# the Irish Orienteer

No. 59 August - September 1992 IR£1.00

CLOSE SEASON CLEAR-OUT

A recent (and rare!) spring-cleaning session at ULTRASPORT has brought to the surface the following clearance bargains .....

NYLON O-SUITS "Traditional" style - with collars and pockets. Navy, brown, royal and green. Most sizes. Per garment STG£3.95

| | |
|---|---|
| O-MOTIF T-SHIRTS (mainly small) | STG£1.50 |
| NYLON O-BREECHES (knee length) | STG£3.95 |
| NYLON O-TROUSERS (random colours) | STG£4.95 |
| TRETORN TRIMMI BOOTS (sizes 34, 35, 36, 37) | STG£8.95 |
| HELLY-HANSEN LIFA LONG JOHNS (size XS) | STG£6.95 |
| RON HILL TRACKSTERS (bottle, jade) | STG£9.95 |
| JK'92 SWEATSHIRTS (white, L & XL) | STG£4.95 |

.... ALL WHILE STOCKS LAST ....

PLUS COMPASSROSEN STUDDED O-SHOES ("The Original") STG£13.99
!!! TWO PAIRS FOR STG£25.00 !!!

*For comprehensive catalogue and price list please send S.A.E. to*

ultrasport

**BRITAIN'S LEADING SUPPLIER OF ORIENTEERING KIT**

THE ORIENTEERS' SHOP, 4 St. Mary's Street, Newport, Shropshire, TF10 7AB
Phone: 0044-952-813918 Fax: 0044-952-825320

**LAGAN VALLEY ORIENTEERS**
is hosting
**NATIONAL EVENT 9**
**(INCORPORATING THE VETERANS HOME INTERNATIONAL)**
at
**SLIEVEMARTIN, ROSTREVOR, CO. DOWN, NORTHERN IRELAND**
on
**14/15 NOVEMBER 1992**



# The Irish Orienteer

NO. 58 May - June 1992 ISSN 0790-1194

The Irish Orienteer is published six times a year and is available through all Irish orienteering clubs. All material concerning orienteering will be gratefully received by the editor, John McCullough, 9 Arran Road, Drumcondra, Dublin 9.

SUBSCRIPTIONS: £6.50 per annum (six issues) .

The copy date for the forthcoming issue is 20th September, expected publication date 4th October.

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:** Hazel Convery (3ROC) steps it out at the Connacht Championships (Editor).

CONTENTS

| | |
|---|---|
| News pages | 4 |
| Veterans News | 9 |
| Tick Talk | 10 |
| Challengers Trophy | 11 |
| Shamrock Report | 13 |
| Feedback | 17 |
| Leinster & Club News | 19 |
| Results Section | 22 |
| Orienteering Fixtures | 26 |

Why not write something for the next Irish Orienteer?

Printed by Denton Print, Dundrum, Dublin 14. (01-988944)

## RULES, OK?

The new IOA Rules of Orienteering are about to be published, we are told, based on the 1992 British Orienteering Federation rules. The previous IOA rules of competition, published in 1978, were based closely on the then BOF rules but since then our rules have largely stood still despite the many developments in the sport - short distance orienteering, new IOF control description symbols, changed competition classes and so on.

The BOF Rules themselves are fairly straightforward and take up about half the space in the publication, the rest being guidelines and appendices. A paragraph from the previous BOF rules of 1987 is reprinted in Erik Peckett's introduction, and I think it could do with repeating here:

"All orienteers should remember that the rules are only a framework designed to give structure to our sport. Perhaps the most important of the rules is the one that states that the spirit of fairness and good fellowship shall be the primary consideration on all aspects of the sport, including the interpretation of the rules. Complaints of a petty or immaterial nature, or excessively forceful or angry protests, are almost always inappropriate. The officials at almost all competitions are amateur volunteers, who try their best, within their often limited free time, to provide a high standard of competition. Should all not go well at a competition, their efforts should still be treated with gratitude, rather than complaint and criticism." Perhaps we could all take this to heart.

Maybe the more interesting part of the rules is that devoted to the guidelines and appendices covering colour events, course/class combinations, night orienteering, environmental good practice, safety, event entries and so on. The emphasis seems to be changing from a strict interpretation towards a more flexible approach where the spirit of the rules and the sport is at least as important as the actual rules themselves.

You may not have been aware that there were rules of competition at all or think that we can survive perfectly well without them. They have always been there, just under the surface, to give direction to organisers, planners and controllers. Perhaps it's a measure both of how hard officials try to get everything right and how good natured orienteers are about their sport that the rules get invoked so rarely.

When the rules are published you should make a point of getting a copy and studying it: it will enhance your appreciation of orienteering and particularly of the amount of unseen effort that goes into providing you with your sport.

## FOR THE BIRDS

A survey conducted on behalf of the British Orienteering Federation at a recent event in Norfolk found that birds and orienteers can co-exist without any problems, according to the Daily Telegraph. The study, by Ecosurveys, monitored 54 species of birds over 20 days and concluded that the event "had no measurable effect" on them. Conservationists have become increasingly concerned that activities such as orienteering, rambling and angling may upset birds in the breeding season. The numbers coming to British events, however, tend to be five to ten times greater than at corresponding events here: thamkfully we haven't yet had to face the logistical problems of car parking, bussing and toilets for large crowds.

## ANDERSONS SPONSOR NIFRA

Andersons Industrial Doors, well known for their sponsorship of the annual Andersons' Mournes Mountain Marathon in September, have extended their commitment to mountain running. The 1992 Northern Ireland fell running championship series is sponsored by Andersons, with nine races over 5 months up to the end of September. There are three short (record under 40 minutes), three medium (record under 1 hour 45 mins) and three long races (over 1.45) in the series and a runner's best two from each category will be counted in the Championship.

The remaining races in the series are:

| | |
|---|---|
| July 18 | Slieve Donard (medium: 7 mls/ 2800 ft) |
| August 5 | Scrabo (short: 3 mls/750 ft) |
| August 22 | Sperrin Mountains (long: 14 mls/4300 ft) |
| September 26 | Commedagh/Donard Horseshoe (medium: 7 mls/3100 ft). |

This year the Mournes Mountain Marathon will be on September 19-20th. Entry forms from Andersons Industrial Doors, Hillview Enterprise Park, Belfast BT14 7 BZ (08-0232-351440).

## CONNACHT NEWS

The Connacht people gathered together socially on Saturday 13th June in the Forest Inn in celebration of three things:

(1) The brilliant season and the superb league we had in Connacht orienteering. All events went off on time with no misplaced controls.

(2) The amalgamation of the two biggest clubs in Connacht, Western Eagles and Lough Key. No club name agreed as yet.

(3) A presentation of Galway crystal was made t Frank Ryan in appreciation of his dedication to orienteering in Connacht for more then 21 years. The Ryan family were also complimented for behind the scenes help and family life sacrificed for the O sport. This does not mean that Frank is retiring and anyone who thinks so should have run his 10.7 km A course in Dunsandle on 7th June. They would realise how sharp and dedicated he really is. He is still the master of Connacht orienteering and hopefully will be for many more years to come.

Cathal Cregg, Connacht PRO.

## MORE CONNACHT NEWS

John Walshe has pointed out that the "circular road" identified in the recent map-bits competition, as being from Ballygar, was in fact a drain from Lough Key. No one got that one right anyhow!

## WORLD STUDENT CHAMPS

The 8th FISU World Student Championships are being held in the Aberdeen area of Scotland from July 26-31. The Irish team is John Feehan (UCC), Peter O'Hara (Aberdeen University), Steven Linton (Nottingham University), Aodán Higgins (UCC), John Casey (UCC); Una Creagh (Sir John Moore Univ., Liverpool), Jennifer Leonard (Newcastle-upon-Tyne Univ.), Nuala Hihhins (UCC), Rachel Burgess (UCD) and Hilde Creagh (COMAD). The Individual race is on July 28th and the Relay on July 30th at Sluie Woods and at Glen Tanar.

In the past the event has been won by Liisa Veijalainen, Oyvind Thon and Arja Hannus, all of whom went on to win World Championships. Entries have already been received fro twenty countries including Finland, USA, Norway, Sweden, Switzerland and New Zealand and at least four more are expected. The event centre is at Aberdeen University and about 250 competitors are expected. On the social side the runners can visit Balmoral castle, distilleries and a ceilidh, and the event will be covered by Grampian TV. Spectators will be able to run on the areas on the 28th, 29th and 30th and the model race on the 27th.

Aboyne, where some of the forests are located, will be the event centre for next year's Scottish Six-Day, Royal Deeside 93, from August 1st-7th 1993.

## TREASURE HUNT TIME

You've often heard orienteering described as "like a treasure hunt": now's your chance to see! 3ROC are running a trasure hunt on foot in the Dun Laoghaire area on the first Friday in September, starting from 7.30 to 8.30 at the Eden Park car park in Glasthule, beside Summerhill DART station (GR O 250 279 approx). The event is open to all and 3ROC hope to make a few bob towards running next year's Irish Championships.

## ODDS'n'ENDS'n'ODDS

* Orienteering got a TV airing recently on RTE 2's Friday evening sports programme, Sportsworld. The first World Cup event at Orebro in Sweden, with winner Britain's Yvette Hague (winner of the JK Women's Elite course) featuring. Our own Colm O'Halloran (LeeO) was there too but didn't make it to our screens.

* If you're into planning ahead, the entry forms for next year's Scottish 6-Day event are out. The event (Royal Deeside 93) runs from August 1st - 7th and the event centre is at Aboyne. Details of accommodation are available from Kincardine and Deeside Tourist Board, 45 Station Road, Banchory, Kincardineshire, AB31 3XX, Scotland (mark your enquiry "Deeside 93"). The address for entries etc is Royal Deeside 93, P.O Box 93, Aboyne, Aberdeenshire, AB34 5EJ, Scotland. Entries are STG£6 per day until January 31st rising to £8 per day after June 30th (juniors STG£2.50 to £4.00).

* Orienteer, athlete and sports journalist Lindie Naughton, has started a new venture which could appeal to smaller sports such as orienteering. Called "Sports Ireland", the service will get your results, fixtures, league tables and information to the four national daily papers, RTE and independent radio stations. There is an initial registration fee to cover set up and administration, all you have to do is get the information to Lindie by fax or phone. Contact Sports Ireland, 67 Middle Abbey St., Dublin 1 (Phone 01-733077/733862, fax 01-733915).

* Orienteering again featured at the Irish Mini-Sports Festival at St. Patrick's training college in Dublin in June, courtesy of members of Fingal and Three Rock. 360 primary school children tried the sport, along with mini hockey, leprechaun rugby, cycling, handball and a host of other activities.

* Rumour has it that the OS 1:50 000 sheet 25 of Sligo is now available.

* The Cork Street-O Championships are being reintroduced on September 6th, starting from 09.00 to 11.00 hrs. No controls are used but competitors have to record various features around the course, like a treasure hunt.

* The winners of the men's and women's races in the short distance and classic World Championships in the USA next year will take home hand-made quilts which are at present being sewn up by members of US O- clubs.

* This year's Swedish O-Ringen (5-Days) at Södertälje in July will coincide with an International Conference on Orienteering for Physically Disabled people and will feature the background, development and competition procedures used in orienteering for the disabled in Sweden and Norway. Faith White, the IOA International Officer, has a special interest in this area and will no doubt keep us up to date. Speaking of Sweden, it is reported that Swedish Railways have built a special railway station at the event centre for the 5-Day to move the

competitors around. Many of them will be commuting from nearby Stockholm. John Walshe (WEO) and John McCullough (3ROC) are the two IOA nominees at the orienteering clinic attached to the event this year.

* The City of Dublin VEC Sports Advisory Council has a certain amount of money available for grants to clubs and sporting organisations for activities based in the Dublin Corporation area. Information and application forms from SAC, CDVEC, Town Hall, Ballsbridge, Dublin 4.

* Remaining long organised walks this summer, if you're interested, are the Galtees on August 15th, the Burren on August 29th and the Donegal Glover Marathon on September 12th.

### PERMANENT COURSE OPENED

The first permanent orienteering course in Leinster for many years was installed recently at Marlay Park, Rathfarnham, Co. Dublin. Under the watchful eye of IOA Coaching Officer Paddy O'Brien, Dublin County Council set up ten control points in the park. Using a revised map by Marcus Geoghegan the participants find a letter at each control which spells the name of a bird or animal found in the park. Maps are available at the park during the day: after that it's strictly map memory!

## JOB OPPORTUNITY

Seville Orienteering Club is looking for an orienteer to live and work from September/ October 1992 to June/July 1993, working with the Club in organising events and training, simple mapping, assisting with sales and distribution of O-equipment, and some "household maintenance". Room and board, plus "a smart monetary stipend", will be provided.

Contact: ADOL, Miguel Barrero Alvarez, Las Brisas-3, Siroco 26, 41927-Nairena del Aljarafe, Sevilla, Spain (Phone/Fax 16-34-5-4182354). The advert gives no indication whether any ability to speak Spanish is required.

## EUR-O TOURS

Several Irish orienteers are doing big mileage in Europe over the Summer: attending the World Junior Championships and other events in Finland, followed by the Swedish 5-Day and the World Student Championships in Scotland is BVOC and UCC's John Feehan; a party including Bill Edwards, Colm O'Halloran, James Logue, Colm Rothery and Steven Linton are taking in events in Czechoslovakia and World Cup races in Hungary and Austria. We hope to have reports on how they fared in the next issue.

## COMPASS SPORT

Any of you wishing to renew your CompassSport and/or Up & Down subscriptions might like to do so by credit card: Access and Visa are accepted. The rates for members of IOA affiliated orienteering clubs are:

CompassSport STG£16.50 for 1 year, STG£31.50 for 2 years

Up & Down STG£13.50 for 1 year, STG£25.50 for two years

Both magazines STG£28.50 for 1 year, STG£55 for two years.

Send your credit card details to: Subscriptions Dept., 25 The Hermitage, Eliot Hill, London SE13 7EH.

## MOUNTAIN MARATHONS

The Andersons Mournes Mountain Marathon takes place on September 19th/20th. Entry forms are available from orienteering clubs or from Denis Rankin, 18 Cranmore Gardens, Belfast BT9 6JL.

The Karrimor Mountain Marathon is on the last weekend in October somewhere in Britain. It's pretty difficult to get into this one: contact Jen Longbottom, KIMM, c/o Karrimor International Ltd., Petre Road, Clayton-le-Moors, Accrington, Lancashire BB5 5JP. Entries closed in June, however.

There's a Swiss Karrimor MM also, on August 15/16. Details from Remy Steinegger, CP, CH-6951 Oggio, Switzerland. Entries also closed in June though ... Start training now for next year?



### MISSING LEINSTER PERSONS

Not alone did the results of the GEN Leinster League event at Trooperstown last November never get published, but when a review of the Leinster League courses was being attempted for TIO it was found that neither were the results of the UCDO League event at the Sugarloaf on March 7th, the CNOC League event at the Curragh on March 22nd,the Leinster League final at Carrick on May 17th or the second day of the Leinster O-Ringen on May 22nd at Trooperstown!

## PONY EXPRESS-O

For a change, why not try this? "Pony Express orienteering" is a team score event where all the controls have to be visited, each team member has a map but the team has only one control card between them. The map and control locations are available before the start when the strategy is decided: the control card is passed from one runner to the next at points decided by the team so as to get all the controls as quickly as possible. Some controls are nearer than others, and teams combine a number of different age classes and abilities.Each team member must carry the control card to a minimum number of controls and punch the card with his or her map. Team members can run together or can plan to meet at pre-arranged locations so that each leg has a fresh runner. Running events like this can be great fun, but it only works if a reasonable number turn up to provide the competition.

## LORD OF THE MOUNTAIN

The current *Irish Runner* magazine has an article on Paddy Lord, an M45 from Trim Orienteers, a persistent hill runner and occasional orienteer. Paddy ran the Guinness Mount Cameroon race in February, involving the 38 km ascent and descent of a 13,452 foot live volcano in temperatures of 40 centigrade and high humidity. He was one of 350 runners, including Columbia's Jairo Correa, the current mountain racing World Champion and Britain's Jack Maitland (a previous Cameroon winner).

Following a 5 km road run the race climbs 6500 feet through forest before emerging onto the even steeper savannah and lava to the top. Paddy was timed out at the last checkpoint and told to go beck, which he refused to do, but after some haggling and the signing of a disclaimer, he was let go on with a guide. After the summit the descent was even tougher until they reached the forest and ran back to the stadium to finish in 11 hours 30 minutes, half an hour outside the official time limit. The winner (running in rubber sandals) clocked a record time of 4.32.13 while the only visiting runner in the top ten was 4th placed Jack Maitland. The first prize of £2500 is a small fortune in local values. Both Correa and Swiss runner Pierre-André Gobet, past winners of the Everest Marathon, had retired, finding the race too tough.

## O-CAD GROWS

An increasing number of orienteering clubs are starting to use O-CAD, the computer program designed by Swiss orienteer Hans Steinegger for drawing orienteering maps. Seán Cotter drew the Dunboy map for the Shamrock O-Ringen this way (Cork O have bought their own computer for the purpose), both Irish Championships maps were produced by John Walshe using O-CAD, and both Pat Healy and Barry Dalby have done O-CAD maps for outdoor centres around the country. The clarity and drawing consistency obtainable using O-CAD is difficult to match by scribing or pen and ink drawing. A new version has evidently just been released which can import photogrammetric data on disk without having to scan in a base map or trace it on a digitising tablet.

## HIMALAYAN ADVENTURE

Tiglin, the National Outdoor Centre, is organising two trips to the Himalaya in October. The first, lasting 3-4 weeks in October, is an 8-day paddle down the Sun Kosi river, one of the top ten rivers in the world. The group leader is

Humphrey Murphy who has made first descents of numerous rivers ans was a member of the first Irish canoeing expedition to Nepal. The cost is IR£1600 which covers virtually everything.

The second trip is a trek and an ascent of Island Peak or Lobuje, two 20,000 foot peaks close to Everest and Makalu. The group leader is Dermot Somers who has considerable experience of Himalayan and Alpine climbing. The trip lasts 4-5 weeks and costs IR£1750 which again covers virtually evenything. Some Scottish winter/Alpine climbing experience would be an advantage, but not essential.

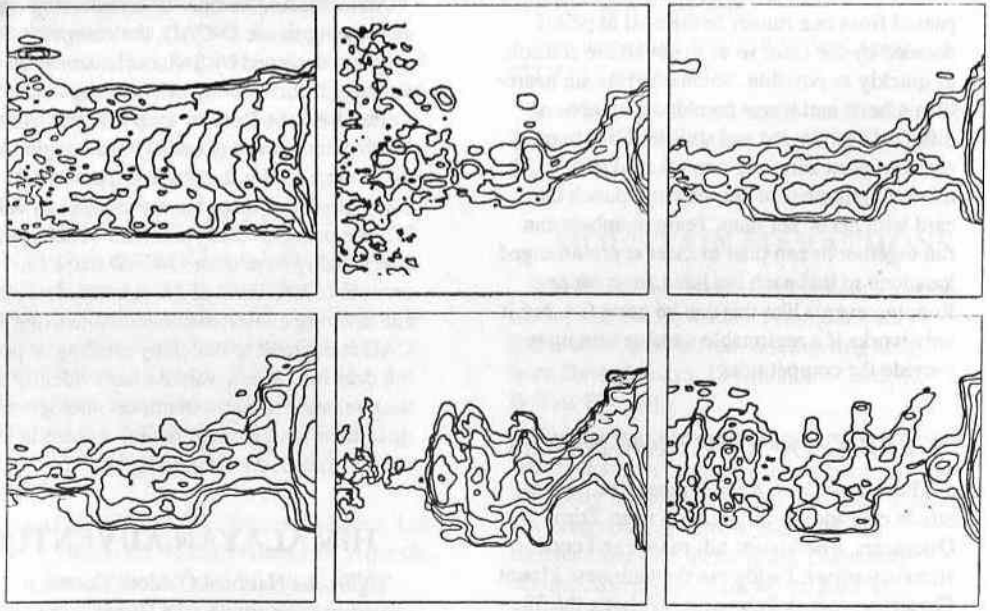
Details from Tiglin The National Adventure Centre, Ashford, Co. Wicklow (0404-40169).

## SCIENTIFIC JOURNAL OF ORIENTEERING

Volume 8 of the *Sci J.Orienteering* has just been published and contains papers originating from the 4th scientific symposium on "Performance Improvement in Orienteering" at last year's World Championships in Czechoslovakia.

The topics covered are "Menstrual disorders among world class orienteers", "How should the ideal coach be and how is the real coach judged by athletes?", "Co-operation between the sports psychologist and the Norwegian orienteering team" and "Biochemical parameters of orienteers competing in a long distance race". The journal also has a review of the results of an 18-month study by the Swiss O-Federation on the ecological impact of orienteering.

The journal and all back issues except No. 1(1985) is available from the IOF Secretariat, PO Box 76, S-191 21 Sollentuna, Sweden, cost SKr40 including postage. Annual subscription rate (two issues) is SKr 70.



**Interesting looking contours, eh? Do you recognise any of them? In actual fact they are contour voice-prints of five people saying the word "You".**



ORIENTEERING VETERANS SQUAD IRELAND

# VETERANS NEWS

In my manager's report on the 1991 Veteran Home International I made comment on the results and saw three areas where we fell behind our counterparts in Great Britain - latecomers to the sport, lack of sustained exposure to technical competition and lack of competition for places. The first will hopefully fade through time and the second needs planners everywhere to consider the needs of Vets as something other than an adjunct on Junior courses. As for the third I have a couple of initiatives under way which will, I hope, stimulate folk to try for selection.

The first was seen at the Irish Champs with the unveiling of a sweatshirt bearing the logo copied at the top of this note. The sweatshirt is available exclusively to team members, management and, when competing in GB, to invited travelling reserves. Thus the concept of the "squad" is born and I hope those who missed out in the last two years will be trying harder to get in there.

The second is a record-keeping exercise which I have started. It uses the handicap principle now well established in LVO to allow for comparison of competitors on the basis of their speed rather than their times. It also has a facility for adjusting handicap speeds up or down as a result of a bad or good performance. I have compiled the handicaps over events which would be considered as selection events and, while I would not offer these statistics as the only basis for selection, they do give an interesting comparison. The "Green File" always accompanies me to events - I will be happy to show it to anyone interested in their performance relative to their selection opposition - if the interest is sufficient perhaps publication in The Irish Orienteer would be a possibility.

Alan Gartside,
Veteran Team Manager.

Careful Checking of Punch Card

# Tick Talk

The Shamrock O-Ringen and other summer competitions bring to mind that friendly little fellow, the tick, who lurks in the undergrowth waiting for a passing warm-blooded animal to pass by and provide it with a feed. Several methods of persuading these little pests to go away have been suggested, so you might like to try some of them for yourself.

Ticks can be brushed or shaken off clothing and picked off the body before they become attached. Whenever an attached tick is found you should pick it off using a small tweezers or thumbnails. A feeding tick lies parallel to the skin with its mouth parts at right angles to the skin. When enlarged with blood the tick's body should be raised gently so it is in line with the mouth parts. The mouth parts should be grasped where they enter the skin and tugged gently but firmly until the tick releases his hold. The application of antiseptic wipes, alcohol or methylated spirit may help release his grip, and a dab of vaseline may also help here. After removal, clean the bit area thoroughly with a surgical wipe or meths. Be careful not to squeeze the tick's body when removing it! (Warning: hypochondriacs should stop reading here.)

At last year's Shamrock the organisers tried to check that all competitors still had their spleens: evidently a disease called babiosis can be carried by ticks and anyone whose spleen has been removed is in big trouble if bitten by an infected tick (the disease is fatal, it seems). In eastern Europe ticks also carry encephalitis, a serious brain disease, and inoculation is advised if travelling and orienteering there. Closer to home, Lyme disease has been reported in many European countries, including Britain. This is a bacterial disease transmitted by the bite of the adult female sheep tick, Ixodes ricinus.

The feeding phase of the tick, at which time infection can be transferred, is from late March to early June and from August to October. Not all ticks are infected, however, and the risk of infection can be further reduced by removing them within 24 hours.

Prevention of tick bites is best done by full body cover, particularly for the legs, ensuring that there are no gaps in the clothing. Insect repellent on exposed skin may also help. Competitors, mappers and others in areas of high ferns populated by sheep seem to be particularly at risk of picking up ticks. They need moist, coarse vegetation and high humidity: typical O-terrain!

Symptoms of Lyme disease (nothing to do with Dutch elm disease: it's a town in Connecticut where the disease was described in 1975) include a mild skin rash a few days after being bitten, flu-like symptoms of fever, fatigue, headache, aching muscles and joints (not to be confused with post-orienteering trauma) and enlargement of the glands in the groin, armpit or neck. Antibiotics are effective at this early stage. Several weeks later secondary complications may occur, including fatigue, muscle and joint pains and effects on the nervous system and, occasionally, the heart. Medical attention should be obtained if any of these symptoms are observed and if you have been bitten by ticks. A blood test will indicate if you have been exposed to the disease.

As they say on Crimewatch, "Don't have nightmares, do sleep well". Most of us have been bitten by ticks since we were knee high to a grasshopper with no obvious ill effects. Leeches, now ...

J.McCullough.

(Much of the information in this article comes



# THE CHALLENGERS TROPHY

This year the ESB were represented for the first time at the Challengers Trophy competition in Scotland at the end of May. **Timmy Flavin** of Cork Orienteers made it onto the team. Here is what he found ...

What is *Pelargonium*? Read on.

Competing for the "Challengers' Trophy" is a test of teamwork, navigational ability, fitness, endurance and mental agility. The competition, involving orienteering, mountain biking, ropework and waterwork is open to any public or private company putting forward a team of four staff and an executive and an entry fee of STG£3850 plus VAT per team.

This year the "local" event was held in Scotland and the Electricity Supply Board entered a mixed team and a male team. Prior to all this there was ongoing assessment here at work, ending up with a tough but enjoyable few days at Killary Lodge in Connemara. Perhaps an example of how demanding was the assessment at the Lodge was a person needing to drink Lucozade and eat chocolate while having a shower, such was the fatigue!

Our support group was a manager for each team and our own physio. A huge tented village was set up in the grounds of Blair Castle near Perth.

Once the course was designed it was tested and evaluated by a team of NCO's and Marines from the Royal Marine Reserve. They were then available for the duration of the competition to provide safety back-up, man checkpoints and water points and for general co-ordination. The Scottish ambulance service provided a fleet of ambulances and a field hospital, fully inflated in under ten minutes. A local catering college saw to the dining marquee and the off-base marquees at stage ends. A chopper was always on the go.

The actual competition was divided into timed stages containing compulsory checkpoints (CP) and optional bonus points (BP) which needed all team members to be present. In addition there were information points (IP) which might be necessary to locate BP's and at which any team member could be present.

We worked on 1:25 000 and 1:50 000 scale maps: no technical orienteering, no master maps, no pre-marked courses etc. A route card was issued at each stage start: from this we had to decipher the CP, BP and IP locations as required. This involved transferring grid references; bearing and distance; distances from three locations; a collection of words to be put in order; a transparency with three obscure and small pieces of map data (slide the transparency over one of our maps to find a marked spot); we were handed a newspaper and supplement and told that there was pertinent info within (try sitting down and reading a newspaper and ignoring the clock!) and finally we were given a partly completed statement of a profit and loss account ... find IP to find the missing figures and complete the balance sheet with the new information to locate the CP (an accountant would be handy). Any mathematicians amongst us were well catered for: [(a+b)-(c+d)]/(1x1000+c+a) where a, b, c, d were spot heights on the map or heights from grids ... (or worse: go to IP to find value) ...then do we do addition or division first etc ...

IP's always gave a meaningless word or number which had to be combined with other IP's. Teams could split to find IP's, but what if an Ip led to another two IP's and a further subdivision of the team? Do we send the fast runner to the higher, far-off info point? can he navigate? where will we all regroup? will we lose height unnecessarily? what's the most efficient use of our mountain bike? Team management here is critical.

One stage involved assessing our time over a described course: we were given distance, height gain, underfoot conditions etc. and our estimated time logged against us. Any overestimate was time lost to us, any underestimate was

doubled and added as a penalty.

On the final day the team of four was joined by a company executive who first had to undergo a technical mountain bike stage, timed and with penalties. Any time he could save was given to his team.

The final stage involved five people and one mountain bike, with the foregoing problems! The permutations for efficient use of bike, runners and map readers was interesting! The rope-work stage was not technical and independent safety ropes were used but a good head for "exposure" was needed.

The whole event was very professionally run. Time penalties were many and severe (e.g. no road running or cycling, use only gates and stiles, specified kit to be carried: first aid, water, whistle etc.).

A cannon from Blair Castle set off the first team on Day 1, a biplane entertained on the last day as did pipe bands, sword fighting displays and so on.

We estimate we covered 55 miles in four days, gaining about 8,500 feet. Mountain bikes had to be taken on two stages but their use was limited as the terrain was more suited to runners.

The setting for the event was spectacular even if we didn't get much chance to look at it. Natural woodland, managed forestry, rough heathered slopes, deep valleys. All the competitors wearing brightly coloured boiler suits must have looked a sight darting around the countryside. The experience was fantastic, teamwork was vital, individuals surpassed their previous "best" for the sake of the team and the satisfaction of driving ones self to the limit.

The event is a unique and rapidly growing extension of in-house company training, from assessment through selection, training and the actual event. Staff from diverse backgrounds and locations input their ideas and abilities with the aim of producing an all-round team. Companies taking part are well positioned in PR terms as being able to compete with any other company. The event is also used for business development with publicity, advertising and contacts. We are told that ESB are pleased with the way their first try at Challengers worked out: teams achieved creditable placings and enhanced the name and standing of the company. The event is no holiday: you have to be fit ( a formal medical is compulsory) and spend many, many hours trying to get fitter.

The actual location of the event is not revealed until one week before the start date. The scramble is then on for maps and data. The postal dispute here was no help. I would like to offer my thanks to the following who helped in getting me maps and information at short notice or for putting me in touch with others: Sean Cotter, Bernard Creedon, Maeve MacPherson, Liz Deane, Brian Corbett, Ruth Lenihan, Con Moynihan and John McCullough.

A novelty in this year's event was the introduction of optional questions and answers at BP's to be completed on site. If you can answer my first question it was worth one minute off your total time - I'll leave it with you!

We had a fantastic time: the pains, blisters and exhaustion were worth it, and all of us would travel over again. I can't begin to convey the competitive atmosphere and the team spirit that existed. Pulling back a few minutes on a leading team gave a real sense of achievement. The results posted up after every stage let each team know their position and heightened the sense of wanting to start the next stage and go harder on it.

(Up to 150 teams take part in the event each May. Orienteers have featured prominently in the event already: last year in Wales the winning ICL team featured Mark Seddon and John Britton, winners of the 1990 Karrimor Mountain Marathon A class. Ordnance Survey teams finished 2nd and 4th last year. For information contact Challengers Trophy, 30 Gordon St., Glasgow G1 3PU , phone 0044-41-226-4454, FAX 0044-41-221-9679)



# SUN SHINES ON SHAMROCK

It had to happen sooner or later. After three attempts at which the weather did its best to discourage competitor and organiser alike, the fourth staging of the Shamrock O-Ringen in west Cork finally had the weather to match the quality of the orienteering.

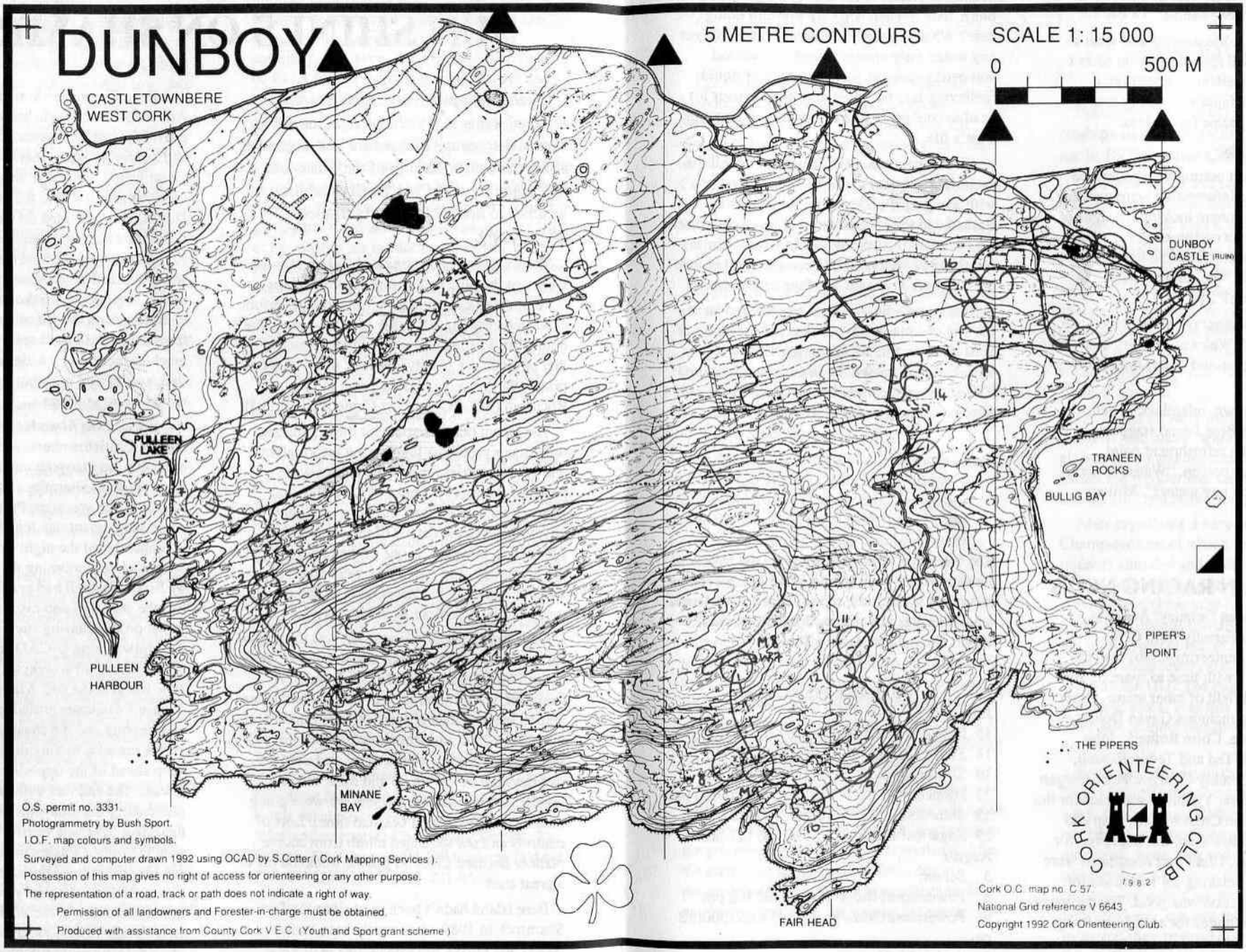
The Castletownbere area had had no rain for weeks so the blue features on the three maps were in many cases imaginary and the underfoot conditions were much better than the norm. The number of visiting orienteers almost matched that of the home variety and took many of the prizes, the two Elite classes going to Iain Rochford (SELOC) and Liz Campbell (ERYRI).

The recent postal dispute hit the organisers, with major problems sending out information and getting entries in: half the entries were received within two weeks of the event, and many of the competitors turned up not knowing anything about the details of the competition. Flexibility, however, is one of the features of the Shamrock, and start times were changed without difficulty for late comers or those held up by the ferry to Bere Island on Day 2.

Gaill Beag, SW of Glengarriff, was the venue for the Friday evening race whose courses were about 70% of the length of Days 2 and 3. A beautiful, warm, summer's evening, what better way to spend it than chasing the contours round the hillside? This area of complex open ground was mapped for last year's event and used for two days but in low cloud and mist. It was a revelation to actually see where we were going (and to see the views if one had time). Lots of controls and not too much climb from course planner Bernard Creedon got the weekend off to a great start.

Bere Island hadn't been used since the first Shamrock in 1989 when wooly hats, waterproofs and gloves were recommended. This time the heat was intense but the orienteering excellent. Organisers Southern Orienteers, the Army club from Cork, had thoughtfully provided tents, marquees, toilets, refreshments and a shop for the runners. Once again the sea views were spectacular and course winning times were fast due to the underfoot conditions. Drinks were provided on the course (though not marked on the map) and were very welcome. Kevin O'Dwyer planned the courses which were confined to the western part of this huge map. Long queues for the two boats bringing competitors on the ten minute journey to and from the island didn't seem to bother people too much as there was a widespread belief (justified, as it turned out) that changing start times would be no problem.

Back to *terra firma* for Day 3 at Dunboy, outside Castletownbere. A chasing start was in operation, so that your cumulative time over the first two days determines how far behind your course leader you start. Problems with results processing meant that the chasing start proper was abandoned the night before but by the time we got up next morning the computer team led by Brian Scannell had cracked the problem and had the start lists and everything ready by 4 a.m. so the proper chasing start went ahead. The map was drawn using O-CAD and was the picture of clarity, about 90% complex open ground and 10% forest at the end. Martin Flynn and John Scannell's courses provided interesting orienteering and the chasing start put pressure on the runners, forcing mistakes in the rush to keep ahead of the opposition. The forest towards the end met with mixed reaction, particularly the area with rhododendrons, while the finish field was worthy of a Scottish 6-Day, with the ruined Puxley mansion overlooking the run in and a private harbour for the house. Liz Campbell from Anglesey maintained her 17 minute lead to win the W21 Elite class from Una Creagh (3ROC) and Eileen Loughman (CNOC) while Iain Rochford (SELOC) had a narrow margin over Irish Champion Bill




**Routes:** Iain Rochford (1st M21E) ——
Bill Edwards (2nd M21E) - - - -
Liz Campbell (1st W21E) .....

Edwards (CorkO) with Liverpool's Brendan Bolland (MEROC) close behind.

A great weekend's orienteering and what an introduction to Ireland for anyone who hadn't been here before! excellent competition, a friendly atmosphere, fantastic scenery and beutiful weather. A recipe for success.

**Shamrock Shorts:**

* A party of Danish orienteers who arrived without any pre-race information were wandering around Castletownbere looking for signs of O-activity. Spotting an orienteering car sticker they asked about the competition: looking out to Bere Island they said "We see the island, but where are all the trees?".

* Liz Campbell, winner of the W21E course, who runs with North Wales club Eryri, could be eligible to represent Ireland as her father comes from Co. Galway!

* The sun beats down, relentless. A dehydrated competitor at Bere Island staggers towards a mirage-like refreshment point manned by a military person. "Water, water..." he croaks, "Have you any water?". Military person, not ready to divulge too much information): "No". "Then what are you still doing here? What's in the container?". "I haven't got any water, only orange squash." A second competitor runs up, picks up a cup of liquid (believing it to be water, and pours it over his head to cool off before discovering it's orange. That's life.

* The organisers had a lucky escape, all the same. The weather changed on Sunday night with a mighty thunderstorm, the lightning flashed and the ground shook. The storm caused a power failure at the Wheel Inn event centre for about 12 hours: had it been the night before we could all have said goodbye to the results!

(Next year's Shamrock is expected to be at the end of June in west Cork and Kerry with at least one event in the Kilgarvan/Loo Bridge area. Entry forms will be in CompassSport and TIO and may be printed on the back of the old Glengarriff map used for IOC 87!).

JMcC.

## MOUNTAIN RACING NEWS

The team of Brendan Delaney, Aonghus OCléirigh and Pat Farrelly from CNOC (Curragh-Naas Orienteering Club) won the Lugnaquilla Relay with time to spare on June 20th from a small field of other teams. Other orienteers running included Gavan Doherty, Andrew O'Mullane, Colm Rothery, John McCullough, both Ted and Teddy Russell, Peadar Dempsey, Paddy O'Brien, Peter Gargan and Maurice O'Hara. Visibility was poor for the first two legs (Stone Cross to Sally Gap and Sally Gap to Wicklow Gap) but improved for the last leg runners. Underfoot conditions were exceptionally dry, making for fast times for those whose navigation was good. The record of 272 minutes (90 minutes for each 11 mile leg with two minutes to spare) wasn't broken, however.

The Inter-firm competition run by the IMRA in Leinster at the early season Wednesday evening races was won for the second time by the Garda team once again including John McDonnell, Kevin Grogan and Adrian Tucker.

### SUMMER FIXTURES

July

| | | |
|---|---|---|
| 15 | Prince Willie's Seat | 4 mls/1200 ft/7.30 pm |
| 18 | Slieve Donard | 7 mls/2800 ft |
| 19 | Slievenamon | 5 mls/1500 ft/2 pm |
| 22 | Djouce | 5.5 mls/1400 ft/7.30 pm |
| 25 | Snowdon | 10 mls/3300 ft/2 pm |
| 29 | Sugarloaf Barby | 3 mls/1500 ft/7 pm |

August

| | | |
|---|---|---|
| 5 | Scrabo | 7.30 pm |
| 9 | Powerscourt Ridge | 8 mls/3100 ft/2 pm |
| 9 | Powerscourt/Maulin | 5 mls/1500ft/2 pm |

September 19-20
Andersons Mournes Mountain Marathon



## MUNSTER CHAMPIONSHIPS 1992

Lee Orienteers hosted the 1992 Munster Individual Championships at Combawn, Mitchelstown, on May 9th, with a smallish turnout of orienteers, and ran as good an event as the area allowed. Obviouslt the forest at Combawn was at one time mature and extensive but the forester's chainsaw has taken its toll, felling almost all the mature forest and leading to courses with long road runs and not too much interest from the navigational viewpoint.

A great run by Cork O's Marcus Pinker (still an M17) saw him take the Mens Elite title, just 3 minutes adrift of established elite runner Aonghus OCléirigh, with 3ROC's Colm Rothery third, a further 3 minutes down. In the Women's Elite class Darina Cunnane (Cork O) took the Munster title, finishing second overall to Maeve MacPherson (3ROC).

(Aside: The road runs clearly favoured Cork O's Liam O'Brien in M35. Liam has had an extraordinary run of successes in road races over the years and has a great turn of speed allied to improving navigational ability. He produced 7.3 minute kilometres to win the M35 class by 5 minutes. Of 53 5-mile races in the Ballycotton series in Co. Cork Liam has run in 46 and won 42 of them. His last defeat in a 5 mile in the series was 11 years ago, and his winning times have ranged from 24.13 in 1988 to 24.36 in 1984. In addition to representing Ireland in the 10,000 metre steeplechase at the 1984 Olympics Liam has run for the Irish orienteering team at the Cotswold Senior Home International in Wales last October.)

Very heavy showers, turning the forest to night, made for interesting conditions and meant that the views, one of the main selling points in the pre-race publicity, never materialised. After the confusion and postponements, not to mention the now infamous postal dispute, Lee O are due our gratitude for staging the event.

JMcC.

# Irish Championships Feedback

Following the report of the Irish Championships in the last *Irish Orienteer*, Connacht PRO **Cathal Cregg** writes:

"It is with shock and sadness that I read the Editor's report, in the last edition of *The Irish Orienteer*, on the Irish Championships.

Surely the proper way to judge the quality of an event is to monitor the feed back from the people on the ground (the competitors). I wish to state that no negative views came back from the competitors from either day 1 or day 2. For me, the organiser, it seems very clear that the editor finds it very hard to write anything good about Connacht.

His report cleverly mentions the good points in short "one liners" while the bad points were elaborated on and aggerated on so much that it makes me wonder was the editor at the same event as the rest of the competitors???

After organising a very successful Connacht Championships of which the editor (although injured) attended and walked part of the A course. visited the finish area, the results and the presentation. (First year for our special minted Connacht Champs medals). Not alone did we not receive any criticism from anybody but we received some letters and postcards of oraise. What about TIO? The pages lay blank of Connacht news. Was this a sign saying because there was nothing bad to write then write nothing at all?

From the editorial of the said TIO I quote "The IOA officers, no matter how hard they work, can't operate without our support. It's on our behalf that they are spending their time and money on promoting and administering orienteering. Sure, they do it voluntarily, and perhaps you didn't ask them to take on the jobs they are doing, but just think what would happen if they stopped doing it". If we apply this to the team behind the Irish Champs their dedication, their uncounted voluntary hours and

straining of family life all for the O sport. These people have found it very hard to read this one sided criticism.

Does the editor want Connacht to give up holding major events such as the Connacht Champs and Irish Champs? I hope not. While we should all listen to criticism and work to improve I do hope that the editor's criticism is more constructive in the future concerning Connacht.

Connaught O-Council Chairman, **Michael Deasy**, continues:

"It grieves me to have to write this letter. However, your remarks about the 1992 Irish Championships in TIO 58 cannot go unanswered. You make many varied criticisms of the event (most of which are untrue) and imply that we in the west couldn't prganise a p***-up in a brewery. In contrast you describe in glowing terms the JK, and what a pity it was that we could not match such a great achievement. Must I remind the editor that a competition is made exciting by the competitors as long as the courses are good and the controls are in the right place. When you have 4500 as opposed to 450 competitors there is bound to be a big difference between the two events.

I don't know where the editor was running if he thinks that the map lacks in accuracy and consistency. I spent three weeks after the Latvians had surveyed it checking the accuracy and consistency of the competition area and in so doing I made the necessary changes to make it so. It lacks neither. Many of the leading mapmakers in the country complimented me on this.

It is true that the index contours were absent and this is acknowledged as an oversight by the cartographer. However this monor detail should not affect anyone's orienteering. It was also implied that the navigation was not over-taxing. If not then why did the editor make such basic mistakes at no's. 6, 9, 10 and 18? If the map had been dry and a gale not blowing he might have found himself even more lost! (assuming that he would have been going faster).

The gorse type vegetation was shown in light green (slow run) and not in vertical black lines as was implied! The contours were angular only where the land was angular and the map reflected the changing of walls into earthbanks and fences as actually happens in the Connemara landscape! Finally as regards the map a legend is not required in an Irish Championships as people are meant to be competing in "the pinnacle of the orienteering year" and not coming to learn what orienteering is.

One would also think that no results were available on the day. As soon as the results were verified the stubs were put out. Any delay was due to the checking of the control cards as people don't like to be disqualified after their result is put up. Updated printouts were not considered a priority over ensuring correct timing and placing which is what the computer was used for. A printout with the wrong times is no use to anyone. It seems that this kind of insignificant paraphernalia is what makes an Irish Championships come alive for the editor.

He than attempts to clear his conscience of this vicious attack on the event by plámásing us with some reluctant thanks, but qualified this by saying that we never really could get it right in Connaught.

In summary it seems that this magazine can have nothing good to say about western orienteers ...."

(After consideration I have decided against printing the rest of the final paragraph of Michael's letter as in my view it is libellous. I'm sorry that Cathal and Mike felt the report was unfair: I have great regard for the orienteers in Connacht and elsewhere who do such work against enormous odds. I would be happy to leave it to the competitors who were there to make up their own minds about the points raised in the event report and the tone of the responses, particularly Michael's. As always, readers are invited to do event reports. -Ed.)



# LEINSTER NEWS

Congratulations to the winners of the 1991-92 Leinster League: Aonghus O'Cléirigh (CNOC) was the overall men's winner and Hilary Allen (WHO/SET) the women's winner.

**The course winners were:**

Brown course - women

| | | | |
|---|---|---|---|
| 1 | Maeve MacPherson | 3ROC | 4768 |

Brown course - men

| | | | |
|---|---|---|---|
| 1 | Aonghus O'Cléirigh | CNOC | 5631 |
| 2 | John McCullough | 3ROC | 4861 |
| 3 | Colm Rothery | 3ROC | 4660 |
| 4 | Brian Bell | GEN | 4239 |
| 5 | Gavan Doherty | GEN | 4204 |
| 6 | Andrew O'Mullane | GEN | 3996 |

Blue course - women

| | | | |
|---|---|---|---|
| 1 | Jane Watt | GEN | 5198 |
| 2 | Emma Glanville | 3ROC | 4967 |
| 3 | Monica Nowlan | 3ROC | 4848 |

Blue course - men

| | | | |
|---|---|---|---|
| 1 | Shane O'Neill | DLSO/SET | 4860 |
| 2 | Mark O'Neill | UCDO | 4760 |
| 3 | Tom McCormack | GEN | 4551 |
| 4 | Herbie Inglis | GEN | 4192 |
| 5 | Philip Butler | 3ROC | 3999 |
| 6 | David Watt | GEN | 3612 |

Red course - women

| | | | |
|---|---|---|---|
| 1 | Una Coghlan | 3ROC | 5242 |
| 2 | Helen Coghlan | GEN | 4798 |
| 3 | Geraldine Power | 3ROC | 4258 |

Red course - men

| | | | |
|---|---|---|---|
| 1 | David Brooks | 3ROC | 5321 |
| 2 | Brendan Doherty | GEN | 4823 |
| 3 | Mick Kellett | GEN | 4291 |
| 4 | D.O'Murchú | TrimO | 4178 |

Orange course - women

| | | | |
|---|---|---|---|
| 1 | Aine ní Shuilleabháin | 3ROC | 5346 |
| 2 | Patricia O'Cléirigh | CNOC | 5246 |

Orange course - men

| | | | |
|---|---|---|---|
| 1 | P. Behan | DLSO | 5129 |
| 2 | Alan de Lacy | ECO | 5070 |
| 3 | Luke C-Crawford | 3ROC | 4380 |
| 4 | J. Smith | WHO/SET | 4177 |
| 5 | A.O'Rourke | DLSO | 3631 |
| 6 | D.Merron | DLSO | 2869 |
| 7 | S.Higgins | DLSO | 2820 |

Yellow course - women

| | | | |
|---|---|---|---|
| 1 | Hilary Allen | WHO/SET | 5528 |
| 2 | Pamela Flanagan | 3ROC | 4645 |
| 3 | Ashling Walsh | 3ROC | 3536 |
| 4 | Eleanor O'Neill | 3ROC | 3520 |
| 5 | Elina O'Neill | 3ROC | 3301 |

Yellow course - men

| | | | |
|---|---|---|---|
| 1 | S.Lynch | WHO/SET | 5554 |
| 2 | D.Masterson | WHO/SET | 5211 |
| 3 | J.Ryan | DLSO | 4212 |
| 4 | M.Byrne | DLSO | 3834 |

The Leinster O-Council would like to thank all those who took part in the league this year and hope you'll all be back next season! LL1 of '92 is at Mullaghmeen, Co. Westmeath on September 13th and includes the 1992 TIO Trophy Final.

### First Aid

Only two people have so far expressed an interest in a first aid course for orienteers in the autumn. If you're interested in joining in, contact John McCullough (378819) without delay, otherwise it may not happen.

### AGM Report

The outgoing committee were returned unopposed at the LOC AGM at the end of May. Chairman: Brian Hollinshead, Secretary: Jane Watt, Treasurer: Vera Murtagh, Juniors: Ernie Lawrence, Mapping: Brian Heeney, Fixtures: John McCullough, PRO: Francis Lafferty, Technical: Pat Flanagan, Development: Vacant.

Communications to the Leinster O-Council should be addressed to Jane Watt, 17 Templeroan Way, Dublin 16.

# Three Rock News

### Treasure Hunt

Philip Butler is organising a treasure hunt on foot in Dun Laoghaire on Friday September 6th. This is to help raise money towards IOC 93, so get lots of people along: it's open to everyone. Start times from 7.30 to 8.30 pm from the Eden Park car park in Glasthule, opposite Glasthule church.

### Training

Relax - you can have a rest until Friday 2nd October when we commence again in Glenalbyn at 8 pm. This will be a social as well as a training/instruction night and we hope you'll all make a mid-year resolution to support the "First Fridays". (Glenalbyn sports and recreation centre is in Stillorgan, beside the shopping centre overflow car park on the Kilmacud Road).

### National O-Day

Sunday 4th October is National O-Day. Phoenix Park is our venue again and we will need a good turn out of club members to help with the beginners trying out orienteering for the first time. Try to get your families, friends, workmates, residents' associations, scout troops etc to try orienteering that day: there'll be several events on.

### Events

3ROC's events for the rest of 1992 include:
Sunday September 6th
Long-O on Clara and Trooperstown: good training for the Mournes Mountain Marathon two weeks later.
Sunday October 4th
Phoenix Park come and try it
Sunday 11th October
Three Rock Mountain: colour event
Sunday 1st November
Clara. Leinster League 2.
Sunday 29th November
Carrick Mountain. Leinster League 3.
Saturday 26th December
Fancy dress score event on Three Rock Mountain (as usual!)

You are being given plenty of notice and organisers will be looking for help to run the above in the coming months. More details later.

### Mapping

Mappers are urgently needed for a re-survey or Three Rock Wood. A re-survey is a great way to learn the art of mapping. Remember, without mappers there are no maps and therefore no orienteering. Contact David Rowe (2956502), our mapping officer, and he will allocate a suitable small section.

### IOC 93

We are running the Irish Orienteering Championships in 1993. We intend to have some fundraising events both social and physical over the next few months - any ideas out there? Please support our efforts.

Three Rock would like to express their sympathy to the Farley and Convery families on the recent death of Nora Farley.

### Out and about

A goodly contingent of at least twenty nine 3Rockers travelled to the Shamrock O-Ringen and had a great weekend. Over the summer we'll have members running at the Swedish 5-Day, Welsh 6-Day, Czech 5-Day, French 3-Day and at World Cup events in Hungary, Austria, USA and Canada. Good luck to you all, have a great summer, and see you in September!

Enquiries to: 3ROC, 19 The Cloisters, Terenure, Dublin 6W.



### AGM

After my bluffed objections to the "unconstitutional" AJAX AGM reported in the last TIO, the powers that be (or rather the powers that were) decided an "official" AGM had to be convened. This was held in the Yellow House on May 14.

The usual suspects were rounded up and forced to do something in the name of their club. And it being the day after I managed to find a new abode, I had no more excuses so I'm your new secretary folks. Just inform me of what's going on and I'll try to take note of it for the AJAX annals. The new committee and post holders are: Chairman: Peter Kernan; Treasurer: Jimmy O'Brien; Secretary: Tara Horan; Mapping: Peter Gargan; Equipment: Marcus Geoghegan; Training: Leo Donovan; Junior Affairs: Maurice O'Hara; Map Sales: Pat O'Brien; and TIO Distributor: Ann Masterson.

### Mapping

For those who couldn't make it to the AGM, discussion centred around mapping and events. 'Lough Dan' is now a forbidden phrase in the AJAX vocabulary. Practically everywhere we've ever mapped needs remapping or updating so please volunteer before you are volunteered. The club is investing in the O-CAD map drawing program. Not only is this a ploy to get all computer boffs interested in mapping, it also promises to make the task of drawing easier and more accurate.

### Events

We also talked about future events and since then a Leinster fixtures meeting has taken place. AJAX has five events booked for the coming season ranging from one on National O Day, through colour and Leinster League events to the Leinster Individual Championships in April. If you want to avoid the rush to organise, plan or help at any of these events don't hesitate to volunteer.

### Travel

In case anyone is wondering what everyone else is doing this summer, there's a sizeable AJAX contingent going to the Welsh Six Day in August. Entries closed in mid June but if you ring Wish Gdula in Wales on (0570) 422 122 I'm sure he'll do his utmost to get you an entry.

Colm is joining the squad training trip to Czechoslovakia and is running in one of the World Cup races.

### Running form

So how and where has everyone been running lately? Deirdre and Jon were in Dublin in May and ran at Trooperstown – Blue and Brown courses respectively.

Catherine did the B course at the French Mountain Marathon in early June with Christine from ALCO in Lyons. They finished 3rd, which, Catherine says, they deserved.

Orla, though still injured, did the final and longest leg at the Tio Mila in Sweden.

**AJAX Orienteering Club**
**c/o Tara Horan**
**12 Athlumney Villas**
**Ranelagh**
**Dublin 6**
**Ph: 974458**

### Juniors and winners

Maurice has been taking his new position as Junior Affairs Officer seriously. Starting with three year old Kate O'Hara he had her running up several classes and finishing in 3rd place in W10 at the Shamrock Oringen.

Indeed all Maurice's protégés finished as prize winners in West Cork. Liam was 1st in M15B, Paul 2nd in M11A and Michael was 3rd in M10. The only prizewinner in the senior classes was – wait for it – yes Maurice himself, 2nd in M40A. I wonder if it is possible to learn the secret of the the O'Hara's success.

### Ajaxandria

Also present at the Shamrock was Eddie, who unfortunately injured himself on day one. However, he made up for his loss of running by topping up his Egyptian freckle. All the Nilands are reported to be well and enjoying Alexandria. (Except Ed the Head who has just finished his Leaving in Birr).

Eddie, Loretta, Eugene, Steven, Helena and David attended an ex-pats Garden Party over yonder dressed as Hare Krishnas (I think it was a fancy dress but don't bet on it). They arrived when the soirée was in full swing, draped in peach cloth, beating their drums and singing "Hare, Hare". They won first prize!

I'm unsure whether it is connected to the above evening but the Nilands have moved. Eddie hopes you will all write as soon as your arms are better (his words not mine). Their address is: Niland, App. 53; 15 Mena St; Kafr Abdu; Roushdy; Alexandria; Egypt. Ph: 20-3-5452505.

### New members

Colm Rothery has defected from 3 ROC and joined AJAX. His enthusiasm will be a welcome addition to the club.

Peter and Eilis have added a new Kernan to the club. Born on Tuesday, June 16, David shows all the promise of being Irish Champ in the year 2023.

Current and new members are invited to pay their 'annual' subscriptions. The rates have been held once again at: Seniors/Family: £5; Juniors/Students/Unemployed: £2.

### The tent

The AJAX tent has been found and you'll never guess where . . . with the equipment officer of course! It has been passed on to the new equipment officer Marcus, though it is in need of repair. Hopefully we'll have it up and ready at the Welsh 6 day.

## Results of 3ROC Sprint-O event, Phoenix Park, Dublin 14.6.1992.

Qualification Round 5 km

| | | | | |
|---|---|---|---|---|
| 1 | Colm Rothery | 3ROC | M21 | 26.41 |
| 2 | Richard Kavanagh | CorkO | M21 | 29.23 |
| 3 | Kieran McDonald | ECO | M35 | 30.13 |
| 4 | Marcus Geoghegan | AJAX | M21 | 30.56 |
| 5 | Brendan O'Brien | 3ROC | M21 | 31.00 |
| 6 | Ian MacNeill | 3ROC | M40 | 32.53 |
| 7 | David Brooks | 3ROC | M50 | 33.45 |
| 8 | Joe Lalor | GEN | M35 | 33.49 |
| 9 | John Fitzsimons | 3ROC | M40 | 34.30 |
| 10 | Shane O'Neill | SET | M15 | 34.48 |
| 11 | Nigel C-Crawford | 3ROC | M45 | 34.51 |
| 12 | Jane Watt | GEN | W40 | 36.36 |
| 13 | Jean O'Neill | FIN | W45 | 36.51 |
| 14 | Eoin Dunne | KSO | M21 | 37.40 |
| 15 | Harold White | 3ROC | M45 | 37.50 |
| 16 | Mark O'Neill | SET | M19 | 38.01 |
| 17 | David Heale | 3ROC | M21 | 38.34 |
| 18 | Colin Dunlop | SET | M55 | 39.15 |
| 19 | Pat Flanagan | 3ROC | M45 | 39.59 |
| 20 | J.D.Clarke | GEN | M50 | 40.30 |
| 21 | Brendan Doherty | GEN | M45 | 43.15 |
| 22 | Lindie Naughton | 3ROC | W35 | 45.30 |
| 23 | Ger Power | 3ROC | W40 | 46.58 |
| 24 | Maire Walsh | 3ROC | W40 | 47.41 |
| 25 | M. O'Rourke | GEN | W17 | 48.39 |
| 26 | A ni Shuilleabhain | 3ROC | W40 | 49.25 |
| 27 | Con Carroll | 3ROC | M60 | 50.22 |
| 28 | Nora Lalor | GEN | W35 | 53.16 |
| 29 | Brigid Flanagan | 3ROC | W40 | 55.47 |

Juniors 2.5 km, mass start

| | | | | |
|---|---|---|---|---|
| 1 | Brian Clarke | GEN | M13 | 41.15 |
| 2 | Eleanor O'Neill | 3ROC | W11 | 41.48 |
| 3 | Elina O'Neill & Caroline Sturley | 3ROC | W11 | 101.13 |

5 DNF

Individual, 5 km

| | | | | |
|---|---|---|---|---|
| 1 | H.McInerney | CNOC | W35 | 43.33 |
| 2 | Frances O'Neill | SET | W40 | 53.10 |
| 3 | Myles Caulfield | FIN | M45 | 71.26 |
| 4 | Luke C-Crawford & Daniel Hanlon | 3ROC | M11 M10 | 87.50 |

Individual Junior, 2.5 km

| | | | |
|---|---|---|---|
| 1 | O.Allen | Gaelscoil | 32.07 |
| 2 | Gallchóir & Cathal | Gaelscoil | 79.50 |
| 3 | Synnott | Gaelscoil | 81.08 |

2 DNF

A final, 5 km

| | | |
|---|---|---|
| 1 | Kieran McDonald | 30.03 |
| 2 | Marcus Geoghegan | 33.16 |
| 3 | Ian MacNeill | 35.00 |
| 4 | Brendan O'Brien | 35.54 |
| 5 | Joe Lalor | 37.59 |
| 6 | Jane Watt | 38.35 |
| 7 | Richard Kavanagh | 38.50 |
| 8 | Mark O'Neill | 38.54 |
| 9 | Shane O'Neill | 39.52 |
| 10 | Jean O'Neill | 43.17 |
| 11 | David Brooks | 46.48 |

1 DNF, 3 DNS

B final, 5 km

| | | |
|---|---|---|
| 1 | Colin Dunlop | 42.09 |
| 2 | Eoin Dunne | 43.17 |
| 3 | Pat Flanagan | 43.47 |
| 4 | Ger Power | 45.53 |
| 5 | David Heale | 49.21 |
| 6 | Maire Walsh | 59.44 |

2 DNF, 5 DNS

Juniors, 2.5 km

| | | |
|---|---|---|
| 1 | Eleanor O'Neill | 39.57 |

1 DNF

Individual

| | | | |
|---|---|---|---|
| Sven Kulldorff | SET | M65 | 45.52 |
| Maure Higgins | SET | W50 | 83.41 |

The usual thanks to the OPW, to the 3ROC helpers on the day (Philip and Jeff Butler, Nora Lee, Trina Cleary, ´Aine ní Shúilleabháin) and to the competitors who, I hope, enjoyed the event. Apologies to Colm Rothery for using a slightly dubious control site causing him to DNF on part 2. More of you would have made it more interesting, but thanks to those who came. J.McCullough.



## ***** LEAGUE RESULTS '91/92 *****

| NAME | B/GAR | L/KEY | U/WOOD | P/UMNA | POINTS BEST 3 |
|---|---|---|---|---|---|
| **BROWN : Qualifiers** | | | | | |
| M. DEACY | 938 | – | 968 | 994 | 2900 |
| J. WALSHE | ORG | 911 | 1000 | 943 | 2894 |
| K. O'BRIEN | 1000 | 845 | 843 | 961 | 2806 |
| C. CREGG | 822 | 839 | 900 | – | 2561 |
| G. TALOR | 638 | 842 | 896 | 632 | 2376 |
| J. DARCY | 759 | 568 | 728 | 731 | 2218 |
| F. STAM | 561 | 512 | 649 | 637 | 1857 |
| D. HENNELLY | 571 | 540 | DNF | 590 | 1701 |
| T. CONLON | 780 | DNF | ORG | – | 1560 |
| E. SHERIDAN | BLUE | – | 607 | 592 | 1199 |
| **Non–Qualifiers** | | | | | |
| P. HIGGINS | – | 1000 | 920 | – | 1920 |
| D. CONNERNY | DISQ | 808 | – | 1000 | 1808 |
| P. DUNNE | 652 | – | – | 822 | 1474 |
| F. RYAN | – | – | 727 | – | 727 |
| K. O'CALLAGHAN | 706 | – | – | – | 706 |
| S. CONNOR | 513 | – | – | – | 513 |
| J. SUTTON | 416 | – | – | – | 416 |
| S. FERGUS | – | – | 308 | – | 308 |
| P. GORDON | – | – | 298 | – | 298 |
| **BLUE : MEN : Qualifiers** | | | | | |
| K. COONEY | 957 | 848 | 1000 | 733 | 2805 |
| T. McDONAGH | 1000 | 904 | 800 | DISQ | 2704 |
| B. GALLAGHER | BROWN | 519 | 636 | – | 1155 |
| E. CREGG | BROWN | DNF | – | 671 | 671 |
| **Non–Qualifiers** | | | | | |
| M. BRENNAN | – | ORG | 993 | – | 1986 |
| B. McGAVRAN | 695 | – | 801 | – | 1496 |
| J. JORDAN | 579 | – | 583 | – | 1162 |
| M. REGAN | – | – | 808 | – | 808 |
| M. TULLY | 667 | – | – | – | 667 |
| C. O'LOUGHLAN | 667 | – | – | – | 667 |
| M. O'SULLIVAN | 667 | – | – | – | 668 |
| J. DONOHOE | 629 | – | – | – | 629 |
| P. HUTCHESON | – | – | 594 | – | 594 |
| T. McGAVRAN | 579 | – | – | – | 579 |
| K. MULVIHILL | – | – | 539 | – | 539 |
| S. MOREE | – | – | 539 | – | 539 |
| J. MENRY | – | – | 538 | – | 538 |
| M. FLYNN | – | 465 | – | – | 465 |
| T. MURPHY | – | 447 | – | – | 447 |
| D. KAPLIN | – | – | 446 | – | 446 |
| **BLUE : WOMEN : Qualifiers** | | | | | |
| L. STAM | 867 | 1000 | 785 | 1000 | 2867 |
| T. DOHERTY | 957 | 848 | 969 | 862 | 2788 |
| R.WOOLETT | – | 580 | 589 | 735 | 1904 |
| **Non–Qualifiers** | | | | | |
| N. HUTCHINSON | – | 568 | – | 429 | 997 |
| M. BEIRNE | – | 744 | – | – | 744 |
| C. COTTER | – | 703 | – | – | 703 |
| D. RYAN | 667 | – | – | – | 667 |
| AMY | – | – | 645 | – | 645 |
| M. HUGHES | 516 | – | – | – | 516 |

| NAME | B/GAR | L/KEY | U/WOOD | P/UMNA | POINTS BEST 3 |
|---|---|---|---|---|---|
| **RED : WOMEN : Qualifiers** | | | | | |
| S. BAXTER | 1000 | 1000 | 704 | 1000 | 3000 |
| P. BANNERTON | 303 | – | 315 | 671 | 1289 |
| M. WALSHE | ORG | 576 | 548 | – | 1124 |
| **Non–Qualifiers** | | | | | |
| P. LARKIN | – | – | – | 959 | 659 |
| M. FOLEY | – | – | – | 673 | 673 |
| M. RAMPUL | 667 | – | – | – | 667 |
| C. MOORE | 667 | – | – | – | 667 |
| L. HASSETT | 625 | – | – | – | 625 |
| S. RAMPUL | 615 | – | – | – | 615 |
| Y. CLAFFEY | 606 | – | – | – | 606 |
| S. MAHER | 541 | – | – | – | 541 |
| F. FUREY | – | 437 | – | – | 437 |
| F. MOORE | – | 437 | – | – | 437 |
| HELEN, EMMA | 339 | – | – | – | 339 |
| IRENE | 339 | – | – | – | 339 |
| REGAN, McDONNELL | 292 | – | – | – | 292 |
| CLANCY, MOORE | 290 | – | – | – | 290 |
| A. WALSH | 278 | – | – | – | 278 |
| M. WALSHE | 276 | – | – | – | 276 |
| S. FARELL | 267 | – | – | – | 267 |
| **RED : MEN : Qualifiers** | | | | | |
| E. QUIGLEY | 597 | 748 | 594 | – | 1939 |
| O. KELLY | 342 | 638 | 756 | – | 1736 |
| **Non–Qualifiers** | | | | | |
| C. TALOR | – | 738 | 710 | – | 1448 |
| P. NEWELL | 476 | – | 636 | – | 1112 |
| G.WALSHE | – | – | – | 1000 | 1000 |
| P. WHITE | – | – | – | 966 | 966 |
| A. COOKE | – | 788 | – | – | 788 |
| S. McQUAID | – | 788 | – | – | 788 |
| L. EGAN | – | 786 | – | – | 786 |
| I. KAVANAGH | – | 776 | – | – | 776 |
| T. CONROY | – | 720 | – | – | 720 |
| K. REGAN | – | 715 | – | – | 715 |
| M. DAVOREN | – | – | – | 642 | 642 |
| J. MORAN | – | 634 | – | – | 634 |
| R. CONERNY | – | – | – | 590 | 590 |
| ANDY, JIM | – | 542 | – | – | 542 |
| E. COLEMAN | – | 542 | – | – | 542 |
| M. FLAHERTY | – | – | – | 533 | 533 |
| F. BROWNE | 526 | – | – | – | 526 |
| S. COOKE | – | 514 | – | – | 514 |
| T. GEELAN | – | 506 | – | – | 506 |
| P. MULRENNA | – | 502 | – | – | 502 |
| E. FLAHERTY | – | – | – | 493 | 493 |
| A. DE RETO | 476 | – | – | – | 476 |
| L. HICKEY | – | 439 | – | – | 439 |
| R. CAMPBELL | 426 | – | – | – | 426 |
| T. COTTER | 426 | – | – | – | 426 |
| J. KENNEDY | – | 418 | – | – | 418 |
| C. FLEMING | – | 415 | – | – | 415 |
| S.GREENAN | – | 371 | – | – | 371 |
| E. COMMONS | – | 371 | – | – | 371 |
| N. CREGG | 323 | – | – | – | 323 |
| R. DUFFY | 267 | – | – | – | 267 |
| K. MURRAY | 267 | – | – | – | 267 |



| NAME | B/GAR | L/KEY | U/WOOD | P/UMNA | POINTS BEST 3 |
|---|---|---|---|---|---|
| ORANGE : WOMEN | | | | | |
| E. WALLACE | – | – | – | 1000 | 1000 |
| H. IDHOW | – | – | – | 949 | 949 |
| C. GOLDRICK | – | 848 | – | – | 848 |
| G.A. CONNERNY | – | – | – | 677 | 677 |
| M. CREGG | – | 658 | – | – | 658 |
| N. BANNERTON | – | – | – | 653 | 653 |
| TARA | 600 | – | – | – | 600 |
| C. MOONEY | – | – | – | 533 | 533 |
| S. RAMPHUL | 412 | – | – | – | 412 |
| Y. CLAFFEY | 412 | – | – | – | 412 |
| M. HERAUGHY | 344 | – | – | – | 344 |
| K. WALSH | 339 | – | – | – | 339 |
| C. DOHERTY | – | 332 | – | – | 332 |
| C. KEARNS | – | – | – | 318 | 318 |
| F. McNUALLAIN | 219 | – | – | – | 219 |
| ANNA, HEATHER | 200 | – | – | – | 200 |
| M. KEANE | 198 | – | – | – | 198 |
| CLIONA, KAREN | 188 | – | – | – | 188 |
| CAIT, TRIONA | 188 | – | – | – | 188 |
| LORRAINE | 188 | – | – | – | 188 |
| M. RAMPHUL | 162 | – | – | – | 162 |
| C. MOORE | 162 | – | – | – | 162 |
| ORANGE : MEN : Qualifiers | | | | | |
| D. WOOLLETT | – | 730 | 1000 | 930 | 2660 |
| **Non–Qualifiers** | | | | | |
| R. O'CONNER | – | 846 | – | – | 846 |
| M. REYNOLDS | – | – | – | 821 | 821 |
| P.S. CONNERNY | – | – | – | 676 | 676 |
| N. CONNERNY | – | – | – | 674 | 674 |
| K. CONNERNY | – | – | – | 628 | 628 |
| S. DERVAN | – | – | – | 530 | 530 |
| A. DERVAN | – | – | – | 529 | 529 |
| K. LYONS | 500 | – | – | – | 500 |
| D. QUINN | 420 | – | – | – | 420 |
| J. SHAUGHNESSY | 382 | – | – | – | 382 |
| N. SHAUGHNESSY | 382 | – | – | – | 382 |
| R. RYAN | 382 | – | – | – | 382 |
| B. MARTIN | 350 | – | – | – | 350 |
| E. WARD | 350 | – | – | – | 350 |
| ENDA, DARREN | 292 | – | – | – | 292 |
| BARRA | 292 | – | – | – | 292 |
| J. REILLY | 292 | – | – | – | 292 |
| P. GLYNN | 292 | – | – | – | 292 |
| S. DREA | 263 | – | – | – | 263 |
| J. WHITE | 221 | – | – | – | 221 |
| M. PADIAN | 219 | – | – | – | 219 |
| O. COFFEY | 1676 | – | – | – | 167 |
| YELLOW : WOMEN : Qualifiers | | | | | |
| L. McNALLY | 295 | 1000 | 517 | – | 1812 |
| B. GANNON | 302 | 1000 | 501 | – | 1803 |
| **Non–Qualifiers** | | | | | |
| N. McDERMOT | 302 | 1000 | – | – | 1302 |
| B. McNICKLE | 350 | – | 681 | – | 1051 |
| F. HURLEY | – | – | 731 | – | 731 |
| D. McGUIRE | – | – | 731 | – | 731 |
| L. SHERIDAN | – | – | 654 | – | 654 |
| R. SHERIDAN | – | – | 654 | – | 654 |
| L. RALLO | – | – | 436 | – | 436 |
| JORDAN FAMILY | – | – | – | 168 | 168 |
| YELLOW : MEN : Qualifiers | | | | | |
| R. SHERIDAN | 500 | – | 654 | 283 | 1437 |
| E. PERRY | – | DNF | DNF | 966 | 966 |
| **Non–Qualifiers** | | | | | |
| J. DERMODY | 1000 | – | – | – | 1000 |
| R. DURCAN | – | – | 1000 | – | 1000 |
| M. KIERNAN | – | – | 1000 | – | 1000 |
| T. FINNEGAN | – | – | 1000 | – | 1000 |
| E. NILAND | – | – | – | 1000 | 1000 |
| A. O'CONNOR | – | 835 | – | – | 835 |
| R. O'DONOHUE | – | 835 | – | – | 835 |
| G. KIERNAN | – | 835 | – | – | 835 |
| O. CREGG | – | 517 | – | – | 517 |
| N. NICHOLSON | – | 455 | – | – | 455 |
| B. McDAID | – | 455 | – | – | 455 |

# ORIENTEERING FIXTURES 1992

**July**

| | | |
|---|---|---|
| 24 | NEWBRIDGE HOUSE | Donabate, Co. Dublin. GEN Midsummer Madness score event and barbecue. Start 6.30-8.00 pm. |
| *26-31* | *WORLD STUDENT CHAMPIONSHIPS* | Aberdeen, Scotland. |

**August**

| | | |
|---|---|---|
| *2-8* | *Welsh 6-Day- Croeso 92.* | Lampeter. |
| 29 | BURREN WALK | Fanore, Co. Clare. ThO. 10.00-12.00. 9, 15 & 23km. |
| 30 | FANORE | Rabbit Warren, Co. Clare. ThO Gade 3. 11-1.00 pm. |

**September**

| | | |
|---|---|---|
| 6 | CLARA & TROOPERSTOWN | Laragh, Co. Wicklow. 3ROC Long-O. Courses of 7, 15, 25 km approx. |
| 12 | DRUM MANOR | Cookstown, Co. Tyrone. NI Series 5. NWOC. |
| 13 | MULLAGHMEEN | Co. Westmeath, near Oldcastle. SET Leinster League 1 and 1992 **Irish Orienteer Trophy final.** |
| *19-20* | *ANDERSONS MOURNES MOUNTAIN MARATHON* | |
| 20 | GLENCREE | Co. Wicklow. GEN colour event. |
| 20 | MACROOM CASTLE | Co. Cork. Cork O Gr3. Cork League 1. GR W 33 73. |
| 26 | NI CHAMPIONSHIPS | Doohatty Glebe, Florencecourt, Co. Fermanagh. FermO. Entry form enclosed. |
| 27 | INTERPROVINCIAL CHAMPIONSHIPS | Slieve Croob, Ballinahinch, Co. Down. LVO. GR J 32 47. Entry forms in this issue. |

**October**

| | | |
|---|---|---|
| 3 | GOSFORD | Markethill, Co. Armagh. NI Series 6. LVO. |
| 4 | National Orienteering Day. | Local come-and-try-it events. |

NATIONAL ORIENTEERING DAY EVENTS

Dublin: Corkagh Park (Clondalkin), Hellfire Wood (Rathfarnham), Killiney Hill, Newbridge House (Donabate), Phoenix Park.
(Other events not yet known)

| | | |
|---|---|---|
| 4 | GARRETTSTOWN | Kinsale, Co. Cork. CorkO G2 event. Cork League 2. GR W 58 44. |
| 11 | MUNSTER RELAY CHAMPIONSHIPS | Rehill Wood, Cahir, Co. Tipperary. Cork O. GR R 96 19. |
| 11 | THREE ROCK WOOD | Dundrum, Co. Dublin. 3ROC colour event. |
| *17-18* | *SENIOR HOME INTERNATIONAL* | *Scotland.* |
| 18 | CURRAGH WOOD | Midleton, Co. Cork. CorkO G2 event. Cork League 3. GR W 86 76. |
| 25 | NEWBRIDGE HOUSE | Donabate, Co. Dublin. GEN come-and-try-it event. |
| 31 | CASTLEWELLAN | Co. Down. LVO Club Event. GR J 32 37. |



**November**

| | | |
|---|---|---|
| 1 | CLARABEG-BALLARD | Laragh, Co. Wicklow. 3ROC Leinster League 2. |
| 1 | DROMILLIHY WOOD | Clonakilty, Co. Cork. Cork O Gr2. CL 4. GR W 25 38. |
| *7-8* | *JUNIOR HOME INTERNATIONAL* | NE England. |
| 8 | ISLAND WOOD | Newmarket, Co. Cork. BVOC Gr2. CL5. GR R 31 05. |
| 14 | SLIEVE MARTIN | Rostrevor, Co. Down. BOF National Event 9 & Veteran Home International. LVO. Entry by 16/10/92 to Ms. H. Stewart, 34 Sandhurst Drive, Belfast BT9 5AY. |
| 15 | NI RELAY CHAMPS | Slieve Martin, Co. Down & VHI Relays. LVO. |
| 15 | WARRENSCOURT | Crookstown, Co. Cork. CorkO G2 event. GR W 38 67. |
| 21 | GORTIN | Omagh, Co. Tyrone. NI 7. FermO event. GR H 49 83. |
| 22 | CHIMNEYFIELD | Glenville, Co. Cork. CorkO Gr2. CL6. GR W 90 85. |
| 28 | NI Night Championships | Learmount, Co. Derry. NWOC. |
| 29 | CARRICK | Glenealy, Co. Wicklow. 3ROC. Leinster League event. |
| 29 | FARRAN WOOD | Co. Cork. CorkO. Cork Relay Champs. GR W 48 71. |

December

| | | |
|---|---|---|
| 26 | THREE ROCK WOOD | Christmas score event. 3ROC. GR O 17 23. |

January 1993

| | | |
|---|---|---|
| 10 | HELLFIRE WOOD | Rathfarnham, Co. Dublin. SET score event. |
| 17 | CORKAGH PARK | Clondalkin, Co. Dublin. GEN come-and-try-it event. |

February

| | | |
|---|---|---|
| 7 | CARRICKGOLLOGAN | Kilternan, Co. Dublin. GEN Leinster League event. |
| 21 | THREE ROCK WOOD | Dundrum, Co. Dublin. 3ROC Leinster League event. |

April

| | | |
|---|---|---|
| 4 | BROCKAGH | Laragh, Co. Wicklow. GEN Leinster League event. |
| 12 | PHOENIX PARK | Dublin. "Not-the-JK" Easter Monday event. |

May

| | | |
|---|---|---|
| 2 | MULLAGHMEEN | Oldcastle, Co. Meath. SET Leinster League event. |
| 15-16 | IRISH CHAMPIONSHIPS | Carlingford, Co. Louth. 3ROC. |
| 23 | TROOPERSTOWN | Laragh, Co. Wicklow. GEN Leinster League final. |

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. Any events not registered by IOA or on the NIOA fixture list are not listed.

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