the Irish Orienteer

No. 73 April- May 1995 IR£1.50

THE IRISH ORIENTEER
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24 hour fixtures information on 01-4569099

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, Dublin 9.

Next TIO deadline is May 21st.

Cover: Jane Watt (GEN), planner of the recent Inter-provincial at Glencree, finishes at Cronybyrne (Gavan Doherty).

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Reports wanted for TIO 74: JK95, IOC 95, British Champs, Leinster Champs 95, Interpro 95 etc. etc. etc!

Results and articles can normally be accepted on 3 1/2 inch floppy disk from PC's or Macs. Results are published as received, they are not retyped.

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The Irish Orienteer

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There are great projects in the offing. The application by Ireland to host a World Cup race is the nearest we will get to the world Elite: we're never realistically going to have a World Championships in Ireland. Cork Orienteers, who are to spearhead the project for 1998, are due all our support and best wishes for their task, one which will involve us all for the event will truly be a national commitment. This event, and the World Championships in Scotland in 1999, will again give us a springboard to re-launch orienteering , a chance which we must take.

For the past few years the IOA's support among orienteers has been dwindling, if attendances at AGM's are any indication (fifteen this year, six of whom were on the executive). We have just celebrated the first 25 years of the IOA. The enthusiasm of the founding fathers of Irish orienteering must be an example to us all. You might think "what do we need the IOA for? Orienteering isn't about committees, it's about being out in the forests and mountains". But how far would we have got without common standards of mapping, course length and difficulty, co-ordination of fixtures, insurance cover, financial planning, international contacts, team selection and funding, all the things that make orienteering a successful and an international sport? And who do you think arranges all this? The Irish Orienteering Association does. Who helps fund the AFAS office and the phone line service at the House of Sport? Who publishes publicity and information brochures? Who submits grant applications to the Government on your behalf? The Irish Orienteering Association does. They do long hours of great work for no reward. They deserve our active support.

Another group deserving our support is the World Championships team, to be selected at the beginning of June for August's World Championships in Germany. The provinces were asked to run events to help fund the team: please support these too. The National teams get very little financial support from anyone and they have to put in a lot of training for what is largely an invisible sport. A display at the IOA AGM of 25 years of O-history brought to mind how much coverage in the media orienteering used to get about ten or fifteen years ago. Not a lot, in comparison with spectator sports, but enough to ensure a steady trickle of enquiries and newcomers. Now? Now we have nothing. An invisible sport. We have the AFAS connection in the House of Sport but we need a press officer again. Surely there must be someone of vision, flair and ability out there? Please?

SILVA SPONSOR IRISH TEAM

Silva, the compass and orienteering equipment manufacturers, are to sponsor the Irish team for the 1995 World Championships. The package in the form of equipment for the team of five men and five women, plus officials, will be worth between £2000 and £3000 to the team, it is estimated. In addition, squad members will be able to purchase Silva equipment at greatly reduced prices. The equipment for the team will include O-suits, wind suits, gaiters, compasses, T-shirts, rucksacks and hats. Silva also make shoes and other equipment.

This was announced by FIOA Secretary Frank Cunnane at the IOA AGM on April 1st, but it's no joke.

IOA AT 25

The 25th Anniversary of the Irish Orienteering Association was celebrated with a meal and a party on Saturday, April 1st 1995 at the Summerhill Hotel, Enniskerry, Co. Wicklow. This was the day of the inaugural Irish Short-O Championships at nearby Raven's Rock and the day before the Inter-provincial Champs at equally nearby Glencree. As an added bonus the IOA AGM took place at 6 pm, before the meal.

A great night out for a tenner or less, with personal reminiscences from some of the first orienteers: Mike Lunt, Sean Rothery and Joss Lynam. The assembly was also graced by the presence of Niall Rice, Colin Dunlop, Paddy O'Leary and Diana Large, among other luminaries.

ARE YOU? CAN YOU? WILL YOU?

Are you visually aware? Capable of turning a sow's ear into a silk purse? Possessed of considerable imagination and graphic ability? A non-smoker with a sense of humour? In possession of or with access to computer equipment with DTP software? (and preferably a scanner?) Prepared to spend about one evening a month working on TIO for nothing? If so, read on ...

As Editor I am finding it increasingly difficult to find the time to do all the work on TIO myself. While I am happy to write, type and collate information I am aware that TIO is visually unappealing but, given the amount of time, the level of graphic ability and the low budget available I am unable to do much about it.

If you can take the text and play with it to make it more interesting looking, more prefessional, more easily assimilated, then please call me: John McCullough (01-8378819). Thanks!

IOA AGM POSTPONED

As you will have realised by now, the IOA AGM was postponed as a result of the postponement of the Connacht Championships from the end of February.

Incidentally, the IOA Secretary is Ken Griffin, 12 Island Way, Muskerry Estate, Ballincollig, Co. Cork (021-870338 (h); 021-312833 (w), fax 021-312970 (w)).

Faith White was re-elected Chairperson (& International Officer), Brian Hollinshead (Treasurer (temporarily)), Bernard Creedon (Juniors and Technical), Frank Cunnane (Fixtures), Ken Griffin (Hon. Secretary), John Walshe (Mapping, in absentia), Frank Ryan (Coaching, in absentia). The positions of PRO and Environmental Officer were left vacant with Munster and Leinster to be invited to submit nominees. One change is that the three regions can now be represented by two people each, the chairperson and one other, to give more people a say in the IOA and spread the workload more.

BOC BACK

You maye have been aware of a dispute between Bishopstown Orienteering Club in Cork and others, including Cork Orienteers and the Munster OA, centring on the question of access to mapped areas and copyright of maps. This has now been resolved and Bishopstown are back. The club, along with Blackwater Valley OC, are to run a 3-Day event at Easter in the Ballyhoura Mountains on the Cork/Limerick border. Entry forms have been sent to clubs. Unfortunately the late appearance of this issue of TIO means that many orienteers will not be getting adequate notice of the event.

The events are to be at Kilfinnane (Days 1 & 3) and Glenanaar (of Canon Sheehan fame). Accommodation is available at Kilfinnane Education Centre or in B & B's in the area. Contact Geraldine at Ballyhoura Country Holidays, Kilfinnane, Co. Limerick (063-91300 (fax 063-91330)). There are already plans for another 3-Day at Kilfinnane at Easter 1996 (April 6-8).

SCOTTISH CHAMPS

The Scottish Championships are as usual on the last weekend of May. This year the competitions are in Perthshire, near Kinloch Rannoch, and they incorporate National Event 4 on Saturday, May 27th. On the Sunday the Relay Championships are at the same venue and on the Monday (a bank holiday in Scotland) there's a colour coded event at Muirward Wood.

Entries on standard entry form with two SAE's to:

Scottish Championships, c/o Perth Bookshop, 3a Abbot St., Perth PH2 0EB, Scotland. Fees: (21+) STG£8, (19-) STG£3.50. (Phone 0044-738-633970 (day), 0044-738-828219 (evenings).

Entries close 28th April (late entries to 20th May add £2/1)

Relays can only be entered through your club. (Enquiries to John Barrow 0044-31-440-2136).

Meanwhile at the Scottish Six Day the Scottish Junior Squad is organising their first Junior Clinic. Every evening planners, mappers and course winners will come alomg to explain what they did. The sessions will attract junior orienteers from all over the world to share their experiences. The organisers reckon that this is the best collection of areas for any 6-Day in the almost 20 years the event has been going. The event centre and camp site are next door and all the areas are within cycling distance. Cheap entries are still available up to April 30th. Contact your club or Strathspey '95, 40 Ormidale Tce., Edinburgh EH12 6EF, Scotland.

AFAS CONFERENCE

The Annual Conference and AGM of the Association for Adventure Sports was at Tiglin on Saturday March 11th. The theme of the conference was "Bringing Adventure Sports to Urban Areas", an aim to which orienteering is particularly well suited. The speakers included Dr. Anton Trant of the CDVEC Curriculum Development Unit, John Kilcommins of the Probation and Welfare service and Dave Ruse, described as an inspirational writer and youth leader from London. The AFAS AGM followed the Conference and Setanta's Brian Power was elected to the AFAS Board.

OS MAPS

The publication of the new 1:50000 Ordnance Survey maps continues this year with sheets 22 and 31 (Mayo) already available, 23, 24 (Mayo), 83, 84, 85 (Cork-Kerry) and 66 (Tipperary) expected shortly. Later this year we are promised 44, 25 (South Connemara), 50 (Dublin), 62 South Wicklow, 67 (Slievenamon & Kilkenny), 74 (Galtees & Knockmealdowns) and 77 (Wexford). There is now a new sheet 56 (Wicklow) also. (from Irish Mountain Log).

1995 CHALLENGERS TROPHY

The ESB are already girding their loins (should that be 'gridding their lines'?) for this year's Challenger Trophy, with several staff members starting to take orienteering more seriously. Orienteering is an important part of the competition, with navigation playing a vital role in several of the exercises.

The event, in which over 100 companies, large and small, take part as teams in physical and mental problem solving exercises, will be from July 3rd to 6th based at Wellington College, near Bracknell in Berkshire. Last year the event also raised over £100,000 for the Spastics' Society. For details contact the Mitel Telecom Challengers Trophy at 0044-41-221-7300, fax 0044-41-221-7400).

1995 CAPRICORN

The 16th Capricorn two-day mountain orienteering competition will be on June 24-25 in the Ochil Hills in south east Scotland, between Perth and Stirling. The format, as in previous years, is for a mountain marathon type course over two days but with a central overnight camp, which means that you don't have to carry all your gear with you. Course lengths range from the 50 km Elite to the 24 km D class, via A (40 km), B (35 km) and C (30 km). There's also a pairs class (20 km) aimed mostly at juniors and a score class (4 hours + 3 hours), new for this year. Entries close June 1st. Entry fees are STG£12 (£9 for under 19's); £9/6 each for pairs. Entries are limited to 160 per class and 100 pairs. Contact: Capricorn '95, c/o P. & J. Mickelborough, 75 Belgrave Rd., Darwen, Lancs BB3 2SF, England.

IOF CLINIC

An IOF Controllers' Clinic is being run in Britain the weekend after Easter. The clinic is aimed at controllers and other officials likely to be involved in the series of World Cup races planned for Britain and Ireland in 1998. Most of Britain's nine licensed IOF Controllers will attend, as well as any hoping to be licensed over the next few years. Trina Cleary (3ROC) is likely to be the only Irish representative.

The topics to be covered include the new IOF Rules, O as a spectacle, electronic punching, the jury and the specific problems of controlling special events like relays, short distance races and mass starts.

The clinic, at Matlock in Derbyshire from April 21-23, will be led by Australia's Barry McCrae, Norway's Geir Tveite and Tony Thornley (GB).

There will also be an IOF Council meeting in London beforehand and an IOF Technical Steering Group meeting afterwards.

STREET-O IN AUSTRALIA

The controls are metal plates with chains and padlocks which can be attached to power poles, street lights, trees etc. They still get stolen occasionally. (One Sydney c. used to chalk letters on power poles, but stopped doing so after they found out that a 'C' chalked on a pole stood for 'Condemned' and was the signal for the local electricity authority to demolish the pole and replace it, causing the wasting of thousands of dollars of public money).

ODDS and ENDS and ODDS

Since the production of the IOA's standard entry form last year, is there a single event which has used it? ... High quality pictorial control descriptions: a new PC program called "Magellan" will do them for you. Details from Karen & Dan Parker, 23 Heatherfield Court, Wilmslow, Cheshire, SK9 2QE, England. The cost is STG£20. ... Finland's number one orienteer, Mika Kuisma, ranked third in the 1994 World Cup and 6th in the Skogssport 1994 World List, was tragically killed in a road accident on January 11th when a lorry fell on top of the car in which he was travelling. 27 year old Mika was married last summer and his wife is expecting a baby in April. ... The Lakeland 5-Days, run for the first time last year, is expected to become a regular feature of the British fixture list. The next event is planned for the first week of August, 1998 and it is hoped to run the event every four years after that... Sits Vacs: Two positions on the IOA Executive were not filled last year - Environment Officer and Public Relations Officer. Any takers this year? ... There's a proposal to run a multi-day event in late August 1996 on the maps used for the World Champs in 1993 in the USA and four other maps, plus events in Ontario the previous week. Start saving now (maybe the Bank of Ireland or Hoover will have another cheap airfares deal?) ... AJAX secretary, Tara Horan, features in full colour (and in full flight) on the entry form for the 5 Jours de France (July 9-15). The events are based at Hauteville, not too far from Lyon, in the area between the Rhone and Switzerland... Mapping the future: an interesting article on the current technology and mapping plans of the Ordnance Survey is one of the features in the March/April *Walking World Ireland* magazine, an excellent production from the *Irish Runner* stable which has left *Irish Runner* struggling to keep up in terms of quality of presentation

... WWW: If you have access on your computer to the World Wide Web, there's an impressive range of information available on Irish orienteering, courtesy of expatriate Dubliner Martin Flynn currently of CorkO. Martin has information on fixtures, how to get to the competition areas, subscribe to TIO, look at Irish maps on screen, get information on clubs etc. Well done, Martin! (Martin's e-mail address is Martin.Flynn@login.ieunet.ie) ... An idea for a score event: don't have a set time but deduct, say, one point for every minute a competitor takes on the course ...

GPS IN FINLAND

An O-map was produced in Finland for an event last September with the survey done using a GPS (Global Positioning System), the first time this has been done. The accuracy of the survey was to about 2 metres for point features: Just stand at the feature, press the key for about 15 seconds, and your position and the type of feature (boulder, knoll, etc) is stored in the GPS unit with precise co-ordinates related to satellites.

The data were input into OCAD and the maps printed electronically, one by one. One competitor ran with a small GPS receiver on his head, taking measurements of position every second, and his route could be reconstructed very precisely afterwards.

This kind of technology, together with electronic punching (already in use, and to be used at WOC 95) may well be in common use by 1998 when we hope a World Cup event will come to Ireland.

SHAMROCK O-RINGEN

The seventh Shamrock O-Ringen from June 23-25 will incorporate some of the most complex terrain used to date for the event. The three competitions are at Freaghanagh and at Coolcurtoga, both near Loo Bridge and Ballingeary. Entries should be sent to Bernard and Margaret Creedon, Mount Prospect, Douglas, Co. Cork. Entry fees up to May 1st are £6/4.50/3/15 per day for adult/student/junior/family. After May 1st the rates are £8/6/4/20 per day. Add £2 per entry form for postage etc. Full details are on the entry form enclosed with this issue.

If you haven't been there, now is your chance to discover the event for yourselves.

CONNACHT CHAMPS POSTPONED

The 1995 Connacht Championships have been postponed from February 25/26 to the June Bank Holiday weekend at Manorhamilton. The events will be an Individual race on the Sunday and the Relays on the Monday since there's a Northern Ireland Series competition run by Fermanagh Orienteers at Florencecourt, only about 18 miles away, on the Saturday. Why not make a weekend of it? Accommodation details are on the entry form.

The Senior Selectors have extended the deadline for World Championship contenders to include the Connacht Championships and it is expected that selection for the World Championships will take place that weekend.

OPERATION DESERT STORM

'For the Gulf War, Operations placed 150 mapping workstations at various sites on duty seven days a week, 24 hours a day, from mid-November 1990 to February 1991. Working from satellite imagery, military needs were translated into maps producing image maps from Landsat data.

During Operation Desert Storm, the U.S. Department of Defense requested more that 10,000 new or updated hardcopy and digital products for mission planning, mission rehearsal, and land, sea and air operations. Covering a theater of operations one million square miles in size, 100 million map sheets were printed in six months.' - Intergraph Computer magazine

If we only had the same resources we could produce 10,000 Orienteering maps in 6 months!

(Brian Teahan)

ORIENTEERING ON ATB'S

The first International Championship for Mountain Bike Orienteering was in the south of France on November 11-13th last. Six countries sent teams to the events, individual races on the Saturday and a relay on the Sunday. A 1: 20,000 scale map was used with paths overprinted in green to indicate rideability, in the same way as Ski-O tracks are shown. The terrain was wooded, undulating but very wet, with rivers thigh deep in places. There were courses available for non-international competitors also, making it a family event. A British team took part: the top man was Killian Lomas (14th) and Ailsa Mayes was 3rd woman.

Meanwhile in Britain the Trailquest League, a series of mountainbike score events, continues. 3ROC/MEROC's Justin May finished top of the Men's' Solo class, winning six out of six races. Justin has an article on MB-O in this issue.

WALK ON THE WILD SIDE

For European Nature Conservation Year there's a seminar at the Royal Hospital, Kilmainham, in Dublin on Friday 21st April, called "Walk on the wild side". The seminar deals with waymarked ways and nature conservation and will be chaired by broadcaster Dick Warner (who did an excellent radio programme from an orienteering event at Trooperstown one time, complete with panting orienteers). The seminar will be addressed by Joss Lynam (on developing a new waymarked way), Pat McCusker (on nature conservation), Ross Millar (o path erosion) and Sean Rothery (on walking the GR5 from the North Sea to the Mediterranean - as featured in TIO 71). In the afternoon there will be four workshops dealing with the first three topics and also with insurance problems.

The cost of the seminar is £20, including lunch, and bookings should be made to Donncha S. ODulaing, OPW, 51 St. Stephen's Green, Dublin 2 (01-6613111, fax 01-6621767). Closing date April 14th.

THOSE WATCHES

The postman in Walla Walla has been plagued bringing letters from Ireland looking for those Casio 30-split watches. The deal has changed somewhat though: now it's $30 for each watch plus shipping at $2.50 per watch ($6.00 for three or more): that works out at about £20 per watch. Available in black or high visibility pink from Kire Time, P.O. Box 2428, Walla Walla, WA 99362, USA (fax 00-1-509-529-0804).

LEINSTER SCOUT-O

A league for scout troops in south Co. Dublin is to be run in the autumn using a series of introductory level events at venues like Phoenix Park, Killiney Hill and Hellfire Wood. The league, confined to troops in the St. Oliver Plunkett district, is being co-ordinated by IOA Treasurer Brian Hollinshead and will cater for teams of up to six competitors per troop.

IOF TALKS TO OLYMPICS

There is a major drive on by the International Orienteering Federation to have Ski-orienteering included in the winter Olympics programme. Two members of the International Olympic Committee, Gunnar Ericsson and Petter Tallberg, recently attended the long distance event at the 1995 Ski-O World Cup in Finland as guests of the Finnish O-Federation and the Finnish Olympic Committee.

The number of countries required to do a particular sport is less for inclusion in the Winter than the Summer Olympics, so Ski-O has a realistic chance of inclusion at some stage.

SCI J OF O

The 1994 Scientific Journal of Orienteering has been published at last, containing the proceedings of the 5th International Symposium on Orienteering in September in Switzerland and an annotated O-bibliography. The subjects of the scientific meeting papers include circadian rhythms, mental preparation, heart rate analysis and aerobic and anaerobic endurance.

Did you know, for instance, that late afternoon seems to be the best time of day for optimum performance, when both your physiological and psychological performance are at their best?

The Scientific Journal of Orienteering is normally published twice yearly and is available by subscription through TIO, cost IR£7.50 per annum.

SOFTWARE PATHS FOR LOC 95

Dublin computer training company, Software Paths have kindly agreed to sponsor the 1995 Leinster Orienteering Championships on May 21st at Carlingford, the area first used for the 1993 Irish Championships. The company naturally made the connection between "paths" and "orienteering" and the organisers hope that you'll all be pleased with the result. Last time, the weather the day before the event meant thigh deep snow on the higher ground. What are the chances of snow in May again?

If you are looking for accommodation in the area, try the newly opened Táin Holiday Village between Carlingford and Omeath, just off the map. They have dormitory accommodation, camping and caravan spaces, mobile homes, private and family rooms, evening meals, B & B, swimming pool etc. Hostel accommodation is £8 per night. Contact them at 042-75353, fax 042-75417.

If you'd like to make a weekend of it, there's an LVO Sprint-O at Castlewellan, near Newcastle, Co. Down the day before, May 20th.

Entry forms were enclosed in the last TIO. Entries to LOC 95, c/o Ian MacNeill, 7 Taney Lawn, Dundrum, Dublin 14. Entry fees to April 23rd are adults £6, student/unwaged £4.50, junior £3, family £15. (April 23-May 7: £8/£6.50/£4.50/£20).

IOA NEWS

Apart from the postponement of the IOA AGM there have been a couple of notable resignations from important posts: Brendan Delaney and Eileen Loughman, the two Coaching Officers on IOA, have resigned, as has World Championships team manager Paddy O'Brien.

NORTHERN NOTES

A new permanent course was opened at Gosford Forest Park on March 4th thanks to the efforts of Freddie McCann, the Armagh dynamo. Gosford is near Markethill, between Newry and Armagh ... Queens are on the way back: QUBOC were a force to be reckoned with in Irish student orienteering in the 70's and they now seem to be getting it together again. Stephen Wilson won the Irish Student Champs in Co. Galway in February and the QUB team of Stephen, Richard Mayrs and Nigel Hart won the relays. The plans are to run next year's Student Champs in Ulster ... The Irish Bird Watching and Wildlife Fair will take place at the Oxford Island National Nature Reserve, Craigavon, Co. Armagh on 29th September - 1st October and will be opened by Magnus Magnusson. Details from Positive Action, 63 Spa Road, Ballynahinch, BT24 8PT ... Welcome to Cork Orienteers who have joined the other clubs taking bulk deliveries of TIO ... Another new permanent O-course was unveiled at Ballykinler in Co. Down, on the shores of Dundrum Bay. The area is an Army property with open sand dunes, described by LVO's Colin Henderson as probably the finest orienteering terrain in Northern Ireland. The course was the brainchild of Col. Chris Biles of Wimborne Orienteers, one of the victims of last year's helicopter crash on the Mull of Kintyre. The opening of the course was marked by a score event last October, won by LVO 15 Timmy Pentland with Colin Henderson second... LVO are running s sprint-O series this spring, with events at Cairn Wood, Castlewellan and Gosford ...Congratulations to NIOA Chairperson Kathryn Millinson on the birth of a daughter, Elizabeth Margaret, recently ... Congratulations also to Leinster who won the Interprovincial Championships at Glencree by a convincing margin. Hope to have a full report in TIO 74 (plus the Irish Champs, British Champs, JK, irish Shoprt-O Champs and more ....

STUDENT CHAMPS

The Irish Student Championships were held at a top secret venue in Co. Galway on 11th February (though the fact that there was to be an event at Dunsandle, near Loughrea on the 12th might lead one to put 2 and 2 together). No surprises, then, to find that the venue was, yes, Dunsandle! Stephen Wilson of Queen's was a clear winner in the 7.5 km men's race (77.08) with UCC's Brian Creedon

second (81.07) and UCD's Mark O'Neill third (94.05). Queen's also won the men's relay. UCD's Emma Glanville was an even clearer winner in the 5.4 km women's race, winning in 53.05 from UCC's Miriam Feehan (68.46) with UCD's Nina Phillips third in 88.46. UCD won the women's relay.

WORLD CUP 98 UPDATE

The IOA is to apply to the IOF to hold a World Cup race in 1998, the year before the World Championships come to Scotland. All clubs were invited to come up with plans for the event if they were interested and Cork Orienteers were chosen to spearhead the project. The plan is for the event to be on the weekend of May 20th 1998, a Classic (i.e. full distance) race, with another classic race the following weekend in Scotland. This will lead straight on to the first World Championships training camp in Scotland. During the week between the Irish and Scottish races there will be a short distance race and a relay, one in England and one in Wales.

Although CorkO are nominally in the driving seat as far as the provision of the actual orienteering is concerned, there is so much work to be done for this event that the IOA is at pains to point out that it has to be a national effort, with all clubs becoming involved in administration, fund raising (one estimate puts the cost at around £50,000), promotion, helping at the events and so on. Everyone will be called upon to help.

To make the event viable it is likely that the actual World Cup race will be part of a multi-day event (maybe something like the Shamrock O-Ringen?) open to all. The World Cup attracts the world's top orienteers but only about two to three hundred in number, so an extra seven or eight hundred orienteers will be needed to run to make the thing financially viable.

There will be no escape!

WHAT'S A RE-ENTRANT?

Some orienteering terms are far from self explanatory. One which must puzzle beginners is the term "re-entrant". Here are some definitions from the O-Net, the orienteering co.. puter network: "'where water would flow if it rained enough." I think most people understand the concept of a stream-bed... even if it's a steep dry one, that would only become a stream if it rained several inches an hour... A spur can often be described as a ridge-line running up or downhill. Those are the most successful general descriptions I've given to beginners.

Another description that gives a more distinct definition, is, of the four directions around you (front, back left and right): re-entrant: 3 directions up, one direction down; spur: one direction up, 3 directions down.'

GOOD PUBLICITY

They say any publicity is good publicity, but after reading the end of a piece in this week's Diamond Valley News (a suburban newspaper in Melbourne) about Australian M16 champion David Colls, you do start to wonder.... "David hopes to be selected in the Australian Jaywalk team that will compete against international teams within the next couple of years'

David tells me that he did explain to the reporter that "JWOC" stood for Junior World Orienteering Championships-it must have got lost along the way, or perhaps the reporter saw our road-crossing techniques at the Eltham street event last week....(O-Net).

FOR FORMER LOKKIES

Are you now, or have you ever been, a member of London Orienteering Klubb (LOK)? Lokation, the newsletter of LOK, is just reaching edition 100. I am trying to find 100 LOK members (past and present) to contribute articles. If anyone out there has been a member (or even run at one of our events, or known a member) then I'd like a short article on a subject of your choice. Suggestions include - your worst O experience, - your best O experience, - memories of particular LOK areas (Leith Hill (JK77), Holmbury, Box Hill, Addington Hills, Trent Park, Hampstead Heath, Bookham Common...) All contributors will get a copy of Lokation 100 when it is published. Thanks

Simon Errington, 100c Casenove Road, London N16 6AD

FIXTURES CHANGES

A couple of Leinster fixtures have changed: 3ROC wish to apologise for changing their Leinster League event at Clara on March 26th to a score event at the last minute due totime pressure on the original planner. The League event has been rescheduled for June 11sth and will be the 1995 League final.

CNOC's planned evening event at Russborough on May 16th has been changed to Hollywood, starting at the north end, signposted from Poulaphuca Bridge.

In the autumn the 3ROC league event at Glendalough is being changed from October 15th to October 1st.

TIO TROPHY 95

Seven clubs have entered the 1995 Irish Orienteer Trophy: CorkO, GEN, Kerry O, LVO, SET, 3ROC and WATO. In view of this the preliminary rounds will be dispensed with and the event will be run as a grand final on Sunday September 3rd at Kinnitty, Co. Offaly. In the meantime a draw will be held to determine which pairs of clubs will be pitted against each other on the day to decide the winner. Let's hope for a strong results team on the day!

GEN NEWS

A big thank you to all who helped out in Glencree at the Inter-provincials on 2nd April. The Club had a very successful day at the Leinster Score Championships. Congratulations to Jane Watt, A. B. Law, Mick Kellett, Diaan Large, Susan and David Healy, Niamh Lalor and Deirdre Bell who all won prizes on the day. It is very encouraging to see the juniors doing well.

We are hpoing to organise map reading and navigation training for new members when we have recovered from glencree, with the longer evenings it should be easier. Let me know if you are interested so we can organise them to suit as many as possible.

Some club members made a nad dash to Wales on St. Patrick's weekend for the British Championships but with ABL at the wheel they arrived on time despite streaking on the upper deck and forgetting to buy the bananas for Jane!!

Our next event is the Leinster League at Trooperstown on May 14th. Nora Lalor a sorganiser will welcome any offers of help, especially from anyone not available for Glencree.

Nora Lalor, Secretary, GEN.

3ROC NEWS

Congratulations to Cork Orienteers on their success at getting to apply for the 1998 World Cup event. No hard feelings! Congratulations also to our prizewinners at the Leinster Score Champs and the Short-O Champs at Raven's Rock.

Club Championships are at Setanta's event at Mullaghmeen on April 23rd.

Weekly training at St. Columba's College, Rathfarnham at 6.30 on Tuesdays.

We need your help for the Leinster Champs (May 21st). Contact Liam Convery (2697107).

Membership enquiries to Judith Butler, 130 Glenageary Avenue, Glenageary, Co. Dublin (2853823).

3ROC Members: Your *Rocket* is enclosed.

Electronic IOF Calendar

The IOF have put their 1995 calendar on disk, and I have a copy. Only 19 countries participated in this experiment. These are Australia, Austria, Belgium, Bulgaria, China, Finland, Germany, Hungary, Israel, Latvia, Lithuania, New Zealand, Norway, Romania, Slovakia, Spain, Sweden, Switzerland, and (of course) Ireland. The number of events listed per country vary between 2 (for China) to 522 (for Sweden).

If anyone wants a printout of the events in any of these countries, send me a stamped addressed envelope, naming the country and the months on which information is needed.

Frank Cunnane

Irish Championships 1995 - The Black Lakes

Bernard Creedon, mapper and planner for this year's Irish Championships, gives us a taster of the event:

Cork Orienteers accepted responsibilty for the 1995 IOC in the face of hitches occurring in the plans of the original organisers. We took on the workload (despite the annual high commitment to the Shamrock O-Ringen, etc.) with reasonable confidence, especially since the map was to be produced by another club.

Then, in October, Murphy's Law intervened and the possibility of production of the Comeragh's map faded. The 1995 IOC now had no venue. We debated using one of the Shamrock O-Ringen areas but for various reasons we had to rule these areas out. On Saturday, November 12th, Bobby O'Connor and I headed off to Kerry with a view to evaluating last minute possibilities. It was a productive day. we headed off individually and arrived back to the car well after dusk (my log recorded 20 miles of running and perhaps 10 of walking). Though knackered, we were both hyper because we had discovered huge areas of excellent terrain for future Sha... ck O-Ringens and, of course, the Irish Championships.

The ground survey began on Thursday December 1st at Morley's Bridge and since then I have spent most good days (and quite a few bad ones) on the terrain. I have seen it in fog, rain, sleet, hail and snow and I still wonder about the possibility of developing webbed feet.

In good weather the scenery is breathtaking and unique. Even then it is not easy to sort out the visual presentation of offset terraced marshes and rocky ribs in all directions (this would relate to the large central area). Even huge features like the lakes are not evident until one gets close. There are very few linear features in the central area. Most of the marshy plain are very runnable although there are some "uncrossable" marshes which must be taken seriously. Some incredibly complex ribbed areas are good underfoot. Very little in the way of forests is featured although all competitors should experience some pleasant oak and birch woods with ancient origins. Stirling Surveys have described the area as "the most complicated and difficult" they have ever seen.

We have no doubt but that the orienteering challenges will be of the highest order. We hope you enjoy the Black Lakes.

Organiser: Ken Griffin (CorkO), Planner: Bernard Creedon (CorkO), Controller: Kevin O'Dwyer (Southern O).

The Other Man's Grass

Orienteering made the front page of the New Zealand Herald - Auckland's one and only paper, in a report on the North Island Championships at the end of January:

'Racers run into forest puzzle'

Cannibis growers had orienteers running around in circles yesterday when championship markers were moved to keep plots secret. As competitors in the elite men's field at the North Island Championships set off on back country bush trails, they found that somebody had been ahead of them. A control flag had been moved about 100m and further on a 30-litre water container had been removed from the course in the Santoft Forest, about 30km south-east of Wanganui. 'The course went through a dense area where nobody else goes except these pot planters and mad orienteers' an orienteering competitor, Mr Ralph King, said last night. 'We suspect the control flag was moved because it was too close to one of the crops.' The day's event was cancelled because of the confusion. The elite men's title was awarded to a Norwegian, Carl Bjorseth, who won on Saturday in a race on a different course. Mr King said the interference by the cannibis growers had angered and disappointed the 223 orienteers gathered for the championships. 'This is the first time in 20 years we have had an event cancelled through something like this.' Over the past several years the risk of running accross cannibis plots had be...me one of the hazards of orienteering. 'In the past, people training in other forests have had these guys fire shots at them.' The police were told of the incident. A spokesman for the Wanganui police said yesterday that the Santoft Forest area was not known for being a big cannibis-growing area. The complaint would be investigated, however. Wanganui police chiefs caused a stir last week in some police circles by deciding not to take part in this year's national cannibis recovery programme.

VETERAN WORLD CUP 1996
Advance Information:

PROGRAMME for VWC:

Mon. 8th April:	Model event Opening ceremony
Tue. 9th April:	Qualifying Day 1
Wed. 10th April:	Qualifying Day 2
Thu. 11th April:	Rest day
Fri. 12th April:	"A" and "B" finals. Prize giving and Closing Ceremony.

ADDITIONAL ORIENTEERING:
The "MURCIA COSTA CALIDA" (an annual International 2-day event) will take place on Tue. 9th and Wed 10th.

Getting there: El Altet airport in Alicante is 45 minutes from Murcia, via motorway. For those driving, the French border is about 750 kms, all on motorway.

Competition Centre: Murcia (a city in SW Spain, about 45 kms from the coast).

Competition areas: are about 15, 40 and 50 kilometres from Murcia. The "Model Event" is 10 kilometres distant.

Festivities: During the week of the competition, the "Spring Festival" will take place in Murcia. This festival is of particular interest to tourists. It culminates on Saturday evening and night with "Entierro de la Sardina". I think this is a traditional form of dancing, held on the streets, in which anyone may join.

Frank Cunnane

CompassSport
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IOF PUBLICATIONS

Orienteering World, the magtazine of the International Orienteering Federation. Six issues per year, in English. Read about developments as they happen; international fixtures details, reports from around the world.

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The Scientific Journal of Orienteering publishes the results of research into orienteering physiology, psychology and several other -ologies. All for IR£7.50 a year! Peanuts!

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WORLD CHAMPS 1995

Who is going to make it onto the Irish team this year? Will newcomers like Marcus Pinker and Colm Rothery be there, will Eileen Loughman make it 11 in a row? Nobody knows yet. What we do know is a bit more about the competitions themselves, as revealed in the second bulletin for the 1995 World Championships. There will be some changes from the format of previous WOC's: there will be qualification races but no B or C finals; countries will no longer be entitled to any runners in the classic distance race unless they qualify in their own right; no spikes of any description may be worn. Team numbers will be restricted to five men and five women with a maximum of four officials.

WOC 95 TIMETABLE

The 1995 World Championships at Lippe in Germany will have several opportunities for non-WOC orienteers to compete. The timetable for the WOC week is given below. Entry forms should be available from IOA or from OK-OL WM '95 Lippe, Kreishaus Detmold, Felix-Fechenbach-Str. 5, D-32756 Detmold, Germany (fax 0049-5231-622153).

August 7-13	Final WOC training camp.
12-14th	Three days of competition open to the public.
13th	Competition centre in Detmold opens.
14th	Accreditation of teams; model event. Trail-O.
15th	am: Classic qualification race; pm Opening ceremony.
16th	Classic distance final.
17th	Rest day. Spectators' race on "Classic" map; IOF and press race.
18th	Short distance qualification and final; Banquet.
19th	Rest day. Spectators' race on "short distance" map. Trail-O.
20th	Relay. Closing ceremony.

The event centre is at Detmold and the forests are of mixed pine, spruce and beech with moderate to fast runnability. Daytime temperatures will range from 16-18 C on cool days to 30 C on warm days. The events will use the Regnly electronic punching system so competitors will not have a conventional control card. This system will also be used in the model races to give competitors a chance to try it out.

From 1997 (WOC in Norway) the teams can consist of up to 7 men and 7 women but accommodation restrictions in Germany mean the team size will be ten at most, plus officials.

Spiked shoes, including the "Dobb" spikes (rubber studs with metal tips) will not be allowed.

For the classic races there will be two parallel qualification races with the best 30 from each going through to the final the following day, 60 runners in all. There will be no B or C finals. Countries may enter up to 4 men and 4 women in the qualification races.

Course lengths for the qualification races are 6.5 km/240 m for women (winning time 45 minutes) and 9.5 km/340 m for men (winning time 55 minutes). The finals will be 10.1 km/ 350 m (70 mins) for women and 16.5 km/650 m (90 mins) for men.

In the Short Distance races each country can again enter up to four runners, one in each of four qualification races. The best 15 from each race will go to the final but again there will be no B or C finals later the same day.

Course lengths will be 4.2 km/ 130 m (25 mins) for women and 5.2 km/160 m (25 mins) for men. The finals will be 4.0 km/140 m (25 mins) for women and 5.0 km/170 m (25 mins) for men.

In the Relay the legs will be of different lengths for the first time. Both men's and women's relays will be for teams of four. Legs 1 and 2 of the women's relay will be 5.0 km/200 m (35 minutes) and legs 3 and 4 6.5 km/250 m (45 minutes). For the men, legs 1 and 2 will be 7.5 km/300 m (45 minutes) and legs 3 and 4 10.5 km/350 m (60 minutes). The total winning time for the men will be 220 minutes and for the women 160 minutes.

It is expected that the Irish team will be selected at the beginning of June.

SELECTION NEWS

A. IRISH TEAM NOMINATION FORM

This issue of TIO contains an Irish Team Nomination Form which is intended for use by all competitive senior (i.e M/W19 and up) runners in Ireland. (Those M/W 17's interested in representing Ireland at M/W 19 level should also complete the form).

This might also be called an 'expression of interest' form. It was produced by Frank Ryan, as his experience using such forms for World Universities teams was very positive. Frank has already circulated some of these forms at the Lough 2-Day, and this enclosure in TIO forms part of a more thorough circulation drive. Thanks to all those who have already replied. It has already proved very useful. I would strongly urge all those who have not yet done so to return the form to me in the near future.

Rest assured that the contents will be treated confidentially. If a person would prefer not to reveal all of the details included in the form (such as age), that is no problem. The most essential item to clarify is what events and in what age classes one WISHES TO BE CONSIDERED. Obviously, if an age and a statement such as 'Whatever I'm eligible for' are included, it gives the selectors maximum flexibility and it means that frequent updates would not be needed.

B. WOC '95 - SELECTION POLICY UPDATES

1. Due to the postponement of the Connacht Championships, home based runners are expressing difficulty in finding a sufficient number of good events within the selection period. Therefore, if the rescheduled Connacht Champs take place on the first weekend in June, they can be used for selection purposes. Note that this is a special exception to the May 31 deadline and is feasible only because the selectors will be on-hand at the event, so that posting delays will be avoided. Please ensure that the selectors are aware of your result on the day.

2. As the selectors will meet on the weekend of the Connacht Champs, I would be extremely grateful if the results of your events could reach me by June 2, if at all possible. I realise that it may not be easy to get full official results of events which take place in late May, but supply as much information as possible. It is in your interest that the selection should take place early.

3. I would be grateful if those of you who are waiting until the last moment to make your choices could write to let me know that you are interested in selection, to avoid wasted time and money. I would encourage all of you to seek selection. 'If you are not in then you can't win' and there is nothing to lose. We want as strong a panel as possible.

4. If an additional 'head-to-head' selection race is required, it will be on the second day of the Shamrock Oringen on June 24.

Richard Kavanagh, Convenor of Selectors
Contact Details:-
Richard Kavanagh, 'Tara', 3, Maryville, Ballintemple, Cork, Ph-021-291610(H), 902827(W), Fx-271698,
Email: R_KAVANAGH@EEVAX1.UCC.IE

Justin May describes orienteering on mountain bikes ...

A TIME MACHINE

Let me take you on a journey back in time, to the time before six-colour, photogrammetrically based, computer plotted maps were even dreamt of.

When dawn broke upon the sport of orienteering it was dependent upon small scale O.S maps for nourishment and controls were sited on prominent features depicted on the map or even more obvious ones that were not.

Fine map reading didn't really come into it. Good route choice and route finding were the necessary requisites for success and, dare I say it in today's world of high-tech orienteering, a sixth sense that combined guesswork, luck and a kind of spatial awareness unsupported by information from the map.

Now jump forward through time from those sweet days of innocence, climb aboard a mountain bike and, Hey! What do you know? It's all innocent fun again!

At this point I will acknowledge that many orienteers regard "now" as the good days and "then" as the bad ones. While I appreciate accurate maps better than most, more then anything I love the physical experience of orienteering. Running or cycling, detached from everyday reality in that other world. Highly technical orienteering, which these days seems to be the politically correct definition of good orienteering, isn't so appealing, for when physical effort must be reined back to enable the head to cope with the complexities of intricately detailed maps and terrain, the buzz isn't so great, and inability to deal with the situation leads to frustration.

So, back to the bikes. Mountain Bike Orienteering (MBO from now on!) is rapidly growing in popularity in Britain and while it draws the majority of its participants from a mountain bike or a general cycling background, a growing proportion are being attracted fro conventional orienteering. It seems to have been proven that a fit orienteer who is also at least a reasonable bike rider will often come out on top. The last two editions of the Polaris Challenge (a bike version of the traditional two-day mountain marathons) have been won convincingly by the Bolland brothers, Seán and Brendan, whose family will be quite familiar to orienteers, and I've managed to win the solo class in the (British) national "Trailquest" league for the past two years. I expect it to be much tougher this year, however, as the bikers get their act together and navigate with more confidence but I'll be trying as hard as ever!

Internationally the IOF is keen to grasp control of this fledgeling sport so that it remains essentially an orienteering sub-sport, like ski-orienteering.

In Britain the "Polaris" has been taking place twice a year now for the last four years and is always oversubscribed, with a full complement of five hundred teams of two. The Trailquest league, now in its third year, has grown from six events in 1993, twelve in '94 to eighteen this year, with a number of other non-league events also taking place.

The basic format of MBO, as I have experienced it, is that of a score event, usually of five hours' duration. The fact that competitors can take the controls in any order means that the competition does not constitute a race and as such is able to use the public bridleways and forest tracks with few restrictions.

The maps used are normally the O.S 1:50,000 Landranger series or the 1:25,000 Outdoor Leisure/ Pathfinder series. These are quite adequate for the road and bridleway network though their deficiencies become apparent within the forest boundaries when it is often unclear just what is what. Usually there are more tracks than are shown and those that are shown can vary widely in rideability from good forest roads to narrow muddy paths and overgrown rides.

Master map systems are favoured by some organisers and you are allowed to plot the control locations before starting, giving some time for route planning. Other organisers, however, like to inflict eight-figure grid references , issued only on starting, which immediately lops a good twenty minutes off your time as you struggle to plot up to thirty of the wretched things accurately.

The control sites are generally obvious, unmissable features, such as the end of a forest road ('dog-leg' doesn't exist in MBO terminology!) but the fact that some planners might not come from an orienteering background can lead to some badly sited (i.e. very difficult to find) control markers which are invariably six inch squares of metal or plastic though even flower pots are used sometimes!

The main orienteering skills required are choosing the optimum sequence in which to take the controls and then the route choice between them, minimising the climb being an important factor. On several occasions I have totalled over five thousand feet of climb which makes for quite a hard day! On the other hand, distances covered are not that great: between thirty and fifty miles is normal, which is not a lot in five hours.

Other skills needed are basic cycling skills though there is generally little technically difficult riding involved and in any case, there's nothing stopping you dismounting and running with the bike if you think that'll be quicker.

Preparation is important. Study the map well and plan optimum routes through the terrain (as you use standard O.S maps you can but them in the weeks beforehand). Don't forget to cover it with transpaseal or seal it in a map case as five hours of rain, wind and mud can be harsh on paper maps! As for your bike, be a sure as possible that everything is in perfect working order so that your greatest misfortune will be no more than a puncture and you can be sure that you'll get a few of those through the course of a year. Carry spare tubes, pump and a few basic tools in case of problems.

Food and drink are essential to survive five hours on the go and I use a system ("Camelbak") that allows you to carry two litres of liquid on your back with a tube that enables you to drink easily as you are riding along. To eat, I carry a few biscuit bars though nothing fancy like the ridiculously priced Power bars, just supermarket cheapies for me! As it is, I often don't eat them unless I actually feel hungry, preferring to get my energy from the drink solution which I make up from one of the high carbohydrate powders now available.

So, while MBO is going from strength to strength in Britain, I wonder would there be sufficient interest in Ireland for it to gain a hold? There is some scope to incorporate a bike class within conventional score events but unless the controls were sited with cyclists in mind, this wouldn't be too satisfactory. More suitable would be a specifically staged event and if a large enough area of forest with a good network of rideable trails could be found, an event with a one or two hour time limit would be quite feasible. As for five hour events, there are few enough forested areas that can contain an event of that duration in Britain and none in Ireland. However, what works well is to use an area with a number of separate woods linked by country lanes and public tracks and the new 1:50,000 map of Wicklow would be ideal with an event centred in the Glendalough area.

Over to you!

Justin May.

Dear Angela,

"I am in good shape and have my error rate under control. My times are consistent and I am running really hard, yet I cannot seem to break into the top few in the results lists. I know my speed and routes are as good as the others' and my errors less, but my times are usually a couple of minute's slower. My technique must need improving but I cannot figure out where. What do I do? Is there something I could do that would point me in the right direction?" - Joe S.

Joe, in response to your question from the hypothetical orienteer who can't seem to break into the break into the top ranks despite consistent times, error rate under control, fit and running hard, speed as good as the competition, and routes as good as the competition, you would have to look at these facts and think that if they were all really true, then this runner should have top times comparable to the competition. But since he/she doesn't, that means at least one of these facts must not be true.

So I would advise the orienteer to treat these "facts" as assumptions and check each one to see if they individually ring true or not. Typically, my suspicion is that most people use far less of their running capacity in the forest than they have or believe they're using. And I have on a number of occasions taken far better (road) runners than me along for a run in the forest (or even on rough trails) and have been surprised by the difficulty they usually have keeping up. So another question could be asked of this orienteer: do they spend time training in the forest, or does most of their physical training take place on roads?

Another thing I have repeatedly found is that many folks have close to no idea at all how much time they actually lose in so many varieties of ways, and repeatedly throughout a course, in small bits of times which add up to a really big chunk of time by the finish. An accomplished orienteer could shadow the hypothetical orienteer and provide some more objectivity here.

Many people also seem to accept a certain number of smaller errors as being "acceptable", and figure anything like 5-10 minutes lost is just the norm, and doesn't really count against you, when of course the truth is that good orienteers should be able to run most races close to error-free. Much more than 1-2 minutes lost per race indicates there's still lots of work to be done...

If certain types of errors crop up over and over, or if the errors occur at the same places in the race or in the same situations, then that indicates a systematic error which needs to be trained away. If errors are random in type and place then that indicates the problem lies with inappropriate speed, or else a problem in concentration, or some other sort of mental problem (decisiveness, confidence, etc.). Systematic errors are far easier to train away.

(Mikell Platt)

They shoot horses, don't they?

Aonghus O Cleirigh CNOC

I wish to announce my retirement from international representative orienteering. ... or, to be more precise, I wish to announce that I retired from the Irish team almost 6 years ago! "What on earth is this guy ranting on about?", you ask. Let me explain.

Commitment...

After giving 10 years of commitment to international orienteering, it was time for me to "let go" and move on to other things. So I stepped down from the Irish team after the World O©champs in Sweden in 1989, and sent a letter to that effect to the incoming squad manager. It was a decision that I didn't take lightly, but one that I've since been quite happy with.

Patriotic duty...

At the time I didn't think it would be necessary to make a public announcement about the matter. It wasn't a big deal. Word-of-mouth should have been sufficient to spread the message. However, some people still (kindly) ask me when I'm going to do my patriotic duty again, and compete for my country. Hence, this announcement!

Merits of announcement...

Actually, now that I think about it, the announcement of one's retirement has certain merit. Routinely, we read about rugby players, footballers, and international track athletes, hanging up their boots and spikes, respectively. I've even read the retirement announcements of elite Scandinavian orienteers in their national O-magazines. Such announcements serve a useful purpose, since they mark the end of an athlete's international career and help avoid misunderstandings.

Thanks everyone...

Something I didn't do 6 years ago, and would like to do now, is publicly thank my club-mates and friends for encouraging me and helping me throughout my orienteering career. I'd also like to thank those who contributed to the development and administration of the national squad... team managers, administrators, selectors and coaches.

Irish elite standards...

The future of Irish elite orienteering is assured. Marcus Pinker, as a junior, has produced performances that any senior would be proud of. Both Colm O'Halloran and Brian Corbett are still improving, and Colm Rothery, a relative newcomer to the sport, is a force to be reckoned with. Bill Edwards and Una Creagh lead the Irish challenge in the UK. Some of Una's results in Britain rate among the best Irish performances ever, either male or female. And there are others whom I haven't mentioned here who are pushing at the frontiers of Irish elite standards.

Good Luck!...

So, the very best of luck to all of you in your preparations for WOC'95, and a special good luck to Eileen Loughman, who is contesting a place for her 11th World Championships appearance!

An Esoteric History of the Black Lakes

Many of us run in the terrain without really seeing or appreciating what is around us. **Bernard Creedon** gives us a behind the scenes look at this year's Irish Championships area in Co. Kerry ...

Long, long ago (in fact approximately 4,500 million years ago) a superficial thin mantle solidified above the earth's core, thus stabilising the earth's (to then changing) external dimensions. Then began a 500 million year bombardment of its surface by asteroid and meteorite fragments indentations are still visible on our nearest neighbour, the moon, as a signature of this period). However the earth's brittle surface and tectonic activity absorbed these impacts. The earliest known "rocks", found in Greenland, date to 3,800 million years ago. By now magnetic polarity (no compass yet!) was present. Around the same period a new factor entered the equation - life. Blue-green algae have been found in rocks 3600 million years old.

Over the next 1000 million years (the Archaean Eon) the rocky nuclei of all the major continents formed but it was not until 700 million years ago that Laurasia began to break up into the North American/European/Asian group. Ireland had lost its final chance of being part of America and instead slung its hook on the periphery of the Eurasian tectonic plate. By this time life had evolved to jellyfish, worms and primitive molluscs.

During the Devonian Period (350-400 million years ago) Old Red Sandstone formed in the south west of Ireland as a result of erosion debris (sand and gravel deposited by rivers) compacting and eventually bonding together. By now life had evolved to wingless insects, land plants were firmly established and a few aquatic species began to experiment with leaving the water for a short while.

Huge land mass movements then led to the flooding of most of the British Isles during the Carboniferous Period between 360 and 285 million years ago. (Over the last few months, one would wonder if anything has changed!) The explosive development of marine creatures yielded a calcium-rich sediment as a thick coating on the sea bad, which eventually formed our familiar grey limestone. (Insects were now flying and the earliest reptiles walked the land).

Then, about 270 million years ago, the Armorican upheaval resulted in pressure from the south pushing west Cork and Kerry up against the more firmly based land mass to the north. Thus emerged the east-west folds so evident in the south west (look at a relief map of this area: this is how the mountain chains - the Reeks, the Slieve Mish, the Cahas - and the long harbours - Dingle, Bantry and Kenmare bays - were formed.

So by now the above-water land consisted of an east-west folded dual layer of limestone upon sandstone. Over ensuing geological periods the limestone skin was eroded off the more prominent underlying sandstone and deposited in lower areas. The soil from sandstone is of poor quality, facilitating only limited plant support, while that from limestone is rich and nutritious. Therefore we then

had semi-barren uplands and fertile valleys.
The retreat of the glaciers about 10,000 years ago also created many cirques or "cooms" at high level in the south west. At last the Black Lakes had come into existence. By now, of course, man was the most sophisticated life form on earth (homo pre-orienteerus). The rain forests evolved to the majestic natural oak forests as well as birch and hazel woods. Over the last few thousand years (up to 1000 years ago) the Black Lakes witnessed the formation of blanket bog in the upland locality. Man had already made his first impression on the lower landscapes and the mild and frequently wet weather was an established fact.
By the 12th century this area was dominated by the Clancarthy. Dermot Mór McCarthy swore allegiance to Henry II in 1172 as a strategy to protect his lands. A tremendous battle was fought nearby in Callan, Kilgarvan in 1260, wherein the Geraldines (Fitzgeralds) and their allies were broken by the main McCarthy clan. Throughout the 1300's and 1400's the McCarthys maintained their dominance in the area and the English authorities all but gave up hope of capturing these wild lands. A significant portion of the mapped area was in the possession of the O'Donoghues (of the Glen) up until their defeat by Cromwell's forces in 1654 at Killaha and Ross Castle.
During the famine the population of the mapped area declined from approximately 100 to 25. The last of the landlords for this area were Henry Arthur Herbert, MP for South Kerry, who built Muckross House, and Mr. James Hardtop.
Once again I would like to invoke "The Orienteers Lament". Up to the 17th century most of these lands were covered in oak. Combined with the topography we might have inherited the most complex and interesting orienteering terrain on the face of the planet. Instead the oak woods were harvested to provide fuel for the smelters but more commonly to build warships and food casks for butter, rum etc. Somehow I feel that the landlords screwed up again.

(Bernard Creedon has spent over 50 days surveying the area for the 1995 Irish Championships, during which time he has developed a Tim Robinson-like relationship with the area, its history, inhabitants and placenames. He is also the course planner for the event.)

IRISH MOUNTAIN RUNNING ASSOCIATION

DATE	DAY	VENUE	TYPE	DIST.	CLIMB	TIME	STARTING PLACE
16/04/95	SUN	Doon	MC	5.0	1100	2.30	2 miles(signposted) from Doon, Co. Limerick
17/04/95	MON	Lugnaquilla	LC	6.3	2355	2.30	Camara Hill Track, Glen of Imaal, Co. Wicklow.
26/04/95	WED	Sugarloaf Rush	LL	2.3	700	7.30	site of Calary Filling Station, Roundwood Road, Kilmacanogue, Co. Wicklow.
03/05/95	WED	Kippure down	LL	2.8	900	8.00	Featherbed Road, Co. Dublin (Kilake -Glencree).
06/05/95	SAT	Brandon	MC	6.0	3000	2.30	An B thar Pub, nr Brandon Creek, Dingle
07/05/95	SUN	Mount Eagle		4.5	1561	12.00	Kruger Kavanagh s Pub, Dunquin, Co. Kerry
10/05/95	WED	Howth	LL	3.0	600	7.30	GAA Club, Dungriffin Rd., Howth, Co. Dublin
17/05/95	WED	Three Rock Dash	LL	3.0	650	7.30	Ticknock, nr Lamb Doyle s, Sandyford, Co. Dublin.
20/05/95	SAT	KNOCKDHU	INT	4.7	1470	2.00	Near Larne, Co. Antrim, N.Ireland
24/05/95	WED	Hell Fire Relay		1.0	280	7.30	Hell Fire Woods, Killakee, Co. Dublin.
31/05/95	WED	Bray Head	LL	3.1	900	7.30	S. end of Bray Promenade, Co. Wicklow.
03/06/95	SAT	CARRAUNTOOHIL	AIC/IC	8.5	3695	2.30	Lough Acoose, Glencar, Co. Kerry
04/06/95	SUN	Crohane		5.0	2500	12.00	Near Lough Guitane, Killarney, Co. Kerry
07/06/95	WED	Kerry Evening Race	KL			7.30	Venue to be decided
07/06/95	WED	Blue Light	LL	3.4	1080	7.30	Blue Light Pub, nr Sandyford, Co. Dublin
12/06/95	SUN	Glenmacnass	LC	13.0	3650	2.30	1/2 mile Laragh, Co. Wicklow, on Sally Gap Rd.
14/06/95	WED	Kerry Evening Race	KL			7.30	Venue to be decided
14/06/95	WED	Scalp	LL	4.0	800	7.30	Dublin Sport Hotel, Kilternan, Co. Dublin.
18/06/95	SUN	SLIEVENAMON (INT)	IC/MC	5.0	1500	3.00	Kehoes Pub, Kilcash, Co. Tipperary.
21/06/95	WED	Seahan	LL	4.3	1200	7.30	Stone Cross, Ballinascorney, Co. Dublin .
22/06/95	THUR	IMRA Quiz				8.30	RTE Social Club, Donnybrook, Dublin 4
24/06/95	SUN	Lug Relay		33.0	8250	9.30	Stone Cross, Ballinascorney, Co. Dublin
25/06/95	SUN	GLENMALURE	IC/LC	11.5	3300	2.30	Carrawaystick Bridge, Glenmalure, Co. Wicklow
28/06/95	WED	Kerry Evening Race	KL			7.30	Venue to be decided
28/06/95	WED	Sugarloaf Relay	1.2	600	7.30		Calary Car Park, Roundwood Road, Co. Wicklow.

3ROC CHRISTMAS FANCY DRESS SCORE EVENT 26th DEC 1994 at Three Rock Wood, Co. Dublin.

POS	NAME	CLASS	CLUB	+	-	Total
1	BURGLAR MAY	M35	3ROC	50		505
2	G BRADY	M21	CORKO			470
3	B BELL	M40	GEN			425
4	A COX	M21	3ROC			395
5	W YOUNG	M40	CNOC		30	390
6	U CREAGH	W21	3ROC		10	365
7	G DOHERTY	M21	GEN	40		360
8	NIGEL C CRAWFORD	M50	3ROC			340
9	T CALLERY	M21	UCDO			330
10	EOIN DUNNE	M21	3ROC			320
	J de LACY	M40	AJAX			320
12	P REDMOND	M40	SET			315
13	D CASHIN	M35	AJAX			310
14	P NOLAN	M21	GEN	25		305
15	D WICKHAM	M21	AJAX		20	300
	M O NEILL	M21	UCDO			300
17	A YOUNG		KSO			295
18	J WATT	W40	GEN			290
	M O HARA	M40	AJAX			290
	J MURPHY		FIN			290
	D O COLMAIN					290
	A HIPPY McMENAMIN	M21	CNOC	50	10	290
23	E GLANVILLE	W21	3ROC			285
24	M FLYNN	M21	CORCO			280
	N CARROLL	M50	GEN		40	280
	M DONOVAN	M21	3ROC		80	280
27	LUKE C CRAWFORD	M13	3ROC			275
	PIRATE DOHERTY	M50	GEN	50		275
29	M GEOGHEGAN	M21	AJAX		50	270
30	IAN MacNEILL	M90	3ROC		20	260
	K McDONALD	M35	AJAX			260
	U O COLMAIN					260
	B LAWLESS	M21				260
	T CLEARY	W45	3ROC			260
35	D WESTON	M21	SET		10	255
35	M O SUIT NOWLAN	W45	3ROC	40		245
	G ELLIOTT	M21	3ROC			245
38	P SCOT FLANAGAN	M50	3ROC			240
	ROBIN HOOD	M500	3ROC	50		240
40	JOAN FLANNAGAN	W21	AJAX	20		240
41	DKELLY	M21	FIN		10	230
	SCHOOLBOY DUNLOP	M55	SET	50		230
	M CONVERY	W21	3ROC		60	230
	A B LAW	M60	GEN			230
	E O SUILLEABHAIN	M45	3ROC		10	230
	JOSEPH RYAN	M15	3ROC			230
47	J MEADE	M45	3ROC			225
48	M DAVEY	M21	DUO			220
	B DOLAN	M21			10	220
	A Ni SHUILLEABHAIN	W40	3ROC			220
51	M KAVANAGH	M40				210
	R RIGNEY	M35	CNOC		20	210
53	P McCORMACK	M50	GEN			205
	N CARROLL Jr	M21	GEN			205
55	L NAUGHTON	W40	3ROC		10	200
56	N LALOR	W?	GEN	30		190
	R DOLLARD					190
	M MAGUIRE	M15	FIN			190
59	M WALSH	W45	3ROC		10	180
60	G BYRNE	M21				175
	J O NEILL	W45	FIN		50	175
	C O MARA	M35	3ROC			175
	JOHN KENNY				30	175
	JOHN BELL	M15	GEN			175
65	ALAN MORRISSY	M21				170
	ELEANOR O NEILL	W13	3ROC		40	170
	TONY FARRELL	M21				170
	J LYNAM	M70	3ROC			170
69	E O SULLIVAN	M21	SET			165
	B SCOT FLANNAGAN	W45	3ROC		30	165
	P BARTLETT		3ROC			165
72	C PASHA CARROLL	M60	3ROC	50		160
	J LALOR	M40	GEN			160
	M O ROURKE	W19	GEN			160
	M GALLIGAN				30	160
76	M WALKER	W21	CADC			155
77	D NAGLE		3ROC			150
	N PHILLIPS	W19	UCDO			150
79	D BERMAN	M21				145
80	K CREEVY	M21			20	140
81	B COADY				10	135
82	P DEMPSEY	M55	GEN		30	130
	M MAGUIRE	M21	FIN		10	130
	S McCARTHY	M21				130
	D WATT	M45	GEN			130

	F O NEILL	W45	SET		130	
	J LEONARD	M21	DUO	10	130	
	G WILKIE	M21			130	
89	D NICHOL	W21	FIN	20	125	
	BUCKLEY			10	125	
	R BYRNE	M21			125	
92	O DONOGHUE	M17	CRO	50	120	
	E JONES	W21	FIN		120	
	N+R MAGUIRE	W21	FIN	10	120	
95	S RODRIGUEZ	W21		20	115	
	N GRIFFITHS			10	115	
97	C WALSH	W50	3ROC	20	110	
	R MOLUMBY	M35	GEN		110	
	R B LAW		GEN		110	
	M McGREADY	W21	3ROC		110	
101	E SMYTH	W21		20	105	
	D O BRIEN				105	
	A GALBRITH		GEN		105	
104	A KEABNGE	M21			100	
	TOMMY CAFFERY	M21	SET		100	
	KILCULLEN			30	100	
	A CLARE	M35	ECO		100	
	A+J FLEGG		SET	160	100	
	F O BRIAIN	M21	FIN		100	
	P CALLERY		UCDO	50	100	
111	L RODRIGUEZ	W21		20	95	
	G PORTER		GEN		95	
113	M KELLETT	M55	GEN	50	90	
	D SMYTH	M21	FIN	70	90	
115	D DEMPSEY	M21			80	
	O BRIAIN		FIN		80	
	V RIGNEY	M21	3ROC		80	
	GILLIESPIE			230	80	
119	P ROACH	M21		60	75	
120	R FLYNN	M50	SET	20	70	
	N NOWLAN	W13	3ROC		70	
122	BRUTON	M21		130	45	
123	J QUILL		FIN	70	0	
124	S HEALY	W13	GEN	200	-40	
125	E QUILL		FIN	90	-45	
126	BESSLERS			170	-60	
127	J+R EARLE		3ROC	250	-100	
128	KELLIHER			130	-110	
129	L PING PING		GEN	310	-140	
	JENNY SHERWOOD				270	-140
	SHERWOOD				270	-140
	SHERWOOD				270	-140
133	KANE				280	-150
134	M HEALY	W40	GEN		290	-160
135	J HUGHES	M45	CNOC		740	-235
136	B KERRY	M21			350	-240
137	K+S O CONNOR	W17			710	-580
138	O CONNOR					DNF
139	G FINNEGAN					DNF

RESULTS OF SHORT COURSE 2 km 95m CLIMB

1	G MEADE	M13	3ROC	33.01
2	F O HANLON	W21	AJAX	33.38
	CANTWELL	W21	FIN	33.38
4	E FITZSIMONS	(W8)	3ROC	36.47
5	RAY McMENAMIN	M14		37.07
6	EDDIE HOGAN	M55		39.36
7	S NOWLAN	W11	3ROC	41.44
8	B MURPHY	M10		48.25
9	S MURPHY	W07		48.36
	D MURPHY	W16		48.36
11	P FLANAGAN	W13	3ROC	52.11
	A WALSH	W12	3ROC	52.11
	N WALSH	M10	3ROC	52.11
	K FLANAGAN	M11	3ROC	52.11
15	E BARRY			61.03
16	S BARRY			61.12
17	N LALOR	W10	GEN	61.48
18	C QUINN	W17	FIN	65.01
19	FIEBUCK		3ROC	72.17
20	KEELANY			101.16
	R+D MEADE		3ROC	M5
	G CALLERY	M15		M8

A BELL, M KELLY, HOGAN & two more DNF

We hope that the miserable weather did not detract to much from your enjoyment of the courses and we appreciate your support.

Planned, Controlled and Organised by the Glenageary Butlers.

Philip, Judith and Jeff. Many thanks to all who helped on the day: The Walkinstown Butlers: Michael, Toni, Fiona and Gerard. The Glenageary Butlers: Gerard, Amy and Donal.

Trina, John, Ian, Lindy, Alan, Eleanor, Con, Jean, Brian and Justin.

Special thanks to Brian for his time with the plotter

3ROC score event, Clara, Co. Wicklow, 26 March 1995.

Short course (50 mins)

		Club	Class	Points	Penalty	Score
1	O'Gorman, Tom	CNOC	M21	310		310
2	Lafferty, F	FIN		300		300
3	O'Boyle, S	CNOC		300	-10	290
4	Kidney, Liam	CNOC		310	-30	280
	Byrne, G	CNOC	M50	330	-50	280
6	O'Shea, S			270		270
	Bonar Law, Andrew	GEN		280	-10	270
	Mackey, Jonathan	3ROC		280	-10	270
9	Glanville, E	3ROC	W21	260		260
	McKenna, A.M.	AJAX	W40	270	-10	260
	Slattery, Trevor	CNOC		290	-30	260
	Francis, John		M35	300	-40	260
13	Flood, M	CNOC		250		250
14	Jennings, Michael	CNOC		250		250
15	Butler, P	3ROC	M45	240		240
16	Cleary, Trina	3ROC	W50	230		230
	Short, Don	CNOC	M35	230		230
	Fitzgerald, Timmy	CNOC		280	-50	230
19	Walsh, Martin	CNOC		210		210
	Lynam, Joss	3ROC	M70	220	-10	210
	Doorly, Stephen	NY	M35	240	-30	210
22	Garrahan, Brendan	OPC 95	M21	200		200
	O'Grady, Brian	OPC 95		200		200
24	McGrath, John	3ROC	M14	190		190
	Spire, Stephen		M21	190		190
	N Sh illeabh n, Aine	3ROC	W45	200	-10	190
	Doherty, B			200	-10	190
29	Chatfield, Geraldine		W21	170		170
	K hler, Janos	WO	M17	170		170
	Rothery, S.	3ROC	M65	170		170
	Murphy, Bill			190	-20	170
33	O'Hara, A.	AJAX	M16	160		160
	Crowley, Miriam	OPC 95	W21	160		160
	Holohan, Raymond		CNOC	160		160
	Garrahan, Gerard	OPC 95	M21	160		160
	Healy, Susan	GEN	W15	160		160
	Healy, Mary	GEN	W40	160		160
	Healy, David	GEN	M11	160		160
	Lorc n	NSC	M16	170	-10	160
	Byrne, Tommy		M21	190	-30	160
42	Mackey, Tim	3ROC	M16	150		150
	Garland	WHO	M13	150		150
	Lalor, Nora	GEN	W40	150		150
	Rigney, Ronan	CNOC		150		150
	Dawson, F.	7 FAR		150		150
	Moran, S.	7 FAR		150		150
	Walsh, Maire	3ROC	W45	150		150
	Kennelly, Neil		M21	180	-30	150
51	Byrne-Batt, Gregory	WHO	M15	140		140
	Atkinson, Jackie	SET	W21	140		140
	McKay, Peter	ORC	M19	150	-10	140
	Greene, B.	DLSO	M13	160	-20	140
	Doyle, Clive		M21	210	-70	140
	Gore, Ciaran		M21	210	-70	140
	Keane, Tom	GEN		220	-80	140
58	Dinneen, Joan		W21	130		130
	Menzies, Olwyn	STANO	W15	130		130
	Butler, Michael	3ROC	M50	130		130
	Kennedy, D.S.	WO		130		130
	Catchlove, R.	WHO	M21	130		130
	Finnegan, Eric	7 FAR	M21	150	-20	130
	Woods, Pat	7 FAR		160	-30	130
65	Finlay, Mark	WHO	M13	120		120
	Molloy, Dave	OPC 95	M21	120		120
	Scott, John	WHO	M15	120		120
	Sheridan, Audrey	GEN	W21	120		120
69	Reidy, Alan	AJAX		110		110
	Foley, Christine		W16	110		110
	Richardson, Gordon	WHO	M13	110		110
	Goodwin, John	CBC		110		110
	O'Brien, Donal	DLSO	M15	110		110
	Quinn, S.	7 FAR		110		110
	Foley, Alan		M16	110		110
	Polley, Graham			110		110
	Cawley, D.	7 FAR		110		110
	Armstrong, Liam	7 FAR	M25	130	-20	110
	O'Brien, Jim		M50	190	-80	110
80	Costigan, Ian	DLSO	M12	100		100
	Whelan, A.			100		100
	Spellman, Barry		M16	100		100
	Dent, Conor	SET	M10	100		100
	McGrath, Rhona	3ROC	W10	100		100
	Birch, Eileen	OPC 95	W21	100		100
	Giles, Ciaran	CBC	M16	100		100
	King, Stephen	CBC	M16	100		100
	Mangan, Clodagh, Ben & Nick		SET	110	-10	100
89	Cooke, B & Ryan, J	GEN	M12	90		90
	Ward, Andrew	OPC 95	M19	90		90
	Flynn, Ciaran	DLSO	M12	90		90
	Morley, Carmel	OPC 95	W21	90		90
	Wren, Michael	AJAX	M12	90		90
	Colleran, Veronica		W21	100	-10	90
	Bent, Caitl n	SET	W45	120	-30	90
	Higgins, Maura	SET	W50	140	-50	90
	Kellett, Mick	GEN	W55	160	-70	90
	Clarke, R	7 FAR	M21	210	-120	90
	Dignan, Dwane	7 FAR		250	-160	90
	Sweeney, George	CNOC	M35	270	-180	90
101	David ?	CBC		80		80
	Dolon, Mathew	OPC 95	M21	80		80
	Bele, A.	GEN	M12	80		80
	Earle, Richard & John			110	-30	80
	Kelly, M.		M15	140	-60	80
	Nolan, Mathew	CBC	M16	140	-60	80
107	Lawrence, Francie	AJAX	M10	70		70
	Lalor, Niamh	GEN	W12	70		70
	Dunne, Thomas	OPC	M21	70		70
	O'Boyle, Niamh	CNOC	W12	70		70
	Colton, Keith	WHO	M13	100	-30	70
	Conlon, I.			180	-110	70
113	Duffy, Adrian	CBC	M16	60		60
	Flynn, Paul	CBC	M16	60		60
	Wilkin, Kieran	CBC		60		60
	Nolan, Andrew	DLSO	M12	60		60
	McDonald, Lizzie	AJAX	W13	90	-30	60
	Butler, Toni	3ROC	W50	110	-50	60
	Garfeld,			120	-60	60
120	Paddy & Paul	NYC	M14	50		50
	Walsh, Stephen	CBC	M16	80	-30	50
	Finlay, J.P.	CBC	M16	80	-30	50
123	Hughes, M	3ROC	M13	40		40
	Tynan, M.	3ROC	M13	40		40
	McNeill, D	3ROC	M13	40		40
126	Buick, Sarmud	WHO	M13	80	-50	30
	Kelly, V			140	-110	30
	Kelly, Alison & John			140	-110	30
129	Allman, Niamh	OPC 95	W21	90	-70	20
130	Cos, Darron	WHO	M14	90	-80	10
	Poole, Ivan	WHO	M13	90	-80	10
	Johnston, Alan	WOC	M15	260	-250	10
	Watt, A.	WO	M15	260	-250	10
134	Carr, Emma-Jane	WHS	W13	80	-80	0
135	Mullen, Ian	CBC	M16	80	-90	-10
	Cogavin, Tony	CBC	M16	80	-90	-10
	Byrne, Bernard	2FM		80	-90	-10
	Gaul, Dylan	DLSO	M14	90	-100	-10
	McCormack, F.	CNOC	M55	250	-260	-10
140	McClave, Tim	DLSO	M14	90	-110	-20
	Clancy, David	CNOC		140	-160	-20
142	Keating, Dermot			130	-170	-40
143	Scanlon			120	-170	-50

144	Delaney, William	CNOC		120	-180	-60
145	Mac Calhan, Liam			190	-280	-90
146	Gallagher, Joe	OPC 95	M35	120	-220	-100
	Edgeworth, Ross	CBC	M15	130	-230	-100
148	Kelly, M.	GEN		90	-200	-110
	Brady, Barry	CBC	M16	120	-230	-110
150	Boyle, Robert		M13	100	-230	-130
151	Keogh, D.			210	-370	-160
152	Eustace, Ben		M9	100	-290	-190
	Davitt, Tom		M9	100	-290	-190
	Eustace, Zach		M6	100	-290	-190
155	O'Neill, Mary		W21	100	-300	-200
156	Kinsella, Darryl			110	-430	-320
157	NiCholleain, Deirdre		W21	110	-440	-330
	Ag..., Mary			110	-440	-330
	Malone, Carol			110	-440	-330
160	Devoy, J		7 FAR	50	-400	-350
161	Magee, Ciaran			130	-490	-360
162	Cribbin			140	-560	-420
163	Downey Clan			140	-570	-430
164	Byrne, G.		7 FAR	200	-860	-660
	Did not punch control 20					
	McGrath, Brendan	M45	3ROC	280	-30	250
	Austin, Louise	W13	WHO	170		170
	Coburn, L		WO	150		150
	Horan, Jacquie	W21	AJAX	140		140
	Breslin, B			120		Cronin,
	Susan			110		110
	Ennis, Bill	M21		170	-60	110
	Byrne, J.		7 FAR	140	-30	110
	Brennan, Gerard			140	-40	100
	O'Sullivan, F			100	-10	90
	Richardson, A.	M15	WHO	90		90
	Lynch			120	-80	40
	Gib, Alan	M19	OPC 95	50	-10	40
	Beattie, Anna		Wesley	140	-110	30
	Lynch, John			80	-110	-30
	Byrne, Roger			80	-110	-30
	Connors, Mick	M14	AJAX	20	-120	-100
	Ivory, Mark		7 FAR	110	-260	-150
	Byrne, G.A.			170	-400	-230
	Clanan, Elizabeth			100	-430	-330
	McGuinn, Theresa			120	-930	-810
	Keogh, Anita			110	-920	-810
	Long (70 mins)					
1	Kernan, Peter	AJAX	M21	760	-30	730
2	McDonald, Kieran	AJAX	M40	720		720
3	O'Brien, Brendan	AJAX		710		710
4	Bell, Brian	GEN	M40	680		680
	Cashin, D.	AJAX	M35	680		680
	Doherty, Gavan		M21	720	-40	680
7	Brady, Gerry	CORKO	M21	670		670
	Gargan, Peter	AJAX	M40	670		670
9	Reidy, Denis	AJAX	M40	740	-80	660
10	O'Keeffe, M.	Fingal	M21	650	-10	640
11	Watt, Jane	GEN	W40	600	-10	590
12	Mc Donald, W.	AJAX	M18	580		580
	de Lacy, Alan	AJAX	M18	580		580
	O'Keeffe, Tom	CNOC	M35	600	-20	580
	Geoghegan, Marcus	AJAX	M21	760	-180	580
16	Tottenham, Tim	3ROC	M19	550		550
17	Lynch, Shane	WHO	M15	530		530
18	Donovan, Leo	AJAX	M21	510		510
	Lalor, Joe	GEN	M40	510		510
	O'Hara, M.	AJAX	M40	540	-30	510
	Tracy, Declan	3ROC	M21	570	-60	510
22	O'Neill, Mark	UCDO	M21	500		500
23	Gray, J	3ROC	M45	450		450
24	Flanagan, Joan		W21	480	-50	430
25	Ryan, Joseph	3ROC	M16	420		420
	Butterfield, Nick	GEN	M21	420		420
	Garrett, Robert	3ROC	M45	580	-160	420
28	Heale, David	3ROC	M21	420	-10	410
29	O'Colmain, D	GEN	M45	400		400
30	Jeffreys, David	WHO	M17	390		390
	Green, Arthur	SET	M21	390		390
	Lynam, Ruth	CNOC	W40	410	-20	390
33	Cormack, Nick	CNOC	M21	590	-210	380
34	Cox, Alan	3ROC	M21	760	-390	370
35	Norton, R.	3ROC	M55	390	-30	360
36	Quinn, D.	GEN	M40	340		340
	Elliot, Gordon	3ROC	M21	350	-10	340
38	Butler, Gerard	3ROC	M15	320		320
39	Brooks, David	3ROC	M50	300		300
40	C-Crawford, L.	3ROC	M13	330	-30	300
41	Drion, Antoine	WHO	M15	270		270
	Phillips, Nina	UCDO	W21	270		270
	Bell, John		M15	270		270
44	Ryan, Aidan	AJAX	M35	350	-90	260
45	Masterson, David	WHO	M17	250		250
	Dunne, Eoin	3ROC	M21	250		250
47	Dorrepaal, Rudie	SET	M35	240		240
	Fitzsimms, J.	3ROC	M45	290	-50	240
49	Fisher, Z.F.	WHO	M13	210		210
	Capper, J.	WHO	M15	210		210
51	Masterson, J.	WHO	M15	190		190
	O'Colmain, M.	GEN	W40	190		190
53	O'Neill, W.J.	SET	M50	170		170
54	O'Neill, F.	SET	W45	150	-20	130
	McGinley, amon		M21	270	-140	130
56	Hutchinson, N.		W21	100		100
	Ryan, Kieran		M21	420	-320	100
58	Power, Audrey	CCS		260	-280	-20
	Naughton, L.	W40	3ROC	200	-220	-20
60	Kelly, Sue	W21	CCS	100	-170	-70
61	Inglis, H&J		GEN	500	-1580	-1080
	n/c John McCullough	M40	3ROC	760	-30	730

VETERAN HOME INTERNATIONAL 1995

Advance information:

DAY 1: Saturday 14th October. Individual race (incorporated into National Event) at Glendye, 22 miles from Aberdeen.

DAY 2: Sunday 15th October. Relay race at Potarch, 24 miles from Aberdeen.

All teams will be staying together in Aberdeen Youth Hostel, where the teams and officials have exclusive use of the 100+ beds for Friday and Saturday nights. Breakfast materials will be provided for both mornings. There will be places for Reserves.

Saturday night's International Dinner will be at the Old Mill Inn, Maryculter (about six miles SW of Aberdeen, 20 minutes drive from the Youth Hostel).

Frank Cunnane.

LEINSTER LEAGUE 1994\95

CURRAGH 04 DEC 1994

BROWN COURSE - 9.6 Km

C ROTHERY	AJAX	M21	48.30
M.GEOGHEGAN	AJAX	M21	50.39
D REIDY	ECO	M40	50.57
J.McCULLOUGH	3ROC	M40	52.53
B O BRIEN	AJAX		53.34
S O BOYLE	CNOC	M35	56.05
T.O GORMAN	CNOC	M21	57.15
K.MCDONALD	AJAX	M35	59.46
P.GARGAN	AJAX	M40	62.12
B.BELL	GEN	M40	63.59
G.BRADY	CORKO	M21	64.26
N.CORMACK	CNOC	M21	68.15
M.O HARA	AJAX	M40	69.25
V.JONES	FINGAL	M35	70.43
G.BYRNE	CNOC	M21	87.12
K.BYRNE			92.41
1 DNF			

LIGHT GREEN

A.DRION	WHO	M13	46.07
B.HOLLINGSHEAD	3ROC	M55	55.57
E.LAWRENCE	WHO	W17	59.38
R.CARBERY	CNOC	M15	61.32
R.BARRY	GEN	M15	68.05
A.LAWRENCE	WHO	W45	69.01
L.O'HARA	AJAX	M15	70.44
C.CAREY	3ROC	W35	70.55
E.LAWRENCE	WHO	M55	70.58
N.LALOR	GEN	W40	80.04
C.WALSH	3ROC	W50	81.54
G.BUTLER	3ROC	M13	83.15
Z.FOLEY FISHER	WHO	M13	88.55
J.BUTLER	3ROC	W45	89.24
F.O'NEILL	SET	W45	94.28
V.MURTAGH	3ROC	W50	108.49

BLUE COURSE

R.O GORMAN	CNOC	M19	49.01
W.McDONALD	AJAX	M15	50.23
A.DeLACY	AJAX	M15	52.59
T.TOTTENHAM	3ROC	M15	55.16
M.O NEILL	UCDO	M21	57.23
J.DELACY	AJAX	M40	58.06
N.C-CRAWFORD	3ROC	M50	58.40
M.FLYNN	CORKO	M21	59.59
G.BYRNE	CNOC	M50	60.18
D.QUINN	GEN	M40	60.39
T.McCORMACK	GEN		60.45
A.O MULLANE	GEN	M21	61.24
T.JOYCE	FUCCO	M21	61.54
P.VAN KAMPEN	UCDO	M21	62.16
R.KAVANAGH	CORKO	M21	62.36
S.LYNCH	WHO	M15	64.20
H.INGLIS	GEN	M50	64.48
A.COX	3ROC	M21	65.37
P.KEELY	AJAX	M21	66.30
J.WATT	GEN	W40	66.34
M.NOWLAN	3ROC	W45	70.02
U.O COLMAIN	GEN	W15	70.51
N.NiCHOITIR	CORKO	W21	72.03
R.GARRETT	3ROC	M40	72.05
T.McGRATH	3ROC	M50	73.09
R.LYNAM	CNOC	W40	73.51
R.WHITE	SET	W21	76.07
J.LALOR	GEN	M40	78.30
M.SHEEHAN	FUCCO		78.24
D.HEAHE	3ROC	M21	80.54
G.ELLIOTT	3ROC	M21	85.14
J.BUTLER	UCDO	M21	85.28
B.MAGUIRE	UCDO	M21	86.19
D.O MURCHU	CNOC	M40	89.44
D.SHORT	CNOC	M35	96.01
E.O BRIAIN	FINGAL	M50	112.04

GREEN COURSE

B McGRATH	3ROC	M45	36 26
P McCORMACK	GEN	M50	36 36
D JEFFREYS	WHO	M15	39 03
C DUNLOP	SET	M55	42 35
B CRYAN	3ROC	M21	43 08
J DOWLING	UCD O	M21	43 27
C O'DONOGHUE	UCDO	M21	45 48
A BONARLAW	GEN	M60	46 01
N COLLUM	DUO	M60	47 13
P BUTLER	3ROC	M45	47 23
M O'HANLON	AJAX	W21	49 56
B WHELAN	FIN	M21	50 51
P CASEY	UCDO	M19	50 41
A CLARKE	ECO	M21	51 06
A BOYLE	UCD	M21	51 21
A TOTTENHAM	3ROC	W40	51 43
S MURRAY	SET	M45	51 56
N PHILLIPS	UCDO	W19	52 59
E HUME	FERMO	M45	53 04
D O'DONGHAILLE	DUO	M19	53 24
J O'BRIEN	AJAX	M45	53 34
Y HARRINGTON	SET	W21	53 38
D BARRY	GEN	M40	54 08
F WHITE	SET	W60	54 35
D O'COLMAIN	GEN	M45	55 02
R DORREPAAL	SET	M35	55 31
M BUTLER	3ROC	M50	55 51
J O'NEILL	FIN	W45	56 08
W McCORMACK	GEN	W35	56 21
A COYNE	CNOC	M19	57 11
M HIGGINS	SET	W50	57 22
D BROOKS	3ROC	M50	57 55
J MURRAY	GEN	M21	58 07
R RIGNEY	CNOC	M35	61 31
C MURPHY	CDAC	M21	63 27
A NiSUILLEABHAIN	3ROC	W40	67 01
D WATT	GEN	M45	68 13
K MURRAY		M21	75 28
P DODD	GEN	M35	75 32
S KULLDORFF	SET	M65	75 33
P H RYAN	GEN	M40	88 53

YELLOW COURSE

B FOLEY FISHER	PXN		23 29
R SHORES	CNOC	M5	25 32
I POOLE	WHO	M13	28 53
N LALOR	GEN	W10	28 59
C MEEHAN	CNOC	W11	29 01
S NOWLAN	3ROC	W11	30 01
DARRON	WHO	M13	30 52
MOORES	CNOC		31 46
N LEE	3ROC		32 21
N FOLEY FISHER	PXN		32 24
MOORES	CNOC		32 44
A BELL	GEN		33 31
PAMELA	St M	W11	34 08
T BENNETT	St M		34.11
N O'BOYLE	CNOC	W10	36 23
S O'BOYLE	CNOC	M7	36 27
RANNO	DUO	M21	36 35
M DELANEY	St M	W11	38 08
B PENDLETON	DUO	M19	38 36
I COSTIGAN	DLSO	M13	49 09
R McGRATH	3ROC	W10	51 54
L HUMPHRIES	St M	W11	56 56
S SALTER	St M	W10	59 21
C BUTLER	CNOC	W9	59 24
S BUTLER	CNOC	W45	59 51
C SALTER			60 01
D GAUL	DLSO	M13	63 11
T McCLAKE	PLSA	M13	63 13
R BOWFELL	DUO	W21	65 13
U O'DWYER	DLS	M9	65 58
M. McBENNETT	St M		67 36
I RUPPEL	DUO	W21	68 01
M O'HARA	AJAX	M9	68 37
K O'HARA	AJAX	W6	68 57
S HAYDEN	St M	W13	69 57
L GLENNON	St M	W13	69 58
E ALLEY	St M	W13	71 59
K FLETCHER	WHO	M13	81 12
I KERR	WHO	M13	82 41

ORANGE COURSE

J Mc GRATH	3ROC	M11	23 59
M WHYTE			24 44
T HEGARTY			24 49
P OHARA	AJAX	M13	37 56
S BUTLER	CNOC	W11	48 18
C BUTLER	CNOC		48 21
N FOLEY FISHER	PXN	M40	50 46
J TUCKER		M10	55 21
D O'BRIEN	DLSO	M13	58 45
A STEPHENS	ST M	W13	66 01
J SCOTT	WHO	M15	69 43
D O'KELLY			70 12
A BROWNE	CNOC		70.16
G BROWNE	CNOC		70.35
T MEEHAN	CNOC	M11	71 05
W NUGENT	CNOC		71.35
B GREENE	DLSO	M13	72.41
D HEALY	CNOC	W11	73 21
A BRATHE	WOC	W15	75 38
J O'NEILL	CNOC	W11	73.31
J COURNANE	DUO	W19	89 58
R EARLE	3ROC	M12	91 06
D McCANN		M10	91 13
K COLWELL	WHO	M13	99 53
D ELLIS			105 37
B COLEMAN		M12	144 23

RED COURSE 4 9 Km

L C-CRAWFORD	3ROC	M13	55 50
J INGLIS	GEN	W40	56 40
R O COMAIN	GEN	M13	68 16
J FRANCIS	7FAR	M35	68 42
H ASAMO	WHO	M21	72 19
A JOHNSTON	WOC	M15	74.04
D PRICHARD	WOC	M15	74 09
G CARROLL		M17	74 18
G DEACON		M19	76 22
M O COLMAIN	GEN	W40	77 54
D. BROWNE	CNOC		80 26
A WATT	WOC	M15	98 53
M PROCTER	WOC	M15	100 58
T MURRAY	UCDO		101 36
E COGHLAN	UCDO		103 50
C CURRAN		W19	110 21
M FAHERTY		W19	110 23
K CARTWRIGHT			110 25
K NiRIORDAIN		W19	110 27
COUGHLAN THOMAS			117 00
J. McELWAIN	UCDO	W19	117.22
R FISHER	UCDO		119.24
J COUNIHAN			124 41
O CONNOR FOGARTY			126 12
N/YATES	UCDO		156 00
4 DNF			

THREE ROCK ORIENTEERING CLUB - PHOENIX PARK EVENT - 11/12-02-95

NIGHT COURSE - LONG 9.2km

	Name	Class	Club	Time
1	D.Reidy	M40	AJAX	61:19
2	I.MacNeill	M40	3ROC	74:22
	P.Smith	M21		DNF
	D.O'Meara			DNF
	J.Keating			DNF

NIGHT COURSE - MEDIUM 5.3km

1	P.Brennan	M21	SET	38:05
2	P.Butler	M45	3ROC	42:47
3	A.Cox	M21	3ROC	45:45
4	R.Lynam	W35	CNOC	45:52
5	A.Green	M21	SET	46:55
6	C.Mc Donagh	M21		53:35
7	E.Mc Ginley	M21		57:05
8	N.O'Hara	M21	CNOC	58:25
9	A.Coyne	M21	CNOC	61:40
10	C.Carroll	M60	3ROC	63:10
11	B.McCluskey & K.Ryan	W21	3ROC	63:18
12	H.MacInerney & J. Barrett		CNOC	63:42
13	T.Mc Nally			63:58
14	M.Kellett	M55	GEN	64:47
15	A.Beattie		WO	73:34
16	K.Murray	M35	GEN	74:26
17	P.Dodd	M35	GEN	74:34
18	Wesley. O		W.O.	90:13
19	R.Bateson & A.Mackey & M. Naughton			91:07
	J.P.T.Connolly			DNF
	J.Gray	M45	3ROC	DNP7

NIGHT COURSE - SHORT 3.3km

1	A.Tottenham	W40	3ROC	33:53
2	L.Naughton	W40	3ROC	42:10
3	P.Neeson			52:49
4	Ju.Butler	W45	3ROC	56:00
5	T.Gray & G.Gray	M13/15	3ROC	56:31
6	G.Flanagan & F.Scott			57:06
7	A.Byrne & J.Kealy			59:12
8	A. Reidy			59:13
9	G.Martin &J.Gallagher			59:52
	J. & B. Morgan			DNF
	Ciara & Siobhan			DNF
	Jenny & Cindy			DNF

COURSE C 5.6km 11 Controls

1	T.Lucey	M40	BOC	33:02
2	S.Doorly	M35	UCDO	34:12
3	G.Butler	M15	3ROC	35:13
4	J.Gray	M45	3ROC	35:32
5	D.Nagle	W45	3ROC	36:13
6	B.Buckley	M50	SET	37:29
7	A.Coyne	M21	CNOC	37:31
8	P.O'Meara			37:50
9	J.Francis	M35		37:59
10	P.Keely	M21	AJAX	38:07
11	B.McGrath	M45	3ROC	39:26
12	Connolly	M35	ECO	40:10
13	F.Ryan			40:15
14	A.Green	M21	SET	40:32
15	J.Rowe	M35	FIN	40:37
16	K.Burtenshaw	M21		40:55
17	H.White	M50	3ROC	41:09
18	M.Nowlan	W45	3ROC	41:34
19	S. Murray	M45	SET	43:55
20	S.Rothery	M65	3ROC	45:03
21	J.Dore	M19		46:43
22	A.Bonar-Law			46:59
23	A.Tottenham	W40	3ROC	47:24
24	Y. Harrington	W21	SET	47:39
25	L.O'hAlmhain			48:18
26	C. Thornhill	W15	GEN	49:05
27	M. Maguire		FIN	50:07
28	C.Walsh	W50	3ROC	50:29
29	C.Carroll	M60	3ROC	53:26
30	C.Curran & K.O'Riordan & K.Cartwright			55:01
31	S.Byrne			56:01
32	P.H.Ryan	M40	GEN	57:30
33	J.Lynam	M70	3ROC	57:34
34	I.O'Mara	M10	3ROC	57:50
35	S.Shine& B.Ennis			58:07
36	D.Carroll			58:47
37	S.Devlin & T.Devlin	M10	GEN	64:23
38	M.O'Donoghue		Celbridge	65:08
39	J.Loughman			65:10
40	M.Faherty & G.Harpur	W19	C/Rd	71:02
41	R.Ryan	M21		75:25
42	B.Madigan & M.Conway & L.Staines			80:30
43	Roebuck		3ROC	80:44
44	Roebuck		3ROC	87:54
45	G.Lavery		Celbridge	88:37
46	L.Armstrong & C.Burns			89:35
47	P.Larragey & A.O'Leary			93:48
	D.O'Brien	M13	DLSO	DNF
	D.Heussaff			DNP7
	B.Green		DLSO	DNF
	J.P.T.Connolly			DNP4,6

COURSE A 12.3km 22 Controls

1	B.O'Brien		AJAX	61:24
2	A.Cox	M21	3ROC	65:31
3	T.Callery	M21	UCDO	67:38
4	T.O'Gorman	M21	CNOC	68:07
5	W.Young	M40	CNOC	69:59
6	W.Carter	M21		72:22
7	P.Healy	M40	CNOC	73:00
8	H.Inglis	M50	GEN	73:46
9	P.Smyth	M21		75:27
10	K.Grogan	M40	CNOC	82:35
12	B.Mc Cluskey & K.Ryan		3ROC	94:18
11	P.Callery	M21	UCDO	95:35
13	J.Keatinge			96:20
14	J.Coxon			97:36
15	E.O'Briain	M50	FING	106:15
16	R.Dorrepaal	M35	SET	108:43
17	C.Mc Donagh	M21		109:08
18	Inglis	W40	GEN	111:46
19	O'Boyle		CNOC	DNF

COURSE B 7.0km 14 Controls

1	T.Tottenham	M18	3ROC	41:39
2	D.Quinn		GEN	45:22
3	D.Tracy	M21	3ROC	45:41
4	R.Norton	M55	3ROC	46:52
5	P.Butler	M45	3ROC	47:15
6	R.Garrett	M45	3ROC	47:43
7	C.Dunlop	M60	SET	48:26
8	D.Heale	M21	3ROC	51:25
9	B.Thomas			51:35
10	L.C.Crawford	M13	3ROC	52:36
11	R.Lynam	W35	CNOC	55:19
12	E.Mc Ginley	M21		56:09
13	D.Hickey	M35	ECO	56:47
14	A.Morrissey			56:58
15	J.Davis			57:51
16	M.Butler	M50	3ROC	58:16
17	M.Kellett	M55	GEN	59:20
18	S.Kuldorff	M65	SET	67:21
19	E.Dalby		3ROC	69:29
20	Kelly			91:05
21	E.Clancy & M.Clancy			125:31
	M.Higgins	W50	SET	DNF

COURSE E 2.4km 7 Controls

1	S. Lucey	W12	BOC	33:26
2	S. Lyons			36:59
3	J.Lyons	W12	CNOC	36:58
4	H.Young	W11	CNOC	37:01
5	S.Doherty	W10	CNOC	37:08
6	?			37:23
7	K.Loughman			38:46
8	R.Short	M5	CNOC	38:55
9	R.Cunningham	W12	CNOC	40:18
10	M.Cullen			40:19
11	R.Mc Grath	W10	3ROC	46:22
12	S.Kelly			46:24
13	A.Kelly			47:34
14	A.Maguire		FIN	49:10
15	S.Casement			55:20
16	Stillorgan Clare			63:50
17	C.Ryan			69:17
18	Louise, Aldine, Olwen & Sarah		W14	73:27
19	L.Peppard			84:58
20	Carroll Family			122:03
	Wendy, Bernard			DNF4
	C.Thomas			DNF5,6
	L.Hall & M.Cox			DNF
	Stillorgan Guides			DNF
	A.Murray	W10	GEN	DNF

COURSE D 4.0km 8 Controls

1	M.O'Connell			26:41
2	G.Gray	M15	3ROC	28:00
3	F.O'Hanlon	W21	AJAX	29:57
4	A.Ni Shuilleabhan	W45	3ROC	31:57
5	E.O'Neill	W14	3ROC	33:54
6	A.Dowling	W21	UCDO	41:48
7	G.Clements			43:06
8	M.Donaghy			43:56
9	C.Durnin,L.Guerin/S.Cunningham			48:00
10	M.Curley	W21	FIN	49:35
11	D.O'Connell	W21		50:05
12	G.Fitzgerald		3ROC	51:26
13	J.Fitz & Co			54:05
14	1st Navan E			55:32
15	V.Murtagh	W50	3ROC	56:08
16	1st Navan A			56:18
17	S.O'Caolai		GSIC	58:13
18	L.Fionnagain		GSIC	58:27
19	N.Kelly			58:41
20	A.Mac Carthaigh		GSIC	59:29
21	Navan OAP		CBSI	61:08
22	R. Ni Bhroin		GSIC	62:30
23	K.Dwyer		GSIC	63:06
24	S.Mitchell			63:08
25	S.Mooney		GSIC	63:09
26	K.Flood		GSIC	63:20
27	S.Brunkard		GSIC	64:02
28	Jessica Ni B		GSIC	64:03
29	1st Navan C			65:26
30	C.Mc Domnaill		GSIC	68:07
31	E.O'Cuillinn & R.Gray		GSIC	68:40
32	D.Ni Laighleis		GSIC	69:41
33	P. Mc Connell			70:18
34	T.Butler	W50	3ROC	73:24
35	C.Flynn	M12	DLSO	73:41
36	Edenderry IGG			76:39
37	1st Navan B			85:10
38	1st Navan D	U15	COSI	91:19
39	Susan, Elizabeth & Denise			103:50
	S.Carroll			DNF7,8
	I.Costigen	M13	DLSO	DNF
	A.Nolan	M12	DLSO	DNF
	Wallace			DNF
	L.Hall & M.Cox			DNF
	Stillorgan Guides			DNF
	A.Murray	W10	GEN	DNF

PLANNER: John Mc Cullough

CONTROLLER: Trina Cleary

ORGANISER: Brian Hollinshead

Many thanks as usual to all who helped. If you are a member of 3ROC and didn't help at the Phoenix Park perhaps you should offer to help at Clara on March 26th or at IOC '95 on May 21st.

Please call us before we call you - phone numbers are in "The Rocket".

Course A 23 Controls 6.9k

	Name	Class	Club	Time
1	B. O'Brien	M21	AJAX	40:39
2	K. McDonald	M40	AJAX	45:35
3	P. Smyth	M21	-	45:40
4	P. Healy	M40	CNOC	45:56
5	D. Quinn	M40	GEN	52:27
6	M. O'Neill	M21	UCDO	52:29
7	R. Kavanagh	M21	CORK	53:30
8	W. McDonald	M18	AJAX	54:33
9	B. Maguire	M21	UCDO	54:33
10	T. Tottenham	M18	3ROC	55:12
11	J. Francis	M35	7FAR	56:05
12	D. Wickham	M21	AJAX	56:20
13	P. Van Kampen	M21	UCDO	56:34
14	C. Dunlop	M60	SET	57:08
15	E. Glanville	W21	3ROC	57:40
16	K. Grogan	M40	CNOC	59:40
17	C. Clarke	-	7FAR	61:00
18	A. Ayling	M21	DUO	62:03
19	D. O'Murchú	M45	CNOC	63:00
20	R. Lynam	W35	CNOC	63:00
21	D. O'Donghalle	M20	DUO	63:16
22	N. Smyth	M35	FIN	64:17
23	J. Lalor	M40	GEN	64:54
24	D. Short	M35	CNOC	65:53
25	N. Phillips	W21	UCDO	66:55
26	P. Lord	M45	FIN	67:04
27	A. Green	M21	SET	67:41
28	G. Butler	M15	3ROC	68:36
29	J. Gray	M45	3ROC	69:05
30	C. O'Mara	M35	3ROC	69:58
31	M. Ní Coitir	W21	CORK	70:28
32	J. Coxon	M21	-	71:27
33	D. Batt	M21	-	73:43
34	N. Maguire	M17	FIN	76:30
35	M. Maguire	M17	FIN	78:27
36	J. Leonard	M21	DUO	78:40
37	S. Kulldof	M65	SET	78:55
38	Ranno	M21	DUO	79:13
39	B. Hollinshead	M55	3ROC	80:54
40	E. O'Briain	-	FIN	84:25
41	M. Butler	M50	3ROC	84:25
42	T. O'Neill	-	-	84:44
43	P. Dodd	M35	GEN	86:22
44	M. Galligan	-	-	88:11
45	J. Moore	-	-	88:22
46	A. Tottenham	W40	3ROC	89:24
47	C. Morrison	W21	AJAX	94:44
48	M. Higgins	W50	SET	99:20
49	M. Gannon	-	-	140:10
50	P. Griffith	M	CD	140:30
	T. Cotter	M	FUCCO	DNF
	D. Mollin	W17	-	DNF
	W. Carter	M21	-	DNF
	C. Lacy	-	CD	DNF
	J. Healy	M	-	DNF

Course B 14 Controls 3.8k

	Name	Class	Club	Time
1	B. Dolan	M21	CNOC	28:88
2	J. Fitzsimons	M45	3ROC	31:18
3	D. Brooks	M50	3ROC	31:35
4	A. Dolan	M21	CNOC	35:20
5	K. Lynch	M19	UCDO	37:54
6	J. Garvey	M21	TCD	39:56
7	A. Ní Shúilleabháin	W45	3ROC	41:05
8	D. Allen	-	UCD	41:59
9	Sgt. Woods	M	7FAR	42:13
10	T. Maher	M	-	42:29
11	O. Joig	-	DUO	44:56
12	D. Magee	-	3ROC	45:35
13	D. Dignam	M	7FAR	46:13
14	W. Kelly	M19	7FAR	46:28
15	L. Lord	M14	FIN	47:28
16	M. O'Colmáin	W40	GEN	47:30
17	A. Hanlon	-	7FAR	47:30
18	F. Dawson	-	7FAR	48:13
19	E. Quill	M15	FIN	49:57
20	E. Barrett	-	-	50:00
21	D. Crawley	-	7FAR	51:32
22	Devoy	-	7FAR	51:42
23	T. Gray	M13	3ROC	51:55
24	N. Lalor	W40	GEN	52:14
25	H. MacInerney	W35	CNOC	52:27
26	J. Newman	M12	CNOC	52:27
27	K. Flannagan	-	-	52:29
28	E. Coughlan	W21	-	54:20
29	R. Fisher	W21	UCDO	54:20
30	R. O'Colmáin	M13	GEN	55:56
31	D. O'Colmáin	W45	GEN	56:10
32	E. Kernan	W21	AJAX	61:30
33	W.J. O'Neill	M50	SET	62:06
34	Barry	-	-	63:05
35	B. Sharkey	W21	FIN	64:44
36	F. O'Neill	W45	-	66:26
37	K. Denny	M13	-	67:12
38	V. Murtagh	W50	3ROC	68:04
39	K. Murray	M35	GEN	69:17
40	H. Moloney	-	-	69:32
41	J. Lord	W45	FIN	71:21
42	M. Flynn	W21	-	71:03
43	K. Forde	M21	-	71:03
44	G. Moynihan	-	TCD	72:39
45	L. Kennedy	-	DO	72:39
46	R. O'Connell	M21	FIN	75:35
47	M. Curley	W21	FIN	76:34
48	J. Quirke	W14	-	82:54
49	F. Macken	W14	-	82:54
50	T. McCarthy	M16	-	82:54
51	Coleman	-	-	83:30
52	C. Fahy	M21	FIN	83:36
53	WA	W50	-	89:40
54	T. Butler	-	3ROC	90:55
55	Scouts	-	-	91:18
56	J. O'Léafa	-	-	93:02
57	J. Mullen	W60	-	93:08
58	D. O'Connell	W21	FIN	94:41
59	D. Earley	-	-	95:16
60	Fiona & April	-	-	95:16
61	Anthony	-	-	95:16
62	Susan & Jackie	-	-	100:04
63	Jeff	-	-	105:44
64	Godwin	-	-	113:32
65	D. McCarthy & Co.	-	-	126:08
66	J. Dunphy	-	-	143:58

Course C 9 Controls 2.1k

	Name	Class	Club	Time
1	A. Bell	M12	GEN	19:31
2	E. Carroll	M15	-	22:57
3	L. Macken	W	-	24:00
4	S. Roche	W	-	24:00
5	S. O'Sullivan	M15	-	25:18
6	D. Bell	W10	GEN	27:30
7	C. Keane	M13	-	31:18
8	K. O'Dowda	M	-	31:18
9	K. Denny	M13	-	33:29
10	A. & E. Francis	W13	UIA	33:36
11	M. Friel	W10	FIN	35:39
12	F. Flood	M	FIN	36:38
13	R. Flood	W8	FIN	36:38
14	Niamh	-	-	39:28
15	A. Quinn	W	-	39:39
16	R. Linn	M	-	41:12
17	N. Lalor	W12	GEN	42:39
18	E. Friel	W	FIN	44:22
19	S. Casement	W	-	50:19
20	J. Cullan	W	-	50:19
21	E. Corrigan	W	-	50:19
22	A. Maguire	W13	FIN	50:19
23	R. Short	M6	CNOC	57:25
24	M. Kelly	-	-	64:00
25	J. Grennell	W14	-	65:16
26	E. O'Halloran	W13	-	65:16
27	A. Cullen	W	FIN	70:16
28	B. Murray	M	-	75:44
29	F. Smyth	M	-	75:55
30	V. Gaffney	W	-	116:33

Planner: Jean O'Neill
Organiser: Frank Flood
Controller: Gerry Smyth

Thanks to all our members who helped out and all those who took part on the day.

ORIENTEERING FIXTURES 1995

April

9	**CASTLE BERNARD**	Kinnitty, Co. Offaly. CNOC LL10. GR N 21 05.
9	**MUCKROSS**	Killarney, Co. Kerry. BVOC ML4. GR V 97 85.
14-17	***Jan Kjellstrom O-Festival***	*Harrogate, Yorkshire.*
15-17	**BALLYHOURA 3-DAY**	Kilfinnane. Entries to Ballyhoura Country Holidays, Kilfinnane, Co. Limerick.
17	**TRAMORE SANDHILLS**	Co. Waterford. WatO.
22	**SLIEVE MARTIN**	Rostrevor, Co. Down. NI Series 2. LVO. GR J 19 17.
23	**CAPPANALEA**	near Killorglin, Co. Kerry. KO. KSL5. GR V 730898.
23	**MULLAGHMEEN**	Co. Westmeath, near Oldcastle. Setanta event. GR N 47 78.
29-30	**IRISH CHAMPIONSHIPS**	**Poulgorm** Kilgarvan, Co. Kerry. Entries to Sheila Muckian, 13 Elmvale Close, Wilton, Cork (021-343384).

May

1	**MUCKROSS**	Killarney, Co. Kerry. KO event. GR V 97 85.
6	**CAIRN WOOD**	Dundonald, Co. Down. LVO sprint-O/ CATI. GR J 45 76.
7	**CRAG WOOD**	Killaloe, Co. Clare. ThO. ML5. GR R 687761.
7	***BOF National Event 3***	*Winterford & Blackheath, near Aldershot.*
7	**ROCKMARSHALL**	Dundalk, Co. Louth. Fingal OC. LL 11.
9	**DONADEA**	Clane, Co. Kildare. CNOC. GR N 83 33. Start 6-7 pm.
13	**BINEVINAGH**	Limavady, Co. Derry. NWOC. NI Series 3. GR C 69 30.
14	**BANNA STRAND**	Ardfert, Co. Kerry. KO. ML6. GR Q 753222.
14	**TROOPERSTOWN**	Laragh, Co. Wicklow. GEN. LL 12.. GR T 16 97.
16	**BALLYSCANLON**	Fenor, Co. Waterford. 6-7.30 pm. Be Active, Be Alive .
16	**HOLLYWOOD**	Co. Wicklow. CNOC . 6-7 pm. (changed from Russborough)
20	**CASTLEWELLAN**	Co. Down. LVO sprint-O. GR J 32 37.
21	**LEINSTER CHAMPIONSHIPS**	**Carlingford**, Co. Louth. 3ROC. Entries to Ian MacNeill, 7 Taney Lawn, Dublin 14. Credit card entries accepted.
23	**CURRAGH**	Co. Kildare. CNOC. 6-7 pm. GR N 29 12.
23	**KILSHEELAN**	Co. Tipperary. WatO. 6-7.30 start.
27-28	***COMERAGH CHALLENGE***	*Two-day mountain marathon, Clonmel. Details from Pat Healy, Cut Bush, Curragh, Co. Kildare (045-41625)*
27-28	***SCOTTISH CHAMPIONSHIPS***	***Dunalastair,** near Kinloch Rannoch, Perthshire.*
29	***Veteran World Cup***	*St. Petersburg (to June 2)*
30	**FARRAN FOREST PARK**	Ovens, Co. Cork. Cork O Inter-Firm 1. 5.30-7.30. GR W 4871.
30	**WOODENBOLEY**	Hollywood, Co. Wicklow. CNOC (LE) 6-7 pm. GR N 93 01.

June

3	**FLORENCECOURT**	Co. Fermanagh. FermO. NI series 4. GR H 17 33.
4	**CONNACHT CHAMPIONSHIPS**	**Manorhamilton** Co. Leitrim. Entry form enclosed.
5	**CONNACHT RELAY CHAMPIONSHIPS**	**Manorhamilton** Co. Leitrim.
6	**CURRABINNY**	Carrigaline, Co. Cork. CorkO. IFL2. 5.30-7.30. GR W 7962.
6	**DONADEA**	Clane, Co. Kildare. CNOC. GR N 83 33. Start 6-7 pm.
10	**GOSFORD**	Markethill, Co. Armagh. LVO sprint-O/CATI. GR H 97 40.
10	***HARVESTER TROPHY***	*Overnight relay for teams of 7. Ludlow, England.*
11	**CLARA**	Laragh, Co. Wicklow. 3ROC.L/ League 9 postponed from March.
11	**DRUMLEAGH**	Aherlow, Co. Tipperary. LeeO. Score event. GR R 820189.
12-18	***CISM Military World Championships,*** *Sakyla, Finland.*	
13	**CURRAGH**	Co. Kildare. CNOC. 6-7 pm. GR N 29 12.
13	**DROMKEEN**	Innishannon, Co. Cork. CorkO. IFL 3.5.30-7.30.
17	**GORTNAMOYAGH**	Garvagh, Co. Derry. NWOC. NI Series 5. GR C 76 13.
17-18	***CELTIC CUP*** *& Welsh Championships, Merthyr Mawr, S. Wales. Ireland v Wales v Cornwall.*	
20	**BALLINCOLLIG**	Co. Cork. CorkO. IFL 4. Start 5.30-7.30. GR W 5971.

20	**HOLLYWOOD**	Co. Wicklow. CNOC. (& BBQ) 6-7 pm. GR N 94 06.
23-25	**SHAMROCK O-RINGEN**	Loo Bridge & Ballingeary areas, Kerry/Cork. Entries to B & M. Creedon, Mount Prospect, Douglas, Co. Cork. (021-361824). Form enclosed.
27	**GLENBOWER WOOD**	Killeagh, Co. Cork. CorkO. IFL5. Start 5.30-7.30. GR W 9977.

July

4	**WARRENSCOURT**	Kilmurry, Co. Cork. CorkO IFL6. 5.30-7.30 start. GR W 3867.
8-12	***Junior World Championships***	*Horsens, Denmark.*
9	**CASTLEFREKE**	Co. Cork. LeeO. 11-2.00 pm. Clonakilty Festival event. GR W332357.
11	**KILBRITTAIN**	Bandon, Co. Cork. CorkO. IFL 7. 5.30-8.00 pm. GR W 54 47.
18	**CURRAGH WOOD**	Midleton, Co. Cork. CorkO. IFL8. 5.30-8.00 pm. GR W 86 76.
25	**GARRETTSTOWN**	Ballinspittle, Co. Cork. CorkO. IFL9. 5.30-7.30 pm. GR W 58 44.
30	***STRATHSPEY 95***	*Scottish 6-Day, Kingussie (to August 5th). Clubs have entry forms.*

August

12-20	***WORLD ORIENTEERING CHAMPIONSHIPS***	*Lippe, Germany.*

September

3	**IRISH ORIENTEER TROPHY FINAL**	**Castle Bernard** Kinnitty, Co. Offaly. GR N 21 05.
9	**SLIEVE CROOB**	Ballynahinch, Co. Down. NI Series 6. LVO. GR J 32 47.
10	**HELLFIRE WOOD**	Rathfarnham, Co. Dublin. SET. Come & Try it.. GR O 12 22.
10	**MUNSTER CHAMPIONSHIPS**	Kilworth, Co. Cork. Southern Orienteers. Pre-entry.
16-17	***ANDERSONS MOURNES MOUNTAIN MARATHON***	
17	**CURRABINNY**	Carrigaline, Co. Cork. CorkO intro event. 11-2 pm. GR W 79 62.
17	**PHOENIX PARK**	Dublin. Come & Try it event. 3ROC. GR O 09 34.
23	**NI CHAMPIONSHIPS & Junior Home International, Burren,**	Co. Fermanagh. GR H 09 37.
24	**Junior Home International Relays,**	Necarne, Irvinestown, Co. Fermanagh. GR H 23 57.
24	**GLENBOWER WOOD**	Killeagh, Co. Cork. CorkO intro event 11-2 pm, GR W 99 77.
30	**NI RELAY CHAMPIONSHIPS**	Gosford, Markethill, Co. Armagh. LVO. GR H 97 40.
30	***Senior Home International***	*South Wales (Relays on October 1st.)*

October

1	**GLENDALOUGH**	Co. Wicklow. 3ROC. Leinster league. GR T 11 96.
1	**GARRETTSTOWN**	Ballinspittle, Co. Cork. CorkO. League 1. 11-2 pm. GR W 5844.
7	**CASTLEWELLAN**	Co. Down. LVO. NI Series 7. GR J 32 37.
7	***CompassSport Cup Final***	*Leicester area.*
10	**CURRABINNY**	Co. Cork. Schools intro closed event. CorkO.
14-15	***Veteran Home International***	*Aberdeen, Scotland.*
15	**CURRAGH WOOD**	Midleton, Co. Cork. CorkO. CL2. 11-2pm. GR W 86 76.
22	**BELFIELD**	Dublin. UCDO event.
22	**DROMILLIHY**	Roscarbery, Co. Cork. CorkO. CL3. 11-2 pm. GR W 25 38.
28	**BANAGHER**	Dungiven, Co. Derry. NI Series 8. NWOC. GR C 70 04.
30	**TRACTON**	Carrigaline, Co. Cork. LeeO. GR W 726567. (Monday)

KAL= Kerry Autumn League; CROCL= Connacht Regional O-Council League; KSL=Kerry Spring League; GS= Galtee Series; SS = Spring Series; SEL= South East League; LL= Leinster League; ML= Munster League; NI=Northern Ireland Series; IFL=inter-firm league; GR=Ordnance Survey grid reference (explained on all OS maps), cd=closing date for entries. If a 6-figure grid reference is given it is for the car park or assembly area. If a 4-figure reference is given it is simply to help you find the competition area and it means that the event organisers have not supplied the information on exact location.

24 hour fixtures information on 01-4569099