the Irish Orienteer

No. 65 September- October 1993 IR£1.00

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24-hour fixtures information on 01-569099

The Irish Orienteer 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.

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

Cover: The Editor presents the Irish Orienteer Trophy to Cork O Chairman Ted Lucey (centre) while John Walshe (PXN) looks on.

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The Irish Orienteer

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The Way Ahead

The recent Irish Orienteer Trophy final was something of an eye-opener: the strongest clubs from each province taking one another on with scarcely an M21 or a W21 between them. Despite its fourteen year age spread, the largest of any class, the number of M and W21's was only eighteen, spread over four clubs. Changing age structures in the population as a whole in Ireland now mean that the number of children entering secondary school is starting to fall, a drop which will increase in years to come.

Looking at the younger classes in the same competition, the number of juniors running for Cork was very noticeable - just look at the photograph on the back cover. This suggests that the realisation has dawned in Munster at least that the future of the sport lies with the juniors.

Concerns about insurance on the part of teachers, lack of recruitment of younger teachers and the fact that older teachers have their own priorities of families or other interests mean that the amount of time and effort being put into orienteering by teachers is falling. Where are young prople to get their first taste of orienteering? Looking at results lists it is clear that many of our top juniors come from orienteering families, but the number of young orienteers will have to be augmented from outside the family catchment area.

A recent weekend spent helping the Irish Mini Sports Association introduce orienteering to several hundred primary school children showed me that orienteering is an enjoyable activity for them and one which can be organised simply in school grounds or local parks. The big step is to get them out to a "real" event, and this is where the clubs must act. Most, if not all, clubs and provinces have Juniors Officers, as has the IOA. What those concerned with juniors need to do is to design and implement a programme of skills development which will produce the orienteers of the future.

We have to recognise that the future of orienteering is in our hands and that if we let todays juniors slip through our fingers it will be an uphill struggle to keep orienteering going into the twenty first century.

Todays junior orienteers need heroes, though, as we all do: so, good luck to the Irish team going to the World Championships in October in America: Julie Cleary, Darina Cunnane, Una Creagh, Bill Edwards, John Feehan, Steven Linton, James Logue, Eileen Loughman, Eadaoin Morrish and Colm O'Halloran.

WOC TEAMS NAMED

Following the selection races held at the Scottish Six-Day the Irish teams for the 1993 World Championships have been announced. The Mens' team is Bill Edwards (CorkO), Colm O'Halloran (LeeO), John Feehan (BVOC), James Logue (NWOC) and Steven Linton (NWOC).

The Women's team is Una Creagh (3ROC), Julie Cleary (3ROC), Darina Cunnane (CorkO), Eileen Loughman (CNOC) and Eadaoin Morrish (LeeO). Eadaoin had the fastest time in the first trial but cracked a bone in her foot during the race. She passed a fitness test in mid September and will travel to WOC, however

Bill and Una had been pre-selected.

All the selected teams will run in the short distance race and Bill, Colm, Una and Julie will run in the Classic full distance race as well (we are only entitled to two runners in each Classic race). The team will take in the final pre-WOC training camp and their last training session prior to departure will be on Carlingford Mountain on 26th September, the day after the Northern Ireland Championships.

LESS DEBRIS, MORE RUNNABILITY

The age of clearer forest floors is about to dawn in Irish forests. As well as being good news for the 500 new employees it will require, a Coillte project in Waterford may also prove good news for Irish orienteering. A £30 million timber mill planned for Waterford harbour will manufacture a substitute for plywood, called strand board. The raw material is pine and spruce thinnings which up to now Coillte has had little use for.

In the past some of the thinnings have been exported to Finland but most - as orienteers know only too well- have remained on the ground, hindering runnability. So with a use found for thinnings perhaps there will be a little less dark green and stripey patches on our forests' maps. The mill will take until the end of next year to complete and then it's all systems go for clearing away the thinnings - and hopefully leaving mature trees behind for as long as possible!

OUTDOORS NOW

Apart from being a command to the kids when they drive you to distraction, Outdoors Now is a new training programme for outdoor education, especially for women who work in the youth service. The programme is run under the auspices of the National Youth Council and covers orienteering, canoeing, hill walking, rock climbing and mountaineering and encourages participants to achieve leadership qualifications in the sports. Details can be had from Susan Coughlan, Outdoors Now, 3 Montague St., Dublin 2 (01-4750808, fax 01-4750809) or Joanna McInerney at Tiglin (0404-40169).

GEN MIDSUMMER MADNESS

GEN would like to apologise to any orienteers who travelled to Newbridge House or Malahide Castle in search of midsummer madness. The event had to be cancelled on the previous weekend when it was discovered that considerably more of the park was under long grass than in previous years. The County Council was anxious that there should be no running through the long grass for fear of disturbing the pheasants. In previous years it was possible to plan the event avoiding these areas bur the planner found it impossible to comply with the permit's restrictions due to the increased acreage under long grass.

In order to inform orienteers of the cancellation of the event the House of Sport was contacted on several occasions and asked to change the pre-recorded message. However there were difficulties doing this at such short notice. Unsuccessful efforts were made to contact the Leinster fixtures secretary who could in turn inform the media.

Again, apologies to all who were disappointed. We have decided not to hold Midsummer Madness in Newbridge House in future years. Next year we hope to run an event closer to true midsummer at an alternative location.

"If we shadows have offended think but this and all is mended ..."

(Wm. Shakespeare - A Midsummer Night's Dream)

EASTWEST GOES SOUTH

Barry Dalby has informed us that EastWest Mapping has moved south to a new home at Ballyredmond, Clonegal, Enniscorthy, Co. Wexford (Phone 054-77835). Barry's mapping undertakings include the Wicklow Way map guide, O-maps of several outdoor centres around Ireland and, most notably, much of the open mountain area at Carlingford, used for this year's Irish Championships and featured recently on the cover of CompassSport. Barry is also working on the map for next year's IOC to be held at Burren in the Cavan-Fermanagh area, a map which will include the biggest depression in Ireland.

ODDS and ENDS and ODDS

In print: a recent article in **Newsweek** (August 30th) gave a very positive and well-researched view of orienteering. The writer ran a course in SE England with our own Julie Cleary (the Irish team got a mention) and spoke to various well known orienteers including IOF General Secretary Lennart Levin. The piece has appeared in several international editions including the Swedish one. Coals to Newcastle?

Also in print was a very complimentary report in the August/September **CompassSport** on IOC 93 with Carlingford featuring on both the front (photo) and back (map) covers. Comments from Scotland on the map were "I didn't know you had areas like that in Ireland!". This issue also had a report on the Lowe Alpine Comeragh Mountain Challenge in May. (If you don't already subscribe to CompassSport, it's easy: see details elsewhere in this issue).

The **Junior Squad** have had another secret training weekend over the summer, this time in Galway at the end of August. A team is thought to have travelled to the European Junior competition in Essex in September, the namew Emma Glanville, Jeff Butler, Karen Convery and Brian Breedon being mentioned. Meanwhile the Leinster Schools O-Association is becoming active again, planning to run several events before Christmas.

Thanks to the contributirs to this issue: Gerry Brady, Trina Cleary, Frank Cunnane, Pat Flanagan, Arthur Green, Justin May, Kevin O'Dwyer and Frank Ryan. Thanks to Ned Paul for permission to reprint the Comeraghs mountain marathon article from CompassSport.

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NOT THE DUBLIN MARATHON

Merthyr Common in south Wales sounds anything but common. Hailed as one of the most technically challenging yet runnable areas in Britain, 15 square km of complex contours and rock features in the highest quality moorland terrain, you can run there on Sunday October 24th. All runnable, fast and completely unhindered by line features. NE6, run by South Wales OC, is on our October Bank Holiday at Merthyr Tydfil, 25 miles NE of Swansea. It's about 80 miles from Pembroke and about 100 miles from Fishguard and there's a Badge Event the day before on a brand new technical moorland area at Pen Rhiw Wen near Brynamman, on the way.

Entries close for NE6 on September 27th. Fees are STG£7/3, payable to SWOC with two SAE's, to NE6, 25 Fairfax Road, Rhiwbina, Cardiff CF4 4SG. Entry enquiries to Peter Ribbans (0044-222-613950, 7-9 pm).

For the Badge Event, entries close October 3rd and cost STG£4.50/2.50. Send to John Butler, Coedlan, Cefn Drum, Pontarddulais, Swansea SA4 1JN. (Phone 0044-792-882118). Two SAE's also, cheques payable to SBOC.

'ROUTES' WANTED

The Editor is looking for a copy of Eoin Rothery's book on orienteering technique, "**Routes**", published in the mid-80's. If you have a copy to donate or sell, please contact John McCullough (01-378819). On the other hand, if you are the person who borrowed his copy, please give it back!

GARDA O-CHAMPS

The second Garda Síochána O-championships were held at Devil's Bit Mountain in Co. Tipperary on July 14th. Seventy competitors took part on the two courses and Michael Walsh of the Garda College won the men's race with Frances Merrick (Cavan/Monaghan) taking the women's event. The two novice classes were won by Jason Gavin and Celine Conly of the Garda College.

Next year the European Police Championships will be in Denmark and the Garda Championships will be run earlier to select a team for that event.

FINNISH MAPPER

Ari Parviainen is a 33 year old professional mapper and active orienteer from Finland. He is planning a round-the-world trip during the coming 12 months and is interested in visiting Ireland. He would like to pay for his stay here by doing some surveying or drawing, by training or running competitions. In Finland he has been course planner and controller for several national competitions. Both Ari and his wife Anne speak English and they have two small children (a 4 year old girl and a 1 year old boy).

If you can offer them accommodation and have some orienteering work to be done, contact Ari Parviainen, Kotkansiips 4 A 2, SF-01450 VANTAA, Finland. (Phone 00-358-0-8725818).

IRISH TWO DAY

This year's Irish Two-Day incorporates the Senior Home International competition and will be run by North West OC. Steven Linton has surveyed a new area at Banagher in the eastern Sperrin Mountains near Dungiven, across the road from Moydamlaght, scene of the 1979 Irish Championships, with a mixture of forest and moorland. Saturday October 30th sees the Individual event here, with teams from Ireland, England, Scotland and Wales in the M and W 19, 21 and 35 age classes, while the second day will be a relay race at Binevenagh near Limavady, the area first used for IOC 90.

While the Senior Home International has been run in the Individual and Relay format, it's a change from previous Irish Two Day events which were two days of individual competition. Coming just over two weeks after the end of the World Championships let's hope the home team has recovered sufficiently to race again.

The competitions are open to all, not just the national teams, and entry forms are enclosed. Entries cost STG£5 for Seniors, £2.50 for M/W 19 and below and £12 for families. Relays are £9 for senior and Ad Hoc teams, £4.50 for M/W 19 and below. Entries to Ruth Blair, 42 The Gables, Randalstown, Co. Antrim (08-08494-73737).

ROYAL DEESIDE 93

Our reporter **Trina Cleary** enjoyed the event despite an injury ...

The Scottish 6-Day was held in the north east of Scotland near Aberdeen during the first week in August and as usual attracted a considerable Irish entry. The areas used were a mixture of open moorland and forest, the weather was kind (for Scotland) and the midges kept a low profile: all the ingredients for an enjoyable event. Staying in a pub for a week was also a definite plus!

Alas, I hurt my foot going to the second control on Day 1 which meant that I had to hobble for the rest of the week. Rabbit holes abounded in the area and a number of competitors came to grief, as I did, by putting a foot into one: I bet the rabbits weren't too happy either. Day 1 was at Glen Fearder, a nice mixture of open and forest with some technically challenging areas. Day 2 was Ballnagowan, just above the event campsite. This was my early day and I was out long before the elephant tracks had been made, in fact in places I was making them. Again the area was a nice mixture of technical open moorland and forest.

Blackhall, just behind our pub, was Day 3. The programme notes warned about the rough conditions underfoot and they were. All woodland this time, with plenty of technical areas particularly towards the end of the course. My foot took a lot of punishment that day and I presented myself to the First Aid people: it was like a World War I clearing station for the wounded - at least one broken ankle, a dislocated shoulder, sprained knees, ankles, gashed legs, arms, heads all arrived during my ten minutes there. Yes, it was rough.

Ballogie, Day 4, was an interesting area with a lot of high bracken in places. The elephant tracks were everywhere and not all going to controls! Day 5, Sluie, had been used previously for the World Student Championships. The area was small and necessitated a map exchange for the longer courses. This area proved to be remarkably intricate and caused a number of problems. Those of us who were hobbling did quite well: going slowly was a distinct advantage. Glen Tanar brought us to the end of the Six Days and was for me the least interesting day. The longer courses started on one side of the river where there were some lovely technical areas while those of us on the north side had very easy courses as the area was bland.

All in all a very enjoyable six days despite my foot injury. The planning was good and I felt the best use was made of the areas. Another plus factor was that the areas were close together which meant minimal travel. The organisation seemed to be very smooth, my one crib was that the distances from assembly to the start were understated: maybe Scottish metres are longer!

Trina Cleary

Irish Top Ten finishers:

W21C Hilde Creagh (3ROC) 1st; W40S Teresa Finlay 3rd; M15B Wayne McDonald (ECO) 4th; W21S Orla Cooke (AJAX) 5th; W13B Ruth Mein (NWOC) 5th; M Novice Billy O'Neill (SET) 5th; M40S Raymond Finlay (FermO) 6th; M15B Graham Kelleher (CorkO) 8th; M19A Brian Creedon (Cork O) 8th; M19 B Alan Hutchinson (CorkO) 9th; M21E Bill Edwards (CorkO) 9th; M55S Noel Bogle (NWOC) 9th; W15A Joanne Mein (NWOC) 9th; W21E Una Creagh (3ROC) 9th.

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Shamrock O-Ringen 93:

Kerry 2, Cork 1.

The fifth Shamrock O-Ringen moved slightly west at the end of June, bringing us to two areas in Kerry and one in Cork (although the Kerry border ran along the edge of the map) to provide three days of good orienteering. The format remained the same as the last two years with a short race on Friday evening and two full length races on Saturday and Sunday and a chasing start on Sunday. The Friday evening event seems to have been the one with the greatest enjoyment ratio: Bernard Creedon's map and courses at Foilanumera succeeding in both his aims of keeping us running and showing off the views. A small area of open mountain with some turf cuttings and young forest, the high start and low finish kept climb to a minimum while the flexible organisation coped with those of us missing our start times due to hours of temporary traffic lights on the Dublin to Cork road. But what a way to blow away the cobwebs: a bright and breezy evening gallop over the hills and lots of controls to catch the unwary. Cork O's Bill Edwards won the M21E course and Deirdre ní Challanáin the W21E. It was a good warm up for the weekend.

Midges Rival Scotland

We had been warned in the programme about the midges on Day 2 at Ros an Chru na Lua near Loo Bridge so were somewhat prepared but their savagery, particularly at the finish, made it seem like Scotland. At the start in the forest we were warned by the officials that visibility on the open mountain above was 20 to 50 metres due to mist, so careful navigation was obviously called for. Why didn't we listen? Orienteers running left, right and centre like headless chickens, making error after error... Recent felling had meant problems for planner Richard Kavanagh, causing several courses to be replanned in the later stages where they re-entered the forest, but with the slow runnability of the forest and low visibility winning times were long and times down the list much longer than expected. What we could see of the open ground was interesting but the quality of the forest in its present state let the area down, while the presence of a huge crag in the forest which didn't seem to feature on competitors' maps caused some confusion. Norway's Audun Antonetti won the M21E class in 92.53 and Irish Champion Una Creagh was the only W21E to break the 100 minute barrier with 94.54.

Perfect Location

Well, after the long times posted by many of the competitors at Loo Bridge the chasing start on the last day was clearly going to lose much of its excitement since we'd probably be starting well away from our immediate opposition. In fact the ones who benefitted most from the chasing start were the people down the field who were starting at 30 second intervals and who could run around in contact with one another to an extent. Apart from this, Muckross outside Killarney was an inspired choice for the last race. While harbouring some reservations about whether the best use was made of the area, the backdrop and setting were superb: Killarney at its best: sunshine, lakes and mountains pristine in the morning air, grass to lounge on, a car park right there, coffee shop, toilets and good orienteering. The most exciting finish of the weekend came in M21E when New Zealand's Alastair Landels of South Yorkshire Orienteers and Cork O's Marcus Pinker raced for the line. Marcus, still an M19 and probably our most future prospect, started second, sandwiched between Antonetti and Landels. Alastair had pulled up two minutes on Marcus by the last control and stretched his lead by a further 4 precious seconds during a heart-stopping sprint for the line leaving the young Corkman second with the Norwegian training in 3 minutes later. In the women's Una Creagh ran a slowish time but was virtually untouchable by the rest of the field such was her margin after the second day.

So, though perhaps not as memorable as some of the previous Shamrock's, the 93 event will go down as a worthwhile and successful event. One feature of the event which set a curious precedent, however, was that the mapper of the Day 2 area had a competitive run in the event as a whole and won his class, which is surprising in an event of the stature of the Shamrock.

More Roarin' and Tearin'

Next year's event will move to the end of July to fit in with the Veteran World Cup in Scotland at the beginning of August. This year once again the Irish competitors were almost outnumbered by the visitors so for 94 anyone who isn't there will have to produce written proof of their inability to attend, witnessed by a doctor, clergyman or police superintendent, OK?

(An interesting and useful phrase coined by the organisers to describe some of the mapping was "context sensitive" meaning that features were mapped according to their prominence rather than their absolute size.)

Kerry OK

Gerry Brady spent a week improving his navigation in Kerry ...

Brendan Bolland and John Hancock ran their second O-training course in Kerry, based at Glenbeigh, during the week before the Shamrock O-Ringen at the end of June. The course was open to all comers and had been advertised at the JK and in CompassSport (but not in TIO) and I was the only Irish based orienteer. The £199 package included seven days accommodation, meals, coaching and entry to the Shamrock O-Ringen. In addition to the two principle coaches, Brendan and John, plenty of assistance was available from Brendan's brother Seán (shadowing etc.) and from Liz Vallelly (taking in controls!). The six pupils comprised an M21E, M35, M40, W50 and W60 and M60. The maps we used were of Rossbeigh strand, Inch strand and Cappanalea.

Each morning there was a briefing session and each evening a debrief. A written handout described the purpose of each exercise, which lasted 20-30 minutes with feedback either during or after the exercise. Generally we did two exercises in the morning followed by an outdoor lunch and two more exercises before a swim and a drink! On some exercises short courses were provided, and if you wanted less work you could rest or visit Dingle or elsewhere.

On the Monday the four exercises on Rossbeigh were line, attack points, mapping a bombed sandcastle and control picking. We started with the line exercise and the coaches rather unfairly stood on the highest dunes to watch our plight.

Tuesday and Wednesday morning were on the open mountainside of Cappanalea, Kerry's principal adventure centre, where we had Norwegian, window, ticking off features, Follow John variations and traffic light variations. Wednesday afternoon was free so some of us ran up Carrauntoohil, finishing in hill running style at the Climbers' Inn!

Thursday was a scorcher and luckily we were back on the beach at Inch strand. The four exercises were approaching control sites from the best side, memorising s course of four controls while orienteering around another, Follow John with the leader allowed to hand over navigation at any feature between two controls and a star exercise where you had to memorise 13 control locations from a master map and then find them without a map in 25 minutes.

Everybody enjoyed themselves and went away knowing what he or she should be doing as well as having had a very good value holiday and meeting new people. Morning and evening meals were provided in the Glendale café in Glenbeigh and the owners went well out of their way to help us enjoy our time in Kerry.

Another course may be held over three days between Christmas and the New Year. To keep costs down the course could be held somewhere more central so that it could be non-residential. Squad sessions could be combined with it and maybe there are some Irish orienteers who could help out with training, enrolments, map supplies and so on. If anyone has any suggestions about such a course please send them as soon as possible to John Hancock, c/o TIO..

HOWTH UP FOR GRABS

If any Leinster clubs are prepared to map Howth Head, the original drawings are available via the Leinster O-Council. Please contact John McCullough for details.

NIGHTCYCLE-ORIENTEERING

Justin May reports on a night event with a difference ...

Temporary exile in Liverpool has a few advantages but the only one I can think of just now is that it provides the opportunity to try a wide variety of alternative sporting events that might not be available at home in Ireland (unless you organised them yourself!).

One such event that we tried recently was mountain bike orienteering. The Polaris MTB Challenge, a 2-day Karrimor Mountain Marathon type event, has been running for a couple of years and more recently, single day events called "Trailquests" have been taking place but this one had an added ingredient - the DARK! It was to be a 7-hour (6 hours when we entered but the organisers decided on an extra hour's sleep for themselves on the night) score event for teams of two, taking place in and around Dalby Forest on the North Yorkshire moors, starting at 10 pm.

Exactly what inspired me to enter this I cannot remember but it seemed like a good idea at the time! The problem was persuading Una (Creagh) that she also wanted to do it. She, who had been on a mountain bike twice before in her life, couldn't bear the thought of night orienteering and has a deep fear of going downhill on a bicycle. Still, by paying her half of the £18 entry fee she reluctantly agreed to give it a go.

Getting ready

Arriving several hours early allowed plenty of time to prepare bikes, bodies, maps and minds for the ordeal ahead. We were to use the OS 1:25000 scale map of that part of the moors and I'd spent a while that morning highlighting all the rideable bridleways and covering its vast size with transpaseal.

Lighting for us consisted of standard Ever Ready bike lamps (pathetic!) and orienteering headlamps fixed to cycle helmets with zip-ties. We'd figured that, starting at 10 pm we would have perhaps an hour of usable daylight remaining (19/20 June) and it should get bright again shortly after 3 am so we reckoned on only having to ride through 4 hours of darkness.

We were given the grid references of 24 control points when we registered so could plot the position of these beforehand. However it was only at the start that we would be told which ones were "live", that is, to be used in the competition, which prevented pre-planning of routes. At the start we were handed the list of relevant controls along with their points values and the serious route planning began. Several minutes spent at that and we were away, off up a steep forest track, but it wasn't long before we had to get off and push though fortunately this wasn't an ill omen for the night as most of the 43 miles we covered was ridden.

Get going

Arrival at our first control, only a 10 pointer (but crucial, as it turned out) revealed that what we were looking for wasn't the familiar red and white kite but just a wooden stake with a punch attached which wasn't always the easiest thing to see in the dark of a forest at night!

On, then, through a network of forest roads, disturbing a nightjar (a nocturnal bird, not one in the pub!) along the way, towards our second control. Approaching this, a gate, we discovered that the OS map wasn't nearly as accurate as we had hoped or expected. We spent about 10 minutes riding round in the gathering gloom searching for the track leading to the gate. Lighting up time had revealed that Una's headlamp did little to illuminate her way so our progress through the dark hours was heavily reliant on my slightly more powerful one (or rather on the heavy weight of extra batteries I was carrying to power it). We eventually found it with no help from the map and, finding the gate, couldn't find the control. Neither could the pair already there or the gang who arrived shortly after. Upon general agreement that we were in the right place and the control wasn't (apparently it had been there and was most likely taken by a disgruntled farmer) we all went our separate ways in the darkness.

Having lost 15 minutes there we decided to avoid risky forest routes where possible and ride more on roads, taking along, winding route along country lanes to reach the vicinity of the next control, a trig. point on a hill overlooking Barns Cliff, scene of Day 2 of JK '87 and this year's White Rose. Reaching the summit involved pushing the bikes up a steepening ride until we had to abandon them and almost hands'n'knees it the last bit. We'd met up with another pair here and. leaving Una to light our way back to the bikes, we set off across the last stretch of moor to the trig. point. Guess what? No control! Two in row missing doesn't do a lot for your confidence in the event organisation. It turned out that it had been placed at another trig. point several miles away! At least we could vouch for each other having been there. So off we went again and thankfully after a ride along level forest roads for a couple of miles we actually found the next one.

Unfortunately our slightly renewed confidence was set back again when after finding the next site, a "boundary stone" on a hillock 100m into the wood, but again without a control, we were just about to leave when Una spotted a stake about 10m into the forest, which proved to be our control. Apparently the organisers had thought that the boundary stone might be too hard to find and had meant to tell us that it was beside the track! At least we found it and headed away across the open moor.

Starry night

We were extremely lucky with the weather, cool enough but dry, beneath a clear, starlit sky that always glowed with a hint of brightness towards the north. Riding across the moor on rough tracks we were cooled by a breeze that wouldn't have wanted to be much stronger. Two more controls and we'd been out for 4 hours: it was time to review strategies and energy levels. We dropped our plan to attempt to reach the highest scoring 150 point control that was probably a good hour and a half's ride away and decided to go for a closer 50-pointer and review again. Our route involved rough bridleways and good roads, through the little village of Goathland where a hotel's residents were still up and about: they must have wondered about the head-lamped mountain bikers riding by at half two in the morning!

After a push uphill we reached our destination, a tarn or small lake. How on earth were we going to find a small wooden stake beside a lake after our earlier experiences? With great fortune Una cast her glimmering light on our target as soon as we dropped the bikes. Luck at last! Despite that, we were probably at our lowest at this point, getting on for 3 am, getting tired, cold and running low on energy and enthusiasm even though we were carrying lots of food.

Dilemmas no. 1...

We now had a bit of a dilemma - we were a long way from the finish with a choice of two 20-point controls we could go for in our remaining time. The one we opted for proved to be the night's major disaster: either the bridleway across the moor was a very poor path or we weren't following the bridleway at all. We had to push the bikes for a couple of miles with the sky by now brightening in the east and a skylark proving the saying "Up with the lark" by being the first bird to sing that morning. The eeriness or the pre-dawn was compounded by the sight across the moors of the giant Flyingdales "golf balls" (a now redundant early warning radar system) and its accompanying M.O.D camp which, though well lit, didn't appear on our map.

...and 2!

After what seemed like an hour of pushing, pilling, falling and cursing we lost the path altogether and rode across the open moor, scattering sheep and grouse as we went. To our great relief we found the control without trouble. Now we really had a dilemma! We had about an hour and a half to reach the finish before we would suffer points penalties and we hadn't a very good idea of the best route back. It looked to be a choice between a long road route on which, hopefully, we could keep going at a good pace, or finding a shorter across country along forest tracks, bridleways and steep-sided valleys. We decided on the road route, though perhaps I should say that I opted for it as I don't think Una was too enthusiastic about a hard road ride after 5 hours out! With an hour left we stopped at a junction to unfold the map and see just how much of a journey I'd committed us to. The road

sign said 5 miles to Pickering and from there it was a couple of miles to Thornton-le-Dale and the dreaded haul back up to the finish in Dalby forest. At this point I have to admit that the cause was lost. However, it was a bright and beautiful summer's morning and hard to believe that it was 4 am as, spirits rising again, we swooped down off the moors on the roller-coaster road to Pickering, powering along in as high a gear as we could push. Pickering was reached sooner than we had hoped and I was more confident of our chances, but on the undulating road to Thornton-le-Dale the night's exertions really caught up on Una and she started to suffer badly, trying to tuck in behind me to get a bit of a tow.

The wall

Thornton-le-Dale reached and I still thought we had a chance but it all depended on whether Una cloud make it up the stiff climb out of the village to the forest drive. Heroically she stuck at it, pedalling furiously in her lowest gear and emitting the weirdest array of grunts, groans, gasps and moans with me just ahead, encouraging her to curse me for all she was worth and telling her that the top was just around the next bend, which it was after just a few more bends. Mercifully the road levelled and, hand on shoulders, I literally pushed her until her weary legs wound up sufficient momentum to carry her along.

We reached the forest drive with 10 minutes left and after the last drag, swept steeply down towards the finish, Una's fear of downhills gone in the daze of severe fatigue. We made it with two minutes to spare, I handed over our control card and Una collapsed in a heap of exhaustion and relief.

When the results were declared we were delighted to find that our 440 points placed us 3rd overall out of almost 30 teams. The winners had an excellent 560 points and the second team, another mixed orienteers' team of Jenny James and Killian Lomas, had 480. Our score was the same as 4th place but as we finished 2 minutes ahead of them we got 3rd and Una won herself a £60 Polaris jacket so I hope she considered it worth all the pain!

The next one is in Kielder in November - we're not sure about that one yet! Now for the Harvester ...

(In the Harvester Trophy, an overnight relay for teams of seven runners, Una and Justin ran for their Liverpool club, MEROC, who finished 23rd. The event was at Eccleshall Wood outside Sheffield where Justin ran the first leg of 9.4 km starting at 11.20 pm in 91.18 finishing 9th while Una ran the last leg (another 9.4 km) in 74.33 next morning.

MOUNTAIN RUNNING

Autumn-winter mountain running fixtures are:

October				
2	Glensoulan, Djouce Woods, Co. Wicklow	1.00 pm	8 mls	2200 ft
4	AGM			
9	Glendoo, Prince William's Seat, Co. Wicklow	1.00 pm	8 mls	2000 ft
16	Djouce/Maulin, Crone, Glencree, Co. Wicklow	1.00 pm	8 mls	3000 ft
November				
13	Scalp, Dublin Sport Hotel, Kilternan	1.00 pm	4 mls	800 ft
December				
27	Christmas Flash, Bray Head	1.00 pm	2 mls	600 ft
January				
15	Bray Head Relay, Co. Wicklow	1.00 pm	3x1 ml	900 ft
February				
19	Blue Light Handicap, E side of Three Rock Mtn.	1.00 pm	4 mls	1000 ft
March				
13	Slievefelim, Co. Tipperary	1.00 pm	6.4 mls	1100 ft
27	Monarch Challenge, Ballymascanlon, Dundalk.	2.30 pm	6 mls	1000 ft

MAPPING CONFERENCE

The 5th International Instructors' Conference for O-mapping takes place at Coredo in Trento, Northern Italy, from November 5-7 1993. This will be the venue for the 1994 World Ski-Orienteering Championships. The topics for the conference include global positioning systems, choice of map scale, standardisation of mapping, copyright of O-maps, the elite orienteers' view of maps and progress in computer aided mapping. One person from each of the 42 IOF countries will be accommodated free of charge, the rest of us will have to pay 200,000 lire.

For details contact Thomas Brogli, Chesa Chardun, CH-7524 Zuoz, Switzerland (00-41-8271266). Registration closed on October 22nd.

WORLD O-CHAMPS PROGRAMME

In case you've been on another planet the World Orienteering Championships are on in October at West Poine Military Academy in upstate New York. The weeks programme includes qualification races for the short-distance races, short distance finals, the classic race final and the relays.

October	
Fri 8th	Opening ceremony
Sat 9th	Short race semi-final
Sun 10th	Short race final
Mon 11th	Model race for Classic
Tues 12th	Classic race
Wed 13th	Model race for relay
Thurs 14th	Relay

The O-Festival, open to the public, will run on the "off" days in the WOC and the week concludes with the US Championships on 16th/17th. TIO will be there and will bring you full reports in the November issue.

CompassSport

Full colour report on WOC 93! Subscribe now for only STG£15 via TIO or credit card direct to 25 The Hermitage, Eliot Hill, London SE13 7EH.

Adventures in Finland and Estonia with the IOF.

Arthur Green reports on the IOF High-Tech Group.

When most people think of Finland they think of a few things. Monty Python is one, trees and marshes are others and furniture is another (oh, and orienteering of course). I went to Finland last March to attend a meeting of the International Orienteering Federation's High-Tech working group, largely because of some work I'd been doing on an archive server for orienteering-related programs and data (an archive server is a computer set up to provide files to users on request over a network. I've been managing one for nearly a year, providing files to orienteers using international data networks).

Finland is a slightly intimidating place. Partly it's the language: Finnish is of the same family as Estonian and Hungarian and is completely unlike other European languages. Fortunately most of the road signs are also in Swedish (which looks like some mutant offspring of English and German) so things weren't quite as bad as they might have been. However, things could still get pretty bizarre: at one stage I ended up ordering a Chinese meal in Helsinki where the waiter spoke Finnish (I think) and some Chinese dialect, in neither of which am I exactly fluent. The restaurant also had a Finnish translation of the French pop song "Joe le Taxi" as muzak.

Despite the language barrier I got a great welcome from the Finnish O-Federation who were co-ordinating the Finnish side of the meeting. The HTG (given the purpose of the working group I suppose it has to have a three-letter acronym, or TLA, so the HTG is what it's referred to as) meetings are tied to the IOF Technical Committee's meetings, so all in all there were quite a number of notable orienteering people present. The meetings were schedules to take place on a ferry running from Helsinki to Tallinn (Estonia's capital), in Tallinn and finally on the return ferry trip back to Helsinki.

Things got off to a good start when we assembled at the ferry terminal in Helsinki to discover that our transport was to be the MV Saint Patrick which I'd last sailed on some fifteen years previously from Rosslare to Le Havre. Estonia New Lines, the people who run the ferry service, lease or buy ships from various other ferry companies. The trip over was a good opportunity for me to find out what the HTG could do and also for them to ask me all sorts of questions about archive servers and how you connect to them. We had further meetings in the Cybernetics Institute in Tallinn and again on the ferry back to Helsinki (this last meeting was a joint session between the HTG and the Technical Committee). The ferry for the return trip turned out to be ex-Brittany Ferries. I also got the chance to get in an early morning run on an Estonian map which taught me something: 7 a.m. in March in Tallinn is not the time to go orienteering unless you're well wrapped up.

So what is the HTG about? First off, the HTG concerns itself with the application of advanced technology to orienteering. Such Flash Gordon stuff includes computers in event administration and cartography, radio-location beacons, using satellites for mapping ... using modern technology to improve or ease administration and presentation of the sport. Matters in hand at the moment include an IOF-wide electronic event calendar, cardless punching, event management software and an archive server for programs and data files for orienteering (based on what I've been doing on the academic and commercial networks in UCD). We should soon see a production version of the event calendar and a pilot archive server. Trials with electronic punching continue in Norway.

The HTG meets twice a year with electronic mail communications from members between meetings. It is a group within the IOF which is paying serious attention to how technology is going to affect the sport. It's good to know that we in Ireland have a role to play in this work (the archive server is a prime example). I'd like to take this opportunity for thanking the IOA for providing funding for the trip. It's useful to get a preview of what will be happening in orienteering in the next few years.

HUNGARY - AN ORIENTEER'S PERSPECTIVE

Kevin O'Dwyer was a member of the Irish team at the CISM Military orienteering championships in Hungary in July ...

Ireland was one of twenty five countries to participate in the 1993 CISM (International Military Sports Council) Orienteering Championships at Szentendre in Hungary from 26th July to 1st August. This was always going to be a CISM with a difference, given that it was Hungary's first time to host the Championships, it was the first opportunity for most of the eastern European countries new and old to compete, and it was the first Irish CISM team to travel without the services of Wally Young, Pat Healy or Aonghus O'Cléirigh, the stalwarts of all previous expeditions.

On this "historic" occasion the Defence Forces were represented by Kevin O'Dwyer (CorkO), Brendan Delaney (CNOC), Pat Farrelly (CNOC), Tom O'Keeffe (CNOC), Seán McSweeney (BVOC) and Páraic Higgins (PXN) under the stewardship of Pascal McCann as Chief of Mission and Denis Reidy (ECO) as Team Captain. The team was selected on the basis of results achieved in the Defence Forces Championships in Wicklow and a subsequent trial at Coumshingaun in the Comeraghs.

We flew into Budapest in the early afternoon after a check-in time at Dublin airport of 06.00 hrs (Why is there never a flight that allows you to get up at a reasonable hour?). I'm sure Ferighegy Airport is as up to date technically as any modern airport but the dreary decor of the surroundings is certainly reminiscent of the older, spy-infested days as depicted in films of the cold war era. Our initial encounters with the Hungarians, who seemed to be distant and dour, seemed only to heighten this impression. Mind you, one Hungarian porter had little to smile about, having been tipped (before we'd really worked out the exchange rate) the princely sum of 40 p for his efforts on our behalf, and then told to share it with the other porter! The weather itself did little to improve this initial impression as we arrived to a light shower and a generally dull day.

Budapest itself hinted at a different Hungary, however. Despite some obvious signs of decay, accelerated by various conflicts, it was a busy, thriving city and glimpses of beautiful, imposing buildings bearing testimony to a more illustrious past began to dispel our early misgivings. In fact, a guided tour on Friday, the rest day, following an impromptu tour on Thursday night, revealed Budapest to be a magnificent city, worthy of comparison with any of the great European capitals. Formed by the twinning of Buda on the hilly north side of the Danube and Pest on the flat south, it retains to this day much of its glory as one of the principal cities of the Austro-Hungarian Empire.

We arrived at our home for the next week, the Military Academy at Szentendre, about 20 km from Budapest. Szentendre is a compact historical town on the Danube with a population of 17,000. It has many interesting attractions, such as eight old preserved Greek Orthodox and Catholic churches (the oldest of which dates from 1222), a memorial cross erected in 1763 by Serbian merchants out of gratitude for the town being spared by the Plague and seventeen museums and galleries. It is the cultural centre of the region and home to many working Hungarian artists.

The Military Academy, named after Kossuth Lajos, an important statesman and politician, was comfortable and modern with excellent facilities like a swimming pool, gym, outdoor track and cinema. It is here that the Hungarian Cadets are trained, during a period of instruction that lasts four years, and where they return throughout their subsequent service for various courses.

Tuesday saw our introduction to the local terrain by way of the model race, an opportunity to sample terrain similar to the competitions and to familiarise ourselves with start and finish procedures. It also served as a chance to acclimatise and to shake off the effects of the previous day's travel. The terrain was much more technical and challenging than anything we have in Ireland, requiring a high level of concentration at all times. We satisfied ourselves with our ability to cope with the demands of Hungarian orienteering and returned to barracks for the opening ceremonies.

The first Individual race, which would also decide the team competition with three to count for each country, took place the following day. Páraic had the best run of the Irish with 74.40 for the 9.5 km course, helping Ireland to finish ahead of five countries. Switzerland won the team competition ahead of Finland and Russia while Russia won the Women's team event with Hungary second and Albania third.

The second Individual race on Thursday produced a winner on the long race (13.1 km) in Reijo Mattinen of Finland with a 2.05 minutes lead over Vladimir Koslov of Russia. Two Poles filled first and second slots in the short (9.0 km) race. One brief lapse of concentration cost Páraic a top ten place and in the end he had to settle for 21st out of 58. The other Irish placings were Brendan 23rd, Kevin 28th, Pat 30th and Tom 34th. Seán didn't compete because of injury problems. The Russians dominated the Women's race, taking the first four places.

We enjoyed a well earned rest on Friday before returning to the forest on Saturday for the Relay competition in which each country entered two teams of three. The weather had been improving all week and now we had to run in temperatures of over 30° C. The unusually long relay distance of 8.6 km after the two hard races earlier in the week, combined with this heat, was a severe test of concentration and fitness. The Swiss coped best, winning from the Ukraine (2nd), Russia (3rd) and Norway (4th). The second Swiss team finished 5th, showing once again the depth of their talent. We were delighted to finish ahead of 15 teams only to be subsequently disqualified on a technicality (ask Brendan).

(Continued on page 22)

LEINSTER LEAGUE CHAMPION PLANNER

What has FIFA (the footballers association) and LOC got in common? You've guessed it..... a ranking table. Actually we came up with the idea first but due to some gremlins in the system we were not able to publish the table at the end of the season in May. We wanted to promote and encourage excellence in planning of League Colour events, and to this end we decided to award a prize to the best planner for 92/93.

The title and prize went to **JOE LALOR of GEN** by a clear margin of 13 points over CNOC's Brendan Delaney. Joe planned the **Brockagh** event in April and you can see from table 2 that in almost all courses he achieved very high points. We congratulate Jane Watt the controller and Andrew Bonar Law the organiser and **GEN** for their success with this event.

How do we go about ranking events ? For that we start with the IOA published guidelines (available from the House of Sport). Courses are designated by colour with each colour representing a certain physical and technical difficulty. We want to achieve consistency from event to event so that the competitor can be confident that at the next event he(she) can enter the same course with the same expectations of success. There are recommended finishing times for each colour (see table 1). Ideally we want all competitors finished by the maximum time while at the same time encountering challenging orienteering. Because of the small base of orienteers in Leinster this presents some difficulties to the planner.

To find the best planner we took each event, calculated the percentage of orienteers who finished within the recommended times for each course. We did this for each course and totalled them up for the event. The figures are contained in table 2. They show that LOC achieved an overall **50%** for the League i.e of the more than 2000 competitors in the League only 1000 finished within the recommended times. . The current Leinster League goal is 70% . We have some work to do . We need to make planners more familiar with the guidelines, we need to ensure that planners check out previous courses (we are using many old maps so it should not be too difficult for planners to calculate the mins/km for various colours) and we need to ensure that planners get out into the forest to view the sites beforehand. I would recommend a meeting early in the season for LL planners where these ideas can be discussed.

Course analysis shows that BROWN was consistently the best Both the RED and GREEN courses are almost always too difficult and should be targeted for a 45 min winning time (this is 10mins less than we are seeing). As the red course attracts many inexperienced competitors we should ensure that it is kept to the appropriate technical standard. YELLOW course should always achieve above 70% finishers because it is for our most fragile orienteers. The winning times (see table 3) have a major bearing on finish percentage, as minor problems become major difficulties for the less technically skilled.

Pat Flanagan Leinster Technical Officer.

	TABLE 1		RECOMMENDED FINISHING TIMES (minutes)						
			BROWN	**BLUE**	**GREEN**	**RED**	**ORANGE**	**YELLOW**	
		MINIMUM	**65**	**55**	**45**	**45**	**35**	**25**	
		MAXIMUM	**105**	**90**	**75**	**75**	**60**	**45**	
	TABLE 2		**% FINISHERS WITHIN RECCOMENDED TIMES**						
NO	**DATE**	**LOC**	**BROWN**	**BLUE**	**GREEN**	**RED**	**ORANGE**	**YELLOW**	**ALL**
LL8	04-Apr	BROCKAGH	91	76	92	43	90	73	**78**
LL7	07-Mar	STRADBALLY	80	67	48	81	92	22	**65**
LL2	01-Nov	CLARA	86	76	29	47	35	59	**55**
LL11	23-May	TROOPERSTOWN	76	45	78	14	50	50	**52**
LL10	02-May	MULLAGHMEEN	71	50	64	17	35	75	**52**
LL1	13-Sep	MULLAGHMEEN	82	40	29	62	OMIT	44	**51**
LL6	21-Feb	THREE ROCK	54	43	28	35	46	84	**48**
LL4	06-Dec	CLOGHLEAGH	71	53	22	7	56	78	**48**
LL3	29-Nov	CARRICK	78	39	35	46	37	26	**44**
LL5	07-Mar	CARRICKOLIGAN	71	27	24	0	50	10	**30**
LL9	18-Apr	RAVENSDALE	47	0	27	18	11	67	**28**
			73	**47**	**43**	**34**	**46**	**53**	**50**
	TABLE 3		WINNERS TIMES						
NO	DATE	LOC	**BROWN**	**BLUE**	**GREEN**	**RED**	**ORANGE**	**YELLOW**	
LL8	04-Apr	BROCKAGH	67	64	46	56	30	14	
LL7	07-Mar	STRADBALLY	67	64	56	43	24	29	
LL2	01-Nov	CLARA	59	60	56	37	28	18	
LL11	23-May	TROOPERSTOWN	64	71	40	64	26	28	
LL10	02-May	MULLAGHMEEN	81	70	36	54	28	16	
LL1	13-Sep	MULLAGHMEEN	70	77	63	37	OMIT	31	
LL6	21-Feb	THREE ROCK	71	67	55	47	33	10	
LL4	06-Dec	CLOGHLEAGH	66	69	60	66	29	20	
LL3	29-Nov	CARRICK	69	73	59	53	32	35	
LL5	07-Mar	CARRICKOLIGAN	64	70	51	96	26	33	
LL9	18-Apr	RAVENSDALE	89	90	59	67	48	19	

MOUNTAIN MARATHON REVIEW

Only in COMPASSSPORT

In a summer where three Test Matches and the Wimbledon fortnight passed without rain, you might expect to read of sunny days on the hills in this Mountain Marathon Review. But no! It's been cagoules and compass work all the way. Read on for the rain soaked details...

MMR is edited by Rob Howard

Contributions to MMR should be sent direct to: Rob Howard, 27a The Oval, Stoney Stanton, Leicester, LE9 6JS Tel: 0455 274691

Apart from mountain marathons, any unusual races, or offbeat varieties of orienteering can be included.

A reliable correspondent on bike 'O' events is currently required.

COMING NEXT ISSUE
The MMR Kit List
The 1993 issue of Britain's most definitive MMR clothing and equipment recommendations

1st Lowe Alpine Comeragh Mountain Challenge - May 29th/30th

Right: The last of many river crossings, well after the worst of the floods

River Deep — Mountain High

After years planning the Irish Republic's first mountain marathon, Pat Healy chose late May "hoping for better weather" and the Comeragh Mountains "as they are not as exposed as the bigger hills in Kerry".

As it turned out he got control sites and even bridges under water, and only one ride pair succeeded in completing the course. The *Irish Times* summarised the weekend: "A Month's Rainfall in a Single Day" said its headline.

Organiser Pat Healy proudly introduces his outstanding map

It wasn't quite the great flood, but they did go two by two. Thanks though to careful planning by Healy everyone came off the hills safely, and the race was a success despite the weather.

With financial support from the Clonanay Guest House, which was the host venue, Healy had spent several seasons producing a 1:25,000 map with 5 metre contours, covering the Comeragh hills and a wide surrounding area, and he planned A Comeragh his own. The area is prime mountain marathon country, a wide expanse of pathless hills rising to 2,649 feet, studded with magnificent corries, and surrounded by forest and rough pasture. It was a pity that given the weather no one got to see much of it.

Healy and Aonghus O'Cleirigh, the current Irish champion and a former BMM elite winner, put the controls out in weather so wet they had to go back and resite two placed in depressions which turned into lakes, leaving the markers underwater. It was the fact that the hills were already saturated before Saturday's torrential rain that put all the rivers into spate and caused most of the problems.

Only a few entrants travelled over from Britain, and most of the 50 or so pairs to start were new to the event, coming from walking, running and orienteering backgrounds. A few military teams added to the numbers. More than half the teams entered the 'B' class and only 4 started on the 'Elite' course. It was fortunate for Eileen Ryan, who runs the Clonanay Guest House in the Nire Valley, that more didn't enter, as she undoubtedly didn't know what she was letting herself in for. "Pat mentioned the mountain marathon a few times," she said, "but I didn't really listen, and didn't realise what was going to happen. I expected 30 people at most."

Pat Healy and Anne-Marie Cunnisse of Lowe-Alpine present prizes to the only elite team to finish, Martin McNiff & Jim Brown

All Packs Checked

Given the conditions Healy and co-organiser Denis Murphy showed admirable foresight. Every pack was carefully checked — no easy task considering the immense size of some of them, all the controls could be marked up before the start, and strong waterproof map covers and transpaseal were available.

Saturday morning started dry and everyone got away in reasonable weather, but the rain soon began again, and just kept falling, driven by strong, cold winds. In no time the rivers were rising, and soon every stream was a torrent of foaming white water. It became less of a race and more of a battle for survival. Pairs retiring back to the guest house all had similar stories to tell.

Tony Power commented, "I come here all the time, and have never seen it that bad. The force of water up there was savage." Other locals echoed those sentiments and Bob Pinker of Cork OC added, "We were with my daughter Faye and her partner, and so wet and cold, we couldn't face camping. Lightweight waterproofs were quite inadequate. The best option was to retire with grace and come back another day."

Derry Enright described trying to cross the Nire river for an hour against water waist deep, and Eamonn McMahon & Gerry Brady failed to cross the Mahon, despite being linked arm in arm with another pair. For many the Mahon river was just too dangerous to cross. Chris and Julian Rhodes, comfortable winners of the 'B' class, climbed high around the source of the river to make a perilous descent of the cliffs beside the Mahon waterfall, while eventual 'Elite' winners Martin McNiff & Jim Brown, took a running jump into the raging torrent and scrambled out onto the far bank. Survivors told tall stories over pints of Guinness in the most popular retirement spot, Melodys Bar & Stables, and the race is already legendary in Ireland.

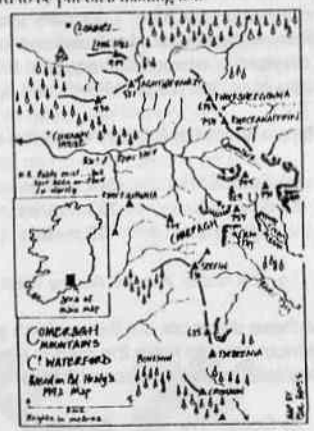
Not everyone gave in. A few decided to camp where they were, and some made it to the mid camp. Amazingly the two 'Elite to make it did so in exactly the same time, 7hrs 40mins, and the race in the 'B' class was nearly as close with the leaders just 5 minutes apart. Back in the Nire valley a returning checkpoint marshal encountered a bridge 2 feet under water but he plucked up the courage to cross it anyway.

It continued raining throughout the night and Sunday, but not so heavily, and the rivers dropped enough for those setting off for Day 2 to make it to the finish.

David Rogers & George Reid retired from the 'Elite' due to injury, leaving Martin McNiff & Jim Brown as the only finishers. Terry Bell & Michael Hutchings lost the 'B' class to Tom Conlon & Derek Conerney by just 36 seconds!

Lowe Alpine were generous with the prizes, and there wasn't a single complaint from any of the competitors. Though not a great one for forecasting Pat Healy can promise you one thing should you go over next year — the weaher can only get better!

It may be possible to make travel arrangements for a small group to travel to next year's race. If you are interested send your name and address to Rob Howard to be put on a mailing list.



COMPLETE RESULTS:

Elite (61km/2470m)		
1	Martin McNiff & Jim Brown	14.44.24
'A' (47km/2195m)		
1	Chris & Julian Rhodes	9.46.00
2	Alan Young & John Casey	11.24.49
3	Bernard Creedon & Robert O'Connor (Vets)	12.27.11
4	Mick Mangan & Dave Weston	14.24.22
5	Bill Vigar & Arthur Vince (Vets)	14.25.07
6	Rickie Cole & Donal O'Murchu	Time n/a
'B' (39m/1640m)		
1	Tom Conlon & Derek Conerney	9.24.10
2	Terry Bell & Michael Hutching	9.24.46
3	Mary Rogers & Liz Jolley (Ladies)	9.55.22
4	John D'Arcy & Padraic Ferguson	10.53.25
5	Justin McCarthy & Greg Kenny	11.52.24
6	Desmond O'Regan & Robert Law	12.12.42
7	Christy Sinclair & Sean Pierce	13.06.44
8	Gerald Smith & Douglas Corrie	13.19.13
9	Helen McKeeman & Helen Copeland (Ladies)	13.35.19
10	Jane Watt & Brendan Delaney (Mixed)	14.03.38
11	Phil O'Carroll & Raymond Power (Army	14.20.04
12	John Rae & Eddie Casey	14.21.52
13	Noel Heffernan & Neil Condon (Vets)	14.26.56
14	Seamus McGann & Malcolm Baldwin (Army)	14.27.05
15	Pat O'Driscoll & Chris Walsh	15.14.33
16	Tom Caffrey & Eugene O'Sullivan	15.18.40
17	Declan Carville & Warren Campbell (Vets)	16.54.28
18	N. Nolan & M. McNulty	16.56.35
19	Neil Fitzsimmons & Brian Russell	17.11.48

Running The Roads

Frank Cunnane follows in the steps of Pythagoras

Running on forest roads is a feature of wayfaring. It should not be a significant feature of orienteering, and it should never be planned for championship orienteering. But if planners don't consider the fastest route between controls, they can force competitors on to roads in order to minimise their time.

While competing, no one stops to make complex calculations to work out the fastest route, but everyone has an idea of which route is fastest for himself. And all competitors who know their own capabilities have a very good idea of when to leave a road and run in the forest. Take the situation where the control is 100 metres from a road that you use on your route, as in Diagram 1. There are three obvious courses of action:-

1 to ignore the road and run directly to the control (direct to C);
2 to run the road to the nearest point to the control, and then run in (to A, then A to B and B to C);
and 3 to run the road part way, and then run in (to A, then A to C).

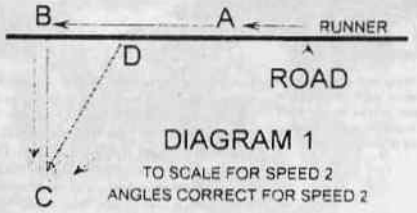


DIAGRAM 1
TO SCALE FOR SPEED 2
ANGLES CORRECT FOR SPEED 2

Obviously, if we can run as fast in the forest as on the road, we might decide to use route 1. Equally obviously, for a beginner, route 2 is the safest. But if one can run faster on the road, and if one is confident in navigating, then route 3 is the best choice. The question then arises: to achieve the minimum time, at what approximate point does the route 3 leave the road? The following calculations will indicate this.

To make an optimum time calculation, one must estimate the relationship between running in a forest and running on a road. I normally use a relationship of 2 (i.e. I can run twice as fast on the road) but I will show the results of calculations for 1½, 2 and 2½. The calculations are based on a triangle like ABC in diagram 1, where AC is equal to BC plus half (for a relationship of 2) of AB. Since I run twice as fast on the road, the routes A>B>C and A>C take equal time.

When a control is 100 metres off the road, the distances from A to B are as follows:-

a) Speed 1½: 240 metres. i.e. into the forest this distance before the nearest point (B).
b) Speed 2: 133 metres. i.e. into the forest this distance before the nearest point (B).
c) Speed 2½: 95 metres. i.e. into the forest this distance before the nearest point (B).

i.e. the faster you are on the road, the longer you should run on the road.

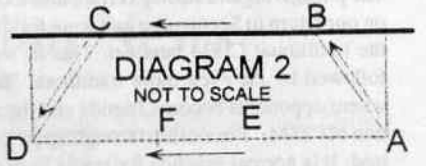
But these distances are those which give equal time, whether you run A>C direct, or A>B>C. The optimum point to leave the road is always later, as at D in diagram 1. The fastest route can be calculated to give distances (D to B) as follows:-

a) Speed 1½: 89 metres. approximately a 48° angle (BDC).
b) Speed 2: 58 metres. approximately a 60° angle (BDC).
c) Speed 2½: 44 metres. approximately a 66° angle (BDC).

These distances are all less than half the "equal-time" distances, and bring the runner quite close to the nearest point, B. These distances and angles, for a speed of 2, are reflected accurately in diagram 1. When orienteering, you just have to go in at a similar angle.

The above leads to another question: if two consecutive controls are near the same straight road, what distance apart should they be to justify going to the road to save time? This can be answered by

calculations related to Diagram 2. In this diagram, two controls, each 100 metres from the road, can be navigated direct (A to D), or via the road (A to B to C to D). AE and DF represent distances equal to AB and CD respectively. The time taken is equal when BC divided by the speed equals EF. For the various speeds, the distances are as follows:-



	A - B A - E	E - F	C - D F - D	B - C	controls apart by	relative distance
a) Speed 1½:	134	180	134	270	448 metres	4.48
b) Speed 2:	116	116	116	232	348 metres	3.48
c) Speed 2½:	109	87	109	217	305 metres	3.05

I have used 100 metres in these calculations in order to make it easy to calculate percentages. It makes no real difference if the two controls are at different distances from the road. just use the percentage on the average distance. And if (for example) both controls are 50 metres from the road, at speed 2, road running would save time if the direct distance between the controls is more than 174 metres (relative distance multiplied by 50).

Because of the other advantages associated with road running, this option is attractive even where the time gain is nil. The relative distances above show that controls must be very close together to make it NOT worth while to run a road, where the road is parallel or almost parallel with the direct route. The only was to be sure this will not happen is to make sure that no leg runs parallel or almost parallel to a road. And even then, competitors who are really fast on roads will choose a road-route that goes an indirect way, if the leg is a long one. This poses a problem for planners and controllers of important events. It is a problem that must be addressed.

Even if no time is saved by going out to roads, an advantage is gained from more certain location and from exact attack points. This isn't so important for good navigators, but poor navigators will benefit greatly. It follows that if a championship is to be a test of navigation (which it is supposed to be), legs which may be faster by road should be vetoed by the Controller. In two of the Provincial Championships held to date in 1993, planners ignored (or failed to appreciate) the logic of the above. And then couldn't understand why they were told that there was too much road running on their courses. In a fun event, I would choose the better orienteering, but in a championship I would always choose the fastest route. In one of the 1993 Provincial Championships, I had six consecutive legs on roads. This supposedly championship course was 50% wayfaring. Why didn't the Controller rectify this?

The prizegiving and closing ceremonies took place on our return to Szentendre and were followed by the traditional CISM banquet. This in turn was followed by the even more traditional "hooley" where opponents become friends and the aspiration of CISM, "Friendship through Sport", is realised. It is normal practice for teams to exchange souvenirs after the banquet - key rings, biros and stickers with a national logo, for example, or even miniature bottles of Irish whiskey (on a first-come, first-served basis). The Croatian team gave out tourist leaflets!

The next day saw us heading for the airport and home, leaving behind a Hungary of many contrasts, a country struggling towards a western-style economy and way of life but at the cost of high inflation and rising unemployment. However, if their determination to develop as a nation matches their determination to organise a successful CISM Championships, then the future must be promising.

As to our future, well, next year's CISM is in Poland and the Finns have already produced their maps for the 1996 Championships...

(Hungary is, of course, no stranger to international orienteering, having hosted the 1983 World Championships and produced a previous women's gold medallist in Sarolta Monspart, now active in the IOF - Ed.)

Great Eastern Navigators Orienteering Club

Welcome back to the new orienteering season.

The Club's forthcoming events are the Ballinastoe score event on September 19th and Leinster League 5 at Carrickgolligan on November 21st.
1993/94 membership fes are now due (Family £10, individual £8, junior/student £5) and should be sent to the club treasurer, Mary OColmáin, "Grange", Killiney Road, Killiney, Co. Dublin. The club cannot continue to send copies of TIO to non paid-up members.
Club O-suits are available from Jane Watt (936241) so treat yourselves to the GEN colours and run out in style!
I am at present compiling a current membership list so please advise me of any change of address or telephone numbers.
Club member Paul Nolan took off to France in early September with the Irish team to take part in the Mountain Racing World Cup.

Club Secretary: Nora Lalor, 6 Knocksinna Grove, Blackrock, Co. Dublin (01-2893497).

NEW CYCLIST

Connacht Region News

Summer Evening Events
A series of nine summer evening events were held every Wednesday during June and July and while there was a great turn out for the first one near Galway City the attendance for the remainder was poor despite the good local publicity. The wet evenings was probably the reason for the poor attendance for some of the events and the distance from major population centres affected the others. It remains to be seen how many of the newcomers will continue orienteering and will join a club.

Orienteering Holidays
A number of Phoenix and UCG orienteers combined summer holidays with orienteering events this year. Padraic Higgins who was selected for the World Military Championships travelled to Hungary and later visited Scotland with a group from Athlone on a twinning holiday where Sive Baxter (UCGO) and himself succeeded in winning a score team competition which was organised for international visitors. Derek Conerney and Tom Conlon both from Phoenix and Tracy Doherty and Tim McDonagh from UCGO travelled to the Scottish 6 Day. Frank Ryan attended the Swedish O-Ringen Coaching clinic and also took in the 5-Day competition.

Come and Try Orienteering events
Two venues have being arranged for introductory events at the start of the season on Sunday 3rd October. Daingean, the University grounds in Galway which has being mapped during the summer and Clonfad, near Shannonbridge, 5 miles from Ballinasloe are the locations.

Connacht League 93/94
The Connacht league for the new season commences on the 17th October with the first event in Woodstock near Galway city. There are a total of eight league events with the best five to score for league honours. The full list of league events are as follows :

Sun 17th October 93 Woodstock Wood, Galway city GR M2529
Sun 7th November 93 Ballygawley, Co Sligo GR G7030
Sun 28th November 93 Woodlawn Wood, Co Galway GR M6832
Sun 12th December 93 Dunsandle Wood, Co Galway GR M 5722
Sun 9th January 94 Portumna Forest Park,Co Galway GR M 8403
Sun 30th January 94 Moydrum, Athlone, Co Westmeath GR N1052
Sun 13th February 94 Kilcornan Wood, Clarinbridge. GR M4220
Sun 6th March 94 Garbally, Ballinasloe, Co. Galway GR M8329

New Date for Connacht Championships 1994
Due to the fact that Cornamona, Co. Galway is the venue for the Connacht Championships in 1994 the Connacht Council has decided to run the event a month later on Sat urday 26th March with the Interprovincial on the Sunday 27th March in Woodlawn Wood near New Inn, Co. Galway. Galway City will be event centre for the event.

IOSA Coaching Weekend
A IOSA (Student O-Association) coaching and training weekend is being held in Sligo on the weekend 5/6/7 November hosted by Galway RTC orienteering club. Full details from Deirdre Ryan, C/O P.E. Dept., Regional Technical College, Galway.

Phoenix Club Coaching
A club coaching and training day will be held in Motepark, Roscommon on Monday 27th December. As many as possible are asked to attend and parents are requested to bring along their children for the junior coaching. Details will be sent to members.

Eagle Eye

Three Rock Orienteering Club

Enquiries to Vera Murtagh, 19 The Cloisters, Terenure, Dublin 6W. (01-908237).

Summer is over and it is time to dust off the compass and find the O-gear again. Thanks to the club members who made the effort and came to Portumna to run for the club in the Irish Orienteer Trophy final and congratulations to winners Cork O and runners up LVO both of whom managed to get more or less full teams. We'll assume you were there, weren't you? And you helped out at our event at the Phoenix Park on 12th September, didn't you? Well, there are plenty more events you can help at ... read on.

Events

Three Rock Wood, 3rd October, Leinster League 1.

Organiser Brian Hollinshead (2881456) will be looking for help on the day. Please offer and everything will be done to facilitate your run - the more offers of help there are the quicker everyone gets home in the evening.

Carrick Mountain, 7th November, Leinster League 4

Organiser Philip Butler (2853823) will be looking for help, as above.

Christmas Score event, Three Rock Wood, 26th December

We are looking for an organiser and a planner: a good way of working off the Christmas food, both before and after. This is a once-off offer: you may be exempted for life from doing this event again!

Coaching

The First Fridays have started again: first Friday of every month in Glenalbyn sports centre, Stillorgan, at 8 pm. maps displayed, routes discussed, advice freely dispensed, O-techniques demonstrated, etc. This is followed up on Saturday morning by a practical session in a local wood starting at 11.00 and finishing at 1.00 pm. On October 2nd it's at Three Rock Wood.

If you have any ideas for either a Friday or a Saturday session (i.e. what would *you* like us to do for *you*?) contact coaching officer Philip Butler (2835823), he's looking for suggestions. Coaching caters for juniors and seniors, beginners, improvers and advanced. Brigid Flanagan (2980928) and Monica Nowlan (933551) are looking after the Juniors in the club: again they would welcome any suggestions you might have about junior coaching.

WOC 93

Congratulations to club members Una Creagh and Julie Cleary who have been selected to represent Ireland at the World Orienteering Championships in America in October.

Odds and Ends

3ROC club O-suits are available from Trina Cleary (936187).

Some IOC'93 t-shirts are still available from Brian Hollinshead (2881456).

Good luck to all club members taking part in the Northern Ireland Championships, Mourne Marathon, Karrimor Mountain Marathon, Senior, Junior and Veteran Home Internationals and of course the World Championships.

Goodbye for the moment to Larry Roe who has gone off to teach in Lesotho in southern Africa for two years. There's a six-day in South Africa in February/March next: perhaps he could offer floor space? It's only about 250 miles to some events and 650 to the rest!

Irish Orienteer Trophy Final 1993
Portumna, Co. Galway, 5th September 1993.

Brown course

Team A

1	Brian Creedon		CorkO	73.19	12
2	David Hollinger		LVO	82.03	11
3	Brian Corbett		CorkO	87.13	10
4	Kieran O'Brien		PXN	88.57	9
5	Padraic Higgins		PXN	90.40	8
6	John McCullough		3ROC	92.08	7
7	John Scannell		CorkO	101.00	6
8	Colin Smith		LVO	101.54	5
9	Chris McCann		LVO	103.09	4
10	C.C.....		PXN	107.39	3
11	Richard Williamson		LVO	110.31	
12	Harold White		3ROC	111.04	2
14	Gerry Brady		3ROC	116.31	1
16	Richard Kavanagh		Cork	123.47	
18	David Heale		3ROC	145.35	
19	S. Fergus		PXN	157.18	
20	T. Prunty		PXN	162.31	
21	Liam Lynch		PXN	171.30	

Team B

1	Kevin O'Dwyer	M35	CorkO	80.16	12
2	Bill Simpson	M35	LVO	90.31	11
3	Steven Wilson	M19	LVO	91.40	10
4	Ian MacNeill	M40	3ROC	93.35	9
5	Ted Lucey	M35	CorkO	94.28	8
6	Steve McGibbon	M35	LVO	98.21	7
7	Nigel C-Crawford	M45	3ROC	105.08	6
8	Val Jones	M35	CorkO	110.19	5
9	D. O'Donovan	M35	CorkO	112.58	
10	Joe Buckley	M35	CorkO	116.13	
11	Paddy Herbert	M35	LVO	116.41	
12	Jeff Butler	M19	3ROC	118.34	4
13	Steve McDonnell	M19	PXN	120.45	3
14	Gerard Flynn	M19	PXN	142.00	2
15	Tim Morrissey	M35	CorkO	148.43	
16	J. Bannon	M35	PXN	179.21	1

Blue Course

1	Bernard Creedon	M45	CorkO	59.48	12
2	A. Hegedus	M40	CorkO	60.40	11
3	Wilbert Hollinger	M45	LVO	67.26	10
4	David O'Connor	M17	CorkO	70.10	9
5	Darina Cunnane	W21	CorkO	72.37	
6	Karen Convery	W19	3ROC	75.03	8
7	Alan Pentland	M45	LVO	78.11	7
8	Bob Pinker	M45	CorkO	81.03	
9	Colin Henderson	M40	LVO	81.41	6
10	Philip Butler	M45	3ROC	90.36	5
11	Miriam ni Choitir	W21	CorkO	91.14	
12	Conor Creedon	M17	CorkO	96.16	
13	Anne Savage	W21	LVO	99.52	
14	Ken Griffin	M40	CorkO	103.28	
15	Tracy Doherty	W21	PXN	107.39	4
16	Sheila Browne	W21	CorkO	110.00	
17	Ted McGrath	M50	3ROC	110.38	3
18	Robert O'Connor	M45	CorkO	121.38	
19	Pat O'Driscoll	M40	CorkO	126.08	
20	Emma Glanville	W19	3ROC	132.49	
21	Jerry Gray	M45	3ROC	132.58	
22	Una Coghlan	W21	3ROC	144.01	
23	Clare Maxwell	W21	PXN	148.41	2

Red Course

1	Timothy Pentland	M15	LVO	53.58	12
2	Eunice Cinnamon	W17	LVO	56.23	11
3	Colin McKenna	M15	LVO	57.56	10
4	Ailbhe Creedon	W17	CorkO	61.08	9
5	Tim Tottenham	M15	3ROC	62.20	8
6	Faye Pinker	W17	CorkO	63.48	7
7	Conor Barry	M15	CorkO	68.29	6
8	Treasa Connolly	W17	CorkO	74.59	
9	Cian Chandler	M15	CorkO	77.40	
10	M.Regan	?	PXN	79.32	5
11	Luke C-Crawford	M13	3ROC	95.14	4
12	Conway O'Hara	M15	CorkO	105.02	

Green Course

1	Ernie Wilson	M50	LVO	47.31	12
2	Richard McCourt	M50	LVO	53.10	11
3	Alan Gartside	M50	LVO	54.16	10
4	Brian Hollinshead	M50	3ROC	60.46	9
5	Freddie McCann	M55	LVO	63.21	
6	Heather Majury	W40	LVO	64.58	
7	Fred Calnan	M60	CorkO	71.25	8
8	Anne Bell	W40	LVO	71.38	
9	Mary Curran	W35	CorkO	72.04	7
10	Trina Cleary	W45	3ROC	77.19	6
11	Rachel Woollett	W50	PXN	78.11	5
12	Alison Tottenham	W40	3ROC	82.06	4
13	Michael Butler	M50	3ROC	86.40	
14	Liam Convery	M55	3ROC	92.42	
15	Hazel Convery	W50	3ROC	94.26	
16	Con Carroll	M60	3ROC	99.23	
17	Aine ni Shuilleabháin	W40	3ROC	105.00	
18	Ju Butler	W40	3ROC	108.19	
19	T. Murphy	M50	PXN	116.07	3
20	Margaret Creedon	W40	CorkO	146.03	2
21	Vera Murtagh	W50	3ROC	178.56	

Orange Course

1	Mary O'Connor	W15	CorkO	31.35	12
2	Ruth Hollinger	W15	LVO	37.58	11
3	Jonathan Lucey	M11	CorkO	42.59	10
4	Toni O'Donovan	W15	CorkO	45.48	9
5	Deirdre Creedon	W15	CorkO	50.42	
6	Clare O'Connor	W13	CorkO	53.11	
7	Aislinn Austin	W13	CorkO	58.23	
8	Conor O'Sullivan	M13	CorkO	60.05	
9	Gerard Butler	M13	3ROC	63.51	8
10	Aisling O'D	W13	CorkO	67.26	
11	Douglas Woollett	M13	PXN	73.04	7
12	Eleanor O'Neill	W13	3ROC	75.11	6
13	Eoin Donovan	M13	CorkO	75.59	
14	Susan Bell	W13	LVO	78.57	5
15	Andrew Cronin	M13	CorkO	88.56	
16	Aoife O'Dwyer	W13	CorkO	94.55	

The final result, calculated on the day, was Cork Orienteers 156, Lagan Valley Orienteers 154, Three Rock OC 91, Phoenix Navigators 35, though if you add up the scores above you get CorkO 155, LVO 153, 3ROC 90, PXN 52.

Thanks to Phoenix Navigators for organising the event (especially on the day Galway played in the All-Ireland hurling final) and to Cork O, LVO, 3ROC and PXN for taking part. Thanks also to all the clubs who participated in the earlier rounds and didn't make it to the final.

Details of next year's competition will be in the November-December TIO.

ORIENTEERING FIXTURES

October

2	**FLORENCECOURT**	Co. Fermanagh. FermO NI 7. GR H 17 33.
2-3	**JUNIOR HOME INTERNATIONAL**	Merthyr Mawr & Craig Gwladys, S. Wales.
3	**CLONFAD**	Co. Roscommon, nr. Shannonbridge. PXN (LE). GR M 93 28.
3	**DANGAN**	Newcastle, Galway. UCGO (LE). GR M 28 27.
3	**DROMILLIHY**	Leap, Co. Cork. Cork O (C4). CL2. GR W 25 38.
3	**THREE ROCK WOOD**	Dundrum, Co. Dublin. 3ROC (C4) LL1. GR O 17 23.
9-14	**WORLD ORIENTEERING CHAMPIONSHIPS**	West Point, New York State, USA.
10	**BRANDON HILL**	Graiguenamanagh, Co. Kilkenny. WatO (C4). SEL 1. GR S 70 40.
10	NEWBRIDGE HOUSE	Donabate, Co. Dublin. FIN. (LE) GR O 21 49.
10	**WARRENSCOURT**	Macroom, Co. Cork. Cork O (C4). GR W 38 67.
17	**MULLAGHMEEN**	Co. Westmeath, near Oldcastle. SET (C4) LL2. GR N 47 78.
17	**WOODSTOCK**	Galway. GRTC (C4) CROCL1. GR M 25 29.
17	**CompassSport Cup Final**	Brentwood, Essex. Cork O v Rest of the World.
24	**LYRENALEA**	Clonmel, Co. Tipperary. WatO (C4) SEL2.
25	**CURRAGH**	Co. Kildare. CNOC (C4) LL3. GR N 78 12.
25	**KNOCKANANNIG**	Rathcormack, Co. Cork. LeeO (LE). GR W 73 69. (Monday)
30	**BANAGHER**	Dungiven, Co. Derry. Includes **Senior Home International** and **Irish Two-Day**. NWOC. GR C 69 01. Entry form enclosed.
30	**GORTATOLE**	Florencecourt, Co. Fermanagh. FermO night event.
31	**BINEVENAGH**	Limavady, Co. Derry. Relay. NWOC. GR C 69 30.

November

6	**CASTLEWELLAN**	Co. Down. LVO NI 6. GR J 32 37.
6	**UNION WOOD**	Collooney, Co. Sligo. GRTC Training. (LE). GR G 72 34.
7	**BALLYGAWLEY**	Co. Sligo, PXN (C4). CROCL2. GR G 70 30.
7	**CARRICK MOUNTAIN**	Ashford, Co. Wicklow. 3ROC (C4) ll4. GR T 23 93.
7	**CHIMNEYFIELD**	Glenville, Co. Cork. Cork O (C4) CL4. GR W 90 85.
7	**KNOCKANAFFRIN**	Co. Waterford, near Clonmel. WatO (C4). SEL 3. GR S 28 17.
13-14	**VETERAN HOME INTERNATIONAL**	Whitby, N. Yorkshire.
14	**BALLINCOLLIG PARK**	CorkO Sprint-O (LE). GR W 59 71.
20	**BARNETTS PARK**	Belfast. LVO club night event. GR J 31 68.
21	**CARRICKGOLLIGAN**	Kilternan, Co. Dublin. GEN (C4) LL 5. GR O 22 20.
21	**KILSHEELAN**	Co. Waterford, near Clonmel. WatO (C4) SEL4. GR S 27 22.
21	**WARRENSCOURT**	Macroom, Co. Cork. Cork O (C4), CL5. GR W 38 67.
27	**NI NIGHT CHAMPIONSHIPS**	**Gosford**, Markethill, Co. Armagh. LVO. GR H 97 41.
28	**CURRAGH WOOD**	Midleton, Co. Cork. Cork O (C4), CL6. GR W 86 76.
28	KYLEBEG WOOD	Stradbally, Co. Laois. CNOC C4. GR S 59 95.
28	**WOODLAWN**	New Inn, Co. Galway. PXN (C4), CROCL3, GR M 68 32.

December

5	**COLLIGAN**	Dungarvan, Co. Waterford. WatO (C4) SEL5. GR X 21 97.
5	**KNOCKNACAREIGH**	Kilmurry, Co. Cork. CorkO (C4). Cork Relay Champs. GR W 36 64.
5	**RAVEN'S ROCK**	Curtlestown, Glencree, Co. Wicklow. AJAX (C4) LL 6. GR O 18 17.
11	**CAIRN WOOD**	Craigantlet, Co. Down. LVO club event. GR J 45 77.
12	BELFIELD	Dublin. UCDO (LE). GR O 18 29.
12	**DUNSANDLE**	Loughrea, Co. Galway. PXN (C4) CROCL4. GR M 58 22.
12	**TOWER HILL**	Portlaw, Co. Waterford. WatO (LE). GR S 44 17.
26	**THREE ROCK WOOD**	Dundrum, Co. Dublin. 3ROC Xmas Score (LE). GR O 17 23.
27	**FARRAN**	Co. Cork. CorkO (LE) Christmas fun event. GR W 48 71.
27	**MOTEPARK**	Roscommon. PXN (LE) Training.

January 1994

2	SAGGART	Co. Dublin. ECO score event. (LE) GR O02 23.
9	PORTUMNA	Co. Galway. PXN. (C4). CROCL 5. GR M 84 03.
16	**CORKAGH PARK**	Clondalkin, Co. Dublin. GEN (LE) GR O 05 30.
23	DONADEA	Clane, Co. Kildare. CNOC. GR N 84 33.
30	MOYDRUM	Athlone, Co. Westmeath. (C4). CROCL6. GR N 10 52.

February

6	BALLINASCORNEY	Tallaght, Co. Dublin. SET. (C4). LL7. GR O 07 21.
12	**PHOENIX PARK**	Dublin. Night event. (LE) 3ROC. GR O 09 34.
13	**PHOENIX PARK**	Dublin. 3ROC (LE) GR O 09 34.
13	KILCORNAN	Clarinbridge, Co. Galway. (C4). CROCL7. GR M 42 20.
20	WOODENBOLEY	Hollywood, Co. Wicklow. CNOC (C4) LL8. GR N 93 02.

March

6	GARBALLY	Ballinasloe, Co. Galway. (C4). CROCL8. GR M 83 29.
6	SUGARLOAF	Kilmacanogue, Co. Wicklow. UCDO (C4) LL9 GR O 25 15.
12	**LEINSTER CHAMPIONSHIPS**	**Glencree**, Co. Wicklow. GEN (C2) GR O 17 14.
13	**CRONYBYRNE**	Rathdrum, Co. Wicklow. AJAX (C3). GR T 19 92.
20	**CLARA**	Laragh, Co. Wicklow. 3ROC (C4) LL10. GR T 16 93.
20	BRITISH CHAMPIONSHIPS	
26	CONNACHT CHAMPIONSHIPS	Mámclochalún, Cornamona, Co. Galway.
27	INTERPROVINCIAL CHAMPIONSHIPS	Woodlawn, Athenry, Co. Galway.
27	HOLLYWOOD	Co. Wicklow. CNOC. GR N 94 06.

April

1-4	JAN KJELLSTROM TROPHY	Hereford. JK94, Hollydene, 80 Crowmeole Lane, Shrewsbury SY3 8AY, England. Cheap entry to 31.1.94.
4	**PHOENIX PARK**	Dublin. 3ROC (LE) GR O 09 34.
10	MULLAGHMEEN	Co. Westmeath, near Oldcastle. SET (C4) GR N 47 78.
17	MUNSTER CHAMPIONSHIPS	Co. Waterford.
24	BROCKAGH	Laragh, Co. Wicklow. FIN (C4) LL11. GR T 12 97.
30	IRISH CHAMPIONSHIPS	Burren, near Florencecourt, Co. Fermanagh. FERMO.

May

1	IRISH RELAY CHAMPIONSHIPS	Burren, near Florencecourt, Co. Fermanagh. .
22	**TROOPERSTOWN**	Laragh, Co. Wicklow. GEN (C4) LL12.

CROCL= Connacht Regional O-Council League; SEL= South East League; LL= Leinster League; ML= Munster League; NI=Northern Ireland Series; IFL=inter-firm league; GR=Ordnance Survey grid reference, CD=closing date for entries.

Event Grades: C1= Internationals & Irish Championships; C2= Regional & Interprovincial Championships, Irish 2-Day & Shamrock O-Ringen; C3= Grade 1 events; C4= Open events (including colour-coded events); LE= Local or Grade 3 events. IOA fixtures in bold type have been registered and are covered by IOA insurance.

Latest Fixtures Information on 01-569099 (24 hours).

Remember the permanent orienteering course in Marlay Park, Co. Dublin!

The Irish Orienteer Trophy Final 1993

Cork O snatch TIO Trophy

Close finishes have often been the hallmark of Irish Orienteer Trophy finals and this year's nail-biting finale was no exception. The holders LVO and previous winners CorkO were hot favourites and both clubs brought teams by bus to the event at Portumna. Connacht representatives Phoenix Navigators fielded a team and ran the event but Leinster winners 3ROC who had won the competition several times in its early years fielded a depleted team and paid the price, finishing third. Each team competition was dominated by CorkO and LVO and the Ulster clubs chickens were being counted when a great run by Bernard Creedon for Cork on the Blue course put the cat among the pigeons by winning the course. Despite placing 1, 2, 3 on the Red and Green courses LVO were inched out of the winners' spot by the Munstermen (and women), finishing a scant 2 points adrift at the end of the day.

The courses were fast and the forest, though mapped as far back as 1983, still bears a tolerable resemblance to the map. Portumna is an excellent area and one which will benefit from a revised map. High ferns impeded the progress of the early runners while numerous deer and even more numerous ticks competed with the orienteers. 3ROC trailed in with 91 points and PXN scored a creditable 35 which, for a developing club with plenty of enthusiasm and good maps augurs well for their future.

On the day the final score was CorkO 156, LVO 154, 3ROC 91, PXN 35.

Cork O now go on to the CompassSport Cup Final in Essex on October 17th where they take on Lakeland OC from the Lake District, Thames Valley OC, Eborienteers from York, and either Mole Valley or South London.

I'm sure you'll all join me in wishing CorkO lots of luck and a full team for the event.

JMcC.

The victorious Cork Orienteering Club team at Portumna