The Irish Orienteer

No. 74 July - August 1995 IR£1.50

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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 August 21st.

Cover: Frank Cunnane and Alan Gartside fly the flag at the 1994 Veteran World Cup in Scotland..

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Reports wanted for TIO 75: Connacht Champs, InterPro 95, Scottish 6-Day, WOC 95 etc. etc. etc!

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The Irish Orienteer

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MOL AN ÓIGE ...

The Irish proverb says "Mol an óige agus tiocfaidh sé" : praise the youth and they will come. Look at the World Championship Team: with one exception, all of the team were prominent junior orienteers in previous years. Six of them come from well-known orienteering families - see the names: Creagh, Higgins, Martindale, Morrish, Pinker, Rothery. James Logue and Steven Linton came up through an orienteering school in Limavady. Bill Edwards has served his time in the Junior ranks too.

Are we doing enough to ensure the future of the sport at the competitive and elite levels? Orienteering is an activity which should suit the school curriculum. There are many examples of how the skills it teaches can help with other activities or subjects from geography to natural history. Yet we rely on a small group of teachers to spend their spare time working with young orienteers to help them along. The Liam O'Briens, the Brendan Cryans, the Noel Bogles do tremendous work, but do they get much back up from mainstream orienteering? There are huge numbers of young people out there waiting to discover orienteering. Scout troops, schools, third level colleges could all be good sources of new blood for the sport (how about Dracul-O?). The mini-sports movement in Primary schools and the Community Games are opportunities for introducing orienteering to the young. We have to start on it now, not wait until there's such a huge gap in the orienteering population that it will take much longer for it to recover from the inevitable ageing process.

Another source of people is, of course, adults. How do they find out about orienteering? Perhaps through a radio programme or a newspaper article. Just think what a little press relations could do. Look at the most recent CompassSport and Orienteering World: Ann Savage, NIOA Press Officer, has been working away informing the existing O-population about orienteering in Northern Ireland. The media are always looking for a new angle, for something to fill a space. It just takes persistence to get your message across, but the IOA hasn't had a Public Relations Officer for several years - and it shows. Gone are the days of regular fixtures information, event reports, results and photographs in the national papers. How can we seriously expect to attract more people, more sponsors if we are such an invisible sport? Orienteering will never be anything other than a minority sport, but we can make it a successful minority sport. The slogan for transcendental meditation was that if just 10% of the population meditated, how society would improve. Just think of the improvement in society if just 10% of the population were orienteers ...

IRISH WOC TEAM SELECTED

The team to travel to the World Orienteering Championships in Germany in August is:

Men:
Bill Edwards (CorkO),
Steven Linton (NWOC),
James Logue (NWOC),
Marcus Pinker (CorkO),
Colm Rothery (AJAX).

Women:
Julie Cleary (3ROC),
Una Creagh (3ROC),
Eileen Loughman (CNOC),
Nuala Higgins (Former UCCO),
Eadaoin Morrish (LeeO).

For Colm, Marcus and Nuala this is their first WOC while for Eileen it's her eleventh in a row: this is a world record and unlikely ever to be beaten.

The Team Manager (administration) is Ronan Cleary and the Team Manager (Coaching) in Justin May.

There are various fund-raising schemes going on for the team: please support them.

WOC 95 TIMETABLE

The 1995 World Championships are at Lippe in Germany and the timetable for the WOC week is given below.

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. Daytin[illegible]mperatures 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.

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.

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.

WORLD C[illegible] IN DOUBT?

The most recent CompassSport reports that the International O-Federation has turned down the Irish and Welsh bids for World Cup events in 1998: the Irish becuse of the amount of travel and the Welsh becuse the area was used already (for this year's British Championships). Both BOF and IOA are expected to make strong appeals for the events to go ahead as initially suggested, although the Scots are under pressure because they are expected to run the World Championships in 1999, training camps before it and a World Cup event in 1998. The decision is expected to be taken at an IOF meeting at the World Champs in Germany in August.

IRELAND RETAIN CELTIC CUP

At the Welsh Championships on June 17/18 Ireland retained the Celtic Cup by 780.6 points to Wales's 714.9 and Cornwall's 663.2. The new scoring system calculated the average score for each team, thus allowing teams of different sizes to compete directly with one another. Calculations proved slow, particularly as the Welsh team consisted of 152 on Day 1, and the half time result took about two hours to compute. While this system has many advantages it perhaps penalises the "host" country which is likely to have a greater number of, shall we say, "less competitive" runners on the team.

This was the second running of the competition and the first time the Cornish took part. The two races were run at Merthyr Mawr, a magnificent area of vegetated sand dunes near Cardiff. Day 1 had very poor visibility early on (as at the Leinster Championships) and great care was required, but not always taken! At the half-way stage, a great meal on Saturday night, Ireland were in the lead with Wales second and Cornwall third. Ireland increased their lead from 24 points to 66 points on Day 2 in the blazing sunshine.

The non-arrival of entry forms and the fact that the event was only a week before the Shamrock O-Ringen combined to reduce the size of the Irish

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team to 15, a poor showing in comparison to the 40-odd Welsh who travelled here last year. Of the 15 who ran, only 6 actually travelled from Ireland, the other 9 being British-based. The IOA has agreed to promote the competition in future years so we hope to have a strong team wherever the event is to be held. The Irish and Welsh are so close to one another at Junior, Senior and Veteran Home International level that the Celtic Cup will always be a close-fought contest. Much praise is due to the Welsh O-Association for initiating the event and providing the trophy.

MARCUS MAPS

Marcus Pinker, Irish Champion and WOC team member, wants to thank all of you who supported his "identify the map" competition at the Connacht Champs and the Shamrock. The winners of the two clocks were Brian Corbett (for the Irish maps) and Colm O'Halloran (for the International section).
For the record, the correct solutions were: Irish - (i) Drumkeeregh/Slieve Croob, Co. Down (LVO), (ii) Sallybank, Co. Clare, (iii) Phoenix Park, Dublin, (iv) Gortin Glen, Co. Tyrone, (v) Tralee Town Park, Co. Kerry (the only Irish map not to get a correct answer), (vi) Springwell, Co. Derry, (vii) Three Rock Mountain, Co. Dublin, (viii) Lough Key Forest Park, Co, Roscommon, (ix) Glengarriff, Co. Cork.
International - (i)Australia, (ii) New Zealand, (iii) France, (iv) Britain, (v) USA, (vi) Switzerland, (vii) Israel, (viii) Spain, (ix) Norway, (x) Canada, (xi) Slovenia.
The money raised will help Marcus, a student of Mapping Science in Luton in England, to get to the Swedish O-Ringen Clinic and 5-Day event.

WET, WET, WET

The Lowe Alpine Comeragh Challenge was again subject to severe weather this year on the last weekend in May. Two years ago rivers in spate were very difficult to cross and led to long detours and many retirals. This year the same thing happened, with runners being washed away, low visibility making navigation tricky and an orienteering course tacked on to the day one marathon course to test navigation to the end.
Results: A course: Gerry Brady & Marcus Pinker 8.18, (2) Jim Brown & P[illegible]ndan Bolland 8.25, (3) Ciaran Young & Peter [illegible]ens 10.07; A course Veterans: Peter Gargan & Maurice O'Hara 10.40, (2) Fred Hamond & John sloan 11.33, (3) A. Gould & A. James 12.04;
B course: Kevin Grogan & Alan Young 8.14, (2) M. Braidley & T. Adamson 11.55; (3) P. Wilkinson & D. Gilthorpe 12.14; B course Mixed: M. Stone & D. Thompson 9.05, (2) Sheila Browne & John Muckian 11.36, (3) B. McEntaggart & S. Johnson 14.24; B course Military Class: J. Maguire & J. Donoghue 9.11, (2) Cathal Cregg & Kieran O'Brien 10.15, (3) D. Enright & M. Prendergast 10.40; B course Veterans: Paddy O'Brien & Eddie Gaffney 10.10, (2) Joe lalor & B. Byrne 14.39; B course Ladies: Deirdre Creedon & Toni O'Donovan 13.19, (2) Jacquie Horan & Ann-Marie McKenna 16.49.

JULIE ON BOF

Congratulations to Julie Cleary on winning her first Senior Irish title at IOC 95, on being selected for the Irish WOC 95 team and on her election as a Councillor to the British O-Federation. Julie is a former IOA Secretary and is currently the membership secretary of London O-Klubb. Orienteering runs in her family, though - her father, Frank Martindale, is a former IOA Chairman and founder of Tipperary Orienteers. Julie's husband, Ronan is an ex IOA Treasurer, currently LOK Treasurer and is the Irish Team Manager for WOC 95.

WC 98

The plans for the 1998 World Cup series are becoming clearer. A classic (i.e. full distance) race in West Cork/Kerry one weekend with either the relays or a short distance race at Newborough on Anglesea during the week. Newborough was used for the British Championships back in March and is an outstanding area of forested sand dunes only about 15 miles from Holyhead. The other events will be a Classic race in Scotland a week after the Irish competition and another event (soort distance or relay) in England during the week.
There'll be a meeting at the Shamrock to talk about any ideas you may have. If you can't make it, you can still make suggestions by contacting Bernard Creedon (021-361824). Bernard hopes to be in Germany for a few days during the World Championships in August to help promote the Irish event. (This was typed before the more recent information above).

PLANNING AHEAD

Next year (August 4-10) there's another Welsh 6-Day, Croeso 96, in case you're already planning your holidays, while the 1998 JK will be in South Wales. Speaking of the JK, there are two alternatives to the competition in Yorkshire next Easter: at home there should be another Ballyhoura 3-Day while for the over-35's there's the Veteran World Cup in Spain. Mmmm ...

TRAIL-O NEWS

The European and British Trail Orienteering Championships will be on September 2/3 at Windsor Great Park and at Burnham Beeches, west of London. Thre will be A and B, Junior and Novice courses and a separate class for mentally disabled entrants. Trail-O is being promoted by the IOF to allow disabled people to experience the mental challenge which orienteering presents: courses are almost entirely on paths and competitors are required to identify control points visible from the path. At each decision point there may be five or six controls visible and you have to decide which one corresponds to the circle marked on your map.
If you are interested in participating, or know anyone who might be, the organiser is Kay Denny, 59 Keith Grove, London W12 9EY (Phone 0044-181-743-2533). Closing date August 1st.

SHI 95

The 1995 Senior Home International will be combined with BOF National Event 5 at Mynydd Llangynidr, near Merthyr Tydfil in South Wales, about 25 miles north of Cardiff. Entry to NE5 closes on September 8th. Entries to Peter Colbert, 2 Sunningdale Close, Cyncoed, Cardiff CF2 6HP (Phone 0044-1222-754729). (STG£7.50/3.50). No EOD.
There's a score event next day (Relays for the SHI), entry fees STG£3.50/1.50., same address and closing date.

YOU ARE ENTITLED

If you are a member of an IOA-affiliated orienteering club you are entitled to get a reduced entry fee at all events (other than pre-entry events) run by IOA clubs. It's that simple. You may have to produce a membership card or some kind of proof, but that's a small price to pay for a saving of maybe £25 a year on your orienteering.
Remember to ask for your reduction if it's not obvious - event organisers pretend not to know that since 1989 they are obliged to give it to you. Write to TIO with your experiences ...

ODDS and ENDS and ODDS ...

* Richard Wilson, editor of Y Ddraig, the Welsh O-newsletter, summed up some of the sentiments I expressed in the last TIO rather nicely: "... most O enthusiasts are too busy polishing the leaves and picking the fruits; too few are bothering to feed or water the roots - is it any surprise that the plant is showing signs of shrivelling up?"
* If you missed the Comeragh Mountain Marathon in May, Lowe Alpine are sponsoring another Mountain Marathon, this one on the Isle of Mull in Scotland on September 2/3, planned by Martin Bagness. Details drom Lowe Alpine MM, Debbie Thompson, 4 Rose Cottage, Stockton, Fordingbridge, Hampshire SP6 2HQ, England (Phone 0044-1425-652496).
* Long-time subscribers to CompassSport might like to know that binders are again available for the magazine. They cost STG£6.25 each, including p & p, from CompassSport Book Dept., 37 Sandycoombe Rd., Twickenham, Middlesex TW1 2LR, England. You can pay by credit card and can order by phone (0044-181-892-9429).
* On yer bike: Orienteer and mountain biker Justin May (3ROC) has joined bikers Howard Williams and Gordon Wallace in a Trailquest (mountain bike orienteering) team sponsored by The Bike Factory, a Liverpool bike shop. Justin has persuaded Howard and Gordon to take up orienteering to improve their navigation. (Justin, winner of the solo men's class in last years UK Trailquest series, wrote about MB-O in the last TIO).
* 20 years ago ... Ken Broad, in one of his ever entertaining dives into the archives of "The Orienteer", recalls in the April/May CompassS-

port how in 1975 one junior orienteer was searching for a control on "the south east side of a corpse", how CompassRose (remember them?) O-shoes had been increased by a whopping 21% to £6.30 and recalls a pre-IOF pictorial control description in Switzerland called "the ramification of the oozes", while crags in Norway were only mapped if they were considered dangerous enough to render one's remains completely unidentifiable after a fall. Ah, happy days!

* Triathlete and GEN member Herbie Inglis has departed these shores, heading for Detroit with his American wife, Judy. There's plenty of orienteering in the mid-west, though.

* UCDO plan to run a series of evening seminars on orienteering techniques and related matters, starting in the autumn. The sessions will run in UCD, Belfield, for several weeks, the same evening each week, and will be open to all. More details later.

* Padraig Higgins (PXN) was the winner of this year's All Army Championships, staged over two days at Aherlow Forest and Knockanaffrin. Denis Reidy (AJAX) was runner up and Pat Healy, (CNOC) third.

* Look out for Scout Leagues and Inter-Firm Leagues in Leinster from September, plus the Leinster orienteering information sheet going out to subscribers to Irish Runner and Walking World Ireland in late Summer. Let's try to get things moving again!

* The Ordnance Survey's promise of new 1:50,000 scale maps this year includes sheets 50 (Dublin) and 62 (South Wicklow), two welcome additions.

* This year there was no Irish team at CISM, the World Military O-Championships in Finland. This is the first time since Irish participation in CISM started that a team has failed to travel, having gone as far as Brazil in previous years and having hosted CISM here in 1987. The reason, apparently, was that all available funds were being put into a major military sports competition (without orienteering) in Italy to mark the end of the Second World War.

* There was no Irish team at the Junior World Championships in Denmark, either: none of thesquad was too pushed about going. Equally, the Future Champions Cup unlikely to have any Irish competitors this year but next year things should be more organised.

SOUTH LEINSTER WAY

Mapper and orienteer Barry Dalby, in the guise of EastWest Mapping, has published a new map and guide to the South Leinster Way, the southern continuation of the Wicklow Way. Barry has also re-issued his excellent Wicklow Way map guide, updated to March 1995, a companion volume to the new map. The South Leinster Way map guide follows the 102 km Way from Kildavin in Co. Carlow to Carrick on Suir in Co. Tipperary, with a special 1:50,000 scale map and a 32 page guide book with details of history, wildlife, placenames and accommodation, to follow along the route. The guide book is actually something you could sit down and read even if you had no intention of going outdoors at all. As with the Wicklow Way guide, the maps are very clear, with the route overprinted in red, and are broken into strips corresponding to the different sections of the walk, so you never need to open up a big sheet and comes with a handy plastic map case. The map includes a diversion along the Brandon Way from Graiguenamanagh as an extra excursion.

Barry plans to publish a Munster Way map guide for the 70 km continuation from Carrick to Clogheen later this year. Another guide, to the 94 km St. Declan's Way from Ardmore, Co. Waterford, to Cashel, Co. Tipperary, is also available at £4.25.

The Wicklow and South Leinster Map Guides are £5.00 each and can be got in outdoor shops or from EastWest Mapping, Ballyredmond, Clonegal, Enniscorthy, Co. Wexford (Phone/Fax 054-77835).

KERRY PLANS

Events planned for Kerry for the rest of the year are

Sept. 17	Cappanalea, Killorglin (Kingdom League 1)
24	Ross Castle, Killarney (local event)
Oct 8	Inch sand dunes, Annascaul (KL2)
15	Kilderry Wood, Milltown (LE)
29	Banna sand dunes (KL3)
Nov 4	Muckross, Killarney (Night event - Saturday)
19	Rossbeigh sand dunes (KL4)
Dec 10	Muckross, Killarney (KL5)

These events will appear in the official list when they have been registered. Five colour-coded courses will be available at each event. Keeping to the same colour and completing four events is necessary for the League. There will be prizes for the winners of each colour course. A compass was found after the last Banna event. It could be one of the prizes for the Kingdom League unless ... Further details from Rory Costello (066-25532).

AFAS THINK TANK

The Association for Adventure Sports has set up a Review Group to undertake a major review of the role of AFAS in the light of the current state of development of adventure sports in Ireland and other countries and the roles which the national sporting bodies are now playing. The Review Group will examine what training role AFAS should have, the role of Tiglin in relation to this and the general financing and financial management of the organisation. Arising from the review the group will propose a development strategy for AFAS.

The Review Group has a brief to consult widely. If any readers of *The Irish Orienteer* have views, feelings or opinions on the future development of AFAS and of Adventure Sports in Ireland, you are encouraged to get in touch with: AFAS review Group, c/o AFAS Office, House of Sport, Longmile Road, Dublin 12.

MINI-SPORTS

The IOA has recently affiliated to the Irish Mini-Sports Association which caters for childrens' sports, particularly at primary school level. The IOA has been involved in an unofficial way for a good many years with the Mini-Sports Festival at St. Patrick's teacher training colege in Drumcondra in Dublin, demonstrating basic orienteering to about 3000 children over the years. Who knows, they may be the stars of the future?

The Mini-Sports Association has written to thank the members of FIN, 3ROC, GEN and SET who generously gave up their free time to run the course this year.

TECHN-O CORNER

A new computer program for producing international control description symbols has been developed in Finland. It is a Windows-based program available in English (and Swedish and Finnish) called WinControl. One feature of the program is that you can include the pin punch pattern associated with a control for control card checking. Once a control description is composed it can be used on a number of courses without having to modify it.

To run the program they recommend a 386SX with 2 meg of RAM and a VGA display running Windows 3.1 or later. The program costs US$150 from Janne Tarkiainen, Suvikuja 3 E 42, 02120 ESPOO, Finland (Phone 00-358-0452-3889).

VHI 95

This year's Veteran Home International is in the Aberdeen area. The individual event is at Glen Dye (GR NO 662 911) on Saturday October 14th and the relay (team score event?) is at Ballogie (GR NO 605 973) on Sunday 15th. Individuals can enter the events too: closing date is September 24th. Send entries to Rebecca Johnson, 72a Forest Road, Aberdeen AB2 4BL, Scotland. Fees are STG£7.00 (students £4, Juniors £3.50). Use the standard entry form and nclose 2 9"x6" SAE's. Cheques payable to Grampian Orienteers. Enquiries: 0044-1224-326418. Team score event is entry on day only. Enquiries to Evelyn Hall (0044-13398-86685).

READING MATTERS

Subscriptions to CompassSport, Orienteering World and the Scientific Journal of Orienteering are available through *The Irish Orienteer*. Annual subscriptions are - C/Sp: IR£16 (IR£33 for two years), O/W: IR£13.50 and Sci. J. O. - IR£7.50. CompassSport can also be obtained directly from the publishers - this is quicker and less hassle - just send your Visa/Access credit card details to them. Note that this applies only to credit cards, not cheques or cash.

Addresses: TIO, 9 Arran Road, Dublin 9; CompassSport Subscriptions, 25 The Hermitage, Eliot Hill, London SE13 7EH.

This year the Sci. J. O. was published only once, as a double issue. Normally it's published every six months or so.

STILL A BARGAIN

Looking at prices of subscriptions to national O-magazines listed in CompassSport, TIO comes out significantly cheaper: Orienteering North America heads the list at £36, then The Australian Orienteer at £19.50, Orienteering New Zealand at £16, Orienteering World at £13.50 and TIO at £7.50. Obviously, postage has a major influence on cost: O/NA costs about half that by surface mail but it takes about three months to arrive. TIO recently got a subscription from South Korea, the furthest one so far.

GARDA O-CHAMPS

Kevin Grogan (CNOC) won the senior men's course comfortably at the Garda O-Championships in Dublin's Phoenix Park at the end of May, running the 8.7 km course in 52.47, with D. Rafter 2nd (84.49) and Keith Goff 3rd (86.01). The 6 km Senior Women's course was won by Frances Merrick (46.29) with Debbie Kyne second and Eileen O'Sullivan 3rd. The 6 km Novice men's course was won by J. Kennedy (34.43) and the 3.8 km Novice Women by Edel Cahill in 36.40.

The departure of Connie Lynch from the Garda College at Templemore has reduced the number of staff committed to orienteering but maybe it will lead to more activity in the Macroom area!

MORE THAN RESULTS

Generally speaking there is an understanding that results of orienteering events will be published so that competitors can see how they did. In Leinster this normally happens in TIO. There are more and more people relying on TIO for results, particularly those doing an orienteering leadership course or other outdoor education courses, and they need these results for their log books, to show that they have been active in their chosen sport.

The Editor gets heart-rending letters from people through the year, imploring him to send results of this event or that to the person for their continuous assessment work, but he has to decline. Why? Because the results were never published. The advice is to contact the club secretary concerned, but how effective is that?

So, a plea to event organisers: even if you don't publish your event results in TIO, please make them available to your club secretary and to anyone at the event who asks to be sent a copy. Events which spring to mind as never published include the Mullaghmeen anniversary event, Corkagh Park last January, Sugarloaf in May '94. I know there are others.

As a club member and competitor I reckon my entry fee entitles me to certain things: a reasonable event (appropriate courses, controls in the right place etc.), a map, a drink at the finish, published results and a reduced rate of entry fee to all entry on the day events. Is that unreasonable?

ORIGINS OF ORIENTEERING

Although there have been many contributions to this discussion, all have been well wide of the mark - the etymological equivalents of 180 degree errors.

"Orienteer" is of French origin and derives from the mediaeval custom, widely practised in the Languedoc region, of holding naked races in the woods. These races had their origin in pre-Christian times, although they were sanctioned (among other heresies) by the local Christians of the era as a form of self-flagellation in penence for the participants' sins. Runners would be led into the brambles and bogs, a practice which survives in modern orienteering, in order to increase their suffering and hence their chances of achieving a state of grace.

The name derives from the standard reply to the newcomer to this activity, who asked what to wear. It was "Oh, rien attirer!". The participants were, of course, known as "rien attireurs".

Dexter Palmer, Yalanga Orienteers, Australia (from "SCORE").

LATE AGAIN!

Apologies for the late appearance of this TIO. The situation is likely to deteriorate further over the next few months, too, unless someone invents a 30 hour day or a 10 day week. I just don't have the time available for orienteering activities any more.

A young baby in the house and a second one due do tend to interfere with other interests, as many of you will have discovered. I hope it won't come to having to give up editing TIO, but who knows?

- John McCullough.

VETERAN WORLD CUP 1996

Murcia, Spain. 7th to 12th April 1996.

Advance information Bulletin 2

Murcia is the driest place in Europe, with an average of 320 sunny days per year. In April, the average temperature is 20°.

Based on ptas.192 per IR£1, the entry fee is IR£41.70 until 31st October. After that, it goes to IR£52.10 until 31st December, then to IR£62.50 to 20th February, when entries close. Accommodation (4 grades of hotel, flats, camping, or floor space) is reasonable. Sample hotel costs are:-

per night	B & B	Half board
4* Hotel	IR£27.60	IR£38.00
1* Hotel	IR£17.20	IR£24.50

Flats, depending mainly on the numbers sharing vary from IR£7.95 (2 sharing) to IR£3.30 (7 sharing) per person per night, but there is a minimum stay of 7 nights.

The informal dinner after the opening ceremony costs IR£10.40, and the formal dinner after the closing ceremony costs IR£20.80. Both of these are optional.

It is recommended that cars are not brought to events, as vehicle access to most of the event areas is restricted. There will be a continuous shuttle bus service to the various happenings (the opening ceremony, the model event, the 2 qualifying events, and the final event) and back to the event centre. A bus pass for all trips costs IR£15.60.

The Spring Festival which takes place on the same week will not clash, as most of its events are held in the evenings. So after the morning orienteering and the necessary siesta, you will be able to enjoy the parades and other festivities at night.

For copies of the accommodation booking form, the entry form, and the full details, send me a SAE (at least 8½ by 6 inches) and 50p to cover photocopying.

Is there anyone out there who will organise a group from Ireland?

Frank Cunnane

Coaching Corner

By Frank Ryan

I wish to take this opportunity to inform orienteers that I have taken on the mantle of IOA Coaching Officer for the coming year. I have been attending the Tutor Training Course in the National Coaching and Training Centre, University of Limerick for the past couple of months representing the Irish Orienteering Association and it is my intention with the approval of the IOA to have a Coaching Scheme in place early next year.

At present I am studying the British Orienteering Federation Scheme in conjunction with the requirements of the National Coaching and Training Centre to bring Ireland into line with the rest of Europe and it is likely we will adopt the BOF scheme modified to suit Irish conditions. This is a four level scheme beginning with an introductory course. Level 1 Instructor Award, level 2 Club Coach, level 3 Regional Coach and level 4 Senior Coach.

As the scheme comes into place it is expected existing coaches will be assimiliated into the scheme at the appropriate level. Courses will be organised over the coming months for existing coaches to update their knowledge and I also hope to arrange coaching courses for orienteers to help them to improve their skills, techniques and fitness.

I would appreciate any constructive help and suggestions as my ideas on the introduction of a new coaching scheme may not be the best. Feel free to write to me at the following address with any ideas you may have: Frank Ryan, St. Mary's, Ballinfoyle, Galway.

Now as I conclude, I leave you with one coaching principle: make sure to set your goals, both long and short term if you want to improve your orienteering and you want to have success.

THE BLACK LAKES (1)

Brief prayers uttered at the start line; sunshine; intimidating looking terrain: this was the Irish Championships at Loo Bridge, Co. Kerry at the end of April. Perhaps they weren't exactly prayers: when competitors saw the map (the size, the absence of man-made features, the length of the first leg) a variety of exclamations chorused from the start boxes before the runners went over the top.

Cork Orienteers did a great job runnng this year's Irish Champs, having taken on the event at relatively short notice and having had to move it to a totally new area at even shorter notice. The terrain was magnificent, the courses challenging (though it must have been a very difficult area to plan on for juniors) and the atmosphere all a Championships should be.

In the men's Elite class Marcus Pinker (CorkO), the local lad, realised his potential, running a very competent race to finish 4 minutes clear of the older opposition in terrain in which he obviously feels at home, finishing the 12.2 km/430 m course in 94.48. In the women's Elite, 3ROC's Julie Cleary finished fastest overall, taking her first senior Irish title.

The large map, at 1:10,000 scale, showed the detail well, although mapper and planner Bernard Creedon did admit beforehand that it was somewhat undermapped. Doubtless a few more weeks of surveying would have improved things further, but time is a luxury usually lacking in mapping for a specific event. Bernard did an outstanding job, singlehandedly surveying and drawing the two maps for the event (OK, there was an overlap of about two-thirds) but it was still a hige undertaking.

In the relays, across the road at Carrigawaddra, CorkO (Corbett, Pinker, Edwards) took the men's title and 3ROC (Creagh, Nowlan, Cleary) held onto the Women's, for the eighth year.

All in all, a very successful Irish Championships though financially I gather that it ran at a loss. Entry numbers were not as high as might be expected, which is surprising given the quality of the terrain and the experience and reputation of Cork Orienteers for organising well [illegible] and challenging events, though 20 Irish clubs were represented.

Results

M21E

1	Marcus Pinker	CorkO	94.48
2	James Logue	NWOC	99.03
3	Dave Godfree	EUOC	101.35

W21E

1	Julie Cleary	3ROC	91.11
2	Karen Staudte	3ROC	91.31
3	Eileen Loughman	CNOC	98.23

M10A	Thomas Cotter	BOC
M12A	David Healy	GEN
M14A	Alan Barry	CorkO
M16A	Shane Lynch	WHO
M18A	Timothy Tottenham	3ROC
M20A	Patrick Feehan	BVOC
M21L	Andrew Pim	WATO
M35L	Pat Spillane	CNOC
M40L	Denis Reidy	AJAX
M45L	J.J. Cotter	BOC
M50L	Nigel Campbell-Crawford	3ROC
M55L	Maxwell Reed	FermO
M60L	Andrew Bonar Law	GEN
M65L	Fred Calnan	CorkO
W10A	D. Bell	GEN
W12A	Niamh Morrissey	CorkO
W14A	Denise Healy	CNOC
W16A	Clare O'Connor	CorkO
W18A	Toni O'Donovan	CorkO
W20A	Ailbhe Creedon	CorkO
W21L	Liisa Honkasaari	WATO
W35L	Mary Curran	CorkO
W40L	Ruth Lynam	CNOC
W45L	Monica Nowlan	3ROC
W50L	Trina Cleary	3ROC
W55L	Diana Large	GEN
W60L	Faith White	SET
W65L	Marie O'Sullivan	LeeO

Other classes:

M14B	Padraig Finnegan	BOC
M16B	Jason Masterson	WHO
M21S	Martin Flynn	CorkO
M21N	Andrew Quinn	3ROC

M40S	George Taylor	PXN
W14B	Laura Cotter	BOC
W21S	Brid Higgins	LeeO
W21N	Elvina Rothwell	WHO
W40S	Audrey Lawrence	WHO

Relays:

W14-: BOC (L. Cotter/S. Lucey/ M.McCarthy)
Op 14-: CorkO (D. Burke/A.Barry/A.Austin)
W18-: CorkO (C.O'Connor, T.O'Donovan, M.O'Connor)
Op 18-: AJAX (A.deLacy/W.McDonald/ L. O'Hara)

Premier:
1 CorkO (B. Corbett/ M. Pinker/ B. Edwards)
2 NWOC (J. Logue/ C. Reid/ S. Linton)
3 Former UCCO (J. Casey/ R. Morrish/ C.O'Halloran)

W Open:
1 3ROC (U. Creagh/ M. Nowlan/ J. Cleary)
2 LeeO (C. Nuttall/ B. Higgins/ E. Morrish)
3 CorkO (D. Cunnane/ F. Pinker/ M. ni Choitir)

W40+: 3ROC (T. Cleary/ A. Tottenham/ M.Walsh)
Op 40+: AJAX (P. Gargan/ P. Kernan/ D. Reidy)
Op 50+: LVO (A. Gartside/ E. Wilson/ R. McCourt)
Ad Hoc Club: FermO (R. Finlay/ M. Reed/ B. Reed)
Ad Hoc Mixed (P. Smyth/ T. Joyce/ M. Sheehan)

A score event run next day at Ros an Chru na Lua, next door, was won by Brian Corbett.

As usual, a look through the results for any anomalies, points of interest or what have you:

Cork O had the largest number of entries (58) and took 30 prizes. The most efficient prize-gathering machine was new club Bishopstown OC with 18 prizes for 17 runners. In the Championship classes the closest finish was in W10A where D. Bell had only 14 seconds to spare over Kate O'Hara (in M14B there was only one second between Padraig Finnegan and Kieran Garland). The "easiest" win was in W65L where Marie O'Sullivan was the only competitor.

Winning times were generally longer than planned, with only a handful of juniors (particularly in the B classes) and the top twelve M21E's beating the 10 min/km benchmark. The fastest winner's speed recorded was Marcus Pinker's 7.7 min/km, the slowest was in excess of 30 mins/km.

Next year's Irish Championships are in Connacht: could it be that Portumna might be used for a relay?

Shamrock O-Ringen

RETURN TO THE BLACK LAKES

What is so special about the Shamrock O-Ringen? Is it the friendly and flexible approach of the organisers? The spectacular scenery? The quality of the orienteering? The unique terrain and unspoilt countryside of south-west Ireland? Or is it all of these, and more, which attracts competitors from Sweden, Norway, Switzerland, Australia and Britain? Certainly, to listen to these visitors, it is a special event: many come back from year to year, while for other lucky orienteers they have just discovered it.

Where else can you run in such spectacular surroundings at tea-time on a Friday evening, the deserted uplands stretching away in seas of billowing grass? Where else would you have your start time changed with such good grace if you arrive late (or if you want to run early in order to see the Rugby World Cup final on Saturday)? Where else would the organisers provide a new control card at the start on top of a mountain, a gruelling 2km from the car, when a hapless competitor forgets his? At the Shamrock O-Ringen, of course.

I have a confession to make: I enjoy orienteering in sunshine, in complex terrain, on good maps. Maybe that's why I like running at the Shamrock. But once again, the organisers ars: Where are all the Irish orienteers? A glance at the start list reveals that, out of almost 400 there was a 50:50 split between Irish and foreign orienteers.

The Friday evening race started at Eskagappul which Bernard Creedon explained was the marsh of the horses, a ravine over which Finn McCool

used to oblige his horses to jump. The survivors made it. The courses were about two-thirds the distance of the other days but many competitors made fatal mistakes from which they were not to recover, no matter how well they ran for the rest of the weekend, although Colm Rothery came close in M21E, pulling up from 11th on Friday to 3rd overall. Brian Corbett was fastest on the night, and Liz Campbell (Wales's answer to Eileen Loughman) in W21 Elite.

Saturday's race had an extra edge to it: it was being used as a head-to-head race to fill the remaining places on the Irish World Championships team. For the men, four contenders for two places, for the women, two contenders for a single place. A stiff climb to the start, weaving up through the forest to the edge of the open (but it's always good to see a high start: it's that much less climb on the course). In the Elite classes Colm Rothery won the men's race, securing his place at WOC in Germany, with Bill Edwards almost 2 minutes down and Steven Linton finishing 4th to book his seat to Germany. Liz Campbell again finished ahead of the Swedish pair, Karolina Arewang and Britta Backlund, to have a 6 minute cushion going into Sunday's chasing start at Inchigeela. Fastest of the locals was Eadaoin Morrish, securing the final place on the Irish WOC team.

Day 3, Bear na Gaoithe, Inchigeela. More sunshine. Similar terrain but less height gain (just lots of little ups and downs): parallel ridges set to confuse - great stuff! Liz Cambbell finished 4th on the day but still hung onto her overall lead; Bill Edwards pulled up to win the M21Elite (Marcus Pinker sportingly declaring himself as non-competitive as he mapped the place). The run-in down the road and into the football field/campsite is becoming a feature, and a welcome one: how nice to finish in the village, to sit around in the sun and reminisce, to re-hydrate at leisure ...

Still, the question asked by the organisers every year at the prizegiving is: "Where are all the Irish orienteers?"

BALLYHOURA THREE-DAY 1995

The Ballyhoura 3-Day took place at Easter in the Ballyhoura Mountains with the event centre in the lovely village of Kilfinnane. The event proved to be a great success despite being held in competition with the JK in England and despite a relatively poor turnout by many clubs. Thomastown forest, within walking distance of Kilfinnane, was the venue for Day 1, a steep, tough forest with some rough mountainside. Unfortunately some felling took place just prior to the race date but did not affect route choice unduly.

Day 2 was in another tough forest, Glenanaar, but differed dramatically from Thomastown - it was relatively flat save for a steep valley in the northern part. The map was unusual in that it was almost entirely green with a lot of point detail in the form of pits and ponds. Despite the green texture the area was a pleasure to run through, requiring precise navigation with interesting route choice problems. This area will undoubtedly have much to offer in the future as it matures and hopefully in places reveals more features.

Day 3 was back to Thomastown and here Seán Cotter planned amazing courses over just a small section of the map, bringing us back and forward, up and down over the most exciting areas with the inevitable result of sapping our energies. This proved to be the hardest day, especially when everybody was beginning to tire.

Overall this was an exceptional three days of good orienteering, new maps and enjoyable fun certainly enjoyed by all. It was a great pity that more competitors did not support it as in the future if these difficulties can be resolved which they must in order to allow this great sport to prosper then it could rival the JK as a more economical alternative for Irish runners.

Padraig Higgins (Midland Navigators) PXN.

Ballyhoura 3-Day Orienteering Festival Prizewinners:

A course M21L P. Higgins (PXN), 2 G. Brady (CorkO), 3 J. Muckian (CorkO); B course M40 D. Reidy (AJAX), 2 K. [illegible]onald (AJAX); M35 T. Lucey (BOC); C course M18 A.de Lacy (AJAX), 2 W.McDonald (AJAX); W35 J. Watt (GEN), M50 B. Doherty, M21S T. Condon (PXN), 2 L. Hunt (KO), M45 M.O'Hara (AJAX), M16 L.O'Hara (AJAX); D course W21S B. O'Farrell (KO), W40 A-M. Lucey (BOC), W45 V. Deprez (BOC); E course M14 J.Lucey (BOC), 2 P.O'Hara (AJAX), 3 W. Thompson (BOC); F course W12 S.Lucey (BOC), 2 M. Lucey (BOC), W21N P.Lucey-Butler (Lewes), 2 D. Murray (BOC).

Padraig Higgins (PXN).

Leinster Championships

DAY INTO NIGHT

A unique experience: the Leinster Championships on Carlingford Mountain on May 21st. Carlingford, we are learning, has its own rules where climate is concerned: snow for the Irish Champs in May 1993, impenetrable mist for the Leinsters two years later. Never before have so many failed to finish: the longer courses which crossed the mountain suffered the most, with 44 finishers and 82 non-finishers.

Early starters had whatever advantage was going: the mist was on the mountain top, but it started to descend and thicken, accompanied by rain and wind, as the morning progressed. Cagoules became recommended, then compulsory. Competitors started to return to the finish in various states of bedragglement and from as far away as Carlingford village.

To finish a course on such a day deserved an accolade. To win you had to be persistent and competent, but also lucky: to miss a control by 5 metres meant you didn't see it; to relocate was costly in terme of time and effort, in some areas it was impossible. It was night-O in the daytime.

Colm Rothery won the M21E course and Emma Glanville the W21E, and times were, naturally, slow. A smaller than expected turnout surprised and disappointed the organisers, Three Rock OC, and left planners Harold White and Brian Hollinshead with a set of courses which could almost be used again, on a clear day.

Results:

M21E	10.6 km/ 575 m		
1	Colm Rothery	AJAX	92.23
2	Steven Linton	NWOC	105.07
3	John Casey	FUCCO	119.26
W21E	7.63/ 360 m		
1	Emma Glanville	3ROC	143.38
2	Eileen Loughman	CNOC	168.16
M12A	David Healy	GEN	
M14A	Darren Burke*	CorkO	
2	Conal Walsh	3ROC	
M16A	Gerard Butler	3ROC	
M18A	Tim Tottenham	3ROC	
M20L	Patrick Feehan*	BVOC	
M40L	John McCullough	3ROC	
M45L	Colin Henderson*	LVO	
2	Paddy O'Brien	AJAX	
M50L	Alan Gartside*	LVO	
4	Brendan Doherty	GEN	
M55L	Paget McCormack	GEN	
M60L	Jim Barrett	CNOC	
M65L	Fred Calnan*	CorkO	
2	Sean Rothery	3ROC	
W12A	Niamh O'Boyle	CNOC	
W14A	AislinnAustin*	CorkO	
4	Louise Austin	WHO	
W16A	Sheila Feehan*	BVOC	
3	Susan Healy	GEN	
W20L	Toni O'Donovan*	CorkO	
W40L	Ruth Lynam	CNOC	
W45L	Teresa Finlay*	FermO	
2	Monica Nowlan	3ROC	
W50L	Clare Nuttall*	LeeO	
W55L	Diana Large	GEN	
W60L	Jean Mullen	3ROC	
W65L	Máirín Morrish*	LeeO	

* An asterisk indicates a class winner from outside Leinster. If no Leinster competitors are listed underneath it means that either there were no other finishers at all or none from Leinster.

IOA NOTES

SILVA AND MACTIRE TROPHIES

If you have held either of these awards and have details of when it was, please get in touch with the Editor, John McCullough. There are a few gaps in the records which the IOA wants to fill in.

IOA PRINTS

The IOA has funded the production of sheets with map symbols on one side and an explanation of the IOF control description on the other. They are enclosed with this issue of TIO and are available in bulk to clubs to give out to beginners or anyone interested.

IOA also recently printed a booklet on basic orienteering, containing the information previously presented in poster format. These booklets are also available from clubs and would make an ideal introduction for schools or youth groups. The posters are still available, by the way, from AFAS at the House of Sport.

SWEDEN 95

Marcus Pinker (CorkO) has been chosen to attend the Swedish 5-Day and the associated clinic run by the O-Ringen, a group of Swedish Elite orienteers. Marcus, who recently took his first Irish Champi-onship[title in M21E, will attend the Elite clinic with orienteers from all over the world, benefiting from top class instruction and hours of training with members of Swedish World Championships teams and other top orienteers.

If you are interested in attending the 1996 O-Ringen clinic and 5-Day, write to IOA early in the new year. There are grants available towards the cost of the trip. Generally there are two parallel clinics - an Elite and a Development clinic.

MAPS PLEASE

Very few clubs have responded to IOA Mapping Officer, John Walshe's, request for copies of current and old o-maps. These are required for IOA's records, for promotion of orienteering and for the map library at Trinity College. Please send John a few copies of all your club's current maps and copies of maps as they are produced in the future. They can be given to any IOA committee member or Regional Chairmen or sent to John at Monymore East, Oranmore, Co. Galway.

PRO WANTED

The IOA still needs a Public Relations Officer. This is an important job, making sure that the media know about orienteering, that fixtures are results are published and so on. It is felt that the ideal candidate will be in the Dublin area. Surely, out of a populaton of almost a million, there is one who is an orienteer prepared to take this on? Contact Leinster Chariman, Peter Gargan (01-4946056).

JWOC 95

No serious interest was expressed by Irish juniors so there will be no team travelling to the 1995 Junior World Cup in Denmark. Equally, Irish participation in the Future Champions Cup this year is unlikely because several of those selected didn't know about it and the date clashes with the Shamrock O-Ringen.

The next IOA meeting will be at Kinnitty, Co.Offaly on 3rd September, after the 25th Anniversary Event & TIO Trophy.

Please support the fund-raising efforts for the Irish team for the World Championships in Germany. The team members put a lot of time, effort and money into their sport and get little financial support from official sources. The World Championships will cost them about £1,000 each, so they would appreciate any help we can give them.

JK - 95

Justin May reports:

The JK is usually popular with the home contingent, this year they were largely conspicuous by being just that, and staying at home, perhaps deterred by the unpleasant reputation of Yorkshire forests (Quite Irish really!) or maybe enticed away to the warmer climes and wooded dunes of the "3 Jours du Sud Ouest" near Bordeaux in France - but then, who could blame them for that?

Chalk & Cheese

Harrogate played host to the event centre though the competitions were held a fair distance away and, like chalk and cheese, the two individual days were quite different in character.

If day 1 in Wass forest to the east was the cheese, it turned out to be not such a bad tasting one after all. Described by a smartly produced map, it lay on the southern edge of the Yorkshire moors and was certainly no worse than last year's JK forests near Hereford.

Courses were short, suggesting that a bad experience lay ahad but the planners must have underestimated us, as winning times were generally lower than might have been expected.

Dominated by a large, relatively featureless plateau to the north, intersected by numerous tracks, which held the first few controls before a long leg (well, it was a long leg before I saw the IOC courses!) across fields dropped us into a succession of steep-sided valleys that skirted the southern edge of the plateau. The courses worked their way around these valleys before a cruel climb through the last two controls led to the finish.

The Results?

Best result of the day was Una Creagh's 4th place in W21E amongst all the top British women with a few good foreigners adding spice to the field.

As for me, well, if I hadn't lost about 3 minutes with two mistakes towards the end I would have been 3rd but at the end of the day I had to settle for 6th, running 61.27 for 8.2 km.

As ever, M35L is a hot class, as rejuvenated M21's burst back into life with renewed enthusiasm. This year's big name arrival in the class was Martin Bagness (a member of Britain's Silver medal winning relay team at the '93 World Champs) who never really cooled down in the first place! With him around we were all fighting for 2nd place at best!

Greyhounds

On Sunday we took ourselves to Kilnsey Moor in the Yorkshire Dales. No chalk, but there was an abundance of bare, Burren-like limestone to run across, and in this terain running was something you had to be able to do very fast. Imagine the sheep-shorn grass of the Curragh stretched across a hillside and you have an idea of how fast this area was. Although the broken limestone urged caution at times, this was a race for greyhounds and the top M21E's were running under 5 mins/km for their 16.2 km course.

While the level of rock and contour detail gave the potential for some tricky navigation and thick mist would have made it very difficult indeed, the numerous walls with compulsory crossing points reduced the challenge considerably. So, with a 12.1 km course, half as long again as the previous day, taking only 10 minutes longer, you will have an idea of thge relative speeds of the two areas.

Apart from a few minutes lost by poor route choice on two very long legs I had quite a good run which gave me 4th on the day and pulled me up to 4th overall.

In the Men's Elite class a 90 minute run from james Logue was an excellent result while in the women's equivalent, despite running her legs off, Una dropped a place to finish 5th overall, still a first class finish in a highly competitive field.

As for the relays, I can;'t really say anything about them as I wasn't there!

For Planners

As a footnote, doesn't it often seem to be the case that an area with the potential for quite difficult courses is in effect down-graded by inimaginative planning?

You know when you see the blank map at -3 and

you think "Oh my God! This looks awful" (my way of saying "this could be very technical") and then the course presented is not that tricky at all.
Well, both days of the JK were a bit like that, though don't take it as necessarily being a complaint, for at the other rxtreme is an event like IOC 95 where I got so mesmerised by all those contours that I disappeared right off the map! - Just a thought.

JK (2)

Thomas Callery adds:

"When John Mc Cullough foregoes a JK he must have had insight on the terrain in order to break a long spell of JK attendance.
This years event was based in North Yorkshire, famous for its dales and infamous farmers. But Yorkshire forests are not famous for their abundance or runnability. Many decided to skip the JK and many of the Irish especially went for the more accessible and challenging British Champs in North Wales in mid March.

To me the big irony of the event was that the training day on Friday probably used the most interesting terrain of the whole weekend. Normally I don't bother with the training day, but this year's training on Guisecliff was set in reasonably runnable decidious/mixed woodland, with great big boulders strewn about the undulating hills, to provide varied and often spectacular terrain.
Saturday - Day 1 of the championships event was set in Wass forest which fostered the worst features of many Irish forests: fight, brambles, brashings and very steep forested terrain set the order of the day. But after three weeks of no rain it was very dry and the fittest of the athletes made the most of the running. A punishing haul up to the finish capped a difficult run for many.

Una Creagh provided a gutsy performance coming in 4th against the best of British, American and Canadian female competition. Few of the Irish squad used the event for World Champs selection purposes however.

Sunday - Day 2 at Kilnsey, was a complete change of scenery made up of a karst landscape familiar to those who have run or walked on the Burren. This was always going to be a long and fast race. Only heavy mist would have made the terrain navigationally challenging. Any mistakes would be cruelly exposed, as the speed of the top competitors left no room for catch-up. Una again provided the best Irish performance doing 9.6 km in 62.15, she finished 5th overall, a result very well respected by orienteers over here. The best of the Irish men was James Logue who covered 16.2 km in 90.04 (despite not feeling well before the race!)

Relays

Monday - Day 3 in Gilling forest for the relays. First leg runners came back scratched, shredded and shattered. The men's first legs were taking 50 minutes to do 7 km. In previous JK relays I have seen legs done in 32 minutes. Again it was the kings of the jungle that prevailed.

South Yorkshire's girls won their 3rd JK women's trophy on the trot, ably assisted by their three British squad members, Jenny James, Wendy Smallwood & Kirsty Bryan Jones. South Yorkshire's men, the defending JK trophy holders, were anchored by Bill Edwards but were beaten into 3rd place by two international teams from Denmark and Switzerland.

The Danish team was made up of two Danes, an Englishman (Simon Bourne - 2nd in last year's Shamrock) and a Scot (Jon Musgrave - British Champion in North Wales). This represents an interesting development in elite orienteering. Already Silva are sponsoring an internationl 'team' of the best world class orienteers. With this elite 'Danish' team, we are seeing multinational elite squads from fast developing orienteering nations like Denmark and Britain taking on the strong established clubs in Scandinavia. Undoubtably at a local level there is some loss to clubs who lose their top runners, but overall it's a good incentive for far flung elite runners to combine forces and up the pace in competing in the best international competition.

The organisation of the JK was as good as it always is. It was great to see the organisers being flexible

about people with missed start times and there was a good commentry by Pat Fallon-up provided all day. I don't have details of next year's terrain, but the event is only a little further north from this year's and will be based in Stokesley, Cleveland which is a wonderful Olde-English town just south of Middlesbrough."

Thomas Callery - AJAX

Some results: Una Creagh 5th in W21E, Justin May 4th in M35L, Vince Joyce 4th in M40, Daire Shaw 1st M17B, Jean O'Neill 1st W45S; Bill Edwards on SYO's 3rd placed relay team, James Logue on WAROC's 6th placed team.
(Many thanks to Justin and Thomas for these reports. Any takers for reports on the Scottish 6-Day and the World Champs? - Ed.)

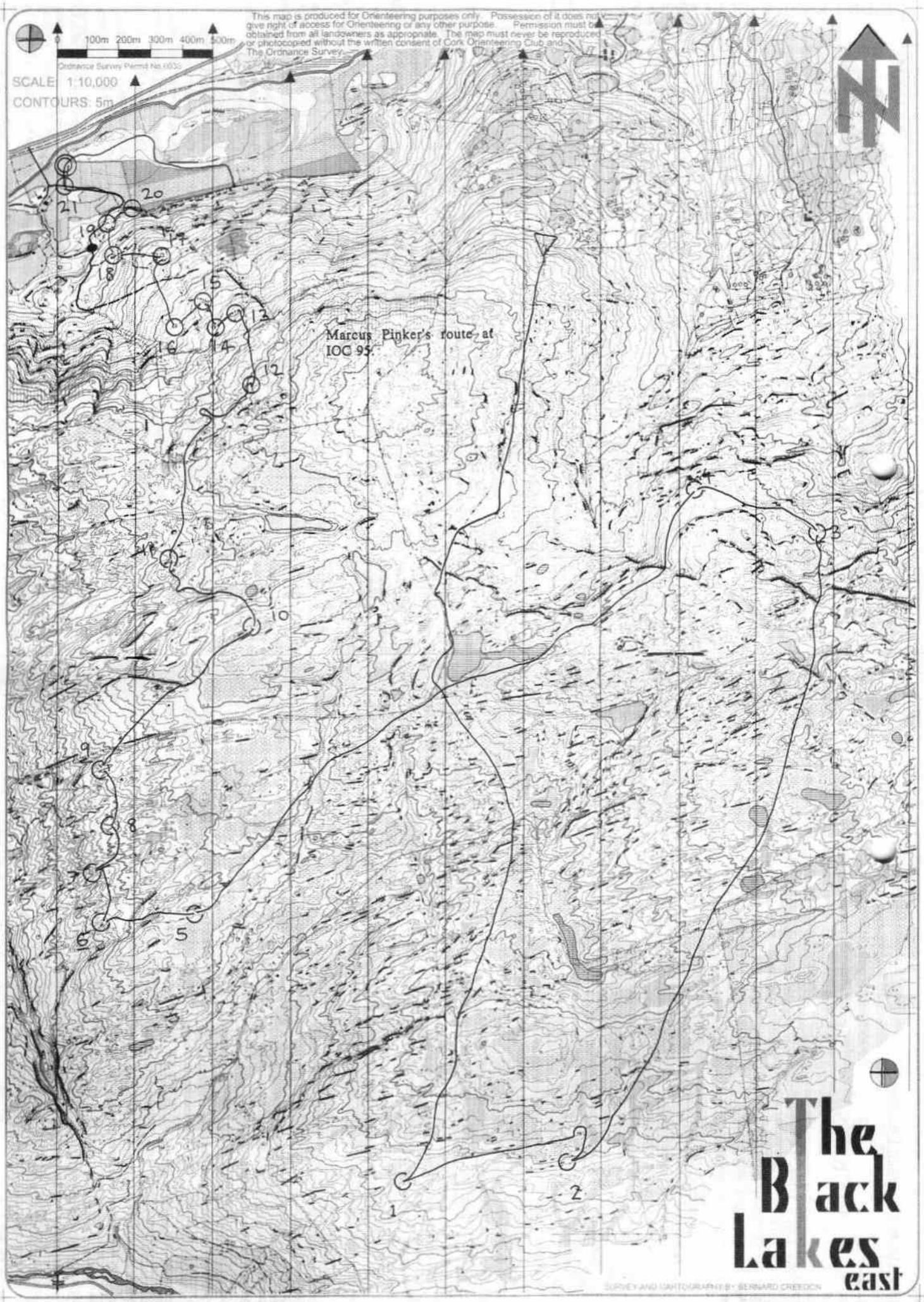
SILVA®

Sponsors of the Irish Orienteering Team at the World Orienteering Championships, Germany, August 13-20 1995

1995 IRISH MOUNTAIN RUNNING ASSOCIATION RACES

Date	Day	Venue	Type	Dist..	Climb	Time	Start
12/07/95	WED	Djouce	LL	5.5	1400	7.30	Lake Car Park, Djouce Woods
16/07/95	SUN	Strickeen Hill	KL/MC	4.0	1250	2.30	Kate Kearney's Cottage
19/07/95	WED	Maulin	LL	5.0	1500	7.30	Crone Wood Car Park, Glencree
22/07/95	SAT	SNOWDON	INT	10.0	3300	2.30	Llanberis village, Gwynnedd
26/07/95	WED	Dargle River	LL	6.5	1900	7.30	Lake Car Park, Djouce Woods
30/07/95	SUN	Kilcummin Fest.		6.0	1000	2.30	Kilcommon, Thurles/Lim'k Rd.
02/08/95	WED	Sugarloaf (BBQ)	LL	3.5	1400	2.30	Glencormac Inn, Kilmacanogue
05/08/95	SAT	Nephin Ridge	CC	6.5	2500	2.30	near Castlehill, Crossmolina
06/08/95	SUN	CROAGH PATRICK	IC/CC	4.8	2500	12.00	Murrisk, near Westport
09/08/95	WED	Prince Williams Seat		4.0	800	7.30	Bohernaraltry, Glencullen
19/08/95	SAT	WORLD TROPHY TRIAL	IC/LC	7.64	2625	2.30	Co. Wicklow
19/08/95	SAT	Annual Dinner				8.30	To be decided
10/09/95	SUN	WORLD TROPHY	INT				Arthur's Seat, Edinburgh
17/09/95	SUN	Powerscourt Ridge		8.5	3150	2.00	Crone Wood Car Park
17/09/95	SUN	A.G.M.				4.30	Powerscourt Arms Hotel,
01/10/95	SUN	Dublin Peaks		7.0	1345	2.30	Ticknock Car Park
27/12/95	WED	Christmas Flash		1.5	625	12.00	Strand Hotel, Bray Promenade

Type Abbreviations (TYP)
INT = International Race, AIC = ALL IRELAND CHAMPIONSHIP, IC = Irish Championship Best 3 of 5, CC = Connaught Championship Best 2 of 2, LC = Leinster Championship Best 3 of 5, MC = Munster Championship Best 4 of 6, KL = Kerry League Best 4 of 5, LL = Leinster League Best 7 of 13


This map is produced for Orienteering purposes only. Possession of it does not give right of access for Orienteering or any other purpose. Permission must be obtained from all landowners as appropriate. The map must never be reproduced or photocopied without the written consent of Cork Orienteering Club and The Ordnance Survey.
0 100m 200m 300m 400m 500m
Ordnance Survey Permit No 6834
SCALE 1:10,000
CONTOURS 5m
Marcus Pinker's route at IOC 95.
The Black Lakes east
SURVEY AND CARTOGRAPHY BY BERNARD CREEDON

Lowe Alpine Comeragh Challenge

RICKETS

Walking with a bow-legged gait (rickets) is usually because of a deficiency in mineral matter in the bones, the leg bones bend under body weight. I was walking bow-legged last weekend but rickets was not the problem: friction burns in the groin were. I was in the Comeraghs.

Friday night had us nicely accommodated in the barracks, gear checked and packed. We didn't see much the following morning, cloud was low and the bus windows steamed up. Maybe it was just as well the cloud was down, I didn't have to see the height gain, the height loss and the distance.

The flooded stream was a good catching feature. Pity it was 500 m after the control we wanted. relocating in a deep gully, dropping into it out of the freezing wind to don additional protection, we weren't alone. Surely a map correction needed: it says it's a stream but on the day would easily pass for a grade 2/3 river for a paddler with nerve and little future.

Mahon Falls are really spectacular: just get these couple of controls, then worry about the river draining those spectacular falls.

Moving onto the orienteering map during the event was interesting. I really must pay more heed to scale.

A lovely campsite. Tent stayed up and kept us dry. Water was not scarce. we lay in the bags pondering our pains and relishing the steam of the first hot food. When not dozing we kept an eye out for the next passer-by to fill the saucepan.

Morning all too soon. We cooked pasta. I'm sure I walked the forest track with a leg at each side of it. We were on the O-map and I was awake, hobbling but awake. We eased our way onto the big map (no sense of urgency here). It was a lovely day, it was a lovely route, Clonmel is ahead and God is good. The shop was open and I got Sudocrem. Aaaah, bliss!

Tadgh, thanks for your company. I took you places no one else did!!! Anyone find my hat? It's a Latok of sentimental value, pink top, black band, lost near Harney's Cross Roads. I'd love to get it back and I need it for next year!

To the organisers, a b[illegible]thank you". We really enjoyed the weekend.

Timmy Flavin, Kerry Orienteers.

(The Comeragh Challenge, a two-day/two-person mountain marathon with an overnight camp, is run on the last weekend in May. Details of next year's event from Pat Healy, Woodstock, Cut Bush, Curragh, Co. Kildare (045-41625).)

Connacht Region News

Having missed the deadline for the last issue of *The Irish Orienteer* I feel I must spend some time in front of the computer screen and report on the happenings out there in forest, glen and mountain. It is with relief I report the completion of the Connacht Champs map and by the time you read this page you will no doubt have enjoyed your run in the area.

Two other maps have been completed recently: Monivea Wood which, incidentally, was one of the first black and white maps produced back in 1979. The area has been extended and the map is now a coloured one. Clonbrock, near Ahascragh has also been completed and will probably be one of the venues for next years Connacht Champs. It has some lovely areas of mature runnable forest and is ideally suited for a relay competition. A revised map of Woodlawn nearby could be the other venue for the Connacht Championships in 1996 making both venues very central for orienteers from all parts of the country.

I also want to remind orienteers that the Irish Championships 1996 will be in Connacht and will again be suitable for participants travelling from North or South with the venues likely to be near Portumna and Woodford in Co. Galway.

Phoenix Navigators Club News On the club front I think congratulations are in order for a number of Phoenix Navigators. Congratulations to Padraig Higgins 1st in the All Army Regular Championships and the Ballyhoura 3 Day and third Irish competitor in IOC95. Congratulations to Clare Maxwell and Derek [illegible]rney on great individual performances in the All Army FCA and club members Cathal Cregg, Kieran O'Brien, Tom Conlon, George Taylor and John Darcy of the 19Bn on their first All Army FCA Senior Team Win. Also congratulation to the Foley-Fisher Family on great performances at IOC95.

PXN Officials for the year are: Chairman - Padraig Higgins, 24 Alverno Ave., Willow Park, Athlone, Co. Westmeath (also Mapping Officer); Secretary: Eugene Sheridan, 15 Mellows Park, Renmore, Galway (091-770244); Treasurer: Frank Ryan, St. Mary's, Ballinfoyle, Galway (091-753829); Technical Officer: John Walshe, Moneymore East, Oranmore, Co. Galway (091-90408).

Eagle Eye

Club News

FINGAL NEWS

Top marks to Jean O'Neill for her historic win at the JK - 1st in W45S. Unfortunately they won't let her take the trophy out of the country, so maybe next year we'll all go over to see it. No wins in the irish Champs, but a good weekend was had by all, though it was not for the faint-hearted.

Our mapping is going full steam ahead, the word is we should have a new map of Howth by the end of this year or next year or some year after that.

Thanks to all our helpers at our inaugural event at Ardgillan and the League event at Rockmarshall. The work of Val ones, "our planner of the year", and Richard Kavanagh (thanks, CorkO) was particularly appreciated.

Welcome to new members Catherine Quinn, Mary Curley and Ronan and Denise O'Connell, who not only joined up but got stuck in as well, a great combination!

The AGM was on Tuesday 13th June at the Harp Inn, Swords, where monthly meetings will recommence on the first Tuesday of September, that's the 5th, at 9.30 pm. Last year we combined a meal at Le Chateau restaruant with the AGM. We ate a great meal, had a good night and elected nobody! The restaurant closed down after that so this year we went for the old "slag the committee, keep the head down at elections and head for the bar" AGM. We tried to have the "elections" rigged as far as possible, in the best traditions of Irish politics.

Finally, all the best to all those who have recently changed jobs, not organised events, drive gammy old VW Beetles and bought their first houses. God made them and He matched them! Happy 1st birthday to M1's Breandán Flood and Seán Bean, not forgetting W1 Anne O'Keeffe.

Lost property: Rockmarshall - white runners, size 5 spprox; Ardgillan - greenish Lowe Alpine cap.

SETANTA NOTES

At the AGM held recently there were no changes made to the committee, i.e. it remains as follows: Chairman - Arthur Green, Treasurer - Frances O'Neill, Secretary - Jocelyn Cathalin, Committee members - Philip Brennan, Maura Higgins, Michael Mangan, Dave Weston, Eamon Woulfe.

The next club event is the Mountain Marathon, to be held on Sunday 16th July starting at the road end of the Kippure Track. Starts between 11.00 and 1.00. Courses will be 11-12 km and 17-18 km and the format will be the same as in previous years.

Setanta are intending to run next year's event as a ROGAINE. As this type of event requires considerable organisation etc. it was felt that the time available was too short to run the 1995 event as a Rogaine, hence it will be run as it was in the past. Mapping will take place during the summer on the club's new area of Djouce. Mapping has been described as orienteering in reverse, so if you want to try it ... Training will be provided for te uninitiated.

Jocelyn Cathalin, 36 Taney Road, Dundrum, Dublin 14 (01-2985799).

P.S. For those Setanta members who have not paid 1995 subscriptions yet ... you have been warned! (This will be your last TIO).

3ROC NEWS

Congratulations to all our prizewinners at the Leinster Score Champs, Irish Champs, Leinster Champs, Connacht Champs and at the Shamrock,

and particularly to Irish Champion Julie Cleary, to Una Creagh on her 5th place in W21 Elite at the JK and to Julie, Una and Monica Nowlan on retaining their ladies Irish Relay title for the 8th year in a row. Thanks to all you helpers at Carlingford and at Clara (twice). Next events: September 17th at Phoenix Park, November 26th at Three Rock, December 26th at Three Rock.

There should be a Rocket with this copy of TIO with all the club news in it.

Club Secretary: Alison Tottenham, St. Helier's, Sorrento Road, Dalkey, Co. Dublin.

Membership secretary: Judith Butler, 130 Glenageary Avenue, Co. Dublin (2853823).

Remember: weekly training, Tuesday evenings, St. Columba's College, Rathfarnham.

GEN NEWS

Thank you to all who helped make Trooperstown a success: it was a small turnout but at least the weather was OK.

Congratulations to all who took part in the recent Irish, Leinster and Connacht Champinships. A. B. Law, Diana Large, David Healy and Deirdre Bell are Irish Champions. Judging by the box of mugs I got to distribute from Carlingford the club did well: Brendan Doherty, Diana Large, Audrey Sheridan, David Healy, Paget, Andrea and Sybil McCormack were among our Leinster Champions but anyone who finished on the day did well. We also had a few Connacht Champions, namely Jane Watt and Diana again. Indeed, Jane is running away with herself as she took 18 minutes of the record for the ladies race in the recent Glenmacnass hill run.

We welcome Andrew Butterfield back to the club. Andrew has started orienteering again and has introduced a new member, Aine Joyce, who did very well in Carlingford, coming 2nd in the W21S class - not bad for a beginner!

Club orienteering suits in all sizes are available from jane Watt so if you are thinking of buying new running gear, buy your club colours.

Hope you all have a lovely Summer. Looking forward to seeing you all back running in the Autumn.

Nora Lalor, Secretary, GEN.

Results of Lough Key Forest Park Connacht Orienteering League Event Leg 5 Sunday 15th January 1995

Brown Course 7.0k

1	Padraic Higgins	PXN	46.40
2	John Walshe	PXN	45.30
3	Cathal Cregg	PXN	56.50
4	John Muldowney	PXN	61.53
5	George Taylor	PXN	65.30
6	Michael Brennan	PXN	68.45
7	Joe Bannon	PXN	71.35
8	E. Sheridan	PXN	80.00
9	Liam Lynch		87.05
10	Frank Ryan	PXN	88.00
11	Frank Swift	PXN	88.30
12	Bernie McGauran	PXN	89.30
13	M. McInerney		95.00

Blue Course 5.1K

1	S. Lynch		36.00
2	S. O'Mahoney		41.26
3	A. Drion		46.00
4	Fergal Ryan	PXN	48.00
5	D. Jefferys		51.00
6	Clare Maxwell		54.36
7	S. McDonald		53.00
8	D. Duffy		55.25
9	J. Cupper		56.00
10	Hilary Allen		56.30
11	B. Vaughan		57.57
12	Z. Fosufer		58.20
13	Flynn		60.18
14	G.McCabe		61.00
15	A. Mitchell		64.10
16	Oliver Lynch		69.45
17	J. young		70.00
18	Faith White	SET	75.15
19	L. Friel		78.20
20	Mulligan		86.00
21	F. Curley		101.31

Green Course 3.6k

1	P. McGuinn		28.00
2	J. Brennan		30.10
3	Hiro		33.55
4	R. Servis		35.35
5	E. Murray		35.50
6	J. Mulrennan		37.26
6	M. Noone		37.26
8	N. Foley		38.30
9	P. Flynn		39.20
10	A. O'connor		39.20
11	F. Laurence		40.00
12	B. Foley-Fisher		42.50
13	J. Sharkey		46.18
14	I. Conney		46.18
15	J. Acheson		48.30
16	A. Richardson		49.50
17	T. Woods		50.10
18	K. Houlihan		57.18
19	D. Gilhogs		58.10
20	F. Lynch		59.00

Red Course 2.0k

1	S. Lalor		11.00
2	J. Hargroves		13.30
3	G. B . Batty		14.30
4	K. Fletcher		15.00
5	S. Buck		15.20
6	F. Prior		15.20
7	K. Garland		15.26
8	A. Stakelton		15.45
9	E. Rothwell		16.40
10	G. Richardson		18.20
11	N. Foley-Fisher		19.00
12	I. Kerr		19.12
13	I. Bradon		20.20
14	R. Sheridan		20.50
15	A. Murray		21.00
16	D. Coe		21.12
17	Sean		22.00
18	J. Scott		22.45
19	F. Ryan		23.50
20	Parenteall		24.35
21	F.Lynch		25.00
22	D. Bannon		38.20
23	T. Cookes		66.00

Results of Knockbarron Connacht Orienteering League Event Leg 6 Sunday 29th January 1995

Brown Course

1	Dave Weston	M21	SET	75.48
2	K. O'Dwyer	M40	SO	89.49
3	P. Ferguson		PXN	96.48
4	George Taylor		PXN	97.31
5	N. C-Crawford		3ROC	100.24
6	A. Tucker	M35	GARDA	100.35
7	Tom Conlon		PXN	100.49
8	J. McCullough	M40		103.08
9	E. O'Sullivan	M21		105.04
10	E. Sheridan		PXN	108.24
11	T. McDonagh	M21	PXN	124.51
12	D. Duffy		UCGO	162.29
13	C. Christofides		UCGO	164.36
14	F. Swift	M40	PXN	177.26
15	H. Inglis	M50	GEN	185.18
	J. Inglis		GEN	DNF
	J. Bannon	M35	PXN	DNF
	A. Drion		WHO	DNF
	J. Capper		WHO	DNF
	D. O'Conghaile	M19	UCGO	DNF

Blue Course

1	Shane Lynch	M15	WHO	42.30
2	Jane Watt	W40	GEN	52.59
3	M. Dooley	W18	CNOC	60.09
4	T. Cleary	W50	3ROC	64.12
5	S. Baxter		UCGO	67.18
6	P. Clarke		FCA	72.12
7	John McCulla		PXN	94.25
8	M. Dooley	M55	CNOC	74.07
9	David Jeffery		WHO	75.31
10	P. Butler	M50	3ROC	78.46
11	G.Butler	M15	3ROC	79.21
12	M. Butler	M50	3ROC	80.37
13	B. Grennan		UCGO	83.50
14	D. Watt	M50	GEN	84.22
15	J. Masterson	M13	WHO	86.16
16	Fergal Ryan		PXN	87.15
17	B. Doherty	M50	GEN	88.14
18	Luke and Jake	M13	WHO	91.56
19	S. O'Sullivan			93.08
20	A. Brett		UCGO	94.09
21	Z. Foley-Fisher	W13	WHO	95.37
22	H. Asamo	WHO		109.51
23	A. O'Dwyer	W16	CorkO	116.37
24	B. Lee	M40		120.40
25	B. Mannion		FCA	121.00
26	J.V. Butler		3ROC	124.04
27	Breege		FCA	130.13
28	D. Butler		FCA	130.15
29	J. Blehern		FCA	130.17
30	FCA			132.20
	L. Hessett			DNF

Red Course

1	R. Woollett	W50	PXN	42.43
2	J. Hargroves	M15	WHO	42.47
3	N. Foley-Fisher	M40	PXN	51.19
4	D. Masterson	M12	WHO	53.37
	G. Rothwell	M13	WHO	53.37
	N. Joye	M13	WHO	53.37
7	G. Richardson	M13	WHO	53.45
8	A. Butler			58.09
9	M.Rothwell	M13	WHO	61.09
	S. Buck	M13	WHO	61.09
	J. Scott	M15	WHO	61.09
12	B. Foley-Fisher W40	PXN	63.25	
13	P. Lee	M13		69.15
14	FCA			71.14
	FCA			71.14
16	S. Lalor	M15	WHO	71.47
17	I. Bradish	M13	WHO	71.56
18	M. Colwell	M15	WHO	73.48
19	J. Davenport	M13	WHO	74.33
20	FCA			75.15
21	D. Cox	M13	WHO	76.00
22	FCA			77.14
23	M. Brady			78.34
24	K. Wrest	W13	WHO	82.29
	M. Finnan	W13	WHO	82.29
	S. Fahy	W13	WHO	82.29
27	K. Francis	W13	WHO	82.50
28	F. Drion	M13	WHO	83.50
29	I. Ferris	M13	WHO	86.46
30	G. Rothwell	M13	WHO	86.54
31	Walters			87.38
	Ross			87.38
	Connolly			87.38
34	I. Kerr	M13	WHO	88.46
35	M. Finlay	M13	WHO	88.54
36	S. Wakefield	W13	WHO	97.09
37	E. J. Carr	W13	WHO	97.13
38	R. Pearce	W17	WHO	97.34
39	B. Moody	W15	WHO	105.40
	T. Camill	W15	WHO	105.40
	Y. Carter	W15	WHO	105.40
42	D. O'Hora		FCA	106.10
43	L. Gowing	W15	WHO	111.13
44	R. McGowan	M10		111.41
45	T. Rowan			117.36
46	B. Smith			123.56
47	K. Smith			124.00
48	R. Sheridan		PXN	124.09
49	A. M. Smith & Family		149.00	
	K. Garland	M13	WHO	DNF

Yellow Course

1	N. Foley-Fisher	M13	PXN	28.40
2	R. Powell			29.00
3	S. Powell	W15	WHO	29.18
4	L. Austin	W13	WHO	32.16
5	T. Cooke	M13	WHO	41.47
6	Mc Enroe			47.15
	P. Gowran			47.15
8	P. Rowan			55.09
9	V. Mc Gowan			61.35
	T. Quinn			61.35
	P.Mc Gowan			61.35
12	R. McGowan	M10		63.01
13	J. McGowan	M12		63.39
14	K. Byrne	M12		63.53
15	D. Bannon	M11	PXN	75.45
16	T.Walters			85.45
17	J. Booth		PXN	121.27
	A. Shannon		PXN	121.27
	A. Dooley		PXN	121.27
	K. Walters			DNF
	C. Walters			DNF
	M. Atha		UCGO	DNF

Results of Dunsandle Wood Connacht Orienteering League Event Leg 7 Sunday 12th February 1995

Brown Course 7.5k 22 Controls

1	G. Patten	AJAX	59.06
2	P. Higgins	PXN	60.59
3	Tom Conlon	PXN	77.01
4	John Walshe	PXN	77.26
5	E. Sheridan	PXN	80.37
6	L. Lynch	PXN	111.55
7	Padraic Ferguson	PXN	117.13
	M. Morris (A1 4.7k)	PXN	130.22
	C. Morris (A1 4.7k)	PXN	130.22
	J.Bannon	PXN	DNF

Blue Course 5.4K 18 Controls

1	David Masterson	WHO	62.25
2	Shane Lynch	WHO	66.43
3	David Jeffery	WHO	75.02
4	Fergal Ryan	PXN	82.12
5	Jane Watt	GEN	92.09
6	John McCulla	PXN	94.25
7	Joe Quigley		96.11
8	Grimes	5 Sigs	123.16
9	Ann Wilkinson	PXN	144.34
	Gerard Bermingham	PXN	DNF
	A. Dearin	5 Sigs	DNF
	Stewart	5 Sigs	DNF
	O. Lynch	PXN	DNF

Green Course 4.8k 11 Controls

1	Angela Cummins	PXN	70.11
2	Zoltan Foley-Fisher	PXN	74.25
3	David Watt	GEN	103.09
4	T. Walter & R. Ross	Athlone	120.06
5	P. J. Harris		136.06
6	M. Rothwell & J. Masterson	WHO	137.39

Yellow Course 3.7k 9 controls

1	D. Osborne	A25	49.51
2	McConn	D16	52.00
3	A. Coyle	D16	59.00
4	Conerney	PXN	59.04
5	D. Donnelly	D16	61.00
6	J. Cunnan	B16	65.00
7	A. Donnelan	B16	67.00
8	E. Stevans	B16	69.00
9	D. Hart	B16	71.00
	N. Donohue	D25	71.00
11	T. Burke	C25	71.22
12	L. Lowery	D25	73.26
13	S. O'Donnell	C25	75.24
14	M. Maloney	D25	77.00
15	R. Somers	C25	79.20
16	Nathan Foley-Fisher	PXN	82.27
17	Nigel Foley-Fisher	PXN	84.25
18	J. Bermingham		88.01
19	A. Bermingham /T. Buckley/L. Buckley/ F. Bermingham		91.20
20	Laura McGarth	WHO	91.03
21	N. Geary	B25	91.30
22	K. Garland	WHO	92.18
23	M. Walsh	B25	95.27
24	Geoffrey Rotherwell	WHO	95.32
25	N. Joyce	WHO	95.40
26	C. Carroll	C25	98.00
27	Brian Lee		98.10
28	S. Buck	WHO	98.22
29	Sinead Fahey	WHO	101.08
30	Vanessa Kelly	WHO	101.12
31	P.J. Barry	B25	101.29
32	Rob Kavanagh		101.48
33	L. Corbett	C25	102.00
34	K. Duffy	B16	102.24
35	Keith Colton	WHO	106.42
36	C. McNamara	C25	109.54
37	E. Mahony	D25	110.06
38	Louise Austin & Ian Kerr	WHO	110.42
39	C. Daly	D25	113.55
40	Darren Cox	WHO	114.29
41	A. Conneally	B25	115.34
42	L. Deehan	C25	115.50
43	E. Hough	D25	117.45
44	G. Dunne	B25	119.24
45	M. O'Connor	B25	121.39
46	M. Duane	C25	131.30
47	R.O'Flaherty	A25	133.47
48	M. Carey		134.40
49	Tom and Kathy Waters Athlone		135.48
50	S. Mulvey	C25	137.00
51	David Walsh		140.28
52	Card with no name		141.09
53	G. Walshe		141.11
54	Erinna and B. Foley-Fisher PXN		143.54
55	B. Foley-Fisher	PXN	143.54
56	Peter Lee	PXN	144.49
57	H. Allen	WHO	147.12
58	Trevor Cooke	WHO	147.30
60	Diane Seale	WHO	147.57
61	Vanesa Bagnall/Emma Jane Casey/ Laura Ryder	WHO	149.01
62	M. Shewbridge	D25	159.41

White Course 3.2K 9 controls

1	J. Smith	D25	46.00
2	M. Lennon/P. O'Brien/D. Mulvihill/ O. Gavin	16Bn	48.32
3	S. Smith	D25	50.00
4	Shirley Gavin & Terry Doran	16Bn	53.34
6	Gordon Richardson	WHO	56.59
7	Stanley Lalor	WHO	57.15
8	L. Felle	D25	57.33
9	M. Connolly/P. Tobin	16Bn	57.34
10	Ivan Bradish	WHO	61.01
11	Ivan Poole/Sean Cahill	WHO	61.17
12	Oisin O'Donnell	16Bn	61.29
13	N. Crimmins	C25	63.44
14	M. Donohue	D25	64.00
15	Joseph Hargrove	WHO	65.05
16	Elvina Rothwell	WHO	65.39
17	Tony and Lorcan Price		73.17
18	Ryan Family		76.40
19	Darren Cooley	16Bn	77.09
20	Martin Finan	16Bn	77.11
21	Jennifer McEnroe	16Bn	77.15
22	Declan Toland	16Bn	77.18
23	Gemma Kiely	16Bn	77.20
24	S. Tyrell/P. Dolan	16Bn	78.35
25	Paul Fogarty	16Bn	80.56
26	David Sweeney	16Bn	81.24
27	Kathrina McManus	16Bn	81.27
28	Michelle Martin	16Bn	81.31
29	M. Gallagher	C25	81.35
30	Denise Scullion	B25	81.58
31	Marie Feeney	B25	82.05
32	Eileen Heaney	B25	82.14
33	S. Donagh/ B. Roche	16Bn	82.19
34	L. Coffey	C25	85.41
35	Martina Duane	C25	86.11
36	Trevor Wires	16Bn	88.37
37	Derek Clarke	16Bn	88.42
38	Sophie Quigley	16Bn	88.50
39	Sharon Cooley	16Bn	88.53
40	Stephen Greene	16Bn	89.03
41	Helena Hession	B25	90.09
42	F. Flaharty/R. Fallon	16Bn	90.22
43	Helen Madden	C25	90.37
	R and M. Gately and A Carter	DNF	

Leinster Score Championships 12th March 1995

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Leinster Score Championships 1995 - Kilakee

15 Eoghan O Suilleabhain	3ROC	320			320	D Keogh			310	-100	210	Controller: Michael Mangan
16 P Butler	3ROC	410	-100		310	Ruairi Short			190		190	Organiser: Maura Higgins
17 Jim O'Brien	AJAX	320	-60		260	G Fitzgerald	3ROC		190		190	Planner: Arthur Green
18 S Murray	SET	290	-70		220	McCormack			310	-130	180	
19 J Hughes	CNOC	220			220	J McHugh			190	-10	180	Thanks to all members of Setanta Orienteers for
20 G Byrne	CNOC	420	-200		220	I Conlon			310	-160	150	assisting in running the event.
21 Michael Butler	3ROC	190	-30		160	Kevin Bell			170	-20	150	
22 J Gray	3ROC	130			130	Gary Leeson	SCOUTS		150		150	
						Jonathan Downey	SCOUTS		150	-10	140	
W40-50						Derek Brady			150	-20	130	
1 J Watt	GEN	480	-50		430	Ilona Dorrepaal			150	-20	130	
2 Ruth Lynam	CNOC	420	-30		390	Ronan Dorrepaal			150	-20	130	
3 Monica Nowlan	3ROC	380			380	Eithne Dalby			160	-30	130	
4 Aine ni Shuilleabhain	3ROC	360	-20		340	Amanda Kennedy			150	-20	130	
5 mary Healy	GEN	280			280	Mary Grant	SCOUTS		150	-20	130	
6 Deirdre Nagle	3ROC	220			220	Jennifer Doyle			140	-20	120	
7 Nora Lalor	GEN	210			210	Sean O'Brien	SCOUTS		130	-20	110	
8 Claire Nash	3ROC	210			210	M Morgan			130	-30	100	
9 Mary O'Colmain	GEN	190			190	Tricia Boyle	SCOUTS		150	-50	100	
10 Alison Tottenham	3ROC	140	-40		100	Ciara Gerraghty	SCOUTS		150	-50	100	
11 L Quill	FIN	80			80	Paul Donegan	SCOUTS		150	-50	100	
						A Keogh			310	-220	90	
M55+						Smeaton			120	-40	80	
1 A Bonar Law	GEN	310			310	Smeaton			120	-40	80	
2 Mick Kellett	GEN	210			210	Finian Murphy			170	-100	70	
3 R Norton	3ROC	230	-20		210	Bill Murphy			170	-110	60	
4 C Carroll	3ROC	190			190	Oonagh Murphy			170	-110	60	
						Teresa Boyle	SCOUTS		150	-90	60	
W55+						Clodagh Mangan			230	-180	50	
1 D Large	GEN	240	-20		220	Jennifer Grant	SCOUTS		150	-100	50	
2 F White	SET	190			190	Alison Doyle			210	-170	40	
3 V Murtagh	3ROC	180	-160		20	Mulkerrins			60	-30	30	
						B Breslin			220	-250	-30	
Unclassified						S Moran			160	-330	-170	
Tony Cotter		890	-490		400	M Leahy	GEN		190	-400	-210	
S O'Carroll		310			310	Colette Harton			410	-1350	-940	
R Shaw		310			310							
Ryan family		240			240							
Liam McGabhann		310	-90		220							

Ajax Cronybyrne Event (LL7)

19th February 1995

BROWN

1.	B. Corbett	CORKO	66:45
2. M21	A.O'Cleirigh	CNOC	67:16
3.	G. Patten	AJAX	68:15
4. M21	C.Rothery	AJAX	70:30
5. M21	B.O'Brien	3ROC	80:54
6. M40	D.Reidy	ECO	81:10
7.	G. Brady	CORKO	83:04
8. M40	W.Young	CNOC	83:38
9. M21	P.SMYTH	SET	89:23
10. M40	B.Bell	GEN	92:49
11. M35	P.Healy	CNOC	96:25
12. M35	T.Morrissey	CORKO	99:07
13. M35	P.Spillane	CNOC	100:07
14. M21	P.Brennan	SET	100:51
15. M21	D.Weston	CNOC	101:28
16. M21	T.Duggan	CNOC	102:37
17. M35	D.Deasy	SET	110:03
18. M35	VJONES	FINGAL	116:12
19.	T.Cotter	FUCCO	116:25
20. M21	N.Cormack	CNOC	116:36
21. M21	M.Mangan	SET	116:50
22. M40	M.O'Hara	AJAX	120:57
23.	W.Carter		134:22
24. W35	H.McInerney	CNOC	165:50
25. M55	J.Barrett	CNOC	165:51
26.	J.Coxon		167:44
M21	T.O'Gorman	CNOC	DNF

BLUE

1. M21	G.Doherty	GEN	77:37
2. M40	I.MacNeill	3ROC	82:28
3. M19	R.O'GORMAN	CNOC	83:46
4. W21	E.Loughman	CNOC	85:16
5. M19	M.O'Neill	UCDO	86:46
6. M15	T.Tottenham	3ROC	88:19
7. W35	R.Lynam	CNOC	93:07
8. M21	P.Crowley	CO	93:26
9. W40	J.Watt	GEN	101:10
10. M40	P.O'Driscoll	CORKO	103:02
11. M45	H.Inglis	GEN	108:00
12. M21	G.Maguire	UCDO	108:43
13. M45	D.O'Colmain	GEN	117:46
14. M45	B.Doherty	GEN	118:24
15. M21	E.Dunne	KSO	120:15
16. W21	N.Hutchinson	KSO	120:15
17. M40	D.O'Murchu	CNOC	123:30
18.	D.O'Meara		123:44
19. M21	D.Heale	3ROC	124:20
20. M40	J.Lalor	GEN	141:22
M35	D.Short	CNOC	DNF
M21	G.Elliott	3ROC	MP13
W17	E.Glanville	3ROC	DNF
	J.Keating		MP5
M35	G.Sweeney	CNOC	MP8,9
M45	J.Gray	3ROC	DNF
M45	N.C-Crawford	3ROC	MP5,8
M40	T.McCormack	GEN	DNF
W21	L.Hutchinson	DNF	

RED

1. M21	C.Young	SET	37:22
2.	M.McCann		40:10
3. M13	L.C.Crawford	3ROC	41:35
4. M18	Liam Sloan		43:11
5. M15	J.Kohler	WHO	46:36
6. M45	E.O'Suilleabhain	3ROC	47:56
7. W19	S.Donovan	CDAC	57:10
8.	Norris		59:10
9.	E.Deane	CORKO	60:49
10. W21	J.Buckley	CDAC	71:53
11. M40	I.O'Hanlon	CDAC	72:57
12. W13	C.Thornhill	GEN	79:14
13. W40	M.O'Colmain	GEN	79:15
14.	Kelly		80:25
15. M21	K.Ryan		106:36
16. W40	J.Inglis	GEN	112:01
17. M35	K.Murray	GEN	128:40
18. M45	B.Byrne	GEN	128:41
	A.Sherwood	MP7	
	J.Sherwood	MP7	

GREEN

1. M40	J.McCullough	3ROC	45:27
2. M	J.Kearney	3ROC	61:57
3. M45	P. BUTLER	3ROC	62:22
4. M35	A.Ryan	AJAX	62:35
5. M21	D.WICKHAM	AJAX	65:33
6. W45	T.Cleary	3ROC	67:28
7. M50	H.White	3ROC	68:24
8. M50	J.Bent	SET	71:16
9. M50	T.McGrath	3ROC	71:34
10. M45	B.McGrath	3ROC	71:50
11. W55	F.White	SET	72:10
12. M21	A.Boyle	UCDO	74:18
13. M21	A.Greene	SET	74:23
14. M65	S.Rothery	3ROC	76:04
15. M50	H.Buckley	SET	77:37
16. M16	J.Bell	GEN	78:41
17. M21	N.Butterfield	GEN	78:51
18. W40	W.McCormack	GEN	80:07
19. M55	C.Dunlop	SET	82:31
20. M21	B.Cryan	3ROC	82:39
21. W40	A.NiShuilleabhain	3ROC	83:12
22. M55	F.McCormack	CNOC	83:34
23.	R.Clarke	7FAR	84:21
24. W40	A.Tottenham	3ROC	84:38
25. M21	K.Clarke		84:53
26. M21	B.Walsh	WATO	85:12
27. M35	J.Francis	7FAR	85:59
28. W45	M.Walsh	3ROC	86:10
29. M21	K.Kelly	WATO	87:16
30. W21	B.McCluskey	3ROC	90:23
31. W40	M.Thornhill	GEN	90:56
32. M50	D.Brooks	3ROC	92:11
33. M21	L.O'Brien		93:29
34. W21	A.M Dowling	UCDO	94:40
35. M40	D.BARRY	GEN	95:02
36. W21	A.Rigney		95:33
37. W19	N.Philips	UCDO	97:54
38. W21	F.O'Hanlon	AJAX	98:21
39.	P.Woods	7FAR	101:01
40.	T.Maher		101:45
41. W21	M.McGeady	3ROC	101:55
42. W45	F.O'Neill	SET	102:57
43.	C.O'Cleirigh	7FAR	104:12
44. M50	M.Butler	3ROC	104:26
45.	L.Armstrong	7FAR	109:40
46. M40	M.Kavanagh		113:20
47. W50	M.Higgins	SET	118:10
48. M21	J.Bethell	OPC	125:00
49.	M.Ivory	7FAR	125:09
50.	R.Shaw		126:12
51. M20	P.McKay	OPC	130:02
52. W35	L.Naughton	3ROC	131:05

53. M50	M.Kellett	GEN	140:22
M18	W.McDonald	AJAX	MP11
M60	A.Bonar-Law	GEN	MP11
W21	M.Ni Choitir	CORKO	MP6
W21	M.Walsh		DNF
	D.Carroll		DNF

LIGHT GREEN

1. M13	Z.F.FISHER	WHO	47:04
2. M19	J.McCarthy	CDAC	49:05
3. M50	J.CLARKE	GEN	53:25
4. M55	B.HOLLINSHEAD	3ROC	54:16
5. M13	G.Butler	3ROC	55:00
6.	McDermott & O'Haloon		56:30
7. W55	D.Large	GEN	57:35
8. M15	R.BARRY	GEN	58:41
9. M35	Connolly		60:00
10. M18	A.Ward	OPC95	60:16
11. M21	B.O'Grady	OPC95	61:28
12. M55	L.Convery	3ROC	64:25
13. W55	H.Convery	3ROC	64:58
14. M21	Finn	7FAR	64:58
15. W15	S.Healy	GEN	65:55
16. M21	J.Marron	DUO	66:53
17. M40	B.O'Neill	CNOC	67:27
18. M21	Stanford	7FAR	68:59
19. W21	M.Crowley	OPC95	72:01
20. W17	B.Bent	SET	72:18
21. W21	L.Jones	QUB	74:18
22. M35	J.Gallagher	OPC95	75:32
23. W45	J.Boydell	OPC95	76:23
24. W40	N.Lalor	GEN	76:29
25. M21	Kelly	7FAR	77:16
26.	B.Horner		80:07
27. M21	Moran	7FAR	81:17
28.	Richy & Paddy	NYC	87:00
29. M21	Quinn	7FAR	92:08
30. M21	McCarthy	7FAR	96:25
31. M21	Dawson	7FAR	97:43
32. M21	Heapes	7FAR	106:06
33. M21	Devoy	7FAR	109:25
34. W19	J.Anderson	CDAC	111:12
35. M21	D.Molloy	OPC95	112:59
36. W50	T.BUTLER	3ROC	114:17
37. M20	A.Gibson	OPC95	131:29
W45	J.Butler	3ROC	DNF
M13	B.McEway		MP1
M21	Byre	7FAR	MP5,6
W21	A.Cantwell	FIN	MP1,2
W50	V.Murtagh	3ROC	MP7,8
M21	T.Dunne	OPC	DNF
W21	L.Morrison	AJAX	MP7

ORANGE

1. M11	D.Healy	GEN	40:44
2. M13	D.O'BRIEN	DLSO	51:46
3. M45	N.F.Fisher	PXN	52:16
4. M14	A.Brady	GEN	53:21
5. W21	M.Flynn		53:26
6. M13	B.GREENE	DLSO	62:20
7. M17	C.Mulligan		63:45
8. M16	A.Reynolds	CBC	65:24
9. M15	N.Daly	CBC	65:25
10. M17	D.McSwiggan	CBC	65:45
11. M16	J.Logan	CBC	68:23
12. M15	A.Cunningham	CBC	68:37
13. M13	C.WALSH	3ROC	70:54
14. M16	M.O'Dwyer	CBC	71:38
15. M10	N.WALSH	3ROC	72:57
16. M16	J.Clancy	CBC	73:55
17. M16	K.Cooney	CBC	75:08
18. M16	N.Heffeman	CBC	75:09
19. W35	M.Murphy		76:01
20. W11	D.HEALY	CNOC	76:18
21. M15	E.Richey	CBC	76:48
22. M10	A.Cooke	GEN	80:47
23. W21	G.Stephens		87:30
24. M13	R.EARLE	3ROC	90:20
25. M12	S.O'Neill		90:27
26. M21	B.Garraman	OPC95	94:07
27. M16	R.Murphy	CBC	107:20
28. M16	A.Feeney	CBC	109:00
29. M16	S.Humphreys	CBC	111:20
30. M16	N.Goggin	CBC	115:20
31. M16	Greg P.	CBC	117:20
32. M15	K.Heller	CBC	119:20
33. M15	S.Duffy	CBC	119:25
34. W21	L.Brady	OPC	120:20
35. M15	D.Costello	CBC	123:00
36. M15	C.Dunne	CBC	125:20
M14	N.F.Fisher	PXN	DNF
M15	J.McGartoll	CBC	MP2
M16	B.Byrne		MP2
M16	B.Downet	CBC	MP2

YELLOW

1.	T.McCormack	GEN	33:04
2. M10	B.Brook	3ROC	43:01
3. M	K.Bell	GEN	44:29
4. M10	A.Bell	GEN	44:56
5. M10	C.Bent	SET	46:34
6. W21	N.Allman	OPC95	47:04
7. W10	R.McGrath	3ROC	50:43
8. W21	O.Phelan	OPC95	54:24
9.	S.O'Neill		55:10
10.	Donal		55:11
11.	P.McKenna		55:18
12.	A.O'Neill		55:25
13.	N.Horner		56:15
14.	Smeaton		65:30
15. W21	C.Brennan	OPC95	69:37
16.	W.Hilliard		70:15
17.	J.Hilliard		70:15
18. M13	D.GAUL	DLSO	87:40
19. M12	T.McClave	DLSO	88:50
M12	C.Flynn	DLSO	MP7
M12	I.Costigan	DLSO	MP7
M12	A.Nolan	DLSO	MP7
W11	H.Young	CNOC	DNF

WHITE

1.	S.Foy		32:57
2.	Colleran&Patten		33:33
3.	C.Cashin	AJAX	36:18
4.	Kate		36:22
5.	Aoife		36:29
6. W8	C.Young	CNOC	39:33
7. M7	B.Healy	GEN	42:15
8.	Rachel C	CNOC	44:07
9.	Ellen	CNOC	45:21
10.	Hazel	CNOC	52:29
11.	B.Rowe	CNOC	58:50
	R.Short		MP1
	S.Gleeson		DNF

Apologies to all entrants on the Blue and Orange courses which had to be voided due to a misplaced control on each course.

Results of UCDC Leinster League Event, Sugarloaf, Co. Wicklow, 5th March 1995

GREEN

	Name	Club	Class	Time
1	J. Kearney	3ROC	M35	61.07
2	P.McCormack	GEN	M45	65.5
3	C. Dunlop	SET	M60	70.02
4	T. McGrath	3ROC	M50	70.15
5	P. Butler	3ROC	M45	72.59
6	D. Brooks	3ROC	M50	73
7	A. Ryan	AJAX	M35	73.12
8	D.Barry	GEN	M45	76.3
9	B. Buckley	SET	M50	77
10	W. McCormack	GEN	W40	77
11	C. Murphy	TIGLIN	M21	77.62
12	B. McGrath	3ROC	M45	78.39
13	M. Kavanagh	\	M40	83.16
14	A. Green	SET	M21	85.24
15	J. Hughes	CNOC	M45	85.34
16	S. Rothery	CNOC	M65	91.29
17	B. McCluskey	3ROC	W21	96
18	J. Ryan	OC/DL	M16	96.02
19	L. Rianey	CNOC	M35	101.1
20	A. Ni Shuilleabhain	3ROC	W45	106.52
21	L. MacGabhann	?	\	109
22	T. Maher	\	\	109
23	N. Hutchinson			
24	/ E. Dunne	3ROC	W21	112.22
25	M. Butler	3ROC	M50	113.24
26	Kelly	\	\	133.2
27	B. Murphy	\	\	137.16
28	F. Murphy	\	\	137.17
29	J/D/Sonny	DBROO	\	140.45
30	R. Dorrepaal	SET	M35	146.29
	P. McKay	OPC95	M18	DNF
	L. Naughton	3ROC	W40	DNF
	T. Devlin	GEN	M40	DNF
	D. Keating	\	\	DNF
	S. Keating	GEN	M10	DNF
	N. McGarry	AJAX	W21	DNF
	M. Brennan	AAS	\	DNF
	Keogh	\	\	DNF
	D. Keogh		\	DNF
	M. McGeady	3ROC	W21	DNF
	M. McCormack	EC FCA	\	DNF
	P. Callery	UCDO	M21	DNF
	?	AAS	\	DNF
	T. Mackey	STANO	M16	DNF
	Foran	\	\	DNF
	C. O'Mera	3ROC	M35	DNF
	R. Shaw	AAS	\	DNF
	J. Bell	\	M15	DNF
	G. Bethell	OPC95	M21	DNF
	B. O'Grady	OPC95	M21	DNF
	M. Sneyd	OPC95	M45	DNF
	T. Cleary	3ROC	W50	DNF
	? & ?	DBROO	\	DNF

YELLOW

#	NAME	CLUB	CLASS	TIME
1	T.MCCORMACK	GEN	M8	32.33
2	FOLEY-FISCHER	PXN	M10	43.28
3	C.FLYNN	DLSO	M12	47
4	I.COSTIGAN	DLSO	M12	47.06
5	R.MCGRATH	3ROC	W11	51.4
6	A.NOLAN	DLSO	M12	64
7	S. & C.	GEN	W13	67.04
8	N.LALOR	GEN	W10	72.12
	I.O'MARA	3ROC	M10	DNF
	A.BELL	GEN	M12	DNP

ORANGE 2.5K

#	NAME	CLUB	CLASS	TIME
1	T. Keane	GEN		57.00
2	N. Foley-Fisher	PXN	M45	59:40
3	J. Atkinson	SET	W21	61.00
4	E. McElhinney			61:01
5	J. McGrath	3ROC	M13	62.27
6	A. Barry	GEN	M14	63.26
7	N. Walsh	3ROC	M11	64.29
8	P. Cullen			65:00
9	T. McElhinney	SET	M8	71.20
10	W. J. O'Neill	SET	M50	73.09
11	L. Brady	OPC	M21	73.31
12	C. Walsh	3ROC	W50	75.15
13	B. Greene	DLSO	M13	77.00
14	O. Phelan	OPC'95	W21	77.29
15	J. Butler	3ROC	W45	77.44
16	T. Butler	3ROC	W50	84.00
17	P. O'Shea			88.00
18	M. Dolan	OPC'95	M21	90.17
19	A & E. McElhinney			90.35
20	N. Allman	OPC	W21	93.27
21	S. Hammond	OPC '95	W21	95.27
22	Cremins			96:00
23	G. Stephens			96.11
24	C. Brennan	OPC	M21	105.27
	? Fitzgerald	3ROC		DNF
	N. Foley-Fisher	PXN	M14	DNF
	? Kennedy			DNF
	B. Healy	GEN	M7	DNF
	D O'Brien	DLSO	M13	DNF
	L. Brady	OPC		DNF
	P. Donlon	SET	M35	DNF
	Alan & Caoimhe	AJAX	M10	DNF

GREEN

#	NAME	CLASS	CLUB	TIME
1	A.RIGNEY	W21		74.16
2	M.HIGGINS	W50	SET	78.12
3	G.GARRAHAN	M21	OPC'95	84.14
4	D.FITZGERALD	M21		84.37
5	B.GARRAHAN	M21	OPC'95	85.00
6	N.MCGRATH	W21	AJAX	85.42
7	S.BARRY			86.00
8	A.GIBSON	M21	OPC'95	86.20
9	AM.CANTWELL	W21	FIN	88.26
10	E.O'NEILL	W14	3ROC	92.50
11	C.O'DWYER	W21	UCDO	93.35
12	AM.DOWLING	W21	UCDO	93.37
13	J.GALLAGHER	M35	OPC'95	99.01
14	B.HOLLINSHEAD	M55	3ROC	99.14
15	F.O'NEILL	W45	SET	102.40
16	S.O'SHEA	M21	GEN	103.22
17	S.HEALY	W15	GEN	103.43
18	D.LARGE	W55	GEN	104.20
19	N.LALOR	W40	GEN	105.44
20	S.BUTLER	W45	CNOC	107.00
21	E.BUTLER	W15	CNOC	107.21
22	Z.FOLEY FISHER	M14	WHO	129.12
	M.CROWLEY	W21	OPC'95	DNP
	S.DEMPSEY	W21		DNF
	N.WILSON	M14		DNF
	T.DUNNE	M21	OPC'95	DNF
	R.BOYLE	M13		DNF
	R.BARRY	M17	GEN	DNF
	K.LEVIN	W15	STANO	DNF
	P.O'NEILL	M50	3ROC	DNF
	R.HIGGENS	M13	STANO	DNP
	M.NAUGHTON	M35	COAC	DNP
	S.MCCORMACK	W	GEN	DNF
	B.HORNER	W35		DNP
	A.WARD	M18	OPC'95	DNF

RED

#	NAME	CLUB	CLAS	TIME
1	J. KOHLER	WO	M17	67.55
2	J. FRANCIS	7FAR	M35	73.00
3	C. BUTLER	CNOC	W17	75.46
4	L.C-CRAWFORD	3ROC	M13	80.00
5	KELLY	7FAR		90.00
6	D.HEALE	3ROC	M18	91.00
7	R. CLARKE	7FAR		94.21
8	M. O'SHEA			99.00
9	M. WALKER	TIGLIN	W21	100.54
10	E. O'SUILLEABHAIN	3ROC	M45	105.00
11	J. INGLIS	GEN	W40	108.51
12	D. DIGNAM	7FAR		110.24
13	D. CLERY	COAC	W21	113.30
14	M. O'COLMAN	GEN	W40	122.00
15	J. O'REILLY		M21	137.00
16	S. O'hEAFA		M21	137.50
	B. SMITH	7FAR		DNF
	D. CROWLEY	7FAR		DNF
	L. ARMSTRONG	7FAR		DNF
	C. BURNS			DNF
	O. MENZIES	STANO	W15	DNF
	G. WHELAN	STANO		DNF
	M. GALLIGAN			DNF
	A. HORNER		W20	DNF
	J. LANTHON			DNF
	A. HANLON	7FAR		DNF
	K. MC CANN	GEN	M17	MP

BLUE COURSE

#	NAME	CLUB	CLAS	TIME
1	D.CASHIN	AJAX	M35	54.39
2	E.O'SHEA	GEN	M21	63.41
3	J.MACKEY	3ROC	M18	64.36
4	JMcCULLOUGH	3ROC	M40	65.19
5	N. C-CRAWFORD	3ROC	M50	66.01
6	J.MAGUIRE	AJAX	M21	66.07
7	M.REED	FERMO	M55	71.49
8	R.GARRETT	3ROC	M45	71.55
9	J.WATT	GEN	W40	71.58
10	A.O'MULLANE	GEN	M21	73.44
11	A.DE LACY	AJAX	M18	74.01
12	W.McDONALD	AJAX	M18	74.59
13	D.KELLY	FIN	M21	78.15
14	J.LALOR	GEN	M40	78.45
15	B.DOHERTY	GEN		79.42
16	G.TAYLOR	PXN	M40	82.01
17	J.KEATINGE			82.44
18	D.QUINN	GEN	M40	83.21
19	D.SHORT	CNOC	M35	86.31
20	D. O'COLMAIN	GEN	M45	87.41
21	M .MANGAN	SET	M35	88.18
22	L.HUTCHINSON	FUCCO	W21	98.03
23	H.INGLIS	GEN	M50	100.32
24	P.DEMPSEY	GEN	M55	106.01
25	A.TOTTENHAM	3ROC	W40	114.18
26	S.MURRAY	SET	M45	124.41
27	P.DODD	GEN	M35	150.57
28	K.MURRAY	GEN	M35	150.58
	T.CONLON	PXN	M21	DNF
	T.McCORMACK	GEN	M40	MP
	J.DE LACY	AJAX	M40	DNF
	G.UI CHINNEID			DNF
	E.DALBY	3ROC		DNF
	R.LYNAM	CNOC	W40	DNF
	A.AYLING	DUO	M21	DNF
	OBRAINE	FIN	M50	DNF

BROWN

#	NAME	CLASS	CLUB	TIME
1	A. O'CLEIRIGH	M35	CNOC	63.02
2	G. PATTEN		AJAX	64.00
3	C. ROTHERY	M35	AJAX	67.00
4	B. O'BRIEN		AJAX	72.00
5	G. BRADY	M21	CORKO	73.19
6	D. REIDY	M40	AJAX	76.45
7	K. McDONALD	M40	AJAX	79.43
8	W. YOUNG	M40	CNOC	81.00
9	P. GARGAN	M40	AJAX	84.00
10	L. DONOVAN	M21	AJAX	86.00
11	P. SMYTH	M21		86.03
12	M. GEOGHEGAN	M21	AJAX	87.19
13	B. BELL	M40	GEN	90.13
14	T. TOTTENAHM	M18	3ROC	91.01
15	I.MACNEILL	M40	3ROC	99.50
16	G.CUNNINGHAM	M21	UCDO	102.45
17	M.O'KEEFFE	M21	FIN	106.45
18	G.ELLIOTT	M21	3ROC	107.27
	M.MCANN			DNP
	R.MOONEY			MP
	K.GROGAN	M40	CNOC	DNP

The organiser would like to apologise for the inconvienience caused by the cancellation of the brown and yellow courses for the Leinster league results.

E COURSE (CONTINUED)

10	D. COX	M13-	WHO	42.28
11	J. SCOTT	M13	WHO	43.08
12	B. FOLEY FISHER	W40	PXN	44.39
13	E. LALOR	W40	GEN	45.03
14	MARGARET (SCOUTS)	-	-	45.53
15	D. McNEILL	M14	3ROC	46.48
16	MARTIN	-	-	48.59
17	DAMIEN	-	-	49.37
18	CAMMILUS	-	-	55.42
19	M. FINLAY	M13	WHO	55.44
20	HAGGERTY	-	-	59.09
21	ANTOINETTE	-	-	59.10
22	E. CARR	W13	WHO	61.33
23	BARRY	-	-	71.46
24	J. KING	M22	FERM	89.06
25	A. DOOLEY	W30	PNX	92.30
26	A. SHANNON	W30	PXN	92.32
	S. DONAGH			DSQ
	B. DIXON		FCA	DSQ

F COURSE (2.3 km, 35M)

1	N. WALSH	M12	3ROC	23.02
2	I. KERR	M13	WHO	24.44
3	S. NOWLAN	W12	3ROC	29.34
4	T. McCORMAC	M8	GEN	42.10
5	C. FOLEY FISHER	M9	PXN	42.27
6	K. FLANAGAN	M12	3ROC	45.21
7	J. McGOWAN	W21	-	54.17
8	N. LALOR	W12	GEN	56.30
	D. BELL	M10	GEN	DNF

Mullaghmeen Results, cont.

GREEN COURSE 5.4 KM 250 M

T Slattery	M20	CNOC	69.34
M Jennings	M20	CNOC	87.38
M Healy	W40	GEN	88.32
T Fitzgerald	M20	CNOC	104.30
A B Law	M60	GEN	107.35
A Green	M21	SET	108.20
K Sweeney	M20	CNOC	109.00
E Clancy	M21	CNOC	111.00
J Barrett	M60	CNOC	115.12
G Chatfield	-	-	115.38
H McInerney	W35	CNOC	117.11
J Hughes	M50	CNOC	118.21
C Dunlop	M60	-	119.10
D O Murchu	M45	CNOC	123.21
N Butterfield	M21	GEN	124.22
S Rothery	M65	3ROC	127.42
J Smith	M20	CNOC	127.54
M Flood	M20	CNOC	133.53
D Brooks	M50	3ROC	134.34
A Mc Sluilleabhain	W45	3ROC	136.46
M Butler	M50	3ROC	137.21
F O Hanlon	W21	AJAX	141.38
F White	-	SET	174.34
B Madigan	-	-	211.58
L Staines	-	-	211.58

RED COURSE 3.0 KM 150 M

L C Crawford	M14	3ROC	46.06
E Butler	W15	CNOC	76.14
N Fisher	M45	PXN	77.12
J Inglis	W40	GEN	85.32
F O Sullealbhain	M45	3ROC	87.15
B Fisher	W40	PXN	95.07
J Earle	M40	3ROC	117.12
T Butler	W50	3ROC	159.07

LEINSTER LEAGUE EVENT - KINNITTY 09 APRIL 95

BROWNE COURSE 8.0 KM 400 M

D Reidy	M40	AJAX	82.49
B O Brien	M21	AJAX	90.12
K O Dwyer	M40	SO	108.56
G Brady	M21	CORKO	109.45
M Geoghegan	M21	AJAX	110.13
D Weston	M21	SET	114.53
B Bell	M40	GEN	119.30
J Mc Cullough	M40	3ROC	120.34
T Duggan	M35	CNOC	123.28
A Tucker	M35	-	124.59
M Walsh	M21	GARDA	130.44
L Donovan	M21	AJAX	135.48

BLUE COURSE 7.5 KM 320M

D Quinn	M40	GEN	104.44
N C-Crawford	M50	3ROC	130.24
H Inglis	M50	GEN	156.09
G Sweeney	M35	CNOC	203.51
M Ni Chortir	W21	CORKO	DNP No 4

LIGHT GREEN COURSE 3.6 KM 200M

L C Crawford	M14	3ROC	53.34
R Holohan	M18	CNOC	57.18
T Keegan	M21	3ROC	60.32
C Butler	W17	CNOC	72.18
Z F Fisher	M13	WHO	72.22
W Downey	-	CNOC	73.03
D Butler	M45	CNOC	74.25
A O Dwyer	W16	CORKO	77.55
W Delaney	-	CNOC	78.00
I O'Hanlon	W40	CDAC	79.15
B O'Gorman	M20	CNOC	85.52
T Murphy	-	CNOC	88.01
E Kernan	W21	AJAX	91.36
T O'Dwyer	-	-	99.18
K O'Dwyer	-	-	99.35
S Healy	W15	GEN	118.04
V Murtagh	W55	3ROC	166.46
G Butler	M15	3ROC	DNP No 4
P Lee	-	-	DNP No 4

ORANGE COURSE 3.0 KM 150 M

D Healy	M11	GEN	48.43
F Reid	W11	CNOC	95.14
S Butler	W45	CNOC	96.14
A Griffen	W45	-	96.18
N F Fisher	M14	PXN	103.38
B Earle	M13	3ROC	105.45

YELLOW COURSE 2.8 KM 100M

H Niland	W12	AJAX	81.24
D Niland	M10	AJAX	81.26
C Horan	M12	-	148.28

RESULTS OF SETANTA ORIENTEERS EVENT AT MULLAGHMEEN: 23 APRIL 1995

A COURSE (10.2 km, 360m)

1	A. O'CLEIRIGH	M35	CNOC	74.37
2	B. REED	M21	FERMO	79.30
3	P. KERNAN	M21	AJAX	79.40
4	P. HIGGINS	M21	PXN	84.56
5	B. O'BRIEN	M21	AJAX	88.38
6	M. GEOGHEGAN	M21	AJAX	89.06
7	C. CRAIG	M21	PXN	90.44
8	K. O'BRIEN	M21	PXN	91.47
9	T. CONLON	M21	PXN	95.07
10	G. DOHERTY	M21	GEN	96.28
11	P. SMYTH	M21	-	98.50
12	T. COTTER	-	FUCCO	99.44
13	B. DALBY	M35	3ROC	100.17
14	B. BELL	M40	GEN	103.16
15	P. FERGUSON	M21	PXN	105.46
16	L. DONOVAN	M21	AJAX	106.25
17	A. COX	M21	3ROC	118.40
18	T. CAFFREY	M35	SET	125.10
19	G. ELLIOT	M21	3ROC	145.38
	P. DUNNE	M35	PXN	DNF

B COURSE (7.5 km, 235m)

1	G.TAYLOR	M40	PXN	71.13
2	I. McNEILL	M40	3ROC	77.57
3	G. BUTLER	M20	3ROC	78.09
4	T. McCORMACK	M40	GEN	85.35
5	B. BUTLER	M45	3ROC	93.34
6	D. O'MURCHU	M45	CNOC	96.32
7	J. ROWE	M21	FIN	101.19
8	M. REGAN	-	PXN	101.42
9	M. McGREADY	W21	3ROC	106.25
10	J. MULDOWNEY	-	PXN	114.42
11	E.DUNNE	M21	3ROC	116.35
12	B. McCLUSKEY	W21	3ROC	132.12
13	E. O/SUILLEBHAN	M45	3ROC	141.01
	D. O'COLMAIN	M45	GEN	DNF

C COURSE (5.7 km, 145m)

1	M. REED	M55	FERMO	55.18
2	T. TOTTENHAM	M18	3ROC	55.27
3	D. QUINN	M40	GEN	59.49
4	N. C-CRAWFORD	M50	3ROC	60.15
5	J. MACKEY	M18	3ROC	61.53
6	D. BROOKS	M50	3ROC	62.09
7	T. McGRATH	M50	3ROC	64.20
8	J. WATT	W40	GEN	66.15
9	P. McCORMACK	M50	GEN	67.49
10	T. FINLAY	W45	FERMO	68.30
11	E. HUME	M50	FERMO	69.42
12	M. WILSON	M21	LVO	71.14
13	E. GLANVILLE	W21	3ROC	71.52
14	P. FLANAGAN	M50	3ROC	72.53
15	A. UI SHUILLEABHAIN	W45	3ROC	77.07
16	M. NOWLAN	W45	3ROC	77.12
17	M. McCAULIFFE	M35	3ROC	80.17
18	J. LAWLER	M40	GEN	80.39
19	J. QUIGLEY	M45	UNAT	84.23
20	E. McGINLEY	M21	-	85.31
21	M. BUTLER	M50	3ROC	85.55
22	M. WALSH	W45	3ROC	86.29
23	W. McCORMACK	W40	GEN	87.04

C COURSE (CONTINUED)

24	L. O'NEILL	W45	FIN	90.30
25	B. FLANAGAN	W45	3ROC	91.51
26	A. TOTTENHAM	W40	3ROC	94.42
27	F. O'HANLON	W21	AJAX	94.45
28	T. MURPHY	-	CUST	95.24
29	I. O'HANLON	W40	FIN	102.20
30	R. RIGNEY	M35	CNOC	104.46
31	M. O'COLMAIN	W40	GEN	110.51
32	A. QUINN	M18	3ROC	120.55
33	L. CONVERY	M55	3ROC	128.53
34	D. NAGLE	W45	3ROC	121.02
35	L. NAUGHTON	W40	3ROC	152.50
36	J. BUTLER	W45	3ROC	158.37
	B. SHARKEY	W21	FIN	DNF
	B. DOHERTY	M50	GEN	DSQ(4)
	A. McCORMACK	W45	GEN	DSQ(14)
	B. SHARKEY			DNF

D COURSE (4.7 km, 90m)

1	G. BUTLER	M16	3ROC	55.32
2	T. MACKEY	M16	3ROC	60.53
3	R. FINLAY	M13	FERMO	61.43
4	C. FINLAY	M50	FERMO	62.34
5	Z. FISHER	M13	WHO	63.09
6	S. HALLETT	M15	FERMO	63.45
7	D. BUTLER	M45	CNOC	65.50
8	D. WALSH	-	CUST	66.02
9	M. NOWELL	-	CUST	68.13
10	S. KULLDORFF	M65	SET	77.25
11	H. CONVERY	W55	3ROC	84.14
12	E. LAWRENCE	M55	WHO	86.21
13	B. BRILL	-	FCA	86.37
14	E. BUTLER	W17	CNOC	88.08
15	M. FINNAN	-	FCA	88.42
16	D. CLARKE	-	FCA	90.28
17	O. MENZIES	W18	3ROC	95.10
18	D. HEUSSAFF	M21	-	95.19
19	E. LAWRENCE	W17	WHO	95.45
20	J. CUNNANE	-	FCA	96.41
21	M. LENNON	-	FCA	100.40
22	A. LAWRENCE	W45	WHO	104.05
23	M. McMORRIS	-	FCA	106.30
24	H. DELANEY	W18	3ROC	107.17
25	K. LEVIN	W13	3ROC	107.27
26	D. CALKINS	M16	3ROC	107.13
27	E. STEPHENS	-	FCA	108.50
28	D. REILLY	-	-	113.20
29	M. FLYNN	-	CUST	124.52
30	M. MARTIN	-	FCA	144.41
31	S. QUIGLEY	-	FCA	146.40
32	T. BUTLER	W50	3ROC	182.10
	D. McCANN		FCA	DNF
	M. McGREADY	-	-	DNF
	L. QUILL	W45	FIN	DNF
	K. QUINN	W19	FIN	DNF
	V. MURTAGH	W50	3ROC	DNF
	N. HUTCHINSON	W21	-	DNF

E COURSE (3.1 km, 125m)

1	L. C-CRAWFORD	M14	3ROC	24.10
2	M. MALONE	-	-	32.10
3	C. WALSH	M14-	3ROC	32.40
4	M. FOLEY FISHER	M13	PXN	32.46
5	L KEIRSEY	-	-	34.02
6	K. GARLAND	M13	WHO	35.02
7	P. FLANAGAN	W14-	3ROC	36.02
8	M. FOLEY FISHER	M45	PXN	38.27
9	T. CULBERT	-	-	42.06

G.E.N. LEAGUE EVENT - TROOPERSTOWN, 14/5/95

YELLOW COURSE	2.3K	6.5 M			GREEN COURSE	4.9K	8.0 M		
1 C. Foley-Fisher		M10	PxN	17-50	1. T. Keegan		M21	3 Roc	59-49
2 E. & C. Quill			FIN	22-07	2. L. O'Hara		M16	Ajax	60-33
3 Alan Bell		M10	GEN	22-44	3. P. Butler		M45	3 Roc	62-54
4 Sheila Nowlan		W12	3 Roc	23-08	4. P. McCormack		M50	GEN	63-14
5 Jennifer Butler		W16	3 Roc	23-47	5. B. McGrath		M45	3 Roc	64-02
6 Patrick & Paul			NYC	25-34	6. Aidan Ryan		M35	Ajax	66-10
7 Deirdre Bell		W10	GEN	30-37	7. N. Butterfield		M21	GEN	71-53
8 Ted McCormack		H8	GEN	32-31	8. W. McCormack		W40	GEN	74-01
9 Barry Healy		M7	GEN	33-21	9. J. Fitzsimons		M45	3 Roc	74-29
10 E. Foley Fisher		W10	PxN	35-31	10. Maire Walsh		M45	3 Roc	80-48
11 O'Reilly				55-24	11. L. O'Halmhain		M16		83-58
12 Rhona McGrath		W12	3 Roc	57-47	12. B. Power		M45	Set	84-07
					13. S. Doorly		M21	VCDO	85-30
One D.N.F.					14. J. Francis		M35	7 Far	89-28
					15. M. Butler		W50	3 Roc	95-34
ORANGE COURSE	2.5K	7.0M			16. Jean O'Neill		M40	FIN	96-02
					17. C. O'Neill		M40	GEN	97-05
1 John McGrath		M14	3Roc	27-55	18. David Brooks		M50	3 Roc	101-09
2 N. Foley-Fisher		M14	PxN	36-42	19. Ger Power		W45	3 Roc	104-23
3 David Healy		M11	GEN	41-05	20. T. O'Hanlon		W21	Ajax	104-43
4 Susan Healy		W15	GEN	46-38	21. C. Dunlop		M60	Set	111-03
5 Niall Walsh		M12	3 Roc	50-27	22. M. Kavanagh		M40		119-28
6 C. McGrath		W45	3 Roc	50-40	23. C. Carroll		M60	3 Roc	119-48
7 Conal Walsh		M14	3 Roc	50-58					
8 Ruarai Short		M6	CNOC	53-20	One D.N.F. One Disq				
9 Karen Levin		W17	3 Roc	65-35					
10 Daniel Khelifa		M10	Fingal	86-34	BLUE COURSE	6.9 K	22.0M		
11 Miriam Khelifa		W10	Fingal	86-04					
12 Kate O'Hara		W6	Ajax	103-09	1. John Feehan			Ajax	54-09
13 Jean Mullen		W60	3 Roc	104-34	2. N. C-Crawford		M50	3 Roc	72-02
14 Michael O'Hara		M10	Ajax	105-24	3. J. Mackey		M18	3 Roc	75-09
15 Noreen Doherty		W50	GEN	115-47	4. Ian McNeill		M40		76-32
					5. T. McCormack		M40	GEN	76-46
Two D.N.F.					6. R. O'Gorman		M20	CNOC	78-18
					7. Jane Watt		W40	GEN	84-01
LIGHT GREEN	3.0K	5.0M			8. Ruth Lynam		W40	CNOC	84-08
					9. D. Quinn		M40	GEN	85-23
1. L. Crawford		M14	3 Roc	29-34	10. Monica Nowlan		W45	3 Roc	90-49
2. Z.F.-Fisher		M13	WHO	34-11	11. B. Doherty		M50	GEN	94-03
3. T. Mackey		M16	3 Roc	37-31	12. D. O'Colmain		M45	GEN	97-19
4. Gerard Butler		M15	3 Roc	38-12	13. D. Heale		M21	3 Roc	117-27
5. P.O'Hara		M14	Ajax	39-30					
6. Ross O'Colmain		M13	GEN	46-03					
7. K. McCormack		W15	GEN	49-53	BROWN COURSE	8.3 K	22.5M		
8. N. Foley-Fisher		M45	PXN	52-38					
9. Diane Large		W55	GEN	58-47	1. Colm Rothery		M21	Ajax	55-37
10. J.D. Clarke		M50	GEN	58-55	2. B. O'Brien		M21	Ajax	68-17
11. A. McCormack			GEN	61-30	3. J. McCullough		M40	3 Roc	69-04
12. B. Sharkey		W40	PXN	62-13	4. W. McDowell		M18	Ajax	70-26
13. Sybil McCormack		W17	GEN	72-18	5. M. Geoghegan		M21	Ajax	70-47
14. L. Quill		W45	FIN	96-09	6. G. Brady		M21	Cork O	74-42
15. Tom Butler		W50	3 Roc	107-05	7. D. Cashin		M35	Ajax	75-05
16. Vera Murtagh		W50	3 Roc	109-42	8. M. O'Hara		M40	Ajax	76-38
					9. K. McDonald		M40	Ajax	77-18
RED COURSE	4.3K	17.5 M			10. D. Weston		M21	Set	77-54
					11. F. Lafferty		M35	FIN	78-57
1. L.C. Crawford		M14	3 Roc	44-28	12. S. O'Boyle		M35	CNOC	80-04
2. Olwyn Menzies		W17	3 Roc	81-30	13. T.O'Gorman		M21	Brown	80-44
3. B. Quigley		W21	FIW	92-54	14. Leo Donovan		M21	Ajax	84-26
4. Bavd			GEN	127-41	15. T. O'Shea		M35	GEN	89-40

Two D.N.F.

FINGAL ORIENTEERS

Rockmarshal, 7.5.95, Leinster League 11.

Thanks to Richard Kavanagh, Controller, Frank Flood, Organiser, who deputised at short notice, Francis Laverty, Jean O'Neill, Bernie Sharkey, Eileen Jones, Mick O'Keefe, Mary Curley, and Ronan O Connell, thanks to John DeLacy for the maps, and thanks to all of you who made the journey. - Val Jones, Planner.

BROWN	8k	39Om					
1. Colm Rothery		Ajax	M21	69.58			
2. Bill Reed		Femo	M21	73.03			
3. Gerry Brady		Cork		80.29			
4. Brian Bell		GEN	M40	96.50			
5. Dave Weston		Setanta	M21	103.36			
6. Marcus Geoghegan		Ajax	M21	103.59			
7. Leo Donovan		Ajax	M21	104.29			
8. Tony Cotter		FUCCO	M21	107.08			
9. Tom O'Gorman		CNOC	M21	119.52			
BLUE	6.9k	32Om					
1. Maxwell Reed		Femo	M55	84.58			
2. Nigel Campbell-Crawford		3ROC	M50	93.21			
3. David Quinn		GEN	M40	102.07			
4. Jane Watt		GEN	W40	103.33			
5. Monica Nolan		3ROC	W45	115.05			
6. Brendan Doherty		GEN	M50	126.30			
7. Tom McCormack		GEN	M40	133.00			
– Richard O'Gorman		CNOC	M20	129.51	DNF		
RED	4.6k	18Om					
1. L.G.Crawford		3ROC	M14	64.26			
GREEN	4k	16Om					
1. Peter Kernan		Ajax	M40	35.30			
2. P. McCormack		GEN	M50	47.28			
3. P.Butler		3ROC	M45	48.16			
4. B.McGrath		3ROC	M45	48.20			
5. W. McCormack		GEN	W40	64.33			
6. Nick Butterfield		GEN	M21	65.35			
7. Brendan Cryan		3ROC	M35	65.58			
8. Miriam Ní Chóitir		Cork0	W21	70.30			
9. David Brooks		3ROC	M50	76.08			
10. Eilis Kernan		Ajax	W21	87.51			
11. F. O'Neill		Setanta	W45	94.26			
12. A.McCormack		GEN	W45	99.00			
13. Áine Ní Shúilleabháin		3ROC	W45	99.56			
14. Colin Dunlop		Setanta	M60	104.02			
15. W.J. O'Neill		Setanta	M50	112.20			
16. J. Butler		3ROC	W45	122.45			
17. Michael Butler		3ROC	M50	132.06			
Lite Green	3.3k	15Om					
1. Eileen Jones		Fingal	W21	31.15			
2. Z.F.-Fisher		WHO	M13	55.42			
3. Andrew Quin		3ROC	M16	57.13			
4. Diana Large		GEN		70.55			
5. Gerard Butler		3ROC	M15	71.55			
6. Nigel Foley-Fisher		PXN	M45	75.44			
7. Nathan Foley-Fisher		PXN	M14	82.45			
8. B. Foley-Fisher		PXN	W40	84.54			
9. Sybil McCormack		GEN	W17	111.00			
10. Toni Butler		3ROC	W50	153.00			
– Ray Byrne					DNF		
– Vera Murtagh		3ROC	W50		DNF		
ORANGE 2.7k	12Om						
1. John McGrath		3ROC	M14			28.40	
2. Mary Curley		Fingal	W21			59.01	
2. Ronan O'Connell		Fingal	M21			59.01	
– Smith Family					DNF	75.06	
YELLOW 1.7k	9Om						
1. Luke McCormack		GEN	M11			18.41	
2. C.Foley-Fisher		PXN	M15			22.03	
3. Sheila Nowlan		3ROC	W12			22.08	
4. Ted McCormack		GEN	M8			23.15	
5. Alan Bell		GEN	M12			27.39	
6. E.J.Foley-Fisher		PXN	W15			49.46	
7. O'Reilly Family						65.44	
– D. Bell		GEN	W10		DNF	49.16	

ORIENTEERING FIXTURES 1995

July

16	**WICKLOW MOUNTAIN MARATHON**	Featherbed road. SET. (GR O 130 195)
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

13	**THREE ROCK MOUNTAIN**	Dundrum Co. Dublin. Special event to raise funds for the World O-Champs team. Start 11-1.00. GR O 17 23.
13-20	***WORLD ORIENTEERING CHAMPIONSHIPS***	*Lippe, Germany.*
15		*Qualification race for Classic distance.*
16		*Classic distance final.*
18		*a.m. Short -O qualification race; p.m. short -O final.*
20		*Relays.*

September

3	**IOA 25th ANNIVERSARY EVENT**	**incorporating the Irish Orienteer Trophy. 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 event. GR O 12 22.
10	**MUNSTER CHAMPIONSHIPS**	**Kilworth** Co. Cork. Southern Orienteers. Entry form enclosed.
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. Entry form enclosed. Closing date 1/9/95.
24	**Junior Home International Relays, Necarne,**	Irvinestown, Co. Fermanagh.
24	**GLENBOWER WOOD**	Killeagh, Co. Cork. CorkO intro 11-2 pm, GR W 99 77.
24	**KILLINEY HILL**	Co. Dublin. AJAX come & try it event. GR O 26 25.
30	**NI RELAY CHAMPIONSHIPS**	**Gosford** Markethill, Co. Armagh. LVO. GR H 97 40.
30	***Senior Home International***	*& BOF National Event 5, Mynydd Llangynidr, Tedegar, S. Wales (Relays on October 1st.)*

October

1	**GARRETTSTOWN**	Ballinspittle, Co. Cork. CorkO. Cork League 1. 11-2 pm. GR W 5844.
1	**MULLAGHMEEN**	near Oldcastle, Co. Meath. SET. Leinster League 1. GR N 47 78.
7	**CASTLEWELLAN**	Co. Down. LVO. NI Series 7. GR J 32 37.
7	***CompassSport Cup Final***	*Grace Dieu, Leicester.*
8	**CARRICKGOLLIGAN**	Kilternan, Co. Dublin. GEN score event. GR O 22 20.
10	**CURRABINNY**	Co. Cork. Schools closed event. CorkO. GR W 79 62.
14-15	***Veteran Home International***	*& National Event 7, Aberdeen, Scotland.*
15	**CURRAGH WOOD**	Midleton, Co. Cork. CorkO. CL2. 11-2pm. GR W 86 76.
15	**WOODENBOLEY**	Hollywood, Co. Wicklow. CNOC. Leinster League 2. GR N 93 10.
22	**BELFIELD**	Dublin. UCDO event. GR O 18 29.

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)

November

5	**HELLFIRE WOOD**	Rathfarnham, Co. Dublin. SET. GR O 12 22.
5	**KNOCKNACAREIGH**	Kilmurry, Co. Cork. CorkO. CL4. 11-2 pm. GR W 36 64.
11	**NECARNE**	Irvinestown, Co. Fermanagh. NI Series 9. FermO. GR H 23 57.
12	**GLENCREE**	Co. Wicklow. GEN. Leinster League 3. GR O 19 14.
12	***BETHECAR MOOR***	*BOF National Event 7, Ulverston, Cumbria.*
18	**BARNETTS PARK**	Belfast. LVO Night Event. GR J 31 68.
19	**CHIMNEYFIELD**	Glenville, Co. Cork. UCCO. CL5. 11-2 pm. GR W 90 85.
25	**NI NIGHT CHAMPIONSHIPS**	**Drum Manor,** Cookstown, Co. Tyrone. NWOC. GR H 76 78.
26	**CURRAGH WOOD**	Midleton, Co. Cork. CorkO. Cork Champs. 11-1.30. GR W 86 76.
26	**THREE ROCK WOOD**	Dundrum, Co. Dublin. 3ROC. Leinster League 4. GR O 17 23.

December

3	**CURRAGH**	Co. Kildare. CNOC Leinster League 5. GR N 78 12.
3	**ISLAND WOOD**	Newmarket, Co. Cork. BVOC. CL6. 11-1 pm. GR R 31 04.
9	**TOLLYMORE**	Newcastle, Co. Down. LVO event. GR J 35 32.
10	**MALAHIDE CASTLE**	Co. Dublin. UCDO event. GR O 22 45.
26	**THREE ROCK WOOD**	Dundrum, Co. Dublin. 3ROC score event. GR O 17 23.
27	**FARRAN FOREST PARK**	Ovens, Co. Cork. CorkO fun event. 11-2 pm. GR W 48 71.

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.

Latest Fixtures Information on 01-4569099 (24 hours).

Warning! Events do not always happen as planned. If you are in any doubt check with the organising club (see the list on page 2) or on the events hotline beforehand.