the Irish Orienteer

No. 75 October - November 1995 IR£1.50

THE IRISH ORIENTEER
USEFUL ADDRESS LIST

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UCC ORIENTEERS	Niamh O Donovan, PE Office, UCC, College Road, Cork.
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UCG ORIENTEERS	Alan Brett, c/o Porter s Desk, Concourse, University College, Galway.
WATERFORD ORIENTEERS	Veronica Purcell, Lodge s Lane, Newtown Hill, Tramore, Co. Waterford.
IRISH O-ASSOCIATION	Finola O Donoghue, House of Sport, Longmile Road, Dublin 12. (01-4569099). IOA Secretary: Ken Griffin, 12 Island Way, Muskerry Estate, Ballincollig, Co. Cork (021-870338).
NORTHERN IRELAND OA	Kathryn Millinson, 311 Ballynahinch Road, Hillsborough, Co. Down BT 26 6BT.
BRITISH O-FEDERATION	Riversdale, Dale Road North, Darley Dale, Matlock, Derbyshire DE4 2HX (0044-1629-734042, FAX 0044-1629-733769).
INTERNATIONAL O-FEDERATION	Lennart Levin, Box 76, S-191 21 Sollentuna, Sweden (00-46-8-353455, FAX 00-46-8357168)

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 November 21st

Cover: Barry Healy (GEN) gets to grips with the string course at Strathspey '95 (Joe Healy)

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Reports wanted for TIO 76: Connacht Champs, InterPro 95, MOC 95, NIOC 95 etc. etc. etc!

Special plea: As I have very little free time at present, PLEASE submit results and articles on 3 1/2 inch floppy disk from PC's or Macs.

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The Irish Orienteer

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Squad? What Squad?

Another World Championships is over, Ireland's eleventh, so where do we stand? Obviously we had some disappointments, but a very positive note was Una Creagh's qualification for the A final in the Classic race. Apart from that, perhaps a disappointing WOC: the forests were not unlike our own, yet the Scandinavians dominated as usual.

The absance of both a support mechanism for the team and a recognisable squad are two deficiencies in the Irish organisation. The team is selected for a specific event from a group of orienteers who have nominated themselves: no one, except some of the selectors, knows who the pool of potential competitors is. The team then disperses and that's it. There is no team or squad identity to carry on from year to year, the squad has no existence except for a few weeks before the World Championships. Surely the team would benefit from the existence of a larger identified pool of runners: they could help with training, fund raising, publicity. It would give aspiring young orienteers something to aim for as a stepping stone to making it onto the national team. If you are on the squad (whether senior, junior or veteran) it's a recognition of a certain status and it should encourage greater team spirit among the members. The idea of a "squad Sunday" where the national squad runs events to raise money for itself has been proposed by IOA, but where's the squad to do it?

A larger squad would have more contact with ordinary orienteers, bringing the fact home to people that the Irish Team is not just some elite group living in a rarified atmosphere of high level competition. The team needs our support and it needs to know that we are interested in their progress; we need the team to give us a goal, to be our heroes. And heroes they are: the amount of time, money and effort they have devoted to their orienteering over the years cannot be calculated. They have got where they are despite the support from the rest of us, not because of it.

Now is the time to change. The next WOC is in Norway in 1997, the following one in Scotland in 1999. There were only a handful of supporters in Germany: why not try to get more in Norway and lots in Scotland? With a national squad in existence and a band of supporters we can make a difference to the team's preparation and to the perception of orienteering at home which will have a knock on effect throughout the orienteering community. In particular, if we are to run World Cup events in 1998 we are talking about re-launching orienteering on a different level, with the national squad at the pinnacle. Enjoy your orienteering!

O-TRAINING SEMINARS

UCD Orienteers are running two evening training seminars which should be of interest to lots of you.

Introductory:

Monday 9th October

at 8 p.m. sharp.

From zero knowledge to surviving a Yellow/Orange course. Short video clips, overheads and other demonstration materials will be used.

The Next Step

Monday 16th October

at 8 p.m. sharp.

Introducing a range of skills used for efficient orienteering on more technical courses (Red - Green standard). Included will be the traffic light system, pacing, various ways to utilise the compass, unravelling contours (spaghetti!), and more. We might even include a "who-did-what-and-why" - an analysis of route choices from the previous day's event at Woodenboley.

The sessions will be in a classroom situation and will be of one hour's duration. Location: The Arts/Commerce building, UCD, Belfield. Follow signs for Belgrove Residences which have a car park beside them. Check the notice board at the information desk at the front of the building to find the room number (listed under "Orienteering Club").

NOT THE WOC

The event on Three Rock Mountain on August 13th raised £300 for the World Championships team and the sale of old TIO's back at the IOA 25th anniversary dinner in April yielded £32. Thanks for your support - every little helps. The date of August 13th - the start of the WOC week - was chosen to tie in with all the media coverage the World Championships would get, newspaper articles on Eileen's wo[illegible]record 11th successive WOC, Colm Rothery's epic journey from Ireland to Germany in a pig truck, improved results on last year etc ... Wouldn't you think that I'd know better at this stage than to expect media coverage for orienteering? Sure the event didn't even appear in most of the papers, and the IOA doesn't even have a PRO (not that that's their fault: the orienteers themselves are to blame). Ah well. (By the way, Colm flew in the end).

JOHN SIMPSON APPEAL

Ultrasport's Ken Broad, his son Simon and a 50-something year old friend are trying to raise money for John Simpson, a friend of Simon's, who needs an urgent £40,000 operation for a brain tumour which has to be done in the USA. The three (combined age about 150) are attempting to traverse the Pyrenees from the Atlantic to the Mediterranean, 450 miles and 36,000 feet of climb. In 100 hours. On bikes. This includes all the major climbs of the Tour de France: the idea was suggested in 1912 but not achieved until 1952. The attempt took place during the first week in September. If you would like to contribute, send any donations to Ken at Ultrasport, 4 St. Mary's St., Newport, Shropshire, TF10 7AB, or fax 0044-19521-825320.

THE 21st CENTURY

Sport Development Resources, a sports marketing consultancy retained by the IOF, has reported back to the IOF Council. Among its conclusions is that further development of orienteering in the 21st century will require the same level of attention to the funding and marketing aspects that we have already paid to developing expertise in the technical aspects of the sport.

CORK WINNERS

CorkO are believed to be the winners of this year's Irish Orienteer Trophy competition following a multi-club one-off event at Castle Bernard, Kinnitty, Co. Offaly on September 3rd. This event was also a celebration of the 25th anniversary of the establishment of the Irish Orienteering Association (not, as some may have thought, 25 years of orienteering in Ireland).

The complex scoring system and seeming lack of interest in the results combined to leave two of the main protagonists, LVO and CorkO, heading homewards on their respective buses, with the 3ROC contingent staying behind scratching their heads and trying to work out the score. The look of the results was that with a 1, 2, 3 on most courses, CorkO were in an unassailable position and so, despite official confirmation, it looks like the coveted Trophy is heading south once again. Well done, Cork.

Presumably now that the IOA has taken on the organisation and co-ordination of the competition all the Editor will have to do is present the Trophy. 'Tis a consummation devoutly to be wished.

OCCUPIERS LIABILITY ACT

The Occupiers' Liability Act, 1995 recently became law. A very useful guide to the Act has been published by the Irish Farmers' Association, sponsored by FBD Insurance. David Butler of CNOC kindly let TIO have a copy. Broadly, the new Act defines the duties of an occupier (e.g. an owner or tenant of land) with respect to entering onto that land. Entrants are classed as visitors (for instance, at the invitation of the occupier), a recreational user (a person present without charge - other than unreasonable charge for parking - for recreational purposes) and a trespasser (anyone not covered above).

For orienteering purposes we would be recreational users and the occupier's duty towards us would be "not to intentionally injure the person or damage the property of the person, nor act with 'reckless disregard' for the person or the property of the person".

Where insurance is concerned, farmers are advised to ensure that anyone coming onto their property has adequate insurance cover which is extended to protect the farmer as a joint insured.

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V-J INTEGRATOR	£64.99	MOSCOW 3T	£32.95	H-HANSEN LIFAWEAR	£17.95	T-BARS & 2 PUNCHES	£9.95

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should be kept in a safe condition. The farmer is also advised to display relevant notices warning of hazards like machinery working or animals, to warn recreational users and trespassers. The farmland code of conduct, included in the guide, reminds entrants that they are responsible for any damage to private property, livestock or crops resulting from their activity.

Copies of the Guide are available from IFA around the country or from the IFA headquarters at the Irish Farm Centre, Bluebell, Dublin 12.

OUT OF THE FRYING PAN ...

The latest on the 1998 World Cup bid is that we may end up running events after all. The IOA put in a bid to run one race in the 1998 World Cup series, in conjunction with races in England, Scotland and Wales. An attractive package, you might think, but it was shot down by the IOF on the basis of excessive travelling from race to race within the eleven day span of the events.

OK, then maybe we can put in an offer for the World Junior Championships in 1999? But then the IOF suggested our running a Classic race (with a qualification race before it) and a Relay. Out of the frying pan into the fire! IOA are considering the options at present and a three-figure initial budget has been prepared. Bernard Creedon is spearheading the group to assess the viability of the events.

If the plan goes ahead it will mean launching Irish orienteering into a new age, with big money, big enthusiasm and big commitment from us all as part of the World Cup programme. Can we meet the challenge?

(The September *Orienteering World* lists the organising countries for the 1998 World Cup series as Great Britain and Ireland, Poland and Slovakia, Estonia and Finland. It may be that the Swedish 5-Days will also be included in the World Cup as a fourth round, with all five days counting as one event. The 1999 junior World Champs will be in Bulgaria.)

JUNIOR TEAM NAMED

The team named for the Junior Home International in Fermanagh on September 23/24 was:

M13: A. Barry, D. Bu[illegible]L. Campbell-Crawford, J. Lucey (Reserves: R. Finlay, Z. Foley-Fisher);

W13: A. Austin, D. Healy, D. Murphy, B. Smyth (Reserves: L. Austin, J. Stevenson);

M15: A. Bogle, G. Butler, S. Lynch, A. Mein (Reserves: D. Kelly, J. Masterson, R. Murphy);

W15: A. Feehan, S. Feehan, C. O'Connor, A. O'Dwyer (Reserves: S. Healy, A. O'Donovan);

M17: C. Barry, A. de Lacy, I. Lockington, T. Tottenham (Reserves: D. Jeffreys, D. Masterson, W. McDonald, T. Pentland);

W17: E. Cinnamon, J. Mein, M. O'Connor, T. O'Donovan (Reserves: D. Creedon, N. Feehan).

VETERANS' WORLD CUP 96

This event for M/W 35 and over starts on Easter Monday in Murcia southern Spain, about 50 km from Alicante airport. The programme is: Monday 8th April - model event, opening ceremony; Tuesday 9th - qualification race 1; Wednesday 10th April - qualification race 2; Thursday 11th - rest day; Friday 12th April - A and B finals, prizegiving, closing ceremony. Entry forms are available from Frank Cunnane, Knocknarea, Barnstead Ave., Blackrock, Cork (send a large SAE and 50 p for copying) or from TIO. Cheapest entries (about IR£42) apply to October 31st, then IR£52 to December 31st and IR£62 to February 20th. If you're not a Vet there's a two-day open event running on the Tuesday and Wednesday. Gordon Ross (of "Scottish O-Tours") is organising group travel, if you're interested: contact him at Polmont Ski Service, 19 Glamis Gardens, Polmont, FK2 0YJ, Scotland (phone/fax 0044-1324-716041). LVO's Bill Simpson has expressed an interest in organising a small, select party to go (he's been orienteering in Spain before, as you'll know if you're a regular reader of TIO). Contact him to see if you qualify.

SCOTTISH O-TOURS

In addition to the Vets' World Cup in Spain, Scottish O-Tours are planning to run trips to Portugal for warm weather training in January (SOT 2), warm weather training in Spain in February (SOT 3), the Jukola Relay [illegible]d training in Finland in June (SOT 4) and the Swedish O-Ringen 5-Days in July (SOT 5). Further details from Gordon Ross (address above). They are also planning a trip to the Vet World Cup in the USA in 1997.

BJORN KJELLSTROM DIES

Bjorn Kjellstrom, founder of the enterprise which became Silva, died in Stockholm on August 26th just two weeks before his 85th birthday. Back in the 1930's Bjorn and his brothers Arvid and Alvar won many major events in orienteering and ski-orienteering (including the Swedish relay champs in '35 and '36) and around that time he developed the liquid-filled protractor compass we are all familiar with. He was a founder member of the Swedish O-Federation.

In 1946 he moved to the USA and set up Silva subsidiaries there and in Canada and organised the first O-event in the USA in November 1946. He was very much involved in teaching orienteering and wrote several well known books "Be expert with map and compass" (1955) which has sold over half a million copies. His main area of activity was in North America, as a founder member of the USOF in 1971 and established orienteering museums in Sweden and the USA. May he rest in peace.

SPORTS MEDICINE

University College, Dublin, is running course for a Certificate in Sports Medicine starting on October 18th. The course will cover anatomy, exercise physiology, sports injuries and rehabilitation of injuries and is aimed primarily at coaches and those involved in sport who could have to deal with injuries. The course is being run by the new Sports Medicine Institute of the Medical Faculty and runs for 24 weeks on Wednesday evenings at Carysfort in Blackrock. Fees are IR£550 including all tuition and course materials and examination fees. Further details from the University Industry Programme, UCD, Belfield, Dublin 4 (01-706 8712/ 706 8714)

NO PRO

Sporadic results of the World Championships in Germany were available from the team or via the O-net and TIO made efforts to get them in the papers and on the IOA orienteering hotline, but media coverage was virtually nil. The IOA desperately needs a public relations officer and Leinster has been given the job of finding one. So far nobody asked has accepted. Are you interested,or do you know anyone who is? If so, please contact Leinster Chairman Peter Gargan (01-4946056).

How can we seriously expect any sponsor to consider getting involved in orienteering without even the most basic means of disseminating information? CompassSport had good coverage of the event, naturally concentrating on the British team, but this was organised by the team themselves. Now go and read page 3 if you haven't already.

XANDA SPORT

Alex and Olive Baird, who advertised in TIO as 4Runners (with tracksters and running gear of all kinds) has changed the name of the company to Xanda Sport. To get a copy of their new colour catalogue, contact Alex or Olive at PO Box 89, Derby DE22 2XY, England. (Phone/fax 0044-1332-552990).

READ ALL ABOUT IT

Both the October *CompassSport* and the September *Orienteering World* have extensive coverage of the World Championships, if you want to read more about the event. *O/World* also has IOF news and reports on the Junior World Champs in Denmark.

NEW VIDEOS

A series of new orienteering videos are being produced in Britain by Mike Pearson and Richard Warner in Cumbria. Part 1, "Orienteering - The First Steps", is aimed at 11- 15 year olds who are about to try orienteering for the first time. The programme is in two parts, about 12 minutes each, first in school grounds, later in the forest. It's available from Mikes-Eye, Fellorien, Chestnut Hill, Keswick, Cumbria, CA12 4LT, at STG£19.95 incl. p & p.

Parts 3 and 4 ("Contours & Landform" and "Between the handrails" will be available in 1996.

Another video, from the O-Federation of Australia, is aimed at students of secondary school age, showing Australian orienteers in the 1994 World Cup races, demonstrating what is involved in orienteering as an elite sport and emphasising that competing at top level is a potentially achievable goal for many who are prepared to make the commitment. Cost AUS$51.45 incl p & p from OFA, PO Box 740, Glebe, NSW 2037, Australia.

CHRISTMAS PLANS?

Fed up with Three Rock on St. Stephen's Day and Farran the day after? How about the Asia Pacific O-Championships in Hong Kong? The event runs from December 26th to January 1st. Details from OA of Hong Kong, Room 1014, Sports House, 1 Stadium Path, So Kon Po, Causeway Bay, Hong Kong. (fax 00-852-577-5595).

You could extend your trip to include the 1996 NZ Elite Series, 14 races in New Zealand's North Island from January 13th to 31st. Details from Rob Crawford, 3A Miriam Corban Heights, Henderson, Auckland 8, New Zealand (home phone 0044-649-837-4544).

SOCIAL & PERSONAL

Congratulations to CorkO's Miriam ni Choitir and Richard Kavanagh who got married in Cork at the end of August. Richard and Miriam are both Irish selectors and are joint holders of the Mactire Trophy this year. Now all they need is a mantlepiece to put it on!

Congratulations also to John McCullough and Nora Lee on the birth of Clíona in August. She (Clíona) is the main reason for the delay in the production of this issue of TIO.

On a sadder note, we hear that Dave Calnan of Cork Orienteers, who was the planner of Day 3 of this year's Shamrock O-Ringen, is very seriously ill in hospital after he was involved in a traffic accident. Dave evidently was removing some obstruction from the road when he was struck by a car. Cork O came together on September 26th at a special mass for Dave who is a son of Fred Calnan, one of Munster and Ir[illegible]'s best known and most successful veteran orienteers.

Another veteran orienteer, Setanta's Colin Dunlop, has been very ill recently but has showed up at some Leinster events in September to have a walk and a chat.

Anyone who knows the Calnans or Colin will have them very much in their thoughts and prayers.

1996 HOLIDAYS

In the next issue we hope to have a preview of events for 1996 which might tempt you to try orienteering abroad. These include the Vets World Cup in Spain at Easter (April 8-12), an Austrian 5-Day (July 8-13), the Welsh 6-Day (August 4-10, and an entry form), the Swiss O-week (August 3-10) and a multi-day event in the WOC 93 terrain north of New York from August 17 to 25th ... The December *CompassSport* and the December *Orienteering World* will have extensive coverage of major 1996 events: subscribe now through TIO or directly.

BOC BRANCH OUT

Bishopstown OC, the latest club formed by Sean Cotter in Cork, is branching out to the world of the walker. Their name is now Bishopstown Orienteering and Hillwalking Club and their 1995/96 programme lists a full schedule of both orienteering events on Sundays and hikes on Saturdays ranging from the Galtees to Killarney. The orienteering programme includes schools events, local training and a 3-Day next Easter in the Ballyhoura Mountains.

CUT DOWN THE WORK

IOF President Sue Harvey makes the point again in Orienteering World that orienteering is perhaps unique in its level of labour-intensiveness in order to run the sport. "(Running events) can be an intolerable burden, particularly in new countries or for small clubs. Few swimmers help scrub out the pool. Few tennis players have to repair their nets and paint white lines on the court. For some people the moral obligation to help organise events may well be the cause of thei[illegible]entually leaving the sport".

Simplifying event organisation, she argues, is one of a number of things we should be doing. Another is having a specific "welcome point" at every event for newcomers so they won't be put off - they might get hooked and keep coming back for life. It's difficult to start orienteering unless a kind friend or relation shows you where and how.

ODDS and ENDS and ODDS ...

An organisers' Training and Accreditation weekend is planned by NIOA for Tollymore on November 4/5 next. There may also be a first aid course in parallel: BOF are now insisting on such training for Club Coaches.

It has been revealed that the 1999 World Championships will be in the Inverness area of Scotland. (The 1997 WOC will be in Norway).

The LVO event on Slieve Croob on September 9th had to be postponed at the last minute due to a clash with sheepdog trials on the same section of the area. LVO hope the event will be rescheduled for later in the season. The verdict? The sheepdogs were guilty.

The 1993 World Championships in the USA recently announced a profit of $55,000 on total receipts of $507,000. The organisers have succeeded in getting taxes of over $15,000 cancelled and are still working on a refund of $8,000 New York state taxes.

Salt Lake City, Utah, has been named as the venue for the 2002 Winter Olympics. The IOF has an Olympic Project Team working on having ski-orienteering included in the Games.

Four Irish orienteers are recorded as having run in the 1995 Canadian O-Fest: who were they?

Trail Orienteering is to be included in the 1996 Swiss O-Week and preparations have started for including a Trail-O event at WOC in Norway. Trail Orienteering is taking off worldwide: it is aimed at the handicapped whose ability to cope with conventional O-terrain is limited, and involves correctly identifying controls visible from paths.

The Canadian O-Federation has had its government funding cut by 60% this year, meaning the loss of technical director Lyman Jones. State funding for orienteering will be cut to nil in 1996. Funding for sport as a whole was cut by 25% this year, the available money being concentrated on sports where top level international performances were achieved. I doubt that the double disqualification of the Canadian relay teams at the World Championships will do much to help.

Cork O's Seamus Cunnane was a member of the winning team at the Harvester Trophy overnight seven-person relay back in June with a time of 8.14.17. Seamus, now based in Scotland, ran with JOK, the club of former Oxford students, relegating the South Yorkshire team featuring Cork O's Bill Edwards to second place in 8.21.38.

A major international mapping exhibition and trade fair, IMTA Dublin 1995, took place in Dublin Castle in September but wasn't open to the public. Did the IOA Mapping Officer get an invitation?

Overheard at Strathspey '95: "I don't believe in fast punching. I keep my control card in my pocket and only take it out when I reach each 'rest point' ..." (from *Score*, the Scottish O-newsletter).

Suunto, the Finnish compass manufacturer, has become the official sponsor of the International Orienteering Federation. Details of a new two-year SEK400,000 (about £35,000) sponsorship deal were announced at the World Championships in Germany. The last sponsor was US footwear manufacturer K-Swiss. The new deal will allow the IOF to carry out the planned development programme and increase publicity to help recruitment of new orienteers.

At the Colorado 7-Day event during the summer one orienteer, David Irving, ran all the competitions - including the final day's chasing start race - without a map or compass! He reckoned that if he had an hour each day to study the course and terrain he could run the race on map memory. He was almost disqualified on Day 1 for punching a control in the wrong re-entrant but realised in time that he was supposed to be on a semi-open spur, not a wooded one, and corrected himself. After a couple of days he found the effort of memorising the course pretty tiring but he persisted right to the end and finished the competition.

Orientierungslauf
WM `95 Lippe

The Irish Team at the World Championships in Germany was:
Back row: Julie Cleary, Ronan Cleary (Manager), Eileen Loughman, Nuala Higgins, Una Creagh, James Logue, Justin May (Coach), Eadaoin Morrish.
Front row: Marcus Pinker, Steven Linton, Colm Rothery, Bill Edwards.
(Orienteering suits and team equipment provided by Silva.)

1995 World Orienteering Championships, Lippe, Germany.

Where to start? Sweden's Jörgen Mårtensson and Hungary's Katalin Olah repeated their 1991 performances to take Gold in the Classic races at the WOC in Germany. Britain's Yvette Hague confirmed her position as one of the world's most consistent women orienteers by taking a double Silver, in the Short and the Classic races but the rest of the British team must have been disappointed with their performances. The Irish team had fairly high hopes of doing well in Germany too: the terrain wasn't too unlike our own and the team was fit and had been running well in the lead up competitions. In the end, though, the reality failed to live up to the expectations raised by the good performances in America at the last WOC in 1993.

Jörgen Mårtensson on the run-in at the classic race photo: Kim Rud

The fact remains that although the terrain was fairly straightforward, the world's best orienteers are still the world's best orienteers and will still win. The two classic (full distance) races were a re run of 1991 in Czechoslovakia, with Jorgen Martensson (now an M35 with a young family) and Katalin Olah taking gold. Katalin is one of the fastest runners in orienteering, so that was no surprise.

For the Irish the highlight was Una Creagh qualifying for the Classic final, only the second Irish team member to do so. Una had been running really well this season, both at orienteering and athletics, and her fitness stood to her. Route choice and running speed were the two major factors this year: the ability to successfully assess climb v distance in the spur/gully terrain with good path networks was critical.

Results:

Short distance races

There were four heats with one runner from each country in each. The distance was 5.5 - 5.6 km for the men with about 170 m climb and 4.3 - 4.4 km/ 115 m for the women. The men.s heats were won in 31 to 32 minutes, the irish finishing 20th (Marcus Pinker in 36.43), 28th (James Logue in 41.18) and 27th (Steven Linton in 40.26). Unfortunately Bill Edwards was disqualified after missing a control in a series of zig-zag legs in the fourth heat. The top 15 went through to the final.

The women's heats were won in 27 to 29 minutes and the Irish finished 19th (Una Creagh in 34.16), 25th (Julie Cleary in 38.46), 25th (Eileen Loughman in 42.59) and 26th (Eadaoin Morrish in 43.41).

This year, unlike 1993, there were no B or C finals so the team had to make do with one run in this event. Yuri Omet

Itchenko was a member of the 1991 USSR team at the World Championships but didn't get a run. Since then he hasn't been able to take part in international events due to lack of money. 22 year old Marie Luce Romamens finished 19th in the short race at WOC 93 and last year she was 16th

overall in the World Cup.

The medallists in the short distance final were: Gold - Yuri Omeltchenko (UKR) & Marie-Luce Romanens (SUI); Silver - Jörgen Mårtensson (SWE) & Yvette Hague (GBR); Bronze - Bjørnar Valstad (NOR) & Martena Jansson (SWE).

Classic Distance:

The Irish men packed in closely in the two qualification races with Bill colsest to qualifying. In the first race, Colm Rothery finished 45th in 73.30 and Marcus Pinker finished 48th in 75.39. Carsten Jorgensen (DEN) won in 62.02. In the second race Bill Edwards was 42nd in 73.49 and Steven Linton 48th in 77.28. Jorgen Martensson won in 58.53. The starting order for the final then was the reverse of the results list, with Martensson starting last - this gives a lot of excitement towards the end of the race!

In the women's races Una Creagh had an excellent run to place 25th in the second race in 59.06 with Julie Cleary 52nd in 77.51. The first race had Eileen Loughman 49th in 71.48 and Nuala Higgins disqualified for not having registered at a control to the satisfaction of the orgenisers.

Una then ran the classic final, finishing 46th, only 17 minutes down on Katalin Olah and ahead of runners from the USA, Hungary, Bulgaria, Denmark and New Zealand (and lots more!), not to mention all the countries who failed to qualify at all.

Looking at the plit times for each control in the women's race, you can see that Una had a good steady run with no major errors: her leg times ranged from 57 seconds (Katalin Olah 1.04) to 12.34 (Katalin 9.54) over the course of the race.

Katalin Olah - second gold medal
photo: Kim Rud

Classic Distance Medal winners:

Men: 16.2 km/ 670 m climb/ 30 controls

Gold	Jörgen Mårtensson	SWE	90.19
Silver	Janne Salmi	FIN	92.04
Bronze	Carsten Jorgensen	DEN	93.38

Women: 9.7 km/ 445 m climb/ 21 controls

Gold	Katalin Olah	HUN	65.50
Silver	Yvette Hague	GBR	68.39
Silver	Eija Koskivaara	FIN	68.39

Relays:

The Swiss men won their third successive WOC Relay while Finland won the women's event with a margin of 1 minute 38 seconds. The British men failed to repeat their Silver medal performance in 1993, finishing a very creditable 6th. The format this year was for two shorter legs followed by two longer legs for the teams of four. The final men's results were 1. Switzerland 3.34.21, 2. Finland 3.35.43, 3. Sweden 3.35.51, 4. Czech Republic 3.40.21, 6. Great Britain 3.43.33. The Irish team was disqualified when Bill Edwards missed a control. Canada were also disqualified.

Women: 1. Finland 2.50.33, 2. Sweden 2.52.11, 3. Czech Republic 2.53.06, 4. Switzerland 2.58.06, 5. Germany 3.01.42, 6. Norway 3.02.22, 8 great Britain 3.06052, 20. Ireland 4.08.45, 21 Japan, 22 Belorussia. Canada (again) & Portugal were disqualified.

Want To Try?

So you've read about WOC and you fancy trying out for the team. What would you have to do?

1. Train and race competitively for over 5 years to reach squad standard.
2. Carefully plan a training schedule for the two years preceding WOC - between 8 and 15 hours a week.
3. Spend over a year travelling to training camps and racing in relevant terrain.

Annika Viilo (452) brings Finland home first, flanked by Eija Koskivaara (l), Reeta-Mari Kolkkala and Kirsi Tiira (r)
photo: Otto Govenda

4. Run sufficiently well (top 5 or so!) in elite domestic races to get selected for the Selection Pool of 22 athletes (British team).
5. Travel to Germany to run special selection race aainst the best in the world.
6. Get a place in the final team of 10.
7. Continue to train and prepare for WOC at German training camp.
8. Run the race of your life.

(from *CompassSport*).

Victory celebrations for Switzerland: Christian Aebersold, Alain Berger and Thomas Bührer, with Daniel Hotz behind photo: Kim Rud

Route Choice Riddles

As in the World Cup race in Germany last year, a major key to success in the classic race was choosing the best route on some of the longer legs. Here is one example, taken from information supplied by Eike Brums in the magazine *WM News*:

Women's course 10 - 11: A 1.2 km leg across very hilly country. Katalin Oläh and Eija Koskivaara chose direct routes. Yvette Hague went far to the east and Hanne Sandstad far to the west. Their leg times were nevertheless all within a minute of each other: Oläh 9.54, Koskivaara 9.55, Hague 10.09 and Sandstad 10.46.

KATALIN OLAH · · · · · EIJA KOSKIVAARA — — — YVETTE HAGUE —·—·— HANNE SANDSTAD

...Dear Diary ...

This is a diary kept by Irish team member **Julie Cleary** during the World Championships in Germany is August.

Monday 14th August
Plan for the day: Model event at Silbermühle
Highlight: Getting three more rooms at the hotel so we now have two people to a room!
Notes: So far the Germans have managed to convince us of two things - (a) they charge for everything!, (b) they are fairly inflexible about anything. The British team have already moved from their accommodation and may not get a refund. The Swedes and Finns have had refunds and the farmer next door to our hotel has spread slurry all over the fields. We now reside in a fairly strong aroma.

Tuesday 15th August
Plan for the day: Classic Qualification races at Selbeck; opening ceremony at Bad Salzuflen.
Highlight: Una (Creagh) finishing in 25th place and qualifying easily for the final.
Notes: Bill (Edwards) and Colm (Rothery) had good solid runs, finishing 42nd and 45th, Marcus (Pinker) and Steve (Linton) just down on them. Eileen (Loughman) OK but problems at the last control. Me not good at all but poor Nuala (Higgins) became the first victim of the Regnly system with no time appearing at control 10 and no pin prick either. She had a great run of about 65 minutes and although she wouldn't have qualified, it was still a good run.
Lunch today was at the event site and we didn't even get a drink with it - if you wanted/needed liquid you had to pay for it (see point (a) above).

Wednesday 16th August
Plan for the day: Classic final.
Highlight: Una's 46th place and Yvette Hague's Silver medal.
Notes: A pleasant temperature for running if a wee bit chilly for spectators. A great run by Una, staying well in touch with the best in the world. A repeat of 1991 regarding champions - Katalin Olah (Hungary) in the wom[illegible] and Jörgen Mårtensson (Sweden) in the men's'. But the first ever shared medal with Yvette and Eija Koskivaara (Finland) on silver. Being a spectator on such an exciting day is draining! Today we heard news of Clíona McCullough - congratulations!

Thursday 17th August
Plan for the day: Rest day / spectators' race on Classic area.
Highlight: Ronan's 5th in M35B, Colm's 3rd in M35A.
Notes: How I would love to relax for just one hour but being married to a team manager has its down side. It seems every time I'd like to talk to him about something he's at a meeting or needs to deliver a form or ....
Photo shoot this morning. I hope our sponsors are happy with the less-than-motley look.

Friday 18th August.
Plan for the day: Qualification & Final of Short Distance.
Highlight: Yvette picking up her second silver medal; the banquet.
Notes; Marcus had a good run - didn't miss by much. Bill now fell foul of the Regnly system as did Alice Bedwell (GB). Another shared medal in women's' bronze position as Marlena Jansson and Anna Bogren, both of Sweden, took the same time. Marie-Luce Romanens (Switzerland) and Uri Omeltchenko (Ukraine) take gold.
Banquet was great - loads of food, free beer and not much in the way of speeches. Fabulous location in the spa town of Bad Salzuflen. Colm O'Halloran turns up!

Saturday 19th August
Plan for the day: Spectator race on short distance area; day off for us.
Highlight: McDonalds milkshake at 9.30 pm.
Notes: Presentation to Eileen of a Waterford Crystal ring tray to celebrate her 11th WOC.
Lazy day off for all except Ronan who ran in the short distance race despite a possible bad throat infection.
Have to pack tonight before an early departure tomorrow.

Sunday 20th August
Plan for the day: Relay competition.
Highlight: Finding the £50 bit of my compass about 400 m from the start triangle - where I had fallen on my way to the first control. Now I hope Silva have a repair service.
Notes: Una had an OK first leg run - I broke my compass on my way to the first control (never before in 21 years ..... !) and had a very slow, careful run. Eadaoin (Morrish) and Nuala both ran well but couldn't make up for my 10-15 minutes slower-than-planned run. Plus it was a really grotty area for a relay. James (Logue) ran well on leg 1 for the lads, Marcus had a good second leg but poor old Bill fell victim to the electronic control card again and missed out the middle control in a series of short legs. Colm didn't have a great run, with one big error. Not a relay competition for any of us to remember happily.

Monday 21st August
Plan for the day: Wander around Brussels, home , back to work ....
Highlight: Navigating successfully around Brussels' one-way system to the heart of the city.
Notes: Ronan is marginally better, having been wiped out for the last two days. I just want a large ice cream sundae.
Home tonight via Hovercraft.

Tuesday 22nd August
Ronan discovers he has bronchitis and spends the entire week off work on antibiotics.

..... THE END

Marie-Luce Romanens waits at the finish photo: Christer Svensson

HAPPY BIRTHDAYS

An intriguing paper by Bernt O. Myrvold in the Spring 1995 Scientific Journal of Orienteering relates birth dates to success in various sports. The idea is this: if you start sport as a youngster you will be in a class or a group with others of much the same age. The ones born in the earlier part of a year will be that much older, bigger, stronger and more likely to win in competition. These are the ones who will gain most satisfaction from the sport. The ones born later in the year will have to work much harder to succeed or even survive, and fewer of them will stick with sport. This effect has been observed in various sports: tennis, ice hockey, swimming and cricket.

In a study of Elite Norwegian, Swiss, Swedish and Japanese orienteers there was a strong preponderance of Scandinavian athletes born in the first half (and particularly the first quarter) of the year. A similar phenomenon was noted in the junior squads and sub-elite groups (e.g. in Sweden were 95 born in Jan-March but only 20 in Oct-Dec). The implication is that sport loses the runners born later in the year before they become good enough to be selected for any squad. In a medium-sized Norwegian club, IF-Sturla, 105 out of 169 members were born in the first half of the year.

In Japan, where people take up orienteering at a later age (as third level students or at a later age) there is an even birth distribution throughout the year. The correlation between early birth date and orienteering success is strongest in the strong orienteering countries studied: most so in Sweden, less in Norway, less still in Switzerland and not at all in Japan. The lesson for clubs to learn is that they have to concentrate more on the younger children to encourage them - after the age of 15 any advantage of an early birth date is thought to have disappeared.

JUNIOR TRAINING WEEKEND '95

West Cork. 26/27 August

THEME FOR WEEKEND: "Straight line orienteering, - use of map and compass."

The weekend was both successful and enjoyable for both coaches and juniors. We were lucky to have 15 coaches present for the 33 juniors.

The 9.30 start on Saturday morning was tough on all those who had attended the afters of the wedding of Miriam Ni Choitir and Richard Kavanagh the previous night. There, orienteers galore, in all shapes and forms were seen dancing the night away. After hitting the sack around 4 a.m. it was no joy to have to rise again three and a half hours later in order to travel to Ballingeary.

It was a chilly and drizzly day. We started with a supervised walk/jog. Then the coaches discussed the capabilities of the juniors while the latter were let loose on the terrain for 60 minutes with instructions to practise basic techniques as shown earlier. The 2 km time trial followed which I enjoyed immensely, especially since I helped with the time-keeping!

The next exercise consisted of an extensive supervised jog/run. I was enjoying a pleasant, sedate walk with my two assigned victims. I soon became the victim when I mistakenly suggested "feel free to jog a bit". They took off like speeding bullets and I was left trailing behind!

The final exercise of the day was a medley relay which was, as usual, good crack! Coach Martin Flynn finished the first leg a close second behind junior Darren Burke. After training we cooled down in the water at Pleasure Island in Inchigeelagh while Mary continued her favourite pastime of blackberry splattering!

A whole string of events was put into action after dinner. One was the newspaper game where some fairly notable newspaper vandals were observed. Talk about Lynch-ing people! The game ajourned not long after it began i.e. when the newspaper became an unrecognisable shredded mess. All I have to say about the pink spots game is that Bob and Ian obviously lov[illegible]nk spots whereas Clare would rather green. Team Manager Bernard succeeded in remaining spotless!

"Will You Marry Me?" followed the pink spots game. Here it was clearly noticeable that the two Conors were in popular demand (between each other anyway!). The most violent game came next - the winking game. After some "rip"-pling stuff it was called to a halt supposedly in order that the females be spared for the following day of training. (The real reason being of course that females have quicker reflexes and they might have put the lads in serious danger!). For the majority bedtime was next on the agenda. Participating in A Midnight fling were a pair of tartan leggings, a DJ and a Dog Muzzle. (Hint: Observe the capitals!).

Sunday morning started with a fairly serious supervised course for each age-class, followed by a bingo relay which involved visiting control sites and if unlucky - to discover lo and behold that they have none of your codes, i.e. they're not your controls. Entertaining to say the least!

The debriefing incorporated talks from four elite orienteers - Brian Corbett, John Feehan, Colm O'Halloran and Marcus Pinker - about psychological and technical aspects of orienteering, including preparation. Marcus even fitted in a nap while waiting his turn. Next came groundball - just so that we could build up even more of a sweat. Due to several people being spiked by o-shoes all types of footwear were dismissed in the final. Afterwards another swim was called for in Inchigeelagh. Lovely to see Some Love in the Air Amongst the juniors (Remember hint?). Hope it won't affect their orienteering!

In teaching, perfection in your own techniques is needed to ensure that you don't make mistakes (and look stupid!). You have to work harder to do this and that is where you, the coach, gain from teaching. By simplifying and repeating orienteering techniques to juniors it allows this information to be reinforced in your own mind. So, to conclude - the most interesting aspect of the weekend was that it was difficult to figure out whether the actual juniors or coaches derived more benefit from the training. This remains to be seen!

Ailbhe Creedon.

RUN[illegible]ER versus ORIENTEER

Nikolaus Risch. reports ...

On Sunday April 10th in Diestelbruch, near Detmold in Germany, a performance comparison was carried out which is probably unique in the running world up till now. During a pre World Championship competition a world class runner competed against a world class orienteer comparing running ability only.

Francis Nade from Tanzania was staying with other top African athletes at a training camp in Diestelbruch and volunteered to follow Petter Thoresen, Classic distance World Champion in 1989 and Short Distance champion in 1993, in a short distance race over 5.7 km in slightly hilly mixed forest.

Thoresen has had little experience in athletics and his personal best time over 10,000 metres, estimated from test running results, is between 30 and 31 minutes. He is not considered to be the fastest in the Norwegian team but is well known for his steady fast speed in the terrain.

Nade was 5th over 5,000 metres at the last Junior World Championships and recently achieved a PB of 28.17 over 10,000 m. He was provided with bramble bashers for the race but ran without special O-shoes.

Nade was unable to keep up with Thoresen over the whole race, falling back between the 2nd and 3rd controls in flat terrain with undergrowth. He didn't give up, though, and followed the Norwegian as long as he could see him - the visibility in the wood was good because the trees had no leaves. Then he was caught by Johan Ivarsson who had started 2 minutes after Thoresen. Nade wasn't able to keep up with Ivarsson either but managed to keep him in sight and arrived at the finish with all the controls stamped.

Nade said afterwards that running in such rough terrain with undergrowth and heavy soil had been strange for him. His legs had soon become heavy and he was then unable to keep pace. Thoresen on the other hand was apparently inspired by the experiment and won the race by 9 seconds.

This performance test strengthens the theory that running on a track or road and running in rough terrain are two completely different things; the two types of running to a large extent involve different muscle groups. If these muscle groups are not specially trained and the runner takes part in the type of run that is unusual for him then the untrained muscles quickly become tired, causing a fall in performance. Usually orienteers taking part in athletics events without specific training also compare unfavourably.

(Adapted from O/World)

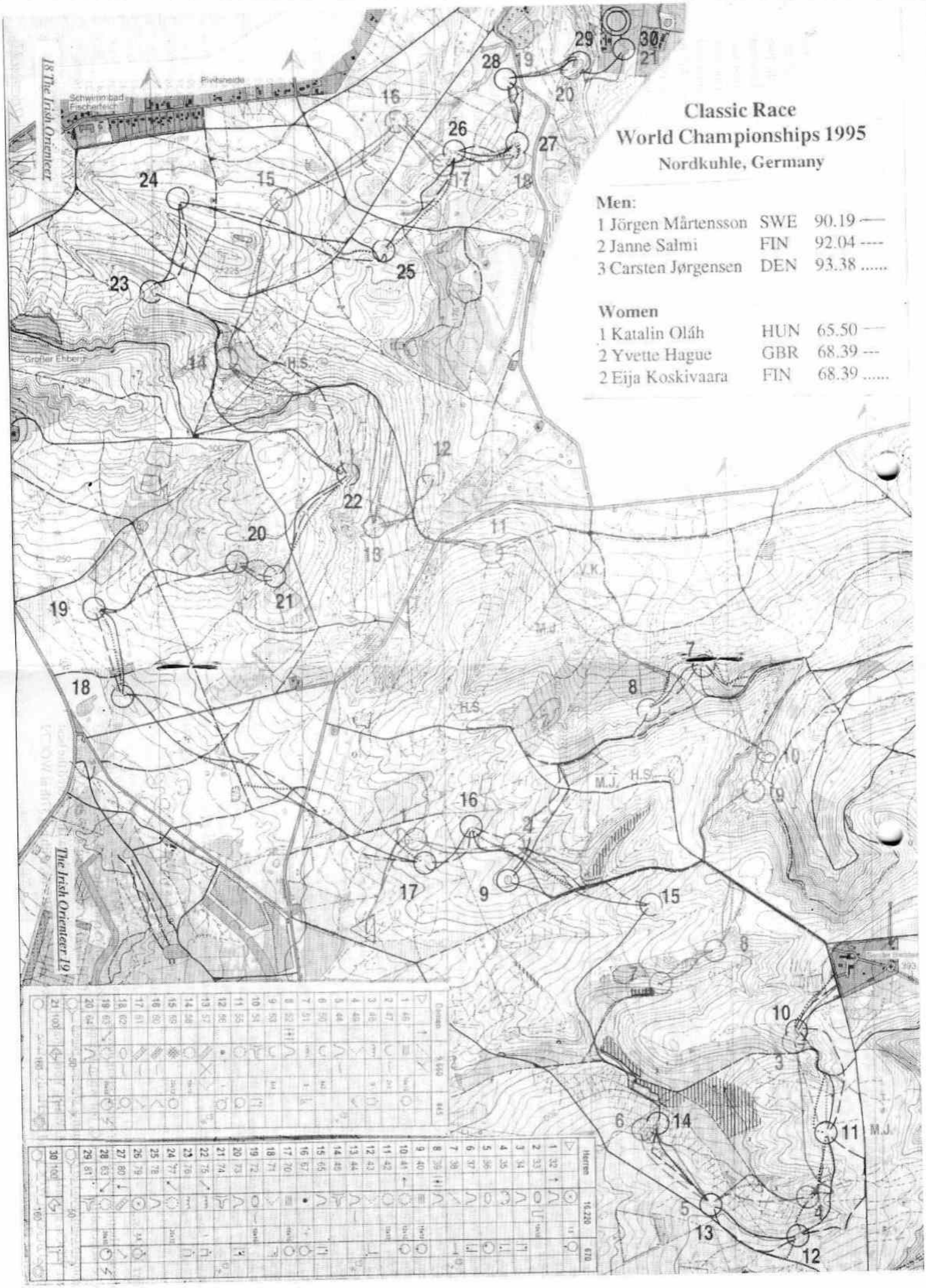
IRELAND 3RD IN SHI

A win for Eileen Loughman in W35L and 3rd places for Justin May (M35L) and Una Creagh (W21E) helped Ireland to a secure 3rd place in the Senior Home International in south Wales on September 30/October 1. The Irish also drew with Scotland in the Long Relay class on the Sunday. The overall result was as expected: England 292, Scotland 237, Ireland 155, Wales 126.

Individual event Results:

W19A	A. Weeds	SCOT	49.42
7	A. Creedon	IRL	63.39
9	F. Pinker	IRL	64.37
M19A	J. Stevenson	SCOT	58.24
9	C. Creedon	IRL	92.36
10	D.O'Connor	IRL	124.04
W21E	K. Bryan-Jones	SCOT	66.53
3	U. Creagh	IRL	70.09
15	J. Cleary	IRL	90.03
16	N. Higgins	ILR	95.02
18	E. Glanville	IRL	100.31
20	D. Cunnane	IRL	103.30
M21E	J. Musgrave	SCOT	74.42
8	S. Linton	IRL	85.51
12	J. Logue	IRL	87.27
13	B. Edwards	IRL	88.23
15	M. Pinker	IRL	93.37
17	B. Corbett	IRL	98.49
W35L	E. Loughman	IRL	54.11
6	J. Watt	IRL	58.28
10	A. Savage	IRL	68.43
11	R. Lynam	IRL	69.42
M35L	M. Bagness	ENG	61.01
3	J. May	IRL	65.47
5	I. Rochford	IRL	66.31
15	P. Spillane	IRL	104.16

Relays: Long - 1 Scotland, 2&3 England, 6, 7 & 10 Ireland; Medium - 1st Scotland, 2 & 3 England, 5, 9, 14 & 15 Ireland.



Classic Race
World Championships 1995
Nordkuhle, Germany

Men:

1 Jörgen Mårtensson	SWE	90.19 —
2 Janne Salmi	FIN	92.04 ----
3 Carsten Jørgensen	DEN	93.38 .....

Women

1 Katalin Oláh	HUN	65.50 —
2 Yvette Hague	GBR	68.39 ---
2 Eija Koskivaara	FIN	68.39 .....

ELEVEN WORLD ORIENTEERING CHAMPIONSHIPS

(AN IRISH PERSPECTIVE)

- Aonghus O'Cleirigh CNOC

As our national team has just done battle once again at a World Orienteering Championships (WOC), it is an appropriate time to review Ireland's competitive progress as measured by performance at previous WOCs and acknowledge some notable achievements along the way. As well as acclaiming past successes, markers are put down which future Irish teams can aim for and hopefully surpass.

Note 1

In making comparisons between an Irish performance and a particular winning performance, I state that the Irish performance is within a certain percentage of the winning time. This percentage value is calculated by subtracting the Winner's time from the Irish competitor's time and representing the resultant as a percentage of the Winner's time. For example, if the Winner's time is 100 minutes and the Irish competitor's time is 110 minutes, then the Irish performer has finished within 10% of the Winner's time.

Note 2

I do not have complete results for WOC'76 in Scotland. If I have overlooked a worthy performance at that championships, or have made any other error, please let me know and I will submit a correction to the next TIO.

Most WOCs...

For some the pinnacle of their orienteering career is to be selected for one WOC, but when Eileen Loughman competed in Germany, she had raced eleven WOCs, a world record. Wally Young has competed in seven WOCs and Pat Healy in five.

Best Relay Result...

Relay racing has been Ireland's Achilles' heel at WOCs generally. However, one particular team performance has been outstanding; the result of the men's team at WOC'93 in the USA. The team of James Logue, Bill Edwards, John Feehan and Colm O'Halloran finished within 18% of the Swiss team's winning time in 18th position. This result is placed in perspective when a comparison is made with the next best men's team performance at a WOC, finishing within 40% of the winning team in 1983. The best Irish women's team result was achieved in 1979 when the team finished within 53% of the winners.

Wally Young performed notably when racing the first relay leg at WOC'79 in Finland. He handed over in 4th place, 3 minutes 52 seconds (6%) down on the leader, Rolf Petersson of Sweden.

The Classic Race...

The best Irish finishing positions (men) are Wally Young's 27th at WOC'81 in Switzerland, my 28th at WOC'87 in France, and Wally's 33rd at WOC'78 in Norway. In terms of percentage time behind the winner, the best result is my WOC'87 performance at 16% behind Kent Olsson's winning time (113:04 against 97:19), followed by Wally's 1978 run at 26% behind Egil Johansson's time (115:32 against 91:44). In joint third place at 27% behind the winners' times are Wally's 1981 run (114:09 to Oyvin Thon's 90:05), and Steven Linton's run in 1993 (110:38 to Allan Mogensen's 87:36). Among the Irish women Eileen Loughman has scored the best three finishing positions, with her 37th at WOC79 in Finland, her 38t. WOC'85, and her 41st placing at WOC'87. When performance is ranked by percentage time behind the winner, the best Irish woman's result is Orla Cooke's 42nd placing in WOC'89, which is within 22% of Marita Skogum's winning time (88:10 to 64:06).

Another notable achievement for Orla is that she qualified for that classic race by right, and had been the only Irish person ever to do this, male or female, until Una Creagh qualified for the Classic final at this year's WOC in Germany.

The next best performance is Eileen's run in France (WOC'87) where she finished within 32% of Arja Hannus (89:32 to 67:40).

Eileen also holds the third best performance, finishing within 39% of Outi Borgenstrom of Finland in 1979 (82:28 to 59:13).

The Short Race...

In 1991 the Short Race was introduced to the WOC programme for the first time. No Irish qualified for the A-Final, either in WOC'91 or WOC'93. In the B-Finals the best Irish results came in 1991, with Orla Cooke in 10th place and James Logue finishing 19th.

Conclusions...

A number of observations can be made about the nature and trend of competition at WOCs.

* General international standards are rising inexorably.
* The gap between the best in the world and the best of the rest is narrowing.
* The number of teams and competitors at WOCs is increasing.

This means that unless Irish standards rise by more than the international average, Irish finishing positions will not be as high as in earlier years. This point is illustrated by comparing the finishing positions of Wally Young (27th), and Steven Linton (50th) when they both finished within 27% of the winner's time in their respective WOCs, spaced by 12 years.

In view of our competitive development to date, worthwhile individual and team targets for Germany and beyond include:

* *qualifying for the Classic Race.*
* *finishing within 15% (men) and within 20% (women) of the winners' times in the Classic Race.*
* *reaching the A-Final in the Short Race.*
* *repeating /improving on the good relay performance of WOC'93 (men).*
* *finishing within 50% of the winning team's relay time (women).*

Targets must be achievable before they are motivational.

Since there's some space here, how about some WOC Trivia?

Try to answer these questions without looking at the list of names opposite.

What two brothers represented Ireland at WOC's? What brother and sister did the same? What Irish women has run at 11 consecutive WOC's? How many team members are former wrestlers? Former hammer throwers? Former weightlifters? Former IOA Secretaries? Children of current or former IOA Chairmen (or women)? What year did Fred Corscadden manage the team? What about Colin Dunlop? Ted Russell? Pat Flanagan? Harry Quirke? Paddy O'Brien? Ronan Cleary? Where will the 1997 WOC's be?

(Answers: Eoin & Colm Rothery; Justin and Carey May; Eileen Loughman; at least one (Wally Young); at least one (Pat Healy); at least one (Justin May); One: Brigid Flanagan. (Anne May (née Shiel) was secretary of Irish Orienteers & Clare Nuttall is LeeO secretary); Roxanne White, Julie Martindale, Una Creagh; 1979; 1983; 1987; 1981; 1976; 1991 & 1993; 1995, (some may have done several years - this is from memory!); Norway.)

IRISH TEAMS AND INDIVIDUAL COMPETITORS AT THE LAST TEN WORLD ORIENTEERING CHAMPIONSHIPS

(in alphabetical order)

Not included are individuals who were initially selected but, for whatever reason, did not travel, (injury, lack of funding, etc.).

1976: Scotland.

Pat Healy, Eileen Loughman,
Wilbert Hollinger, Alison Smyllie,
Eoin Rothery, Monica Turley.
Ernie Wilson,
Wally Young.

1978: Norway.

Pat Healy, Eileen Loughman,
Eoin Rothery, Clare Nuttall,
Ernie Wilson, Maura Thornhill,
Wally Young, Monica Turley.

1979: Finland.

Pat Healy, Eileen Loughman,
Denis Reidy (res), Carey May,
Eoin Rothery, Alison Smyllie,
Richard Weaver, Monica Turley.
Wally Young.

1981: Switzerland

Pat Healy, Brigid Flanagan,
Justin May, Ann Hamilton,
Aonghus O'Cléirigh, Eileen Loughman,
Eoin Rothery, Maura Thornhill,
Wally Young, Roxanne White.

1983: Hungary

Pat Healy, Eileen Loughman,
Peter James (res), Julie Martindale,
Eoin Rothery, Deirdre Ní Challanáin,
Jonathan Warde, Maura Thornhill.
Wally Young.

1985: Australia.

Eileen Loughman,
Roxanne White.

1987: France.

Denis Murphy, Eileen Loughman,
Aonghus O'Cléirigh, Julie Martindale,
Colm O'Halloran, Deirdre Ní Challanáin,
Wally Young, Anne May.

1989: Sweden.

Brian Corbett, Orla Cooke,
Bill Edwards, Una Creagh,
Steven Linton, Eileen Loughman,
Aonghus O'Cléirigh Deirdre Ní Challanáin,
Colm O'Halloran. Caitríona Nic Mhuiris.

1991: Czeckoslovakia.

Peter Kernan, Orla Cooke,
James Logue, Una Creagh,
Justin May, Eileen Loughman,
Colm O'Halloran, Deirdre Ní Challanáin,
Wally Young. Caitriona Nic Mhuiris.

1993: U.S.A.

Bill Edwards, Julie Cleary,
John Feehan, Una Creagh,
Steven Linton, Darina Cunnane,
James Logue, Eileen Loughman,
Colm O'Halloran, Eadaoin Morrish.

1995: Germany

Bill Edwards, Julie Cleary,
Steven Linton, Una Creagh,
James Logue, Nuala Higgins,
Marcus Pinker, Eileen Loughman
Colm Rothery, Eadaoin Morrish.

(More trivia: Monica Nowlan (née Turley), Anne Savage (née Hamilton)and Julie Cleary (Martindale) arestill very much actively orienteering. Carey May is still the Irish women's marathon record holder. She now lives in Seattle with her husband David and twins.)

Coaching Corner by Frank Ryan

Since the last issue of TIO the IOA Training Board has met and following much discussion it is being proposed the the board be reconstituted as the IOA Training and Coaching Board under the chairmanship of the IOA Coaching Officer with responsibility for both training and coaching. A number of people are being asked to sit on the board and they will be contacted shortly.

At this stage I have just completed a coaching award scheme draft document for consideration by the board members. It is proposed to structure the award scheme as follows:

STRUCTURE

The Coaching Award Scheme is divided into the following levels :

Introductory level *- Teacher or Leadership Award*

The main aim of this award is to entice potential coaches into coaching and to encourage them to improve their skills by attending future courses along the coaching ladder. It is also aimed at offering guidance and the first steps of formal coach education to parents, trainers, coaches and teachers of young or beginner orienteers.

Level One *- Instructor Award*

This award is aimed at teachers, youth leaders, outdoor activity instructors, community leaders and any others who are involved in introducing the sport to people of all ages. Holders of this award need not be committed orienteers, but must nevertheless see the advantages of being able to introduce the sport to beginners on well founded and enjoyable lines. It is expected that the instructor would be a member of a club, centre or group which is affiliated to the Association, and thereby maintain regular contact with the sport, its standards, and its development.

Level Two - Club Coach

This qualification is aimed at orienteers who wish to be involved in teaching and coaching particularly in clubs. All clubs need a coach and it is expected that the Club Coach will be active within the club instructing beginners and coaching the less experienced club members. The Club Coach will be a member of the Association.

Level Three - Regional Coach

The holder of the Coach Award will have progressed from being a Club Coach. He/she will be a competent and experienced orienteer who has substantial coaching experience. While he/she will be stimulating and developing coaching within clubs, he/she will also be involved with coaching at regional association level and perhaps assisting in the coaching of National Squads. He/she will be capable of running personal performance, coach qualification and coach education courses and would qualify to train and assess candidates for Level One and Two Awards. With his/her knowledge of technique and physical training he/she may be involved in the personal coaching of top competitors.

Level Four - Senior Coach

The Senior Coach Qualification is the top award. The holder will be an acknowledged expert in orienteering coaching and should be prepared to devote a substantial amount of time to the job. On appointment a Senior Coach may be invited to take responsibility for a specific area of coaching, probably that in which he/she has shown a particular interest and expertise. In addition the Senior Coach will be expected to contribute towards the running of all types of courses, instruction and assessment of Coaches, National Squad coaching, the development of coaching techniques and the collection and dissemination of coaching ideas.

It is envisaged that existing coaches will be assimiliated into the scheme at the appropriate level and it is my intention at this stage to have a course organised for early December when orienteers are not busy with competitions.

More details of each of the levels conditions of entry and qualifying standards should appear in future issues of *TIO*.

Remember when setting goals I mentioned in the last issue to use the SMARTER test, that is the goals must be:

S	Specific
M	Measurable
A	Attainable
R	Relevant
T	Time-phased
E	Exciting
R	Recorded

IN A NUTSHELL

When we produce a map of an area we collect a lot of information much of which is recorded on the map itself, but what about the details which cannot be drawn onto the map? Should we make an effort to write up this information for future generations of orienteers?

For instance -
On which O-map:

* is the largest stand of eucalyptus trees in Ireland?
* is the remains of a dolmen with the nearest full dolmen only 2.4 km away?
* can you often meet deer when putting out controls on a quiet Saturday morning (apart from Dublin's Phoenix Park), and are they Red, Sika or Fallow deer?
* is there evidence of a moraine (or should that be a morass)?
* is there a ruin of a house which was won and lost in a game of cards?

Without getting too learned about is I feel there is scope to write up a single sided A4 page description for each O-map to include perhaps as a minimum one paragraph each on the geological aspects, flora and fauna, derivation of the name and history, archaeological remains and myths and legends (not that sort of legend, the story kind). In other words, to highlight matters relating directly to the mapped area.

Should we even bother, would it be on any use? If it was done than perhaps we could:

* Have each club and the IOA archive a copy, as well as a copy for the Trinity College map library;
* Publish one or two summaries per issue in TIO on an ongoing basis. With six contributors doing one each per year the series could run until 2006 and beyond if it was a success with readers;
* Make them available to local schools

Those organising National and Provincial Championships have generally included some background information on the mapped area: what do you think of extending this practise to all maps?

I hope that you will reply to "The Squirrel", c/o The Irish Orienteer, 9 Arran Road, Dublin 9, indicating your opinions:

1. Don't bother
2. It's a good idea and worthwhile (if someone else does it)
3. It's a good idea and I'd like to help my club do one area.
4. I enclose some facts/notes which might be helpful.

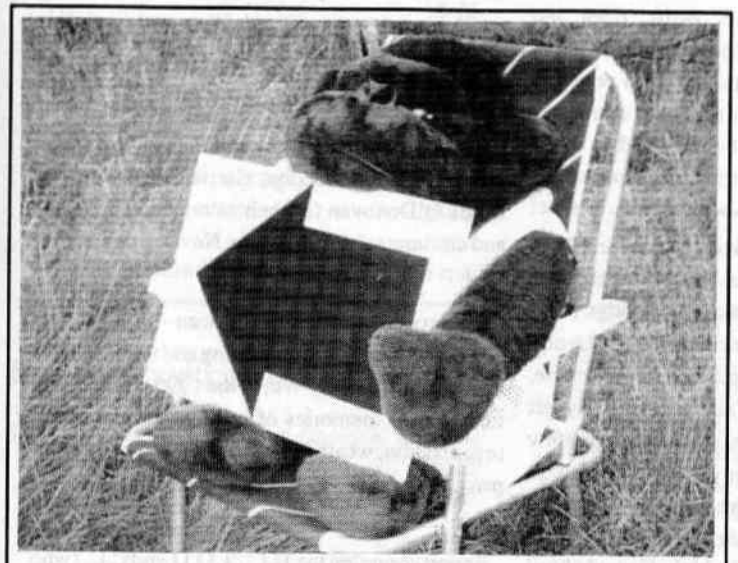
STRATHSPEY '95

This year's Scottish 6-Day, attended by over 3500 competitors, was organisationally the most successful ever. Held at Strathspey, in the Aviemore area of the Scottish Highlands, many would agree that it was also the most enjoyable 6-Day yet because of the superb terrain and the absolutely wonderful weather (naturally, we had all come prepared for rain, sleet and snow with our woolly jumpers, hats, and gloves). Cork Orienteering Club travelled in force - with a contingent of over 30 in all - to continue a tradition of big support for this outstanding multi-day event, since the founding of the club in 1980/1.

The first day of the international event was held at Docharn Forest. Due to the complex contour detail of the area (very similar to that of the familiar West Cork open terrain), the courses were technical and challenging. There were some good performances by Aonghus O'Cléirigh (M35L - 1st), David Masterson (M17B - 1st), David Jeffreys (M17B - 3rd) and Deirdre Murphy (W13B - 3rd).

Rothiemurchus was the setting for Day 2, this time featuring an area of mixed open moorland, but still the orienteering was as challenging as Day 1. Most courses allowed a chance for competitors to look at some panoramic views (although many people didn't spare the time as they were 100% devoted to their orienteering and the basic discipline of gulping enough air to survive as the terrain was extremely tough underfoot). Afterwards we all enjoyed a dip in Loch Morlich, along with some volleyball and sunbathing (sun-burning in Mary O'Connor's case!).

Day 3 was held at Craigbui, and consisted mainly of open moorland. This area however was far less complicated than previous days, and so the courses appeared more straightforward. After this sweltering, draining day (29 C), we were all knackered and started to feel aching muscles which we never realised had existed before. Again we all met up at Loch Morlich to swim away some of the aches and then add a few more playing volleyball.



Day 4 car park sign: Marguerite O'Rourke (took the photo, that is ...)

At last, our day had come - the official Rest Day. While most of the Cork crowd headed off to Findhorn beach to swim, play and build sand-castles, Gerry Brady decided to run up the Cairngorms for some altitude training. Meanwhile we then continued by visiting Fort George and then Culloden battlefield, where we walked around the battlegrounds while the "juniors", who felt that this demanded far too much energy, decided that a

90 minute gossip would be more beneficial for tomorrow.

Day 4 was one of the hottest days yet, with temperatures topping the 30 C mark, and earthworms hiding deep below the soil surface at Strathmashie. The woodland there was generally all fight (like back home), and the only means of navigation possible (where some degree of movement was required!) was by using a vast network of paths and rides. The orienteering was consequently easy and extremely fast. Despite the soaring temperatures, there were three 1st places filled by Irish juniors (obviously well-adapted to the hot weather).

Later that evening, we met again at Loch Morlich, where Mary O' C. managed to get burnt (for the THIRD time!) and where we witnessed some **very** odd water "acts" by Conor Barry! (a description has been left out here, as it would have offended some readers due to the explicit and obscene language used - However action pictures are available from Aoife at a cost of £1).

Inshriach, a forested but sandless version of Inch, provided lots of fun for Day 5. This, together with a megalopolis collection of paths, rides and *unmarked* extraction rides (theoretically different to all marked paths, but not quite so in practice) presented us innocent orienteers with extremely technical and prostulating (sorry - had to use a different word here) orienteering. Dislocation was inevitable (for some) - Relocation ? Not a chance!

Commiserations to newly weds, Miriam and Richard O'Cabhanaigh, who were suffering from food poisoning that day (and managed to dodge mayhem) and also to Jim O' Donovan who apparently had a fight with a tree on his previous day's course, having an ear stitched back on. This fifth day left most feeling alsolutely knackered, although a few of us summoned up the energy reserves to try a bit of ice-skating. At the rink, we were entertained by a few spectacular stunts, once again performed by poor Conor B. Speaking of which, Conor's "ex" finished 3rd that day (I'd better not mention any names as he's extremely shy in this regard!!).

With the 6-day drawing to a close, we all ran our final race at Deishar. The area had practically the same location as that of Day 1, and much the same terrain. The orienteering was pretty fast but extremely difficult and so, many boo-boos were made. On this day, we met for the last time on the sandy beach of Loch Morlich for swim and play.

Also, I should mention our top Veteran Elites, Carrie O'Connor and Breda O'Donovan who completed the Wayfarer's Course **EVERY** day with some very *inpressive* times. Unfortunately, unlike Breda, poor Jim won't be training for a while yet - after the competition, he fell on the way down Ben Nevis (we suspect that the cause was related to his previous ear injuries, resulting in a momentary loss of balance), injuring his ankle.

Finally, I would like to congratulate the following competitors on their excellent performances at Strathspey '95:

1st place - Aonghus O'Cléirigh (M35L), Antoin Drion (M15B), D. Masterson (M17B);

2nd place - D. Murphy (W13B), K. Garland (M13B), Che Finlay (M15B);

3rd place - T. Murphy (W17B);

4th place - John Muckian (M21C).

5th place - Toni O'Donovan (W17A).

and last but not least, congratulations to our veterans Margaret Creedon, Carrie O'Connor, and Breda O'Donovan for their astonishing conquest and circumnavigation of Ben Nevis.

So, anyone who has never been - you'll never know, until you go. Come along and we'll all have a great craic in 1997. We, of the 1995 vintage, will treasure our memories of brilliant terrain, maps, organisation, weather, swimming, and good company.

Report compiled by: D.C., T.O.D and C.C. (who all wish to remain anonymous!).

COLOUR CODED COURSES

Colour coded courses are in widespread use and provide a graded progression for orienteers with a gradual increase in technical and physical difficulty as we move up the ladder. All too often, though, planners are either ignorant of the needs of the different courses or choose to ignore them. equally, the competitors often don't realise the characteristics of the different courses.
So here's a reminder to those of you planning or running on colour coded courses, such as are used at Leinster League events, as to what the requirements of each course are:

Course	Length	Time*	Physical Diff.	Technical Diff.
White	1.0-1.5 km	15-35	1	1
Yellow	1.5-2.5 km	25-45	2	2
Orange	2.5-3.5 km	35-60	3	3
Light Green	2.5-3.5 km	35-60	4	4
Red	3.5 + km	45-75	3-4	3
Green	3.5-5.0	45-75	3	5
Blue	5.0-7.5	55-90	4	5
Brown	7.5+ km	65-105	5	5

* "Time" means the finishing time for the majority of competitors.

Physical difficulty grading

1 Minimum amount of climbing, avoiding undergrowth and green areas. Course mainly in the most suitable terrain available;

3 Some climbing but none of it very steep or very long. Avoid steep descents. Avoid all but very short distances in dense undergrowth and green areas. Avoidance of areas treacherous underfoot (eg boulder fields);

5 Climbing as necessary for good planning but avoiding excessively steep ascents and descents. Crossing areas of green or undergrowth is acceptable but should nevertheless be minimised.

Technical difficulty grading

1 Controls close together, a control at every decision point. Control sites on paths and tracks - junctions, crossings and bends. Each control site should be sited in the direction of the next control. No relocation should be required. Required: ability to orient the map, route all along paths, no route choice.

2 Control sites on prominent line features, eg paths, walls, fences, large ditches and very distinct vegetation boundaries, or on prominent raised point features on or very close to line features, eg trig points, boulders, knolls. Relocation should generally not be needed but can be done by retracing the route along line features. Controls close together, at most two decision points per leg. Leg lengths not to vary greatly. Required: ability to orient the map, route all along paths, no route choice.

3 Controls on any line feature, or on prominent point or contour features easily found from an attack point on a line feature. There should be a collecting feature behind all controls which are not on line features. Relatively frequent controls on shorter courses, fewer on longer ones. Legs of different lengths. Required: basic use of compass or very simple use of contours to allow corner-cutting. Some route choice but route along line features to attack points should be possible.

4 Control sites on any feature but should not require complex map reading to locate the control. Relocating features near controls. Errors are not expensive in terms of time lost. As few controls as necessary for good planning based on the length of the course. Legs of different lengths. Required: full use of compass, ability to use major contour details for navigation. Significant route choices, encouraging the use of contours where possible.

5 Control sites on any feature, particularly those requiring careful map reading to locate, but not hidden or excessively isolated (no Bingo controls). Control sites far from obvious relocating features. errors can result in a large time loss. As few controls as necessary for good planning based on the length of the course. Legs of different lengths. Required: many different techniques used, eg long route choice followed by short intricate legs; ability to interpret complex contour detail.

The technical difficulty of a course is the difficulty of its hardest component. The shorter courses with a low level of technical difficulty (white 7 yellow) will be mainly along paths so the terrain and technical difficulty will have only a small effect on competitors' times.

The lengths of the technically difficult courses should be determined mainly with reference to the expected finishing times. The actual course length needed to achieve these will vary greatly according to the physical and technical difficulty of the terrain. The lengths shown are therefore only intended as a guide.

TECHN-O

For computer freaks with Windows 3.1 or higher, there's a free Truetype font of the IOF control description symbols available. Once installed through the Windows control panel the characters can be used with any Windows program to produce pictorial control description lists. he font, including installation instructions, is available as a compressed ZIP file called O-SYMB.ZIP from internet ftp site: legba.ucd.ie (directory O-stuff). Frank Cunnane, incidentally, is still the agent for the ConDes program for producing IOF control description sheets. He can be contacted in Cork at 021-358480.

Swiss mappers have developed "Geovid" field glasses which measure the distance of objects between 25 and 1000 metres away with a claimed accuracy of 1 metre. They include an electronic compass so that if you know where you are you can map visible detail without actually having to go there! The glasses cost about $5,000, so not everyone will be rushing out to get them. A more expensive version includes a clinometer and has a computer interface. Details from Hans Steinegger (00-41-4231 9353, fax 00-41-4232 3625).

Heinz Tschudin of Switzerland has some details of a timing system which could be applied to orienteering rather like the Regnly system used at each control at the World Championships. In the Apoza system the runner carries a small metal tag which is touched on the side of a small box at the control to register the time. This can be linked to a radio transmitter to information back to base. He reckons that mass production for orienteering would be straightforward if enough interest was shown. Contact him at 00-41-1830-0049.

Stephan Kramer's integrated event software, now in Version 7.0, is available in German or English and is in widespread use in Germany, Austria and Switzerland. The three programs provide for single-day events, multi-day events and relays. All the normal administrative functions are covered plus the ability to produce pictorial control descriptions and to generate relay leg combinations with descriptions for each runner. Details from Stephan at Brinkmannstr. 21, D-95666 Mitterteich, Germany.

Several competitors, including our own Nuala Higgins, fell foul of the new Regnly electronic punching system at the World Championships when they failed to register their arrival at a control. Nuala and two Italian men were disqualified in the Classic qualification race for not punching. The mechanical back up system also evidently failed to establish that they had been at the right control.

Eagle Eye

Connacht Region News

Competitive orienteering in Connacht takes a rest during the Summer when the active orienteers go on holidays or follow other pursuits but this year about 500 children from a number of national schools in Galway city and county were introduced to orienteering with the inclusion of orienteering in a number of Summer courses.

With colour maps of playgrounds and parks drawn on computer the children were introduced to the concept of North, orientation of the map and keeping the map set. They experienced the thrill of punching doing star exercises, short cross country and score events.

If a follow up can be achieved the benefits to orienteering in the west could be considerable but the shortage of manpower as usual will probably be an inhibiting factor.

Fixtures

A provisional list of Connacht League fixtures has been drawn up but are but are not yet registered subject to confirmation depending on the availability of persons to run the events.

8 October	Carnagh, Athlone, Co. Westmeath League 1
22 October	Woodstock, Galway City League 2
12 November	Lough Key Park, Boyle, Co Roscommon League 3
26 November	Clonfad, Ballinasloe, Co. Galway League 4
21 January	Monivea, Co. Galway League 5
4 February	Manorhamilton, Co. Leitrim League 6
25 February	Connacht Champs, Clonbrock, Ahascragh, Co. Galway.

SETANTA SCRIBBLES

By now, most club members should have been contacted in some way by a member of the committee for a survey of the club itself instead of the forests. Thank you for your assistance/ ideas/ co-operation ... virtually all comments were very constructive and gave plenty of food for thought. Some club members are yet to be contacted ... we will be in touch (... complete this phrase "You can run but you can't ——")

Those of you who expressed an interest in organising/ planning / helping at events etc. will have a chance to "Come & Try It" at Hellfire on November 5th. Even if you have not yet expressed an interest you are always very welcome to come along on the day and help.

For longstanding club members, some news from the States: Catherine and Tony Keyes (and their family - soon to be three) have moved to Witchita, Kansas. If anyone wants to drop Catherine a line I have her address. Gerard Phelan is talking about coming back from Rome soon but Yvonne Harrington is heading to New Zealand for a while. Four club members took part in the recent National Adventure Marathon in Kerry, hoping to improve on last year's 3rd place.

Last but by no means least ... best wishes to Colin for a speedy recovery.

(The full text of Setanta Scribbles is enclosed for Setanta members - Jocelyn Cathalin, Club Sec.).

Results of WOC fundraising event at Three Rock Mountain, Co. Dublin on 13th August 1995.

A + B + C course 7.6 km/245m/25 controls

Brian Bell	GEN	M40	78.07
Kieran McDonald	AJAX	M40	79.00
Tim Tottenham	3ROC	M18	80.48
Tom O Gorman	CNOC	M21	90.35
M ire Convery	3ROC	W21	95.32
David Quinn	GEN	M40	97.41
R. Dorrepaal	SET	M35	108.03
Philip Butler	3ROC	M45	113.00
Brendan Doherty	GEN	M50	123.45
David Kelly	AJAX	M21	dnf

A + B course 5.9 km/185m/18 controls

Gerard Butler	3ROC	M16	83.14
Joe Lalor	GEN	M40	85.20
Aine n Sh illeabh in		3ROC	W45
97.19			
David Heale	3ROC	M21	116.17

A + C course 5.0 km/145m/15 controls

Enda Hume	FermO	M50	67.34
M ire Walsh	3ROC	W45	77.19
Toni Butler	3ROC		114.19
Aidan McArdle DNF			

B + C course 4.3 km/160m/17 controls

Jennifer Butler	3ROC	W16	74.07
Ger Ivory	Crusaders	96.45	
Beth McCluskey &	3ROC		
Charlie O Connell	MSB		117.57

A course 3.3 km/85m/8 controls

Trina Cleary	3ROC	W50	38.20
Richard O Gorman	CNOC	M20	46.50
Se n Rothery	3ROC	M65	47.16
J. Bell		M16	50.15
John Fitzsimons	3ROC	M45	48.35
Jeremy Leonard	DUO	M21	60.57
Hazel Convery	3ROC	W55	66.44
Andrew Nolan	DLSO	M14	68.04
Nora Lalor	GEN		69.16
Richard Flynn	SET	M50	70.10
Kevin Carey	3ROC	M35	94.30
Colin Burns		M21	98.55
Damian O Neill &	DLSO		110.05
James Kenny			
Brian McArdle			116.15

B course 2.6 km/100m/10 controls

Conor Stokes			40.25
Brian Hollinshead	3ROC		41.30
Clare McGrath	3ROC	W45	57.36
Sheila Nowlan &			
Sin ad Joyce	3ROC	W12	58.07
Claire Walsh	3ROC	W50	59.32
A & P. Bell	GEN	M12	61.34
Patricia Larkin + 1	3ROC		80.16
Caroline Peppard &			
Linda May	Raheny		83.16
James McCullagh	3ROC		96.14
E. A.O Neill & J. Fox	3ROC		122.00
K. Mooney DNF			

Wayfarer course 3.5 km/140m/9 controls

C. Morrison	AJAX	W21	51.29
P. Elbert			54.38
John Byrne			54.54
Con Carroll	3ROC	M60	58.45
Deirdre Bell	GEN	W10	71.52
Niamh Nowlan &	3ROC	W14	
Aisling Walsh	3ROC	W14	84.57
Hugh Nowlan	3ROC	M10	86.18
Jean Mullen	3ROC	W60	112.15
Ronan &		M7	
Ilona Dorrepaal		W3	122.35
N. & S. Lalor	GEN	lost card.	

The A, B and C courses were three loops through a common last control. Runners could do as many loops as they wished, in any order, giving courses from 1.7 to 7.6 km. Thanks to all who came to help raise money for the Irish team at the World Championships. You raised £300. Thanks to Trina Cleary, Peter Gargan, Brian Hollinshead, Kieran McDonald, Brian Power, Tim Tottenham and anyone else who helped. I hope you all enjoyed your run. Thanks to 3ROC who donated the maps and setanta who donated the control cards.
John McCullough (who ended up planning when nobody else could be found).

SILVA®

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Leinster League Results 1994-'95

Leinster League 1994/95, Summary of results, Totals and best 5 or 6,as applicable.

					Total	Best	1	2	3	4	5	6	7	8	9	10	11	12	Avg.
brown 5																			
1	M21	C.Rothery	AJAX		6647	4983	~	~	710 ~		983	1000	954	~	1000 ~		1000	1000	950
2	M21	B.O'Brien	AJAX		6793	4505	~	1000	677	797 ~		905	831	~	851	918 ~		814	849
3	M40	D.Reidy	AJAX		5050	4477	~	829	~	869	573	951	828	~	~	1000 ~		~	842
4	M21	A.O'Cleirigh	CNOC		4000	4000	~	~	1000	1000	1000 ~		1000	~	~	~	~	~	1000
5	M21	T.O'Gorman	CNOC		4574	3960	~	859	614	804	762	847	~	~	~	~	~	688	762
6	M40	B.Bell	GEN		6655	3907	~	849	637	813	763	758	724	~	696	693	722	~	739
7	M21	L.Donovan	AJAX		4805	3540	~	708	~	656	782	~	~	~	723	609	669	658	686
8	M35	J.McCullough	3ROC		3347	3347	~	~	~	~	939	917	~	~	~	686	~	805	837
9	M21	M.Geoghegan	AJAX		3165	3165	~	~	~	~	~	957	~	~	~	751	672	785	791
blue 5																			
1	M45	N.C-Crawford	3ROC		8799	4733	~	870	955	849	908	835	~	828	1000	803	1000	751	880
2	M40	D.Quinn	GEN		7515	4697	~	721	~	1000	950	808	~	655	833	1000	914	634	835
3	M40	T.McCormack	GEN		6574	4408	~	841	993	959	809	806	~	~	760	~	701	705	822
4	W40	J.Watt	GEN		5648	4268	~	808	931	~	869	736	~	759	~	~	901	644	807
5	W40	M.Nowlan	3ROC		6182	4147	~	848	802	788	898	699	~	~	740	~	811	596	773
6	W35	M.Healy	GEN		4065	4065	~	761	899	854	946	~	~	~	605	~	~	~	813
7	M45	B.Doherty	GEN		5491	3665	~	628	757	695	791	623	~	685	~	~	737	575	686
8	M19	M.O'Neill	UCDO		3556	3556	~	895	1000	~	807	854	~	~	~	~	~	~	889
9	M15	W.McDONALD	AJAX		3436	3436	~	923	~	~	813	972	~	728	~	~	~	~	859
green 6																			
1	M45	P.McCormack	GEN		6280	5533	~	~	~	811	854	995	~	928	1000	~	747	945	897
2	M45	P.Butler	3ROC		7757	5482	914	1000	812	902	~	~	728	837	879	~	735	950	862
3	M45	B.McGrath	3ROC		6723	5357	~	~	~	740	1000	1000	632	777	906	~	734	934	840
4	M60	A.Bonar-Law	GEN		5638	4992	815	802	673	1000	910	792	~	~	~	646	~	~	805
5	M55	C.Dunlop	SET		6901	4899	~	744	573	896	949	855	550	872	~	583	341	538	690
6	M21	N.Butterfield	GEN		5645	4545	859	~	720	~	785	~	576	~	770	559	541	835	706
7	W40	W.McCormack	GEN		6799	4445	~	601	637	745	767	646	567	793	686	~	549	808	680
8	M50	D.Brooks	3ROC		6337	4271	626	660	~	754	765	629	493	837	~	516	466	591	634
9	M21	B.Cryan	3ROC		4204	4204	733	~	718	~	822	844	549	~	~		538	~	701
10	W45	A.NiShuilleabhain	3ROC		5960	4003	~	565	750	797	713	548	546	571	607	508	355	~	596
11	M50	M.Butler	3ROC		4968	3759	~	~	~	652	530	652	435	538	762	506	268	625	552
12	W21	F.O'Hanlon	AJAX		4189	3727	812	519	~	~	~	729	462	~	805	491	~	571	598
13	W19	N.Philips	UCDO		4150	3708	696	442	642	494	725	687	464	~	~	~	~	~	593
lightgreen 6																			
1	M15	G.Butler	3ROC		7422	5708	959	1000	~	727	1000	553	855	~	1000	~	434	894	825
2	M13	Z.F.Fisher	WHO		6093	5046	~	965	~	~	529	518	1000	684	~	836	561	1000	762
3	W55	D.Large	GEN		6030	5009	1000	819	~	866	~	~	817	847	660	~	440	581	754
4	W40	N.Lalor	GEN		4445	3926	579	686	~	519	~	575	615	836	635	~	~	~	635
5	W21	A.M.Cantwell	FIN		3438	3438	~	934	859	~	645	~	~	1000	~	~	~	~	860
6	M55	B.Hollinshead	3ROC		3280	3280	~	~	~	~	698	824	867	891	~	~	~	~	820
7	W45	F.O'Neill	SET		3230	3230	~	764	~	~	578	488	~	861	539	~	~	~	648

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ORIENTEERING FIXTURES 1995-96

October

1	MULLAGHMEEN	Co. Westmeath, nr Oldcastle. SET Leinster League 1. GR N 47 78.
1	GARRETTSTOWN	Ballinspittle, Co. Cork. CorkO. Cork League 1. 11-2 pm. GR W 5844.
7	CASTLEWELLAN	Co. Down. LVO. NI Series 7. GR J 32 37.
8	CARRICKGOLLOGAN	Shankill, Co. Dublin. GEN score event. GR O 22 20.
8	BRANDON HILL	Graiguenamanagh, Co. Kilkenny. WatO SEL 1. GR S 70 40.
8	INCH	Anascaul, Co. Kerry. KO Kerry League 2. GR Q 65 01.
8	ROSTELLAN	Whitegate, Co. Cork. BOC event. GR W 87 66.
10	CURRABINNY	Co. Cork. Schools intro closed event. CorkO. GR W 79 62.
15	CURRAGH WOOD	Midleton, Co. Cork. CorkO. CL2. 11-2pm. GR W 86 76.
15	KILDERRY	Miltown, Co. Kerry. KO event. GR V 80 99.
15	WOODENBOLEY	Hollywood, Co. Wicklow. CNOC Leinster League 1. GR N 93 10.
22	BELFIELD	Dublin. UCDO event. GR O 18 29.
22	CURRABINNY	Carrigaline, Co. Cork. BOC event. GR W 79 62.
22	DROMILLIHY	Roscarbery, Co. Cork. CorkO. CL3. 11-2 pm. GR W 25 38.
22	TRAMORE	Sandhills, Co. Waterford. WatO SEL 2. GR S 59 01.
28	BANAGHER	Dungiven, Co. Derry. NI Series 8. NWOC. GR C 70 04.
29	BANNA	Ardfert, Co. Kerry. KO event. (Sand dunes)
29	WARRENSCOURT	Kilmurry, Co. Cork. BOC event. GR W 38 67.
30	TRACTON	Carrigaline, Co. Cork. LeeO. GR W 726567. (Monday)

November

4	MUCKROSS	Killarney, Co. Kerry. KO night event. GR V 97 85.
4	NI NIGHT CHAMPIONSHIPS	**Drum Manor** Cookstown, Co. Tyrone. NWOC. GR H 76 78.
5	COUMSHINGAUN	Comeragh Mts., Co. Waterford. WatO SEL 3. GR S 33 10.
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	BALLINORA WOOD	Curraheen, Co. Cork. BOC event.
12	GLENCREE	Co. Wicklow. GEN Leinster League 2. GR O 19 14.
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.
19	DAVMORE	Mahon Falls, Comeragh Mts. WatO. SEL 4. GR S 32 06.
19	ROSBEIGH	Co. Kerry. KO event. GR V 65 92.
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 3. GR O 17 23.

December

3	CURRAGH	Co. Kildare. CNOC Leinster League 4. 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	BISHOPSTOWN	Cork. BOC event.
10	LYRENALEA	Clonmel, Co. Tipperary. WatO SEL 5.
10	MALAHIDE CASTLE	Co. Dublin. UCDO event. GR O 22 45.
10	MUCKROSS	Killarney, Co. Kerry. KO event. GT V 97 85.
26	THREE ROCK WOOD	Dundrum, Co. Dublin. 3ROC score event. GR O 17 23.
27	FARRAN WOOD	Ovens, Co. Cork. CorkO fun event. 11-2 pm. GR W 48 71.
31	CURRAGH WOOD	Midleton. BOC event. GR W 86 76.

January 1996

7	WARRENSCOURT	Kilmurry, Co. Cork. BOC event. GR W 38 67.
14	CURRAGH WOOD	Midleton, Co. Cork. CorkO event. GR W 86 76.
14	BALLYSCANLON	Tramore, Co. Waterford. WatO SEL6. GR S 55 02.
21	FARRAN WOOD	Ovens, Co. Cork. Cork O event. GR W 49 71.
21	NEWBRIDGE HOUSE	Donabate, Co. Dublin. GEN local event. GR O 21 49.
28	DONADEA	Clane, Co. Kildare. CNOC local event. GR N 84 33.
28	GARRYCLOYNE	Mallow - Cork road, Co. Cork. BOC event.

February

3	PHOENIX PARK	Dublin. Night-O. 3ROC. GR O 09 34.
4	CASTLEFREKE	Roscarbery, Co. Cork. LeeO event. GR W 32 35.
4	PHOENIX PARK	Dublin. 3ROC local event. GR o 09 34.
11	KNOCKNACAREIGH	Kilmurry, Co. Cork. Cork O event. GR W 36 64.
18	CRONYBYRNE	Laragh/Rathdrum, Co. Wicklow. AJAX Leinster League 5. GR T 19 92.
18	RYECOURT	Farnanes, Co. Cork. BOC event. Cork County Champs.

March

3	CURRAGH WOOD	Midleton, Co. Cork. BOC event. GR W 86 76.
3	SUGARLOAF	Kilmacanogue, Co. Wicklow. UCDO Leinster League 6. GR O 23 13.
10	THREE ROCK MOUNTAIN	Dundrum, Co. Dublin. 3ROC. GR O 17 23.
24	BALLINORA WOOD	Curraheen, Co. Cork. BOC event.
24	BROCKAGH	Laragh, Co. Wicklow. GEN Leinster League event. GR T 12 97.
31	ROS MOR	Inchigeela, Co. Cork. CorkO. Munster League. GR W 24 67.

April

6-8	BALLYHOURA 3-DAY	based at Kilfinnane, Co. Limerick. BOC event.
14	DRUMLEAGH	Glen of Aherlow, Co. Tipperary. LeeO ML. GR R 87 25.
14	STRADBALLY	Co. Laois. CNOC Leinster League. GR S 59 95.
21	RAVEN S ROCK	Glencullen, Co. Dublin. AJAX Leinster League. GR O 19 17.
21	THOMASTOWN	Kilfinnane, Co. Limerick. BOC. Munster League.
28	CAHIR PARK WOOD	Cahir, Co. Tipperary. BOC event.

POINTS TO NOTE: All these events are open to the public. Major events usually require pre-entry but some entry on the day courses are normally available. Start times are generally between 11.00 and 1.00 pm. Safety check: Courses usually close around 3.00 pm - you must report to the finish whether you complete your course or not.

Details, dates and venues can change so always check with the organisers, the IOA hotline (01-4569099) or the newspapers if you are uncertain. This applies particularly to events in the distant future ...

GR=Ordnance Survey grid reference (explained on all OS maps). 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).

Dates to note:

May 4-5 IRISH CHAMPIONSHIPS Connacht
May 18/19 LEINSTER CHAMPIONSHIPS Glendalough, Co. Wicklow. 3ROC.
May 25-26 Lowe Alpine Comeragh Challenge
June 21-23 SHAMROCK O-RINGEN Three day event, West Cork/Kerry.
August 4-10 Croeso 96 Welsh 6-Day event, Llanfair Caereinion. Entry forms in next TIO.