The Irish Orienteer

No. 76 January- March 1996 IR£1.50

THE IRISH ORIENTEER
USEFUL ADDRESS LIST

AJAX ORIENTEERS	John Maguire, 1 Avondale Mews, 19 Park Ave., Sandymount, Dublin 4 (01-2691196)
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LAGAN VALLEY ORIENTEERS	Alan Gartside, 22 Ormiston Drive, Belfast BT4 3JS (08-01232-655065).
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PHOENIX NAVIGATORS	Eugene Sheridan, 15 Mellows Park, Renmore, Galway (091-770244)
NORTH WEST OC	Maureen Loughery, 39 Moyola Ave., Castle Dawson, Co. Derry (08-01648-68602).
SETANTA ORIENTEERS	Jocelyn Cathalin, 36 Taney Road, Dundrum, Dublin 14 (01-2985799)
SOUTHERN ORIENTEERS	Kevin O Dwyer, 2 Wellington Villas, Military Hill, Cork (021-506740)
THOMOND ORIENTEERS	Michael Meade, 7 Cedar Court, Kennedy Park, Limerick (0610412104)
THREE ROCK OC	c/o Judith Butler, 130 Glenageary Ave., Co. Dublin (01-2853823)
UCC ORIENTEERS	The Secretary, PE Office, UCC, College Road, Cork.
UCD ORIENTEERS	The Secretary, Box 55, Library Building, UCD, Belfield, Dublin 4.
UCG ORIENTEERS	The Secretary, 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 (IOA)
(08)-01399-873281 (NIOA)

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 February 29th; expected publication in late March.

Cover: The late Colin Dunlop at WOC83 in Hungary.

CONTENTS

News	4
Student O-News	9
Mental Preparation	10
1996 Year Planner	11
Orienteering Bolognese	13
In a Nutshell	14
Coaching Corner	15
Colin Dunlop	16
More on WOC's	17
Promotion & Marketing	18
Six go to the Mountains	20
VHI 95	23
Results	25
Fixtures	34

Sorry you don't have reports on MOC95, NIOC 95 etc but they didn't materialise.

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Annual subscription: IR£7.50 (six issues).

Thanks to all the contributors to this issue, especially Kevin O'Dwyer, Aonghus OCléirigh and "The Six", whose pieces were unsolicited.

The Irish Orienteer

No. 76 January - March 1996 ISSN 0790-1194

Back to the Future

If you read Ted Wester's article on page 18 on marketing and promoting orienteering (and you should) you may agree that a high proportion of orienteers fall into a loose category of urban car owners with third level qualifications, leisure time and disposable income. You may not like it, if you consider orienteering to be a sport for all, but the fact remains that a large proportion of orienteers in Ireland are middle class (if there is such a thing) people in professional, administrative or technical jobs.

Considering the large youth and student population, wouldn't it be worthwhile to consider the third level colleges as a recruiting ground for new orienteers? Many orienteers have some scientific or engineering background - that's just the kind of people they are: they enjoy solving problems of a practical, logical or mathematical nature with a large physical element thrown in.

My first exposure to orienteering was at school but where I really got hooked was in college. Transport was available in the form of buses to events, my friends were doing it too and it was part of the whole experience of student life. There are tens of thousands of students in Ireland today. Many of them will become urban car owners with third level qualifications, leisure time and disposable income - ideal people for orienteering. Ted Wester advises that we concentrate on one market segment at a time - try to recruit people like the ones we have involved already, people who are already active, who like a challenge, who enjoy the outdoors. By targeting selected segments of society we can be more successful at getting people into orienteering.

Perhaps not everyone agrees that we need new people, but those who do the donkey work for the sport know that there's only so much of yourself you can give, only so many hours or years before other priorities come to the fore. By targeting students we can take the optimum route. By putting money, expertise and time into student orienteering we can help the next generation of orienteers to get going.

On another topic: it looks like the Irish Championships will clash this year with the British Championships in Scotland. This is a mistake, particularly since it is now an IOF Elite event and WOC '99 is in Scotland. If the clash is unavoidable, why not run the M and W21 Elite classes on another day to allow them to run in Scotland?

Finally, the death occurred in December of Colin Dunlop, one of Leinster's best known and longest serving orienteers. Colin put a lot into orienteering over the years and he will be sadly missed by his many friends. To his wife, Alison and sons we extend our sympathy.

LOOKING NORTH

Phon-O: In addition to the long established IOA telephone answering machine with orienteering information on (01-)4569099 (or 003531-4569099 from Northern Ireland) there is a new information line being maintained by the NIOA. Fixtures information is available on 01399-873281 (prefix with 08 if dialling from the Republic).

Events: A new map of the Palace Demesne at Armagh was launched on November 18th. The event scheduled for Slieve Croob on September 9th, postponed because of sheepdog trials, was re-run on December 9th instead of Tollymore.

Bill Simpson of Lagan Valley Orienteers has been awarded the Bonington Trophy for services to mapping, for his map of Slieve Martin used for the memorable Veteran Home International in the Mournes in 1992. The VHI returns to Co. Down next year on October 12/13th.

CONNACHT NEWS

The Connacht League has got underway with events in Carnagh near Athlone, Woodstock in Galway city, Lough Key Forest Park in Boyle and Clonfad near Ballinasloe. Legs 5 and 6 will be held in the new year at Monivea on Sunday 21st January and at Manorhamilton on 4th February.

The Connacht Individual Championships is in Clonbrock, Ahascragh, Co. Galway on Sunday 25th February 1996. Entries to Frank Ryan, Regional Technical College, Galway on the enclosed entry form or the standard form on or before Friday 9th February. Entry fees are £5 seniors, £2.50 juniors, £12 families. Please enclose appropriately sized stamped addressed envelopes for cards and results.

The Irish Individual and Relay Championships will be in Connacht on the May Bank Holiday weekend. Further details later.

COACHING & TRAINING WEEKEND

The IOA are running a residential coaching and training weekend for potential Senior and Veteran Squad members on January 26-28th 1996. The course, originally scheduled for the end of December 1995, will be based at the Lissadell Holiday and Conference Centre in Co. Sligo, from Friday evening to Sunday afternoon.

Practical exercises at Manorhamilton Wood on Saturday will be supplemented by theory sessions in the Centre, with a similar programme for the Sunday.

Cost is £20 per person, covering food, accommodation and orienteering. Bring your own sleeping bag and pillow. There are 34 bunks and floor space. For bookings and further details contact the IOA Coaching Officer, Frank Ryan, Regional Technical College, Galway (091-770555 ext 2213). Closing date 23rd January.

ODDS 'n' ENDS

Ken Broad of Ultrasport reports that he and his two fellow cyclists raised £3,300 from their epic sub 100-hour trans-ride Pyrenéean cycle ride, £1400 of which came from orienteers. The money went towards medical expenses for a friend, John Simpson, who had surgery for a brian tumour in the USA. There's a full report in *CompassSport*.

Mountain runner **Mark Caslin** knocked almost two hours off the previous record for the twelve highest peaks in Ireland over the summer. Mark, initially accompanied by GEN's Paul Nolan and CNOC's Kevin Grogan, climbed Lugnaquilla, Galtymore, Brandon and the MacGillycuddy's Reeks in 10 hours 48 minutes. The trip involved 240 miles of driving, 26 miles of running and 12,500 feet climb. The three started on Lug at 1.40 am and moved on to Galtymore. By the time they reached the Reeks both Kevin and Paul had to retire. Mark ran the 9 peaks of the Reeks in 3 hours 22 minutes and went on to Brandon which he ran in 69 minutes.

Map news: for those of you following the progress of the Ordnance Survey's excellent new 1:50,000 scale maps, sheets 44 & 45 (Connemara), 50 (Dublin), 67 (Kilkenny), 74 (Galtees/Knockmealdowns) and 78 (Kenmare) have appeared.

Also due for publication at the end of '95 was 62 (S wicklow). The whole west coast should now be available, and plans for '96 are sheets 5 (Kildare) and more in the south west and south. This leaves about 32 more sheets to complete the coverage of the Republic. The series costs £4.10 each. The NIOS has just published Sheet 36A with the whole of the Carlingford peninsula, sheet 34A (Cavan) and 35A (Carrickmacross). The NIOS has also published a new map of Slieve Croob in Co. Down, one of the best orienteering areas in that part of the country.

Incidentally, Ciaran O'Carroll of **Maps'n Charts**, Ballydehob, Co. Cork sells Irish and British OS maps coated with Aqua 3, a new laminate which keeps maps durable and waterproof, able to be written on, folded etc. Details from 028-37370 or 088-517452.

A Scandinavian TV channel plans to televise major orienteering events in the Nordic countries. Supersport will show three major Norwegian events: the World Ski-O championships in February, the World Cup events at the beginning of August and the 1997 World O-Championships. Meanwhile, TV coverage of park orienteering events is growing, with 90 minutes live coverage of the first round of the "Park World Cup" from Vasa in Finland on June 13th. The events will have 20 elite runners in the men's and women's classes, with 1-minute start intervals and winning times of about 13 minutes for the 3.5 km courses.

BSOA launched: the British Schools' Orienteering Association was launched recently and a number of schools, including some in Scotland and Northern Ireland have signed up. Harveys have sponsored an information sheet which has been distributed to 10,000 primary and secondary schools.

***CompassSport* binders** are again available, costing STG£6.50 to hold two years' magazines. *CompassSport*, Subscriptions Dept., 25 The Hermitage, Eliot Hill, London SE13 7EH.

Was UCDO's Andreas Maltig the top placed orienteer in the **Dublin Marathon**? He ran 3.10.26, finishing in 355th place. It seems that the days are gone when you'd get a dozen or more orienteers running the race, with the likes of Denis Reidy, Wally Young or Pat Healy finishing in the 2.30's or so, or Eoin Rothery winning the Trinity Marathon.

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The Russian O-Federation has proposed a trial **European Championships** next September with sprint, classic, long distance and relay events. They suggest the first Championships proper in1998.

Justin May, coach to the 1995 World Championships team, has finished 2nd in the **British Trailquest League**. Trailquests are typically 5-hour score events on mountain bikes using Ordnance Survey maps. Justin won the series in 1994 but finished 16 points adrift in 1995 (732 out of a possible 760, with winner Nic Hodgetts scoring 748). WOC team member Una Creagh finished second in the ladies section with 731 points, 9 points behind winner Rebecca Jefferies.
For information on Trailquests, contact the Trail Cyclists Association, Coddington, Ledbury, England HR8 1JH, or phone 0044-1531-632650.
The **French MB-O Championships** are on three days in June: the 2nd at Montpelier, 7th at Chaumont and 16th at Chanceaux, if you're interested. They are run like normal orienteering events, not score events, and at some events both runners and cyclists are catered for, sometimes with more cyclists than foot-orienteers.

GOING TO WALES?

How would you like to go to Croeso '96 without the hassle of arranging travel and shelter? If you're thinking of going to the Welsh 6-Day next August this might interest you. Brian McBurney of LVO is organising a package of transport and accommodation for the event. Tvavel is by minibus and ferry and accommodation will be self-catering. There are only 12 places available and the cost will be about STG£150.
If you would like to avail of this once in a lifetime opportunity, please contact Brian at (08) 013967 23841 or 22341 (work) or at (08) 018206 50544 (home). There are entry forms for the event in this issue.

IRELAND OF THE WELCOMES?

The English team returning home from their convincing win at the Junior Home International in Fermanagh were unfortunate enough to leave two of their hired minibuses parked in Dublin while they went and ate. While the minibuses were unattended they had windows broken and £2,000 worth of gear was stolen from the team. Sport can do so much to establish contacts and cement friendships, but then something like this happens and it makes you wonder about it all: should we perhaps be concentrating on providing orienteering for the kids who commit crimes like this, to give them some of the opportunities that we have had, some alternative to hanging around street corners getting into trouble?
Anyway, if any of the English Junior team read this, convey the regrets of all Irish orienteers to your friends that something like this should have marred an otherwise very successful weekend.
(A note to visitors: experience has shown that hired cars or cars brought from abroad are much more likely to become targets for crime because if the culprits are caught the owners/drivers of the car will be long gone home before the case comes to trial and there's a very good chance that they'll get off: to convict them the prosecution needs the owner to say that the car was in OK condition when they left it, that they didn't give enyone permission to break the windows and take the stuff, etc. Ah, the times we live in ...)

LEINSTER NEWS

In the past couple of months there have been two deaths among Leinster orienteers: Bernard Moran (GEN), the husband of former IOA Fixtures Secretary and FIOA Secretary, Maura Moran, died following an illness, while Colin Dunlop (Setanta) died at the beginning of December. Our sympathies go to the Morans and to Colin's wife, Alison and their family.

The Leinster O-Council recently distributed an orienteering information sheet to subscribers to Walking World Ireland and Irish Runner magazines. The sheet lists fixtures on one side and has a description of orienteering and a sample 5-colour O-map on the reverse.
Leinster League T-shitr prizes were finally given to prizewinners for the '94-'95 League at the event at the Curragh on December 3rd. The results of the league were publihed in TIO 75. If you haven't received your prize it should be with your club secretary by now. Special congratulations to Sheila Nowlan (3ROC) on winning the cup for the highest scoring female competitor in the league.
Roadsigns: The LOC supplied all Leinster clubs with new roadsigns with arrows and the word "orienteering" last year but they rarely appear on the way to events. Good signposting to events is essential if we want to attract newcomers to the sport, so let's make a special effort to do it properly.
New Officers: Damien Kelly (FIN) is the new Leinster Fixtures Secretary, Brian Power (SET) is the new mapping officer, Jackie Horan (AJAX) is the new PRO and John McCullough (3ROC) is the new Technical Officer for Leinster. Peter Gargan (AJAX) remains on as Chairman and Vera Murtagh (3ROC) as Treasurer. There's a vacancy for a Secretary.
(And congratulations to Damien Kelly and Anne Marie Cantwell who got married at the end of December).

LIMERICK COURSE A SUCCESS

All the places on the IOA coaching course in Limerick on December 8-10 were taken and a second course for the disappointed applicants is planned early next year. BOF Senior Coach Carol McNeill was the chief instructor on the course which was based at the National Coaching and Training Centre at the University of Limerick. Feedback from some of the attendees was very positive, as is usual with a Carol McNeill course.

IOF ELIGIBILITY CHANGE

The IOF Rules governing national representation at international events have been tightened up at the recent IOF Council meeting in Italy. Rule 6.2, which used to state "Competitors who are representing a federation must hold the citizenship of the country of thet federation" has been amended to say "... full passport-holding citizenship ..." instead. The original wording proved hard to apply because of the different meaning of "citizenship" in different countries.

1996 O-RINGEN CLINICS

Invitations for the 12th IOF/O-Ringen clinics to be held in conjunction with the Swedish 5-Days will be sent to national federations in January.
The clinics will be at Hammarö, near Lake Vänern in Sweden from 18-26 July. There will be a running clinic (aimed at national squad members or elite juniors on the fringe of the squad), a development clinic on coaching and developing orienteering in schools and clubs, and a trail-O clinic.
There should be three places available for IOA club members (one for each clinic). Registration closes on April 1st so get in touch with IOA Secretary Ken Griffin right away with your application if you're interested. Very highly recommended.

JUNIOR TRAINING

Incidentally, IOA Junior Affairs Officer Bernard Creedon tells me that everybody knows that there's a junior training weekend every year on the last weekend in August. Just in case you don't know about it, or if you'd like to have gone this year but didn't hear about it, Bernard can be contacted at 021-361824.

SCOTTISH ELITE TEST

On 30-31st March next, the weekend before the JK, the first Elite Test in Britain will be held near Stirling in central Scotland. The weekend will feature a short race on Saturday and a second race with a mass start on Sunday. Course planner Jon Musgrave hopes the event will showcase Scottish terrain as a warm up for the 1999 World Championships there.
There will be training opportunities before and after the events.
Details from: Elite Test 96, 19 Glamis Gardens, Polmont, Scotland FK2 0YJ. Closing date 15th March.

BRITISH CHAMPS NEWS

The 1996 British Championships near Oban in Scotland has been elevated to the status of and IOF Elite Event, one of over 20 events next year whose Elite classes will be controlled to IOF standards. Interest among the world's Elite runners and those on the edge of Elite standing will be high, with the

World Championships in Scotland only three years away.

This will be the best opportunity to run under race conditions in the type of terrain expected at WOC 99 and all the British squad and older juniors are expected to run there.

The individual race at Creag Mhic Chalein, Oban is in natural oak and birch woodland and rough open, with a wealth of contour detail. The area was used for the 1994 Scottish Championships. The Relays at Coille Nathais are in runnable natural forest and open grazing land while on the Bank Holiday Monday there will be a Badge event at Airds Park, an area of complex terrain near Oban, used for the Relays at the Scottish Champs last year.

Entry forms are available from the BOF National Office (address on page 2) - please enclose SAE. For details contact Bill & Anne Stevenson, 21 Orchard Road, Edinburgh, EH4 2EP (00-44-131-332-3045). For accommodation contact the West Highlangs & Islands of Argyll Tourist Board, Albany St., Oban, Argyll (0044-1631-563059, fax 566888).

If you're travelling from the south of England, Scottish O-Tours are running a package including coach travel from London for STG£128 to STG£148 depending on accommodation. Details from Scottish O-Tours, 19 Glamis Gardens, Polmont, FK2 0JY, Scotland.

Unfortunately for the Irish Championships it clashes with it.

LOOKING FOR A JOB?

After ten years in the job, Lennart Levin is stepping down from his post as Secretary General of the International O-Federation. The IOF have advertised for a replacement to take up the position in September 1996, looking for someone to work on the inclusion of ski-O in the winter Olympics, the developmant of orienteering on mountain bikes and increased media coverage for orienteering. They want someone who can act as the link between the IOF, its members and the outside world, who is capable of managing the Secretariat, finances and administration and who is fluent in English but preferably has other languages too. Salary and other minor details are negotiable.

Applications close on 29 February 1996. To apply, please write giving career details, preferred location, salary expectations and an indication of your approach to this challenging position, to: The President, International Orienteering Federation, Mile End, Doune, FK16 6BJ, Scotland.

(The British O-Federation is also looking for a General Secretary but you're probably too late to apply ...)

HOME INTERNATIONALS

The Senior team managed third place in the Senior Home International in Wales, as reported in TIO 75, the final result being England 292, Scotland 237, Ireland 155, Wales 126.

At the Junior event in Co. Fermanagh, England swept the board, winning 5 of 6 individual classes and 4 of 6 relay classes and scoring 312 to Scotland's 183, Ireland with 172 and Wales with 161. It was very reassuring to see Ireland so close to Scotland, so there's great hope for the future. The best Irish results were Clare O'Connor (4th W15A), Mary O'Connor (4th W17A), Luke Campbell-Crawford (2nd M13A), and Tim Tottenham (4th M17A).

After two events the Irish were in third place, 40 points ahead of Wales, so it was down to the Vets to clinch 3rd place. However, in the Veterans' event in Scotland the Irish performance was dismal, finishing 4th with 66 points, Wales with 92, Scotland with 167 and England with 189. The only Irish runners to finish in the top half of the field were Trina Cleary (3rd W50) and Monica Nowlan (4th W45). (And in case you think I'm being over critical, I was a member of that dismal team myself - Ed.)

The Vets do have a problem, though: several selected runners seemed to feel it beneath them to run on the Vets team, perhaps because their courses would be too short. This doesn't seem to be a problem for the other three countries involved, with the likes of Liz Campbell, John Rye and Eddie Harwood, ex WOC runners like Brian Bullen, or like Ann Walder and Carol Pearce in W50 seeing it as an honour to represent their country, and putting in the kind of performances anyone would be proud of. After all, it's a long way for the Olympic athletes to go to Atlanta just to run maybe 100 metres. It's not what you run, it's how you run that

matters.

Anyway, the grand total for 1995 was: England 793, Scotland 587, Ireland 393 and Wales 379. So it looks like the 1996 Celtic Cup (Ireland v Wales v Cornwall) should be a nail-biting event).

NEW HOSTELS

TIO recently got information about two new independent hostels, one in Killarney and one in Skibbereen.

Atlas House, The Park, Park Rd., Killarney (064-36144) has a range of accommodation from dormitories to en-suite rooms, with rates from £7.50 to £12.50 per night, including showers, bedding and continental breakfast.

Russagh Mill Hostel & Adventure Centre, Castletownsend Road, Skibbereen (028-22451) has various activities listed including orienteering.

ORIENTEERING WORLD

Subscribe to O-World, the magazine of the International Orienteering Federation. It's in colour, it's in English and it can be in your letterbox six times a year for only IR£13.

Send subscriptions to: The Irish Orienteer, 9 Arran Road, Dublin 9.

CORK SCHOOLS EVENTS

The Cork Schools Orienteering Association plans three events in early 1996: the Cork Schools Championships at Warrenscourt Wood, Kilmurry, Co. Cork on Wednesday 14th February, the Munster Schools Championships at Curragh Wood, Midleton on Senday 3rd March and the All-Ireland Schools Championships and Schools Inter-Provincial Championships at Muckross Wood, Killarney on Sunday 10th March. Registration and start times are 11.00 am to 3.00 pm.

SECOND BALLYHOURA 3-DAY

Kilfinnane, Co. Limerick is again the event centre for the second Ballyhoura 3-Day event this Easter. The events will use new maps, days 1and 3 in Broadford Forest near Dromcolliher, the second largest forest in Munster, with day 2 at Ruppulagh, 2 km from Kilfinnane. Start times will be issued on the day between 10.30 am and 2.00 pm. Slightly reduced entry fees apply up to March 15th. Accommodation details from Ballyhoura Tourist Information, Kilfinnane, Co. Limerick (063-91300). Entries to Ted Lucey, Kilpadder, Dromahane, Mallow, Co. Cork. An entry form is enclosed.

STUDENT ORIENTEERING NEWS

Colm Rothery has been appointed Team Manager for the Irish Student Orienteering Team to travel to the World Student Championships in Hungary in 1996.

Those seeking selection should note the following: The four events listed below will be used for selection for next year's World Student Champs-

February 10th	Irish Student Champs, Castlewellan, Co.Down
February 25th	Connaught Champs, Ahascragh, Co. Galway
May 5th	Irish Individual Champs Connaught
May 18th	Leinster Champs, Glendalough, Co. Wicklow

You would be strongly advised to participate in at least three of the above. There may be a final selection event as part of the Shamrock O-Ringen.

The new Team Manager, Colm Rothery, can be contacted from February 1996 at Woodside, Sandyford, Dublin 18. Phone and FAX: 01-2956163

It cannot be emphasised enough how fit we must be to make a mark against other teams. So you must increase your training NOW!

QUEENS TO RUN IRISH STUDENT CHAMPS

QUBOC, once a major force in Irish student orienteering, mark another step in their revival when they host the Irish Student Championships at Castlewellan, Co. Down on Saturday February 10th next with a short race the next morning.

The event centre is the Seeconnell Centre on the south side of Slieve Croob , near Ballynahinch,

continued over ...

HARNESSING MIND AND EMOTIONS

Aonghus O Cleirigh CNOC

Opinion...

An opinion expressed in the report on WOC'95 in the last TIO caught my eye. It was stated that "Route choice and running speed were the two major factors (for success) this year...". I agree that both these factors were important, but there is one other factor which more than any other determines success, namely the ability to perform to your best when it really matters. This is not a trite observation. Being able to get the absolute best out of yourself when you deem it important to do so, is a skill which must be learned and practised like any other skill. This skill(s) can be developed through what is loosely termed 'mental training'. Mental training enables you to harness mind and emotions to achieve your sporting objectives.

Analogy...

If a 20-foot long rigid plank (12-inches wide) is placed on the ground, it is quite a simple task to walk its length without falling off. If the same plank is placed so that it spans two multi-storey buildings, then the task of walking its length assumes greater difficulty. Why so? ... same plank... same physical difficulty... However the consequence of failure has increased. The objective of mental/ psychological training is to enable you NOT only to stride confidently across that plank, but to cartwheel and somersault over it!

A little knowledge...

There is quite a lot published in this subject area. Two books I have found useful in the past are : Syer, J. & Connolly C. (1984). 'Sporting Body - Sporting Mind'. Cambridge University Press. Cambridge. Loehr, J. E. (1982). 'Mental Toughness Training for Sports'. R.R. Donnelley & Sons, Harrisonburg, Virginia. The first book covers topics such as Warming Up, Relaxation, Concentration, Visualisation, Mental Rehearsal, Goal Setting, Dealing with Anxiety, Attitudes, and Motivation. The second book explo Consistency as an indicator of Mental Toughness, Ideal Performance State, Pressure, Visualisation Training, Correct Attitudes, Profiling Mental Skills, among other topics. There are also more recent publications on the market, which I haven't yet had the opportunity to read. The Dept of Psychology, UCD has recently introduced a 10 week course on Sports Psychology, which might be of interest to some orienteers and orienteering coaches.

The Art of Sport...

Performing well under pressure is fundamental to our enjoyment of competitive sport. The more we train and the more effort (emotional and physical) we put into sport, the more important it becomes for us to achieve our potential when it matters. Note that performing optimally is quite independent of winning. The important point to take from all this is that the skills associated with performing to our potential in important competition can be learned and strengthened.

Sci. J. of O.

Be a know-all: subscribe to the Scientific Journal of Orienteering. Published twice a year in English. Physiology, psychology, training, injury, etc. Send IR£7.50 to The Irish Orienteer, stating it's for Sci. J. of O.

Student O-News, continued

where accommodation, prizegiving, dinner, social etc. etc. will take place. Entry fees STG£6. Accommodation about STG£15 per person.

Six competition classes will be provided: Men's A, B and C (about 9, 6 and 4 km) and women's A, B and C (about 6, 4 and 3 km). An inter-college team competition will use the results of the best 3 of up to 5 runners on the A courses. Teams must belong to an IOSA-affiliated college. The AGM will be on Saturday afternoon at Seeconnell. Start times 10.30-11.30. The event is being combined with an LVO score event later that day so that non-students will also get a run.

Details from/entries to Stephen Wilson, 31 Copeland Crescent, Comber, Co. Down BT23 5HZ ((08)-01247-878335); E-mail: u9311602@qub.ac.uk.

1996 O-YEAR PLANNER

If lying on a beach somewhere doesn't appeal, if you've visited one ruin/museum/gift shop too many, the antidote is an orienteering holiday. After several days racing in the heat, sleeping 8 hours a day on a beach (properly protected from the sun, of course) won't seem such a penance.

Once again the time has come to get out your leave sheet, your atlas and your letter begging the bank manager to have mercy on you, and plan your 1996 orienteering holiday. Anyone who has been to one of these events will realise that it's not all just orienteering: there are places to see, things to eat and drink, people to meet, shopping to be done - so that, with a bit of bribery and arm twisting, non-orienteers might even tolerate it.

This list of events is not exhaustive : a far more comprehensive list appears in the December *CompassSport*, to which I am indebted for several of the pieces of information which follow.

From the Irish point of view, the big attraction is the Welsh 6-Day, "Croeso '96" in early August. For those venturing further afield, may I suggest the Swiss O-week or the North American O-Festival as likely to be outstanding? Senior Squad (I know there isn't one, but you know what I mean) members will onviously be concentrating on the World Championships next year in Norway, so the WOC Training camp, Sorlandsgaloppen and the Modum O-Camp should be hot favourites, along with the British Champs in Scotland (for WOC 99 aspirants).

Note: "cd" refers to closing date for pre-entries.

February

5-12 JuniorWorld Championships in Ski-orienteering, Slovakia.

19-25 World Championships in Ski-orienteering, Lillehammer, Norway.

25 Connacht Championships, Co. Galway. (Entry form enclosed).

25 BOF National Event, Wharncliffe Wood, Sheffield. A steep valley side used for JK78. cd 29/1/96. Details from Brian Shaw 0044-1433-631523.

March

2 British Night Championships at Pembrey in south Wales, an outstanding area of forested sand dunes which has hosted night events such as the Harvester Trophy before (very challenging in the dark!). Details from John Reeve 0044-1792-464946.

2-3 IOF Elite event, Mafra, near Lisbon, Portugal (Amigos Atletismo de Mafra, Rua dos Bombeiros Voluntarios, BP-2640 Mafra, Portugal. cd 20/2/96

15-16 Israel Championships, near Tel Aviv. (Israel Sport Orienteering Assn., PO Box 1392, Ramat-Hasharon 47100, Israel. - Remember that weekends in Israel are on Friday and Saturday).

April

6-8 3 Jours du Sud Ouest, Auch, France (J. Lesponne, Chemin de Bistanflûte, F-32550 Pavie, France)

8-12 Veteran World Cup, Murcia, Spain. (Apartado 27, 30840 Alhama de Murcia, Spain). cd 20/2/96

6-8 Ballyhoura 3-Day, Co. Limerick. (Entry form enclosed)

6-8 JK96, Cleveland. Details from John Dixon, 70 Moor Rd., Newcastle upon Tyne, UK, NE3 1AB. (0044-191 285 3819)

May

4/5 British Championships, Craig Mhic Chalein, Oban, Scotland. Superb terrain: a must for all aspiring WOC 99 contenders. What a pity it clashes with the Irish Champs. Details in News section.

8 World Cup race 1, Lithuania.

11/12 World Cup races 2 and 3, Latvia.

25-27 International 3-Day, Simmerath, Germany.

June

8 Senior Home International, Docharn & Deisher, near Aviemore, Scotland.

21-23 Shamrock O-Ringen, West Cork/Kerry. Ireland's most enjoyable and challenging orienteering. B & M Creedon, Mount Prospect, Douglas, Co. Cork. cd 7/6/96.

28-30 Norwegian O-Festival, Trondheim (Norsk O-Festival 96, Karl Bjoerner Olsen, Alvheimsvingen 19, N-7026 Trondheim, Norway). cd 20/5/96.

29-July 1 Morava 96 3-day, Stramberk, Czech Republic (Josef Kroca, Petra Kricky 19, 701 00 Ostrava 1, Czech Rep.) cd 15/5/96

29- July 7 Colorado 7-Day, Lake George. Orienteering in Colorado is great! (Dan Walker, 350 Bates Ave., Boulder, CO 80303-5304, USA)

July

WOC 97 Training Camp, Norway?

5-7 Italian 3-Day, Trento. (See article)

8-13 Austrian 5-Day, near Vienna (Gottfried Tobler, A-2700 Wiener Neustadt, Paul-Troger-Gasse 34.) cd 1/5/96

8-14 Junior World Championships, Vilcea, Romania.

9-15 Sorlandsgaloppen, Kristiansand, Norway. (B. E. Olsen, Gunhildsv. 2, N-4633 Kristiansand). cd 3/6/96. Challenging but accessible: camping, friendly, events close to base. Several Irish sometimes attend.

11-14 Estonian 4-Day (Estonian O-Fed, Regati 1, EE0019 Tallinn). cd 15/6/96

12-14 Grand Prix Slovakia, Kosice (Ladislav Olhava, Markusova 9, 040 11 Kosice). cd 20/6/96

15-20 FIN 5 O-week, Kouvola, Finland (Mikko Salonen, Ponnenpolku 17, FIN - 45360 Valkeala, Finland). cd 15/6/96

19-21 Jysk 3-Days, Jutland, Denmark (Nelly Skammelsen, Nørskovlundvej 62, DK-8620 Kjellerup).

22-26 O-Ringen 5-Days, Varmland, Sweden. (cd 1/3/96. Sidsel Kringstad, Box 17, 65102 Karlstad).

30 World Cup race 4, near Göteborg, Sweden.

August

3-10 Swiss O-Week, Brunnen (cd 15/4/96. Swiss O-Week, Dammweg 1b, CH-6414 Oberarth - your club may have entry forms)

3-4 World Cup races 5 and 6, near Oslo, Norway.

4-10 CROESO '96 Welsh 6-Day. Six days of friendly orienteering not far away. Event centre at Llanfair Caereinion about 25 miles west of Shrewsbury. Entry form in this TIO. cd 16/6/96, cheap to 31/1/96. See Brian McBurney's package deal in the News section.

6-10 Jicin 5-days, Sobotka, Czech Republic (cd 15/5/96. Jiri Holas, 506 01 Jicin, Czech Rep.).

10-14 North American O-Fest, 5-day near Ottawa, Canada (see Aug 17-25)

16-18 Belgian 3-Days, Vlaanderen.

17, 19 & 21 World Cup 7, 8 and 9, Switzerland.

17-25 American O-Roundup, Harriman State Park, New York (scene of WOC 93). (See advert on back page).

23-25 Grand Priz Polonia, Klodzko, Poland cd 1/8/96

24 World Cup race 10, France.

September

22 Swiss Championships, Zurich (H. Bühl, Nordstrasse 116b, CH-8200 Schaffhausen).

October

12-13 Veteran Home International, Co. Down.

19-20 North American Champs, Missouri (Ed Shafer, 7612 Stanford Ave., St. Louis, MO 63130).

26-27 US Championships, Cincinnati, Ohio (Eleanor Kennedy, 1628 Mears Ave., Cincinnati, OH 45230).

The IOF Calendar is available on computer disk from the IOA Fixtures Secretary, Frank Cunnane, "Knocknarea", Barnstead Ave., Blackrock, Cork. Send £2 or £1 and a formatted 3 1/2 inch disk, with your name and address. The IOF Hi-Tech Group plans to publish the calendar (known as 'e-cal'), a complete self-contained Windows application for PC's, twice a year. It contains details of IOF and international events in 22 countries, and details of all 10 World Cup events for 1996.

If you'd like someone else to do the organising, Scottish O-Tours are running trips to Portugal in January and February for winter training, the Vet World Cup in Spain in April, the Jukola in Finland in June, the Swedish O-Ringen in July and the Austrian 5-Days also in July. They also have an Eastern European tour organised for October ans plans for trips to Israel and New Zealand late in 1996/ early '97. Phone/fax for details: 0044-1324-716041.

The IOA often gets details and entry forms for major foreign events: it's worth checking with the office at the House of Sport if you're interested in a specific competition (01-4509845).

ORIENTEERING BOLOGNESE

- Kevin O'Dwyer

Well, almost - Bologna was in the next province. In fact we were in Liguria, the part of Italy (Capital: Genoa) which runs south from the French border along the Italian Riviera for a most enjoyable orienteering experience, a 3-day festival from 7th - 9th July.

In many ways it was like the Shamrock O-Ringen: the officials and locals were friendly and helpful (maybe lass inclined to change start times), the number of competitors was about the same (just under 500), the terrain was interesting, there were chasing starts on the last day and the results computer packed in at the critical stage.

So what was different? Technically the Italians had some innovative practices. For example the had facilities for a photo-finish, if required. They also had what they called confetti, with the number of any particular control strewn on the ground beside the control, with the following instructions contained in the information booklet: "In case control is missing or punching equipment is out of service, pick up one or two confettis (leave the other ones for the other competitors)". Hard to see that one working on a wet and windy Irish Sunday! As it happened, my second control on day 1 *was* missing, but so was the confetti (there was a site tag to prove I was in the right place - honest!).

The weather, of course, was different. Santo Stefano d'Aveto was high enough in the mountains to be reasonably comfortable, but it was still 30 degrees centigrade on day 3, with no drinks station in sight. Another difference was the fact that they gave prizes for the first three in each class each day (I have no samples unfortunately).

The maps were all new, if not of new areas, and were reliable, clear and accurate. The legend wasn't much use to non-Italians (what are Carbonaria?) but a well-organised training day sorted out any potential difficulties. The areas were all clean, runnable forest, with no snakes (our biggest worry) and no wild boars (our second biggest). The locations chosen were quite steep (the area is used for skiing in winter) but good planning ensured that climb was within acceptable norms and courses were enjoyable.

S. Stefano d'Aveto, the event centre, was a lovely isolated mountain resort about an hour's drive in and up from the coast. Accommodation of all types, from camping to 4* hotels, was available at specially-arranged, affordable prices (Italy is not generally noted for its cheap accommodation!).

There was little incentive or requirement to travel too far afield after each day's race. Siesta, a wonderful invention, and shopping, covered the gap between race and evening meal, and free entertainment was provided locally each evening. This included a disco, a concert and a band recital on successive nights.

In general the event was well organised, from advance literature and accommodation, maps and courses, transport and entertainment, to results and prize-giving (from tired looking officials, *à la* Shamrock). Full results arrived within six weeks. Throw in Italian weather, antiquities, food, scenery and friendliness and you have the ingredients of a memorable holiday. We certainly hope to go back for more - snakes or not!

If this sounds attractive, there's an international event and a 3-Day in Trentino on June 30th and July 5-7th 1996. The event centre is Lavarone. For details contact Comitato Trentino FISO, Pass. S. Benedetto 8, I-38100 Trento, Italy (Phone/fax 00-39-461 981 051).

Letter to the Editor

Dear Editor,

Having read 'In a Nutshell' in your last issue of TIO, I was interested in the squirrel's ideas about capturing some of the lesser known and perhaps 'of little importance' facts about areas used for orienteering. Before offering to help I decided to see how easy it would be and with the help of Aubrey Flegg with the Geological aspects and the Ordnance Survey Data, came up with the enclosed draft for a Phoenix Park I & T Data sheet. The I & T should perhaps stand for Important & Trivial !

I feel that I know the answers to a few of the Squirrel's posers and look forward to reading the answers to the others. Perhaps he/she would know if the now obsolete 3ROC map of Hollywood Glen was the only Irish O-map to have an underground stream marked on it? - Navigating while keeping an ear to the ground takes on a whole new meaning.

It would be interesting to see another person's interpretation of the Squirrel's ideas. Please feel free to suppress this one if you have another draft.

Regards,

Brian Hollinshead, 3ROC

P.S. Corrections and suggestions for additions/ deletions to the draft would be welcome.

Draft Nutshell Datasheet: Phoenix Park

Dublin's Phoenix Park, the largest enclosed city park in Europe covers 1,752 acres and has a perimeter wall 7 miles long originally erected at a cost of £6,000 in the 1660's. The name Phoenix is a clumsy Anglicization of *fionn uisce* meaning clear water and referring to a fresh water spring, possibly in the Furry Glen. Prior to the Duke of Ormond opening the Phoenix Park as a deer park in 1662 the grounds had been a part of Kilmainham Priory and extended south of the River Liffey. In 1747 Lord Chesterfield had the park laid out: this means it will be 250 years old in a year or two and this occasion should perhaps be marked by 3ROC if they are printing a new version of their map during that year.

Conspicuous landmarks which aid relocation include the Wellington Monument at 190 ft high, erected in honour of the Iron Duke, while the Papal Cross erected in 1979 can also be useful to beginners.

Flora and Fauna

The present herd of 300 or so fallow deer is descended from the original 1662 stock and there is a large population of many other creatures in the Park (without taking into account the lions, tigers etc. in the zoo). These includes foxes, badgers, stoats, hares, rabbits and squirrels. Birds include blackbirds, thrushes, wrens, robins, tits, finches and tree creepers as well as magpie, jackdaws, rooks, grey crows and jays. Also to be seen from time to time are pheasants, wood pigeons and occasionally kestrels, sparrow hawks and owls. The Park also supports a habitat for mallards, coots, waterhens, little grebes and mute swans. Some 28% of the Park land surface is planted with trees including common oak, ash, beech, sycamore, birch and evergreen oak. During the period 1985 - 1995 the Office of Public Works have planted a further 20,000 trees, mostly oak, beech, lime and whitethorn.

Geology

To the north and west the Park is underlain by calp limestone of Carboniferous age (340 million years old). Calp limestone was used to build much of Dublin, and the remains of several quarries occur in this part of the Park. The circular pond near the Ordnance Survey was one of these. Here the clays, deposited by the ice, are thin. South of the main road however the clays thicken rapidly because here they are filling an ancient valley carved by the Liffey before the ice advanced. It cut a gorge over 30 metres deep into the limestone beneath the Park. This was completely filled with the glacial clays and gravels which now form the steep slope down to the present Liffey at Island Bridge.

Ordnance Survey

The Park is home to the Ordnance Survey. Between 1824 and 1846 officers of the Ordnance Survey completed the first ever mapping of any country at a scale of 1:10,560 (six inches to one mile). They produced approximately two thousand six-inch sheets during this time. The quality of their work was such that for years it was the highest praise to say that a map had been produced "Phoenix fashion".

Underground

The Phoenix Park is one the few maps used for orienteering that has an underground railway tunnel. Opened in 1887, it runs from the east side of the Garda Depot passing just west under the Wellington Monument and is approximately 700m in length It is perhaps the second longest rail tunnel in Ireland, joining Heuston and Connolly stations.

Archaeological Remains

There is a pre-historic burial chamber at the hill of Knockmary dating back to the Neolithic and early bronze age period i.e C.2,500 -1,700BC. (shown as a hill on the O-map !)

Grass Crosses

On the west side of the main road slightly northwest of the gap in front of the lawns of Arus an Uachtaráin are two grass crosses marking the location of the assassination of the then Chief Secretary, Lord Frederick Cavendish and the undersecretary, T. H. Burke on May 6th 1882.

Ashtown Castle

Ashtown Castle, parts of which may be much older than that part rebuilt in the 16th century which is now run as an Interpretetive Centre by the Office of Public Works, is well worth a visit by those wishing to delve further into many aspects of this area.

Ha- Ha's

(Compiler's note: Didn't get round to checking how many more than three there are).

COACHING CORNER

The second draft of the new Coaching Manual has been put together but with inputs from the National Coaching and Training Centre still to be received it will be well into the new year before the final document is completed.

The IOA coaching course in Limerick with BOF Coach Carol McNeill on 8-10 December was booked out and there were about 25 people who didn't get places. Another Coaching Course will be run at the NCTC in Limerick on 1/2/3 March. Previous applicants will be given first preference.

Recommended reading prior to coaching courses for the Level 1 Award is:

Teaching Orienteering, A Handbook for Teachers, Instructors & Coaches by Carol McNeill, Jean Ramsden and Tom Renfrew, published by Harveys in conjunction with BOF.

Orienteering Skills & Strategies by Ron Lowery and Ken Sidney, available from *CompassSport* (STG£ 12.95 incl. p & p).

For Level 2 Awards and above, recommended reading is:

Orienteering Coaching & Training published by BOF (available from Harveys);

Orienteering Training & Performance by Ron Lowery and Ken Sidney, available from *CompassSport* (STG£ 12.95 incl. p & p).

Potential Senior and Veteran squad members are having a residential coaching weekend in Sligo on 26-28 January. This will be an opportunity for both squads to come together for training and to discuss problems of training, fundraising and publicity and other questions raised in the editorial of the last issue of *TIO*.

A very successful coaching weekend was held recently in the Sligo area for third level students from universities, RTC's and the DIT, and with good, cheap accommodation available and good maps in the area, this region is ideally suited for coaching and training courses.

In the last issue I mentioned goals and the SMARTER test: the R stood for "Recorded". This should have prompted you to go out and get that training diary and if you haven't done so already, this is the ideal time now at the start of the new year.

Good luck with the training and have a happy new year.

- Frank Ryan.

Addresses:

Harveys, 12-16 Main St., Doune, FK16 6BJ, Scotland;

CompassSport Books Dept., 37 Sandycoombe Road, Twickenham TW1 2LR, England.

Colin Dunlop
1935-1995

Colin Dunlop died in December. He will be remembered by many orienteers, particularly among the veterans and in Leinster where he played such a central part over many years. His distinctive high-armed, choppy stride, his unfailing good humour, his distinctive "Dunlop" golf hat will all be missed.

How could anyone who ever saw Colin on the run in at an event ever doubt his competitiveness? He gave everything to the job in hand. His involvement in orienteering went back many years, to the first events in Leinster. He was a member of Irish Orienteers, then of Setanta when IO split up. He was involved in the Irish Orienteering Association, the Leinster Association and was a former Chairman of the FIOA. He had been a World Championship team manager in 1983 in Hungary, he had been a national selector, a meticulous controller (his last major controlling task was the 1994 Irish Championships in Fermanagh) and a competitor to be seen at events the length and breadth of the country and abroad, always the man to try to beat in the forest but a thorough gentleman during and after the race. One of his recent tasks was to be one of the wise men who had the task of vetting the applications for the 1998 World Cup events in Ireland: not an easy job, but one which he handled with his customary thoroughness.

I have several memories of him which stand out: Colin charging for the finish line at Trooperstown in the '70's when I captured him head-on on film - a shot which later won an orienteering photo competition for me; passing him in the forest at Curracloe during IOC 81 when we smiled at one another and both said simultaneously "This is brilliant!" before, Wham! a moment's loss of concentration and I was hopelessly lost. (Thanks, Colin!). Colin could always be relied upon to support the slightly unusual events I tend to run: relays, night events, sprint-O's. He was always ready to come over to a planner and say "Well done: that was a lovely course". He was a great enthusiast for running orienteering: areas and courses which allowed you to really run always appealed to him - even if it was just a lash round the Phoenix Park, it was still a race and Colin gave it everything.

On 3rd December, when he should have been running on the Curragh, Colin lost his battle with cancer. I am reminded of the story about St. Peter appearing to an orienteer, describing the magnificent runnable forests in heaven, the perfect maps, the great weather, the competition. The orienteer, fired with enthusiasm, says "That's very interesting, but why are you telling me all this?", to which St. Peter replied "Your start time is at 4 o'clock this afternoon".

A Service of Thanksgiving for Colin's life was held in Howth on December 9th where friends and colleagues from the worlds of work and sport paid tribute; Andrew Bonar Law spoke eloquently of Colin's qualities, how he gave a lot to orienteering and took very little in return. The assembled congregation was like a who's who of orienteering, with former IOA Chairmen, World Championship team members and friends from his own club and from clubs around the country represented.

The final chapter was on New Year's Eve when Colin's ashes were scattered in the forest at Mullaghmeen, Co. Westmeath, a place with which Colin had a long association.

To his wife Alison, his sons Brian and Ian and his family, we all extend our sympathy. Alison has kindly donated Colin's extensive collection of orienteering maps to the IOA for the archives.

-JMcC

WORLD ORIENTEERING CHAMPIONSHIPS...other observations

Aonghus O Cleirigh CNOC

Corrigenda...

Paget McCormack was a member of the 1976 World Orienteering Championships (WOC) team which competed in Scotland. By my reckoning that means 6 men and 3 women represented Ireland that year. Is this correct?

At this year's WOC in Germany the Irish women's relay team finished within 46% of the winning Finnish team. This is the best women's team performance to date in percentage terms. Congratulations!

Not only is Una Creagh only the second Irish competitor to qualify for the Classic race, but her race time of 17 minutes behind Katalin Olah's (65:50) means that she finished within 26% of the World Champion. This result is the second best Irish women's individual performance ever, when race performance is measured as a percentage behind the winning time.

Qualification...
Qualification races for the long individual event (or Classic Race) were used only in 4 WOCs, - in 1983, 1987, 1989, and 1995.
Qualification for the Individual Race was introduced in WOC'83 in Hungary. For each of the men's and women's finals, if after the qualification races a country did NOT have any qualifying runners, the best non-qualifier was given a place in the final. In Australia (1985) qualification was not necessary because of the smaller numbers competing.
In 1991 the Short Distance Final was introduced, and what had been the Individual Race was renamed the Classic Race. In both WOC'91 and in WOC'93, qualification races for the Classic Race were NOT held. Instead countries were awarded a quota of runners they could enter into the Classic Race (up to a maximum of 4 runners). Ireland was awarded 2 places in each of the men's and women's Classic Race, (based on the results of previous WOCs).
Qualification returned in 1995 for the Classic Race with NO places guaranteed for countries in the final. All finalists had to qualify by right. Qualification for the finals of the Short Distance Race has always been mandatory.

WOC Trivia corrections: While it is true that Ted Russell was the manager for the 1987 WOC team in France, he dropped out before the event and was replaced by Ronan Cleary.
In addition to Brigid Flanagan a second former IOA secretary (Julie Cleary) has represented Ireland at WOC.

GEN NEWS

Thank you to everyone who helped with our events in Carrickgollogan and Glencree. Both were successful and we even had good weather. Our next event is Newbridge House on Jan. 21st. Wyn McCormack will be glad to hear from anyone interested in helping.
We extend our sincere sympathy to club members Eddie & Seán O'Shea and Maura Moran on their recent bereavements.
The Christmas party and AGM took place on Dec 1st and was enjoyed by all who attended. The following make up the committee:-
Chairman: John D Clarke, Vice Chairman: Andrew O'Mullane, Treasurer: Jacqueline Cooke, Secretary: Nora Lalor, Ordinary members: Jane Watt, Nick Butterfield, Brendan Doherty and Paul Nolan.
In 1996 GEN will be mapping and remapping, if any members know of any new areas or are interested in mapping tell the committee.
New year resolution time! How about buying your self a brand sparkling new set of O-gear to match your brand new sparkling orienteering performance?
1996 membership cards are enclosed for all who have paid their subs, if you have not paid your sub this will be your final TIO!!!
Seasons Greetings to all from the committee.
Nora Lalor (Secretary).

PROMOTION, MARKETING AND SPONSORSHIP

This article by Ted Wester, former President of the Australian O-Association, appeared some years ago in the IOF Report, but it is still as relevant today as ever, and as unlikely to be acted upon in Ireland. Although aimed at the development of orienteering from scratch, many of the points are valid at any stage of development.

I was told once "Orienteering is a sport, not a business". However, most of the aims seem to be the same: we want people to take part, we want to operate efficiently, we want to grow, we need money to do so, etc. It makes sense, therefore, to use as many business principles and tactics as possible in orienteering. Use whatever benefits orienteering. I have proven that this can be done.
Promotion, marketing and sponsorship can be achieved by anyone or by a small team without great cost, or even a large amount of work. Hereunder are some ideas you can use.These ideas are valid everywhere but may have to be adapted or changed for some regions.
If you have a problem you must clearly identify the problem and then work out a plan to solve it.
If you have something to sell - either a product or an idea - it makes sense to advertise this product before you put it on the market. If the promotion is very good, people will even demand the product before it appears on the market.
Orienteering is a product and it has to compete in the market just like any other product. There is more and more leisure time and many businesses and organisations want you to spend your leisure time with their product, e.g tennis, travelling etc. Orienteering faces a strong competition in getting a share of this leisure market. This is one of the major factors forcing us to work in an organised and business-like manner.
It is necessary to inform people about our product and to present our product in an attractive manner. You must make people want your product.

How can this be done?
Firstly, identify the people who are going to help you. Only a small group of three or four people are required. It is amazing in orienteering how little we know about our club members. Only the more famous may be well known. If we took the time, however, to find out within our clubs and therefore within the region what work our members do for a living and the hobbies they have, we would find a wealth of experience. We are not using this asset effectively. It is no good advertising for helpers in your orienteering magazine. You must identify the people concerned and then talk to them, explain the problem and that you desperately need their help. The people you will find may be in advertising, media specialists, business people and so on.

Secondly you must identify your market so that your work and money will get the most benefit. Orienteering is a sport for all, but promotion on that basis is very expensive and unsuccessful. It is better to promote market segment by market segment. The people who are most likely to respond to promotion are the types of people you will find in orienteering today: mainly people with a clerical occupation. People who are concerned about health and fitness. Once you have built up a strong federation with these people you will be able to promote orienteering to other groups of people.
In promotion use your money and manpower on those people most likely to respond. Divide the market and conquer.

Thirdly, promote orienteering in one area (e.g. city or small region) where you have the manpower and facilities (maps) to take care of the response to your promotion. You must be ready for demonstration events or come-and-try-it events of a very simple nature.
Don't waste your time with a promotion for the whole country or for all schools. Just select a city and certain schools at first.

We have now defined the essential elements in marketing and promotion: the workers, the market segment and the area. The details must be set up in your plan.
What work has to be done now? You need maps near your promotion region: either existing maps or new maps, preferably of uncomplicated areas with good facilities. Long travel must be avoided. You also need to plan events for the duration of the promotional campaign. There is really nothing more frustrating for people who have read about orienteering to be told that there is no event for the next four weeks.
Your greatest promotion will always be an actual orienteering event. Your next step is to market the word "orienteering", what it is, how people can take part in it and whom they can contact. The manner with which to handle this will vary strongly from country to country and you would have to use the opportunities and facilities available. Here again, concentrate your work on those places which are frequented by the market segment you are after.

Some examples:
- orienteering stickers and T-shirts;
- promotion leaflets and list of coming events (leave them at libraries together with unused orienteering magazines), leave leaflets at work or hand them out after fun-runs;
- use free advertising space on community notice boards or in health food shops;
- use free listings services in sports directories;
- listing in phone book under "Orienteering";
- offer to give talks to schools, to YMCA etc., and support your talk with an orienteering film.

Prepare a proper article on orienteering - neatly typed and copied with a contact address and phone number. Send this article and some maps and event information to the newspapers in your promotion area. But first, phone and find out who to send the article to. Follow up with phone calls. Better still, go to the newspaper and introduce yourself and hand over the information.

There is a certain way to prepare information for newspapers. Find out what this is and comply with it.
Contact scouts and schools and offer to conduct events for them on the days you have already listed in your event calendar. They will usually take advantage of this and it means that you already have some people at your event. Other people are then more inclined to come as well.

These ideas on marketing and promotion are not going to work immediately and the newspapers will probably not print your information. However they will file it and eventually use it. It will take some time and the workers on the promotion committee will be doing seemingly useless work but it will pay off.
If there are no funds to pay for some of the costs you will recoup it later through event entry. I believe that people do not appreciate free events. They will think it cheap. So try to make a small charge for the events.
Most importantly, keep a list of all the names and addresses of people coming to your events and follow up by sending them more information and new lists of coming events.
The second most important point to remember is: do not hold your events in the same area and on the same map all the time. This is the best way to turn people away from the sport. Your list of events should cater for change of maps and also give the opportunity for people to go to more difficult areas once they have found out about orienteering.

We now come to sponsorship.
Recently I read an orienteering article where one of the orienteers complained that orienteering remained unknown even though a lot of effort had been put into promotion. The reason for the non-growth was given as 'a lack of support from the country's sports leaders and commercial sponsors'.
The situation is reversed. Nobody owes you anything and they will not assist until there is a worthwhile proposition. Sports leaders and business and government have their own budgets and priorities and they are compelled to get the most value out of their funds. You have to change their attitude by giving them a good reason.
Sponsorship will not happen if you have not properly promoted and marketed orienteering. Nobody is going to assist orienteering if they do not know it exists. During the early stages of establishing a sport it will be very difficult to get any assistance.

It takes time and promotion to overcome this stage. The sponsor is most likely to be interested in the same market segment either for reasons of profit or for reasons of image and/or status. You must make an honest and business-like approach to prospective sponsors. **Tell the sponsor what you can do for him instead of telling him what he should do for you.**

Some of the requirements for a sponsorship submission:

- define the project you need money for. Pick the best project and take into account that it must have appeal to the sponsor. (If you already have money for that project, divert it to another area of need). For instance if you have the funds to make a map but no funds to cover the cost of your administration, divert the map money to administration and obtain sponsorship for the map. It is very unlikely that you would get sponsorship for administration.
- define possible sponsors, e.g firms that would benefit from your offer.
- try to become informed about this firm.
- draw up a budget for the project with the amount required from the sponsor as a balancing figure.
- make a sponsorship submission which would include the budget, details on the project, estimated benefits for the sponsor, etc. Al very neatly typed and well presented in a folder.
- find out the person to send it to or deliver it yourself. Do not just mail it: follow up by phone.
- tell the sponsor that you will use part of the sponsorship money to advertise his involvement and product.
- when you draw up the sponsorship submission, place yourself in the position of the sponsor and think how you would react if you received such a submission.
- do not let any other member except you and your committee handle this sponsorship as good work may be destroyed.

Again, know what your members do. Many of them work for very influential firms and would be in a good position to submit a sponsorship application. Find out these members and discuss it with them.

Be honest with your sponsor and follow the sponsorship through to ensure that he gets what you promised. It takes time and effort to get sponsorship.

SIX GO OFF TO THE MOUNTAINS

By: The Six

To the outsider, a mountain marathon sounds a fearsome task. There's the sheer distance to be covered, not to mention the terrain and the stuff you've to carry. On top of all that, you may end up in a tiny tent overnighting with someone you're decided in the previous few hours you can't stand the sight of.

Tales from mountain marathons past of impassable streams, impenetrable mists, misplaced controls and other horrors add to the legend.

Which of course, is why every reasonably fit person with some knowledge of the hills must try at least one mountain marathon in their lifetime.

Of the group of six signed on for the recent Mourne Mountain Marathon and loosely associated with Crusaders or more specifically the mountain mad Beth McCluskey four were novices. Ger Ivory was a sprinter but, as an army man, used to "manoeuvres". Charlie O'Connell was another sprinter who over the summer had taken to the hills with all the zeal of the convert. Melissa Johnson had been a member of the American team at the World Mountain Racing Cup in Edinburgh the previous week while Lindie Naughton was an old athletics and orienteering lag. Of the other two, Beth, a confirmed mountain marathon nut, was the most experienced, with a win in the mixed C class from the previous year to defend. As for Graham Porter, he had been forced to drop out of the Comeraghs earlier in the year when partnering Beth and was determined at least to finish this time.

And so it came to pass that the late comers met up with the advance party in the Silent Valley car park on a glorious September morning to hear of our first crisis. Beth (the experienced one...) had forgotten her tent poles! ****** This disaster, the advance party related, had been discovered at midnight the previous day when after a few pints in an extremely loyalist pub in Kilkeel, three tired and grumpy mountain marathoners (Graham, Beth & Melissa) decided it was time to retire for the night. It was with great reluctance that we were camping in the first place all the B&Bs in the area were full so we resorted to camping in "the" mountain marathon tent. But we were tough, we would survive (to quote Charlie).

So it was that Graham and Melissa were in no mood for it when Beth announced in horror that she had no tent poles. She had tried this one before in the Comeraghs. The tent poles would surely turn up after she had let them sweat a bit. The annoyance turned to panic and then to hysteria as the reality of the situation began to dawn.

So it was three very miserable mountain marathoners that climbed into Graham's car and resigned themselves to sleeping upright. It was evident within a couple of minutes that this was not going to work. Bivvying was suggested (briefly); then Graham announced that he had a huge golf umbrella in the boot. This was supposed to cheer us up!

It was now 1.15 am. Reluctantly we followed Graham as put up the umbrella inside the tent.

IT WORKED. The tent stayed up and Graham was immediately hailed a genius. The tent looked a sight and was a conversation point for the rest of the campsite. The tent was repacked and it was decided that the pole (or lack of) problem could be dealt with at the overnight camp.

After all the rules stated that all competitors must CARRY a tent; nothing was mentioned about sleeping in that tent. Rules are always open to interpretation. No sooner was one problem sorted out that another surfaced. Graham was going out of control. His partner Ger had not arrived with only 15 minutes to their start time. PANIC , PANIC & MORE PANIC!!!! Ger was not the type to let anyone down and he was supposed to be driving up with Lindie. Where were they ? Last we knew of Lindie she was still looking for a partner. What poor unfortunate did she manage to sweet-talk this time. In the nick of time Lindie's treasured Citroen ZX appeared in the car park. A relieved Graham and apprehensive Ger rushed off for their start, Graham's navigational disability highlighted when they got lost on the way to the start. Fat lot of good a top of the range Karrimor Camelbak did Graham there (we always knew he was a poser). Lindie's partner Charlie was the opposite. Having only agreed late on Friday night to come, he had run around all his friends that night borrowing various bits and pieces of essential gear such as a fleece and a rucksac!

Last minute decisions on what to wear and what to leave behind followed, as the remaining two teams went into top gear on the way first to registration and inspection and then to the start. We all solemnly assured the organisers we had our full complement of clothes, first aid kits, food and equipment.

The big test of mountain marathons isn't finding the controls but deciding on the best possible routes at least in the C grade which we had all entered. Take, for example, the first control straight up to Wee Binnian. Some of us decide to climb immediately up to the ridge through gut-busting rocks and heather (influenced by a couple of teams ahead...old orienteering rule: never follow ANYONE, even if they are really good looking, as Beth and Melissa discovered to their detriment). Others read their maps more carefully and spot a path further along.

The next couple of controls are easy enough before the long haul to the top of Slieve Donard, with at least three possible routes. Charlie and Lindie take the long route to the left of the valley, lunching along the way and meeting a large group of walkers led by none other than Paddy Dillon.

The final climb was tough, but on top, the officials are real charmers, willingly taking pictures and offering advice. Straight down to the harbour for the next one, they say. If only. What looked like a wall all the way down on the map was in fact an invisible parish line - very confusing. Best route? Maybe straight to the quarry at Lindsay's Leap, picking up a path and a ride. Whatever, the downhill was tough on weary legs - lots of rocks, very slippy.

After that, it was just a couple of Donard Forest

path routes before the overnight camp site was spotted at the tip of Tollymore Forest Park.

The next problem for the late-comers was finding anyone - there were hundreds of tents pitched around the crest of the hill. There was also one very dead sheep and another sheep skeleton. Miraculously, we all found each other, with the first item on the agenda the state of the water in the nearby stream. How had those sheep died? As all of us had been filling up our water bottles liberally at every stream we'd crossed, this was a disturbing thought.

Ger had taken over as camp manager insisting that everyone get their "rations" into them. Graham was lolling about on a Karrimat, the effects of two cans of G'n'T making him deaf to all hints that he should refill the various pots and bottles with water from the stream. It was a glorious night with the stars twinkling up above in a perfectly clear sky.

After quick soups and instant pasta dinners for all, the big question arose - who was sleeping where? Beth and Melissa had tried in vain to erect their poleless tent with the help of Philip Butler's walking poles. In the end the girls slept in Lindie's brand new Vango Hydra tent; while the boys courtesy of Ger slept in what can only be described as a mini-marquee, the poor tent would have looked more at home in a Funtrek campsite. But it did the job, and at least it had poles!! The girls made the better choice to judge from the conversations (and snoring) drifting across in the dark.

Next morning, reveille was soon after 7 am. Beth and Melissa, leading the women's teams in grade C, were the first to load their carbos, pack up.and set off - the other two pairs both missed the official start....

The first control was easy, but as we climbed higher, we were running into thick mist. Again, there were three possible routes to the second control at Slieve Meelmore. The route not to take was straight up Slieve Bernagh with its surreal rock formations - we know because one of our teams went this way (Hint: it was the one with the orienteer).

After an overdose of breath taking climbs and gut wrenching descents, some of us realised, somewhat belatedly admittedly, that this mountain marathon lark is really no more than a long orienteering event. So we s...ed navigating. The effect was immediate as valuable time was gained by skirting around Slieves Meelbeg and Loughshannagh.

For the fourth control, it was possible to go more or less direct across Slieve Muck or take what looked like a faster road route to the west. Interestingly, the direct route proved quicker largely because the downhill was fast and easy. The only problem then was finding an almost invisible sheep fold - the only control over two days that wasn't immediately obvious (especially since we didn't know what it was in the first place).

After that, it was homeward bound, leaving a little in reserve for a sprint to the finish line. It had been a glorious two days - perfect weather, challenging navigation, runnable terrain, good company. Strolling with tired limbs into the car park, you couldn't quite believe that it was two days since you'd left it all behind you.

Back in Dublin, Gleesons in Booterstown were screening the Dubs victory on their large screen. What strange things people get up to in their spare time !

Footnotes: Melissa is still somewhere in Europe after coming 3rd in a Kerry road race a week after the Mournes. Beth is now conspiring with Una Creagh to run the KIMM in Switzerland next summer. Graham hopes to win the mixed veteran title in the Comeraghs next May with Jane Watt. Ger is aiming to break 7 secs for 60m at the National Indoors in February. So is Charlie. Lindie is working on her navigation.

3ROC NEWS

Happy New Year to all our members and to all orienteers. Hope that those of you who managed to get up the icy hill to Three Rock on St. Stephen's Day enjoyed the run - Thanks particularly to Justin and Una for planning the event and to Monica Nowlan for organising. Several British-based members are orienteering in Hong Kong and Australia around now: lucky for some!

Membership subscriptions are due now, unfortunately! For 3Rockers, your club newsletter, The Rocket, is enclosed.

Enquiries to Judith Butler, 130 Glenageary Avenue, Co. Dublin.

VETERA.. HOME INTERNATIONAL 1995

The VHI was run on 14th and 15th October. Twenty eight veterans (a full team of 20, and 8 reserves) agreed to travel. Only 27 turned up.

TEAM and RESERVES

The team on the weekend was:-
M40: Kevin O'Dwyer and John McCullough
M45: Colin Henderson and Wilbert Hollinger
M50: Ernie Wilson and Nigel C-Crawford
M55: Maxwell Reed and Alan Pim
M60: Andrew Bonar-Law and Jim Barrett
W40: Jane Watt and Mary Healy
W45: Monica Nowlan and Maire Walsh
W50: Trina Cleary and Clare Nuttall
W55: Hazel Convery and Diana Large
W60: Mairin Morrish and Marie O'Sullivan

Reserves: M40 Liam O'Brien, M45 None, M50 Alan Gartside, M55 None, M60 Frank Cunnane, W40 Heather Majury, W45 Jean O'Neill, W50 Sue Pim, W55 Vera Murtagh W60 None.

INDIVIDUAL EVENT

The scores for the individual event were:-

	MEN	WOMEN	TOTAL
ENGLAND	63	60	123
SCOTLAND	63	56	119
WALES	31	35	66
IRELAND	22	28	50

On average, our women were 27% better, as last year.

In 1993, we had only one competitor who ran within Championship time. In 1994 we had 6. In 1995 we had only one. This was W50 Trina Cleary. So either the best runners got better, or we got worse. Congratulations to Trina, who gained Championship standard also in 1994.

Four persons deserve special mention:

Liam O'Brien, who did better than both his team mates, and achieved Championship standard, Wilbert Hollinger who, if he had taken 17 seconds less would have achieved Championship standard, and Jean O'Neill and Sue Pim who each did better than one of her team mates.

The IRL team members who gained 5 or more points (maximum 8) were:-

6 POINTS: Trina Cleary;
5 POINTS: Monica Nowlan.

One of our runners was disqualified for mis-punching.

RELAYS

This year, picking the relay teams was easier, as the rules were changed to make it necessary to have two men and two women on each team. But they still kept the rule that (ignoring the "5" in M/W45 and 55), the age classes of each team must add up to 190 at least. As all the ages add to 960 years, this means that 4 teams have a total age of 190 and one has a total of 200. While there are only two possible age combinations to make 190, and three to make 200, there are very many possibilities.

Unfortunately, I was not given notice of the change in the rule (what was our NIOA rep. on the Home International

Committee doing?) until I got to the hostel, and then it was not pointed out, just hidden in a lot of other information. So all the preparatory work I had done was useless, and I had to begin again, after I had finished collecting money and paying the organiser at 12.30 a.m. So I didn't get to bed until 2.15 a.m.

The format for the relays is each nation has five teams, with the best three to count. This was just as well for us, as two of our runners (and their two teams) were disqualified, one for failing to punch a control, the other for taking the controls in the wrong order. There was an unannounced control check.

Adding the points after the relays gave the following totals:-

	RELAYS	FINAL TOTALS
ENGLAND	66	189
SCOTLAND	48	167
WALES	26	92
IRELAND	16	66

SELECTION

The selection left something to be desired:

A) Three out of seven reserves were faster than their team mates. This could have reflected fitness on the day. But one of these (Jean O'Neill) has done it before. Should not the ability to perform well under the stress of an international event be taken into account?

B) Liam O'Brien, an M40 who runs so well that he competes in Ireland as M35, was not on the list of seven M40s that I was given. When that list was exhausted (due to injury or job demands etc. I had some refusals) I was free to ask Liam to be a reserve. He had a better time than both his team mates.

THANKS

Our thanks are due to Liz Wallace who made such excellent arrangements on our behalf. The accommodation was very good, and the International dinner on Saturday night was of a high standard. There were no complaints about the inadequacy of the food, as happened before. Even the vegetarians were well catered for. After the dinner, we were guided and coached in Scottish Ceili dancing, much to the amusement of the onlookers. And each team member and team manager was presented with a cap, with a "VHI 95" pattern, specially made to mark the occasion.. I believe that the caps were the idea of Brenda Nisbet, Liz's mother, who should have been the VHI Organiser but who was too ill to do so. She has since died.

I think we all, team members and reserves, enjoyed the weekend. It was a long distance to travel. At first, I thought of driving, but the one-way total of 532 miles in addition to the Larne to Stranraer crossing did not appeal. In the end, I decided to fly, as Kevin made a good arrangement for five of us from Cork. If we had driven, we could have blamed the long and exhausting drive for our lack of success.

Frank Cunnane

CASTLE BERNARD, KINNITTY 03 SEPT 95
THE IRISH ORIENTEER FINAL

	BROWN	8.5 Km 220m	TEAM	COURSE	BLUE	5.0Km 190m	TEAM	COURSE	GREEN	4.8 Km	145m	TEAM
M PINKER	CORK O	M 21	53.42	A	J WALSHE	PXN		56.42	NC	H. MAJUR	LVO	W 40	65.12	E
J FEEHAN	AJAX	M 21	55.04	A	D. JEFFERIES	W10	M 17	58.02	C	M HEALY	GEN	W 40	65.27	E
B CORBETT	CORK O	M 21	56.31	A	B CREEDON	CORK O	M 45	54.13	C	R. O COLM	GEN	M 14	69.26	
J CASEY	CORK O	M 21	61.47	A	T LUCEY	BOC	M45	61.50	C	W M GOR	GEN	W 40	72.15	E
C CREEDON	CORK O	M 20	66.44	A	W HOLLYMER	LVO	M45	62.24	C	F McCANN	LVO	M55	74.28	
B. O BRIEN	A JAX	M 21	68.33	A	A CREEDON	CORK O	W 21	63.18	D	D. LARGE	GEN	W 55	75.00	E
M O DWYER	CORK O	M 40	69.13	B	J LAFFEY	CORK O	W 18	63.38	C	M WALSH	3 ROC	W 45	77.29	E
J MUCKIN	CORK O	M 21	70.09	A	T FEEHAN	BVOC	W 18	64.10	C	M WALSH	3 ROC	W 45	80.08	E
D HOLLYMGER	LVO	M21	70.51	A	M KEEGAN	BVOC	W 20	64.40	D	S. BOLTON	3 ROC	M 65	84.49	E
M FLYNN	CORK O	M 21	70.56	A	P McCORMACK	CORK O	M 55	65.40	D	S. ROTHE	3 ROC	M 65	86.08	E
L OBRIEN	CORK O	M 40	73.13	B	T O DONOVAN	CORK O	W 21	67.07	D	S. PIM	WAT O	W 50	87.04	E
K O BRIEN	PXN	M 212	73.40	B	P BUTLER	CORK O	M 45	67.37	D	A. TOTTEN	3 ROC	W 40	88.09	E
D O CONNOR	CORKO	M19	75.36	B	R O CONNOR	CORK O	M 50	68.17	C	N. LALOR	GEN	W 40	92.30	E
P SPILLANE	CNOC	M 35	75.53	B	E WILSON	LVO	M 50	68.41	C	J O KEEF	BVOC	W 45	93.45	E
M GEOGHEGAN	AJAX	M21	77.01	B	T McCORMACK	GEN	M 40	72.55	D	A BELL	LVO	W 40	95.23	E
J McCULAGH	3 ROC	M 40	78.04	B	R LYNAM	CNOC	W 40	74.42	D	O HAMMO	LVO	W 40	96.08	E
B. SIMPSON	LVO	M 40	78.45	B	B PINKER	CORK O	M 45	75.11	D	F. WHITE	SET	W 60	96.34	E
T JOYCE	KERRY O	M21	78.52	A	D BURKE	LEE O	M 50	75.15	D	R. RONEY	CNOC	M 35	100.44	
C. CREGG	PXN	M 21	78.58	A	E GRANVILLE	3ROC	W 21	75.16	D	L. NAUGHT	3 ROC	W 40	104.22	E
T. CONLON	PXN	M21	79.33	A	S BROWNE	CORK O	W 21	76.48	D	M O COL	GEN	W 40	107.26	E
A O'NEILL	SET	M 21	79.58	A	A FEATLAND	LVO	M 45	78.14	C	C. CARRO	3 ROC	M 60	121.11	E
D WESTON	3 ROC	M 35	81.11	B	A FLYNN	3 ROC	M 18	79.24	C	R. PEZ	AJAX	W 45	125.26	E
T MORRISSY	CORK O	M 35	81.11	B	E INLAND	AJAX	M 45	80.20	C	M. HEGN	AJAX	W 50	125.39	E
P. NOLAN	GEN	M 21	81.15	A	M REGAN	PXN		81.31	D	G. FITZGE	3 ROC	W 40	130.32	E
P GARCIA	AJAX	M 40	82.19	B	A SAVAGE	LVO	W 40	83.22	D	J. BUTLER	3 ROC	W 45	133.21	E
J SCANNELL	CORK O	M 21	83.44	A	M CURRAN	CORK O	W 35	84.12	D	M. CREED	CORK O	W 40	133.58	E
P FERGUSON	PXN	M 40	85.22	A	L HONKASAARI	WAT O	W 21	86.10	D	B. O DONO	CORK O	W 40	135.15	E
T TOTTENHAM	3ROC	M 17	87.30	B	T CLAERY	3 ROC	W 50	87.35	D	C WALSH	3 ROC	W 50	139.22	E
G BRADY	CORK O	M 40	87.51	B	J MCCULLA	PXN		87.40	C	T. BUTLER	3 ROC	W 50	154.06	E
I MaC NEILL	3 ROC	M 40	88.56	B	C McKENNA	LVO	M 18	90.01	C	R. GRIFFIN	CORK O	W 40	173.04	E
P O BRIEN	AJAX	M 40	89.28	B	D O COLMAIN	GEN	M 45	90.29	C	V. MURTA	3 ROC	W 55	176.08	E
A O MULLANE	GEN	M 21	90.16	A	R MCCOURT	LVO	M 50	91.33	C	J O DWYE	CORK O	W 40	220.06	E
D.O DONOVAN	CORK O	M 40	90.18	B	T McGRATH	3 ROC	M 50	92.04	C	F O DONO	CORK O	W 45	224.06	E
T. DUGGAN	CNOC	M 21	92.00	A	V O ROURKE	GEN	W 20	92.36	D					
A TUCKER	GARDA	M 35	92.25	B	B McGRATH	3 ROC	M 45	93.06	C					
P SMYTH	FUCCO	M21	92.46	A	P CASEY	UCDO	M20	93.30						
R KAVANAGH	CORK O	M 21	93.32	A	F O HANLON	AJAX	W 21	95.31	D					
K GROGAN	CNOC	M 40	94.22	B	J FITZSIMONS	3 ROC	M 45	98.31	C					
V CAFFREY	SET	M 35	95.13	B	J RYAN	CORK O	M55	99.52	C					
Y JONES	CORK O	M 21	95.38	B	E FEEHAN	3 ROC	M 50	01.28	C					
F CLOTTER	LVO	M 40	98.22	B	R HERBERT	LVO	M 18	13.55	D					
T DIAMOND	3 ROC	M 21	99.08	A	P O NEILL	CORK O	W21	08.14	D					
G. ELLIOTT	CORK O	M 40	100.20	B	M BUTLER	CORK O	W 21	08.16	D					
T CONDON	CORK O	M 21	102.08	A	D SHORTT	CNOC	W21	08.17	D					
M MANGAN	SET	M 40	102.20	B	M BUTLER	3 ROC	M 50	08.00	C					
A COX	3 ROC	M21	102.58	A	J O DONOVAN	CORK O	M 45	13.12	C					
A COX	WAT O	M 35	103.26	B	B McCLUSKEY	3 ROC	W 21	05.31	D					
E O SULLIVAN	SET	M 21	103.31	A	J CATHALIN	SET	W21	118.000						
P BRENNAN	SET	M 21	106.16	A	K GRIFFIN	CORK O	M 45	00.26	C					
P. HERBERT	LVO	M 35	113.37	B	E HUTCHINSON	CORK O	M55	13.55	C					
J LALOR	GEN	M 40	113.43	B	M KELLETT	GEN	M 55	13.12	C					
T KEEGAN	3 ROC	M 21	116.50	A	P O BRIEN	GARDA		01.55						
B CRYAN	3 ROC	M 35	125.13	B										
J LEONARD	3 ROC	M 21	138.00	A										
C O MARA	3 ROC	M 35	152.08	B										
D HEALE	WAT O	M 21	153.08	A										
E HALL	WATO	M 21	DNF 21	A										
A O MULLANE	GEN	M 21	DNP 21	A										

CASTLE BERNARD, KINNITTY 03 SEPT 95
THE IRISH ORIENTEER FINAL

	COURSE	LT GREEN	4.4Km	135m	TEAM
M O CONNOR	CORK O	W 18		38.07	F
L C. CRA	3 ROC	M 16		40.20	F
Z F FISHE	WHO	M 13		46.09	F
D CREED	CORK O	W 17		48.25	F
C O CONNOR	CORK O	W 16		48.42	F
A FEEHA	BVOC	W 16		50.36	F
J O CALL	CORK O	W 16		50.50	F
S POWER	SET	M 45		53.50	F
S FEEHA	BVOC	W 16		54.12	F
C. BUTLER	CNOC	W 18		55.42	F
C. BUTLER	CNOC	W 18		56.19	F
J. ATWIS	SET	W 21		58.50	F
N. F. FISH	PXN	M 45		60.31	
N FEEHA	BVOC	W 18		61.26	F
A O DWY	CORK O	W 16		61.43	F
A O DONO	CORK O	W 16		62.48	F
S HEALY	GEN	W 16		69.42	F
L BUTLER	CNOC	W 18		72.00	F
K RYAN	CORK O	M 16		72.27	F
S. Mc CORR	GEN	M 16		74.22	F
G. BUTLER	3 ROC	M 16		79.44	F
K. McCOR	GEN	W 16		78.19	F
J. FITZGE	3 ROC	W 16		81.13	F
J. O BRIEN	AJAX	W 16		81.50	F
B. HYLIN	3 ROC	W 40		87.04	
B. GREEN	3 ROC	M 16		105.42	F
B. F. FISH	PXN			115.12	F
I COSTIGA	3 ROC	M 16		145.58	F
A O BRIEN	PXN	W 35		190.29	F

CASTLE BERNARD, KINNITTY 03 SEPT 95
THE IRISH ORIENTEER FINAL

	COURSE	WHITE	2.5 Km	95m	TEAM
	BUTLER/H CNOC	W 14		28.07	
	S LUCEY	BOC	W12	28.16	
	T McGRATH	CORK O	M12	30.01	
	T BURKE	BOC	W10	31.40	
	E FITZGER	3 ROC	W 10	31.40	
	E F-FISHE	PXN	W 10	35.02	
	E FEEHAN	BVOC	W. 12	38.22	
	C F-FISHE	PXN	M10	39.08	
	M O DONO	CORK O		40.15	
	K POWER	SET	W 8	41.59	
	A GUERN		M 15	42.37	
	R SHORTT	CNOC	M 8	50.52	
	C SHORTT	CNOC	M3	53.51	
	GRENNAN			58.06	

	COURSE	ORANGE	3.6 Km	80m	TEAM
D. BURKE	CORK O	M 14		39.36	G
J. LUCY	BOC	M 14		37.36	G
D. HEALY	GEN	M14		40.08	G
A. RAFFE	CORK O	M14		42.37	G
B. HOGAN	CORK O	M14		43.47	G
D. COTTER	CORK O	M 14		44.29	G
E O NEILL	3 ROC	W 14		44.29	G
A. AUSTIN	CORK O	W 14		44.54	G
D. MURPH	CORK O	W 14		45.18	G
J HURLEY	CORK O	W 14		46.35	G
P O BRIEN	AJAX	M 14		47.16	G
S BURKE	CORK O	M 14		47.46	G
N MORRIS	CORK O	W 11		50.44	G
N. WALSH	3 ROC	M 14		51.00	G
C. WALSH	3 ROC	M 14		57.35	G
M. FEEHA	BVOC	W 14		58.58	G
T. FEEHAN	BVOC	M 12		66.34	G
N. O KEEF	BVOC	M 12		70.12	G
K. HOLLO	CORK O	M 11		71.16	G
N. LALOR	GEN	W 12		93.49	G
A O BRIEN	AJAX	W10		97.34	G
A LUCEY	BOC			112.36	
F O SULLI	3 ROC	W 21		117.21	
P. GRIFFIN	CORK O			DNP 10	
GRENNAN				DNP 13	
C RICE	AJAX	W 13		DNP 10.11	

Results of 3ROC event, Phoenix Park, Dublin, 17 September 1995.
The proceeds of this event went to the Third World charity, Goal.

Green Course

DAVID KELLY	M21B	AJAX	25	C COMERFORD
PAUL SMYTH	M21	FUCCO	25	M O'CLOMAIN
TIM TOTTENHAM	M18	3ROC	27	MARTAIN COMERFORD
NIGEL C-CRAWFORD	M50	3ROC	29	HELAN MOLONEY
DAVID QUINN	M40	GEN	29	SUSAN HEALY
GERARD BUTLER	M16	3ROC	20	ADAM SCOTT
J O'NEILL	W45	FINGAL	20	
L C-CRAWFORD	M14	3ROC	11	
D O'MURCHU	M45	CNOC	32	
ANDREW QUINN	M18	3ROC	33	
J FITZSIMONS	M45	3ROC	33	TIM TOTTENHAM
JOEN KEARNY	M35	3ROC	33	GORDON ELLIOT
JUSTIN MACKY			33	WAYNE CRAIG
RUDIE DORREPAAL	M35	SET	34	EOIN DUNNE
DAVID HEALE	M21	3ROC	35	PAUL DUNNE
ROSS O'COLMAIN	M14	GEN	36	BARRY LYSAGHT
MICHAEL BUTLER	M50	3ROC	36	S O'NEALA
MARY HEALY	W40	GEN	36	COLM DOYLE
STUART LEE		W.C.D.	36	ADRIAN DOLAN
ALAN HINES			37	SVEN KILLORIFF
DON SHORT	M35	CNOC	38	M LAUGHMAN
M NOWLAN	W45	3ROC	39	ROBERT LARD
LORCAN O'LATNAIN	M15	3ROC	40	ADAM SCOTT
M CLLINS		3ROC	40	ROBERT BOYLE
FRANK SWIFT	M40	PXN	40	NADYA HUTCHINSON
R LYNAM	W40	CNOC	40	MIRIAM LARD
W Mc CORMACK	W40	GEN	41	BOB LARD
DANIEL KENNEDY		WO	42	EDITH BRIDCUTT
TOMAS MAHONY			14	GERARD GARRAHAN
DARA MURPHY		3ROC	16	NEIL FLOOD
JAMES Mc CULLAGH		FIN	16	ADAN McARDLE
E O'BRIAN	W45	3ROC	16	SEAN O'BRIAN
MAIRE WALSH			51	GEOFFREY ROONEY
MOIRA KELLY			53	E DOYLE
JOHN KELLY	W50	SET	53	STEPHEN CAMPION
MAURA HIGGENS	W21	FIN	50	FIONA SNOW
B SHARKEY			51	RACHEL SWIFT
ANNA BEATHE + GANNON			51	LOIN ALMHAIN
JENNY DESMOND			54	CRISTINA ASIAN
MICHAEL PROCTER		WO	54	N TRESTON
A WAIT		WO	54	NEIL TURNER
G FITZGERALD		WO	57	JOHN FITZGERALD
				BARRY GREENE
				TONI BUTLER

Red Course

			17	EILEEN FRANCIS
			17	
			14	
			102	
			INF	STEPHEN CAMPION
				C McGRATH
				ANDREW NOWLAN
				STEPHEN DEVLIN
				TONY DEVLIN
				C DOOLAN
				NORA - NIAMH LALER
				PAUL LARD
				CIARAN LARD
				EOGHAN DILLON
				VERA MCRTAGH
				B CLAYSARD
				PETER + DAMARIS NOBLE
				SARAH MURPHY
				FIONA SNOW
				IAN COSTIGAN
				KATE HOLLIGAN
				ELEANOR O'NELL
				NICK GREGG
				MARY GRANT
				TERESA BOYLE
				MAELIOSANI ALMHAIN
				LIAN O HALMHAIN
				NIAMH MC ARDLE
				CIAN MC ARDLE
				JENIFER GRANT
				HUGH NOWLAN
				CATHERINE O'BRIEN
				O CLEARY FAMILY
				CIARAN BYRNE
				NIAMH BYRNE
				KIT BYRNE
				MONA BYRNE
				STEPHEN BOWE
				ANNA BOWE
				S BOWE
				DAVID HEALY
				CONAL + NIALL WALSH
				STEPHANIE
				STEPHEN CLISARD

Orange Course

			222	
			26	
			26	
			28	
			29	
			33	
			34	
			37	
			36	
			36	
			41	
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			13	
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			35	
			36	
			37	
			57 (NOSTUB)	
			95	
			MISS 8	
			DNF	

95/96 Leinster League: Event 1
Mullaghmeen: 01 October 1995

Brown Course (8.9 km, 260 m)

1.	A.MALTIG	M21	SUA	62.27
2.	B.O'BRIEN		AJAX	68.28
3.	B.BELL	M40	GEN	78.58
4.	G.DOHERTY	M21	GEN	79.30
5.	W.McDONALD	M18	AJAX	87.26
6.	K.McDONALD	M40	AJAX	93.32
7.	P.BRENNAN	M21	SET	93.47
8.	T.O'GORMAN	M21	CNOC	97.40
9.	A.deLACY	M18	AJAX	99.45

Blue Course (7.3 km, 165 m)

1.	T.CONLON	M21	PXN	62.42
2.	T.TOTTENHAM	M17	3ROC	64.23
3.	R.FINLAY	M40	FERMO	70.20
4.	M.REED	M55	FERMO	72.28
5.	D.QUINN	M40	GEN	73.58
6.	N.C.CRAWFORD	M50	3ROC	75.58
7.	M.NOWLAN	W45	3ROC	80.58
8.	M.HEALY	W40	GEN	82.27
9.	J.KEARNEY	M35	3ROC	86.18
10.	D.O'COLMAIN	M45	GEN	93.45
11.	M.O'ROURKE	W19	GEN	94.32
12.	P.CASEY	M21	UCDO	94.32
13.	C.BURNS	M21		94.35
14.	B.DOHERTY	M50	GEN	100.27
15.	J.FITZSIMMONS	M45	3ROC	101.33
16.	H.WHITE	M50	3ROC	108.12
17.	M.SHEEHN	M21	FUCCO	111.29
18.	M.WALSH	W45	3ROC	111.50
19.	B.FLYNN			116.41
20.	E.McGINLEY	M21		119.03
21.	H.McINERNY		CNOC	128.34
22.	A.TOTTENHAM	W40	3ROC	124.11
23.	P.CALLERY	M21	UCDO	134.50
24.	J.BARRETT	M60	CNOC	138.42
25.	J.LALOR	M50	GEN	147.24
26.	P.VAN KAMPEN	M21	UCDO	DNF
27.	P.DUNNE	M35	PXN	DNF

Green Course (4.5 KM, 155 M)

1.	J.deLACY	M40	AJAX	50.59
2.	T.McGRATH	M50	3ROC	52.47
3.	J.MULDOWNEY		PXN	56.15
4.	B.O'CONNOR		AJAX	56.29
5.	J.O'NEILL	W45	FIN	59.39
6.	L.C.CRAWFORD	M14	3ROC	60.05
7.	M.O'NEILL	M21	SET	62.28
8.	M.McGEADY	W21	3ROC	62.59
9.	G.TAYLOR		PXN	65.08
10.	T.CLEARY	W50	3ROC	66.07
11.	B.McGRATH	M45	3ROC	69.14
12.	Z.F.FISHER	M13	WHO	70.04
13.	T.MACKEY	M16	3ROC	71.12
14.	B.CRYAN	M35	3ROC	72.10
15.	J.FALLIS	M45	FERMO	76.39
16.	A.B-LAW	M60	GEN	77.53
17.	J.NOWE	M35	FIN	79.05
18.	R.GARRETT	M45	3ROC	79.27
19.	A.NISHUILLEAR.	W45	3ROC	79.56
20.	S.KULLDORF	M65	SET	80.44
21.	A.QUIN	M18	3ROC	82.14
22.	B.REGAN	M60	FERMO	85.15
23.	J.LEONAD	M21	3ROC	85.20
24.	L.CONVERY	M55	3ROC	92.39
25.	H.CONVERY	W55	3ROC	101.38
26.	M.BUTLER	M50	3ROC	105.23

Mullaghmeen 01 October
Green Course (Continued)

27.	M.O'COLMAIN	W40	GEN	105.26
28.	E.LAWRENCE	M55	WHO	117.10
29.	S.FITZGERALD		3ROC	142.10
30.	N TRESTON		3ROC	144.11
31.	G.FITZGERALD		3ROC	179.52
32.	T.FINLAY	W45	FERMO	DNF
33.	A.SCOTT	M16	3ROC	DNF
34.	B.LYSHGHT	M16	3ROC	DNF
6.	C.FLYNN	M14	DLSO	49.26
7.	A.NOLAN	M14	DLSO	55.10
8.	D. PRENDERGAST	M14	DLSO	58.14
9.	I.COSTIGAN	M16	DLSO	74.14
	A.BELL	M12	GEN	DNF
	T.HALINGER			DNF
	C.GILSENAN			DNF

Light Green Course (3.6 km, 60 m)

1.	R.O'COLMAIN	M13		36.56
2.	U.O'COLMAIN	W17	GEN	43.20
3.	E.O'NEILL	W14	3ROC	44.40
4.	D.HEALY	M12	GEN	47.04
5.	D.LARGE	W55	GEN	50.28
6.	S.HEALY	W16	GEN	56.05
7.	N.LALOR	W40	GEN	56.49
8.	A.LAWRENCE	W45	WHO	58.05
9.	B.FOLEY-FISHER	W40	WHO	58.06
10.	D.SNOW			74.59
11.	D.LAFFAN	W21	UCDO	78.50
12.	B.O'NEILL	M50	SET	107.23
13.	C.WALSH	W50	3ROC	111.24
14.	V.MURTAGH	W55	3ROC	111.58
15.	C.WALSH	M14	3ROC	DNF

Red Course (4.0 km, 95 M)

1.	G.BUTLER	M16	3ROC	33.31
2.	B.LEDDY	M21	FIN	38.20
3.	D.O'BRIEN	M16	DLSO	48.52
4.	D.LEONARD	M20	DUO	65.45
5.	L.McCUDDEN	W14	3ROC	87.30
6.	F.SHAW	W14	3ROC	87.35
	O.HELLSSAFF			DNF

Orange Course (3.2 km, 110M)

1.	N.FOLEY-FISHER	M14	WHO	20.30
2.	S.GILFILLAN	M15	FERMO	38.05
3.	T.GIBNEY			39.35
4.	N.GIBNEY			39.36
5.	S.NOWLAN	W12	3ROC	45.09

Yellow Course (2.5 km, 60 m)

1.	M.McDONALD	W14	AJAX	24.15
2.	C.FOLEY-FISHER	M10	PXN	32.12
3.	N.LALOR	W12	GEN	42.15
4.	J.WARNER			42.53
5.	S.WARNER			81.47

White Course (1.75 km, 30 m)

1.	E.FOLEY-FISHER	W10	PXN	30.10
	D.BELL		GEN	DNF
	E.FITZSIMONS	W9	3ROC	DNF

SETANTA ORIENTEERS

Carrigolligan Score Event 08/10/95
GEN Orienteering Club.

Long Course 60 Minutes.

	Name	Club	Class	Score	Penalty	Total
1	Andreas Maltig	UCDO	M19	530		530
2	BrianBell	GEN	M40	430		430
3	Leo Donovan	AJAX	M21	410	20	390
4	John Kearney	3ROC	M35	380		380
5	T. Tottenham	3ROC	M17	380	20	360
6	Mary Healy	GEN	W40	390	40	350
7	GordonElliott	3ROC	M21	350	10	340
	B. McGrath	3ROC	M45	370	30	340
8	A.B.L.	GEN	M40	330		330
	L.C-Crawford	3ROC	M14	330		330
9	P. McCormack	GEN	M21	320		320
	T. Mackey	3ROC	M16	320		320
	Mick Mangan	SET	M35	320		320
	A.niShuileabhain	3ROC	W45	320		320
10	Paul Dunne	PXN	M35	300		300
	W. McCormack	GEN	W40	300		300
11	Alan Cox	3ROC	M21	290		290
12	B. Doherty	GEN	M50	280		280
	D. McTague		290	10		280
13	J. Lalor	GEN	M40	270		270
	Jackie Atkinson	SET	W21	270		270
	J. Fitzsimons	3ROC	M45	270		270
	J. O'Neill	FIN	W45	270		270
	N. Phillips	3ROC	W21	270		270
14	Meredith Lulling	3ROC	M17	260		260
15	T. McGrath	ROC	M50	280	30	250
	D. Brooks	3ROC	M50	280	30	250
	M. McGeady	3ROC	W21	250		250
16	H. White	3ROC	M50	260	20	240
17	Gerard Butler	3ROC	M16	230		230
	R.Flynn	SET	M50	230		230
	Hanna/Kennedy	WO		230		230
	Alison Tottenham	3ROC	W40	230		230
	Maire Walsh	3ROC	W45	230		230
18	Charlotte Law	GEN	W21	220		220
	D. Keogh			220		220
	Conor Murray		M19	270	50	220
	M. Galligan			220		220
19	C. Carroll	3ROC	M60	220	10	210
	David Heale	3ROC	M21	210		210
	E. O'Briain	FIN	M50	210		210
	Charlie O'Neill	GEN	M40	210		210
20	Denis Griffin			190		190
	D. Murray		M21	190		190
21	Michael Butler	3ROC	M50	210	30	180
	Niall Hamilton			180		180
	Nigel C-Crawford	3ROC	M50	600	420	180
22	G. Fitzgerald	3ROC		170		170
	Mick Kellett	GEN	M55	220	50	170
	Claire Walsh	3ROC	W50	170		170
23	C.Blair	3ROC		210	50	160
	Moira Kelly			210	50	160
24	Robert Boyle		M15	150		150
	F. McCormack	CNOC	M55	260	110	150
25	J. Kelly			210	80	130
	F. O'Brian	FIN		130		130
26	B. Dowd			120		120
	Karl Saunders		M21	120		120
27.	J. Fitzgerald	ROC		110		110
	Niall Treston	3ROC		110		110
28	M.J.C.			60		60
	Tommy Taylor		M21		60	60
29	S. Murray	SET	M45	180	130	50
	A. Prendergast	DLSO	M14	50		50
30	J. Lynch			160	20	0
31	Roger Byrne			140	120	20
32	A. Butterfield	GEN	M21	370	440	-70
33	Eoin O'Murchu			90	470	-380
	Pol O'Murchu			90	470	-380
34	Teresa O'Murchu			80	470	-390
	S. O'Mhurchu			80	470	-390
	C. O'Murchu			80	470	-390

Short Course 50 Minutes.

	Name	Club	Class	Score	Penalty	Total
1	P. Lalor	CNOC		370		280
2	G. Smith	FIN	M40	240		240
3	M. Beary	ECO	M35	220	20	200
4	John Francis		M35	190		190
	David Snow		M40	220	30	190
5	Nora Lalor	GEN	W40	180		180
6	D. Healy	GEN	M12	170		170
	Diana Large	GEN	W55	170		170
	John McGrath	3ROC	M14	170		170
7	Clausand			170	10	160
	Eleanor O'Neill	3ROC	W13	160		160
	Alan Johnston	WO	M15	200	40	160
8	K. McCormack	GEN	W15	150		150
	Beattie/Graham	WO			150	150
	C. Clausard			150		150
9	L. McCormack	GEN	M11	140		140
	D. Prichard	WO		150	10	140
	L. Naughton	3ROC	W40	200	60	140
10	D Nagle	3ROC	W45	150	20	130
11	P. Cooke	AJAX	M60	160	40	120
	April Graham		W17	120		120
	Sybil McCormack	GEN	W17	120		120
12	A. McCormack	GEN		110		110
	Bill Murphy			130	20	110
	Adam Scott	3ROC	M15	110		110
	David Sedgwick	3ROC	M15	110		110
	Pagie McCormack	GEN	M7	110		110
13	Toni Butler	3ROC	W50	100		100
	Heather Young	CNOC	W11	100		100
14	A. Bell	GEN	M12	80		80
	S. Clausard			80		80
	Niamh Lalor	GEN	W12	80		80
	Ted McCormack	GEN	M9	80		80
	Niall Walsh	3ROC	M12	80		80
15	Conaty			70		70
	Lily Guinan			70		70
	Sean O'Neill	3ROC	M7	70		70
	Fiona Snow	3ROC	W14	70		70
	Aisling Walsh	3ROC	W14	70		70
	Ailbhe Walsh	3ROC	W7	70		70
16	Jean Mullen	3ROC	W60	50		50
	L. Quill	FIN	W45	50		50
17	O'Grady/McCudden	3ROC	W14	80	40	40
	Scanlon			100	60	40
	Simon Dimon/GW?			40		40
18	Scanlon			90	60	30
19	Carla Young	CNOC	W8	10		10
	Grainne Mistell			60	50	10
20	P. O'Brien			160	160	0
21	S. Cullen			20	30	-10
22	Anna Pukari			30	50	-20
23	D. Bell	GEN	W10	50	90	-40
	Noreen Doherty	GEN	W50	70	110	-40
24	Joanne Cullen			70	120	-50
	C. O'Connell	M21		40	90	-50
25	M. Kelly	GEN	50		180	-130
	V. Murtagh	3ROC	W55	90	220	-130
26	J. Lynch			130	310	-180
27	Beery			80	270	-190
28	Cormac Lynch			110	320	-210
29	D. Cunningham	3ROC	M14	10	300	-290
30	Barry			120	460	-340

WOODEN BOLEY, 15 OCT 95 CNOC

BROWN COURSE 7.9 Km / 360 m / 11 controls

B. O'BRIEN	AJAX	M21	57.02	
A. MALTIG	UCDO	M20	66.12	
P. NOLAN	GEN	M21	68.38	
P. SPILLANE	CNOC	M35	70.17	
K. McDONALD	AJAX	M40	71.07	
D. WESTON	SET	M21	72.26	
S. O'BOYLE	CNOC	M35	72.50	
P. SMYTH	FUCCO	M21	73.00	
E. HELLMAN	UCDO	M21	77.45	
T. O'GORMAN	CNOC	M21	78.02	
A. TYNER	3ROC	M21	79.17	
B.BELL	GEN	M40	79.40	
E.O'SULLIVAN	SET	M21	81.38	
P.BRENNAN	SET	M21	83.10	
M. MANGAN	SET	M35	88.19	
M. O'KEEFE	FIN	M21	92.08	
D. McTAGUE			92.57	
A. COX	WATO	M35	93.48	
B. CRONIN		M21	97.23	
D.O'DONGHAILE	DUO	M20	97.36	
G. ELLIOT	3ROC	M21	103.50	

LT.GREEN COURSE 3.0 Km / 120m / 11 controls

K. GARLAND	WHO	M13	38.56	
J. CAPPER	WHO	M17	49.03	
N.FOLEY-FISHER	PXN	M45	51.45	
A. LAURENCE	WHO	W45	57.38	
N. LALOR	GEN	W40	58.36	
PRICHARD/GRAHAM			61.44	
P. McNAMARA	DUO	M18	63.36	
J. WALSH	DLSO	M50	65.59	
L. KINNION	AAS		67.23	
M. TYNAN	AAS		70.22	
P. TANNEY	DUO	M21	71.03	
C. COAKLEY	AAS		73.24	
S. McCORMACK	GEN	W18	75.40	
BEATTIE/GANNON			76.34	
G. FITZGERALD	3ROC		76.59	
N. AEDLMAR			82.14	
C. WALSH	3ROC	W50	82.53	
D. NAGLE	3ROC	W55	85.58	
T. KEEHAN	AAS		89.30	
P. ORR	AAS		92.28	
DONNER/SCHAUDER	UCDO	W21	94.42	
DESMONDWATT	WO	M16	100.27	
A. BIDEAU	DUO		111.07	
T. BUTLER	3ROC	W50	148.05	

BLUE COURSE 6.4Km / 280m / 19 controls

S. LYNCH	WHO	M15	57.25	
T. TOTTENHAM	3ROC	M17	62.25	
A. COX	3ROC	M21	65.31	
D. JEFFREYS	WHO	M17	66.11	
A.DeLACY	AJAX	M18	67.07	
T. CONLON	COO	M40	68.00	
J. DeCACY	AJAX	M40	68.15	
P. O'BRIEN	AJAX	M45	70.06	
D. QUINN	GEN	M40	71.27	
M. O'NEILL	UCDO	M21	71.43	
G. MAGUIRE	AJAX	M21	71.49	
H. WHITE	3ROC	M17	73.05	
P. CASEY	UCDO	M50	76.01	
D. KELLY	FIN	M21	76.10	
N. PHILLIPS	3ROC	W21	79.02	
R O'GORMAN	CNOC	M20	79.08	
B. MAGUIRE	UCDO		82.47	
J. LALOR	GEN	M40	83.00	
D. O'COLMAIN	GEN	M45	88.06	
D. SHORTT	CNOC	M35	88.50	
J. FITZSIMONS	3ROC	M45	93.04	
B. DOHERTY	GEN	M50	94.02	
F. O'HANLON	AJAX	W21	94.24	
D. O'MURCHU	CNOC	M45	95.04	
E McGINLEY		M21	99.29	
C. BURNS		M21	102.58	
A.HEEREY	3ROC	W40	108.00	
D. HEALE	3ROC	M21	112.29	
			141.13	

ORANGE COURSE 2.5 Km / 85m / 11 controls

A. BELL	GEN	M12	40.11	
S. NOWLAN	3ROC	W12	43.41	
A. NOLAN	DLSO	M14	45.54	
K. COLTON	WHO	M13	46.33	
C. FLYNN	DLSO	M14	50.44	
I. COSTIGAN	3ROC	M16	55.31	
K. MURRAY			60.43	
B. BYRNE	GEN	W 18	60.49	
C. NADDY			65.28	
K. McCORMACK	GEN		65.31	
A. GARVEY			68.38	
C. COX	WATO	W3	68.57	
R. SHORTT	CNOC	M6	70.43	
D. BARRETT			70.50	
			70.53	
D. GAUL	DLSO	M14	73.45	
T. McCLAVE	DLSO	M14	76.03	
K. FOLEY			93.17	
B. KING	CNOC		101.39	
N. FOLEY-FISHER	WHO		MP -3	

RED COURSE 5.1Km / 220m / 13 controls

N. COLLUM	DUO		52.06	
M. JENNINGS	CNOC		62.22	
J. GARVEY	DUO	M21	66.25	
J. KOHLER	WO	M17	68.49	
M LULBERG	3ROC	M17	79.19	
J. SCOTT	WHO	M15	80.05	
R. LAURANT	DUO	M21	81.35	
D. O'BRIEN	DLSO	M16	84.37	
B. LYSAGHT	3ROC	M16	85.30	
B. CARR	UCDO		89.02	
D. COX	WHO	M13	97.10	
D. GRIFFIN			102.52	
N. HAMILTON			102.53	
S. DODD	UCDO	M21	104.32	
M.O'DONOVAN	UCDO	M18	104.46	
A. CABART	UCDO	M21	160.24	
P.KENNY	UCDO	M21	160.25	
B. O'CONNOR			DISQ	
R. BOYLE	3ROC	M16	DNP - 10,11,12	

YELLOW COURSE 1.9 Km / 45 m / 8 controls

R. POWELL	WHO	M13	19.47	
C. FOLEY-FISHE	PXN	M10	24.19	
RICE/O'BRIEN	AJAX	W13	32.33	
P. McCORMACK	GEN	M8	32.48	
M. O'NEILL	SET	W16	34.56	
A. McDONNELL	SET	W16	34.58	
B. FANNING			40.21	
N. LALOR	GEN	W 12	44.15	
A. LYNCH	DLSO	M16	44.34	
P. O'BRIEN			47.53	
M. SCANLON			56.15	
J. DAVANPORT	WHO	M13	60.37	
E. OUGHTON	WHO	M13	62.14	
R. COLLINS			67.46	
E. DILLON	DLSO	M14	72.07	
D. COSTELLO			87.48	

WHITE COURSE 1.5 Km / 25m / 6 controls

T. McCORMACK	GEN		21.39	
D. BELL	GEN	W10	26.56	
K. CUNNINGHAM		M35	30.01	
C. McCORMACK	GEN		31.08	
A. GARVEY			35.45	
C. COX	WATO	W3	45.00	
R. SHORTT	CNOC	M6	45.01	
D. BARRETT			45.02	

SETANTA ORIENTEERS.
HELL FIRE WOOD 5/11/95

A COURSE	6.7K	320M	
A. MALTIG	M21	UCDO	62.50
A. TUCKER	M35	GOC	73.11
D. CASHIN	M35	AJAX	74.52
J. DeLACY	M40	AJAX	78.17
K. Mc DONALD	M40	AJAX	78.27
B.BELL	M40	GEN	78.42
E. HELLMAN	M21	UCDO	78.54
T. SLATTERY	M21	CNOC	79.53
P.HEALY	M40	CNOC	83.54
T. TOTTENHAM	M18	3ROC	84.09
J. WATT	W40	GEN	90.13
J. MAGUIRE	M21	AJAX	96.05
R. O GORMAN	M21	CNOC	104.32
A. RYAN	M35	AJAX	108.04
J. LALOR	M40	GEN	109.16
D. O DONGHAILE	M21	DUO	112.23
T. O GORMAN	M21	CNOC	113.36
N. PHILLIPS	W21	3ROC	121.55
J. GRAY	M45	3ROC	131.13
J. KEATINGE	M21		134.24
P. CASEY	M21	UCDO	137.47
E. McGINLEY	M21		149.24
C. Mc DONAGH	M21		159.10
J. Mc CULLAGH		3ROC	165.40
5 NON-FINISHERS.			

B COURSE	5.5K	245M	
J. McCULLOUGH	M40	3ROC	56.58
W. YOUNG	M40	CNOC	57.12
G. MAGUIRE	M21	AJAX	65.30
M. NOWLAN	W45	3ROC	68.05
L. O.HALMHAIN	M16	SET	68.52
M. HEALY	W40	GEN	68.54
R. LYNAM	W40	CNOC	68.55
D. QUINN	M40	GEN	71.34
T. McCORMACK		GEN	72.35
B. DOHERTY	M50	GEN	74.10
J. FITZSIMONS	M45	3ROC	75.14
G. BUTLER	M17	3ROC	75.21
E. O SHEA	M35	GEN	76.59
A. McCABE	M21	GOC	77.32
B. McGRATH	M45	3ROC	77.46
D. O MURCHU	M45	CNOC	80.44
C. MURRAY	M19	GEN	80.46
M. FLOOD	M21	CNOC	83.42
M. JENNINGS	M21	CNOC	85.40
D. WICKHAM	M21	AJAX	86.45
F. McCORMACK	M35	CNOC	88.44
T. FITZGERALD	M21	CNOC	90.03
A. BOYLE	M21	AJAX	90.29
W. McCORMACK		GEN	91.11
F. O HANLON	W21	AJAX	91.57
J. SMITH	M21	CNOC	92.03
M. O CONNELL			92.58
D. CORRIE	M35	FIN	94.12
J. FRANCIS	M35	7FAR	95.51
P.CURRAN			96.59
A. TOTTENHAM	W4O	3ROC	99.45
RANNO	M21	DUO	100.12
T. HUGHES	M5O	CNOC	100.38
M. O ROURKE	W19	UCDO	103.12
D. MURRAY	M21		104.35
P. O NEILL	M50	3ROC	105.29
D. BROOKS	M5O	3ROC	108.33
D. HEALE	M21	3ROC	109.07
C. O MARA	M35	3ROC	110.25
G. SWEENEY	M35	CNOC	110.52
M. BUTLER	M5O	3ROC	115.40
D. WATT	M50	GEN	116.57
S. ROTHERY	M65	3ROC	117.20
R.PHELAN			125.38
A. AYLING	M21	DUO	126.15
A. CABART	M21	UCDO	128.09
S. DODD	M21	UCDO	128.59
C. NUGENT	M17	UCDO	140.45
K. McARDLE			151.03
P. KENNY	M21	UCDO	154.58
R. McELREA	M19	UCDO	155
D. FITZGERALD	M21		165.55
M. LEAHY			220.56
B. SEYMOUR			220.56
J. WELLWOOD			220.56
M. FLAHERTY		KOC	220.56
2 NON-FINISHERS			

C COURSE	4.2K	180M	
S. WALSH	M21	SET	51.59
A.Ni SUILLEABHAIN	W45	3ROC	57
M. PRATI	M21	0-92	57.02
E. O SULLEABHAIN	M45	3ROC	58.07
J. LEONARD	M21	3ROC	59.31
J. SCHAUDER	M21	UCDO	60.07
S. HEALY	W16	GEN	60.34
K. MURRAY		GEN	60.49
B. CARR	W21	UCDO	69.28
D. MITCHELL	M18	DUO	70.06
R. LYONS	M21	DUO	70.07
B. JONES	M21	DUO	70.07
P. DUANE		CNOC	70.15
B. LAWLOR	W21	AJAX	71.35
R. HOLOHAN		CNOC	72.12
M. KAVANAGH	M40		72.36
CARROLL			74.10
P. McNAMARA	M19	DUO	74.38
DONNEY	W21	UCDO	74.48
J. KELLMAN	M21	UCDO	75
D. LEONARD	M21	DUO	76.52
McELWAIN			77.17
C. CARROLL	M60	3ROC	77.23
J. McINERNEY			77.50
B. LEDDY	M21	FIN	79.15
N. LALOR	W4O	GEN	80.50
D. O BRIEN	M16	DLSO	80.56
L.NAUGHTON	W40	3ROC	82.22
C. WALSH	W50	3ROC	85.06
R. BARRY	M17	GEN	88.15
C. MORRISON	W21	AJAX	88.40
D. NAGLE	W45	3ROC	89.24
B. COADY	W21	FUCC	90.04
S. FITZGERALD		92.40	
T. CAFFREY	M21	SET	94.39
S. LEONARD			94.40
A. BUNNEY			94.41
M. McARDLE			100.34
B. McARDLE			100.34
P. HEFFERNAN	M21	CNOC	103.29
A. BARRY	M13	GEN	104.14
D. LAFFAN	W21	UCDO	105.38
C. FLANAGAN	M10		111.04
K. FLANAGAN	W10		111.04
S. TREANOR			113.04
F. O BRIAIN		FIN	122.19
S. HOARE	M21		130.33
V. MURTAGH	W55	3ROC	133.30
P. COOKE	M60	AJAX	146.59
R. CUSACK			164
7 NON-FINISHERS			

D COURSE	2.4K	95M	
A. LYNCH	M16	DLSO	32.35
T. MAHER		ARMY	33.16
C. FLYNN	M14	DLSO	36.33
R. SHORT	M16	CNOC	37
D. HEALY	W13	CNOC	38.25
R. WARNER			40.19
P. LARKIN	W35	3ROC	43.01
A. McKENNA			43.28
H. CUDDY	W8	CNOC	43.30
J. CUDDY	M6	CNOC	43.30
T. CUDDY	M35	CNOC	43.30
A. NOLAN	M14	DLSO	44.27
A. BELL	M12	GEN	45
S. NOWLAN	W12	3ROC	45.40
B. KING			50.31
N. KING			50.51
H. YOUNG	W11	CNOC	51.04
A. MURPHY			52.42
N. LALOR	W12	GEN	54.45
G. COAKLEY	M17	AAS	54.51
J. BARRY		GEN	54.55
D. GUMLEY	M18	AAS	56.15
M. DOWD			56.39
C. DOWD			57.37
M. McDONALD	W13	AJAX	58.50
P. O BRIEN		3ROC	59.30
M. McGOUGH			60.50
N. NOWLAN	W14	3ROC	65.22
S. O CONNELL			66.14
J. CORRIE	M12	FIN	66.52
D. WARNER			66.55
J. WARNER			70.20
D. DOYLE			75.39
T. BUTLER	W50	3ROC	82.12
K. CULLEN			83.31
CULLEN			83.31
R. MONTGOMERY			83.39
LOUGHREY			85.39
V. O GORMAN			88.50
L. WHITE		CNOC	93.08
J. O DONOHOE	CNOC	93.08	
K. DIAMOND			96.58
B. DIAMOND			97.20
J. DIAMOND			97.20
J. BYRNE			106.42
C. BYRNE			106.50
R. DONEGAN			107.19
B. HYLAND			120.42
5 NON-FINISHERS			

E COURSE	1.5K	40M	
C. YOUNG	W9	CNOC	27.10
T. McCORMACK		33.30	
F. CUSACK			35.24
B. O MARA		3ROC	37
D. BELL	W10	GEN	37.40
C. SHORT	M3	CNOC	39
A. GILLEN			47.48
S. GLEESON			57.30
HEFFERON			64.20
H. RYAN			73

PLANNER D. WESTON
CONTROLLER P. BRENNAN
ORGANISER P. WALSH

THANKS TO ALL WHO HELPED ON THE DAY.

Results of the GEN Leinster League event at Glencree 12 November 1995

Brown Course	6.2k		3.55m
J.Feehan	Ajax	M 21	62.31
J.May	3 Roc	M 35	63.54
G.Brady	Cork O	M 40	77.03
M.O'Hara	Ajax	M 45	77.34
S.O'Boyle	CNOC	M35	77.37
P.Spillane	CNOC	M 35	78.31
P.Gargan	Ajax	M 40	78.43
A.Tyner	3 Roc	M 21	81.25
B.Bell	GEN	M 40	82.44
B.O'Brien	Ajax	M 21	84.00
M.O'Keeffe	Fingal	M 21	93.45
M.Mangan	SET	M 35	95.31
P.Healy	CNOC	M 40	103.14
C.McDonagh		M 21	104.17
E.O'Sullivan	SET	M 21	108.57
P.Brennan	SET	M 21	118.17
T.O'Gorman	CNOC	M 21	120.14

Blue Course	5.5k		220m
M.Flynn	Cork O	M 21	65.48
T.Tottenham	3 Roc	M 18	66.57
J.McCollough	3 Roc	M 40	72.24
W.Young	CNOC	M 40	73.07
P.O'Brien	Ajax	M 45	74.16
E.Loughman	CNOC	W 21	81.35
T.McCormack	GEN	M 40	88.42
R.Lynam	CNOC	W 40	89.39
J.Watt	GEN	W 40	90.06
A.Cox	3 Roc	M 21	91.11
B.O'Connor	Ajax	M 21	99.49
J.Ryan	DLSO/3 Roc	M 18	103.16
B.Doherty	GEN	M 90	103.59
J.Lalor	GEN	M 40	109.33
D.Quinn	GEN	M 40	111.22
R.O'Gorman	CNOC	M 20	112.28
R.Flynn	SET	M 50	113.37
N.Butterfield	GEN	M 21	115.52
A.Tottenham	3 Roc	W 40	124.06
D.O'Murchu	CNOC	M 45	129.49
J.Fitzsimons+1	3 Roc	M 45	150.22
Disqualified			
N.Crawford	N.P. Last control		92.51

Red Course	4.5k		180
J.Kohler	WO	M 17	56.01
K.Carey	3 Roc	M35	62.40
K.Murray	GEN		80.14
D.O'Brien	DLSO	M 16	96.19
M.Jelfed?	Ajax	W 35	119.59
N.Hutchinson	3 Roc	W 21	122.34
Barry+Nealon			125.25

Green Course	4.2k		200m
B.Keogh	CNOC	M 21	57.48
G.Butler	3 Roc	M 16	63.58
P.Butler	3 Roc	M 45	68.44
B.McGrath	3 Roc	M 45	69.36
A.Tucker	Garda O	M 35	71.48
F.O'Hanlon	Ajax	W 21	74.48
A.Bonar Law	GEN	M 60	76.46
F.McCormack	CNOC	M 55	81.46
M.Butler	3 Roc	M 50	82.25
A.Quin ?	3 Roc	M 18	84.41
J.Atkinson	SET	W 21	91.14
M.Walsh	3 Roc	W 45	91.19
D.Corrie	Fingal	M 35	92.41
J.Horan	Ajax	W 21	94.16
A.O'Sullivan	3 Roc	W 45	94.57
J.Gray	3 Roc	M 45	95.15
D.Barry	GEN	M 45	95.30
G Chatfield		W 35	96.06
J.Barrett	CNOC	M 60	98.28
E.Dunne	3 Roc	M 21	99.33
S.Murray	SET	M 45	101.03
R.Barry	GEN	M 17	101.53
J.McCormack	GEN		102.48
R.Phelan	CNOC	M 21	104.53
D.Kennedy	WO		108.16
McNeill + 2	3 Roc		112.14
A.Watt	WO	M 16	118.16
M.Long	Ajax		126.48
J.Hughes	CNOC	M 50	129.23
G.Sweeny	CNOC	M 35	132.15
J.Butler	3 Roc	W 45	163.20
Disqualified			
L.Crawford	N.P. Last control		70.04
H.McInerney	N.P. 3		98.21

Light Green Course	3.3k		190m
M.O'Connell		W 21	51.44
N'O'Colmain	GEN	W 16	57.26
J.McGrath	3 Roc	M 14	61.10
E.O'Sullivan	3 Roc	M 45	62.13
N.Feehan	Ajax	M 45	62.31
N.Lalor	GEN	W 40	69.10
T.Gray	3 Roc	M 14	69.15
I.O'Hanlon	Fingal	W 40	74.32
M.Kavanagh			77.02
D.Nagle	3 Roc	W 45	82.05
F.O'Neill	SET	W 45	82.15
S.McCormack	GEN	W 18	86.40
J.Walsh	DLSO	M 50	87.08
J.O'Gorman	Ajax	W 40	99.48
A.Barry	GEN	M 13	105.28
B.O'Neill	SET	M 50	110.20
E.Walsh	DLSO	W 50	119.07

Light Green Ctd.			
C.Walsh	3 Roc	W 50	119.31
V.Murtagh	3 Roc	W 55	131.28
Weldon+Byrne			132.18
Brady+Burke			138.52
Stout+Nixon			143.48
Disqualified			
C.Carey	N.P. 1 & 3		68.15
Beattie + 1	N.P. Last control		73.10

Yellow Course	2.1k		70m
O'Boyle + 2	CNOC		30.14
J.Corrie	Fingal	M 12	32.38
E.Donlon	SET	W 11	37.02
Healy + 1	CNOC		38.33
R.Short	CNOC	M 6	40.54
N.Lalor	GEN	W 12	42.11
Walsh + O'Malley		W ?	86.14

Orange Course	3.2k		150m
N.Walsh	3 Roc	M 12	51.55
C.McGrath	3 Roc	W 45	66.40
J.Veysse			73.40
P.Donlon	SET	M 35	74.38
Healy + Perkins		W 15	78.33
J.O'Driscoll			87.28
C.Doyle	An Oige	W 21	93.14
A.Nolan	DLSO	M 14	93.40
C.Fitzgerald	An Oige	W 30	96.00
Byrne + Byrne	GEN		112.03
Disqualified			
C.Flynn	Misspunched 8		55.50

White Course	1.7k		60m
D.Bell	GEN	W 10	33.52
T.McCormack	GEN		37.55
Disqualified			
J.Corrie	N.P. 6 & 7		

Planner: Andrew O'Mullane

Controller Paget McCormac

Organiser Diana Large

The neatest Punched Card
Jim Barrett CNOC.

Advertisement Feature

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Phoenix Park results, continued

Yellow Course

ORDIO ZOLA, SARA		STANO	10
ORDIO ZOLA		STANO	11
MELANIE MCDONALD	W13	AJAX	12
AIDAN LYNCH	M16	DLSO	14
JOHN MCKEOWN	M21		15
ARTHUR PRENDERGAST	M14	DLSO	16
RUAIRI SHORT	M6	CNOC	18
AOISE O HUIGINN	W8	GEN	19
TED MC CORMACK	M10	GEN	19
LOUISE CASSIDY			34
MARY RYAN			35
ABI O HUIGINN	W10	GEN	37
JACK WALSH	M10	GEN	37
MAEVE O'NEILL	W16	SET	38
JENNIFER MCNAMAN	W16		38
AISLING MCDONNELL	W16		38
R LOUGHMAN			38
ANTHONY THOMPSON	M10		40
CAROLINE FAGAN	W12	143RD	41
BARRY HEALY	M7	GEN	44
NORA BAIREAD			46
DIARMUD, SEAMUS BAIREAD			46
CARMEL BRENNAN			46
SEAN O'NEILL	W5	3ROC	50
HELENA + ERICA JONES		FINGAL	51
ILONA DORREPAAL	W3		53
RONAN DORREPAAL	M7		57
J SWIFT + HUGH CUTHLMINE			55
ANNE + EIMEAR LAIRD			57
ANNE BHANDAL			58
BILL BHANDAL			58
AISLING KEAKNEY		3ROC	65
E FITZSIMONS	W9	3ROC	DNF

ORIENTEERING FIXTURES

January 1996		
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	MONIVEA	Athenry, Co. Galway. Connacht League.
21	NEWBRIDGE HOUSE	Donabate, Co. Dublin. GEN event. GR O 21 49.
27	BELVOIR PARK	Belfast. LVO event.GR J 35 69.
28	DONADEA	Clane, Co. Kildare. CNOC local event. GR N 84 33.
28	KNOCKREER	Killarney, Co. Kerry. KO event. GR V 95 91.
February		
3	PHOENIX PARK	Dublin. Night-O. 6.30-7.30 pm 3ROC. GR O 09 34.
4	BALLYDREHID	Cahir, Co. Tipperary. WatO. GR R 03 26.
4	CASTLEFREKE	Roscarbery, Co. Cork. LeeO event. GR W 32 35.
4	MANORHAMILTON	Co. Leitrim. Connacht League.
4	PHOENIX PARK	Dublin. 3ROC event. GR O 09 34.
10	IRISH STUDENT CHAMPIONSHIPS	**Castlewellan**, Co. Down. GR J 32 37.
10	CASTLEWELLAN	Co. Down. LVO score event.
11	KNOCKNACAREIGH	Kilmurry, Co. Cork. Cork O event. GR W 36 64.
17	NI SCORE CHAMPIONSHIPS	Necarne, Irvinestown, Co. Fermanagh. FermO.
18	CRONYBYRNE	Laragh, Co. Wicklow. AJAX LL 5. GR T 19 92.
18	LYRENALEA	Clonmel, Co. Tipperary. WatO event.
24	MUCKROSS	Killarney, Co. Kerry. Night O. KO event.
25	CONNACHT CHAMPIONSHIPS	**Clonbrock**, Ahascragh, Co. Galway. Entry form enclosed. cd 15/2/96.
25	MUCKROSS	Killarney, Co. Kerry. KO event.
25	BOF National Event 2	Wharncliffe Wood, Sheffield. Details from Brian Shaw 0044-1433-631523.
March		
2	DELAMONT	Killyleagh, Co. Down. LVO sprint-O 1.
3	CURRAGH WOOD	Midleton, Co. Cork. BOC event. GR W 86 76.
3	SUGARLOAF	Kilmacanogue, Co. Wicklow. UCD LL 6. GR O2313.
10	MUCKROSS	Killarney, Co. Kerry. KO event.
10	THREE ROCK MOUNTAIN	Dundrum, Co. Dublin. 3ROC. LL 7. GR O 17 23.
16	GARVAGH	Co. Derry. NWOC NI Series 1. GR C 83 15.
17	ROSTELLAN	Midleton, Co. Cork. Former UCCO event.
24	BROCKAGH	Laragh, Co. Wicklow. GEN LL 8. GR T 12 97.
24	DAVMORE	Dungarvan, Co. Waterford. WatO.
24	MOTEPARK	Roscommon. PXN event.
30	BELFAST CASTLE	LVO club event. GR J 33 79.
31	ROS MOR	Inchigeela, Co. Cork. CorkO. ML. GR W 24 67.
31	ROSS ISLAND	Killarney, Co. Kerry. KO event.
April		
5-9	JAN KJELLSTROM O-FESTIVAL	Cleveland, NE England.
13	BELVOIR PARK	Belfast. LVO Sprint-O 2. GR J 35 69.
14	DRUMLEAGH	Aherlow, Co. Tipperary. LeeO ML. GR R87 25.
14	KYLEBEG WOOD	Stradbally, Co. Laois. CNOC LL 9. GR S 59 95.
20	SLIEVE CROOB	Ballynahinch, Co. Down. LVO NI 2. GR J 32 47.
21	KNOCKBARRON	Kinnitty, Co. Offaly. PXN event.
21	RAVEN'S ROCK	Glencullen, Co. Dublin. AJAX LL 10. GR O 19 17.

27	CAIRN WOOD	Dundonald, Co. Down. LVO Sprint-O. GR J 45 76.
28	CAPPANALEA	Killorglin, Co. Kerry. KO event.
May		
4-5	IRISH CHAMPIONSHIPS	**Woodford & Portumna**, Co. Galway.
4-5	BRITISH CHAMPIONSHIPS	Oban, Scotland (IOF Elite event). See News pages.
8	WORLD CUP 1	Nida, Lithuania (Classic).
11	NI RELAYS	Downhill, Portstewart, Co. Derry. NWOC.
11-12	WORLD CUP 2 & 3	Cēsis, Latvia (Classic & Relay).
12	GLENANAAR	Doneraile, Co. Cork.
12	DJOUCE WOODS	Co. Wicklow. SET Leinster Lg.11. GR O 21 11.
14	DONADEA	Clane, Co. Kildare. CNOC evening . GR N 84 33.
18/19	LEINSTER CHAMPIONSHIPS	Glendalough area, Co. Wicklow. 3ROC.
19	BOF National event 3	Dalegarth, Cumbria (IOF Elite event). cd 22/4/96. Rob Holder 0044-17687-75033.
21	WOODENBOLEY	Hollywood, Co. Wicklow. CNOC (pm). GR N 93 10.
25	BURREN	Co. Fermanagh. NI Series 3. FermO. GR H 09 37.
25-26	Lowe Alpine Comeragh Challenge	Clonmel, Co. Tipperary. Details from Pat Healy, Cut Bush, Curragh, Co. Kildare.
25	SCOTTISH CHAMPIONSHIPS	(IOF Elite event) South Achray, N of Glasgow.
26	BANNA STRAND	Ardfert, Co. Kerry. KO event.
26	TROOPERSTOWN	Laragh, Co. Wicklow. GEN LL 12. GR T 16 97.
28	FARRAN WOOD	Ovens, Co. Cork. Inter-firm league 1. (Evening).
June		
4	CURRABINNY	Carrigaline, Co. Cork. IFL 2. (Evening).
4	DONADEA	Clane, Co. Kildare. CNOC (evening). GR N 84 33.
8	TOLLYMORE	Newcastle, Co. Down. LVO NI 4. GR J 35 32.
8-9	Senior Home International	Docharn & Deisher, near Aviemore, Scotland.
11	BALLINCOLLIG PARK	Co. Cork. IFL3 (evening).CorkO.
11	CURRAGH	Co. Kildare. CNOC evening event. GR N 78 12.
15	SPRINGWELL	Co. Derry. NWOC. NI Series 5. GR C 76 25.
18	DROMKEEN	Innishannon, Co. Cork. IFL4 (evening). CorkO.
18	HOLLYWOOD	Co. Wicklow. CNOC evening event. GR N 94 06.
21-23	SHAMROCK O-RINGEN	Three day event, West Cork/Kerry. Entry forms & details from B. & M. Creedon, Mount Prospect, Douglas, Co. Cork (021-361824).
25	CURRAGH WOOD	Midleton, Co. Cork. IFL 5 (evening). CorkO.
27	BISHOPSTOWN	Cork. BOC event (evening).
August		
4-10	Croeso '96	Welsh 6-Day event, Llanfair Caereinion, near Welshpool. Entry form enclosed.

POINTS TO NOTE: By agreement with the IOA the only Republic of Ireland events listed are those which are registered with IOA - this means that events like the Ballyhoura 3-Day at Easter are not listed.. All these events are open to the public.
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 IOA Fixtures Information on 01-4569099.
NIOA Fixtures Information on (08) 01399-873281.