the Irish Orienteer

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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: Orla Cooke takes over from Una Creagh at the World Championships relays in Czechoslovakia (J.May). Back cover: World Champions Katalin Olah and Jorgen Martensson £10 for you if your photo makes it to the front page! Black and white or colour, about 10"x8" please.

RESULTS: Cost £10 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 or with the IOA inf O-line (01-569099). 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.

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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...

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1991 WORLD CHAMPIONSHIPS:

EASTERN EUROPEANS EXCEL

Here's a synopsis of the results of the 1991 World Championships at Marienske Lazne in Czechoslovakia:

SHORT RACE

This is the first time that short distance orienteering has been included in the World Championships and all five men and five women on the team were able to run. Wednesday morning saw the heats for the final: for the men five heats of 25 runners, the top 10 from each heat going into the Final, for the women 5 heats of 20 runners with the top 10 again going through. The men's course lengths were about 5.4 km with about 135 m climb and the fastest time was 31.05 from Jorgen Martensson of Sweden. Each national team could run up to five runners, each in a separate heat. Best of the Irish was James Logue (14th in heat 5) with Justin May 19th, Wally Young and Colm O'Halloran 20th and Peter Kernan 21st. For the women, who had to run 4.3 km with 100m, the best time was recorded by Jana Cieslarova of Czechoslovakia with 30.45 while Una Creagh (13th) was best of the Irish. Orla Cooke was 17th, Eileen Loughman 18th and Caitriona Morrish and Deirdre ní Challanáin 19th. Four runners in heat 2, including Britain's Yvette Hague, were disqualified, a fate which the Irish team at least escaped. Yvette, in common with many other competitors, cut down her large control card to a more manageable size, but cut off the spare boxes for correcting mispunching. She mispunched a control but punched the correct one elsewhere on the card. This, however, didn't satisfy the organisers who disqualified her on the technicality.

The men's Final (5.8 km/200 m/10 controls) was won by Czech Petr Kozak in 29.20, second was Kent Olsson (Sweden, 29.57) and third Martin Johansson (Sweden, 30.17). In the B final Manfred Stockmayer (Austria) won in 33.13, James Logue was 19th (38.48), Colm O'Halloran 21st (39.12), Justin May 39th (44.04) and Wally Young 42nd (45.28). Peter Kernan finished 3rd in the C final in 37.15, 4.15 down on winner Jens Leibiger of Germany.

The women's final (5.5km/170m/9 controls) was won by Jana Cieslarova in 32.09 with Ada Kucharova (also Czech) second in 32.29 and Swede Marita Skogum third in 32.41. In the B final, won by Hungary's Katalin Nagyagi in 30.40, Orla Cooke finished best in 10th place (35.14), Una Creagh 14th (36.34), Deirdre ní Challanáin 23rd (38.20), Caitriona Morrish 25th (38.34) and Eileen Loughman 30th (39.48). This is Eileen's ninth time to represent Ireland at at World Championships, having run each year since we started going to WOC at Aviemore in 1976.

NEXT, THE LONG RACE

The full length race, now dubbed the "Classic", was run on Friday in intense heat. Qualification was on the basis of previous World Championships, last year's World Cup series, or the World Student Champion- the huge margin of more than four minutes from teammate Kent Olsson (113.37) with Sikaten Sild and Vladimir Alexeev of USSR third and fourth. Best of the British was Dickie Jones in 20th place (120.09) with Colm 56th (155.52) and Justin 63rd (173.54). The girls fared little better: Deirdre finished 52nd in 123.47 with Una 56th in 145.50. Hungary's Katalin Olah won the race in 79.52 with Christina Blomqvist (Sweden) second in 81.04 and Jana Galikova of Czechoslovakia 3rd in 81.18. Of the British, Yvette Hague and Clare Bolland finished 26th and 26th, 2 seconds apart, in 93.11 and 93.13. On the bright side the Irish runners did beat team members from USA (who are to hold the next WOC in 1993), Japan, Hong Kong, Yugoslavia, Belgium, Portugal, Israel and Spain.

FINALLY, THE RELAYS

The Relay races two days later on Sunday provided no consolation for the Irish. In the Men's race Switzerland took the gold in 4.42.37 for the 4x11.4 km course with Norway second by 22 seconds, Finland 3rd, 79 seconds further behind. The Irish team of Wally, Colm, Peter and James finished 22nd in 6.44.13. In the case of the ladies 4x7.2 km race Sweden romped home in 3.38.27 almost 2 minutes clear of Norway with Czechoslovakia a further 3 minutes down. The Irish girls (Deirdre, Orla, Una and Eileen) finished 17th in 5.32.04.

The impressive performances of the Eastern European countries was particularly notable this year: USSR took 3rd and 4th in the Men's Classic and Czechoslovakia 8th; a Hungarian winning the Women's Classic and Czechs 3rd, 4th and 9th; Czechoslovakia also taking gold in both the short races and silver in the women's with bronze in the women's relay.

The places at the top are changing: perhaps if the terrain had been more Scandinavian the Nordic countries might have fared better. The similarity of the terrain to continental European may have favoured the Swiss in their relay win, but the places down towards the bottom of the field remain the same. We should take heart from the USA, however: they have again firmly established themselves as also-rans in the World Championships but that is not to say that they have nothing to offer in terms of orienteering - they are, after all, running

the next WOC. We are in a similar position: we'll never set the orienteering world on fire but we can provide lots of good competition at home for our hundreds or thousands of orienteers, enriching their lives in the way our lives have been enriched through orienteering and, who knows, in our own small eccentric way making the world a better place, forming international sporting links which transcend language, religion, culture and politics: just say : "I'm an orienteer".

NEWS.NEWS.NEWS.NEWS

FIXTURES CHANGES

In case you're working from an old fixtures list the two UCDO events on October 20th and December 8th have been switched around: Belfield is now on October 20th and Malahide Castle on a new map on December 8th. The ECO Leinster League event on September 15 has been changed from Coronation Plantation to the Devil's Glen near Ashford, Co. Wicklow. CNOC are running a Grade 3 event at Hill Wood, Monasterevan, Co. Kildare on Sunday September 22nd. Finally the Mahon Falls event planned by Waterford orienteers on October 27th is off. Remember that the latest information on IOA registered orienteering events can be got round the clock on 01-569099.

NEXT YEAR ...

The complete preview of next year's highlights will appear in a leter TIO. Here are some preliminary dates for events which might interest you if you want to dream away the long winter nights: The Drammen 3-Day in Norway (50km W of Oslo) on June 19-21; the Shamrock O-Ringen in West Cork (June 26-28), Veteran Home International and National Event in the Mournes in November.

NATIONAL O-DAY 1991

This year's National O-Day is on Sunday September 29th, the day after the Northern Ireland Championships, start times generally 11-3pm. Come and Try It events around the country so far are at Watergrasshill, Curragh Wood (Midleton) in Co. Cork; Killiney Hill, Phoenix Park, Newbridge House (Donabate) and Hellfire Wood (Rathfarnham) in Co. Dublin; Glending (Blessington) on the Wicklow/Kildare border. There may be others that TIO hasn't managed to winkle out information about ...

WEEKEND IN WALES

The Senior Home International (this year sponsored by Cotswold outdoor equipment) on October 19/20th takes place near Betwys Y Coed in North Wales, with an individual race on the Saturday (combined with National Event 8) and a score relay (an idea borrowed from Fermanagh Orienteers) on Sunday. The events are open to all and Betwys Y Coed is only about 40 miles from Holyhead. Mynydd Cribau, west of Betwys Y Coed between the Llugwy and Lledr valleys is a totally new area for orienteering featuring complex open moorland, semi-open deciduous forest and steep coniferous plantation and should be a top quality event.

Entries must be postmarked by September 21st. TIO has some entry forms. Entry costs STG£8 for the two days for seniors (STG£4 for juniors and M/W65+). Details from Liz Campbell, Ty Lawr, Brynsiencyn, Alglesay, Gwynedd LL24 0ET. (Phone 03-0248-430776 up to 10 pm.)

GOOD NEWS FROM SCOTLAND

Of the hundred-plus Irish orienteers at the Scottish 6-Day the first week in August a number of very good results were recorded. Foremost among them must by Karen Convery (3ROC) with 2nd in D18A and Teresa Finlay (Fermanagh) first in D40S. Two of the Pinkers from Cork O did well: Marcus 3rd in H17A and Faye 4th in D15A, GEN's Jane Watt was 6th in D40L, Raymond Finlay (FermO) 7th in H40S and Billy Reed (FermO) 11th in H21L. Fermanagh Orienteers as a small club should be justly pleased with their performance.

WOC TRIAL

Old hat by now, but the first weekend of August also saw the World Championships trial in Scotland. The Irish squad used the British team trial to select the team to travel to Czechoslovakia. The format was a short course race on day 1 with a classic distance on day 2. Taking part were **Una Creagh** (3ROC), **Eileen Loughman** (CNOC), **Orla Cooke** (AJAX), **Deirdre ní Challanáin** (AJAX), Julie Cleary (3ROC), **Caitríona Morrish** (NWOC), Eadaoin Morrish (LeeO), Rachel Burgess (3ROC), **Justin May** (3ROC), **Colm O'Halloran** (LeeO), **James Logue** (NWOC), **Peter Kernan** (AJAX), Mike Deasy (WEO), Peter O'Hara (NWOC), **Wally Young** (CNOC), Vince Joyce (3ROC), Peter James (NWOC), John Walshe (WEO) and Brendan Delaney (ECO).

The short course race (6.9km/245 m for women and 10.3km/410m for men) was won by Una Creagh in 72.57 and Justin May in 83.45 (the general finish order for this race is the order of listing above). The full-length

JUNIOR WORLD ORIENTEERING CHAMPIONSHIPS 91 and GERMAN 5-DAY

Marcus Pinker reports:

I didn't know that I was on the Irish team until after the Leinster Championships in Brockagh at the end of March. That meant that I was supposed to do more training, which I did, but not enough. However, on the day it was the heat that was the problem, not the fitness.

So, with our entry and some of the travel costs paid by the IOA and helped by a raffle at the Shamrock O-Ringen, or families and piggybanks, the three of us (John Feehan, Peter O'Hara and myself) set off by bus and boat to Berlin.

We left on Wednesday 3rd july and arrived in Berlin at 7 pm on Friday, ravanously hungry, zombie-eyed and with nowhere to stay until Sunday. Luckily a friendly German offered us a lift to the tourist office and we ended up spending the next two nights in an international youth camp, sleeping in an enormous tent with loads of other people. We looked around Berlin on Saturday and found out what hot weather was really like and on Sunday took the underground to the hostel which was the official accommodation for JWOC 91. Our room, which we shared with a New Zealander, had one of the best views over a lake and forest but the penalty was the 73 steps to reach it!

Monday was the training day in the forest adjacent to the hostel and in the evening was the opening ceremony in Berlin. We got off the Underground and, entrusting the map to John, set off to look for the hall;. The Australians, who had taken the same train, set off in the opposite (and wrong)direction so John turned and followed them and Peter and I followed John. John led off again after relocating - this time down the wrong street - where we met the Aussies. Uniting our navigational skills we eventually found the hall. Peter and I unanimously voted John to be "Team Leader" and he had to march around the hall behind the Ireland banner.

Tuesday was the Sprint-O with three semi-finals, one of us in each, with 40 runners in each group and the top 16 qualifying for the A final. It was a 5.3 km course and all the qualifying times were between 26 and 26 minutes. Peter had the best run (32 minutes), I did 36 and John 41 minutes. Enough said! The final was on the same map - very fast, lots of undulating ground - a 6km course with the winners taking 28 minutes. Peter and John took 32 minutes and I took 36.

Wednesday was a rest day and with temperatures over 30C that's exactly what we did.

Thursday - the Classic. I started first for this, opting to get out before it got too hot but, as the temperature rapidly soared to 37C (the hottest day in Berlin's history), it didn't make much difference when you tackled the 13.3 km course with 28 controls. John had the best run by far, doing 82 minutes and finishing 42st, just 12 minutes behind the Russian winner. I did a slow run at 98 minutes (81st) andPeter, after starting off too fast, just blew up in the heat and did 100 minutes. BUT: John beat all the Brits and Peter and I beat 3 of them! Olé!

Friday - the Relay. Peter decided to run first, myself second and John third. It was only 35C and the second hottest day in Berlin's history, but it had the same effects with Peter doing the 11.8 km with 32 controls in 84 minutes, myself 88 and John 92 minutes, all well down on the winners' 64 minutes but ahead of the Spanish and many others.

The social was also on Friday and, as Peter had jokingly wished, the drinks were free. Somehow the 300 or so people on board the boat which was cruising one of Berlin's many lakes, managed to drink 1400 bottles of beer within two hours of the four hour trip. I'll leave the rest of the social to your imaginations, so on to the German 5-Day.

Peter, because of a job, was unable to go to this so John and I left the hostel in Berlin with Heather Munro and Katy McNeil from Britain to catch the train to Uslar south of Hannover. At the station we met the Canadian team and a Danish guy and after running around railway stations and travelling in full trains and empty trains this motley crowd arrived in Uslar - ravenously hungry and with nowhere to stay. This time it was Dickie Jones (British M21E) and the Italian Junior Squad and their bus who helped to sort us out.

We had a couple of days before the event and we all just goofed around. Entries were around 1000 but with fairly full junior classes (60-70 in M17 and M19) The forests were large and fast with steep hilly terrain. Although John and I didn't have good runs on the first day and lost several minutes we still finished 1st and 2nd in our classes. The rest of the week wasn't so easy but we managed to finish in the top five each day. On the last day, which was a chasing start, I went out first with a lead of over four minutes which I managed to keep, and John held onto second place in his class.

We slept for most of the 52 hour journey back to Cork. We really enjoyed the whole trip and both orienteering events were very good experience. Next year JWOC is in Finlandclosely followed by the Swedish O-Ringen: we plan to be at both and more besides.

(Travel Tip: If you carry pots of jam in your backpack make sure the lids are on.)

trial (9.6km/270m and 15.7km/460m) was won by Una Colm. The first four overall in the trial were selected automatically and the selectors then chose the final team member using their skill and judgement. The selected team is highlighted in the list above.

Advertisement Feature

FANCY JOINING AN ATHLETICS CLUB?

CRUSADERS ATHLETIC CLUB in Dublin has a proud record spanning 50 years of Irish Athletics. Currently competing with the club are Carlos O'Connell (National 100m and 200m champion), and Conor McCullough (Olympic hammer thrower).

Members of the club also take part enthusiastically in road races, from 5 miles to the marathon, as well as in triathlons, hill running and orienteering. We organise an annual street-O team event (current holders 3ROC) and can offer specialist fitness training for orienteers/hill runners.

Training takes place at Serpentine Avenue, Ballsbridge at the following times:

Monday 2.45-4.00 pm: Under 12's boys and girls.

Monday, Tuesday, Wednesday & Thursday 6.00-7.30 pm: Senior training.

Sunday 11.00-12.30: Everyone.

For further information contact Lindie Naughton, 963373 (coach), Peter Hanlon, 965769 (Hon. Sec.) or Jennifer Carey, 2698325.

HILL RUNNING NEWS

The midweek league series ended on the Sugarloaf and was followed by a "Peadar Dempsey" barbecue special. Notable entrants for the final league race included the Creagh sisters, Una and Hilde, Justin May and Colm O'Halloran whose runs may have given them the vital edge for the final trials for the World Orienteering Championships.

Overall league winners were Joyce Mitchell in the women's, Gerry Brady in the men's, Rodney Forde in the Juniors' and Jimmy Gunnigle in the Veterans. For the first time some of the league races had over 100 participants and hopefully this will continue next year.

There were mixed fortunes for the Irish teams at Snowdon. The women's team went with high hopes but o nly managed fourth despite a fine run by Joyce Mitchell who covered the 10 mile/3350' climb in 86.42. The men's team were a disappointing 2nd after having 2nd (Gerry Brady), 4th (Eamonn McMahon) and 9th (Gerry Healy) at the top. Having 6 runners in the top 14 finishers was, however, some consolation.

The World Cup trials on Powerscourt revealed the new-look BLE based team. Over the 5 miles/1500' Maulin course the women's race was won in convincing style by Veronica Spencer in 39.38 with Connie Kelly next in 40.47. The junior race, over the same course, was more startling with Donal O'Sullivan winning in 34.52. The men's race took in Djouce as well (9 miles/3150') and was won by John Lenihan in 59.46 from Robin Bryson in 60.07.

Douglas Barry has selected the following teams for the World Cup at Zermatt on 7/8 September:

Women (8.3 km/570m) Veronica Spencer, Connie Kelly, Doina Nugent, Joyce Mitchell;

Junior (8.3 km/570m) Donal O'Sullivan, Damien Lawless, Joe Hannigan, Brendan McAuley;

Short Men's (11.3 km/805m) John Lenihan, Robin Bryson, Eamonn McMahon, Tommy Payne;

Long men's (17.3 km/1380m) Gerry Brady, Pat Corcoran, John O'Connell, Gerry McGrath.

The Annual Dinner, Hooley and Grand League Prizegiving will take place on 5th October at the Bankers' Club in St. Stephen's Green, Dublin. Attendance is compulsory for all who ever ran a hill race!

MUNSTER CHAMPS POSTPONED

Máirín Morrish, Lee Orienteers' PRO, writes:

"Fired by the indefatigable enthusiasm of club secretary Clare Nuttall the members of Lee O have spent many months surveying and mapping the Combaun area of the Galtee Mountains, completing the task during the inclement weather of early June.

However, difficulties and delays arose during the drawing stages and, much to the disappointment of the club, these difficulties proved insurmountable. Hopes of having the map ready in tome for the planning and preparation stages of the courses for the Monster Championships on October 12-13th were dashed complately by mid-August.

Regrettably this major undertaking by Lee O, with which members of Southern Orienteers were also involved, has meant the postponement of the Munster Championships until Spring 1992. The possible date is March 8th but this awaits confirmation from the fixtures secretary."

O-DDITIES

Compass, whistle, spleen ... An unusual precaution taken by the organisers on Day 2 was to ask at the pre-start if you had had your spleen removed. Apparently babiosis, a particular tick-borne disease prevalent in the west of Ireland can be fatal to victims whose spleen has been removed. Just what they proposed to do if you showed up at the start spleenless wasn't clear - surgical facilities for spleen-transplants on the mountainside were not apparent!

At the JK this year pens and control descriptions were provided at the pre-start to write onto your control card if you wished. Many of the courses had a large number of controls. I overheard one veteran saying to another "This is the first event I've run in where runners will be retiring with writer's cramp before the start!"

Thought for the day: If you think the navigation is too easy, you're just not running fast enough!

COURSE PLANNING COURSE

The IOATB (Training Board) are running a course planning course on Saturday November 2nd in Dublin. The course will cater particularly for teachers, youth leaders and club Junior Officers and those with a special interest in planning for juniors. The aim will be to enable participants to plan colour courses such as white, yellow and orange standard, but will doubtless be of benefit to all those with an interest in course planning. The cost will be kept to a minimum.

Details from Liam Convery, 13 Leinster Lawn, Clonskeagh, Dublin 14 (01-2697107) or Trina Cleary, 25 Templeroan Grove, Knocklyon Road, Dublin 16 (01-936187).

IOA SNIPPETS

Pat Redmond, IOA Executive Secretary who tried to resign at the last AGM, is reportedly back in harness following a hectic summer of cricket and mountaineering. Pat can be contacted at 18 Orchardstown Avenue, Dublin 14.

Teams for the Home Internationals have been selected and the chosen ones will be notified very soon. The Junior event is in West Cork on October 5/6th and the Veteran in Scotland the same weekend. The Senior event is in North Wales on October 19/20th. The make up of the Veteran team has been changed this year and now comprises M/W 40/45 two from each age group, three to count; M/W 50/55 two from each age group, three to count; M/W 60+ two of each, one to count. The way last year's teams were constituted meant that the older class of each pair didn't really have a chance of counting. The team will therefore be 10 men and 10 women and 7 of each will count.

IOA has agreed to appoint a coach to help the Leinster-based Irish Squad members with fitness training. The coach will be running sessions at Belfield on Tuesday and Thursday evenings and Saturday mornings with some training on orienteering terrain as well. There will be a small charge to squad members for each session. A two-year plan for the next World Championships is being implemented with an athletic training programme being the first component for about six months to improve running speed. M and W 17's, 19's and 21's are urged to get involved. Full details from IOA soon.

ORIENTEERING FOR THE DISABLED

A feature of the Swedish 5-Day this year was a daily course for disabled orienteers in a form called "trail orienteering". The competitors follow a track route through the forest and come across several punches by the side of the path. At each site a number of controls are visible, with big, easily-read codes on them, and they have to decide which of the visible controls is the one marked on their map and record the control code on their card. Each competitor was timed from arriving at the punch to identifying the control, but wasn't timed between controls, to allow for different modes of transport to be used. A helper accompanied each orienteer who recorded the times and gave physical assistance where needed. Perhaps Faith White, IOA International Affairs Officer, could give us a better idea of how it works as she is involved in an O-for the disabled program for IOF?

JK 92

The 1992 Jan Kjellstrom Trophy weekend at Easter (next April) will be in the English Lake District and should be well worth attending, as it was the last time it was run there in 1983. Entries usually get dearer from the end of January, so get your entry in early. Accommodation will also be at a premium, so early booking is advised. Entry forms should be in a forthcoming TIO.

An interesting point about the event is that the Bigland Hall Estate in Cumbria, home of the Bigland family for the past 800 years and location of the Individual race, is up for sale. The new owners may or may not agree to hosting the JK, if it has been sold by then, and this may cause problems. (The asking price, by the way, is over £2 million). The NWOA, organisers of the event, have a contingency plan where the runners are split into two groups half of whom run at another south lakes area (High Dam of JK 83?) on day 1 and at a second area (Stickle Pike?) on day 2 while the other group does the reverse. This is because there is no one area capable of absorbing the expected number of orienteers and cars. It's a problem we should never have to face here ...

WOC 93

Just when you thought it was safe to go back in the woods after the 1991 World Championships we get news of the 1993 event. If you've been following TIO in recent issues you will know that the event is in the North East USA, event centre at the Hotel Thayer at West Point, in October 1993. The US Orienteering Federation have had trouble raising the money needed to run the event but are hopeful that all will be well. To get in the mood for WOC93 the's a training camp in October 1992 to coincide with the World Cup event in New Hampshire (the World Cup is a series of races around the world held in non-WOC years).

LENIHAN TAKES GOLD

Riocht's John Lenihan from Kerry, winner of the IHRA trial for the World Cup, took the gold medal in the men's short race at Zermatt on September 6th, finishing over 30 seconds clear of Swiss pair Marius Hasler and Woody Schoch with Robin Bryson (AJAX) fourth. Lenihan ran 54 mins 12.2 seconds for the 11.3 km/2400 ft course with Bryson in 55.07.2. Tommy Payne (Tinryland) was 32nd and Eamonn McMahon 36th. Ireland as a result took the team bronze medal behind Switzerland and Italy, an extraordinarily good performance by any standard.

In the long race next day the irish were less fortunate with Gerry Brady (3ROC/Clonliffe) 28th, Gerry McGrath (DSD and late of UCDO) 32nd, John O'Connell 36th and Pat Corcoran 87th, the Irish team finishing 9th. Connie Kelly was best of the women (24th) and Damien Lawless best junior (34th).

It was interesting to note that The Irish Times carried a report of the event under the "Athletics" heading rather than "Hill Running". Is this a reflection on the team's composition or a tribute to its performance? Ireland won it when a child last so for hill running in teering or entice Robin Bryson back ...

WOC 91 DRAW RESULTS

The raffle for the World O-Championships team was finally held and the lucky winners are listed below. Paddy O'Brien, Team Manager, wishes to thank all of you who supported the draw and reassure you that, if your name appears here and you still haven't got your money, he hasn't forgotten you! 1st prize £250 Peter Gargan, 2nd Nuala Higgins (£100), 3rd Eamonn Perkins (£100), Eugene McLoughlin (£50), Denis Murphy (£40), Ide ni Dubhshlaine (£40), David Teskey (£40), Liz Deane (£25), Harald Hayton (£25).

HELP WITH TIO?

If you'd like to help with the production of *The Irish Orienteer*, particularly in the areas of layout, accounts or advertising, why not give the editor a call?

Photo: Colm O'Hallorantakes over from Wally Young at the World O-Championships relays in Czechoslovakia in August

The 1991 Shamrock O-Ringen

The last weekend of June saw many orienteers from Ireland, Great Britain and even further abroad converge on West Cork for what has rapidly become Ireland's foremost O-festival, reports **Justin May**.

This year the event departed from its familiar date of St. Patrick's Weekend in search of better weather later in the year: all the signs were promising, however during the night the rain crept in from the Atlantic and more or less stayed around for the rest of the weekend. You cannot but feel sorry for the organisers who, it would appear, are fated to be rained upon whatever time of year they choose! Still, while the weather dampened the enthusiasm for car-park socialising it wasn't at all cold and was in fact quite pleasant to run in.

So, to the O. This year's 3-Day Shamrock O-Ringen took on a slightly different form in that Day 1 was a sprint-O type event with starts on Friday evening from 5.30 to 7.30 to allow competitors to take their time travelling on Friday. The venue was Rathgaskig, formerly used for the final day of last year's "Shamrock" and, as courses were short, we were kept out of the rough forest, much of which has fallen to the forester's chainsaw since last year.

The start and finish were adjacent on either side of a narrow lane and with the evening's summery weather the situation was perfect with clear skies, clear views and plenty of warm sunshine.

Running the H21E course it was good to have only 4.9 km so it served as a warm-up for the following two days of harder activity. Much of the Rathgaskig terrain is of a fairly vague nature and the map reflects this - perhaps a few more form lines might have helped define the land shapes better, but then perhaps I'm just not that good at reading contours!

Our first control was considerably easier than that on the Women's Elite course and enabled a quick, confident start to be made. Thereafter we headed into the boggy vagueness where I found that I could get into the circle OK but was slow to actually locate some of the controls. To further dent any ambitions I might have had for the weekend one of Rathgaskig's local population, namely Marcus Pinker, went striding by having caught 2 minutes on me! From there on to the finish it was a case of trying to keep up and wondering if there was any possibility of getting ahead again. While I thought I had a chance heading for the second last control it turned out that Marcus's wide-swinging route was obviously not the mistake I thought he was making and he duly arrived just ahead of me, making short work of the hill to the last control and finish with me trailing in behind. Still, damage was limited and my 33.01, though leaving me in 12th place on the first night, was still only just over 4 minutes down on the winner and ahead of many.

A good feature of the short course idea for Day 1 was that the majority of competitors were within 10 minutes of the winner and so could all justifiably feel that they were in with a good chance of improving their position next day. In past "Shamrock's" a bad first day could leave too much to do and knock out much of the enthusiasm for the rest of the weekend. So, without lingering too long amidst the midges of Rathgaskig we departed for the midges of Glangarriff!

Despite the predictions, on the drive to the coast it was hard to imagine that the weather would change. The only clouds in the sky were the criss-crossing jet trails on their way to North America. The views of Bantry Bay were dramatic, the hills stark against a background of blue. It couldn't possibly rain! At some point in the early hours of Saturday morning I heard the tell-tale pattering of rain on the tent. By the time we surfaced it was clear to see that the hills weren't clear to see! Shrone Hill beside us had all but dissapeared into the mist and drizzly rain, and the mood was further dampened by hearing that the starts were to be delayed by an hour, the reasoning being that a clearance was due to arrive shortly and it would have been unfair to the early starters to have run in conditions of such poor visibility. My reasoning told me that it was likely to be more unfair as it looked very unlikely to clear for a good while and if the weather did improve it was now far more likely to benefit the late runners.

Still, nothing could be done but wait the extra hour and, with no clothing transfer from the start 2 km away it was lucky that it was neither too cold nor the rain too heavy. However, My start eventually arrived and i headed off on a magical "mistery" tour of the roller-coaster wild lands of Glengarriff, or Gowl Beag as the new southwards-extended map is called.

After about 5 minutes lost at No. 1, having misjudged both distance and direction, I headed off more cautiously for No. 2, the enthusiasm somewhat subdued, only to be revived when I caught 3 minutes on John Feehan at No. 2. Quite slow again to 3, John having disappeared ahead on a route of his own, and I arrived

at the control just ahead of Brendan Bolland of Meroc in Liverpool who, although I didn't know it at the time, had started six minutes after me.

From then on routes differed a little at times but we more or less stayed close together for the rest of the course, with no real problems except at 12 which cost several minutes, John finding it and getting away ahead of Brendan and myself. On the run through the last couple of controls I managed to pull slightly ahead for a time of 86 for the 9.7 km course and an improvement in my position from 12th to joint 7th which promised to make for an interesting chasing start next day.

What didn't promise to be so good was the weather. Though it had dried up somewhat overnight it had stayed raining again in the morning, though only lightly, but visibility was very much better than the day before when a good imagination was needed to guess the form of the hills and valleys that lay round about as shapeless ghosts in the damp gloom. Today at least we would be able to see where we were going even if we didn't always exactly know!

My start came and the Swede with whom I was starting started slowly and then took off along the track, reaching the first control just ahead of me. We had a 1500m + leg to No. 2: he went left, I went straight on and I never saw him again! Not only was the leg long but it involved 125m climb too - a long slow slog. I arrived near the control to find Marcus pimker, who started less than a minute before me, hadn't yet found it. I got it first and headed downhill to 3, then on to our cluster of 4 controls to ba taken in any order. Marcus went left, I went right and we both took the 3rd and 4th in the same sequence closely followed by John Feehan and Colm O'Halloran who'd both caught up several minutes on us. They were obviously running well as I hadn't lost any time except through lack of fitness.

The chase was now well and truly on, led by a hard running Colm followed by John and myself with Marcus soon to drop off the pace. Together through 8 and 9, down to the road for 500m John leading, me passing Colm. Brief stop for a drink then on through 10 and 11 more or less together before the long leg to 12, Colm and John pulling gradually ahead of me on this one. They were well on their way to 13 before I punched 12 but then disaster struck for those in front, both of them initially missing the control and allowing me in ahead. To our great encouragement we found that we'd caught Peter O'Hara and Brendan Bolland who'd started 6-8 minutes ahead. Now things were getting very interesting as places up to 4th were at stake ensuring hard running over the last couple of kms. A short leg to 14 appeared to lose Colm so then there were four. Through 15 and 16 we were together then we crossed the road into the final 7 controls, the legs criss-crossing confusingly so that it required careful attantion to the map to ensure that you didn't run for the wrong one. Also, codes and descriptions had to be checked resulting in some very intense physical and mental effort at the very end of three hard days - very good planning! I gained a slight lead by No. 20 and further increased it at 21 but then swung too wide around a marsh to 22 allowing the gap to close again. Brendan and Peter led into the lsat so it was down to who would be quickest through the last marsh to the finish. Peter stumbled and I passed him but couldn't quite catch brendan who finished seconds ahead. Still I'd finished 5th so I'd improved a couple of places on the overnight standings.

Overall M21E was won by C.Mittelholzer of Switzerland ahead of Cork O's Bill Edwards with B.Stensberg (Sweden) third. In the Women's Elite K.Fladmark (Norway) won with Orla Cooke (AJAX) second and Liz Campbell of Eryri (Wales) third. The many foreign prizewinners just go to show the increasing popularity of this event with our friends abroad. (179 orienteers from abroad entered with only 274 Irish - a poor show from the home crowd for a competition of this qualiuty - Ed.)

It was only as we were preparing to leave that the mist lifted to reveal spectacular views of Shrone Hill and the tremendously rugged terrain all around. I'm certain that if you can master this terrain both physically and technically then you'll have no problems coping with any orienteering the world can offer. It is truly superb and the organisation and enthusiasm of the Cork O team that has repeatedly put this event together cannot be praised too highly.

On behalf of myself and I'm sure everyone else who attended this year's "Shamrock" I would like to offer a sincere thanks to everyone involved. Thank you!

(P.S. Next year the Shamrock O-Ringen is again on the last weekend in June with a short course event at Ros Mór near Inchigeela on the evening of Friday 26th and with full length races at Bere Island and Dunboy Wood on 27th and 28th. Don't miss it next time!)

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MODERN RUNNING

Having discovered hill running in the last issue, **Brendan O'Brien** pushes back the frontiers of knowledge and human endurance even further ...

It was a wet and windy afternoon in the city, not uncommon you might say, in fact pretty much your usual summer evening.

It had taken some courage. I had dialled the number but at the last second had hung up at least three times. I had practiced my speech over and over again and even once into the mirror! I was prepared, or so I kept trying to convince myself. Once again I dialled the number - I knew it by heart at this stage - it had hardly rung once when some lady answered "Hello, can I help you?" Too late to hang up now, here goes: "Hi, yes, ... well ... I was wondering ...I'd like to book a place in an aerobics class tonight please". "Certainly Sir, what time would you like ...?". I left my name and number and hung up with a sigh of relief. It was done. And like a clown I had told her my real name and phone number - there was no way out!

Aerobics never really meant much to me. Sure, I knew what it was and, well, yes, I must admit that I had occasion to admire some scantily clad figures dressed in "aerobics gear". Other than that the whole fitness and health boom has passed me by without my ever contemplating aerobics as an exercise. I always thought if I was training that a 4 or 5 mile run was what I needed to do regularly to get fit, or play a few games like soccer or squash to break the routine. Such a varied life I led!

Some time ago I was in conversation with a friend and naturally the topic of training drifted in. He sort of half mentioned that he goes to aerobics once or twice a week as part of his training routine. I quickly latched on to the topic, half in jest at first I must admit, but then with increasing interest. He actually made sense. Using aerobics as part of his training, breaking the monotonous running-every-day routine, building up stamina and aerobic capacity and especially avoiding having to go outside to train in the cold, wet and wintry weather. By the end of our conversation I was converted.

Even though I was determined to give it a try (as they say, "anything once") I still had a hard time actually getting around to making the arrangements. I think that I must have acquired a "real men don't do aerobics" attitude because, even after booking, I had severe reservations about what lay ahead.

Later that afternoon, over coffee a friend, seeing my kit bag, enquired innocently "Going training this evening?" My heart missed a beat. Oh hell, what do I say? I can't tell him ... I looked to the window and it was lashing rain outside. "Don't know yet, maybe if it clears ... you never know ..." Thankfully he didn't pursue his question - seldom have I been as happy to see the rain.

Six o'clock arrived as I entered the dressing rooms. I now felt noticeably nervous. At 6.10 I headed off in search of my class. Finding the correct room, I entered and - looking at my feet all the time lest anybody should catch my eye or the like, proceeded until I found a suitable space near the far wall. Presently I worked up enough courage to raise my eyes and peek around me. There were perhaps thirty people in the room, mostly women (all shapes and ages) and I was surprised to see five other men besides myself. The instructor came in and the music started. Right, I said to myself, here's where I show everybody how fit I am ...

We began slowly at first, with some stretching and easy movements to warm up a little. The music had a nice beat to it and tended to put one in the mood for exercise. Once we were suitably warmed -I had begun to sweat a little by now but felt full of spirit and energy and brimming with confidence- the aerobics proper began.

The pace really hotted up. Leg lifts, knee raises, star jumps, twists, jogging on the spot, more leg lifts - "1,2,3,4 jog", "Knees,1,2", "Jump, 1,2 " ... it was hard going.

It wasn't over yet. It was hard enough to move just the legs but then the hands started moving as well: up, down, row, ... while all the time jogging or jumping. By now I was fairly wrecked and drenched in sweat, but not giving in by any means. The music was bouncy and everybody around me seemed to have all the movements while I felt like I had four left feet which seemed to tangle of their own accord despite my best efforts at co-ordination. I was extremely tired but, Crikey, if that aul' wan in the pink can do it I'm not giving up! Next we began a series of leg exercises from a lying-down position and followed this with some really severe sit-ups.

By the time the hour was up my misconceptions of "no problem" were gone, my attitudes completely altered. I was a convert. My whole body felt tired and worn out afterwards. I couldn't remember any training session which had that effect on me for quite a while, but it felt good and I knew it had benefitted my fitness.

Since that first aerobics class I have integrated at least one session a week, sometimes two, into my training - it's a welcome change and it exercises many more muscles than running alone, helping to build an all-over fitness which is necessary to prevent injuries. I'd recommend anybody to give it a try - you'll definitely be amazed at how tough the sessions are. It's really not until the second and subsequent one that you really start to benefit because by then you know what to expect, you know the movements and hence can get the maximum intensity.

Swedish 5-Day:

A Cosy Little Affair

My previous two visits to the Swedish 5-Day left me with the feeling the the orienteering was secondary to the organisation. This year this wasn't the case (perhaps I was wrong before) but although the organisation required to run the event was staggering, the fact that it was first and foremost an orienteering competition was never lost sight of. Maybe the fact that numbers were down this year to about 16,500 helped, but everything was geared towards the orienteering.

The event centre was a borrowed airfield at Arboga, about two thirds of the way from Gothenburg to Stockholm, where a huge campsite mushroomed, served by the usual 5-Day accessories of supermarket, sports shop, restaurants, church, bank, police station, tourist office, photo shop, pharmacy, fish shop, physiotherapist, post office, disco, creche, toilets, showers, fire station, bicycle hire, stage, car parks and so on.

Arriving on Saturday evening after thunderstorms we found the event centre at its worst: Ankle deep in mud with the organisers improvising with car parking arrangements. Happiness is a pair of wellies (bought at a JK) and a large umbrella (from a Swiss 6-Day). By Tuesday the sandals had appeared and the monsoon was forgotten. Sunday saw us jogging around one of the three training maps nearby, trying to come to grips with the terrain, the map, and boat-lag. Reasonable size hills, rocky and with poorish visibility and few paths characterised the terrain. Three of the days were to have 2.5 metre contours (meaning flattish, detailed terrain), the other two days with the more usual 5 metre interval. Sunday evening was memorable for the thunderstorms, the aerobatic display by the Swedish Air Force and the big band dance: couples waltzing and foxtrotting around the dance floor to the sounds of Miller and Basie, impeccably dressed but for the muddy wellingtons lurking under their Sunday best.

The first convoys of buses left for the event at 5.30 and then every 10 minutes until late afternoon. The first bus in each group was the allergy bus (no dogs allowed, and no dust from the buses in front). A 35 minute drive followed by a walk of up to 3 km to the start set the tone for the week. Journeys ranged from 35 to 75 minutes and walks to the eight starts each day ranged from 100m to 3.2km. Your race number had each day's start time printed on it plus the distance to your start and your name. Each day our starts happened to be later than the day before so we were able to lie in until about 8 am - of little use when the neighbouring Hungarians in the campsite would turn on their radio at full blast at sunrise!

The progressively later starts also meant that we were running in the hotter parts of the day, for by now the thundery rain of the weekend had been replaced by endless sunshine: at least you could get your gear washed and dry for each day. My start on the last day wasn't until 1.30 pm , while the leaders on certain courses had started at 8.00 am.

As far as the orienteering was concerned the four Irish runners (myself in H35AL, Nora Lee in D21B, Karen Convery in D18AL and Jane Wilson in D20AL) did pretty badly - only Nora finished higher then second last. The competition was intense and the orienteering testing. The terrain was flattish (the climb on the courses wasn't stated) but quite tricky. Fast running was possible, the problem was in navigating. In my case I made mistakes at perhaps two controls per day, costing me maybe 10 minutes. The problem was that in the 2.5 metre contour areas everywhere looked much the same as everywhere else and if you went astray it was difficult to relocate. The controls themselves were far from obvious, which was good when you hit them first time but bad when you didn't! The week also featured orienteering for the handicapped, which was very encouraging to see, and mountain-bike orienteering (nearly everybody either brought their bikes or hired a big green bullet-proof Swedish Army high Nellie of a bike - a real bargain if you didn't bring it back at the end of the week: only £60, but try getting 28" tyres here!).

As I mentioned there were eight separate starts, each one with a different sponsor for the whole week. There were also eight separate finish lanes with a common last control, and you went to the same one each day (in my case start 2 and finish 2 were sponsored by ASSI who seemed to make paper packaging). Only the Elite classes in lane 1 were privileged enough to get a drink at the finish: the rest of us could buy our own. In addition each day was sponsored by a particular company or group: Swedish Railways, recycling or the local businesss, for instance. At the finish your map and control card were taken and a completely new set of maps was given to each club leader back at the event centre at 2 pm. At 6 pm a sheet with all your club's results was similarly handed out and there was a "klagomur" or wailing wall where you could go to query results and disqualifications with the organisers. At each race site there were open-air hot showers near the finish, and again at the event centre: a large central heating boiler on a lorry trailer, an oil tanker and the Fire Brigade and you're away ...

All in all it was a very good week: the orienteering was enjoyable (that's what it's all about, really, isn't it?) and the organisation impeccable. The cost was reasonable: entry about £40, camping about £40 for the week, compulsory bus transport to the events about £18, dinner at the event centre £5. Getting to Sweden is the most expensive part, and shopping there for food is perhaps 50% more than at home, depending on what you buy. Next year's event is based at Sodertalje, not far south of Stockholm. Try it, and take in some events in Finland and Norway while you're there. Entry usually closes in March and IOA usually gets details. There is usually an O-clinic (for techniques, not health!) just before the 5-Day and IOA usually gets two free places at it. If you are interested write to the IOA Secretary early in the year.

John McCullough.

HOME INTERNATIONAL TEAMS SELECTED

The teams selected for the Veteran and Senior Home Internationals are given here. The Veteran event (for the 40+ age classes), of which this is only the second running, takes place in Scotland on October 5/6th at Dunkeld and at Craig'a'Barns in the Perth area. Next year's event will be in Northern Ireland. The Senior event this year moves to north Wales where it will be held on October 19/20th near Betwys Y Coed.

Veteran Home International:

M40: Seán McSweeney, Seán Cotter (Bill Simpson), (John de Lacy);
W40: Maura Thornhill, Monica Nowlan (Máire Walsh)
M45: Ernie Wolson, Donal Burke, (Ted Feehan), (Alan Gartside);
W45: Trina Cleary, Sue Pim, (Brigid Flanagan), (Jean O'Neill);
M50: Alan Shaw, Maxwell Reed, (John O'Neill), (Alan Pim);
W50: Clare Nuttall, Hazel Convery, (Maura Higgins);
M55: Colin Dunlop, Frank Martindale, (Andrew Bonar Law), (Clive Tyner);
W55: Diana Large;
M60: Sven Kulldorff, Terry Dooris, (Fred Calnan), (Noel Morrish);
W60: Máirín Morrish, Marie O'Sullivan.

Senior Home International:

M19: John Feehan, Peter O'Hara, David Ryan, Fergal Brennock, (Andrew O'Mulklane), (Geoff Summerville);
W19: Jane Wilson, Nuala Higgins, Karen Convery, (Emma Glanville), (Aileen Rice);
M21: Bill Edwards, James Logue, Colm O'Halloran, Peter Kernan, Billy Reid, (Andrew Pim);
W21: Una Creagh, Deirdre ní Challanáin, Julie Cleary, Caitriona Morrish, (Eadaoin Morrish), (Rachel Burgess);
M35: Vince Joyce, Wally Young, Pat Healy, John McCullough, Liam O'Brien, (Kevin O'Dwyer), (Brian Bell), (Keiran McDonald);
W35: Eileen Loughman, Maeve McPherson, Jane Watt, Mary Healy, (Ann May), (Heather Majury), (Heather Johnston).

(Reserves in brackets, listed in order).

Congratulations to all those selected. While we may not be in with any sort of a chance in the World Championships there is no reason why the Home International teams shouldn't do very well. The Juniors, in particular, are showing immense promise - we'll have to wait a few years till they dislodge the seniors and vets, though.

YOU could have written something to fill this space!

ORIENTEERING FIXTURES

September		
1	**FANORE**	Co. Clare. ThO grade 3 event on sand dunes, after Saturday's Burren Walk.
8	**BALLYSCANLON**	Tramore, Co. Waterford. WATO event. GR S 54 03.
8	**RIVERSTICK**	Kinsale, Co. Cork. CorkO grade 3 beginners' event. GR W 66 58.
8	**THREE ROCK WOOD**	LEINSTER LEAGUE 1 Dundrum, Co. Dublin. 3ROC. GR O 17 23.
14	**SLIEVE CROOB**	Ballinahinch, Co. Down. NI Series 6. LVO. GR J 32 47.
15	**DEVIL'S GLEN**	LEINSTER LEAGUE 2 Ashford, Co. Wicklow. ECO. Note change of venue.
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. Newcastle, Co. Down.
22	**CURRABINNY WOOD**	Carrigaline, Co. Cork. CorkO grade 3 beginners' event. GR W 79 62.
22	**HILL WOOD**	Monasterevan, Co. Kildare. CNOC Grade 3 event.
22	**KILSHEELAN**	Clonmel, Co. Tipperary. WATO Relays.
28	**NORTHERN IRELAND CHAMPIONSHIPS**	Binevenagh, Limavady, Co. Derry. NWOC. GR C 69 30.
29	**CURRAGH WOOD**	Midleton, Co. Cork. CorkO grade 2 event. GR W 86 76.
29	**SPRINGWELL**	Limavady, Co. Derry. NWOC score event. GR C 76 25.
29	**NATIONAL TRY ORIENTEERING DAY**	"Come and Try It" events in Cork City (Beaumont) and County (Curragh Wood, Midleton and Watergrasshill), Dublin (Corkagh Park-Clondalkin; Hellfire Wood; Phoenix Park; Killiney Hill; Newbridge House-Donabate), Waterford (Kilbunny-Portlaw) and Wicklow (Glending-Blessington).
October		
5-6	**WARD JUNIOR HOME INTERNATIONAL**	**Tir na Spidóige**, and **Ros Mór**, Inchigeela, Co. Cork (includes Cork Championships).
5-6	***VETERAN HOME INTERNATIONAL***	and National Event. Dunkeld and Craig a'Barns, Perth, Scotland.
6	**KILLAKEE**	Hellfire Wood, Rathfarnham, Co. Dublin. SET Sprint-O. GR O 12 22.
6	**TOWER HILL**	Portlaw, Co. Waterford. WatO Gr. 3 event. Waterford League 1. GR S 44 17.
13	**THREE ROCK WOOD**	Co. Dublin. 3ROC colour event.
19-20	***SENIOR HOME INTERNATIONAL***	and National Event. Mynydd Cribau, Betwys Y Coed, North Wales. Entries to Liz Campbell, Ty Lawr, Brynsiencyn, Anglesea, Gwynedd LL24 0ET. (Ph. 03-0248-430776 before 10 pm). Entries postmarked by 21 September.
20	**BALLYGAR**	Co. Galway. WEO event.
20	**BELFIELD**	Dublin. UCDO grade 3 event. GR O 18 29. Note change of venue.
20	**GARRETTSTOWN**	Kinsale, Co. Cork. CorkO Gr 2 event, Cork League 1. GR W 25 68.
20	**RUSSELLSTOWN**	Clonmel, Co. Tipperary. WatO Gr. 2 Waterford League 2. GR S 16 17.
26	**GORTIN**	Co. Fermanagh. FermO event & LVO Club Champs. NI Series 7. GR H 49 83.
27	**KNOCKANANNIG**	Lee O Grade 3 event.
November		
3	**BALLYNOE**	Midleton, Co. Cork. Cork O league event. GR W 96 85.
3	**BRANDON HILL**	Graiguenamanagh, Co. Kilkenny. WatO Gr.2 Waterford league 3. GR S 70 40.
3	**GARBALLY**	Ballinsloe, Co. Galway. LKOC event.
3	**TROOPERSTOWN**	LEINSTER LEAGUE 3 Laragh, Co. Wicklow. GEN
9	**GARVAGH**	Co. Derry. NWOC event. NI series 8. GR C 83 15.
9-10	**IRISH TWO-DAY**	**Rossadrehid** & **Ballinacourty**, Glen of Aherlow, Co. Tipperary.
17	**CLARA**	LEINSTER LEAGUE 4 Laragh, Co. Wicklow. 3ROC colour event. GR T 16 93.
17	**KNOCKANAFFRIN**	Comeraghs, Co. Waterford. WatO Grade 2 league event 4. GR S 28 17.
17	**MACROOM CASTLE DEMESNE**	Co. Cork. Cork O Gr.3 Cork League 3.
23	**GOSFORD**	Markethill, Co. Armagh. NI Series 9. LVO. GR H 97 40.
24	**CHIMNEYFIELD**	Glenville, Co. Cork. Cork O Gr.2 Cork League 4.
24	KILLINEY HILL	Co. Dublin. Fingal colour event.
24	**LOUGH KEY**	Boyle, Co. Roscommon. LKOC event.
30	**NI NIGHT CHAMPIONSHIPS**	**Castle Archdale**, Co. Fermanagh. FermO. GR H 17 58.
December		
1	**KILSHEELAN**	Co. Tipperary. WatO Gr.2 Wat. League 5. GR S 26 22.
1	SAGGART WOOD	Co. Dublin. AJAX event.
1	**WALSHTOWN**	Midleton, Co. Cork. Cork O Gr.2 Cork League 5. GR W 68 91.
8	**MALAHIDE CASTLE**	Co. Dublin. UCDO grade 3 event. New map. GR O 22 45.
8	**CURRAGH WOOD**	Midleton, Co. Cork. Cork O Gr.1 Cork League 6. GR W 86 76.
15	**KILAHALLY**	Lismore, Co. Waterford. WatO Gr.3 Wat. League 6. GR X 08 94.
15	**WOODSTOCK**	Galway. GRTC event.
26	**THREE ROCK WOOD**	Dundrum, Co. Dublin. 3ROC annual Xmas score event. GR O 17 23.
27	**CURRABINNY**	Carrigaline, Co. Cork. Cork O Grade 3 event. GR W 79 62.
January 1992		
5	**HELLFIRE WOOD**	Rathfarnham, Co. Dublin. ECO Score event.
12	**CARNAGH**	Athlone. No details available.
12	**NEWBRIDGE HOUSE**	Donabate, Co. Dublin. FIN Grade 3 event.
26	**CLONBUR**	Co. Galway. UCGO event.
26	**CORKAGH PARK**	Clondalkin, Co. Dublin. GEN Grade 3 event.

February		
15	IRISH STUDENT CHAMPIONSHIPS	Leinster.
15	**PHOENIX PARK**	Dublin. Night event.
16	**PHOENIX PARK**	Dublin. Pooter Relay. Teams of 3. Entry 11.00-11.30. 3ROC.
23	**CONNACHT CHAMPIONSHIPS**	**Woodlawn**, Athenry, Co. Galway.
March		
8	SUGARLOAF	LEINSTER LEAGUE 5 Kilmacanogue, Co. Wicklow. UCDO.
22	CURRAGH	LEINSTER LEAGUE 6 Co. Kildare. CNOC
28	LEINSTER CHAMPIONSHIPS	Co. Wicklow. Setanta OC.
29	**LEINSTER SPRINT CHAMPIONSHIPS**	**Brockagh**, Laragh, Co. Wicklow. GEN.
April		
5	**CARRICK MOUNTAIN**	Ashford, Co. Wicklow. 3ROC Grade 1 event.
12	ROCKMARSHALL	LEINSTER LEAGUE 7 Carlingford, Co. Louth. Fingal OC.
17-21	JK 92	Lake District, England. Cheap entries close January.
25-26	**IRISH CHAMPIONSHIPS**	**Cornamona**, Maam, & **Kilcornan**, Clarinbridge, Co. Galway.
May		
3	LEINSTER SCHOOLS' CHAMPIONSHIPS	
10	MULLAGHMEEN	LEINSTER LEAGUE FINAL near Finnea, Co. Westmeath. Setanta OC.
17	LEINSTER O-RINGEN	Day 1. Entry on day colour event.
24	LEINSTER O-RINGEN	Day 2. Start time based on Day 1 time. Entry on day.
June		
14	ARDGILLAN PARK	Skerries, Co. Dublin. FIN event.
21	LEINSTER SCORE CHAMPIONSHIPS	
26-28	SHAMROCK O-RINGEN	West Cork/Kerry.
July		
26-31	**WORLD STUDENT CHAMPIONSHIPS**	Aberdeen, Scotland.

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.

Events registered with IOA are highlighted. Non-registered events are not covered by IOA insurance and will receive no publicity from IOA.

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

HILL RUNNING FIXTURES

September	
8th	Clashegal, Glen of Imaal, Co. Wicklow. 5.6 mls/1600ft/2.30 pm
15th	Seefingan, Ballinascorney, Co. Dublin. 8.5 mls/2200ft/12.00
21/22	Andersons Mourne Mountain Marathon, Co. Down.
28	Commedagh - Donard, NI Champs race. 7 mls/3100ft.
October	
5	Tibradden Handicap, Pine Forest, Co. Dublin. 4.3 mls/1000ft/11.00 am. Followed by AGM. Annual Dinner etc in evening at the Bankers' Club, 93 St. Stephen's Green , Dublin 2 (on the south side near the Dept. of Foreign Affairs.
November	
10	Cloghernagh, Glenmalure, Co. Wicklow. 4.5 mls/2200ft/2.00 pm.
December	
27	Christmas Flash, Bray Head, Co. Wicklow. 2 mls/600ft/12.00

Details of hill running races can be had from Douglas Barry (01-2868180) 26 Sidmonton Court, Bray, Co. Wicklow.

LEINSTER ORIENTEERING COUNCIL NEWS

First Aid Course

The Red Cross are running a first aid course for members of Leinster O-clubs starting at the end of September. Cost of the course is £15 for 9 or 10 weeks, one evening a week, at Glenalbyn Sports Centre, Stillorgan. There are a few places still left on the course: contact John McCullough (378819) immediately if you want to take part. Monday or Wednesday will be the day, depending on what suits most applicants. This is a very worthwhile course, not just for orienteering purposes but for life in general.

LEAGUE DETAILS

A slight change in the league scoring has been made since TIO 53 for mathematical and administrative reasons: the average points of the first three men or women on a course will be 1000 rather then 100. If only two women run a course then their average will be 1000, if only one woman runs then she will score 1000.

Event organisers are asked to get the results of their event to Brian Hollinshead (62 the Rise, Mount Merrion, Co. Dublin) by the Wednesday following thrie event, at the latest. The league results will be calculated and displayed at the event the following Sunday.

To feature in the League you must:

(1) Be a member of a Leinster O-club affiliated to IOA;

(2) Show your name, club and age class on your control card;

(3) Use the same initial and club every time (otherwise Bob Murphy and Robert Murphy will be two different people);

(4) Run as an individual rather than a pair or part of a group, and run only once per event.

If you take part in a league event in a pair or group, mark your card "Non competitive". If you run more than once at an event then only your first run will be considered for league points: mark your second card "non competitive".

League courses will be Brown, blue, red, green, orange and yellow. You may run whichever course you wish but must finish 5 out of 8 events to complete the League.

FIXTURES

From now on, for the foreseeable future, the Leinster O-Council will pay the registration fees for Leinster events if the Leinster Fixtures Secretary has been sent a completed Registration Form by the organisers. Coillte appear to be charging a £50 administration fee for issuing permits, so all permit requests will be done in one go by the Leinster Fixtures Secretary in June up to the following June. If any events are not registered by then the club running the event will have to pay the £50 fee itself. Contact Leinster Fixtures Secretary John McCullough for details (01-378819).

Left-O-vers ... In early 1992 the LSOA are likely to use Leinster League events for their own league, subject to the agreement of individual organisers. The LOC has agreed this in principle with LSOA. Separate registration, start and results will be operated by the schools organisers ir needs be ... Leinster development Officer post still vacant: AJAX are to be invited to nominate a member for the job ... Leisuretel, a new leisure database to be installed at airports and railway stations, will have O-info on it in addition to a large number of other activities. The system is a relation of Minitel and will cover the 32 counties. 20 units will be installed in the next year ... The next LOC meeting

AJAX NEWS

Eilis Kernen
Secretary.
Phone 941723.

While the club scene has been fairly quiet during the summer months a number of well-known Ajax folk were battling first in the Trials and then in the World Championships in Czechoslovakia in August. All three Ajax members who competed in the Trials, Deirdre Ní Challanáin, Orla Cooke and Peter Kernan were subsequently selected for the irish Team. In addition Paddy O'Brien was the overall Team Manager, doing a Trojan amount of work both before and during the Championships. So, all in all, Ajax were well represented this year! (I even went along myself as moral support - unfortunately there were no official privileges for Moral supporters).
All involved put great effort into each competition, and enjoyed the week to boot.

Plans

As the season has started up again we'll soon be making plans for up-coming events (perhaps one before Christmas) and continuing to progress with maps etc. All are invited to help out in these areas! More details on these activities will be available over the next few weeks. There will be plenty to do in any case for the next few months so we can look forward to an active orienteering season.

But First ...

Remember that AJAX are running a come-and-try-it event at Killiney Hill on September 29th, National Orienteering Day, start times 11.00 to 3.00 pm. Why not come along and help, and bring your family/ friends/workmates.

AUTUMN IS MANY PEOPLE'S FAVOURITE TIME OF THE YEAR .....

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GREAT EASTERN NAVIGATORS ORIENTEERING CLUB

Enquiries: Andrew O'Mullane, 79 Glenbrook Park, Rathfarnham, Dublin 14. (01-933891)

So, another "summer" has come to an end with GEN's genial members competing at home and abroad.

NEWS

Midsummer Madness: GEN's generic general knowledge orienteering event was once again the highlight of the summer. Thanks to Diana Large and her team for organising and to Peadar Dempsey who provided the barbecue.

GEN has been drawn against 3ROC in the first round of this year's TIO Trophy. A venue for this picnic will have to be found. Meanwhile I would like to remind all team members to get out training.

While on the subject of training GEN will be organising technical training sessions throughout the coming year: look out for info on the club board at events.

Thanks to members Douglas Barry and Peadar Dempsey and the Irish Hill Running Association for preventing certain members from going soft and for filling everyone's presses with mugs.

Also good luck to all members going forward for selection for Home Internationals this October.

RESULTS

Well done to Chairman Jane Watt on her 6th place in D40L at the Scottish 6-Day. At the Shamrock O-Ringen in West Cork Gavan Doherty (M17), Jane Watt (W35) and Diana Large were all third.

EVENTS

GEN will be running four events this season:

September 29th	Corkagh Park	Grade 3
November 3rd	Trooperstown	Grade 2
January 29th	Corkagh Park	Grade 3
March 29th	Brockagh	Grade 1

Officials are now being selected to run these events in order to make sure the workload is spread evenly amongst members.

31st CONTROL

The social calendar has not yet been arranged - now there's another good reason to look at the GEN notice board at events!

setanta orienteers

SETANTA NOTES

NEW SEASON: Welcome back to the New Orienteering Season! For many of us, like the writer, the summer is 'closed season' for orienteering, while the more enthusiastic ones travel to far off places taking competition into their holidays. In any event, its back to the normal Leinster scene. We really need a renewed effort on the production of new maps. If this does not happen, then the fall off in attendances at local events in recent times will continue. Enough of the gloom and out with the ideas!.

MAPPING: to follow on from the opening sentiments, a number of projects have been identified by the Club as being worthwhile and these will start shortly. They involve considerable man/woman-power and a lot of expense. A commitment of help from as many members as possible is necessary to produce the maps in a reasonable timescale. Please contact the Secretary if you are able to contribute.

NATIONAL TRY ORIENTEERING DAY: September 29th. The Club will run an event at Killakee (Hellfire Wood Car Park) Co. Dublin to introduce newcomers to the Sport. The basics of the sport will be explained and Club members will be available to give advice. All are welcome and particularly family groups are encouraged to try orienteering: Anytime between 11 am and 3 pm. Courses will be suitable for beginners. Just bring your runners and track-suit or just walking boots. The pace is entirely up to you.

MOUNTAIN MARATHON: this year's event took place on July 21st from Glenmacnass in Wicklow. Despite a fairly dismal Summer, the Sun shone bright and warm bringing out around 40 hardy orienteers and hill runners. They needed to be hardy to cross the Glenmacnass Valley, with head-high ferns, millions of flies, gorse, fight forest, mud etc. Needless to say all enjoyed themselves. Our thanks to Philip Brennan and Paddy Walsh.

O-SUITS: The last batch of bright new orienteering Suits is almost gone except for a few of the large sizes. However, a repeat order will be made soon and delivery only takes about two weeks. A subsidy on the cost price is available, on request, to junior Club members. Please let the Secretary know if you wish to purchase a suit. For newcomers to the Sport, and who have being using track-suits, old clothes etc., a lightweight O-Suit will make a tremendous difference to your times and with proper O-Shoes you can take on the best in your class or course.

SPRINT-O: The Club will run a Sprint Orienteering event on Sunday, October 6th at Killakee (Hellfire Wood/Massey's Estate). Courses will have short legs and lots of controls. This is the first event after the 'National Try Orienteering Day', so beginners will have a choice of suitable courses.

ENQUIRIES: Application forms for Club Membership can be obtained through the Secretary. Please write or telephone:

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

Tel. (01) 941378

Affiliated to the Irish Orienteering Association

THREE ROCK ORIENTEERING CLUB

ENQUIRIES: Vera Murtagh, 19 The Cloisters, Harold's Cross, Dublin 6W (01-908237)

3ROC NEWS

Training

Started on September 6th with our first first Friday at Glenalbyn at 8.00 pm. The summer's events were reviewed: Scottish 6-Day, World Champs etc. Instead of the following day's training event we had a clean-up on Three Rock Mountain when around twenty orienteers gathered a van full of beer cans, scrap iron, plastic bottles and other rubbish. The idea was Sean Rothery's, to do our bit for the environment, and it may become an annual event. Certainly the walkers and horse riders we met were very impressed! Simultaneously Trina Cleary and Judith Butler ran a training session for the Rock-Kids, the club's younger orienteers, following on from the previous Saturday's junior training at Kilmashogue. Training Officer Philip Butler has sent the year's training programme out to members.

Fixtures

Our first event was on Three Rock on September 8th. Planner Una Creagh, Organiser Justin May, Controller Brendan McGrath - the first league event of the season. Well done all! Thanks to all the members who helped out.

Sunday 22nd September sees us running an introductory event at Phoenix Park as part of the "Walkfest" that day. Helpers needed to point newcomers in the right direction. Contact John McCullough (378819).

Sunday 29th September: National O-Day. We're running another come-and-try-it in the Phoenix Park. Please come and help for a while: starts 11 to 3. Contact John McCullough.

Sunday 13th October: back to Three Rock Wood for a colour event follow-up to National O-Day. Again, helpers are needed. Contact Brian Hollinshead (2881456).

Helpers also needed for Clara on November 17th, Phoenix Park on February 15th and 16th and Carrick Mountain on April 5th. Please help out at at least one event each year -you'll enjoy it. Too few people are doing too much work at present!

Watch out for: street night event in Phibsborough in November, Christmas score event on Three Rock on St. Stephen's Day (possibly a vampire orienteering event) and the Dublin Night Champs in February/March!

World Championships 1991:

Congratulations to Una Creagh and Justin May on their selection to represent Ireland at WOC91 in Czechoslovakia and to Julie Cleary who was the Women's Reserve and to assistant team manager Ronan Cleary. Also, by the way, to recent recruit Gerry Brady on his selection for the World Cup in mountain racing in Switzerland.

Summer Results:

Congratulations to our Shamrock O-Ringen winners Emma Glanville (W17), Monica Nowlan (W40) and Trina Cleary (W45). Where were all the men? Congratulations also to the following, all of whom finished in the first ten in their class at the Scottish Six-Day: Pamela Flanagan (7th in D10B), Karen Convery (2nd in D17A), Anne May (5th in D40L), Luke Campbell Crawford (8th in H10A) and Vince Joyce (9th in H35L).

Social and Personal:

Congratulations to Barry Dalby and Christine Moore who tied the knot in the early summer, and to Brendan and Lynn Cryan on their two recent acquisitions - Barry and Ciarán (M3 and M2). Avid readers of technology Irelans will have noticed 3ROC M17 Matthew Davey in the July/August issue, receiving a silver medal from the US Ambassador for his project ("Sound of Numbers") which won him the individual prize at the Aer Lingus Young Scientist exhibition. Well done, Matthew.

Since the postponement of the Munster Champs (possibly to March) the bus to the event won't run until then! More details later. Anyone interested in a club minibus or coach to the JK in the Lake District at Easter? Contact John McCullough.

Remember:

Club meeting every first Friday of the month at Glenalbyn Sports Centre, Stillorgan, 8 pm and technique training/instruction next morning in local forests. All members and prospective members are very welcome! Philip Butler has put together a busy training and instruction schedule for the coming year - don't disappoint him!

Shh! Mappers will be needed during the next year. If you'd like to do some surveying, contact David Rowe (956502).

RESULTS of Leinster Score Championships, Trooperstown, Co. Wicklow, 19th May 1991.

Controller : M.McPherson
Planner : P.Durrant
Organiser : D.Kennedy

Time Allowed : 60 minutes
Points Available : 630 points
Penalty : 10 points per minute

Men's Open

1.	J.May	3ROC	500-10	60.06	490
2.	P.Healy	CNOC	480-20	61.07	460
3.	G.Doherty	GEN	450-20	61.25	430
4.	B.Dalby	3ROC	440-30	62.26	410
5.	T O'Sullivan	CNOC	410-10	60.50	400
6.	F.Lafferty	FIN	400-10	60.49	390
7.	B.Delaney	ECO	430-40	63.59	390
8.	G.Brady	3ROC		59.18	370
9.	C.Rothery	-	380-10	60.09	370
10.	M.Geoghegan	AJAX		59.21	310
11.	H.Murphy	-	300-20	61.19	280
12.	M.Somers	DLSO	320-40	63.01	280
13.	J.Lawlor	GEN	310-40	63.23	270
14.	M.Flynn	CORKO	440-180	77.27	260
15.	R.Kavanagh	COD	320-70	66.43	250
16.	M.Mangan	-		58.16	220
17.	P.Brennan	SET	280-60	65.43	220
18.	P.Keeley	-		58.47	210
19.	F.Flood	FIN	270-110	70.54	160
20.	B.Jordan	3ROC		56.50	130
21.	C.O'Neill	-	200-180	77.06	20
22.	T.Spearman	FIN	100-160	75.49	-60
23.	R.Hudson	TRIMO	220-320	91.42	-100
24.	J.O'Rourke	DLSO	100-300	89.29	-200

Women's Open

1.	E.Loughman	CNOC	380-40	63.02	340
2.	R.Burgess	3ROC		59.43	330
3.	M.Ní Choitir	COD	320-50	64.44	270
4.	J.Cathalin	SET/UCDO		57.54	190
5.	E.Jones	FIN	270-80	67.14	190
6.	U.Coghlan	3ROC		55.50	140
7.	M.Healy	GEN	300-190	78.06	110
8.	N.Lawlor	GEN	120-40	63.58	80
9.	C.Piola	-		58.40	50
10.	B.Quigley	FIN	170-180	77.13	-10
11.	A.Wall	-	60-90	68.38	-30

Men's 17-

1.	S.O'Neill	DLSO	430-10	60.39	420
2.	M.O'Neill	SET	380-10	60.35	370
3.	N.Maguire	FIN		52.55	180
4.	C.Ryan	DLSO		56.06	170
5.	O.Mullowney	FCA		57.24	160
6.	D.Leigh	FCA		58.39	150
7.	A.Larkin	FCA	160-10	60.17	150
8.	E.Lawless	-	200-50	64.08	150
9.	D.O'Shea	FCA		60.15	140
10.	J.Butler	-		57.30	130
11.	D.Hickey	DLSO		59.46	130
12.	A.Curtin	GONZAGA	190-60	65.02	130
13.	P.Hopkins	FCA		59.07	110
14.	M.O'Herlihy	D.O.		59.13	110
15.	D.Clarke	DLSO		53.03	100
16.	L.O'Hara	AJAX		52.30	90
17.	P.Behan	DLSO		54.59	80
18.	R.Wheeler	D.O.	150-70	66.04	80
19.	P.O'Hara	AJAX		50.50	70
20.	D.McNeill	3ROC		53.00	70
21.	K.Shortall	D.O.	160-90	68.10	70
22.	L.C-Crawford	3ROC		56.02	60
23.	D.Marran	DLSO		56.36	60
24.	D.Cleary	-		57.32	60
25.	R.Barry	GEN		51.49	50
26.	A.O'Rourke	DLSO		58.05	40
27.	S.Higgins	DLSO	80-40	63.28	40
28.	J.McNabb	D.O.	150-110	70.18	40
29.	M.Cleary	-	70-40	63.33	30
30.	P.Cleary	-	70-40	63.35	30
31.	M.Swords	FCA		58.42	20
32.	S.McNabb	D.O.	100-80	67.17	20
33.	C.White	-		49.51	10
34.	T.Gray	3ROC	30-20	61.45	10
35.	A.Grady	3ROC	30-20	61.55	10
36.	J.O'Sullivan	DLSO	70-60	65.46	10
37.	C.Smith	FIN	40-80	67.16	-40
38.	M.O'Hara	AJAX	50-260	85.37	-210

Women's 17-

1.	K.Convery	3ROC	310-30	62.42	280
2.	S.Convery	3ROC		56.27	210
3.	E.Glanville	3ROC		45.18	130
4.	M.O'Rourke	-	120-10	60.29	110
5.	C.Butler	CNOC		47.07	100
6.	P.Flanagan	3ROC		58.02	100
7.	S.McCormack	GEN	160-60	65.40	100
8.	C.Thornhill	GEN		51.09	70
9.	D.O'Herlihy	D.O.	80-10	60.36	70
10.	G.Byrne	CNOC		51.46	60
11.	A.Burns	-		53.15	60
12.	J.Shortall	D.O.		56.39	60
13.	Sarah Louise	CNOC		56.57	60
14.	E.Butler	CNOC		56.58	60
15.	D.Cleary	-		57.32	60
16.	M.Grandfield	D.O.		58.39	60
17.	T.Buckley	D.O.		45.42	20
18.	L.O'Reilly	D.O.		47.42	20
19.	N.Hill	D.O.		49.42	20
20.	N.Nowlan	3ROC		50.26	20
21.	L.Cleary	-	60-40	63.37	20
22.	L.Mahon	-	60-70	67.00	-10
23.	K.Reid	-	50-190	78.16	-140

Men's 40+

1.	T.Russell	ECO	450-10	60.31	440
2.	G.Byrne	CNOC	450-30	62.37	420
3.	P.McCormack	GEN		59.16	370
4.	I.MacNeill	3ROC		59.57	350
5.	D.Brooks	3ROC	370-20	61.53	350
6.	M.O'Hara	AJAX	440-90	68.29	350
7.	P.Lawlor	CNOC	350-10	60.54	340
8.	T.McCormack	GEN	370-40	63.51	330
9.	N.C-Crawford	3ROC		59.23	290
10.	P.O'Neill	3ROC	380-130	72.56	250
11.	L.Roe	3ROC		59.01	240
12.	P.Butler	3ROC	250-20	61.47	230
13.	R.Norton	3ROC	240-20	61.14	220
14.	D.Watt	GEN	270-70	66.27	200
15.	S.Murray	SET	310-110	70.57	200
16.	D.Butler	CNOC		55.59	190
17.	B.Hollinshead	3ROC		58.20	190
18.	F.McCormack	CNOC	230-40	63.51	190
19.	J.Gray	3ROC	290-110	70.09	180
20.	B.Doherty	GEN	270-100	69.31	170
21.	H.White	-	180-20	61.11	160
22.	M.Kavanagh	-	200-40	63.38	160
23.	J.D.Clarke	GEN		58.29	150
24.	W.O'Neill	SET	130-10	60.48	120
25.	B.Lawless	-	110-10	60.44	100
26.	B.Jordan	3ROC		56.50	80
27.	G.May	3ROC		59.01	80

Women's 40+

1.	M.Thornhill	GEN	260-40	63.29	220
2.	W.McCormack	GEN	290-70	66.10	220
3.	J.O'Neill	FIN		54.04	200
4.	M.Nowlan	3ROC		56.32	190
5.	T.Cleary	3ROC	170-10	60.24	160
6.	D.Large	GEN	170-10	60.39	160
7.	A.McCormack	GEN	170-30	62.58	140
8.	M.Walsh	3ROC	290-160	75.46	130
9.	B.Flanagan	3ROC		58.07	110
10.	F.O'Neill	-		58.50	110
11.	P.May	3ROC		57.43	90
12.	R.Burns	-		53.20	60
13.	S.Butler(+Claire)	CNOC		56.56	60
14.	N.Doherty	-		48.46	50
15.	M.Higgins	SET	130-90	68.05	40
16.	L.Quill	FIN	120-90	68.39	30
17.	V.Murtagh	3ROC	80-80	67.06	0

3ROC BIKE-O/FOOT-O EVENT, Phoenix Park, Dublin, 5.7.91

Bike class

	Name	Club	Class	Score	Penalty	Result
1	Justin May	3ROC	M21	265	0	265
2	Larry Roe	3ROC	M40	320	70	250
3	Harold White	3ROC	M45	300	110	190
4	Chris McLoughlin	3ROC	M35	235	50	185
5	C.´OSúilleabháin	3ROC	M13	90	0	90
6	L.´OSúilleabháin	3ROC	M11	250	210	40
7	A.´Uí Súilleabháin	3ROC	W40	250	210	40
8	Luke C-Crawford	3ROC	M10	160	170	-10
9	Shane Holland			110	390	-280
10	Paul Doone			110	410	-300

Foot class

1	Mark Donovan	3ROC	M21	320	50	270
2	Mark O'Neill	SET	M17	290	30	260
	Brendan O'Brien	3ROC	M21	300	40	260
4	Peter O'Neill	3ROC	M45	260	10	250
5	Nigel C-Crawford	3ROC	M45	260	30	230
6	Shane O'Neill	SET	M15	225	10	215
7	Brendan Doherty	GEN	M45	240	30	210
	Gavan Doherty	GEN	M17	340	130	210
9	Dominic Lang	GEN	M19	195	0	195
10	Gerry Brady	3ROC	M35	340	150	190
11	M.O'Rourke	GEN	W15	180	0	185
12	Gerard Maguire & Caitriona O'Dwyer	UCDO		180	0	180
	Colin Dunlop	SET	M55	250	70	180
14	Jeff Butler	3ROC	M15	235	70	165
15	Frank Flood	FIN	M21	185	40	145
16	E.´OSúilleabháin	3ROC	M40	175	40	135
17	Brian Hollinshead	3ROC	M50	130	0	130
	Elisha O'Dwyer	UCDO		140	10	130
19	Frank Nugent		M40	315	230	85
20	G.Fitzgerald			145	70	75
21	F&M.O'Neill	SET		120	70	50
22	WJ.O'Neill	SET	M45	135	110	25
23	Vera Murtagh	3ROC		110	90	20
24	Mark Caslin			205	190	15
25	K.Mooney			95	230	-235
26	Barrow x2 & Drew x2		175	510	-335	
27	Holland			180	570	-390
28	Ciaran Smith		M13	40	530	-490
29	Fintan Byrne & L.Campbell			315	1070	-765
30	Leonne Hutchinson	FUCCO	W21	425	1250	-835
31	Linda Davrin, C.Mulligan & Evelyn Ryan		220	1250	-1030	
32	Lillian Quill	FIN		70	1350	-1280
33	Marie Dale	FIN		50	1350	-1300

Time allowed 50 minutes. 25 controls. Maximum score 425 plus bonus of 10 points per minute early if all controls were visited. Penalty 10 points/minute up to 55 minutes, 20 points/minute thereafter - hence all the low scores! As usual thanks to all who came along on a pleasant summer's evening - we hope you all enjoyed your runs/cycles in the Park and that the long grass, while it may have given you interesting route choices, didn't give you hay fever. Sorry about the vandals at control 4 - anyone who said they were there was given the points. Thanks also to the control collectors, the unsung heroes of many an event. (J.McCullough, Perpetrator).

RESULTS of 3ROC Leinster League event 1, Three Rock Mountain, Co. Dublin, 8th September 1991.

Orange Course - 3.0km - 125m climb

Pos	Name	Club	Class	Time	Pts.	Min/km
1	T.Tottenham	FermO	M13	35:10	1166	11:43
2	T.Cuddy	-	M	43:54	934	14:38
3	M.Joyce	-	M	43:55	933	14:38
4	W.McDonald	ECO	M13	49:49	823	16:36
5	W.Conboy	WHO	M13	51:52	790	17:17
6	L.C-Crawford	3ROC	M10	55:41	736	18:34
7	P.Hutchinson	WHO	M13	56:48	722	18:56
8	J.Smith	WHO	M	59:56	684	19:59
9	P.Behan	DLSO	M13	60:24	679	20:08
10	R.Dempsey	WHO	M13	61:06	671	20:22
11	F.Daly	CNOC	W21	62:12	1035	20:44
12	S.Higgins	DLSO	M13	63:37	644	21:12
13	D.Murphy	-	W15	65:06	989	21:42
14	P.O'Cleirigh	CNOC	W	65:54	977	21:58
15	A.NiShuilleabhain	3ROC	W40	69:00	933	23:00
16	J.Quinn	DLSO	M13	69:16	592	23:05
17	S.Devlin	-	M6	69:20	591	23:07
18	L.O'Suilleabhain	3ROC	M13	71:34	573	23:51
19	E.O'Suilleabhain	3ROC	M40	71:37	572	23:52
20	R.NiShuilleabhain	3ROC	W10	71:39	899	23:53
21	D.Marron	DLSO	M13	73:36	557	24:32
22	C.Woods	Fin	W	74:21	866	24:47
23	A-M.Woods	Fin	W	74:24	866	24:48
24	W.Lalor	WHO	M13	76:53	533	25:38
25	T.Lewis	KHO	W13	81:29	790	27:10
26	D.Clarke	DLSO	M13	81:59	500	27:20
27	C.Meehan	ECO	W13	83:16	773	27:45
28	R.Harvey	WHO	M13	83:28	491	27:49
29	M.Meehan	ECO	W13	83:37	770	27:52
30	A.Russell	ECO	M11	84:45	484	28:15
31	K Carroll	3ROC	M15	88:17	464	29:26
32	L.Nagle & family	-	M	95:34	429	31:51
33	E.Quill	Fin	M10	101:02	406	33:41
34	L.Quill	Fin	W	101:31	634	33:50
35	A.Cooke & mum	GEN	M	111:17	368	37:06
36	E.Barry	ECO	M	117:49	348	39:16
37	S.Barry	ECO	W	117:53	546	39:18
38	G.Gray	3ROC	M13	120:10	341	40:03
39	T.Ball	3ROC	M11	120:11	341	40:04
40	G.Murphy	-	M11	121:59	336	40:40
41	B.Murphy	-	M	122:18	335	40:46
42	T.Gray	3ROC	M10	130:54	313	43:38
	Carroll Family	3ROC	-	DNF		-
	J.Barry	ECO	M	DNP 2	-	-
	L.Spearman	Fin	W40	DNP 11	-	-
	J.Copper	WHO	M11	DNF	-	-
	N.Lalor	GEN	W7	MP 9	-	-
	A.Naughton	Fin	W40	DNP 11	-	-

PLANNER: UNA CREAGH
CONTROLLER: BRENDAN MC GRATH
ORGANISER: JUSTIN MAY

THANKS TO ALL WHO HELPED ON THE DAY.

Yellow Course - 2.2km - 95m Climb

Pos	Name	Club	Class	Time	Pts.	Min/km
1	H.Allen	WHO	W13	32:41	1055	14:51
2	N.Brooks	3ROC	W10	33:45	1022	15:20
3	C.O'Keefe	Fin	W21	37:03	931	16:50
4	K.Flanagan	3ROC	M8	38:01	1082	17:17
5	P.Flanagan	3ROC	W10	38:14	902	17:23
6	N.Nowlan	3ROC	W10	38:19	900	17:25
7	S.Nowlan	3ROC	W8	38:53	887	17:40
8	S.Morrow	KHO	W13	40:05	861	18:13
9	J.Bryan	KHO	W11	40:06	860	18:14
10	C.Meredith	KHO	W11	40:08	859	18:15
11	E.O'Neill	3ROC	W10	42:06	819	19:08
12	P.Tormey	WHO	M	42:42	964	19:25
13	A.Stoddart	WHO	M13	42:43	963	19:25
14	T.Lynch	-	M	43:49	939	19:55
15	A.Lynch	-	W	43:56	785	19:58
16	J.Lynch	-	M	44:07	933	20:03
17	C.Fitzsimons	3ROC	M11	44:11	931	20:05
18	I.Hatton	KHO	W11	44:55	768	20:25
19	A.Bayley	KHO	W11	44:57	767	20:26
20	J.Meehan	ECO	W10	46:13	746	21:00
21	J.McGrath	3ROC	M8	49:37	829	22:33
22	D.Healy	GEN	M8	49:44	827	22:36
23	S.Healy	GEN	W11	49:53	692	22:40
24	D.Gowing	WHO	M13	52:44	780	23:58
25	R.McGrath	3ROC	W7	53:27	645	24:18
26	E.Fitzsimons	3ROC	W5	53:54	640	24:30
27	D.Flynn	-	M7	53:55	763	24:30
28	K.Flynn	-	W6	53:58	639	24:32
29	N.Walsh	-	M7	54:36	754	24:49
30	D.Walsh	-	M8	54:37	753	24:50
31	C.Walsh	-	M10	54:48	751	24:55
32	C.Cashin	ATO	W	54:55	628	24:58
33	A.Walsh	3ROC	W9	54:57	628	24:59
34	E.Conmy	WHO	M13	56:29	728	25:40
35	J.Corrie	-	M	58:04	709	26:24
36	E.O'Neill	3ROC	W11	62:09	555	28:15
37	J.Humphreys	WHO	M13	62:54	654	28:35
38	E.Thompson	-	M13	62:59	653	28:38
39	J.Mullen	3ROC	W55	63:55	540	29:03
40	S.Lynch	WHO	M13	71:51	573	32:40
41	D.Masterson	WHO	M13	72:56	564	33:09
42	S.O'Connor	-	-	75:09		34:10
43	E.O'Connor	-	M	75:14	547	34:12
44	T.O'Connor	-	M	75:27	545	34:18

PLEASE USE SAME NAME (INITIAL) EVERY LEAGUE EVENT.
INCLUSION OF AGE CLASSES SPEEDS IDENTIFICATION AS POINTS ARE CALCULATED SEPARATELY FOR MEN AND WOMEN.

AS IT IS INTENDED TO DISPLAY UPDATED LEAGUE POINTS ON THE FOLLOWING SUNDAY, YOUR HELP IN ASSISTING THIS PROCESS IS IMPORTANT. PLEASE WRITE CLEARLY AND FULLY ON CARD AND STU

Brown Course - 7.1km - 310m climb

Pos	Name	Club	Class	Time	Pts.	Min/km
1	A.O'Cleirigh	CNOC	M21A	61:49	1151	8:42
2	J.McCullough	3ROC	M35	71:12	999	10:02
3	B.Bell	GEN	M35	80:22	885	11:19
4	B.O'Brien	3ROC	M	82:19	864	11:36
5	C.Rothery	3ROC	M21	82:59	857	11:41
6	G.Cunningham	3ROC	M21	83:33	851	11:46
7	S.O'Boyle	CNOC	M35	85:11	835	12:00
8	D.Reidy	ECO	M35	86:45	820	12:13
9	D.Cashin	ATO	M21A	87:22	814	12:18
10	A.O'Mullane	GEN	M19	88:53	800	12:31
11	K.McDonald	ECO	M35	94:47	750	13:21
12	M.O'Keefe	Fin	M21	95:08	748	13:24
13	M.Flynn	CorkO	M21	97:03	733	13:40
14	G.Maguire	UCDO	M21A	99:35	714	14:02
15	T.Joyce	FUCCO	M21A	100:58	704	14:13
16	J.Maguire	UCDO	M21A	103:35	687	14:35
17	B.Delaney	ECO	M21	103:53	685	14:38
18	M.Sheehan	FUCCO	M21A	110:14	645	15:32
19	P.Healy	CNOC	M35	119:35	595	16:51
20	M.O'Neill	SET	M17	119:54	593	16:53
21	M.McNamara	CNOC	M	120:42	589	17:00
22	G.Doherty	GEN	M17	122:49	579	17:18
23	A.Figgis	WO	M17	136:00	523	19:09
24	A.Bluetree	WO	M17	139:51	509	19:42
	T.Russell	ECO	M40	DNF	-	-
	M.Geoghegan	AJAX	M21	DNF	-	-
	K.O'Mahony	CRTCO	M21A	DNF	-	-
	D.Kennedy	-	-	DNF		-
	D.Kelly	ECO	M21B	DNF	-	-
	K.Convery	3ROC	W17	DNF	-	-

Blue Course - 5.0km - 260m climb

Pos	Name	Club	Class	Time	Pts.	Min/km
1	P.Farrelly	CNOC	M21A	47:15	1114	9:27
2	S.O'Neill	DLSO	M15	52:10	1009	10:26
3	M.Davey	3ROC	M17	58:26	900	11:41
4	T.McCormack	GEN	M	63:43	826	12:45
5	D.Watt	GEN	M45	64:25	817	12:53
6	P.Flanagan	3ROC	M45	68:44	766	13:45
7	D.Murphy	-	M	69:11	761	13:50
8	P.Butler	3ROC	M40	70:44	744	14:09
9	E.Glanville	3ROC	W17	72:17	1156	14:27
10	P.Spillane	CNOC	M21	73:11	719	14:38
11	M.Somers	DLSO	M19	76:01	692	15:12
12	J.Watt	GEN	W35	76:41	1089	15:20
13	T.Conneff	DLSO	M17	82:23	639	16:29
14	E.Hume	FermO	M45	83:20	631	16:40
15	J.Dempsey	-	M	84:51	620	16:58
16	A.B-L	GEN	M55	89:36	587	17:55
17	J.Lalor	GEN	M35	92:03	572	18:25
18	C.Moloney	AJAX	W21	101:38	822	20:20
19	J.Horan	AJAX	W21	102:10	818	20:26
20	T.Cleary	3ROC	W45	105:41	790	21:08
21	J.Cathalin	SET	W21	130:55	638	26:11
	F.Worrall	-	M	DNF	-	-
	R.McDonnell	-	-	DNP 1		-
	I.MacNeill	3ROC	M40	DNP 6	-	-
	R.Norton	3ROC	M50	DNF	-	-
	K.Grogan	CNOC	M35	Did not return card		

Red Course - 4.8km - 260m Climb

Pos	Name	Club	Class	Time	Pts.	Min/km
1	D.Brooks	3ROC	M50	57:26	1132	11:58
2	R.Flynn	SET	M45	68:44	946	14:19
3	B.Doherty	GEN	M45	68:49	944	14:20
4	L.Connaghty	ECO	M21	81:35	797	17:00
5	U.Coghlan	3ROC	W21	92:58	1044	19:22
6	G.Power	3ROC	W40	101:14	959	21:05
7	C.O'Mara	3ROC	M21	102:18	635	21:19
8	M.Kellett	GEN	M50	104:43	621	21:49
9	H.Coghlan	GEN	W21	105:54	917	22:04
10	R Rigney	CNOC	M21	114:03	570	23:46
11	?.Walsh	ECO	M21	116:14	559	24:13
12	?.Mulhern	ECO	M21	120:20	540	25:04
13	T.Owens	3ROC	M50	152:05	427	31:41
	T.Keegan	UCDO	-	DNP 10		-

Green Course - 3.5km - 170m

Pos	Name	Club	Class	Time	Pts.	Min/km
1	M.Nowlan	3ROC	W40	43:42	1186	12:29
2	J.Mackey	WHO	M13	44:05	1118	12:36
3	A.de Lacy	ECO	M13	50:23	978	14:24
4	B.Cryan	3ROC	M21	53:24	923	15:15
5	D.Allen	WHO	M15	54:36	903	15:36
6	W.McCormack	GEN	W40	55:23	936	15:49
7	J.Butler	3ROC	M15	56:01	880	16:00
8	B.Flanagan	3ROC	W45	56:25	919	16:07
9	M.Walsh	3ROC	W40	57:04	908	16:18
10	D.Large	GEN	W50	58:49	881	16:48
11	M.Healy	GEN	W35	59:51	866	17:06
12	P.O'Neill	3ROC	M45	62:21	791	17:49
13	N.C-Crawford	3ROC	M45	63:07	781	18:02
14	C.Ryan	DLSO	M15	63:14	779	18:04
15	J.Dempsey	DLSO	M15	64:07	769	18:19
16	R.Colbert	FUCCO	M	65:59	747	18:51
17	B.Hollinshead	3ROC	M50	68:56	715	19:42
18	S.Kuldorff	SET	M65	69:36	708	19:53
19	J.O'Neill	Fin	W45	70:08	739	20:02
20	E.Dunne	3ROC	M21	72:06	684	20:36
21	N.Brady	DLSO	M15	72:19	682	20:40
22	M.Higgins	SET	W50	77:11	672	22:03
23	A.Tottenham	FermO	W40	79:33	652	22:44
24	C.McGrath	3ROC	W40	82:05	631	23:27
25	F.O'Neill	SET	W40	84:00	617	24:00
26	G.May	3ROC	M55	88:13	559	25:12
27	E.Lawrence	SET	W13	99:06	523	28:19
28	W.O'Neill	SET	M45	104:22	472	29:49
29	V.Murtagh	3ROC	W50	109:15	474	31:13
30	J.Lucey	-	M21	133:41	369	38:12
31	F.O'Hanlon	DUO	W	137:42	376	39:21
	H.Bradley	WHO	M17	DNP 6	-	-
	K.Kellett	GEN	M13	DNF	-	-
	E.Cathalin	3ROC	W21	MP 10	-	-

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LOUGH KEY OC
Michael Brennan, Copse, Boyle, Co. Roscommon.

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