13	**NI SERIES 3**	NWOC event. Venue to be confirmed.
14	**CORINBEG**	near Newport, Co. Mayo. SORCO grade 2 colour event.
14	**KNOCKANAFFRIN**	Co. Waterford, near Clonmel. WATO grade 1 Munster League event. GR S 28 17.
21	**MULLAGHMEEN**	Co. Westmeath, near Oldcastle. SET colour event. GR N 47 78.
21	**TRACTON**	Co. Cork. LeeO Gr. 3 event.
27-28	**IRISH CHAMPIONSHIPS Rossadrehid**, Glen of Aherlow, Co. Tipperary. Cork OC.	

May

4	***BRITISH CHAMPIONSHIPS*** North East England.	
11	**NI SERIES 4**	FermO event. Venue to be confirmed.
12	**KILBUNNY**	Portlaw, Co. Waterford. WATO grade 3 event.
12	**LEINSTER SCHOOLS CHAMPIONSHIPS Carrick Mountain**, Glenealy, Co. Wicklow.	
15	**BALLYSCANLON**	Tramore, Co. Waterford. WATO grade 3 event.
19	**TOWER HILL**	Portlaw, Co. Waterford. WATO grade 3 event.
19	**TROOPERSTOWN**	Laragh, Co. Wicklow. GEN. Leinster Score Champs. GR T 16 97.
25	**BROCKAGH**	Laragh, Co. Wicklow. Leinster 2-Day. ECO. GR T 12 97.
26	**CLARA**	Laragh, Co. Wicklow. Leinster 2-Day. 3ROC. GR T 16 93.

June

1	**TOLLYMORE**	near Newcastle, Co. Down. NI Series 5. LVO.
2	**BRANDON HILL**	Graiguenamanagh, Co. Kilkenny. WATO G 1 event. GR S 70 40. New area.
8-9	***SCOTTISH CHAMPIONSHIPS*** and National Event. **Pitlochry**, Perthshire.	
9	**DRUMLEAGH**	Glen of Aherlow, Co. Tipperary. LeeO grade 3 event. GR R 87 25.
16	**COUMSHINGAUN**	Comeragh Mountains, Co. Waterford. WATO G 1 event. GR S 33 10.
22	**NI RELAY CHAMPIONSHIPS** FermO event. Venue to be confirmed.	
28-30	**SHAMROCK O-RINGEN Ballingeary** and **Glengarriff**, West Cork. Cork Orienteers. Entry form enclosed.	

July

7-13	***WORLD JUNIOR CHAMPIONSHIPS*** **Berlin**, Germany.	
14	**TRAMORE**	Co. Waterford. WATO grade 2 event. Sand dunes.

August

4-10	***SCOTTISH 6-DAY***	Southern Uplands '91. Dumfries area.
20-25	***WORLD CHAMPIONSHIPS*** **Marianske Lazne**, Czechoslovakia.	

September

8	**RIVERSTICK**	Kinsale, Co. Cork. CorkO grade 3 beginners' event. GR W 66 58.
8	**THREE ROCK WOOD**	Dundrum, Co. Dublin. 3ROC colour event. Leinster League (LL1. GR O 17 23.
14	**SLIEVE CROOB**	Ballinahinch, Co. Down. NI Series 6. LVO.
15	**CORRIN HILL**	Fermoy, Co. Cork. CorkO grade 3 beginners' event. GR W 80 96.
22	**ANDERSON'S MOURNE MOUNTAIN MARATHON** two-day endurance/navigation race.	
22	**CURRABINNY WOOD**	Carrigaline, Co. Cork. CorkO grade 3 beginners' event. GR W 79 62.
22	**IRISH ORIENTEER TROPHY FINAL 1991** (provisional date).	
28	**NORTHERN IRELAND CHAMPIONSHIPS Binevenagh**, Limavady, Co. Derry. NWOC.	
29	**CURRAGH WOOD**	Midleton, Co. Cork. CorkO grade 2 event. GR W 86 76.
29	**KILLAKEE**	Hellfire Wood, Rathfarnham, Co. Dublin. SET Sprint-O. GR O 12 22.
29	**NATIONAL TRY ORIENTEERING DAY**	

October

5-6	**WARD JUNIOR HOME INTERNATIONAL Tir na Spidóige**, and **Ros Mór**, Inchigeela, Co. Cork.	
5-6	**VETERAN HOME INTERNATIONAL** and National Event. **Dunkeld** and **Craig a'Barns**, Perth, Scotland.	
12-13	**MUNSTER CHAMPIONSHIPS Coumbaun**, Mitchelstown, Co. Cork. Lee Orienteers.	
19-20	**WARD SENIOR HOME INTERNATIONAL** and National Event. **Betwys Y Coed**, North Wales.	
20	**MALAHIDE CASTLE**	Co. Dublin. UCDO grade 3 event. New map. GR O 22 45.
20	**GARRETTSTOWN**	Kinsale, Co. Cork. CorkO Gr 2 event, Cork League 1. GR W 25 68.
26	**NI SERIES 7**	FermO event & **LVO Club Championships**. Venue to be confirmed.
27	**MAHON FALLS**	Comeragh Mountains, Co. Waterford. WATO G 1 event. GR S 32 07.

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.

inf-O-line : Up to date fixtures information is available on 01-569099 (24-hours).

THE END

You race around the course, striving for the elusive "perfect run", train through the bad times as well as the good times, the wet winter nights when common sense says "Stay in by the fire" while conscience says "Go for that run, you'll be glad afterwards". The competitive edge is carefully honed, the orienteering techniques refined, the competition routine streamlined to shave seconds off the time spent on the course.

Punch the last control, blood pounding in your ears, lungs gasping for oxygen as the cold air rasps in your throat, sweat dripping into your crazed eyes as you punch your battle-scarred control card for the last time, scarcely able to see the square on the card but relying on the sure touch of your sensitive fingers to feel the braille-like indentations familiar from so many hundreds, thousands of controls visited over the years. Sprint down the run-in to the finish line, collapse, satisfied that you have given your all, run the race, fought the good fight.

As you lie on the ground you realise that the finish officials are ignoring you, until one - the most observant - breaks off in mid-sandwich to give a button a casual push to record your arrival. "Finisher!" is called. Meanwhile several other runners have arrived. The button is pressed several more times. "Have you all got cards? Are there three or four of you? Did you finish before him or after him? Have you lost your card? ... " and so on. The typical chaotic finish is in full swing.

Must it be this way? We spend hundreds of pounds on fantastically accurate printing timers capable of recording to the nearest hundredth of a second, we plan courses to test the fitness and navigation of the competitors to the full, and yet we often even can't run a simple thing like the finish of an orienteering event where we are only required to time people to the nearest whole elapsed second!

I can think of several events, large and small, where the scene described above was typical. And it's so unnecessary: just a little care and forethought, attention to detail and alertness can make such a difference. Here are a few suggestions from my observations at event finishes over a period of about fifteen years.

The last control:

This should have several punches strung out as from a washing line and all with the same pin design. There's no point putting more than two punches on any control since more than two runners can't get in to punch at any one time - use a separate stake for extra punches. If it's a score event where runners can finish from all directions, have a compulsory last control to bring them to the finish the same way.

The run-in:

Mark the route clearly from the last control to the finish if you have said you are going to mark the route. Keep the run-in short and have it so that the finish officials can see approaching runners clearly. To slow incoming runners down have a level or slightly inclined uphill run-in: too steep and you'll have to stretcher most of the runners off the line!

The Finish line:

This should be clearly marked on the ground and with a banner so that it is clear to competitors exactly where it is. The finish funnel should be two persons' width at the finish line to allow for dead heats. According to the rules, competitors are timed to the nearest whole elapsed second as the chest crosses the finish line. The funnel should narrow to one person wide after this to ensure that finishers remain in order until their cards have been numbered.

The clock:

Use a digital clock, preferably one which has a printer attached (Seiko do a neat one: several are available on loan). Record the time as outlined above but have a back-up independent timer with a synchronised digital watch recording finish times at the same instant, using a clipboard with already-numbered lines. It is useful to establish what type of clock will be in use at the finish before allocating start times because it will often influence your choice of hours/minutes/seconds (i.e. GMT or some such) or minutes/seconds after some agreed base time (say 09.00 hrs). If your finish timer is a minutes/seconds or minutes/decimal minutes one then give start times in minutes after base time. If your timer is a HH/MM/SS one then give start times in time-of-day. In this case, with the Seiko printing timer, start the clock at 10.00 precisely (have a dry run first, turn on the printer power before setting the clock and make sure the controller is present to verify the timing!). The Seiko will then print 1:00:00 at 11.00 o'clock, 2:00:00 at 12.00 etc, so it's easy to work out the actual time by inserting a "1" (real or imaginary) before the printer times. Always use a 24-hour clock, though.

What next?

The first thing to do after the runner crosses the line and has his time recorded is to number his control card with his finisher number. Use a big waterproof marker or pre-numbered sticky labels and have a stapler ready for when they don't stick. If it's wet use pre-printed numbers on Tyvek, stapling them on the cards. The person doing this job should be far enough down the finish funnel past the timing point for the runners to have slowed to a stop (for a small event at least 5 metres?) and must ensure that they are still in their correct finishing order, also that the number to be written on the card corresponds to the right finish time. This official must also have a supply of blank control cards ready in case a finisher has lost his card, otherwise the numbering goes out of sequence. After the number is written on the card the finishers need not stay in finish order any more.

The next person takes the card from the runner, being prepared to help frozen fingers to undo safety pins if necessary. Put a rubber band around the cards and make sure that none are left in obscure pockets of coats and that no competitor escapes without handing in his card. Every competitor should, in my view, have a control card, whether competing individually or in a small group. As each ten or twenty finishers come through attach the printer strip for that batch securely to the card bundle, keeping the cards in order, and send them for results processing.

It will occasionally be necessary to take maps from competitors as they finish, if the event is a major one and the area hasn't been used before. This is to prevent late starters seeing the courses of early finishers and gaining unfair advantage, like seeing an exam paper before the test. In fact it's a rather over-used feature at events, especially in cases where an old map is available and the course can be pointed out on that if people really want to see it. The least labour-intensive way of doing this is for a series of bags to be provided after the finish funnel, one or more per club, for the runners to put their maps into, for distribution after the last start to nominated people from each club.

How many people so far? Two timers, one card numberer, one card collector. If the funnel is S-shaped the overall distance required need not be great. For a big competition the card numberer and collectors will have to be 10, 20 or more metres down the chute from the finish to be sure that large numbers of finishing runners don't back up across the finish line as happens at some road and cross-country races.

The Results: If things are slack at the finish times can be written on cards and elapsed times calculated before the batches of cards are sent to Results - this may help the results team get into the swing of things gradually. When cards are sent to results the sequence should be (1) transfer finish time from the clock printout to each card and put the printout in a safe place (stick it onto a board where it can be referred to easily); (2) sort cards into courses, (3) check that the cards for each course have the correct number of

punches and extract any that haven't as DNF (did not finish), (4) calculate elapsed time on the remaining cards and transfer to stub for display, (5) put stub on results display, (6) check the actual punch marks for correctness and amend results for disqualifications if necessary. Results on the day are usually provisional, but I think the important thimg is to get the result up on display fast. If a competitor is disqualified for mis-punching he is entitled to know on the day as he must lodge a protest within one hour of the course closing if he wishes to do so. In the realm of safety a check must be made at intervals for overdue competitors: if someone started at 10.00, say, it's too late at 4.00 pm to realise that they're not back. One suggestion for doing this quickly is to colour-code the start times: give a different colour control card for each 20 or 30 minute interval so that it's immediately apparent that some starters are out a long time.

Later...: That night check the results: Check that the two clocks tally throughout the day, check the transcription of finish times from printer to card, check the subtraction, and check the punch marks. Then type up the results and send them to TIO with £6 per page!

These are a few suggestions to help organisers run the finish. I'm sure there are many more helpful hints you could add - why not write your ideas down for TIO?

John McCullough.

Australian Championships, 1990

This event was held at Dunga Mount, near Kyneton, Victoria on the 6 October, near the end of the Australian season. Two ridges with some fairly steep slopes and large scale contour features dominated the area. The going was pretty good by Irish standards, with just a few areas of deep bracken. The association of this bracken with lots of big boulders (some 10m tall) finds a ready explanation in aboriginal legend. It is said that there used to be two tribes in the hills around here: the Koala and the Dunga, who both used to feed on the bracken. The Great Spirit came to the area and collected some bracken to make the tails for the Lyrebird, but left before he finished, leaving instructions that the bracken was to be left alone. After a while the Koala and Dunga came to an agreement that one tribe would keep a lookout for the Great Spirit's return, while the other fed on the bracken. Unfortunately for the Dungas the Koalas were asleep in the treetops when the Great Spirit returned, resulting in the Dungas being turned into stone where they were feeding.

Planning and organisation were good, and the weather turned out good for running - about 12°, but pretty difficult for the organisers who were exposed to a strong wind in the open finish field. The M21E course of 12.5km, 550m ascent featured 17 controls with one 2.2 km leg, two of 1.4km and many changes of direction with short legs. A minor defect was the inclusion of two controls that favoured the lucky orienteer. One was a small boulder field in flat featureless terrain, where the bracken was higher than the boulders. The other was a boulder on a boulder-strewn steep slope. Only the 'prominent' (over 3m?) of the literally hundreds of mappable size boulders in the area were marked. I was one of the lucky ones - I only looked behind about 40 boulders.

I was pleased to finish, given my slack training base of 15 km weekly (down from 70km weekly when I was competing in Ireland), losing about 8 or 9 minutes at those two bingo controls.

Results:

M21E

1	Steve Craig	NSW	90.58
2	Eddie Wymer	VIC	91.22
3	Greg Barbour	NSW	91.40
4	Bruce Graham	VIC	95.54
27	Eoin Rothery	AJAX	127.57

W21E

1	Nicki Taws	VIC	73.08
2	Chris Marshall	TAS	76.03
3	Ljubov Simson	ACT	91.40
4	Carolyn Jackson	VIC	82.32

Christmas 5 Days 1990, Ballarat, Victoria

Ballarat consolidated its name as one of the main centres of orienteering with this event organised by members of the Australian Orienteering National Squad. The weather was slow to pick up - the first few days languished around 30° before picking up to hit 40° on day 5. We were lucky, as a State total fire ban was declared just a couple of days after the finish of the event due to the risk of bushfires, which would have meant cancellation of the event.

All events were within 30km of Ballarat, with Days 1 and 5 on old goldmining terrain within the town boundary. Local orienteer Donald Staudte won the first day on Course 1, by over a minute from Arto Rautiainen (third in the Swedish Championships 1990), with veteran Geoff Lawford another minute back in third. Day 2 was a sprint O (4.2km) and 1990 Swiss World Cup event winner Christian Aebersold proved the fastest, dropping a large chasing pack by half a minute. English fell racer Peter Dymoke proved his speed by sprinting into second place. Day 3 was on gully/ spur terrain (large contour features in white forest) near Scarsdale and Staudte surrendered the overall lead to the day's winner Rautiainen. Bendigo orienteer Jim Russell moved into contention with a clear second place ahead of three other Swedes. Day 4 was in granite terrain (steep slopes, large rock features) and proved my undoing as the heat and technical difficulty got to me - I finished 21 minutes behind the winner Aebersold. Rautiainen retained his overall lead, just 6 seconds behind the winner.

All was set, then, for the chasing start on the last day: Rautiainen had a 7 minute lead over Aebersold, who was 1.42 ahead of Russell, who in turn had top Swiss orienteer Jost Hammer one second behind him. Arto started fast, too fast because no. 1 was the most difficult control on the course and was largely surrounded by a sea of gorse. His lead evaporated and he was forced to rely on a sprint finish in front of the local TV cameras to hold off Aebersold by 3 seconds, and Russell by 20. I finished 25th in 260.37, 58.19 behind the winner.

The event was informal and flexible with 5 courses, but with high technical quality. Louise Fairfax was the leading woman on Course 2, finishing 4th overall on the course. Social activities were planned at the Scout Hall event centre every afternoon/night, which were a good chance to meet people, if a little subdued by Irish standards.

(Thanks to Eoin Rothery for these event reports)

(Anyone considering going in the direction of Australia might like to know about the next Australian Xmas 5-Day at Goulburn, NSW, from December 27-31st 1991. Entry closes on December 1st and details are available from OFA, P.O Box C163, Clarence St., Sydney 2000, Australia. - Ed.)

I.O.A. MAPPING COURSE.

On the weekend of November 3rd and 4th 1990 a group of orienteers attended a mapping course based in St. Petersberg Outdoor Education Centre, Cong, Co. Galway.

The objective of the course was to *introduce the basic concepts and techniques in mapping.*

Saturday morning began with a classroom session designed to give us an overall perspective of what is involved in mapping. Joss Lynam and David Roe began by outlining the initial steps such as area selection, the organisation of permission, and the acquisition of base maps. They also described their particular surveying techniques.

Justin May concluded the session by outlining the place of the cartographer in the overall process. He described the drawing sequence - from the transference of the surveyor's work onto a base map to the final map. This was illustrated using the Three Roc map. I was highly impressed by Justin's attention to detail and by his meticulous approach. This of course is reflected in the excellence of the maps which he produces. Justin also outlined the equipment needed by the cartographer.

As a complete novice I found this initial session very informative as it gave me an overall perspective of what is involved in map making. It also served to put the rest of the weekend's work into place.

The rest of the day was spent in the nearby wood. Participants were divided into groups, each under the guidance of an experienced surveyor. Each group was given a section of the base map to survey.

Under the guidance of Brian Corbett many interesting points arose for our group. Among these were the gradual development of a standard with regard to those features which should be

included on the map and those which would not. For example, in an area with very few boulders one would include quite small ones. In an area with an abundance of boulders these small boulders would not be included. This also highlighted for me the difficulty for mappers in standardising features which are included on maps.

Another interesting point related to the size of features on the ground compared with how insignificant they would be when represented on the map. As a novice surveyor one tends initially to include almost every little depression, boulder, or vegetation change. It was only when Brian pointed out the size of these features as they would appear on the final map that we realised one cannot include everything.

The time of year at which surveying is carried out can also be of significance. This is particularly relevant with regard to vegetation changes from one season to another. An area which during the Winter seems runnable, may during the Summer be covered in brambles or quite high ferns.

Having completed our first surveying expedition we returned to the centre to draw up the area which we had surveyed. This illustrated how important it is to get your fieldwork onto drawing film while the survey notes are fresh in your mind.

The various sections surveyed by each group were transferred onto a single map by Justin.

Day one was completed with dinner and a visit to the local hostelry.

On day two we had a change of leader and area. Our group was led by Joss. We began with a general reconnaissance to get a general feel for the area. It was interesting to see the differences in technique used by Brian and Joss. On completion we returned to the centre to put our fieldwork onto film.

For me, and I am sure the rest of the participants would agree, the weekend's work was a very valuable experience. I entered the weekend knowing virtually nothing about mapping and emerged feeling that I could set about the surveying of an area. It also

taught me to admire those people who spend endless hours in the wood carefully surveying what are sometimes extremely intricate areas.

On behalf of all the participants I wish to thank all those people who gave of their time and knowledge. These included Joss Lynam, Brian Corbett, David Rowe, David Quinn and Justin May. Thanks also must go to Liam Convery who acted as coordinator throughout the weekend. Finally, a special thanks to Patricia Walsh and her staff in the centre for catering for us over the weekend.

Francis Lafferty (Fingal Orienteers).

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c/o Andrew O'Mullane, 79 Glenbrook Park, Rathfarnham, Dublin 14. (01-933891)

Recent Happenings

GEN's last event was at Newbridge House. As usual we arranged for some fine GEN weather. The morning was enjoyed by everyone who took part, barring a few scrapes and cuts. (Full body cover is necessary here). Many thanks to the Lalors for organising and to the Condons for planning the event, and to all GEN members who helped out on the day.

Socials

GEN has organised its most active social calendar ever. Here are some dates for your diary:

Mondat 4th February	Basic skills talk in the Deerpark Lounge at 8.00 pm.
Monday 4th March	GEN Annual Quiz. Open to everyone. We invite other clubs to enter teams if possible.
Monday 8th April	We are planning a trip to Quasar "The action packed underground-laser adventure game". Meet at about 8.00 pm at the Eagle House, Dundrum.
Monday 6th May	Any suggestion welcomed.

Membership cards

By now everyone should have received their cards on receipt of their annual subscription. If you have not paid your subscription please forward it immediately to the above address.

THANKS...

to all the contributors to this issue, to the Irish Mini-Sports Association at the House of Sport for the use of their laser printer, to the editors of Score, Y Ddraig, SENAV, Lokation, the NIOA Newsletter, the Scientific Journal of Orienteering, Mountain Log, Orienteering World, AFAS News, and anyone else out there in orienteering land who deserves it: all the unsung heroes doing work like this in their own time when they could be doing less demanding, more enjoyable things like actually orienteering ...

setanta orienteers

SETANTA NOTES

SCORE RELAY EVENT: This event takes place on March 24th, the day after the Individual Leinster Championships and Interprovincial. Entry forms are enclosed with this edition of TIO. This type of event has not been tried before in Leinster. We think that it should provide good fun and competition, essential ingredients for the day after a big event. A venue close to Dublin was required. Hence the use of Killakee, a Club map. Because the area is so well known, the event could not be run as a championship but the standard of organisation, planning, and controlling will be as high. We hope you will agree. Entry fees, as you will see, have been kept to a minimum for a pre-entered event.

MULLAGHMEEN: The Club runs a colour event here on April 21st, the Sunday before the Irish Championships. Mullaghmeen which straddles Counties Westmeath and Meath South of Lough Sheelin, always looks great in Spring, just before the leaves open. Much of the forest floor is carpeted with bluebells and primroses. What more could you ask for?

EVENTS: Any club member, who would like to take a more active role at events will be welcomed. New people are required as event organisers, course planners and controllers. Assistant roles are always encouraged, so one can learn alongside more experienced people. There is plenty of guidance available so there is no need to be intimidated by the jobs.

O-SUITS: At long last, a stock of Club O-Suits has been ordered and should be available by the time you read these notes. Enquiries from Club Secretary.

LOST PROPERTY: Gent's wrist watch found at day 2 of Irish 2-Day last November. Enquiries from Secretary.

Enquiries and Correspondence may be addressed to:

Setanta Orienteers,
c/o B. Power,
15 Templeroan Avenue,
Dublin 16.

Tel. (01) 941378

Affiliated to the Irish Orienteering Association

THREE ROCK ORIENTEERING CLUB

Secretary: Vera Murtagh, 19 The Cloisters, Terenure, Dublin 6w. (01-908237)

Ferocious wind and rain cancelled our annual Fancy Dress event on St. Stephen's Day. Nothing daunted, the event took place, in ferocious wind and rain, on New Year's Day and almost 100 people braved the elements to take part, including Superwoman, Batman (and Robin), a cat and a mouse and sundry other characters. Thanks as usual to all who helped before, during and after the event (both days!).

TIO TROPHY FINAL

Despite a good turnout of members for the Irish Orienteer Trophy Final at CNOC's event at the Curragh we finally finished in third place. The winning margin was fairly close but congratulations to Cork Orienteers for retaining the Trophy and commiserations to runners up Lagan Valley Orienteers. Our thanks are due to CNOC for staging a very enjoyable event for us all.

EVENTS

February 10th - Phoenix Park - Leinster League. Helpers needed. Contact organiser Vera Murtagh.
March 1st - John McCullough's Night-O in Phoenix Park. Start eating the carrots now. Start 6.30-7.30 at Garda Grounds opposite Polo pitch. Apres-O at the Hole in the Wall, Blackhorse Avenue.
March 23rd - Leinster Championships, Brockagh. Again help will be needed in order to stage this important event successfully.
April 7th - Not the Irish Sprint-O Champs, Kilmashogue.
May 26th - Second day of Leinster Two-Day, Clara, Co. Wicklow. Help needed here too!

SUBSCRIPTIONS AND MEMBERSHIP CARDS

Subscriptions are due NOW - Senior £8.00, Junior/Student £4.00, Family £12.00. On receipt of your sub you will be issued with a handsome red and black membership card which entitles you to a reduced entry fee at events.

CLUB CHAMPIONSHIPS

The second 3ROC Club Champs will be at the Setanta Colour Event at Mullaghmeen, Co. Westmeath on April 21st. We plan to have a day out, picnic, etc, and are arranging a coach for travel on the day. Contact Trina Cleary (936187). Book early! A beautiful wooden trophy has been commissioned, thanks to Ian MacNeill, for the Supreme Champion.

FIRST FRIDAYS AND SATURDAYS

The next First Friday is the Night-O in the Phoenix Park on St. David's Day, March 1st. Come along and enjoy a fun event under a full moon (Owoooo!) The following day (March 2nd) training will be at Kilmashogue where different types of O-events will be demonstrated and practical exercises carried out.

DATES FOR YOUR DIARY

March 30th-April 1st - Jan Kjellstrom Trophy 91, Chasterfield, Derbyshire: a Four Star event. If you are going please tell John McCullough (378819) and he'll try to get you on a relay team.
April 27-28 - Irish Championships: Rossadrehid, Glen of Aherlow. Start training now if you aren't already, and tell John McC if you want to run on a Club relay team.
May 25-26 - Leinster Two-Day O-Ringen, Co. Wicklow.

STOP PRESS - AGM REPORT

Some changes in the Committee: Brian Hollinshead still Chairman, Vera Murtagh still Secretary, Trina Cleary still Treasurer, David Rowe still Mapping Officer, Judith Butler replaces Liam Convery as Juniors Officer, Philip Butler replaces John McCullough as Training Officer, Peter O'Neill replaces Ted McGrath as Events Sec., Ordinary members John McCullough and Colm Rothery. Club equipment being redistributed from Ted McGrath's house. Maps to Vera Murtagh, planning stuff to Butlers (853823), organising stuff undecided.

WATERFORD ORIENTEERS NEWS

Michael Grant, Grange, Mooncoin, Co. Kilkenny (051-95295)

Recent events

We ran a very successful Autumn League. We had great numbers at all our events - Tower Hill, Sandhills, Portlaw and Kilsheelan. All Juniors who completed 3 courses received a certificate and badge. Results are a follows, best three to count:

		Tower Hill	Sandhills	Portlaw	Kilsheelan	Average
A course						
Andrew Pim	M21	1	2	2	1	1.33
Pat O'Connor	M21	2	-	1	3	1.66
Billy Fox	M21	4	-	4	4	4.00
A. Cox	M21	3	5	5	5	4.66
B course						
Eileen Hayes	W21	1	2	2	2	1.66
John Fitzgibbon	M35	3	3	4	16	3.33
Rachel Power	W19	2	5	3	8	4.66
Sue Pim	W45	-	4	6	4	4.66
Evin O'Riordan	M17	4	8	8	3	5.00
C course						
Kevin Pim	M17	1	-	8	2	3.66
Peter, Tony & Shay Murphy	M13	7	7.5	1	11	5.50
Chris Dobbs	M13	6	-	4	9	6.33
Cian O'Raithaille	M11	12	-	10	1	7.66
Jenny Steele	W15	-	2	19	8	7.66
D course						
Aonghus Fitzgibbon	M11	-	1	2	1	1.33
Fiachra Fitzgibbon	M10	3	10	3	4	3.33
Cormac Purcell	M11	-	6.5	4	4	4.90
Patrick Walsh	M13	-	10.5	3	3	5.50
Maeve Purcell	W10	-	8	12	9	9.66
Brian Daly	M10	-	18	1	10	9.66

On 16th December the club organised the annual Scout Championships. Over 220 Scouts took part. Overall winners were Butlerstown and St. Paul's, Waterford. Many of the course winners were only separated by seconds and most of the times of unplaced runners were within 60% of the winner's time.

Training Weekend

We recently had a successful training weekend, catering for beginners and experienced orienteers alike, under the leadership of Brian Corbett. Over 140 people took part. We hope to run more training events during the summer.

General Notes:

* A range of O-gear is available from Pat O'Connor. Club suits in all sizes available, junior suits to follow. * Billy Fox ran 2.38 in the Dublin Marathon. Well done! * Pat O'Connor is the second Munster selector * Mapping is ongoing at Brandon Hill * Welcome to all our new members: the Battye, O'Raithaille, Farrell and Kavanagh families, Gerry Brennan, Fergus Power and Anna O'Neill (formerly of Setanta).

Forthcoming events:

March 10 Kilsheelan: Munster Schools Championships
March 18 Curracloe: Irish Sprint-O Championships (limited entry)
April 14 Knockanaffrin: Munster League
June 2 Brandon Hill: Grade 1.

RESULTS OF CURRAGH-NAAS OC EVENT at HOLLYWOOD, Co. Wicklow. 25.11.1990

A course	7.5 km/215 m climb		
1 M. Geoghegan	AJAX	M21	58.08
2 T.O'Sullivan	CNOC	M21	67.00
3 B.Bell	GEN	M35	72.40
4 P.Gargan	AJAX	M35	75.15
5 P.Redmond	SET	M35	78.55
6 M.McPherson	3ROC	W21	87.00
7 D.Cashin	ATO	M21	97.50
8 E.Jones	FIN	W21	112.35
9 J.Hamilton	DUO		113.30
10 B.Coyle	DUO		122.00
11 D.Hynes	DUO		133.20
12 C.O'Sullivan	DUO		135.20

B course	5.2 km/145m climb		
1 M.Beary	ECO	M21	49.20
2 S.O'Neill	DLSO	M13	49.50
3 E.Hume			50.10
4 N.C-Crawford	3ROC	M45	50.45
5 C.Dunlop	SET	M55	52.05
6 P.Brennen	SET	N21	57.45
7 R.Lynam		W21	58.08
8 F.Ryan			59.05
9 R.Norton	3ROC	M50	61.30
10 J.Flanagan	CNOC	M17	61.39
11 A.N.Whelan	CNOC	M19	63.55
C'Kelleher	CNOC	M19	63.56
13 O.Loughlin	CNOC	M19	64.55
14 D.McNamara	CNOC	M19	65.08
15 D.Murnane	CNOC	M19	65.10
16 G.Mannering	CNOC	M19	65.20
17 P.O'Neill	3ROC	M45	67.10
18 R.Coleman	CNOC	M17	65.50
19 J.Barrett &	CNOC	M45	74.50
H.McInerney	CNOC	W21	74.50
20 A.Pomeroy			82.55
21 G.Egan		M21	88.00
22 D.Short			94.10
23 M.Dennison &		W21	111.10
K.Byrne			111.10
24 K.Grogan	CNOC		113.40
25 A.Dennison			169.10

C course	4.1km/125m climb		
1 C.OhAlmháin	SET	M15	44.30
2 D.Hickey	DLSO	M15	45.05
3 B.Power	SET	M40	46.15
4 J.Horan	AJAX	W21	50.30
5 S.Kulldorff	SET	M60	52.10
6 A.Cruise	CNOC	M35	52.30
7 M.Higgins	SET	W45	55.10
8 P.Redmond	SET	W35	59.25
9 M.Stelfox	LVO	W21	60.00
10 J.Lynam	3ROC	M65	60.05
11 S.Lennon & PH	CNOC		61.00
12 H.Boyle		M21	65.00
13 B.Briody	CNOC	W21	76.30
14 P.Connor	CNOC		88.05
15 WJ & F.O'Neill	SET		89.05
16 Minogue/Doddy			92.20
17 McDonagh			93.15
18 Peter & Malachy			93.30
19 McNamara			93.50
20 Reddy/Archbold			106.10
21 K.Cudmore	CNOC		109.30
22 L.Drudy	CNOC		110.30

D course	1.7km/75m climb		
1 D.Cullinane	CNOC	M13	15.15
2 B.Crowley	CNOC	M15	15.35
3 P.Behan	DLSO	M13	16.55
4 R.Page	STP		24.30
5 R.Williams	STP		25.05
6 B & S.Minogue	CNOC		26.15
7 P & N.Minogue	CNOC		26.30
8 S.Cullinane	CNOC	M11	28.23
9 C.Byrne	CNOC	M13	30.20
10 L.C-Crawford	3ROC	M10	32.15
11 S.Mellon	SET	W13	32.30
12 D.Healy	CNOC		34.15
13 T.Cullinane	CNOC	M10	35.30
14 McLoughlin/O'Brien	CNOC	W13	36.30
15 S.Goodwin	CNOC	W13	36.51
16 Colman/Gleeson	CNOC	M13	38.08
17 Mitchell/Leonard	CNOC	M13	38.30
18 Brown/Montague	CNOC	M13	39.05
19 Hogan/McHugh	CNOC	W13	39.10
20 Archbold/Reddy	CNOC		39.15
21 K.Mellon	SET		39.20
22 J.Quinn	DLSO	M13	40.25
23 Delaney/Barnhall	CNOC	W13	40.50
24 O'Connell/Coughlan	CNOC	M13	43.10
25 B.Jackson	CNOC		44.00
26 D.O'Connor	CNOC	M13	45.00
27 Ryan family	CNOC		48.45
28 J.Hazlett	SET	W21	48.50
29 A.Mellon	SET		52.30
30 D.Marron	DLSO	M13	63.30

Results of Fingal Orienteers Event
Phoenix Park 9th December. 1990.

Name	Class	Club	Score	Penalty	Total
J. McCullough	M35	3ROC	470	-120	350
Nigel Crawford	M45	3ROC	330	- 30	300
B. Bell	M35	GEN	320	- 20	300
Colin Murray	M21B		280		280
David Quinn			360	- 80	280
J. Fitzsimons	M40	3ROC	320	- 50	270
Brendan Doherty	M45	GEN	320	- 50	270
Vincent Delany	M40	GEN	260	- 10	250
Jeff Butler	M13	3ROC	250		250
Bill Jordan	M21	3ROC	250		250
Jean O'Neill	W40	FIN	260	- 20	240
Billy Jordan	M50	3ROC	250	- 10	240
R. Norton	M50	3ROC	240		240
A. Callan	M21B	FIN	290	- 50	240
Y. Fitzsimons	W35	3ROC	240		240
Col ?	M21B	CNOC	310	- 80	230
David Brooks	M45	3ROC	380	-150	230
N. Smyth		FIN	360	-140	220
Pat Redmond		SET	380	-160	220
Paul Donnelly		CBSI	230	- 20	210
P. Butler	M40	3ROC	290	- 80	210
B. Hollinshoad	M50	3ROC	260	- 50	210
M. Hewson		GEN	200		200
Stephen Peel	M40	3ROC	270	- 70	200
Jeremy Brennan			250	- 50	200
Bobbie Conlon		CBSI	200		200
C. McLoughlin	M35	3ROC	220	- 20	200
David & Ian McNeill		3ROC	230	- 40	190
Gerard Maguire	M21B	UCDO	230	- 50	180
David Lyons	M15	FIN	230	- 60	170
Mick Kellett	M50	GEN	200	- 40	160
C. Kearns		CBSI	160		160
D. Gaughran		CBSI	160		160
C. Tunney			160		160
Thomas Keegan		UCDO	200	- 50	150
Simon Evans		CBSI	240	-100	140
Michelle Kelly	W19	UCDO	130		130
Orla Worth	W17	UCDO	130		130
Joe Healy	M35	GEN	250	- 80	130
C. O Halmhain	M15	SET	270	-140	130
M. Murphy			190	- 80	110
Aidan McKay			200	- 90	110
Ciaran O'Mara	M21B	3ROC	240	-130	110
Ger Power	W35	3ROC	110		110
Chillingworth			100		100
Deirdre Ni Choileain			110	- 10	100
Rachel Devlin	W11	FIN	140	- 40	100
Tony Devlin	SNR	FIN	140	- 40	100
Brenda Persse			110	- 30	80
Deirdre Murphy	W12		160	- 80	80
L. Crawford	M 9	3ROC	80		80
Cathal Murphy		FIN	180	-100	80
Jean Mullin	W55		70		70
Yvonie Finnegan	W15		100	- 40	70
Brenden Murphy			50		50
Ciaret Murphy	M10		50		50
Cliona Greene		CBSI	110	- 60	50
Marcus Geoghegan	M21	AJAX	330	-290	40
E. Peake		CBSI	110	- 90	20
J. Kavovagh	W17		40	- 30	10
Vera Murta	W50	3ROC	190	-280	- 90
Sinead Vaughan			230	-650	-420

LOST PROPERTY: Found green scarf Tel: 405512

3ROC (CHRISTMAS) SCORE EVENT - NEWYEAR'S DAY 1991.

1	BRIAN BELL	M35	GEN		520
2	MICKEY MOUSE	M17	GEN	510-10	500
3	SHANE O'NEILL	M15	DLSO/SET		460
4	STEPHEN WALSH	M21	UCDO	500-50	450
5	RACHEL BURGESS		3ROC	470-20	450
6	IAN MACNEILL		3ROC		450
7	RONAN CLEARY	M21	3ROC	550-110	440
8	D. CASHIN	M21A	ATO		440
9	PAT FLANAGAN		3ROC		440
10	THOMAS CALLERY	M21A	UCDO	470-40	430
11	MARK DONOVAN	M21A	3ROC		420
12	AONGHUS O'CLEIRIGH	M21	CNOC		420
13	J. MEADE	M40	3ROC		420
14	JULIE CLEARY	W21	3ROC		410
15	ANDREW O'MULLANE	M19	GEN		390
16	KAREN CONVERY	W17	3ROC	390-10	380
17	M. O'KEEFFE	M21	FIN		380
18	TOM MC CORMACK		GEN	430-60	370
19	JEAN O'NEILL	W40	FIN	440-70	370
20	JOHN FITZSIMONS	M40	3ROC	390-40	350
21	TED MC GRATH		3ROC	370-20	350
22	JOHN KEARNEY				350
23	PAUL SMYTH	M21		390-60	330
24	S. CLARKE	W21	3ROC		330
25	PETER O'NEILL	M45	3ROC		330
26	DAVID BROOKS	M45	3ROC		320
27	MARCUS GEOGHEGAN	M21	AJAX	480-170	310
28	SHEILA CONVERY	W15	3ROC		310
29	EILEEN JONES	W21	FIN		310
30	D.S. KENNEDY		GEN		300
31	DAVID WATT	M45	GEN		300
32	MARY HEALY	W35	GEN		300
33	COLM ROTHERY	M21	3ROC		300
34	P. WALSH	M55	GEN	320-30	290
35	MAIRE WALSH	W40	3ROC		270
36	ANDREW BONAR LAW	M55	GEN		270
37	JOCELYN CATHALIN	W21	UCDO/SET		270
38	BRIAN LAWLESS				250
39	GARTH MAY	M55	3ROC	260-20	240
40	NORA LEE	W21B	3ROC		240
41	ROBERT NORTON	M50	3ROC	260-30	230
42	EOIN LAWLESS	M15	COREAGA		230
43	BRIAN HOLLINSHEAD	M50	3ROC		230
44	F. O'NEILL	W40	SET		220
45	MAC CARTHAIGH			240-30	210
46	DAREN FLYNN				210
47	GRAHAM D				210
48	MARK O'NEILL	M17	SET	400-200	200
49	E. SUILLEABHAIN		3ROC	240-40	200
50	BILL JORDAN	M21	3ROC		190
51	R. SLOANE		3ROC		190
52	LOUIS MOONEY				190
53	DAVID ROWE	M70	3ROC		180
54	RONAN RIGNEY			190-10	180
55	DAMIEN KELLY	M21	UCDO/FIN	320-150	170
56	PAT MAY	M50	3ROC	210-40	170
57	KILCULLEN			190-20	170
58	BILLY JORDAN	M50	3ROC		170
59	YVONNE FITZSIMONS	W35	3ROC	160-10	150
60	GERRY BRADY			160-10	150
61	LALORS & CO.		GEN		140