The Irish Orienteer

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The Irish Orienteer

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GOODBYE TO THE RELAY

Market forces in the past year or two seem set to oversee the demise of the relay competition. The most recent casualty is the Leinster relays which will next year be replaced by a Sprint-O event. The Connacht relays disappeared some years ago and in the North the score relay has taken over. The Munster Relays and the Irish Championships are the only two remaining. Sprint-O and score relays are good in their own right, but should supplement rather than replace the conventional team relay event, one of the rare occasions when spectator interest can be maintained in orienteering and one of the few when we are asked to run as team members for our clubs in what is essentially an individual sport.

It may be that orienteers have had it too tough in relays over the years: courses too long, badly planned, no attempt made to keep spectators and runners abreast of the race in the forest, no serious attempt at up to the minute results, and that the orienteers are now voting with their feet by not attending relays. Sure, a relay involves more organisation than an individual event, but with a well-chosen area, proper planning of courses for fast times and a real race on the courses, the relay race is one of the most satisfying kinds of orienteering.

Organisers say they are tired of running relays which don't make money and which are poorly attended. Since when has making money been the over-riding consideration? Have areas such as Curracloe, Mullaghmeen or Glengarriff ever made money? The quality of the area and the survival of the sport must surely come first. Admittedly, small clubs find it difficult to field teams and even the larger clubs have been badly hit by emigration in the most competitive age classes (M/W 21), but with some thought as to team composition the relay could not just survive but prosper again. Any takers?

It may be only November but it's TIO's last chance to say Happy Christmas to you all!

John McCullough

The 1991 Home Internationals

Junior

John Feehan reports on the Ward Junior Home International in West Cork on October 5/6th.

Some fine Irish performances, individual and relay, a great team result for Scotland and superb hospitality were the outstanding features of this year's Ward Junior Home International. The races were held on two of the best areas available in Ireland at the moment, Tír na Spidóige and Ros Mór near Inchigeela in Co. Cork. The courses were technically very testing and the late summer growth ensured plenty of sapping vegetation.

Arriving at Ballingeary late Friday night the other teams were more than delighted with the reception they received, fearing that irritated hosts awaited them. However, even after midnight they were made feel very welcome and the accommodation was something which really impressed them. Credit must go to the families in Ballingeary who looked after everyone so splendidly.

The Individual event was held on Tír na Spidóige and at the end of the day it was clear that England were not going to dominate as in previous years. The Scots and Irish made major improvements and had some remarkable results. The Scots 1-2-3 in M15 must rank as one of the best team performances ever, a class ahead of the rest of the field.

For Ireland, Joanne Mein (NWOC) was unlucky to finish second by 4 seconds in W13, continuing her series of successes at home and in Britain this year. In W17 Emma Glanville (3ROC) left many good names behind her to finish an excellent 3rd. The best orienteer of the weekend, Marcus Pinker, romped home to win by 6 mins 22 seconds in M17 and following it up with an equally impressive run in the Relays.

The prizegiving was held in Creedon's Hotel, followed by a great meal and a Céilidh which featured a Highland Fling and the reliable Siege of Ennis. The teams mixed well, which was good to see, and we were all impressed by Bernard and Margaret Creedon showing us how it's done out on the dancefloor.

The Relays on Ros Mór proved to be very exciting and provided us with our first victory in this competition. The English stamped their authority on the proceedings by taking four of the six races and also the overall trophy. In M17 Marcus Pinker gave Gavan Doherty a 5 minute lead which became 8 minutes and Brian Creedon maintained this advantage to win comfortably. The pressure was palpable but the lads did superbly.

As well as these successes, other individuals who ran well were Jonathan Mackey (4th in M13) and Marianne Hutchinson (4th in W13). Indeed everyone did well, improving our team performance greatly on previous years.

Thanks to the officials, Cork O, the team aides and especially Bernard for all the time and effort. New trophies were donated for the weekend by Water Technology, one for the overall team winners including the relay event and the other for the leading Irish competitor. These went to England and Marcus Pinker, respectively.

The **AIB Awards** were made over the weekend for the best Juniors in each class and these went to: M13 J.Mackey (SET), W13 J.Mein (NWOC), M15 P.Feehan (BVOC), W15 M.Cooke (NWOC), M17 M.Pinker (Cork O), W17 K. Convery (3ROC).

Thanks to AIB for their continuing support which is a great bonus to all our juniors. Overall a good weekend for the home team, with good signs for the future.

TEAM RESULTS

		Individual	Relay	Total
1	England	151	132	283
2	Scotland	158	90	248
3	Ireland	111	66	177
4	Wales	43	42	85

Senior

A WEEKEND IN WALES

Ferry timetables were disrupted for days before the event, travel in disarray, more gales forecast. The first snow of winter had settled on Snowdon and the surrounding hills when they hove into view on the short drive from Holyhead to Capel Curig in Snowdonia where the teams for the Cotswold Senior Home International were to stay. Plas y Brenin, the Welsh National outdoor centre, was being taken over for the weekend by the Irish, Welsh, Scottish and English orienteering teams, and a superb event centre it proved to be. The competitions were nearby, less about 5 minutes away by minibus, and there was a shuttle service from the Centre to the race site.

Mynydd Cribau, on the south side of the A5 between Capel Curig and Betwys y Coed was a new area for orienteering and consisted of about 75% open mountain, 10% young forest and 5% runnable forest (except for the ferns). On paper it looked good: considerable West Cork style contour detail in the SE part, otherwise reasonable detail, not too steep and probably quite fast (since the courses ranged up to 14.0 km for the M21E's). The reality was somewhat different: bog and rough open in the early stages, rough ground and knee- or thigh-high heather in the rest, and ferns in the forest: it was like running through treacle for much of the courses. This didn't seem to bother the winners, though, who managed times like Jonathan Musgrave's 88.26 for 14 km on M21E. The area was rather like nearby Gorddinan, not difficult navigation but very physical, although not in the same class as some other orienteering areas in Snowdonia, even though the scenery and views were superb.

Individual race

The day was very cold but dry and with sunny spells and the Home International runners all started between 10.00 and 11.00, before the "ordinary" competitors in the National event with which the SHI was combined. Blackwater Valley and UCCO's John Feehan had the best run of the Irish, finishing second on the 12.3 km M19 course. Our other best performers were Bill Edwards (5th in M21E) and Karen Convery (5th in W19), Una Creagh (7th in W21E), Ann May (8th in W35) and Pat Healy (9th in M35). Liam O'Brien in M35 had the misfortune to pick up the wrong map from the right box and had run the long leg to the first control before realising his mistake. He returned and got the right map but was left with his original start time. He continued but finished in a slow time, not surprisingly. One control caused some problems: a small hill with a yellow tag with the control code on it but the control sited on the next hill about 20 metres away - it happens even here! The team consisted of twenty six runners with twenty to count and the results after Saturday were not too encouraging: Scotland 175, England 171, Wales 83, Ireland 68. However, after hot showers, an afternoon spent contemplating the skiers and canoeists outside the windows of the Plas y Brenin bar and the rugby players on the TV, followed by tea and cakes and an excellent meal later in the evening (courtesy of Cotswold Outdoor Leisure) the spirits were raised.

The Relays

On Sunday a score relay was run on the same area for the SHI teams with the other runners having a choice of a conventional score event or colour courses. We were delighted to hear that the points to be accumulated by all runners were cut by 50 so we'd at least be back in time for the ferry! Team Manager Paddy O'Brien opted to run three teams in the Long (250 point) and the Short (150 point) classes and two in the Medium (200 point) class. There was an early start for first leg runners at 09.00 meaning a breakfast transformed into rasher sandwiches for later and the overnight rain was unrelenting: the sort of

day that you don't run unless you have to. We had to. Start and finish were in an exposed field on the hillside but it was at least possible to avoid the worst sections of the area. Two teams were disqualified: one for not getting enough points and the second for mispunching as far as we could tell: there were two totally separate lots of controls out so it was easy enough to do.

Final results have not yet arrived but it is safe to assume that we didn't catch Wales. At least we all arrived safely, unlike last year, so maybe things will improve further in Scotland next time. (J.McCullough.)

Veteran

CRAIG a' BARNS CLAIMS MORE VICTIMS

Before

Rather than providing merely a factual account of the VHI weekend I thought it might be illuminating to go back to the start, for me, of the "adventure". It all started innocently enough late last year when Colin Henderson approached me to act as Ulster Inter-Provincial selector. As LVO Hon Sec all my administrative activity was at club level although I had previously served in a number of posts at NIOA level. "Seems simple enough", I thought, "I'm collecting results details anyway, I may as well make extra use of them". What the wily so-and-so omitted to tell me was that Ulster selectors were, de facto, on the Irish selectors' panel, so imagine my surprise when I received notice of a meeting to discuss World Champs selection!

The next set of circumstances which arose were within LVO. We have undertaken to stage next year's Vets' (as part of a BOF National Event on new terrain so make sure you're there!) and at the inaugural organising meeting we decided on a planner. There are quite a few LVOers who could do that job but I was the one who came away with it. When that news got out, Raymond Finlay, NIOA Chairman (another wily so-and-so if ever there was one!) persuaded me to take on the Vets' Managership to take a look at how the Scots did it this year, so to speak! (it's interesting that both the aforementioned were on expedition in India and the Himalayas during the build up to the event).

Anyway, there was I, wet behind both my selector's and manager's ears and trying to get my corner heard while all were concentrating (quite rightly!) on the World Championships. Just to put me at ease I kept hearing of last minute crises which had cropped up prior to last year's event!

The procedure that was adopted in selection was to pick a fairly broad panel (where the numbers existed). These people were contacted as to availability; I feel that this first stage process smoothed my path later on and would commend it where a training squad system does not operate.

Selection then took place after the World Champs were over and I wrote out to the selectees offering the reserves in each class the opportunity to travel. This turned out to be another successful ploy for it meant that dropouts (dropsout?) did not disrupt the team. Indeed all the places that had been filled at selection were taken up at the event.

As far as arrangements were concerned I organised two minibuses departing from Ballyclare on Friday afternoon (one early and one late to facilitate those travelling from Munster) and returning there on the Sunday evening. ("Ballyclare?" I hear you ask: Wilbert Hollinger kindly loaned us his extensive driveway for car parking - much easier than finding a *parc fermé* in Belfast.) The driving was shared by myself and Alan Pentland, the LVO Competitions Sec, who is organiser of next year's VHI (yes, he fell for the con trick when I tried it on him!). The only moment of managerial panic arose two days before departure when the hire company rang up to say that their insurers had ceased operation in Northern Ireland!

The Scottish Orienteering Association arranged accommodation in 6-berth mobile homes at Dunkeld. These were fully equipped with bedding and proved very comfortable. As the caraven-resident population of 24 was split male/female 13 to 11 it did, of course, meant that one man was pitched into a caravan full of women. When we arrived at Dunkeld (in the case of the second bus at 12.30 in the morning) we eventually discovered that one of the non-Celtic teams had decided to change the allocation of caravens: it was an "interesting" half hour spent negotiating narrow caravan-site lanes , including hairpins and steep drops, until we located our 'vans.

We met up with our English-based members, Terry Dooris (M60 with Fermanagh-based antecedents) and Frank Martindale (M55 with long-standing residential qualifications) on the Saturday and travelled the 25 miles to Crieff for the Relays. One of the unique jobs for the manager is converting the rules of team structure into a set of relay teams - the rules are designed to provide for teams of mixed sex and class. There are many permutations available - I went for a system of making three teams as strong as possible (3 out of the 5 to score) in the hope that none would suffer disqualification.

During

A humorous sideline to the weekend was that the Irish contingent, with 24 in the squad, were looking for additional runs while the Welsh had places going spare. I therefore caused great consetrnation when I lined up at the mass start among the Welsh first leg runners: the Irish were masquerading a sixth team as Welsh!

Although there was a colour event in the forest the Vets' assembly area was separately located - this gave a homely feel to the event - there was certainly none of the mass start hysteria usually associated with Championship relays. The organisation was also very low-key: the optimum run-out from the changeover point was through the spectator area and in any case the flag marking the start triangle was directly behind the timekeepers tent! The terrain was a wooded ridge plus some open ground on one side, mostly reasonably runnable along the slope but something of a slog up the sides. The vegetation was somewhat vague and of dubious use for navigation.

A traditional part of the Home Internationals is some sort of social event on the Saturday evening. Not for the Vets a frenzied disco - we had a sit-down meal in a nearby hotel. After the food I took the opportunity, among the managers' words of thanks, to issue a first, informal invitation to next year's event in the Mournes.

The Individual event on the Sunday was run on the National Event courses in Craig a' Barns, with the VHI starts preceding the other. The forest lived up to its tough reputation and running times were long, not helped by having early legs passing through a felled area which was inaccurately represented; stories came back of packs of W40's and 50's trawling the area for controls!

After

The need for an early departure to reach Stranraer on time, allied to the high times, means that I do not have detailed results to hand as I compile this report. Suffice to say, however, that we came fourth - hopes of matching the Welsh at least were not to be sustained. I see the reasons for that as twofold:

our Vets are latecomers to orienteering and have not had the technical grounding necessary to be comfortable in terrain such as Craig a' Barns. Hopefully the efforts with the Junior and Senior squads, if they can be sustained, will eventually resolve this problem. It's certainly too late to try to teach technique by the time someone has reached the Veteran stage.

we do not have the sustained exposure to this level of competition - in British National Events all age classes are fiercely competitive - here we often see older age classes having to be combined. We need some event structure to give our Vets more direct competition: perhaps a Vets' Interprovincial would help here.

So there we are - it's over for this year! I have certainly enjoyed doing it, and judging from the reactions the squad enjoyed their weekend. Hopefully word of that social success will spur others and make selection to next year's squad a more competitive goal; if that happens I will consider my work to have been a success. LVO will certainly be working hard to make the weekend a memorable one.

My thanks go to Alan Pentland for his invaluable assistance, to Meg McIntosh for co-

ordinating on behalf of the SOA and to all the squad for their efforts in the forest and their good nature throughout.

May I close by putting on my selector's hat and pointing out that the greatest difficulty which I experienced was with people who did not reply to queries about availability or invitations to participate. Such lack of response means that the process of finding replacements gets delayed, increasing in turn the chances of those replacements being unavailable. As someone who would find it a great honour to be picked to run for Ireland I find such reticence hard to understand. If an invitation comes your way in the future please respond quickly - think of the poor manager waiting to hear from you!

My final thought is a personal one. In what other job would I get the opportunity to sleep with five lovely women! (Alan Gartside.)

The Squad:

40-45 (3 men, 3 women to count): Seán Cotter (CorkO), Seán McSweenet (SO), Ernie Wilson (LVO), Donal Burke (LeeO), Ted Feehan (BVOC- relay), Monica Nowlan (3ROC), Maire Walsh (3ROC), Trina Cleary (3ROC), Sue Pim (WATO), Brigid Flanagan (3ROC-reserve), Jean O'Neill (FIN-reserve);

50-55 (3 men, 3 women to count): Maxwell Reed (FermO), Alan Shaw (ThO), Frank Martindale (3ROC), Colin Dunlop (SET), John O'Neill (BVOC-relay), Hazel Convery (3ROC), Clare Nuttall (LeeO), Diana Large (GEN);

60 (1 man, 1 woman to count): Terry Dooris (LVO), Fred Calnan (CorkO), Marie O'Sullivan (LeeO).

Management: Alan Gartside (LVO), Alan Pentland (LVO).

It's No Secret: Champion Orienteering for All!

World Champions Martia Skogum (1989), Kent Olson (1987), Kari Sallinen (1985), Morten Berglia (1983) and world elites Jorgen Martensson, Ragnhilde bente Andersen, Ragnhilde Bratberg (also a World Ski-O Champ) and Jana Galikova were interviewed by US orienteers Charles Parry and Ron Rivera at the World Champs Training Camp in Sweden. **Damon Douglas** heard the tapes ...

The champions discussed their mental, technical and physical skills. What distinguishes them as champions, they believe, is their mental skills.

MENTAL SKILLS

Preparation for "the big one" starts years in advance. Attention is spent on training not just the technical and physical aspects, but also the mental aspects. Champions will train by studying terrain like what they will race on, by studying maps by the same mapper and courses by the same planner. They rehearse in their minds all the situations they will face, technical and physical - and how they will handle them.

Concentration: Every champion ranks concentration at or near the top of the list of key O-skills. They blame most mistakes on lack of concentration. Concentration means thinking only in the present the NOW. When extraneous thoughts of the past or future creep in, each champion has a deliberate technique to get back to the NOW. These techniques, whilw different in detail, are all basically the same: they focus their thoughts on the very basic mechanics of the orienteering that they are doing at that moment, e.g. "I am running to a small knoll, keeping a boulder on my left".

Non-elites can rehearse in the same way. After you've read the course planner's notes ask yourself what they mean to your route selection and planning. Look at the terrain, walk to the finish, ask and answer the same questions. Study the map beforehand or, if that's not possible, a similar one. Set up courses. Make routs choices, develop plans. If you can, run in similar terrain the week before. In short, do whatever you can to resolve as many situations as you can - before the start whistle.

Self-confidence: Before "the big one" each champion seeks out "the feeling", the feeling of self-confidence that preparation is complete and that the champion is prepared to do his or her best. Each champion has a process of routine that leads to "the feeling". The finishing touches on the long process of building confidence came in the last week, days, hours, minutes, seconds before the start whistle. It is much easier to find that feeling when the physical preparation has gone well. But even when that aspect of training hasn't gone well the champions still manage to get that feeling by using elaborate rationalizations. They have painstakingly assembled their routines through trial and error. The common characteristics of these routines involve solitude and intense concentration.

Control: The runner controls the difficulty of the course by adjusting running speed and by making route choices. Over and over the champions say that they must run slowly enough and pick easy enough routes so that they don't make any mistakes. It is easy to know when to run fast; it is not so easy to know when to slow down.

This can't be emphasised enough. Look at it this way: in order to win a major event you need to hit 20-30 controls without mistakes. This means that to have decent odds of no mistakes you have to have something like 98% odds of hitting each control. You can control these odds by controlling your speed and the difficulty of your route choice.

The champions use the first few legs to establish control. They are extra cautious, consciously slow, making deliberate, redundant checks of features. Only after they feel that they are under control do they allow themselves to open up.

For the non-elite, the first few controls are even more important than for the elite. Not only do the non-elites need to establish control but they must also resolve some of the issues which the champions resolve during their preparation. The non-elite needs to "come into the map", which means learning the peculiarities of the particular terrain and the particular mapper. For non-elites it may not be until after the start whistle that they get a feel for what kind of route choices need to be made and what features will be used for navigation.

Some of the champions like to claim that they control everything about the competition, including the weather, the quality of the map, etc. What they really mean is that they have prepared themselves for all eventualities (rain, dubious maps) so that when the time comes they have the feeling that they are in charge.

Goals: When a champion begins to think about "the big one" the goal is to win, or place in the top three, etc. This objective goal defines the preparation necessary and provides the motivation to work hard. At some time between two months and two weeks before the race, the order of finish disappears as a goal. The new goal, a subjective, internal one, becomes to do as well as possible, to make no mistakes. This goal sets the tone for self-control and concentration. If a champion does his or her best and still loses, the winner is acknowledged as better prepared. They attribute their loss to insufficient preparation. Then they feed this back into the cycle of preparation for the next "big one".

In the next issue: Technical skills.

LVO : SO FAR, SO GOOD

Lagan Valley Orienteers, current holders of The Irish Orienteer Trophy, have so far managed to fend off the challenge of North West OC and Fermanagh Orienteers in the Northern round of the competition at Slieve Croob in Co. Down on September 14th last. LVO also had the audacity to organise the event themselves and still went on to win by 127 points to NWOC's 74 and an under-strength FermO's 19.
In Leinster 3ROC take on GEN at the AJAX event at Cloghleagh on December 1st. TIO hasn't heard anything about the other Leinster matches (Fingal v AJAX or CNOC v SET) or the Munster ones Lee v WATO and Cork O v the winner of the first match.

SQUAD HOPEFULS TRAIN

As reported in TIO 54 Irish team manager and IOA Coaching Officer Paddy O'Brien has arranged athletic training for younger squad members and those with international ambitions in the M/W 17 and 19 classes (and even some 21's at a pinch). BLE coach Barry Keane is running training sessions in Dublin at UCD's sports complex at Belfield at 5.45 pm on Tuesday and Thursday evenings. If you feel you fall into the up-and-coming category and would benefit from fitness/running training why not go along? The group are starting speed work at the moment, so the sooner you get along there the better! Paddy hasn't yet had any success in organising a similar coaching scheme in Cork or Belfast, but watch this space for news.
On a related topic Paddy hopes to have a permanent 3 km time trial route planned at the Hellfire Club as a fitness test so you can time yourself periodically and measure how your fitness is progressing. A similar route in Cork is planned soon. Contact Paddy for details (01-933059).

ECO MAY MERGE

Following the successful merger last year of Curragh Orienteerers and Orienteering Naas to form Curragh-Naas Orienteers (CNOC) the other Leinster-based largely Army club Eastern Command Orienteers is set to join to form an enlarged club. ECO numbers have dwindled to a handful in recent years and the club is finding it difficult to run events due to lack of manpower. (Work commitments always featured strongly in ECO's area, even back to the early days when the competitors were driving around Kinnitty in Co. Offaly looking for an ECO event while the organising team were still coming from Dublin, delayed due to prison riots in Mountjoy (I think) and compounding the problem by locking the maps in controller Ted Russell's car ...).
Lack of juniors in the club is also a major factor in the likely decision to amalgamate, according to Secretary John de Lacy, as it isn't possible to form relay teams for them. The Leinster League event run by the club at Devil's Glen will be the last ECO event if the plans go ahead as expected. (For our foreign readership it should be pointed out that "cnoc" is, appropriately enough, the Irish word for a hill, which features prominently in such placenames as Knocklong, Knocktopher, Knocknagoshel, Castleknock ...)

ODDS AND ENDS

Good to see Cork O's Bill Edwards (aka William Edwards or Liam Edwards in various JK relays) finishing on the Southern Navigators winning team at the 71 kilometre Harvester Trophy 7-man overnight relay in September at Hankley Common near Aldershot. The event was run by Happy Herts on an area of fast heathland but with the changeover area in a large depression which filled with fog for the night chilling officials and waiting runners to the marrow but leaving the competition area clear. Next year's event is in Scotland. (Are 3ROC the only Irish club to have taken part in the event?)

Despite (because of?) atrocious weather conditions at the Anderson's Mourne Mountain Marathon at the end of September several orienteers featured prominently in the results. David Rosen (late of LOK) was on the winning B class team with Joan Nicholson in a time of 11.32.12, with LVO's Bill Simpson and Andy Stott 5th (13.03.29) and Alan Young (SET) /Andrew Pim (WATO) 8th (13.48.03). LVO's Fred Hamond was on the 4th A class team, while English orienteers Stella Lewsley and Gill Hale were leading ladies on the B class. LVO's Ronnie McKee was on the second C team while Ciaran Young and Gavan Doherty were 5th C team. Bill Buckley and Rob Poole won the A class in 15.49.26 and William Halliden and Brian Yorke (ECO?) the C class in 9.49.39. A large number of teams failed to finish the two day event.

Clue Sheet, David Dana's program for producing IOF control descriptions on the Apple Macintosh, has just been updated to cope with the changes in IOF symbols since the original program came out. Details can be got from him at 1540 Hudson St. #204, Redwood City, California 94061, USA. The cost of the program is about $20.

Nice to know ... that the World Schools Orienteering Championships are coming to Cork, according to a report in the September CompassSport. A Scottish at this year's event in Finland took three silver medals away with them.

Speaking of CompassSport, the new editor is Suse Coon, Ballencrieff Cottage, Ballencrieff toll, Bathgate, West Lothian EH48 4LD, Scotland. (Phone 03-0506-632728). She is a regular contributor to Up & Down and has produced a book on Scottish hill running called "Race you to the top".

Mapping enthusiasts will be glad to learn that Robin Harvey's book "Mapmaking for Orienteers" has been reissued. Now in its 4th edition the book has been the O-mapper's bible for years. The new edition runs to 112 pages and covers getting started, competition maps, planning a mapping project, base maps, fieldwork, cartography, computer drawing and printing. It includes the 1990 IOF map specification changes. Cost: STG£13.45 including p & p from BOF. Every club should have at least one! Speaking of mapping, CNOC's Pat Healy has produced a computer-drawn map for Blessington Lakes outdoor centre. Is this the first computer-drawn O-map in Ireland?

Gill and Macmillan have recently re-issued their Irish Walk Guide books originally published in 1979. At £5.99 the guides are good value (especially with Christmas just round the corner) and cover the East and South (David Herman and Miriam Joyce McCarthy), West and North (Tony Whilde) and Southwest (Seán OSuilleabháin). The general editor is Joss Lynam and the maps of the routes are by Nuala Creagh and by Justin May, so orienteering connections abound. Apart from these the Ordnance Survey in conjunction with the Dermot Bouchier Hayes Trust has recently published a guide and 1:25 000 scale map of the McGillicuddy's Reeks for £3.50 and the new (final) version of 1:50 000 sheet 78 (Kenmare/Killarney area) is available, also at £3.50.

AFAS has issued the second edition of their booklet "Maps and guides for Walkers", a list of available sources of information about Ireland. This is available from AFAS, House of Sport, Long Mile Road, Dublin 12.

EXERCISE: "The art of converting big meals and fattening snacks into back strains and pulled muscles by lifting heavy things that don't need to be lifted or running when no one is chasing you" (from the Scottish O-newsletter, SCORE).

Apparently there was a notice in the papers in recent months of the intention to apply for a permit to run a paintball/skirmish/splatoon operation in Kilmashogue Wood in the foothills of the Dublin mountains. Would this still allow us to orienteer there, and how would it affect the Wicklow Way which runs through the area, an area which is also very popular with walkers

and other outdoor types?

Not JK 92: If you're interested in walking and aren't going to the JK next Easter you might like to walk the Wicklow Way to raise money for Cerebral Palsy Ireland. If you raise £800 in sponsorship you will get all your accommodation and meals free, plus various other perks. Contact Rory O'Connor, Cerebral Palsy Ireland, Sandymount Avenue, Dublin 4 (01-2695355).

The inaugural World Rogaining Championships are to be run by the Victorian Rogaining Association in Australia on August 7/8th 1992. Rogaining is a two person score event over a long period, typically 24 hours. It started in Australia and has spread to North America. The letters stand for Rugged Outdoor Group Activity Involving Navigation and Endurance. Further information from Ron Weibrecht, VRA, 131 Cubitt St., Richmons 3121, Victoria, Australia. It strikes me that the AFAS map of the Glenmacnass area or the new 1:50 000 Wicklow map could be used for a shorter event, say 6 or 8 hours - how about it, Setanta, instead of a slightly long-O event called a Mountain Marathon?

EVENTS ABROAD

Some events coming to light recently, which you might like to consider, include "Winter in Wales 92" on 8/9 February: a night badge event and the Midland Night Champs at Pembrey followed next day by a badge event at nearby Merthyr Mawr Warren. Both areas are sand dunes (Pembrey forested, the other open) and of outstanding quality. Both are on the south Wales coast about 20 miles each side of Swansea and an easy drive from Fishguard or Pembroke. Entries to Safestart (SBOC), PO Box 22, Whitchurch, Shropshire SY13 2ZZ. Fees are Sat: £4.50/2.00, Sun £5.50/3.00. Entries, on standard BOF form with 2 SAE's, close January 11th.

Seville in Spain is host to Expo '92 and is running several orienteering events in conjunction with the Exposition. The 3rd Trophy Sevilla-Expo 92 is on February 22/23rd and fourteen training maps are available in that part of Spain (SW and south coast). Various accommodation options are available, from hotels to campsites. Entry closes February 1st. Contact Club ADOL, Miguel Borrero Alvarez, Urb. "Las Brisas 3", Siroco 26, 41927-Mairena del Aljarafe (Sevilla), Spain.

In July the FISU World Student O-Champs comes to Scotland in the Deeside (Aberdeen) area from 27th to 30th. Spectators are welcome and can run on three of the days. Wednesday's main spectator race will feature entry on day colour courses and pre-entry (£5.00) runs on the previous day's championship courses. Details from Graham McIntyre, 5 Summerhall Place, Edinburgh EH9 1QE (Phone 03-031-668-1851).

Back to Wales in August from 2nd-8th for Croeso '92 six days orienteering based at Lampeter. Unfortunately all the entry forms have been distributed either at the Scottish 6-Day or with CompassSport, so if you haven't got one, tough! I'm sure you could still enter, though: contact Wish Gdula, Tal-y-Fan Fach, Cellan, Lampeter, Dyfed, SA48 8JA, phone 03-0570-422-122.
The event is run as a series of six colour events with 8 courses per day and 4 days to count. You don't have to enter every day. Entry costs STG£5.50 per day up to June 15th (or £30 for all six if you enter by March 31st). Juniors: £2.50/12.00. Entry is limited to 1500 per day, so it's first come, first served.
The usual Irish Orienteer Which Event ? guide to your year's orienteering will appear in the January issue.

Shamrock O-Ringen 1991

Bounding across the bogs of Beara, head stuffed with contours. This sport is a chess game in a wilderness, a crossword on a cross country race. The heart is in the right place while head and legs conspire to find the next elusive re-entrant, tricky knoll, rocky spur, deep depression, gentle elevation, the finish and elation. Sometimes, the best times, are when muscles and map-reading work in unison - pounding over the hills, through the woods, fit, alert, powerful. Seeing things, each control site with its flag and punch revealed effortlessly, back out as soon as you're in and off to the next one. Good preparation, a good run. That's what we hoped for down in Cork.

Rathgaskig on Friday, early evening, was warm, beautiful and unusually international: Europeans, Scandinavians and us. We were soon dispersed through the bog - scooting over spurs, grovelling into gullies, belly-ups over boulders. Short courses and just as well. Controls missed, located, overstepped, underestimated, found out, bound on, legs willing, head spinning. Forty minutes of cryptic clues (should have been 30) and we're home. See you all in the early morning for another run ...

It's strange how, when the sun shines, we believe implicitly that it will never stop. But night falls and closes the golden scene.

Act 2 dawns wet, misty and doomed. Out on the intricate rocky slopes of An Gaill Beag on Beara it is decided sensibly to postpone the event for an hour. This rocky, wild terrain is difficult to negotiate even in the sun, no fun for anyone in mist and rain. There are no reassuring "collecting features" to mend our mistakes, only one disdainful rocky knoll after another, each meaner than the one before. An almost imperceptible thinning of the misty matrix and we're off, lost to the bog for another while. All fidgity competition to start and then, realising our predicament, we are anxious to help and be helped. A strange sense of camaraderie prevails as we boldly shout out control sites to each other in the white-out. A nightmare landscape - funny too - all dreepy, rocky bulges and mysterious, murky marshes full of mad, lonely, wandering souls in search of controls.

Number 8 was my nemesis. A long, tortuous leg from number 7, ticking off the different features, keeping in touch with the map and then losing contact so near the control. I remained lost, aimless, careless for a long, long time. All the motivation leached out of me in one small area. Drag on to the finish. Disgusted with myself. Spirited condolences from the finish officials but I feel useless. A lost weekend, go home, just get out of here. We, Ursula, Trish and I, trip into Kenmare for help. The Cibéal Festival is on. We hadn't known about it and we fell straight into the Danny Osborne painting and sculpture exhibition and slide show - one year in the life of the Osborne family spent living in an Arctic Inuit village. Life returned to my limbs. There are other ways of living, competition is not necessarily the wisest.

Then we strolled down to the crowded church to see if we could find the truth. There were no seats but we got in anyway and sat in the pulpit. The service was unusual - Seamus Heaney reading poems and Liam O'Floinn on the uilleann pipes.

Between the jigs and the reels, Seamus recited. Did he see the three of us, a shamrock of orienteers from three outdoor centres, from three provinces, perched boldly in the pulpit, waiting to be entertained? He did, because he said

"... The corners and the squares
Were there like longitude and latitude
Under the bumpy, thistly ground, to be
Agreed about or disagreed about
When the time came ..."

I was back with my map - the intricate line between two controls and how to respond.

Later on Liam played a magnificent lament

for a "Chasing Start" - The Fox Chase wound up the evening and catapulted us into the next day with vigour. Out went the fox on the chanter, chased by horses and hounds for blood and sport. A lively, tuneful chase to start and then the fox was caught, the music moved to a lonely lament followed by the ribald celebration of the hunters. Wonderful music. Tomorrow the fox will run again and so will the hounds and we'll all cross the finish line in style.

Sunday was a better day and the chasers started early, their times from the previous days added up and start-times staggered so that whoever crossed the finish line first would be the overall winner in that class. Lots of foxes starting out and packs of hounds behind. We chased each other for the first seven controls, taking turns to find a control flag. Catch one, sneak one, lose one, trip over one - help them, hinder them, all troop together. The leaders are now far, far ahead of me. I catch Rachel, Eileen catches me. All together to number 7 and then we really must part. Numbers 8,9,10 in a cluster, to be taken in any order. Out to the next one, pelting down the slope. Rachel is ahead now and sees a man with a map on a rock, a solitary weeper. Something's wrong. "You OK?" she asks.

But he's just realised why he was following the women - he picked up the womens' Elite course map at the start. A whole competition messed up, sad, but I laughed later. He looked so odd there in the landscape. A sound man sitting down while we raced and sweated.

Rachel shot on and I pursued to ferret out the next one. Eight more controls to go in a grand finale, a spectacular arena of small hills containing too many controls, strategically placed for the entertainment of the audience who lined the hills and knolls and pretended to care. Lines of laughing, happy people getting their money's worth. I stood behind a knoll to read the bloody map then ran out organised for the next ones. Exhausted legs and thumping heart. Oh, follow someone else! Bog swallowing the trot to a slow-motion squelsh. Struggle to finish.

"Well done" shouts a sentinel from the last hill. Thanks for that at least.

We fall over each other to compare tactics - a gaggle of laughing women on a boggy seat, stubbing the map as if it were to blame.

"You almost mispunched out there!"

"You kept overshooting on the last ones - it was so funny".

"I heard you laughing, shrieking - it was you".

"You'd pay good money for that kind of entertainment elsewhere".

"How did you get to number 8?"

"Thanks for saving me at number 4".

"I'm wrecked. Let's go!"

(This piece by **Maeve McPherson** first appeared in AFAS News.)

MEANDERING POLE

"East is east, and west is west", according to the poet. But the situation is much less clear when it comes to north and south. The magnetic North Pole has been wandering around the face of the earth since time began and it is mere coincidence that it is currently within 1,000 miles or so of its geographic counterpart.

The planet Earth behaves as though it had a simple, straight bar magnet at its centre, arranged with its "south" pole below Canada and its "north" pole at the direct antipode - on the other side of the world. This might seem like a topsy-turvy view of the conventional wisdom, but it is explained by the fact that "opposite" poles attract; the "north" end of a compass needle points north - because it is attracted by the "south" end of the earth's imaginary magnet which behaves as if it were buried deep underground in the vicinity of the Arctic circle. But for the purposes of everyday life and in order to avoid these disorientating mental gymnastics, we call the point indicated by the "north" end of a compass needle the "magnetic north pole".

The earth's magnetism has its origins in the core of liquid metal sloshing around near the centre of our planet. The magnetic forces change in their strength and other characteristics from decade to decade - and indeed every half a million years or so the magnetic field reverses itself completely. But even in the comparatively recent past the magnetic North pole has meandered significant distances over the wastes of the northern latitudes. Archaeologists are clever people and can work out the position of the earth's magnetic poles over the centuries by a number of different methods. One such, for example, involves investigating old pottery kilns. It seems that when a pot is fired, the iron atoms in the bricks of the surrounding kiln acquire a weak magnetism aligned with the direction of the earth's field at the time of the operation. If the date on which the kiln was last used can be estimated, valuable information about the earth's magnetic fields at that time can be gleaned.

The magnetic North Pole is currently at the extreme north of Canada. But in the 18th Century it appears to have been located under Labrador - still in Canada but quite some distance from its present position. In 1650 it was in the vicinity of Iceland; in AD 1300 it appears to have been somewhere near North Korea; and if we go back to 1,000 years ago the magnetic North Pole was located right in the middle of the steppes of Russia.

Brendan McWilliams.

(This article appeared in The Irish Times on 21st September 1991. Thanks tothe author for permission to reprint it.)).

LEINSTER ORIENTEERING COUNCIL

FIRST AID

Despite a poor initial response from Leinster Clubs eight orienteers are doing a basic first aid course organised by the Red Cross. Members of Three Rock and GEN were the only ones to take up the offer of the course arranged on behalf of all Leinster clubs by the LOC.

LEAGUE NEWS

Three league events have been run so far: Three Rock, Devil's Glen and Trooperstown. Problems with one control affecting some courses at Devil's Glen mean that the brown, blue and green course results from that day won't be used for league points. The red, orange and yellow course points will stand. You must still complete 5 events to finish the league, however. Some minor adjustments to points on the Orange course at Three Rock have occurred after clarification of who is eligible to score league points. To feature in the league you must be a current member of an IOA-affiliated orienteering club competing on your own. You must fill in your name, club and age class on your control card and use the same initial or name and club each time you run. If you run more than once at an event only your first run will be considered for league points. The points adjustment was because Fermanagh's Timothy Tottenham's time had been used for calculating the times of the other finishers on the course whereas it shouldn't have been. All finishers on the orange course will therefore get a few more points.

ORIENTEERING FIXTURES

November

9	**GORTNAMOYAGH**	Co. Derry. NWOC event. NI series 8. GR C 76 13.
9-10	**IRISH TWO-DAY**	**Rossadrehid & Ballinacourty**, Glen of Aherlow, Co. Tipperary.
17	**CLARA**	LEINSTER LEAGUE 4 Laragh, Co. Wicklow. 3ROC colour. GR T 16 93.
17	**KNOCKANAFFRIN**	Comeraghs, Co. Waterford. WatO Grade 2 league event 4. GR S 28.
17	**MACROOM CASTLE**	Co. Cork. Cork O Gr.3 Cork League 3.
21	**PHIBSBOROUGH**	Dublin. 3ROC street night-O, M/W 17+ only. Start 7.00 to 8.30 at The Gravediggers pub, Prospect Square (GR O 151 368).
23	**GOSFORD**	Markethill, Co. Armagh. NI Series 9. LVO. GR H 97 40.
24	**CHIMNEYFIELD**	Glenville, Co. Cork. Cork O Grade 2 Cork League 4. GR W 90 85.
24	**HOLLYWOOD**	Co. Wicklow. CNOC Grade 3 event. GR N 94 06.
24	**KILLINEY HILL**	Co. Dublin. Fingal colour event. GR O 26 25.
24	**LOUGH KEY**	Boyle, Co. Roscommon. LKOC event. GR G 84 03.
30	**NI NIGHT CHAMPIONSHIPS**	**Castle Archdale**, Co. Fermanagh. FermO. GR H 17 58.

December

1	**SAGGART WOOD**	Co. Dublin. AJAX colour event. GR O 02 23.
1	**KILSHEELAN**	Co. Tipperary. WatO Gr.2 Wat. League 5. GR S 26 22.
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. CNOC? Score event. GR O 12 22.
12	**CARNAGH**	Athlone. No details available.
12	**NEWBRIDGE HOUSE**	Donabate, Co. Dublin. FIN Grade 3 event. GR O 21 49.
19	**HILL WOOD**	Monasterevan, Co. Kildare. CNOC. GR N 64 09.
26	**CLONBUR**	Co. Galway. UCGO event. GR M 11 57.
26	**CORKAGH PARK**	Clondalkin, Co. Dublin. GEN Grade 3 event. GR O 05 30.

February

2	**KILLINEY HILL**	Co. Dublin. AJAX event. GR O 26 25.
9	**GARRETTSTOWN**	Ballainspittle, Co. Cork. Cork O. Cork Championships. GR W 58 44.
15	IRISH STUDENT CHAMPIONSHIPS	Ravensdale, Co. Louth.
15	**PHOENIX PARK**	Dublin. Night event. GR O 09.34.
16	**PHOENIX PARK**	Dublin. Pooter Relay. Teams of 3. Entry 11.00-11.30. 3ROC.
19	**UNION WOOD**	Collooney, Co. Sligo. WEO event. GR G 69 29.
23	**CONNACHT CHAMPIONSHIPS**	**Woodlawn**, Athenry, Co. Galway. GR M 68 31.
23	**KILSHEELAN**	near Clonmel, Co. Tipperary. WATO Grade 3 event. GR S 27 22.
29	**NI SCORE CHAMPIONSHIPS**	NWOC event. Venue to be arranged.

March

8	SUGARLOAF	LEINSTER LEAGUE 5 Kilmacanogue, Co. Wicklow. UCDO. GR O23 13.
14	**NI SERIES 1**	LVO. Venue to be announced.

March

15	**BALLINACOURTY**	Aherlow, Co. Tipperary. Cork O Munster League event.
22	**CURRAGH**	LEINSTER LEAGUE 6 Co. Kildare. CNOC. GR N 78 12.
28	**LEINSTER CHAMPIONSHIPS**	**Mullaghmeen,** Co. Westmeath. SET. GR N 47 78.
29	**LEINSTER SPRINT CHAMPIONSHIPS**	**Brockagh**, Laragh, Co. Wicklow. GEN. GR T 12 97.
29	**MOUNTBELLEW**	Co. Galway. WEO event.

April

4	**NI SERIES 2**	FermO. Venue to beannounced.
5	**CARRICK MOUNTAIN**	Ashford, Co. Wicklow. 3ROC Grade 1 event. GR T 23 93.
12	ROCKMARSHALL	LEINSTER LEAGUE 7 Dundalk, Co. Louth. Fingal OC. GR J 12 08.
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	
5	**GLENDING**	Blessington, Co. Wicklow. CNOC Grade 3 event. Evening. GR N 97 14.
9	**NI Series 3**	LVO. Venue to be announced.
12	**HOLLYWOOD**	Co. Wicklow. CNOC Grade 3 event. Evening. GR N 94 06.
17	**LEINSTER O-RINGEN**	Day 1. Entry on day colour event.
19	**CURRAGH**	Co. Kildare. CNOC Grade 3 event. Evening. GR N 78 12.
24	LEINSTER O-RINGEN	Trooperstown, Laragh, Co. Wicklow. GEN. Day 2. Start time based on Day 1 time. Entry on day.
26	**DONADEA**	Clane, Co. Kildare. CNOC Grade 3 event. Evening. GR N 84 33.

June

2	**STRADBALLY**	Co. Laois. CNOC Grade 3 event, Evening. GR S 59 95.
9	**MONASTEREVAN**	Co. Kildare. Evening. CNOC Grade 3 event. GR N 64 09.
13	**PORTSTEWART**	Co. Derry. NI Series 4. NWOC. Excellent sand dunes area. GR C 80 36
14	ARDGILLAN PARK	Skerries, Co. Dublin. FIN event. GR O 22 61.
16	**DONADEA**	Clane, Co. Kildare. CNOC Grade 3 event. Evening. GR N 84 33.
21	**CROGHAN KINSELLA**	Woodenbridge, Co. Wicklow. **Leinster Score Championships.** GEN
23	**HOLLYWOOD**	Co. Wicklow. CNOC G.3 "Midsummer Madness" . Evening. GR N 94 06.
26-28	**SHAMROCK O-RINGEN**	West Cork/Kerry.
30	**CURRAGH**	Co. Kildare. CNOC Grade 3 evening event. GR N 78 12.

July

7	**DONADEA**	Clane, Co. Kildare. CNOC Grade 3 event. Evening. GR N 84 33.
14	**HOLLYWOOD**	Co. Wicklow. CNOC Grade 3 event. Evening. GR N 94 06.
26-31	**WORLD STUDENT CHAMPIONSHIPS**	Aberdeen, Scotland.

Advance Notice:

September	26	NI Championships and Interprovincial, Co. Down.
November	14	National Event & Veteran Home International Individual, Co. Down.
	15	NI Relay Champs and VHI Relays, Co. Down.
	28	NI Night Champs. NWOC.

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.

Non-registered events are not covered by IOA insurance and will receive no publicity from IOA. Registered events are in **bold type** above.

inf-O-line : Up to date fixtures information on IOA registered events is available on 01-569099

The 1991 Karrimor International Mountain Marathon

The KIMM, a two-day mountain navigation race for teams of two, is held each year at the end of October in Britain. 3ROC's **Trina Cleary** was one of the 4000 entrants this year. This is her story ...

The 1991 Karrimor International Mountain Marathon was held in Scotland in the Arrochar Alps and Argyll Forest Park on 26th and 27th October. The area is enclosed by Lochs Lomond, Fyne, Long and Goil and has three "Munros" as well as a number of other peaks shading the 3000' mark. The competition area was physically very tough and the placement of controls gave great route choice and technical navigation. My partner, Michelle Parker, and I entered the Score class, the objective being to get as many points as possible over the two days, with a time limit of 6 hours on Day 1 and 5 hours on Day 2.

The weather was kind, mild and dry, with a light wind; however, the tops were covered in mist. Our expectations of high points were soon shattered as we toiled up through the marshes, crags and very steep ground. We could see a long stream of B course competitors at one stage but as the mist thickened around us we met very few people. An interesting feature of the map was the grey contour lines which indicated "predominantly rocky ground", which meant huge crags. Innocent-looking re-entrants were gullies with 5 metre crags on either side. The scale too was different - 1:40 000 with a 15 metre contour interval.

We arrived at the overnight campsite on Day 1 with 15 minutes to spare and a meagre 70 hard-won points to our credit. Amazingly, this proved no too bad with 110 points being the highest achieved at our campsite. There was a choice of campsites and we chose the southern and easier option where points per control were less than in the northern section. Day 2 saw us again in thick mist navigating our way around the mountains. A descent of 250 metres height from a control to a forest track proved painfully slow as we struggled through a half-cleared storm damaged area. On reaching the track we had 40 minutes left to a compulsory road/river crossing and 1 kilometre with 90 m climb to the last control. We reached the finish 20 minutes and 21 seconds over time and our precious 70 points for Day 2 were reduced to 28, a total of 98 for the two days.

It was a learning experience for us. We did 16 km on Day 1 and 17.5 km on Day 2. We needed to be more running-fit to give us more speed on the uphills. There was a shorter option on Day 2 which we did not notice, yielding the same number of points. We carried too much food but other than that we were very comfortable both in the mountains and at the campsite.Navigation, stamina and navigation were thoroughly tested and it was a great experience to be part of the KIMM. By all accounts this was one of the toughest for many years - the Elite winners' time was over 15 hours where the usual winning times have been around the 12 hour mark. We are already looking forward to KIMM '92.

Subscribe to CompassSport at the special rate of IR£12.00 per annum, and to Up & Down for only IR£11.50!

Send payment to The Irish Orienteer, 9 Arran Road, Drumcondra, Dublin 9.

Back to Binevenagh

Last year's Irish Championships revealed in Binevenagh a testing area of contoured forest backed by spectacular high cliffs overlooking Lough Foyle, along the lines of the more familiar Ben Bulben. The area had lain largely doamant since the spring of last year as far as orienteering was concerned although the regular incursions of walkers in the south western part were enough for land permission to this section to be witheld for the Northern Ireland Championships on September 28th. This was a pity as it posed major problems for planner Charles Reid on the longer courses.

Severe weather had dominated the week before the event but miraculously the Saturday in the north west was sunny and breezy. Even so it was reassuring to see that the courses were substantially in the shelter of the forest. The competition centre for the day was a youth club on the NW edge of the map, providing shelter and electricity for the results team and a haven and social focus for all.

The organisers NWOC opted for Long and Short courses of equal technical difficulty in the M/W 21/35 classes with M21L the most popular (32 starters). An international atmosphere was conferred on the proceedings by the presence of a group of Latvian orienteers, guests of UCG Orienteers, who were over mapping in Connemara for next year's Irish Championships - they even took 3rd to 6th places in M21L and 1st and 2nd in W21L. There was a good representation of orienteers from all over the country: from Dublin, Cork, Waterford, Galway and elsewhere, as well as from all the Northern clubs, which I suppose shows that if the area is good and the club's reputation good then people will travel to the event.

A score event was held next day at Springwell but I didn't stay as National Orienteering Day was on the Sunday and there was work to be done.

Winners and NI Champions:

W10 Pamela Flanagan (3ROC); W11 Susan Bell (LVO); W13 Ruth Hollinger (LVO); W15 Sharon Devlin (NWOC); W17 Emma Glanville (3ROC), 2nd Audrey Hunter (NWOC); W21S T.Doherty (UCGO), 2nd Heather Ervine (LVO); W21L Irena Edzina (RTU), 4th Jane Wilson (LVO); W35S Anne Bell (LVO); W35L Jane Watt (GEN), 2nd Heather Johnston (LVO); W40 Monica Nowlan (3ROC), 2nd Teresa Finlay (FermO); W45 Trina Cleary (3ROC), W50 Diana Large (GEN), 2nd Rosemary Davis (LVO); W55 Faith White (SET);

M10 Brian Lockington (NWOC), M11 David Lockington (NWOC); M13 J.Mackey (WHO), 2nd Stephen Bogle (NWOC); M15 David Hollinger (LVO); M17 N.Drion (WHO); M19 Geoff Summerville (LVO); M21S Armands Cakss (RTU), 7th Paul Gilmore (LVO); M21L Aonghus OCléirigh (CNOC), 7th Billy Reed (FermO); M35S Aldis Zavikis (RTU), 2nd Fred Corscadden (NWOC); M35L Douglas McKeith (AROS), 3rd Clive Majury (LVO); M40 Ernie Wilson (LVO); M45 Bernard Creedon (CorkO), Brian McKenna (LVO); M50 Freddie McCann (LVO); M55 Maxwell Reed (FermO).

J.McCullough.

CISM ORIENTEERING '91

The 24th Military World Orienteering Championships, organised under the auspices of CISM (Conseil International du Sport Militaire) took place in Sweden recently. Ireland, a member of CISM, participated, sending a party of seven competitors, two officials and two young observers.

Team selection eas made by way of a two-day trial in Kilsheelan and Rossadrehid (venue of the 1991 Irish Champs) with invitations to the trial issued on the basis of performance in the 1991 Defence Forces Championships, or on general experience in the case of orienteers recently returned from overseas service. The final team was Pat Healy (CNOC) Padraic Higgins (WEO), Denis Reidy (ECO), Brendan Delaney (ECO), Kevin O'Dwyer (SO), Tony O'Sullivan (CNOC) and Pat Farrelly (CNOC). (Wally Young and Aonghus OCléirigh were not available for selection). Two young orienteers, John Mulcahy (CNOC) and Seán Baldwin (CNOC) were also picked to travel, to avail of the training facilities made available by our Swedish hosts. They had offered all participating countries the opportunity to attend a week's training camp prior to the Championships proper, an opportunity which was also taken up by seven other countries.

This training camp was centred on an Engineer Regiment barracks in Eksjö, a small town of 20,000 about two-thirds of the way from Gothenburg to Stockholm. It proved to be an ideal location as a base for our activities, with superb orienteering available within a half hour's drive in any direction. There were courses laid out for us on ten different maps and our only regret was that we couldn't get to use all of them despite morning and evening sessions of about 90 minutes each. The detail on all the maps was engrossing, while the going was generally as fast as one dared, with little undergrowth and no brambles. We treated the maps with due respect but by the end of the week were confident enough to sneak occasional looks at the beautiful woodland scenery about us, magnificent in its Autumn glory.

During the training period members of the Swiss delegation organised relay training for everybody. They set three short courses of between 2.0 and 2.5 km with a mass start for the first course, followed by another mass start for the second course when everyone had completed course 1, followed again by a third mass start when everyone had completed course 2. It was a successful way of ensuring that each runner always had the pressure of having other runners close by in the woods and we soon learned, the hard way, to ignore such distractions. While yielding maximum benefits to the runners, it also had the adventage for the organisers of having everybody finishing within a reasonably short period.

The competitions proper began during the second week, Day 1 deciding the team competition (the sum of the best 4 times for each country) and also who would run on the A or B courses on Day 2. The individual winners wer declared after Day 2 based on total time for both days.

Finland won the team competition, beating Switzerland into 2nd place by 8 minutes, with the Soviet Union (competing in CISM for the first time) in 3rd place, a further 2 minutes behind. Ireland, without Wally and Aonghus, managed a creditable 14th, ahead of Australia, Bulgaria and Luxembourg.

Urs Flühmann of Switzerland had a faultless run on Day 2 to become the 1991 CISM Champion, with Raijo Mattinen of Finland 2nd and Harri Uoski of Finland 3rd. The first 30 places on the A course were taken almost exclusively by Scandinavian, Swiss or Soviet runners. On the B course Padraic Higgins was the best of the Irish, finishing 17th out of 49, followed by Tony O'Sullivan (30th), Denis Reidy (34th), Brendan Delaney (35th), Pat Healy (36th), Kevin O'Dwyer (38th) and Pat Farrelly (43rd).

After a rest day during which we visited the Volvo assembly plant and an island museum in Gothenburg, the relay competitions took place with each country entering two teams of three runners. The Swiss took 1st and 3rd places with finland 2nd. The Irish teams finished 24th and 25th, ahead of Holland, Germany, Luxembourg, Australia and Brazil.

During our stay in Sweden we took in three civilian events. The immense scale of these events, with in excess of 1000 runners at each, was an eye-opener in many ways to those of us new to Swedish orienteering. The organisation behind these events was impressive. The number of officials for the car park alone would be sufficient to run an entire Irish Championships! There were shops, toilets, hot showers, a crêche ... all on site. And these were just local events!

All in all, orienteering is Sweden was a tremendous experience. The maps were excellent, the terrain demanding technically, the woods clean, the weather kind, the organisation efficient and the organisers friendly, if puzzled betimes by Irish humour. We left for home exhausted from eleven days orienteering, but content with our efforts and satisfied that we had been tested in the home of orienteering and not been found wanting.

Kevin O'Dwyer.

ORIENTEERING LEADER COURSES

The IOATB O-leader is the minimum standard recognised for the purpose of introducing orienteering to beginners - outdoor centres, schools, youth organisations, etc.

EastWest Adventure will be running training courses for this award in toe coming months. The course is four days (two weekends) covering the following broad topics:

OL1 Basic mapmaking, personal skills

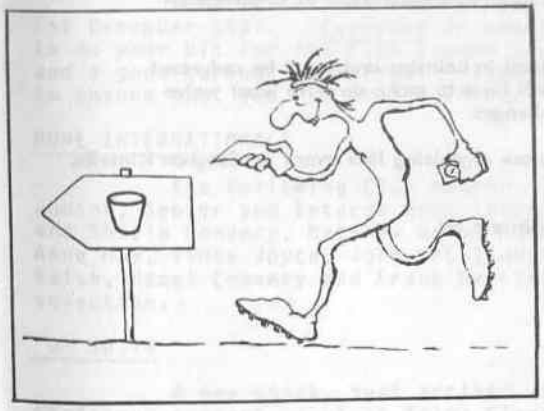
OL2 Methods of introducing orienteering to beginners

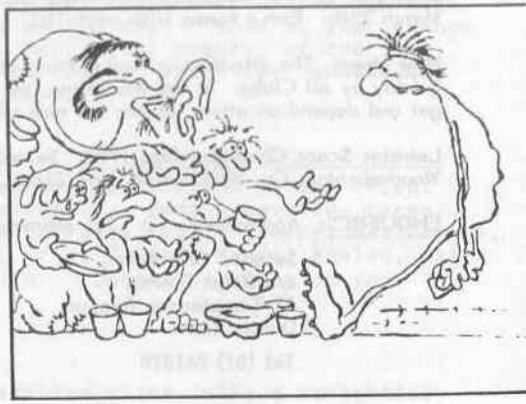
A full syllabus is available on request.

Courses will be non-residential and based on the Dublin/Wicklow area. Cost: £30 per weekend.

An IOATB Basic Proficiency Certificate is a prerequisite for attending the course. This should be available locally in your region. If this is a problem, let us know.

If you wish to attend this training course please write now to: Barry Dalby, EastWest Adventure, 155 Beachdale, Kilcoole, Co. Wicklow (Phone 01-2875990). A minimum of twelve students is required to run the course successfully. When an appropriate number has applied we will arrange dates to suit the majority of applicants. (This is an unusual arrangement but previous courses run to fixed dates have been hampered by low numbers).





Cartoon: Jurij Manaev

setanta orienteers

SETANTA NOTES

MOUNTAIN MARATHON: Results of June 21st event at Glenmacnass

A - COURSE

1.	B. Ervine, Ballydrain Harriers:	2 hrs - 00 mins - 22 secs
2.	J. Thin, ERYI	2 hrs - 13 mins - 13 secs
3.	C. O'Halloran, LEEO	2 hrs - 13 mins - 38 secs
4.	W. Young, CNOC	2 hrs - 25 mins - 14 secs

B - COURSE

1.	N. Crawford, 3 ROC	2 hrs - 5 mins - 5 secs
2.	M. McPherson, 3 ROC	2 hrs - 10 mins - 0 secs
3.	K. Bent, SET	2 hrs - 28 mins - 50 secs
4.	J. Bent, SET	2 hrs - 30 mins - 00 secs

National O-Day (Sept. 29th): about 90 people took part in our Club event at the Hell-Fire Wood, Killakee. Quite a high proportion of these were first time orienteers and a number have since joined the Club.

Sprint-O Event: a successful event was held on October 6th at Killakee with the start/finish in Massey's Estate. Our thanks to Bobby Buckley (Planner), Ciaran Young (Controller) and Joscelyn Cathalin who was organising for the first time. Well done!

Junior Ward Home International: well done to those who ran for the Club in Cork. These were Mark O'Neill (M17), Shane O'Neill (M15), Johnathon Mackey (M13: 4th place and 1st on Irish Team) and Emma Lawrence (W13). Congrats to the Irish Team who came 1st in the M17 relays.

Leinster Champs 1992: Setanta will run this event on a revised Mullaghmeen map on March 28th in conjunction with the GEN Sprint Championships at Brockagh on March 29th. Entry forms with next TIO.

New Maps: The situation is now getting critical in Leinster and must be redressed quickly by all Clubs. In the meantime, we will have to make do with what we've got and depend on other regions for new challenges.

Leinster Score Championships 1992: Setanta are organising this event at Croghan Kinsella, Woodenbridge, Co. Wicklow on June 21st.

ENQUIRIES: Applications for Club Membership etc to

Setanta Orienteers,
c/o Brian Power,
15 Templeroan Avenue,
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)

TRAINING

Continues with our usual First Friday meeting in Glenalbyn at 8 O'clock, followed on Saturday with some technical training in the forest. Philip Butler, our Training Officer, would like to hear from you with suggestions and comments on future training - contact him at 2853823. Next F.F. is on 6th December with training on Saturday 7th.

JUNIORS

Our 3ROCK KIDS are looking great in their Club Bibs, thanks to Judith Butler, our enthusiastic Junior Affairs Officer. There is a great buzz amongst the juniors - perhaps it will pass on to the more adult members! Any junior who has not yet received a Bib - contact Judith at 2853823.

FIXTURES

Thank you to all members who helped out at our 3Rock Event on 13th October. Despite very heavy rain and thick mist the event was well attended and all our helpers coped magnificently in the awful conditions. Brian Hollinshead planned, Philip Butler planned and Colm Rothery assisted and Trina Cleary controlled. Special thanks to all who took in controls. Next Event is CLARA on 17th November, a LEINSTER LEAGUE EVENT. Larry Roe is Organiser and he is looking for helpers on the day. Larry's phone no. is 953442. Please help out if you can, arrangments will be made for you to have a run on the day.
John McCullough is running a NightO Event on Thursday, 21st NOVEMBER. Assembly is at the Gravediggers Pub (beside Glasnevin Cemetery). Bring torch and reflective belt. Contact John at 378819 for further details.
Usual Fancy Dress Score Event on 26th December.

TIO TROPHY COMPETITION

Yes, it is that time of year again! 3ROCK v. GEN, Cloghleagh, 1st December 1991. Everyone is needed on the day. This is your chance to do your bit for the Club (apart from helping at events, of course), and a good turnout is needed. Please go to the "3ROCK Car" on the day to ensure that you run on the correct course.

HOME INTERNATIONALS

The following Club members represented Ireland at the recent Junior, Senior and Veteran Home Internationals: Emma Glanville, Karen and Shiela Convery, Matthew Davy, Rachel Burgess, Julie Cleary, Una Creagh, Anne May, Vince Joyce, John McCullough, Trina Cleary, Monica Nowlan, Maire Walsh, Hazel Convery and Frank Martindale. Congratulations on your selection.

'O' SUITS

A new stock, just arrived, assorted sizes, make a delightful Christmas present, contact Trina Cleary at 936187 or at Events.

SEASONS GREETINGS TO ALL OUR MEMBERS.....AGM on Friday, 7th February 1992...

Irish Orienteering Association Bulletin

1991-1992 Executive Committee

The following officers were elected at the last Annual General Meeting:

Chairman:	Bernard Creedon	Cork O
Secretary	Pat Redmond	SET
Treasurer	Pat Flanagan	3ROC
Fixtures Secretary	Seán Cotter	Cork O
Coaching Officer	Paddy O'Brien	AJAX
Development	John Creagh	3ROC
Mapping Officer	Brian Corbett	Cork O
Technical Officer	Trina Cleary	3ROC

Regional representatives

Munster (& Vice-chairman)	Pat O'Connor	WATO
Connaught	Mike Deasy	WEO
Leinster	Brian Hollinshead	3ROC

Non-executive posts

Junior Affairs	Bernard Creedon	Cork O
Administration Sec.	Pat Redmond	SET
IOF and International Officer	Faith White	SET
PRO	Eadaoin Morrish	Lee O
Environment Officer	(Vacant)	

Nominations are invited for the following annual awards:

Mactire Trophy

This Trophy is awarded to a person who has made an outstanding contribution to orienteering during the previous year in the following areas:

(a) Achievement in competition;
(b) Mapping, planning, controlling or organising an event;
(c) Administration;
(d) Other activities which the IOA may consider meritable.

Previous holders of the Trophy are not eligible.

Silva Award:

This award is presented to a person who has contributed to the development of orienteering in this country.

Mapping School Grounds

Brian Corbett, the IOA Mapping Officer, proposes to set up a scheme whereby interested clubs could map local school grounds. Brian will draw the maps using a new CAD (computer-aided design) program recently purchased by the IOA.

Event Registration Fees

It was decided at the last IOA Executive meeting to make this fee non-refundable.

SWEDISH O-RINGEN CLINIC

In the past the IOA has received an invitation evary year to send two orienteers to an orienteering training clinic associated with the Swedish 5-Day and we expect to be invited again this year. If you wish to be considered, please write as soon as possible and let me know. The 1992 event runs from July 20-24 at Sodertalje, SW of Stockholm. Free entry to the event, accommodation, meals and instruction are normally part of the package.

Pat Redmond,
Hon. Sec.,
18 Orchardstown Ave.,
Rathfarnham, Dublin 14.
(01)-947385.

GREAT EASTERN NAVIGATORS ORIENTEERING CLUB

Enquiries: Andrew O'Mullane, 79 Glenbrook Park, Rathfarnham, Dublin 14 (01-933981)

DIRE WARNING : To all those who have not yet paid this season's sub. This will be your last TIO and you will not be allowed to vote at the AGM, never mind all the socials and training sessions!

News: Congratulations to everyone who represented GEN at the Home Internationals (Vets: Maura Thornhill, Diana Large; Senior: Jane Watt, Mary Healy; Junior: Gavan Doherty).

If your orienteering gear is beginning to get that 'straight-from-Robin-Hood's-wardrobe' look, fear not! No more will you be chased by archaeologists or anthropologists through the woods. All you have to do in most cases is purchase one of GEN's new orienteering suits. All sizes available, green, white and red with GEN on the back. If you are currently using a tracksuit, etc, which doubles in weight when wet, causing you to double your time, then you should appreciate the difference they make.

TIO Trophy: GEN v 3ROC will take place on 1st December at Cloghleagh. All members are asked to attend the event.

AGM and Christmas Party: The AGM this year is on Saturday, December 7th, 8 pm, and will be located in Brendan Doherty's house, 12 Brook Court, Monkstown. The meeting will be swiftly followed by the social highlight of the year, our Christmas Party.

TRAINING: Our next session will be in Kilmashogue Wood (behind Marley Park) at 11.00 am on Saturday 16th November. This will cater for all groups, beginner to advanced.

MAPPING: There are two projects on line which will need several interested mappers. If you are interested in mapping and have no experience then don't worry, just contact Andrew (see above)

EVENTS : In September we ran our first event in Corkagh Park. This is an ideal place for beginners and young juniors to experience their first orienteering event.

By the time you read this we will have run our league event at trooperstown. I would just like to let everyone who helped know that their hard work is appreciated.

31st CONTROL : Our next social will be a table quiz. A venue for this will be advertised at forthcoming events.

** Results for Course A

C ROTHERY	3ROC		60.42
W YOUNG	CNOC	M35	64.19
L DODDY	UCDO	M21	67.01
M O KEEFE	FIN		71.31
G BRADY	3ROC	M35	72.19
IAN MAC NEILL	3ROC		79.07
NEVILLE SHORTT	UCDO		82.34
BUTTERFIELD	GROT-O	M21	92.21
L NAUGHTON	3ROC	W35	101.10
VIBSE SPRENSE	KSO		124.15
R ROTHWELL			200.00
McNAB			200.00

** Results for Course B

D QUINN	GEN		41.32
E MORRISH	COMAD	W21	41.37
UNA COGHLAN	3ROC	W21	42.54
T McCORMACK			42.57
A O MULLANE	GEN		44.19
B HOLLINSHEAD	3ROC	M50	47.00
M MANGAN	SET	M21	47.06
EDDIE O SHEA	GEN		47.23
B DOHERTY	GEN	M45	48.44
D KELLETT	BSO	M19	49.17
GORDON ELLIOTT	DUO		49.32
L FLOYD	FIN	M19	50.29
T CONNEFF	DLSO		51.30
PAT FLANAGAN	3ROC	M45	52.37
DAVID WATT	GEN	M45	54.19
W McCORMACK			54.46
H CONVERY	3ROC	W50	56.12
VINCENT DELANY	GEN	M40	57.00
EOIN DUNNE	3ROC	M21	57.52
JEAN O NEILL	FINGAL	W45	59.00
J O NEILL	FIN	W45	59.00
TONY McNICHOLAS	TCD	M18	65.54
M KELLETT	GEN	M50	67.11
T KEEGAN	UCDO	M21	68.50
K HUGHES			70.05
T BRENNAN	MPO	W21	80.58
SINEAD McHUGH	MPO	W21	80.58
Y FINNEGEN	KSO	W21	89.47
J HUGHES			98.03
VERA MURTAGH	3ROC	W50	98.25
KAREN MURRAY	KSO		102.00
J KENNEDY	DUO	F19	112.00
J LALOR	GEN	M35	DNF
O ROURKE			DNF
JOHN DAVIS	CLONLI		DNF

** Results for Course C

R NORTON	3ROC		33.21
S CONVERY	3ROC	W15	36.37
A GREEN		M21	36.49
A NI SHUILLEABHAN	3ROC		45.20
BREULA HYNES	GEN		46.15
D O COLMAN	GEN		47.50
P RYAN	GEN	M40	56.00
C BYRNE	IGG	W16	57.25
G FARREN	IGG	W11	57.25
G POWER	3ROC	W40	63.51
E CATHALIN	3ROC	W21	66.40
M EATON	SET		75.54
L CRAWFORD	3ROC	M10	75.58
KEVIN ST. CREW			85.40
R NAUGHTON	FIN		DNF
JACU QUINN	DLSO	M13	DNF
S HIGGINS	DLSO		DNF
L QUILL	FIN		DNF

** Results for Course D

PATRICIA O CLEIRIGH	CNOC	W21	34.41
O BEHAN	DLSO		35.20
D CLARKE	DLSO		35.41
A HOLLINSHEAD	3ROC	M19	40.00
U O COLMAIN	GEN		40.40
STEPHEN DEVLIN		M6	43.45
PETER CRANWELL	W/O		45.30
PAUL McAULEY	DUO		45.50
HURLEY	CURRAG		45.54
T COOKE		M12	48.09
J KEARNS			48.13
A COOKE		M9	48.30
JOSEPH RYAN	DLSO		49.40
ALAN LANGTON			51.40
A LANGTON	SCOUTS		51.40
SHANE LARKIN	SCOUTS		51.40
P KELLY		M21	52.56
M McNAMARA		W21	52.56
BROWN/KELLY	UCDO		52.58
C MORRISY	3ROC		53.18
MARY BIRKEN	DUO		54.29
SHEILA LOUGHMAN	NAAS	W12	56.29
ORLA RYAN	MUC	W12	56.29
D JONES	DLSO		56.34
J ENNIS	KHO	W13	56.45
TOM KEANE			58.02
T LEWIS			59.15
S BYRNE		W8	61.31
MARK LALOR		W8	61.31
M MORRISSY	3ROC		67.25
M FORD	FIN		68.05
C O KEEFE	FIN	W21	68.05
GARRET FRIEL	FIN	W10	68.05
MARK BYRNE	DLSO	M13	70.10
M MORRISSY	3ROC		71.12
S CHRISSORELOHI	DUO		72.06
A DEVITT	TCD		72.06
T O RIORDAN	DUO		72.06
D MERRON	DLSO		72.21
M HUGHES			72.25
TONY DUNNE			72.26
HUGHES			72.26
V ANDREWS	MPO	W21	80.31
H KENNEDY	MPO	W21	80.34
R O MULLANE	DLSO	M13	80.58
CLEARY FAMILY X 2			82.48
FANNING/DUGGAN	DUO		83.04
ORLA O DONNELL	UCDO	W17	83.51
WHITE/O NEILL	DUO		86.43
CATHAL O LEARY	DLSO		DNF
BARRY LANGAN	DLSO		DNF
GREGORY MURDOCH	DLSO		DNF

** Results for Course E

A NI SHUILLEABHAN	3ROC		17.24
------->KATE<-------			22.54
JILL BRYAN	KHO	W11	28.04
SHARON RUSSELL	UCDO		31.12
NATALIE HOGG	KHO	W11	32.30
SANDRA GALLBRAITH	KHO	W11	32.30
FIONA KIRAHAN	UCDO		33.12
S McCORMACK			33.28
R McCORMACK			34.03
HUGH CORKIILL			34.28
IDA HATTON	KHO	W11	35.24
ISEUL B	UCDO		37.38
KIRA BYRNE	UCDO		37.39
CLARE MEREDITH	KHO	W11	38.20
RUTH KINGSTON	KHO	W13	38.40
C FOGARTY	3ROC		39.00
KARINA HEASLIP	KHO	W11	40.40
REBECCA ENSOR	KHO	W11	42.37
BROOKE & CAROLINE	3ROC		45.07
E BROWN			45.28
J BROWN			45.28
M BROWN			45.28
G BROWN			45.28
R BROWN			45.28
COLM CLARKE			80.50
THOMAS SMITHERS	SCOUTS		DNF
COLM CLARKE	SCOUTS		DNF
RHONA LARNEY	TCD		DNF

Planner: Andrew Hoyle
Organiser: Caitriona O'Dwyer
Controller: Gerard Maguire

Results of Setanta Sprint - O held at Killakee, Co.Dublin on 6/10/1991

A Course (5.0 km)

1.	Aonghus.O'Cleirigh	CNOC	M21	47.28
2.	Wally Young	NCOC	M35	47.42
3.	John McCullough	3ROC	M35	50.24
4.	Brian Bell	GEN	M35	51.17
5.	Paul Smyth		M21	57.22
6.	D.Quinn	GEN	M40	60.27
7.	Leonard Floyd	FIN	M19	62.22
8.	Laurence Doddy	3ROC	M21	63.44
9.	Colm Rothery	3ROC	M21	65.14
10.	Paddy O'Brien	AJAX	M40	66.00
11.	Hilde Creagh	3ROC	W21	66.36
12.	Tom McCormack	GEN	M40	67.33
13.	Andrew O'Mullane	GEN	M19	68.02
14.	Peter Gargan	AJAX	M35	68.03
15.	J.Fitzsimons	3ROC	M40	70.41
16.	P.Spillane	CNOC	M21	73.50
17.	P.Lalor	CNOC	M45	76.47
18.	Tony Conneff	DLSO	M17	79.26
19.	P.Butler	3ROC	M40	85.10
20.	Gordon Elliott	3ROC	M19	86.37
21.	M Somers		M19	91.42
22.	Hamilton	NOC	M21	118.14
23.	Joe Lalor	GEN	M35	126.29
24.	Connaughton	ECO	M21	136.29
	D.Kelly	ECO	DNP 6	
	Val Jones	COD	MP 5	
	2 DNF			

B COURSE (3.6km)

1.	N. C-Crawford	3ROC	M45	36.47
2.	Pat Flanagan	3ROC	M45	38.14
3.	David Watt	GEN	M45	39.54
4.	C. Ryan	DLSO	M15	40.20
5.	Jane Watt	GEN	W35	42.01
6.	M.Thornhill	GEN	W35	42.46
7.	Peter O'Neill	3ROC	M45	42.50
8.	Mary Healy	GEN	W35	43.15
9.	J.D. Clarke	GEN	M45	43.44
10.	Helen Coghlan	GEN	W21	43.52
11.	Harold White	3ROC	M45	44.33
12.	Howard Coburn	WO	M15	46.17
13.	W.McCormack	GEN		46.35
14.	David Brooks	3ROC	M50	47.23
15.	S. Peel	3ROC	M40	47.34
16.	J. Butler	3ROC	M15	48.20
17.	R. Norton	3ROC	M50	49.10
18.	M. Mangan	SET		49.20
19.	Vibse Sorensen	HTF	W21	50.44
20.	E. Jones	FIN	W21	51.41
21.	N. Brady	DLSO	M15	52.33
22.	Una Coghlan	3ROC	W21	53.43
23.	Aine Ui Shuilleabhan	3ROC	W40	54.12
24.	B. Doherty	GEN	M45	55.58
25.	Gerard Reynolds	ECO		56.01
26.	Ronan Rigney	CNOC	M21	56.13
27.	Michael Walsh	ECO	M21	58.04
28.	Peter Cranwell	WO	M15	61.09
29.	Gareth Quinn	WO	M15	62.07
30.	Joan O'Brien	AJAX	W35	66.26
31.	Eilis Kernan	AJAX	W21	70.58
32.	B. Murray			78.05
33.	Brenda Hynes	GEN	W35	78.24
34.	M. Goodwin,J.Watt	WO	M13	80.54
35.	Kellett	GEN	M50	82.33
36.	P.Ryan			92.00
	Brendan McGrath	3ROC	MP 9	
	2 DNF			

C COURSE (2.4km)

1.	J.McGrath, D.Kennedy			42.20
2.	Sean Rothery	3ROC	M60	43.58
3.	M. O'Rourke	GEN	W15	45.19
4.	S. Kulldorff	SET	M65	47.10
5.	L. C-Crawford	3ROC	M10	53.33
6.	C. Carroll	3ROC	M55	55.06
7.	M. Higgins			57.47
8.	Timothy Birchall	HF/DLS		59.51
9.	Una O'Colmain	GEN		60.03
10.	Tara Lewis	KHO	W13	61.52
11.	C.Thornhill	GEN	W13	62.11
12.	N. & D. O'Colmain	GEN		62.56
14.	Deirdre Kenny	HF/DLS		64.48
15.	Stephen Higgins	DLSO	M15	66.17
16.	Niamh Lalor	GEN	W7	69.21
17.	Maura Eaton	SET		71.04
18.	Patricia O'Cleirigh	CNOC		72.12
19.	M.Hewson			72.32
20.	Jackie Atkinson	SET		72.44
21.	W.J. O'Neill	SET	M45	74.34
22.	Stephen Devlin		M6	75.34
23.	Donncha Marrar	DLSO	M13	82.01
24.	Alan O'Rourke	DLSO	M13	84.31
25.	K. Thornhill	GEN	W13	92.04
26.	Theresa Dennelly			104.23
27.	M. Dennelly			104.28
28.	Patrick O'Brien	AJAX	M10	107.33
29.	Padraig McCormack	AJAX	M10	107.39
30.	S. Mannion	Naas		118.06
31.	A. & P. Cruise	CNOC	M45/9	125.52
	Clegg	WCO	M15	DNP3
	O'Brolchain			DNP14
	John Kearney	3ROC		DNP8
	19 DNF			

D COURSE (2.0km)

1.	R. Ni Shuilleabhain	3ROC	W10	16.08
2.	Niall Malone			19.20
3.	Barry Powell	KHO	M11	19.23
4.	Gillian Colton	KHO	W13	22.54
5.	Ida Hatton	KHO	W11	23.00
6.	Grainne Ni Alluin	Galscoil		25.26
7.	C. Nic Chonchradha	Gaelscoil		25.33
8.	James D.	DLSO	M13	25.35
9.	Stephen Rawton	KHO	M13	25.36
10.	Joseph Ryan	DLSO	M13	25.38
11.	C. Mac Con Carraige			27.32
12.	Charles Henderson	KHO	M11	27.33
13.	D. O Cathain	Gaelscoil		27.36
14.	E. Fogarty	3ROC		30.58
15.	Conor Fleming	AJAX		32.00
16.	Michael McGann		M9	32.08
17.	Paul McDermott		M9	32.11
18.	E.Fitzsimons	3ROC	W5	32.22
19.	A. & N. Lalor	CNOC		32.41
20.	Eric Mannion		M9	33.42
21.	Patrick Fogarty		M11	34.22
22.	Jill Bryan	KHO	W11	35.47
23.	Sara Hatton	KHO	W11	36.09
24.	E. Leeson & R. Kingston	KHO	W13	37.07
25.	Clare Meredith	KHO	W11	37.20
26.	Michael Gibson Brabazon	KHO	M13	37.37
27.	Mark Russell	KHO	M11	37.42
28.	Susan Morrow	KHO	W12	38.18
29.	Vicky Wolfe	KHO	W11	38.23
30.	A. Crotty			38.27
31.	Kieran Dolphin	DLSO	M13	39.54
32.	Carmel			40.02
33.	Tommy Plant	KHO	M11	40.15
34.	Alan O'Connell	KHO	M11	40.16
35.	D. Connaughton	ECO		41.12
36.	Pat Quinlan	DLSO	M13	41.19
37.	J.J. Wilson	DLSO	M13	41.26
38.	Ben Dorney			44.21
39.	James Beary	ECO	M4	44.21
40.	Y.& A. O'Brien	AJAX	W5	47.45
41.	O. Ni Alluin	Gaelscoil		48.33
42.	G. Ni Arrachtain	Gaelscoil		48.36
43.	Comerford			48.47
44.	McCormacks x 3	CNOC		51.32
45.	D. McG/E. Keenan/ E. Birchall	HFDLS		53.28
46.	Gerard Brennan		M11	54.41
47.	John O'Grady		M11	56.41
48.	Ann Fleming	AJAX		60.35
49.	O'Rourke			61.39
50.	Raquel Herrero			68.06
	Sinead Murray	HF/DLS	DNP 3	53.18
	Orla McNally	HF/DLS	DNP 3	53.44
	Aine Ni Chalaigh		DNP 3	74.15
	Michael O'Hara	AJAX	MP 2-6	94.42

RESULTS of 3ROC colour event, Three Rock Mountain, Co. Dublin, 13th October 1991.

Brown Course - 8.2km - 350m climb

Pos	Name	Club	Class	Time
1	O Cleirigh, Aonghus	CNOC	M21	77:21
2	McCullough, John	3ROC	M35	96:07
3	O'Brien, Paddy	AJAX	M40	96:44
4	Deasy, Mike	UCGO	M21	96:59
5	Cakss, Armands	RIGA	M21	100:42
6	Reidy, D	ECO	M35	103:04
7	O'Keeffe, Michael	FIN	M21	118:16
8	Rock, William	-	-	137:42
	Bell, B	GEN	M35	DNF
	Farrelly, Pat	CNOC	M21	DNF
	Hickey, D	ECO	M21	DNF
	May, Justin	3ROC	M21	DNF
	O'Hara, Maurice	AJAX	M40	DNF

Blue Course - 6.1km - 310m climb

Pos	Name	Club	Class	Time
1	O'Mullane, Andrew	GEN	M19	71:30
2	Burgess, Rachel	3ROC	W21	77:03
3	McCormack, Paget	GEN	M45	80:05
4	Lafferty, Francis	FIN	M21	81:04
5	Spillane, P	CNOC	M21	90:07
6	Redmond, Pat	SET	M40	98:08
7	Keegan, Thomas	UCDO	M21	100:00
8	Watt, David	GEN	M45	110:10
9	Elliott, Gordon	DUO	M19	137:53
10	Keely, Paul	AJAX	M19	172:53
	Creagh, H	3ROC	W21	DNF
	Dempsey, Peadar	GEN	M50	DNF
	Doddy, L	3ROC	M21	DNF
	Lalor, P	CNOC	M45	DNF
	Watt, Jane	GEN	W35	DNF

Green Course - 4.5km - 205m climb

Pos	Name	Club	Class	Time
1	Morrish, Eadaoin	LeeO	W21	55:11
2	McGrath, Brendan	3ROC	M40	63:36
3	White, Harold	3ROC	M45	67:53
4	O'Neill, Jean	FIN	W45	67:59
5	Nowlan, Monica	3ROC	W40	69:14
6	Dunlop, Colin	SET	M55	71:42
7	Lalor, J	GEN	M35	79:05
8	Hewson, M	GEN	M60	83:01
9	Peel, S	3ROC	M40	86:11
10	Hughes, Keith	?	?	92:42
11	Hughes, John	?	?	92:42
12	Kellett, Derek	BSO/GEN	M19	95:08
13	Cahill	?	?	99:06
14	Reid, K	CNOC	?	100:24
15	Mangan, Mick	SET	M21	101:01
16	Rothery, S	3ROC	M60	103:41
17	O Murchu, D	TRIMO	M40	107:18
18	Walsh, M	ECO	M21	115:15
19	Kellett, Mick	GEN	M50	122:17
	Convery, Sheila	3ROC	W15	DNF
	Fitzsimons, John	3ROC	M40	DNF
	Gargan, Peter	AJAX	M35	DISQ
	Healy, Mary	GEN	W35	DNF
	Kelly, D	ECO	M21	DNF
	Murray, S	SET	M40	MP 6
	Quigley, Brid	FIN	W21	DISQ
	Walsh, Maire	3ROC	W40	DISQ

Orange Course - 2.8km - 75m climb

Pos	Name	Club	Class	Time
1	Hamilton, J	TCOC	M19	34:43
2	Norton, Robin	3ROC	M50	35:04
3	Kulldorff, Sven	SET	M65	35:36
4	Kennedy, D	GEN	M45	35:37
5	O'Shea, Eddie	?	M?	37:04
6	Coburn, Howard	WO	M15	39:03
7	Curran, Frank	?	M?	39:50
8	Cranwell, Peter	WO	M15	41:05
9	Shortt, Neville	UCDO	M?	41:25
10	O'Sullivan, Cormac	-	M19	42:16
11	Dunlop, John	3ROC	M45	43:42
12	Hynes, Declan	TCOC	M19	44:06
13	O'Loughlin, Conor	?	M?	44:09
14	O'Loughlin, Cathal	?	M?	44:11
15	O'Loughlin, Fergal	?	M?	44:14
16	Gaughan, David	-	M21	44:54
17	Higgins, Maura	SET	W50	45:02
18	Butler, C	CNOC	W15	45:14
19	McCormack, Andrea	GEN	W40	45:31
20	McKeon, Michael	-	-	45:42
21	Morrissey, A?	3ROC	?	45:50
22	Coughlan, H	GEN	W21	47:05
23	Ni Shuilleabhain	3ROC	W40	48:14
24	(details washed off)	?	?	48:37
25	O'Hara, Liam	AJAX	M11	50:58
26	Fitzgerald		Wayf	52:37
27	O Colmain, U	GEN	?	53:22
28	Townsend	GEN	?	53:59
29	Hurley, Kyran	CNOC	M?	55:27
30	Watt, J/O Murchu, G	WO	M13	55:42
31	Leane, Mike	TCOC	?	59:18
32	Butler, Elizabeth	CNOC	W13	61:03
33	Butler, Shirley	CNOC	W40	61:12
34	Marchant, Ben/ Wilson, Louise & Davi Kohler, Miroslav	WO		63:23 d/
35	MacNeill, David & Ian	3ROC	M10	65:12
36	Macmory, Davey	WO	M15	65:31
37	O Colmain, R	GEN	?	67:06
38	O Colmain, D	GEN	?	67:11
39	E????, Maura	SET	?	68:08
40	Lalor, Niamh	GEN	W7	69:46
41	Byrne, Susan	GEN	W8	69:48
42	Butler, Sh	CNOC	W9	74:49
43	Smyth, Tyrone	TCOC	M?	74:57
44	Gill, A	TCD	?	75:52
45	Morrissey, M	3ROC	M35	78:56
46	Durrant, E & P	GEN	-	79:30
47	O'Keeffe, C	FIN	W21	87:19
48	O'Neill	?	?	87:21
49	Friel, M	FIN	W10	87:29
50	Crotty, A	-	W?	91:08
51	Gallagher, Rebecca & Andrew + 2	25th		92:58
52	Kelly, Gordon & Barry + 4	25th	M16	94:57
53	Hughes, Michelle	?	W?	109:10
54	Hughes, Patricia	?	W?	109:40
55	Rice, Gary	?	M?	164:52
	Carroll, Kyran	3ROC	M15	DNF
	Doherty, Ben	?	M?	DNF
	Grogan, Kevin	CNOC	M35	DNF
	Liuzzi, Yolanda +2	25th	W16	DNF
	Walsh, Martin	?	M?	MP 5+7
	????, Alan	?	M13	DNF

Yellow Course - 1.7km - 50m climb

Pos	Name	Club	Class	Time
1	Callery, George	Scout	M11	13:38
2	K??????, John	?	M11	15:34
3	Atkinson, Jackie	SET	W21	16:00
4	Barret, D G, O'Boyle, E, Stokes, S	92nd	?	17:05
5	Grant, Steven		M11	17:53
6	Cotter, Declan?		M13	18:08
7	Stokes, Adrian F		M?	18:15
8	O'Boyle, Neil	92nd	M?	18:18
9	Emmet	DLSO?	?	20:15
10	Ni Mhuire, Rachael		W?	23:23
11	Odhainaith?, Allen		M?-	23:23
12	O'Neill, Eleanor	3ROC	W10	23:39
13	Murtagh, Vera	3ROC	W50	23:39
14	Smith, Gina		W?	23:47
15	Nic Chonchradh?, C		W?	23:51
16	Harrington, Grace		W?	23:53
17	McCormack, S	GEN	W13	24:06
18	Reidy, Alan	ECO	M?	24:12
19	O'Rourke		?	24:20
20	O'Rourke		?	24:48
21	Cavanagh?, David		M9?	25:06
22	Eustace, J	-	M9	25:07
23	Spillane, P	CNOC	?	25:19
24	Robert ?		M9	25:21
25	Simon ?		M10	25:56
26	O'Neill, Mary	GEN	W21	25:56
27	Robertson, J		?	26:40
28	Parkes, Nigel + Cleary, Eoin		M?	27:09
29	Rooke, Peter	Killcro	M?	27:21
30	Gilligan, Fred	25th	?	27:45
31	Magee, Eoin	25th	M?	27:45
32	Du Berry	25th	?	27:58
33	Leonard, Alan	25th	M?	28:22
34	Fogarty, Paul	25th	M?	28:29
35	Reid, Kevin	92nd	M?	28:39
36	Ryan, Joseph	DLSO	M13?	28:41
37	Tyndall			28:59
38	O'Byrne, Kevin	92nd	M12	29:23
39	Sexton, John	25th	M12	29:26
40	Durham, Richard	92nd	M12	29:28
41	Keegan, Andrew	25th	M?	29:57
42	O'Leary, Roger	92nd	M21	30:01
43	O'Leary, J		?	30:27
44	Fitzpatrick, Alan		M?	32:25
45	Buckley, Niamh	Gaelsc.	W?	32:26
46	Karen ?	Gaelsc.	W?	32:26
47	Hirtes, Paul		M?	32:43
48	Stokes, J		?	32:54
49	Kelly, Gordon	25th	M16	33:08
50	McKay		?	33:50
51	Kelly, John		M?	34:16
52	Ryan, Matthew	25th	M8	34:16
53	Fogarty, Hank	25th	M8	34:34
54	McGuigan, Mark		M?	35:49
55	Gavin ?	Gaelsc.	M?	36:47
56	Dennehy, M	-	?	36:57
57	Anita + Tadgh	92nd	?	37:01
58	Dennehy, Teresa	-	W?	37:02
59	Donnchadh ?	Gaelsc.	M?	37:13
60	McCaffrey?, Maura?	-	?	37:16
61	McCaffrey?, Loretta	Gaelsc.	W?	37:28
62	Lawler, Colin		M?	37:30
63	Carroll, Sheanagh	Gaelsc.	?	37:30
64	Carroll, Eadaoin		W?	37:30
65	Kess???, Nicola	Gaelsc.	W?	37:54
66	Gilligan	25th	?	38:59
67	Kess???, Dominic	Gaelsc.	M?	39:00
68	Carroll, ?		M?	39:05
69	????, Peter		M?	39:15
70	????, Paul		M?	39:47
71	Andrew ?		M?	39:51
72	McGovern?, John		M?	39:54
73	Gilly, Mary	25th	W?	39:57
74	Neil ?		M?	39:58
75	Raftery?, Rory		M?	40:01
76	Weir, Graham + Jeffrey		M?	40:02
77	Byrne, Mark	DLSO	M?	42:21
78	Hirtes, Robert		M?	45:57
79	Barrett, Conor		M?	45:59
80	Barry, Eoghan	ECO	M?	46:32
81	O'Hara, P	AJAX	M10	48:06
82	O'Reilly, Shane		M13	48:24
83	Kelly, Damien	AJAX	M13	48:24
84	Walsh?, Shane		M?	50:03
85	Power, L	SET	?	56:31
	Casey, Martin	25th	?	DNF
	David ?		M?	DNF
	Garrett ?	Gaelsc.	M?	DNF
	Gilligan, Paul		M?	DNF
	Griffith, Paul		M?	DNF
	Redmond, Eoin	SET	M13	DNF
	Staunton, J		M9	DNF
	Stephen ?		M?	DNF
	Sugrue, Ronan		M?	DNF

White Course - 1.3km - 50m climb

Pos	Name	Club	Class	Time
1	Coffey, Declan	Scout	M13	17:42
2	???????, Steven	Scout	M11	19:10
3	Daly, Robert	Scout	M11	19:16
4	Kernan, John	Scout	M11	19:20
5	Morris, Graeme	Scout	M11	19:23
6	Robert + Malcolm	Scout	M?	20:27
7	McCormack, Kate	GEN	W11	22:45
8	O'Brien, Aoife	GEN	W11	22:45
9	Nowlan, Niamh	3ROC	W10	22:52
10	Richardson, Mark	Scout	M11	24:57
11	Callery, George	Scout	M11	24:48
12	Gargan, M	AJAX	M11	24:53
13	Walsh, Niall	3ROC	M7	28:09
14	Walsh, Aisling	3ROC	W9	28:41
15	Fogarty, B		?	33:02
16	McCaffrey, Fionnuala		W?	33:10
17	O'Hara, Kate	AJAX	W13	36:19
18	DuBerry, Leah		W11	36:21
19	O'Hara, Michael	AJAX	M6	36:24
20	Coates, Shay		M?	36:29
21	Gill, Linda		W?	38:42
22	Lennon, Niamh		W11	39:55
23	de Stac, Sinead		W?	40:47
24	Ni Neill, Sinead		W11	41:35
25	Stagg, Geraldine		W?	41:37
	Coates, Aine		W11	DNF
	O Murchu, ?	TRIMO	?	MP 5

PLANNER : Philip Butler
CONTROLLER : Trina Cleary
ORGANISER : Brian Hollinshead

THANKS TO ALL WHO HELPED ON THE DAY.