the Irish Orienteer

No. 67 January- February 1994 IR£1.00

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Stay in WALES post-JK

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.

Subscriptions: still only £6.50 per annum (six issues).

Next TIO Copy Date is February 20th

Cover: The Army West team about to win the hill-running stage of last year's National Adventure Marathon on a snow-capped Mangerton Mountain (T. Flavin).

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Join the team! There's no pay, the hours are awful but you too can write for *The Irish Orienteer* ...

Results and articles can now be accepted on 3-1/2 inch floppy disks from PC's and Mac's.

Printed by Denton Print, Dundrum, Dublin 14 (01-2988944).

Cover Photo

£20 to you if you supply the cover photo for TIO! Black & white or colour, preferably no smaller than 5"x7".

For information contact the Irish Orienteering Association, c/o AFAS, House of Sport, Longmile Road, Dublin 12. (01-569099)

The Irish Orienteer

No. 67 January - February 1994 ISSN 0790-1194

Well, a happy New Year to you all! I hope all your new year resolutions are standing the test of time: to train more, eat less, do some mapping, help at a few events this year; you know the sort of thing. Let's try to promote orienteering a bit more this year, the twenty fifth anniversary of the first orienteering events in Ireland.

We all know how good it feels to run through the forests and across the hills, how the magic of hitting a control spot-on never fades, how we always hope for the perfect run. But we tend to be a bit selfish about this experience, to keep quiet about it. Perhaps caving is a more invisible sport than orienteering but I can't think of many others.

We need to promote an attractive image of the sport: exciting yet environmentally friendly, and we need more people to take it up as a competitive activity, not just (as I called it before) as a form of beagling for vegetarians. Even if the people coming to orienteering are refugees from other sports who still haven't found what they're looking for, they will be made welcome: "Give us your tired, your poor, your huddled masses yearning to breathe free, the wretched refuse of your teeming shore, send these, the homeless, tempest-tossed, to me: I lift my lamp beside the golden door".

The point is often made that we need to promote orienteering as a highly competitive sport rather than as an alternative to an after dinner stroll, and this is the only way we'll get the people we really need. As to juniors, we can't simply rely on juniors taking up orienteering because they are part of an O-family: we'll never get the numbers we need that way. They have to come through the schools, athletic clubs, scouts, youth clubs.

Will we ever see the day here when newspaper articles on orienteering won't have to start by explaining what it is? Not without our efforts.

Anyway, I'd like to take this opportunity to thank all of you who sent in information, maps, photos and articles in the past year, and I hope you will continue to do so. Remember, TIO is your magazine. I'd love to be flooded with high quality material, interesting and amusing articles, beautiful maps and so on, but I need your help. Orienteering is so much more interesting to do than to just write about, I know, but it's a multi-faceted activity and I hope that TIO can cover the many faces of Irish orienteering in the future: training, mapping, planning, techniques ...

Here goes! JMcC.

WATCH OUT

Get your Casio 30-split watches while you can, as evidently they are going out of production due to lack of demand. The ideal orienteers' watch for taking split times at every control, these watches have become standard equipment for very many orienteers, helping them to compare routes and times with others on their course and to estimate time lost through mistakes - important for the post mortem after the race.

Timex make a 50-split watch but this requires you to press the button twice at every split, once to record the end of one split and once to start the next one, a real nuisance. Incidentally, the best selling Casio product in Britain this past Christmas was a watch with a remote control for a TV and video built in, the perfect gift for the couch potato who has everything.

(The 30 memory watch is available from Ultrasport for STG£31.95)

EASTER 1994

If you are thinking of going to the Jan Kjellstrom International Festival of Orienteering (JK to you) at Easter, how about taking in some walking and orienteering in Wales on the way back? The JK is based in Hereford on English/Welsh border from April 1-4 and as usual includes a training day, two days of individual events and a relay. Entry fees are STG£15/7 for the two days of individual races up to January 31st, STG£18/9 up to 28th February. Send entries to JK94, P.O. Box 22, Whitchurch, Shropshire SY13 2ZZ. Entry to the relay can only be made through club secretaries - a very good idea!

Richard and Anne Wilson, joint editors of the Welsh O-newsletter "Y Ddraig" (The Dragon) are offering five days walking and orienteering based at their guest house at Pontrhydygroes, about 20 km SE of Aberystwyth. (For details, see their advertisement).

There are two days orienteering in Snowdonia on Saturday and Sunday April 9/10 in the Betwys Y Coed area, about an hour from Holyhead: the Welsh Championships on Saturday at Coed Y Brenin, a completely new area for orienteering, and a Badge Event on a new map of Gwydir South on the Sunday.

Entries close March 19th. Fees are STG£5.50/2.50 per day. Send entries for day 1 to Garri Owen, Upper Road, Leighton, Welshpool, Powys SY21 3HR, and for day 2 to Malcolm Campbell, Ty Lawr, Brynsiencyn, Anglesey, Gwynedd LL61 6NX.

MURPHY'S LAW

Murphy's Law applied to Orienteering in Steep Terrain.

1. The optimum route will always involve the maximum climb.
2. The actual route taken will always involve greater than the maximum climb.
3. The course will be set in such a way that the straight line route will always be at right angles to the contour lines. (Except when the straight line route involves contouring along a 70 degree slope in loose shoes - adds Andy Hill).
4. A mistake will always be made in such a way as to maximise the climb required to correct it.
5. Any control you see is definitely not on your course. Any control you go out of your way to check will not be yours. Any control you don't check will be.

by Bill Teahan, New Zealand (from the O-Net)

WORLD STUDENT CHAMPS

The 1994 World Student Championships will take place at Fiesch in Switzerland from September 5th - 11th and there will be opportunities for non-student orienteers to run in associated events.

The World Championships races are a model event on the 5th, short distance races on the 6th, classic distance on the 8th, model event on the 9th and relay on the 10th. For the short distance races there will be three semi-finals in the morning with the best 16 from each going through to the A final in the afternoon.

Associated with the Championships are an open short distance race near Fribourg on Saturday 3rd, the Swiss Championships at Giffers, near Fribourg, on 4th September, another open short distance race on the afternoon of the 9th and a national event on the afternoon of the relay (Sept. 10th) at Riederalp-Bettmeralp, at altitudes of 1500-2000 metres ("a very exciting, wonderful place in the middle of high mountains"). On Sunday 12th there's another national event at Graechen, between 1500 and 2300 metres.

THE COMPETITIVE PROFILE OF O

Next September, just after the World Student O-Championships, there's a conference on "The Competitive Profile of Orienteering". Based at the Swiss Federal School of Sports in Magglingen, the conference will cover the psychological, physiological, technical and health aspects of orienteering as a competitive sport, and their inter-relationships. The conference will run from Sunday 11th September (arrival) to Wednesday afternoon, 14th September. The conference language is English and the fee is SFr50. Accommodation is also available at SFr50 per person per day.

Call for papers: Scientific delegates are invited to submit abstracts for contributions. The deadline for abstracts is July 15th 1994. Contact Dr. Toni Held, SWI-ESSM, CH-2532 Magglingen, Switzerland.

NORWEGIAN WOMEN DISQUALIFIED

A surprise development after the World Championships in October was the disqualification of the Norwegian women's relay team who took the silver medal. One of the team members, Torunn Fossli, tested positive for phenolpropanolamine, a stimulant on the IOF's list of banned drugs. The silver medal goes to Finland and the bronze to the Czech Republic. The Irish women thus move up to 17th place.

Torunn, who ran the third leg for Norway, told reporters at a press conference called by the Norwegian Orienteering Federation, that she had taken two tablets because of a cold, without consulting the team doctor. She now faces a ban from orienteering, depending on the decision of the Confederation of Norwegian Sport.

This is the first time that such an incident has occurred in international orienteering. In something of an understatement Torunn said "I very much regret my carelessness without checking". No doubt her three team mates would agree.

H/HOT NEWS FROM ultrasport

Helly Hansen

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ODDS 'n' ENDS 'n' ODDS

In case you were thinking of accompanying Raymond Finlay of FermO to the Swedish 5-Day and Sorlandsgaloppen this summer, think again. Contrary to the note in a previous TIO he's *not* organising a trip to the events.

JK94: you can get an entry form for JK 94 in Hereford at Easter from your club secretary. Details of floor space accommodation and camping/caravan sites are also available. Cheap entry closes January 31st, all entries on February 28th.

"Thirty years ago I was classed as a physical hasbeen. I had rheumatoid arthritis and heart problems. Luckily I've got a son who is a senior physician, although he's a pensioner now. 'Run for your life, Dad', he told me. He was an expert in his field and his advice was the best medicine that I've ever taken." - 90 year old orienteer Bertil Nordenfeldt after finishing his 24th Swedish 5-Day last summer. "I would rather end my days out in the forest than in some geriatric ward", he added (from the Dagens *Nyheter* newspaper, via CompassSport).

The Orienteer's Prayer
by Bill Teahan

Our Orienteer,
Who art in New Zealand,
Hallowed be thy navigation.
Thy competition come,
Thy control descriptions be done,
At the club event as it is at the World Champs.
Give us this day our daily O course,
and forgive us our 10 minute errors,
As we forgive those who think they know better.
Lead us not into frustration,
But deliver us from bad maps.
For thine is the Map, Compass and O shoes,
Orienteering forever and ever.
Amen.

Tiglin programme: The course programme for 1994 is available from Tiglin, the National Adventure Centre. Orienteering is featured at a basic level on the Introduction to Adventure Sports courses. For more advanced training the Basic Orienteering Award (Feb 12/13 and Nov 12/13) and Orienteering Leadership Award courses (March 28-31 and Dec 5-9) are also run at Tiglin. Other courses include canoeing, first aid, winter mountaineering , rock-climbing and environmental and wildlife courses. Costs are £30 per day, covering instruction, equipment, accommodation and the food for which Tiglin is famous. Contact Tiglin, Ashford, Co. Wicklow fro full details. (Phone 0404-40169, fax 0404-40701).

New maps: Two new 1:50,000 scale OS maps of Donegal (Sheets 2 & 3) have recently been published. These are in a new format, the "Explorer" series, and are a huge improvement on the previous preliminary editions of the 1:50,000 maps. Both contours and shading are used to display land shapes, the typefaces have been improved and the general appearance made much more attractive. These are still preliminary editions but if you're planning a trip to the area around Malin or Fanad, the £3.90 for each map will be money well spent.

At the IOF Council meeting at the World Championships, Brazil was admitted as an associate member of the IOF, bringing the number of associate members to three (Cuba and Malaysia are the others). Brazil is the first IOF member in South America but Argentina is expected to apply this year and enquiries have also been received from Venezuela. Paraguay and Ecuador have also been exposed to orienteering.

Sue Harvey of Scotland's Forth Valley Orienteers is a likely candidate for the job of IOF President at the International O-Federation Congress in June. Sue, a former IOF General Secretary and an IOF Vice-President since 1988. If she is successful, British orienteering could be set for another great leap forward - particularly if the BOF bid to host the 1999 World Championships is successful, which is considered quite likely.

APPLIANCE OF SCIENCE

You can subscribe to the Scientific Journal of Orienteering through The Irish Orienteer . There are two issues each year, covering topics as diverse as exercise physiology, the mental processes of navigation, injuries and analysis of the effects of orienteering on the environment. The Autumn 1993 issue includes reports on the mass start method used at the first World Cup race in Sweden in 1992, sudden unexpected deaths in Denmark, Lyme disease, coping with stress in elite orienteers and the relationship between running speed and map reading.

Amazingly there are only five subscribers to *Sci. J. Orienteering* in Ireland, four of them in Munster. While some of the material can be a shade esoteric for the average orienteer, it is certainly a good way of keeping in touch with what's happening at the leading edge of the sport, particularly in terms of training.

Annual subscription costs just IR£7.50 including airmail postage. Surely it's worthwhile for at least every club to get a copy to pass around to interested members?

ORIENTEERING WORLD

Orienteering World is the magazine of the International Orienteering Federation, published six times a year in English. It carries details of international events, maps from different countries, IOF news, articles and reports on orienteering from around the world. If you plan to orienteer abroad it's an essential guide ... and it's available through The Irish Orienteer for only IR£13 per year. As with the Scientific Journal, there are few Irish subscribers to O-World! If you want to subscribe to either journal, just send a cheque to The Irish Orienteer, 9 Arran Road, Drumcondra, Dublin 9, with details.

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HOME INTERNATIONALS

Thanks to SCORE, the Scottish Orienteering Association magazine, for providing the results of the three Home Internationals last year.

	Eng.	Scot.	Wal.	Irl.
Junior Home International, Wales, October				
Individual	177	126	82	83
Relay	144	96	66	36
Total	321	222	148	119
Senior Home International, Northern Ireland, October				
Individual	194	169	91	88
Relay	74	78	40	24
Total	268	247	131	112
Veteran Home International, NE England, November				
Individual	138	104	57	55
Relay	54	56	24	22
Total	192	160	81	77

Annual total: England 781, Scotland 629, Wales 360, Ireland 308

There is great rivalry evident between the English and Scottish teams who are closely matched, particularly in the relays, although the English Juniors clearly have the edge. The Ireland v Wales match planned for the two-day at Slieve Martin/Carlingford in June should prove very interesting in view of how well matched the two sides are at all levels.

BOF NATIONAL EVENTS

If you want a good event with lots of competition through all the age classes, why not try one of the BOF National Events? Attendances of about 2000 are not uncommon and the events are run all over Britain. Full details are in *CompassSport* or are available from the British Orienteering Federation, Riversdale, Dale Road North, Darley Dale, Matlock, Derbyshire, DE4 2HX. The forthcoming events are:

14/2	NE1	Stickle Pike, Lake District. cd 14/1/94.
27/2	NE2	Cheadle, Staffordshire. cd 31/1/94
17/4	NE3	Pickering, Yorkshire (& Northern Champs). cd 20/3/94
15/5	NE4	Gloucester (& Double Gloucester). cd 18/4/94
28/5	NE5	Scotland (& Scottish Champs)

FIOA NEWS

MANAGERS, SELECTORS WANTED

As the World Championships are over, the positions of Irish Team Managers and of regionally nominated selectors are now automatically vacant. If you are interested in being Irish Team Manager for the Junior, Senior or Veteran teams for the Home Internationals or for the 1995 World Championships in Germany, contact the FIOA.

Selectors are nominated by the four provinces and their job is to pick the Irish teams to take part in the three Home Internationals and World Championships and in certain other events. The secretaries of the NIOA and the provincial orienteering councils of Munster, Leinster and Connacht should let the FIOA know their nominations for selectors as soon as possible. Contact Frank Cunnane, Knocknarea, Barnstead Avenue, Blackrock, Cork.

COMPUTER WORKSHOP

A "Computers in orienteering" workshop is planned for this year under the auspices of the FIOA and the IOF High-Tech Group. Its date has yet to be agreed but the likely venue is Dublin and the workshop will cover such topics as drawing maps with OCAD, production of control descriptions, event administration and results processing as well as the O-Net e-mail network. If you want to be sure to get details, contact FIOA. More details later.

SLOW WIN CUP

London's SLOW belied their acronym when they took the CompassSport Cup for the first time at Thorndon Park, Essex, in October. SLOW finished comfortably ahead of Lakeland OC while the trio of Thames Valley OC, Eborienteers from York and our own Cork Orienteers finished just points apart. Cork O established a commanding lead, having most of their runners starting early, but the others whittled away at their lead, leaving the Irish club in fifth place. Cork were taken aback to find that fewer juniors were counted than seniors: had three runners been counted on the F and G teams then Cork O would have finished second! The final results were SLOW 166, LOC 144, TVOC 138, EBOR 133, Cork O 128. In the small clubs' competition CHIG finished first with 60, CLARO from Yorkshire had 58, Swansea Bay OC 47 and Edinburgh Southern 34.

The 1994 CompassSport Cup Final will be in Scotland on October 16th and the final of the Irish Orienteer Trophy is expected to be on the first weekend in September.

THE IRISH ORIENTEER TROPHY

The 1994 Irish Orienteer Trophy inter-club knock-out competition is getting under way again. All Irish clubs are invited to enter and the competition will revert to provincial knock-out rounds followed by a National Final, probably on the first weekend in September. The winners will have the opportunity to travel to represent Ireland at the CompassSport Cup final at Pitlochry in Scotland on Sunday October 16th. The full rules of the competition are being sent to all clubs who enter. All clubs need do to enter the competition is to write to *The Irish Orienteer* and say that you wish to enter the 1994 competition. There is no money involved!

Deadlines for 1994 are: February 1st closing date for entries; June 30th provincial finals finished; September 4th TIO Trophy final; October 16th CompassSport Cup final.

The Rules this year will correspond exactly to the CompassSport Cup: i.e. seven teams running on five courses (Brown course - Team A : M21, Team B: M19/35/40; Blue course - Team C: M17/45/50/55; Team D: W19/21/35; Green course - Team E: W40+, M60+; Light Green course - Team F: W15/17/M15; Orange course - Team G: W13-, M13-). As light green courses are not yet generally provided in Ireland it is likely that the red course will be used instead if the competing clubs and event organiser agree beforehand. Scoring in two-club matches will be 6-5-4-3-2-1 as usual for teams A, B, C, D, E but 4-3-2-1 for teams F (W17, W15, M15) and G (M/W13 and under).

NATIONAL ADVENTURE MARATHON

The date has been set for the 1994 National Adventure Marathon: 25th-27th March at Cappanalea Adventure Centre near Killorglin in Co. Kerry.

This gruelling "Outdoor Team Challenge" will involve 9 stages covering 50 miles over the full three days. Teams will be made up of four members and may compete in one of the following categories: Female only; Male only; Mixed. All team members must compete in all stages - it is not like a relay.

The nine schedules stages will demand a strong commitment to teamwork, navigation, prolonged endurance, stamina and the ability to work in a remote wilderness environment. Activities will include night navigation, hill running, water sports, cycling, orienteering and initiative exercises. Last year several orienteers took part and finished well up in the competition: the leading ladies team was from 3ROC while CorkO, AJAX and PXN members also took part.

The cost per team for the weekend is £300. This covers full board accommodation, event transport, specialist equipment, event materials and insurance. To ensure your team's place a deposit of £30 and the completed booking form must be received by Cappanalea OEC, Oulagh West, Killorglin, Co. Kerry before 31st January 1994.

The Stray Sod

Fermanagh Orienteers believe you will be fascinated by this piece of the Irish countryside, the Burren. Hardly known outside the immediate locality, this area is rich in well preserved, ancient historical sites. The underlying geology creates a bewildering landscape of depressions and knolls littered with boulders, some of which are huge. A small forest is now planted over the centre of the area.

Given that even local farmers frequently became confused and lost before the forest was planted, orienteers should find the area technically challenging. The local explanation for their otherwise inexplicable confusion lies in the mystery of "the stray sod". Apparently if you tread on this mystical piece of turf you are doomed to wander until dawn before finding your way. It may be coincidence that most of these wanderings occurred as locals returned from revelries in the twin villages of Blacklion and Belcoo adjacent to the area!

These two very small villages will constitute the event centre. They are well endowed with drinking establishments and the crack is great! Between them they boast both a gourmet restaurant and a chip shop. A basic campsite at a very low cost will ba available at Belcoo if there is a demand. B & B accommodation is available locally but should be booked well in advance. Fermanagh District Council have a hostel and caravan/campsite at Garrison (12 miles from Belcoo). Cavan VEC also has a smallhostel near Dowra (12 miles). Some limited camping or caravan space may be available at Share Centre, Lisnaskea (16 miles), Gortatole Outdoor Centre, Florencecourt (2 miles) and Florencecourt forest (7 miles).

A unique feature of this event is its cross-frontier nature: has anyone ever taken part in an O-event where runners start in one jurisdiction and finish in another? No need for passports or visas!

Whilst this is the premier event in the Irish orienteering calendar, Fermanagh Orienteers are a very small club. We make no pretence that we can match the sophistication of last year's Carlingford event. We will promise to try to provide the best possible action in this tough and uncompromising terrain. Winners will be true Irish Champions and it is our hope that everyone will return from their courses satisfactorily challenged.

An entry form for the Irish Championships is enclosed with this issue. Individual event entries cost STG£6 for M/W21 and above, £3 for M/W 19 and below, £15 for families. Relay teams cost STG£9 for M/W21 and above, £4.50 for M/W17 and below. Send entries to Gerry Kingston, Cranagh, Croaghrim, Florencecourt, Co. Fermanagh, BT92 1BJ, before April 14th. For more accommodation information contact Fermanagh Tourism, Lakeland Visitor Centre, Shore Road, Enniskillen, Co. Fermanagh (08-0365-323110).

WHAT? *TRAINING?*

Unfortunately, many orienteers still seem to regard physical training as being "not quite cricket". In fact, any physical or technical training you do will improve your standard of orienteering and help you to get more out of it: more enjoyment, more fulfilment. As John Disley's book succinctly put it more than twenty five years ago, physical fitness is an integral part of orienteering. In this series of articles over the coming months, ideas for improving your fitness and your orienteering techniques will be detailed: it's up to you whether you put them into practice.

Why You Need a Warm-up Routine

Paul Howard Davies of Welsh club Offa's Dyke Raiders explains how he warms up before a competition. (with thanks to "Y Ddraig", the Welsh orienteering newsletter)

Every orienteer needs a safe and effective warm-up routine at the start of competitions and training sessions. There are two main reasons: to improve performance and to reduce the chance of injury. Even if an injury does occur, the extent of the injury will be minimised and recovery will be quicker.

No more than twenty minutes before the off, the orienteer should go through three phases of a warm-up sequence. These phases are:

1. General easy loosening up;
2. A five minute easy jog;
3. Static stretching.

There are a few safety points to note. Do not start with static stretching as most orienteers do. Stretching a cold, stiff body will do more harm than good! When stretching never bounce or jerk or adopt extreme positions which cause pain.

1. General Loosening Up

There are four exercises. The first three should be repeated six times.

(a) Ankle rotation - turning the ankle in a clockwise or anti-clockwise direction.

(b) Hip flex - raising the knee vertically in the mid-line and then moving it out sideways.

(c) Spine rotation - circling the pelvis ("hula hoops" if you're old enough!).

(d) Heel raises - keep the toes down for at least 30 seconds.

2. An Easy Jog

This should last for at least 5 minutes and should be easy - just enough to warm up the muscles, tendons, joints and ligaments.

3. Static Stretching

Only now should you stretch. Do not BOUNCE! There are six exercises and each one should be held for ten seconds for each leg.

(a) Calf stretch - use a tree or wall or car as support and take a step back with one foot. Gently lower the heel and straighten the knee.

(b) Achilles stretch - very similar to (a) except that the back leg should be slightly bent, so that the stretch is felt in the lower calf.

(c) Hip flex - kneel on one knee and bend the other in front of you (all right angles). Now raise the kneeling knee and stretch that leg out behind, keeping the front knee over the foot.

(d) Inner thigh stretch - put one leg out to the side and keep it straight; bend the other knee and lower the body over it.

(e) Hamstring stretch - place one foot on an elevated object; keep that knee straight and, bending slowly from the waist, reach for the ankle.

(f) Quadriceps stretch - stand on one leg, bend the knee of the other leg and grasp the ankle, holding the foot close to the buttock. Do not twist the knee.

Now you are properly prepared for the off. I have incorporated this into my routines and now it is second nature and very worthwhile. The exercises

- which should be safe and effective - are based on articles by Stephen Bird of Saxons Orienteers, a lecturer in exercise physiology.

Warm Down Too

Finally, another neglected area is the need for "warming-down" after a hard run Never just stop and slump in the car! Walk around for at least five minutes and do a few gently stretches, particularly the calf and hamstring ones. You will be far less stiff and uncomfortable in the morning!

Next: Get to know your IOF Control Description symbols.

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MOUNTAIN RUNNING FIXTURES

Here are the mountain races for the next few months. Any orienteer hoping for improvement should be running these races. Don't worry, you won't be last! Orienteers have always done well in hill races: the list of records looks like a who's who of orienteering. Wear your O-shoes and get running. You'll be going down stairs backwards for a few days after the first few races but that'll soon wear off. Details from Douglas Barry (01-2868180) or Mark Caslin (01-2900986).

January

15 Bray Head Relay, Co. Wicklow. 3.1 miles/900 ft/ 1 pm

16 Corrin Hill, Fermoy, Co. Cork. 3 miles/ 500 ft/1 pm.

30 Killiney Hill, Dublin. 5 miles/500 ft/1 pm.

30 Nagles Mountains, Kilavullen, Co. Cork. 4 miles/1000 ft/1 pm.

February

19 Blue Light Handicap, Barnacullia, Co. Dublin. 4 miles/1000 ft/1 pm

March

20 Doon Hill, Thurles, Co. Tipperary. 5 miles/1100 ft/1 pm

20 Monarch Challenge, Lumpers Pub, Ballymascanlon, Co. Louth. 6.2 miles/ 1000 ft/2.30 pm

April

3 Strickeen Hill, Killarney, Co. Kerry. 3 miles/1200 ft/1 pm

10 Seefingan, Ballinascorney, Co. Dublin. 8 miles/2200 ft/2.30 pm

17 Mauherslieve, Kilcommon, Co. Tipperary. 6 miles/1200 ft/1 pm

20 Three Rock, Dundrum, Co. Dublin. 3.3 miles/850 ft/7.30 pm

27 Tibradden, Rathfarnham, Co. Dublin. 4.5 miles/1000 ft/7.30 pm

30 Nephin Ridge, Crossmolina, Co. Mayo. 6.5 miles/2500 ft/2.30 pm

WORLD MASTERS GAMES

Hundreds of orienteers from around the world be among the 12,000 to compete in the World Masters Games at Brisbane, Australia, next September. The competitors, aged from about 30-35 and over, will take part in a range of 30 sports, including orienteering.

Running from September 26th-October 8th, the O-races will be on September 27-28th at Mount Crosby, about 30km west of Brisbane, on typical spur/gully open forest. Classes from M/W35 to M/W85+ will be provided. The Queensland Championships (24-25 September) and the Australian Championships (30 September-9 October) could be included in your itinerary.

For details, contact World Masters Games, Locked Bag 1994, GPO Brisbane, Queensland 4001, Australia or phone 00-61-7-808-1705. Entries close on 15 July but if you enter by March 1 you could win a four night holiday for two on a Great Barrier Reef island.

WORLD CUP 1994

The World Cup in Orienteering is staged every second year and this year will feature three-person Relay races in addition to the Classic and Short Distance races. The World Cup Group is experimenting to find more media-friendly types of orienteering suitable for the World Cup: this year there will be a classic race consisting of loops, one short distance, one massed start with three short loops and three relays. The events are:

April 3	Auckland, New Zealand - Classic race
April 6	Ballarat, Australia - Short distance
April 8	Ballarat - Relay
August 10	Kristiansand, Norway - Classic with looped courses
August 13	Christianminde, Denmark - Classic, forked mass start
August 14	Christianminde, Denmark - Relay
Sept. 25	Quedlinburg, Germany - Classic
Sept. 29	Jicin, Czech Republic - Relay
Oct 1	Jicin, Czech Republic - Classic.

To participate in World Cup races you have to be nominated by your national federation. Alan Gartside, Chairman of the Irish Selectors, asked in TIO66 for intending competitors to contact him. His address is 22 Ormiston Drive, Belfast BT4 3JS.

Find your way to Mid Wales this April

Richard and Anne Wilson of POW are offering a special 5-day package for orienteers en-route from JK 94 to the Dragon weekend in Snowdonia.

- Beautiful uncrowded countryside and coast.
- O-map of the forest surrounding the guest-house, O-map of technical open area 10 miles away, permanent O-course 10 miles away.
- Use of O.S. maps and directions for 40 day walks in the area, ranging from 5 to 20 miles.
- 2 hours drive from JK relay area, 1¼ hours drive to the POW Badge Event.
- £135 for 5 nights full board (including substantial packed lunches), arriving on Monday 4th April. Real home-cooked food, vegetarians welcome.
- En-suite accommodation for up to 8 guests; 5% discount for groups of 6 or more.

Details from Blaen-y-ddôl, Pontrhydygroes, YSTRAD MEURIG, Dyfed, SY25 6DS. Tel. (0974) 282640.

ARMCHAIR PLANNING

After your training run why not curl up in front of the fire with a good atlas, a calendar and the annual *Irish Orienteer* guide to interesting events for the coming year?

Orienteering is an international sport and orienteers everywhere are delighted to see competitors coming from abroad to their events. If you've never been to the Swedish 5-Day, a multi-day event in France or Switzerland, or even the JK, Shamrock O-Ringen or this year's Lakeland 5-Days closer to home, start planning now: perhaps this is the year! You will find that many people successfully combine an event like this with a family holiday.

The International O-Federation's fixture list has events as far apart as Sweden, South Africa, Spain, Australia, Russia, Holland and even Ireland. In addition to all the usual 3-, 4- and 5-day events there is the World Cup series of nine events in New Zealand, Australia, Norway, Denmark, Germany and the Czech Republic. Where addresses or phone numbers are not given you can get more details from the IOA at the House of Sport or from TIO - just ring up. There's a comprehensive list in the December/January CompassSport

Got your pencil and paper ready? To get away from the gloom and cold of an Irish winter, how about South Africa in February? There's the 6-day International O-Safari there from 25/2 to 6/3, but entries closed on 15/1. I haven't heard recently, but Bill Simpson's O-trip to Spain in mid-February may have a place or two: details were in TIO 66. Three 2-Day events in Spain and Portugal show up in March (5/6, 12/13, 19/20) then it's off to the antipodes for Easter with the Easter 4-Day in Auckland, New Zealand (April 1-4) or the Australian 3-Day at Canberra (April 2-4), if the bush fires are finished. The NZ event includes World Cup 1 on 3/4. Nearer home, Easter as always has the JK, this year at Hereford (entry forms from club secretaries) and 3 days in the superb sand dune forest south of Bordeaux in France: brilliant stuff! (c.d. 12/3: D. Malatray, Les Olliveaux, F-17460 Preguil, France; ph. 00-33-46 74 32 26). Further north there's a 3-Day at Thisted in Denmark from 31/3-2/4.

In April the second and third World Cup events are at Ballarat in Australia (short distance 6/4, relay 8/4) with an open 3-day on 7,9 and 10/4. The Irish Championships, of course, are on April 30/May 1 and there's a bank holiday on the Monday, so you can travel at leisure. Into May we have the Harvester Trophy overnight 7-person Relay at Star Posts, near Bracknell in Berkshire on the 7th-8th (Bryce Gibson, 16 Fernbrook Road, Caversham, Reading, Berks., England, RG4 7QD) and on the same weekend the famous Tio Mila overnight relay for teams of 10 in Sweden, although these are perhaps not everybody's cup of tea.

Preparations for the 1995 World Championships in Germany may well include the Eifel 3-Day at Simmerath (21-23/5: Elfriede Förster, Haupstr. 3, Monschau, Germany). Back home in June there's the Irish 2-Day at Slieve Martin and Carlingford on 4-5th, again with a bank holiday on the Monday. The New Zealand Champs are on the same weekend, if you're in the area. Later in the month there's a 3-day in Italy beside Lake Maggiore on 24-26/6 (cd 1/6, Comitato Lombardo, FISO, Piazza S. Ambrogio 23, I-20123 Milano, Italy). For the adventurous (wealthy?) how about the Alaskan O-Holiday on June 20-23 at Anchorage, including the US Champs. The organisers say that there'll be mosquito repellant at every water station! For collectors of unusual events, how about the world's longest O-relay race - a 24-hour cyclical event for teams of 6 runners who keep going until the time is up, the 1st runner taking over from the 6th and so on. This is the Thueringer 24-stunden OL on May 14-15 near Jena in Germany, preceded by the German student championships.

The real holiday events are in July and August, with multi-day events in Belorussia, Canada, Czech Republic, Denmark, England, Estonia, Finland, France, Germany, Holland, Hungary, Ireland, Latvia, Lithuania, Norway, Poland, Romania, Scotland, Slovakia and Sweden. Among these there are several of note: obviously the Veteran World Cup at Aviemore in Scotland on August 1-5 (veteran = M/W 35 or over), the Lakeland 5-days near Windermere (20-24/8), the Swedish 5-Days at Örnsköldsvik in the far north east (18-24/7), the Great Lakes 6-Day near Ontario in Canada, including the Canadian and the North American Champs (13-21/8), the Jicin 5-Day in the Czech Republic (2-6/8), our own Shamrock O-Ringen in west Cork (22-24/7), a 5-Day at Moret-les-Rousses in the Jura mountains on the French/Swiss border (runnable forests with limestone pavements) on 10-14/7, the Jysk 3-Day in Denmark (14-16/7) and a 5-Day at Uslar in Germany (26-30/7).

As I said, orienteers everywhere are delighted to see competitors coming from other countries to their events and will usually bend over backwards to help them. So if you have to travel abroad, try to fit in some orienteering on your trips. The moral is, never travel without your O-shoes - and please write about it for TIO when you come home!

Here are some details:

March

5-6	ESP	Murcia Costa Calida Trophy. Pedro Mayol Clemente, Buenavista 25, E-30820 Alcantarilla, Murcia, Spain
12-13	POR	3rd Int. 2-Day, Aveiro. cd15/2. ANORT, Rua G. Bloco I-R/C, Centro-Esq., Montes de Azurva, Eixo, P-3800 Aveiro, Portugal.
19-20	ESP	Martin Kronlund Trophy, Madrid. Javier Gar n Garcia, Urb. Montellano, Pxa. Adelinas 4, E-28490 Becerril de la Sierra, Madrid, Spain.
31-2/4	DEN	Pasken'94, Thisted. cd 11/2. Sundbyvej 75, DK-7950 Erslev, Denmark.

April

1-4	GBR	Jan Kjellstrom Trophy, Hereford. cd 10/3. 80 Crowmeole Lane, Shrewsbury, England SY3 8AY
2-4	FRA	3 Jours de la Cote d'Argent, Bordeaux. cd 12/3. D. Malatray, Les Olliveaux, F-17460 Preguil, France

June

4-5	IRL	Irish 2-Day, Carlingford Lough. Peter O'Neill, 2 Llewellyn Park, Dublin 16.

July

3-9	NOR	Sorlandsgaloppen, Risor. cd 30/5. Rolf A. Schoning, N-4915 Vestre Sandoy, Norway.
110-14	FRA	5-Jours de France, Moret les Rousses. cd 31/5. Orientation, Maison du Tourisme, F-39220 Les Rousses, France.
4-16	DEN	Jysk 3-Days, Randers. cd 16/5. Birgit Riishuus, Sognegade 6, DK-9550 Mariager, Denmark.
18-24	SWE	O-Ringen, Angermanland. cd 1/3?. O-Ringen 1994, H meborgsv. 1, S-892 50 Domsj , Sweden.
22-24	IRL	Shamrock O-Ringen. B&M. Creedon, Tavio, Mount Prospect, Douglas, Co. Cork.
26-30	GER	5-Days, Uslar. 2nd Inter. 5-Tage OL, Postfach 1369, D-37164 Uslar, Germany.

August

1-4	GBR	Veteran World Cup, Aviemore. cd 30/4. BOF, Darley Dale, Matlock, Derbyshire DE4 2HX.
2-6	TCH	Jicin 5-Day. cd 15/5. Jan Pr sil, HM Gradace, Jungmanova 134, 506 01 Jicin, Czech Republic.
12-14	NOR	Drammen 3-Days. cd 25/7. Lars Wang, Havanvn. 36, N-3031 Drammen, Norway.
13-21	CAN	Great Lakes O-Fest. cd 13/7. Sue Waddington, 41 Paisley Ave. North, Hamilton, Ontario, Canada L8S 4G5.
19-21	NED	Holland OL. Mildred Mom, Maaiveld 5, 6852 GE Huissen, Holland.
20-24	GBR	Lakeland 5-Days. cd 31/5. Sue Birkinshaw, 221 Hale Road, Hale, Altrincham, Cheshire WA15 8DN.
27-28	FRA	French Champs, Dijon. cd 10/8. Ligue de Bourgogne de CO, Maison des Sports, 15 Rue de Marsannay, F-21300 Chenove, France.

September

4-10	SUI	World University O-Champs. cd 4/3. WUOC 94, Bremgartenstrasse 145, CH-3012 Bern, Switzerland.

Interested in going to the Swedish O-Ringen & clinic this year? Write to the IOA straight away!

3ROC NEWS

AGM: Remember the AGM and party at Brian Hollinshead's (62 The Rise, Mount Merrion) on the February First Friday, the Fourth, at 7.45 pm. Get your Carlingford maps beforehand, so come early: **Feb 4th** - write it down!

Events: Saturday February 5th - John McCullough's annual night event in the Phoenix Park. Starts from 7-8 pm. Bring a torch!
Sunday February 6th - Day event in the Phoenix Park. Help is needed for both of these: ring John if you can give a hand (8378819).
Sunday March 20th - Leinster League at Clara.
Monday April 4th - Phoenix Park.
Help is needed for all these events.

As revealed in TIO66, the Flanagans are leaving us for the moment. If you need a floor to sleep on in Scotland, their new address is 47 Arrol Drive, Seafield, Ayr KA7 4AL, Scotland (0044-292-267063).

Recent **First Fridays** have concentrated on course planning. The series will continue on March 4th at Glenalbyn. Don't forget to bring your homework!

Several 3ROCkers are sunning/running themselves in New Zealand at the moment: Ronan and Julie Cleary, Gordon Parker and Simon Errington are among the competitors at the Asia-Pacific O-Carnival in January.

Club Championships: The 3ROC handicap Championships will be run again this year at Donadea, near Clane, Co. Kildare on Sunday January 23rd. Ian MacNeill and Nigel Campbell-Crawford are looking after the handicapping, so you'll know who to blame! Come along, everybody has a chance of winning!

Finally, happy new year and don't forget to pay your anual subscription to Trina Cleary!

Enquiries to Vera Murtagh, 19 The Cloisters, Terenure, Dublin 6w (908237)

GEN NEWS

Our AGM and Christmas party on 3rd December were a great success and were enjoyed by all who attended. Nick Butterfield is our new Chairman.
Our next event is the big one, the Leinster Champs. Mapping and organising are in hand, lots of help will be needed on the day and beforehand, so be prepared.
Final reminder to pay your club membership which should be sent to the treasurer, Mary OColmáin. Members cards and new list will be completed in January: pay up or you won't be on it.
Congratulations to Aine and Andrew Butterfield who got married on 28th December.
The committee wish all club members a very happy New Year and good luck in 1994.

Nora Lalor, Secretary, 6 Knocksinna Grove, Foxrock, Dublin 18 (01-2893497).

CULTURE CORNER

"Would you tell me, please, which way I ought to go from here?
'That depends a good deal on where you want to get to,' said the Cat.
'I don't much care where—' said Alice.
'Then it doesn't matter which way you go,' said the Cat.
'—so long a I get SOMEWHERE,' Alice added as an explanation.
'Oh, you're sure to do that,' said the Cat, 'if you only walk long enough.'

(Lewis Carroll, Alice s Adventures in Wonderland)

Results of 3ROC Leinster League event at Carrick Mountain, Glenealy, Co. Wicklow on 7th November 1993.

BROWN COURSE 8.5km 345m CLIMB

1	C.Rothery	M21	Ajax	71.06
2	M.Geoghegan	M21	Ajax	73.30
3	G.Doherty	M19	GEN	75.39
4	K.McDonald	M35	ECO	77.20
5	P.O Brien	M40	Ajax	88.11
6	P.Spillane	M35	CNOC	89.01
7	M.O Keeffe	M21	Fin	90.43
8.	G.Brady	M35	3ROC	91.44
9	S.O Boyle	M35	CNOC	93.59
10.	T.O Gorman	M21	CNOC	96.35
11.	B.Bell	M35	GEN	97.58
12.	P.Brennan	M21	Set	98.21
13.	L.Donovan	M21	Ajax	103.51
14.	M.Mangan	M21	Set	126.58
15.	G.Sweeney	M35	CNOC	152.48

BLUE COURSE 6.4km 265m CLIMB

1.	A.Tyner	M21	3ROC	57.53
2.	T.Mc Cormack	M40	GEN	68.42
3.	G.Byrne	M45	CNOC	69.19
4.	T.Tottenham	M15	3ROC	69.36
5.	M.Flynn	M21	CorkO	71.40
6.	R.Garrett	M40	3ROC	73.24
7.	J.Mackey	M15	3ROC	74.46
8.	T.Horan	W21	Ajax	75.59
9.	J.Watt	W40	GEN	76.08
10.	M.Beary	M35	ECO	76.49
11.	A.O Mullane	M21	GEN	79.40
12.	T.Ayleward	M21	AFAS	83.29
13.	B.Doherty	M45	GEN	87.50
14.	M.Healy	W35	GEN	90.52
15.	O.Prendergast	W21		94.20
16.	J.Ryan	M21	3ROC	95.11
17.	K.Kavanagh	M40		95.48
18.	R.Lynam	W35	CNOC	95.22
19.	J.Lalor	M40	GEN	96.06
20.	A.Keyes	M35		99.54
21.	D.Watt	M45	GEN	116.06
22.	R.Mc Donald	W21		120.54

DNF:

C?			M 11
A.Thompson	M17		M 7 - 12

GREEN COURSE 4.6km 195m CLIMB

1.	L.Quinn	M21		41.55
2.	D.Masterson	M15	WHO	52.38
3.	N.Butterfield	M21	GEN	53.50
4.	S.Lynch	M13	WHO	56.54
5.	C.Dunlop	M55	Set	57.48
6.	P.Flanagan	M50	3ROC	59.10
7.	D.Kellett	M21	GEN	60.26
8.	B.Cryan	M21	3ROC	61.58
9.	H.Coburn	M17	WHO	64.22
10.	R.O Gorman	M17	CNOC	65.53
11.	J.O Neill	W45	Fin	66.44
12.	A.Sheridan	W21	GEN	66.46
13.	D.Brooks	M50	3ROC	71.30
14.	M.Kellett	M50	GEN	72.43
15.	B.Mc Grath	M45	3ROC	73.04
16.	S.Rothery	M65	3ROC	75.03
17.	K.Pelkonen	M50		75.15
18.	M.Thornhill	W40	GEN	75.16
19.	G.Power	W40	3ROC	75.27
20.	V.O Colmain	W15	GEN	77.55
21.	M.Walsh	W45	3ROC	78.40
22.	B.Flanagan	W45	3ROC	78.58
23.	C.Murray	M17	GEN	80.10
24.	M.Bergin	M21	CNOC	80.46
25.	D.O Murchu	M40	CNOC	81.19
26.	D.Murray	M19	GEN	82.00
27.	D.Colmain	M40	GEN	84.06
28.	C.O Mara	M35	3ROC	88.21
29.	A.Ni Shuillabhain	W40	3ROC	88.36
30.	T.Falston	W21		89.14
31.	R.Dorrepaal	M35		94.54
32.	J.D.Clarke	M50	GEN	102.47
33.	J.Donaghy			103.15
34.	M.Flynn			118.51
35.	T.Flynn			24.50
36.	V.Murtagh	W50	3ROC	143.16
37.	M.Barry			48.35
38.	T.Jaruinen			148.37

B.Hollinshead	Wrong	No 3
A.Tottenham	M 10	
F.McCormack	M 10	

DNF: K.Kellett, M.Kohler, M.Crinion, D.Crinion, C.Crinion

RED COURSE 5.0km 245m CLIMB

1	P.Behan	M15	DLSO	51.26
2	W.McDonald	M15	ECO	56.21
3	S.Dempsey	M17	DLSO	59.50
4	N.Richardson	M17	WHO	65.22
5.	D.Carbery	M40	CNOC	67.49
6.	N.Cormack	M21	CNOC	72.17
7.	E.O Suilleabhain	M45	3ROC	73.03
8.	G.Condon	M45	GEN	73.31
9.	L.C.Crawford	M13	3ROC	75.28
10.	N.O Colmain	W13	GEN	75.55
11.	A.Cox	M21	3ROC	78.08
12.	C.Carroll	M60	3ROC	87.50
13.	H.Allen	W15	WHO	88.27
14.	J.McInerney			88.44
15.	J.Smith	M15	WHO	89.41
16.	M.McGready	W21	3ROC	90.22
17.	C.MacMeanmain	M21	Fin	92.08
18.	E.Moroney			95.43

19.	O.Menzies	W15		105.26*
	K.Levin	W15		105.28*
20.	M.O Colmain	W40	GEN	116.59
21.	D.Ni Choileain			131.58
	N.Brookes, J.Ryan, L.McGuinness, R.Wilkins			M8
	L.Appalainen			M 5/6/8
	J.Gordon			M 5/7/8
	P.Nobel			M6/7/8/10
	C.Carey	W21	3ROC	M 6 - 10
	B.Condon	M21	GEN	M 5 - 12

DNF: C.O Connor, J.McH

ORANGE COURSE 2.9km 145m CLIMB

1.	D.Jeffreys	M15	WHO	30.09
2.	S.Bowes	M19		31.31
3.	S.Higgins	M15	DLSO	32.15
4.	M.Nowlan		3ROC	33.14
5.	T.Charters	M15	WHO	34.02
6.	A.Drion	M13	WHO	34.58
7.	R.McMullan	M17		36.26
8.	S.O Sullivan	M17		37.41
9.	T.Keane		GEN	40.15
10.	R.Barry	M15	GEN	40.15
11.	R.Colmain	M11	GEN	40.35
12.	K.Rapple			41.02
13.	G.Butler	M13	3ROC	41.15
14.	C.Courbrey	M17	WHO	41.49
15.	J.McGrath	M11	3ROC	43.01
16.	C.McGrath	W45	3ROC	44.20
17.	T.Curiey			45.05
18.	P.O Brien	M13	Ajax	47.07
19.	T.Mackey	M13		47.28
20.	C.Thornhill	W13	GEN	48.34
21.	C.Walsh	W50	3ROC	51.18
22.	Rodgers			54.12
23.	R.Carbery	M15	CNOC	54.23
24.	G.Fitzgerald			54.28
25.	N.Hamilton			55.57
26.	C.O Keeffe	W21	Fin	56.08
27.	D.Gannon			61.43
28.	Elina O Neill	W13	3ROC	67.17
29.	J.Lynch			72.08
30.	P.Donlon	M35	Set	73.46*
	H.Donlon	W21	Set	73.51*
31.	A.Kelly			89.38
32.	Christy?			101.45
33.	G.Byrne			106.49
34.	R.Boyle	M13		128.32*
	R.Higgins	M13		128.33*

DNF: M.Procter, J.Nolan, D.Kennedy, K.Wilkins, J.Capper, R.Wayne, E.O Shea

YELLOW COURSE 1.4km 40m CLIMB

1.	Z F.Fisher	M13	WHO	10.28
2.	J.Masterson	M13	WHO	10.49
3.	D.Healy	M10	GEN	10.50
4.	K.Collnell	M13	WHO	11.30
5.	D.Farrelly	M13	DLSO	11.46
6.	K.Garland	M13	WHO	11.53
7.	C.Walsh	M11	3ROC	11.57
8.	R.Baird	M13	WHO	12.08
9.	N.Walsh	M10	3ROC	12.16
10.	F.Drion	M13	WHO	13.48
11.	D.O Brien	M13	DLSO	13.37
12.	D.Barry	M40	GEN	14.09
13.	J.Hargroves	M13	WHO	14.21
14.	M.Donlon	M10	Set	14.40
15.	S.Nowlan	W10	3ROC	15.38
	A.Dooley	M13	DLSO	15.47*
	A.Richardson	M13	DLSO	15.49
	J. & S. McEnaney	M13	DLSO	15.49*
16	A.Bell	M10	GEN	16.04
17.	N.Thompson	M13	WHO	16.20
18.	J.Scott	M13	WHO	16.20
19.	A.Walsh	W11	3ROC	16.45
20.	T.Lynch			17.10
21.	N.Wilson	M11		17.44
22.	N.& N Lalor	W10	GEN	20.00*
23.	A.Gardner	M11		20.02
24.	S.Jones	M11		21.27
25	B.Greene	M13	DLSO	23.21
26	D.Gardner	M13		23.31
27	A.Jackson	M13		23.34
28	M.Dunne	W		24.41*
	Fiona + Michelle	W11		24.41*
29	B.Geraghty			25.13
30	H.Nowlan	(M7)	3ROC	25.16
31.	S.O Conghaile			25.40
32.	K.Treacy			25.43
33.	E.Donlon	W10	Set	26.05
34.	T.McCormack			26.22
35.	L.Cunningham			27.35
36.	R.McGrath	W10	3ROC	29.00
37.	Robert			29.59
38.	E&M Simons			31.38*
39.	M.Greaney			33.45
40.	T.Walsh			43.42
41	M.Clifford			43.44
42.	M.Kelly			49.16

WHITE COURSE 1.2km 15MmCLIMB

1.	S.Kohler	M13	WHO	10.00
2.	R.Shore	(M5)	CNOC	14.03
3.	McCandea			22.08

* = Non - Competitive runners for League

Planner Peter O Neill
Controller John McCullough
Organiser(s) Philip + Judith Butler

Many thanks to all club members who helped on the day. Special thanks to those who stepped in

27	N. McCORMACK	CNOC	M21	57.00				110
28	M. PHILLIPS	UCDO	M19	57.23				330
29	T. CALLERY	UCDO	M21B	60.27				330
30	E. DUNNE	3 ROC	M21	56.52				320
31	C. MacEANNAIN	FIN	M21	60.09				320
32	E. McDONAGH	CNOC		59.30				310
33	F. WHITE	SET	W55	59.41				310
34	R. O'GORMAN		M18	60.56				310
35	C. BUTLER	CNOC	M15	57.04				300
36	G. AHERNE	UCDO	W17	57.06				300
37	S. RYAN	SET	M21	61.00	10			290
38	A. COX	J ROC	M21	63.57	30			290
39	M. HEALY	GEN	W35	91.51	310			290
40	C. CAREY	3ROC	W21	54.45				280
41	P. VAN KAMPEN	UCDO	M21	55.37				280
42	R. KANE	CNOC	M19	61.01	10			270
43	D. CRUMMEY	CNOC	M19	62.39	20			270
44	R. RIGNEY	CNOC	M21	57.25				260
45	A. O'CAOIMHAIN	3ROC	W40	57.50				260
46	P. CASEY	UCDO	M17	61.04	10			250
47	D. MARRON	3ROC	M15	54.24				240
48	S. HIGGINS	DLSO	M15	54.25				240
49	M. BUTLER	J ROC	M 50	56.53				240
50	G. BUTLER	J ROC	M13	56.54				240
51	P. DONLON	SET	M35	59.23				240
52	H. DONLON	SET	W30	59.42				240
53	BUGGIES	CNOC	M/W21	67.10	70			240
54	K. CAREY	-	M21	72.09	120			240
55	B. MAGUIRE	UCDO	M21	53.54				230
56	M. BERGIN	CNOC	M21	57.09				230
57	J&T BUGGIE	CNOC	W 1748	68.07	80			230
58	B. O'NEILL		M45	60.12				220
59	B. McCLUSKEY	CRU	W21	57.51				210
60	S. McCLUSKEY	CRU	W21	57.55				210

RESULTS OF ORIENTEERING EVENT IN
STRAGBALLY, LAOIS ON SUN 28 NOV 93
ORGANISERS - CNOC
SCORE EVENT - 28 CONTROLS - TIME ALLOWED 1 HR - HRS 600 PTS

POSN	NAME	CLUB	CLASS	TIME TAKEN	PENALTY POINTS	TOTAL PTS
1	B. BELL	GEN	M35	58.17		540
2	S. O'BOYLE	CNOC	M35	60.00		540
3	P. HEALY	CNOC	M40	60.00		540
4	D. WESTON	SET	M21	65.29	50	540
5	G. DOHERTY	-	M19	65.50	50	520
6	G. MAGUIRE	UCDO	M21	58.07		510
7	M. O'NEILL	UCDO	M19	58.42		500
8	M. GRANT	WATO	M21	60.13		480
9	P. NOLAN	GEN	M21	57.42		460
10	B. HAYES	AAS	M19	62.57	20	450
11	T. FOC	CNOC	M19	57.43		410
12	S. HOLLAND			57.46		410
13	B. DOHERTY	GEN	M45	59.13		410
14	M. BROWNE	CNOC	M35	67.11	70	400
15	N. CRAWFORD	3ROC	M45	55.00		390
16	A. HENNESSY	WATO	M17	55.05		380
17	J. WATT	GEN	W/40	60.00		380
18	S. MORGAN			57.40		370
19	CLARKE			58.04		370
20	J. DEASY	AAS	M 19	56.29		360
21	J. RYAN	DLSO	M15	61.06	10	360
22	L. CRAWFORD	3 ROC	M13	60.30		350
23	N. TWOMEY	CNOC	M19	67.53	70	350
24	M. CULLEN			58.19		340
25	T. O'GORMAN	CNOC	M21	74.19	110	340
26	A. BOYLE	UCDO	M21	56.32		330

YELLOW COURSE (3.5 KM)

POSN	NAME	CLUB	CLASS	TIME
1	B. CONDON	GEN	M21	26.49
2	D. JEFFREYS	WHO	M15	27.05
3	M. FLYNN	CNOC	W21	27.32
4	G. CONDON	GEN	M45	27.45
5	M. DONLON	SET	M10	34.05
6	P. BUTLER	3ROC	M45	35.16
7	T. POWTE			37.56
8	J. O'MAHONY	UCDO		41.10
9	D. LAFFAN	UCDO		42.09
10	N. O'BOYLE	CNOC	W10	42.55
11	N. CONWAY	DLSO	M13	44.25
12	M. DOYLE	UCDO		44.57
13	C. STAIR	UCDO		45.02
14	D. O'LOUGHLIN	DLSO	M13	45.25
15	A&J BUTLER	3ROC	FAMILY	47.45
16	S&C BUTLER	CNOC	W40 & 7	52.36
17	SL BUTLER	CNOC	W10	52.37
18	D. O'BRIEN	DLSO	M13	53.30
19	E. DONLON	SET	W10	61.26
20	M. MOLONEY M. McKENNA L. COUGHLAN	BSO		61.12
21	R. McELWAIN N. FARNON P. DICKER	UCDO		65.37
22	C. CRYAN	3ROC		68.30
23	M. McCORMACK L. McCORMACK J. O'NEILL C. O'NEILL	CNOC CNOC CNOC CNOC	W13 W13 W10 W8	71.53 71.53 71/53 71.53
24	S. McCOUBREY	DLSO	M13	74.46
25	T. MARTIN	DLSO		74.52
26	B. GREENE	DLSO	M13	74.55
27	P. HAYES	DLSO	M13	79.58
28	J. McENEANEY	DLSO	M13	105.10
29	D. FARRELLY	DLSO	M13	106.20

2 NON FINISHERS

61	M. FITZSIMONS	UCDO	M21	56.29		200
62	C. FLYNN	UCDO	W21	56.29		200
63	D. HEALY	CNOC	W11	41.11		190
64	E. BUTLER	CNOC	W13	57.31		190
65	J. LOGHRAN	AAS	M40	60.29		180
66	F. O'NEILL		W45	56.22		170
67	J. BUTLER	3ROC	W40	58.00		170
68	G. DOYLE	DLSO	M15	47.34		160
69	Y. O'ROURKE	CNOC	W19	47.53		160
70	D. LAVIN	CNOC	M19	48.53		160
71	CONERY?			60.45		160
72	G. SWEENEY	CNOC	M35	105.05	450	150
73	J. DARLING	UCDO		83.12	230	140
74	D. O'NEILL		W21	106.14	460	110
75	J. MULCAHY	CNOC	21	66.46	60	60
76	V. MURTAGH	3ROC	W50	73.41	130	40
77	C. O'DONOGHUE	UCDO		83.09	230	NIL

Cloghleagh
December 5th 1993
AJAX Orienteers
Leinster League 6

GREEN

1	S.Lynch	M13	WHO	46:23
2	B.Dolan	M21	CNOC	48:43
3	D.Masterson	M15	WHO	49:10
4	B.McGrath	M40	3ROC	54:33
5	E.O'Shea	M21	GEN	57:20
6	D.Brooks	M50	3ROC	59:26
7	C.Dunlop	M55	SET	64:37
8	C.Murray	M17	GEN	65:27
9	R.O'Gorman	M19	CNOC	67:03
10	U.O'Colmain	W15	GEN	67:34
11	D.O'Murchu	M40	CNOC	68:20
12	J.Gray	M45	3ROC	68:57
13	W.McCormack	W40	GEN	70:06
14	G.Power	W40	3ROC	71:52
15	M.Walsh	W45	3ROC	73:23
16	D.O'Colmain	M40	GEN	73:41
17	P.O'Neill	M45	3ROC	73:54
18	A.Keyes	M35		75:25
19	A.NiShuilleabhain	W40	3ROC	76:40
20	M.Kohler	M17	WO	77:50
21	S.Rothery	M60	3ROC	80:30
22	K.Pelkonen	M50		80:44
23	A.M Dowling	W21	UCDO	80:55
24	B.Cryan	M21	3ROC	81:26
25	L.Armstrong	M21	7Far	81:38
26	N.Talbot	M21	7Far	83:23
27	C.O'Dwyer	W21	UCDO	83:49
28	M.Thornhill	W40	GEN	83:53
29	F.O'Hanlon	W21	3ROC	84:34
30	B.Hollinshead	M50	3ROC	84:48
31	R.Armstrong			84:56
32	J.Francis	M35	7Far	85:39
33	M.Kellett	M50	GEN	85:42
34	B.Flanagan	W45	3ROC	85:43
35	C.Stone		Far	86:23
36	K.McCann	M15	GEN	88:10
37	G.Byrne	M21	CNOC	88:35
38	A.Tottenham	W40	3ROC	89:16
39	A.Kearns			89:56
40	L.Lawrence	W21	SET	91:13
41	E.Lawrence	W15	SET	93:12
42	J.D.Clarke	M50	GEN	97:29
43	A.O'Leary	W19	DUO	99:15
	J.Murphy	M21	DUO	99:15
	M.Davey	M19	DUO	99:15
44	T.McCann			99:44
45	C.Carey	W21	3ROC	102:43
46	S.O'Reilly		DUO	107:05
47	C.O'Donoghue		UCDO	107:44
48	J.Dowling		UCDO	109:45
49	R.Dorrepaal	M35	Arilech	110:09
50	P.Callary	M21	UCDO	111:34
51	D.Laffan	W21	UCDO	120:53
	L.Jones	W21	UCDO	120:53
52	V.Murtagh	W50	3ROC	127:31
53	A.Lawrence	W45	SET	130:49
54	W.O'Neill	M45	SET	131:07
55	F.O'Neill	W40	SET	131:22
56	J.Boyle	W19		149:14
	S.McMahon	M21		149:14
	S.Kennedy			149:14
57	G.Bryan	M13		150:10
	D.Mooney		7Far	DNF
	A.Hanlon		7Far	DNF
	Stephen		7Far	DNF
	G.O'Modhrain			DNP 1
	F.Trant			DNF

BLUE

1	A.Tyner	M21	3ROC	58:09
2	G.Byrne	M45	CNOC	59:37
3	G.Maguire	M21	UCDO	61:07
4	N.C-Crawford	M45	3ROC	67:16
5	M.Reed	M55	FermO	68:13
6	P.Lalor	M45	CNOC	68:23
7	T.Tottenham	M15	3ROC	68:56
8	J.Watt	W40	GEN	71:55
9	D.Quinn	M35	GEN	72:25
10	T.McCormack	M40	GEN	74:25
11	R.Lynam	W35	CNOC	74:59
12	P.Flanagan	M45	3ROC	77:50
13	J.Lalor	M40	GEN	78:10
14	B.Maguire	M21	UCDO	78:20
15	M.Healy	W35	GEN	78:40
16	B.Doherty	M45	GEN	82:20
17	S.Peel	M40	3ROC	83:12
18	G.Smith	M40	Fin	87:10
19	J.Kearney	M35	3ROC	88:44
20	D.Kellett	M21	GEN	89:25
21	B.D?an	M21		89:50
22	J.Maguire	M21	UCDO	92:19
23	M.Kavanagh			99:26
24	C.Raurty			104:10
25	J.Leonard	M21	DUO	127:17
26	N.Hamilton			145:26
27	C.O'Sullivan		GEN	215:00
	P.O'Sullivan	M21	GEN	215:00
	K.Reid	M40	CNOC	DNF
	D.Short	M35	CNOC	DNF
	C.O'Mara	M35	3ROC	MP#11

RED

1	M.Moloney		BSO	57:29
2	B.Condon	M21	GEN	59:52
3	A.McMenamin	M21	CNOC	66:20
4	G.Condon	M45	GEN	70:28
5	H.Inglis	M45	GEN	72:33
6	J.Ryan	M15	DLSO	76:35
7	J.Smith	M15	WHO	76:50
8	K.Carey	M35		82:31
9	A.Cox	M21	3ROC	83:49
10	T.Keegan	M21	3ROC	88:33
11	D.Carberry	M40	CNOC	88:40
12	D.Clarke		DLSO	92:31
13	N.O'Colmain	W13	GEN	98:50
14	O.Menzies	W15	Stano	99:15
15	H.Allen	W15	WHO/SET	102:19
16	C.MacMeanmain	M21	FIN	106:22
17	F.Conaghan			106:27
18	C.Carroll	M60	3ROC	107:35
19	M.Butler	M50	3ROC	109:34
20	P.O'Cleirigh	W21	CNOC	115:08
21	C.Morrisol			149:40
	D.Wickham			149:40
22	M.Delahunty	W45	GEN	150:45
23	E.Delahunty	M50	GEN	150:52
24	M.O'Colmain	W40	GEN	157:30
25	B.Quinn	W21	OBAC	174:45
	S.Cronin			DNF
	N.McGrath			DNF
	D.O'Kane			DNF

| | | |

Results of 3ROC Xmas Score Event, Three Rock Wood, 26th December 1993.

Open Score (30 controls, 50 mins)

1	Gavin "Chef" Doherty	M19	GEN	555
2	Iain Rochford	M35	AJAX	540
3	Brian Bell	M35	GEN	520
4	Justin May	M35	3ROC	510
6	Dave Weston	M21	SET	480
7	Peter Gargan	M40	AJAX	450
8	Paddy O'Brien	M40	AJAX	440
	P Harrison	M21		
	Mike Deasy	M21	PNX	
11	J McCullough	M35	3ROC	430
12	K McDonald	M35	ECO	420
13	Julie Cleary	W21	3ROC	410.5
14	M O'Keeffe	M21	FIN	410
15	T Callery	M21	UCDO	400
	G Brady	M35	3ROC	
	N C-Crawford	M45	3ROC	
18	J Merendez	M45	3ROC	380
	John de Lacy	M40	ECO	
	Jane Watt	W40	GEN	
	Joseph Ryan	M15	DLSO/3ROC	
	Tom O'Gorman	M21	CNOC	
	Colin Dunlop	M55	SET	
	M O'Hara	M40	AJAX	
25	K Carey			361.5
26	U Creagh/B McCluskey	W21	3ROC	361
27	E O Suilleabhain	M45	3ROC	360
28	"Pierre" Doherty	M45	GEN	350
	David Quinn	M40	GEN	
30	Ronan Cleary	M21	3ROC	340.5
31	M O'Neill	M19	UCDO	340
	G Smith	M40	FIN	
	C Fletcher	M21	exGEN	
	P Redmond	M40	SET	
	S Doorly			
36	Marcus Geoghegan	M21	AJAX	330
	Ruth Lynam	W35	CNOC	
38	Nick Butterfield	M21	GEN	320
	A Keyes			
	David Watt	M45	GEN	
	M Flynn	M21	CORKO	
42	A B-Law	M60	GEN	310
	D O Colmain	W40	GEN	
	T McCormack	M40	GEN	
45	Aine Ni Shuilleabhain	W40	3ROC	305
46	B Buckley	M45	SET	270
	Barry Dalby	M21	3ROC	
	Don Shore	M35	CNOC	
	D Smyth	M21	FIN	
50	Joss Lynam	M65	3ROC	260
	J Kearney	M35	3ROC	
52	Xmas Tree	W40	3ROC	255
53	C Carroll	M60	3ROC	250
	Michael McKeon	M21	FIN	
55	Long John Silver	M45	3ROC	245
56	Eoin Dunne	M21	3ROC	240
57	Audrey Sheridan	W21	GEN	230
	R Flynn	Yes	SET	
	C Carson			
	Dempsey	W35		
	Joan Flanagan	W21	AJAX	
61	R B-Law			220
	C Furey	M15	GEN	
	Maya Butterfield	W21		
	P + B Flanagan	W12	3ROC	
	P Dempsey	M55	GEN	
66	J Gray	M45	3ROC	210
	Pat/Kevin Flanagan		3ROC	
	J O'Neill	W45	FIN	
69	Manx Cat		3ROC	205
70	C McKenna			200
	J Callery	M21	UCCO	
	E O Briain		FIN	
	L C-Crawford	M13	3ROC	
74	A Boyle	M21	UCDO	190
	M McGready	W21		
	Conor Murray	M17	GEN	
	N Phillips	W19	UDCO	
	E Jones	W21	FIN	
	S Rothery	M65	3ROC	
80	R Armstrong			180
	B Power	M45	SET	
	J D	M50	GEN	
83	J Moloney	M15	CNOC	170
	Pat Donlon	M35	SET	
	T Conroy ?	M21	CNOC	
	J Dunlop			
	U O Colmain	W15	GEN	
	B + P Sharkey		FIN	
89	Kilcullen			160
	M O'Rourke	W17	GEN	
	David Healy	M10	GEN	
	Mary Healy	W35	GEN	
	M McGuill		FIN	
	B Lawless			
95	Colin Weldon ?			150
	H Mahoney			
	AM Dowling	W21	UCDO	
	F O'Neill	W45	SET	
99	Richard O'Gorman	M17		150
	Gavin Meade	M12	3ROC	
101	M Gallagher		StKevins	130
	Fergal O'Brien		FIN	
103	K Grogan	M35	CNOC	120
	C O'Keeffe	W21	FIN	
	N King		FIN	
106	B Manus ?	M35	AJAX	110
107	D Hugnes	M21	CNOC	90
	Tom Harbison		FIN	
	A Boyle	M21		
110	G Lawless			80
	C Carey	W21	3ROC	
122	Emer Smith	W21		40
	Jim O'Brien	M45	AJAX	
	D Nicholl	W21		
	Pat Dunne			
126	Ennis			10
	M Delahunty	W45	GEN	-30
128	E Delahunty	M50	GEN	-40
129	Rachel Doyle			-50
	J King		FIN	
131	Sarah Doyle			-70
132	Gibbon			-80
	Craven			
134	D Barry			-120
135	R Smith	W17		-130
136	Paul Kelly		FIN	-150
137	J Hughes	M45	CNOC	-210

ORANGE SCORE (20 controls, 40 mins)

1	B + J McGrath		3ROC	290
2	Peter Redmond	M13		260
3	S Carroll	M19	GEN	240
4	Molumby	W21	GEN	
5	M Convery	W21	3ROC	230
6	M Bennett/A Convery		3ROC	190
	N O Colmain	W13	GEN	
8	C O'Rourke	M15	DLSO/3ROC	180
	D + B Murray	W10	GEN	
	Brookes	W40		
11	R O Colmain	M11	GEN	160
	Illegible	M45	3ROC	
13	G Byrne	M21		150
	R Byrne			
15	E A O'Neill	W13	3ROC	140
	G Gray	M13	3ROC	
	Claire Walsh	W50	3ROC	
18	E Quill	M12	FIN	110
	D McEvoy	M13		
	Brian Swan			
21	T Gray	M12	3ROC	100
	Peter McKay			
	G Butler	M13	3ROC	
24	T Keegan		3ROC	90
	C Richards	W21	UCCO	
26	Liam Convery	M55	3ROC	80.5
27	M O Colmain	W40	GEN	80
	Michael Butler	M50	3ROC	
29	L + K Seslar	W11/M13		60
30	Accident Woman Nowlan	W11	3ROC	50
31	B Coady	W21		40
	A Nowlan	W7	3ROC	
33	James Beary	M6	ECO	30
34	J O'Brien	W35	AJAX	20
	P Smyth	M21		
36	Punk Butler	W40	3ROC	10
	J Butler		3ROC	
38	N Doherty	W15	GEN	0
39	Jean Mullen	W60	3ROC	-10
	D Finucane		DUO	
	David McAuley		DUO	
42	Shorten/Munnis x 5			-30
43	Bren + Sue Weaklian			-70
44	Maureen Beary		ECO	-110
	Joseph Swan			
	Lynn O'R			
47	P O'Sullivan		GEN	-149
	C O'Sullivan		GEN	
48	N Brookes	M15	STANO	-150
	Sarah Brookes		STANO	
50	Claire Brookes			-180
51	Welsh		ECO	-200
52	Sean Wynne			-290
	Niamh Wynne			
54	Gerard Wynne			-310
55	Pat Morrison			-640
	?? Morrison			
57	Scott ?			-660
58	Kerrie O'Connor			-730

JUNIOR 1.7K COURSE (Standard)

1	John Bell	M14	GEN	16.32
2	A + P Bell	M10	GEN	20.17
3	Deirdre Bell	W10	GEN	22.39
4	S Nowlan	W10	3ROC	24.31
5	V Corr			26.19
6	Ruairi Shore	M4	CNOC	29.18
7	D Connolly			34.22
	Heidi			34.22
9	Conall			36.19
	J ???/Walsh			
11	Yvonne + Aisling	W10	AJAX	36.52
12	F Murphy			37.05
13	G + A Finucane			40.34
14	D Murphy			47.05
15	Mark Green			47.19
16	J Maguire			61.53
	Jill + Lynne	W13		DNF
	Sean O'Neill	M5	3ROC	DNF

Planner - Lindie Naughton. Controller - Robert Garret
Runner - Alan Cox.
Thanks to everyone who helped - especially Pat, Peter, Jean, Paul, Una, Jane, Nora, Beth, Hilde and the Manx Cat !

PS: The scores may seem slightly generous, but they're consistent.

1994 ORIENTEERING FIXTURES

January 1994

16	**CORKAGH PARK**	Clondalkin, Co. Dublin. GEN (LE) GR O 05 30.
23	**CURRABINNY**	Ringaskiddy, Co. Cork. UCCO SS3. (LE). GR W 79 62.
23	**DONADEA**	Clane, Co. Kildare. CNOC. GR N 84 33.
23	**ROSSBEIGH**	Glenbeigh, Co. Kerry. (LE) Kerry Orienteers. GR V 65 92.
30	**MOYDRUM**	Athlone, Co. Westmeath. (C4). CROCL6. GR N 10 52.
30	**TRACTON**	Carrigaline, Co. Cork. LeeO SS4. (LE). GR W 73 56.

February

5	**PHOENIX PARK**	Dublin. Night event. (LE) 3ROC. GR O 09 34.
6	**FARRAN**	Ovens, Co. Cork. BVOC SS5. (LE). GR W 49 71.
6	**PHOENIX PARK**	Dublin. 3ROC (LE) GR O 09 34.
12	**IRISH STUDENT CHAMPIONSHIPS**	**Mullaghmeen,** Co. Westmeath (closed event).
13	**CURRAGH WOOD**	Midleton, Co. Cork. Cork O SS6. (LE). GR W 86 76.
13	**HELLFIRE WOOD**	Rathfarnham, Co. Dublin. SET. (LE). GR O 12 22.
13	**KILCORNAN**	Clarinbridge, Co. Galway. (C4). CROCL7. GR M 42 20.
13	**MUCKROSS**	Killarney, Co. Kerry. (LE) Kerry Orienteers. GR V 97 85.
16	**FARRAN**	Cork Schools Championships (LE).
19	**NI SCORE CHAMPIONSHIPS**	(LVO)
20	**WARRENSCOURT**	Crookstown, Co. Cork. Cork O. GR W 38 67.
20	**WOODENBOLEY**	Hollywood, Co. Wicklow. CNOC (C4) LL8. GR N 93 02.
27	**KILDERRY WOOD**	Milltown, Co. Kerry. (LE) Kerry Orienteers. GR V 80 99.
27	**LYRENALEA**	Clonmel, Co. Tipperary. (C4) WatO.

March

6	**CLOGHEEN**	Co. Tipperary. LeeO/UCCO ML1. GR S 03 13.
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. Entry form enclosed.
13	**CRONYBYRNE**	Rathdrum, Co. Wicklow. AJAX (C3). GR T 19 92.
13	**KNOCKREER/ROSS ISLAND**	Killarney, Co. Kerry. (LE) Kerry Orienteers. GR V 95 91.
19	**KILSHEELAN**	Co. Tipperary. National Scouts Championships. WatO.
19-20	**BRITISH CHAMPIONSHIPS**	Goodwood, West Sussex.
20	**BALLINACOURTY**	Aherlow, Co. Tipperary. Cork O ML2. GR R 86 30.
20	**CLARA**	Laragh, Co. Wicklow. 3ROC (C4) LL10. GR T 16 93.
26	**CONNACHT CHAMPIONSHIPS**	**Mamclochalun**Cornamona, Co. Galway. PXN GR L 97 52.
27	**INTERPROVINCIAL CHAMPIONSHIPS**	**Mamclochalun**Co. Galway. Entries to J&M Walshe, Moneymore East, Oranmore, Co. Galway. cd 12/3/94.
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. Cheaper entry to 31.1.94.
3	**ROSSBEIGH**	Glenbeigh, Co. Kerry. Kerry O ML3. GR V 65 92.
3	**WORLD CUP 1**	Woodhill Forest, Auckland, New Zealand.
4	**PHOENIX PARK**	Dublin. 3ROC (LE) GR O 09 34.
6/8	**WORLD CUP 2/3**	Ballarat, Victoria, Australia.
10	**GALTY WOOD**	Kilbehenny, Co. Limerick. SO ML4. GR R 88 18.
10	**MULLAGHMEEN**	Co. Westmeath, near Oldcastle. SET (C4) GR N 47 78.
16	**TRAMORE**	Co. Waterford. Sprint event. GR S 59 01.

17	**MUNSTER CHAMPIONSHIPS**	**Mahon Falls** Kilmacthomas, Co. Waterford. WatO. GR S 30 06.
24	**BROCKAGH**	Laragh, Co. Wicklow. FIN (C4) LL11. GR T 12 97.
24	**MUCKROSS**	Killarney, Co. Kerry. (LE) Kerry Orienteers. GR V 97 85.
24	**ROSSADREHID**	Aherlow, Co. Tipperary. BVOC ML5. GR R 93 56.
30	**IRISH CHAMPIONSHIPS**	Burren, near Florencecourt, Co. Fermanagh. FERMO. GR H 07 35. Entry form enclosed. cd 14/4/94. Entries to Gerry Kingston, Cranagh, Croaghrim, Florencecourt, Co. Fermanagh BT92 1BJ.

May

1	**IRISH RELAY CHAMPIONSHIPS**	Burren, near Florencecourt, Co. Fermanagh. FERMO.
8	**GLENBOWER WOOD**	Castlemartyr, Co. Cork. CorkO intro event. GR W 99 77.
8	**RAVEN S ROCK**	Curtlestown, Glencree, Co. Wicklow. AJAX LL12. GR O 18 17.
15	**COUMSHINGAUN**	Comeraghs, Co. Waterford. WatO ML6. GR S 33 10.
15	**INCH**	Dingle peninsula, Co. Kerry. (LE) Kerry OC. GR Q 65 01.
22	**FARRAN WOOD**	Ovens, Co. Cork. Cork O introductory event. GR W 49 71.
22	**TROOPERSTOWN**	Laragh, Co. Wicklow. GEN (C4) LL final. GR T 16 97.
25	**BALLYSCANLON**	Fenor, Co. Waterford. WatO (LE) GR S 55 02.
28	**SCOTTISH CHAMPIONSHIPS**	including BOF National Event 5.
31	**FARRAN WOOD**	Ovens, Co. Cork. Cork O IFL1. 17.30-19.30. GR W 49 71.

June

4	**IRISH TWO-DAY**	**Slieve Martin,** Rostrevor, Co. Down. LVO. Entries to Peter O Neill, 2 Llewellyn Park, Dublin 16. cd 15/5/94.
5	**IRISH TWO-DAY**	**Carlingford Mountain,** Co. Louth. 3ROC.
7	**GLENBOWER WOOD**	Castlemartyr, Co. Cork. CorkO IFL2. GR W 99 77.
12	**CULLENAGH**	Dunmanway, Co. Cork. FUCCO (C3). GR W 14 54.
14	**BALLINCOLLIG PARK**	Co. Cork. Cork O IFL3. GR W 59 71.
21	**CURRABINNY WOOD**	Carrigaline, Co. Cork. Cork O IFL 4. GR W 79 62.
28	**ROSTELLAN**	Midleton, Co. Cork. Cork O IFL 5. GR W 87 66.

July

5	**WARRENSCOURT WOOD**	Kilmurry, Co. Cork. Cork O IFL 6. GR W 38 67.
10	**CASTLEFREKE**	Roscarbery, Co. Cork. LeeO event. GR W 32 35.
11-17	**WORLD JUNIOR CHAMPIONSHIPS**	Gdynia, Poland.
12	**KILBRITTAIN WOOD**	Bandon, Co. Cork. Cork O IFL 7. GR W 52 47.
19	**CURRAGH WOOD**	Midleton, Co. Cork. Cork O IFL 8. GR W 86 76.
22-24	**SHAMROCK O-RINGEN**	**Ballingeary,** Co. Cork & **Loo Bridge** Co. Kerry. Details: Bernard & Margaret Creedon, Tavio, Mount Prospect, Douglas, Co. Cork (021-361824, fax 021-361825). cd 8/7/94.
26	**GARRETTSTOWN**	Kinsale, Co. Cork. (LE) IFL 9. Cork O. GR W 58 44.

August

1-5	**VETERAN WORLD CUP**	**Aviemore,** Scotland. Open to all over 35. Entries to VWC 94, PO Box No. 1, Naim, Scotland IV12 4UE. cd 30/4/94.
17-21	**CISM MILITARY CHAMPIONSHIPS**	Gdynia, Poland.

Abbreviations CROCL= Connacht Regional O-Council League; SS = Spring Series; SEL= South East League; LL= Leinster League; ML= Munster League; NI=Northern Ireland Series; IFL=inter-firm league (start times 17.30-19.30 hrs.); GR=Ordnance Survey grid reference (explained on all OS maps), 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. **If in doubt, check it out!**

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