The Irish Orienteer

No. 77 April - June 1996 IR£1.50

THE IRISH ORIENTEER USEFUL ADDRESS LIST

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THREE ROCK OC	Máire Walsh, Moorpark, Kilmacanogue, Co. Wicklow (01-2868871)
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	c/o Ursula Callaghan, AFAS, 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) or (0044)-1399-873281 (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 May 26th; expected publication in mid-June.

Cover: John Casey (UCCO), M21 Elite winner at the Connaught Championships.

CONTENTS

News	4
Letter/Poetry	9
Australia 96	10
'Crash' Training	11
IOA Bulletin	13
Coaching Corner	15
OCAD & All That	16
Student Champs	19
Senior Selection	23
Computing Review	24
Mountain Running	26
Region& Club News	27
Results	29
Fixtures	38

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If you take a photo which makes it to the cover, £10 is yours.

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Thanks to all the contributors to this issue: Aonghus O'Cléirigh, Frank Ryan, Ken Griffin, Colm Rothery, Nina Phillips, Barry Dalby, Richard Kavanagh, Noel Donagh, to all the unsung heroes who give me bits and pieces and the the Editors of other O-magazines and newsletters.

The Irish Orienteer

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LOOKING BACK

A recent piece in SENAV, the newsletter of the South East Orienteering Association in England, written by SEOA Chairman Simon Errington, made me pause for thought. Simon was trying to put his finger on what makes orienteering enjoyable for him and looking back over his 18 years in the sport. Reading this, it struck me how many times our paths must have crossed; how many memories we must all have of certain events or places, a tangled web of personal histories and memories we share with other orienteers without ever realising it. This feeling was further reinforced when I was sorting through the large map collection left by Colin Dunlop for the IOA: how many events we must have been at together, perhaps not seeing one another or even sharing controls, but lurking in our subconscious there are many shared experiences.

When we meet other orienteers, particularly from other countries, there is an immediate bond when we find that, maybe, we both went to the same Swedish 5-Day for the first time, or that we camped in the same muddy field or ate in the same vast dining hall in Switzerland (remember the time the police brought in the dogs ...?)

In my case the places which stand out were the 1993 World Championships on New York; my first taste of international orienteering in Wales in '76; my first Swedish 5-Day in 1978; the Irish Championships at Curracloe in '81 and Killary in '84; the queue for the toilets at Grindelwald at the Swiss 5-Day in 1980 and, like Simon, the roaring fire at the start above the tree line; the sunshine and contours of JK84 in Wales; running with inches of snow on my head at Clarabeg; the challenge of the Trossachs in Scotland; the mass start at the Harvester Trophy with streams of head-lights snaking away across the mountainside; or finally running at Inch sand dunes where I spent countless hours playing on summer holidays as a child.

We all derive many benefits from orienteering: physical, mental and aesthetic. Perhaps the ones which can't be quantified, the memories, the friends, the experiences are the most lasting and the most worthwhile. We may not win the World Championships, but there's much more to orienteering than that.

It *is* a great sport. Enjoy it.

IOA NEWS

ANNUAL GENERAL MEETING

The IOA AGM will be on Saturday May 4th at Portumna, Co. Galway, on the day of the Irish Individual Championships.

O-RINGEN CLINICS

The IOA has been invited to send three people to the annual Swedish O-Ringen clinic and the Swedish 5-Days in July. There will be three clinics: elite, development and trail-O (orienteering for the disabled). The cost of the package is £250 plus travel to Sweden and the IOA will be funding the major part of the cost (excluding travel). Nominations are expected to close on April 1st so contact Ken Griffin immediately (even if it's after April 1st when you read this). It's an opportunity you shouldn't miss.

SENIOR HOME INTERNATIONAL

The Senior Home International this year is in Scotland on June 8th/9th, brought forward by about five months from its usual date. If you want to be considered for selection in M/W 19, 21 or 35, make sure that the selectors know you are available. The convener of the selectors is Richard Kavanagh, Apt. 6, Ashton Park, Blackrock Road, Cork (021-319838 (H); fax 021-271698 (W).
Next year's event is in Ireland and has been awarded to Leinster to run.

IOF EVENTS

The IOF has ruled that all international team members running for a country in IOF events must hold a passport for that country. This obviously poses a problem for some of the Irish team who are resident in Northern Ireland and are British citizens. NIOA orienteers have been members of Irish WOC teams since our first WOC in 1976. A somewhat similar situation exists in Canada where both Canadian and British passports can be held. The IOA are hoping for a favourable resolution to the problem.

IOF CALENDAR

The IOF Calendar for Windows, March 1996 edition, is available and is final edition for 1996. It contains details of events in 27 countries (23 European plus Australia, Canada, New Zealand and USA) as well as details of all ten World Cup events for 1996 and IOF and International events. It also has details of many events in 1997 and 1998 (including events 5 to 13 in the World Cup 1998). If anyone wants a copy, send £2 or £1 and a formatted 3 1/2" disk. Don't forget your name and address.
Frank Cunnane, "Knocknarea", Barnstead Ave., Blackrock, Cork.

NEW WORLD RECORDS

On Saturday January 27 in Beachport, South Australia, a new world 1000m record for orienteering was set. Reuben Smith (Tintookies OC) completed the 1000m (optimum route) course in 3' 13". This is 7 seconds faster then Janne Salmi's 3'20". The course was set as closely as possible to that described by the Finns who previously claimed this record. It was set in a park, there were five controls and the distance was measured along the optimum route, not the red lines (which crossed a lake and several thickets). The course was entirely out of sight to the waiting runners and start intervals were such that each runner ran entirely alone.
We are also claiming the following world records by age classifications:

W10	8'28"	M14	5'13"
W12	6"13"	M16	4'41"
W14	5'52"	M18	4'14"
W16	5'07"	M20/21	3'13"
W18	4'35"	M35	5'03"
W35	7'47"	M40	4'17"
W40	5'24"	M45	3"46"
W55	6'43"	M55	4'30"
W60	7'11"	M60	4'52"
M10	6'31"	M65	6'02"

We can recommend 1000 metre events like this - plenty of action and excitement. Don't get hung up about the obvious impossibility of standardising 1000m orienteering courses.
Who'll do the first sub 3 minutes?
Dexter Palmer, for the South Australian Junior Orienteering Squad (from the O-Net)

MOUNTAIN MARATHONS

Here are some mountain marathons which might whet your appetites, apart from the Comeraghs (May 18/19) and the Mournes in September (21/22)

May 8-10 3rd Western Isles Challenge, Hebrides, Scotland. Individual & team ultra-distance relay with canoeing, mountain biking and running. Details 0044-1859-550238.
May 17-18 Lowe Alpine Comeragh Challenge. 4 courses (24-40 km). Entries close April 30th, clubs have entry forms. Details - Pat Healy 045-441625.
July 6/7 Saunders Lakeland mountain marathon (full already! - try next year)
July 13/14 Capricorn MM, Howgills, Lake District. 6 courses, 20-50 km. Details 0044-1282-618592. cd 15 June.
July 27/28 Phoenix Long-O, Northumberland. 3 courses - 26-50 km. Details 0044-191-281 6718.
August 12/13 Swiss Karrimor MM, Bernese Oberland. Details 00-41-91.930.00.11
August 17/18 Lowe Alpine MM, "2-3 hours N of Glasgow". details - Martin Stone, 12 Moorlands, 103 Garstang Rd., Preston PR1 1NN, UK.
Sept 15 Reebok Mountain Trial, Lake District. Details 0044-1539-722552.
Sept 21/22 Andersons Mournes MM. Details from Denis Rankin, 08-01232-660389.
Oct 27/28 Karrimor MM. Details from 0044-1254-398531.
(Thanks to CompassSport for most of this information).

JWOC 96

The programme for the 1996 Junior World Championships in Romania is:
Monday July 8 Teams arrival
Tuesday July 9 Opening ceremony, Model event
Wednesday July 10 Short distance
Thursday July 11 Classic
Friday July 12 Rest day, Tourist programme

ETA RONHILL

OFF-ROAD TRAINERS ? . . . NO HI-TEC GTR IIIs . . . NO NEW BALANCE TRAILBUSTERS . . . HOW ABOUT 'HALF-PRICE ETA PATHFINDERS AT ONLY £24.95 WHILE STOCKS LAST ? (SORRY ! SIZES 41 & 43-47 ONLY)
BY THE WAY . . . . THE 1996 MODELS OF THE ETA TRAIL & THE ETA RACING SHOES ARE EXPECTED VERY SOON . . . . WATCH THIS SPACE AS THEY SAY . . . .

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SAUCONY JAZZ 5000	£39.99	MOSCOW IIC	£16.95	RONHILL TRACKSTERS	£11.95	ANKLE TAPE	£2.99/£4.95
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REEBOK FJELLRACER	£49.99	MOSCOW 2T	£29.95	H-HANSEN LIFAWEAR	£18.95	SILVA & PETZL H/LAMPS	£24.95
NOKIA TRIMMI BOOTS	£35.99	MOSCOW 3T	£32.95	REGATTA FLEECE	£29.95	SILVA HALOGEN SET	£127.50

* Children's sizes approx. 15% cheaper

For comprehensive catalogue and price list please send S.A.E. to

ultrasport BRITAIN'S LEADING SUPPLIER OF ORIENTEERING KIT

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Phone: 01952 813918 Fax: 01952 825320

Saturday July 13 1996 Relay, Closing Ceremony, Farewell party
Sunday July 14 1996 Teams departure

The entries with details of the team leaders must be received by the organisers by 6th April 1996. The entries with names of the competitors and leaders must be received by the organisers by 22nd June 1996.
Romanian O-Federation, Str. Vasile Conta 16, Sector 2, 70139 - Bucuresti, ROMANIA

IOC 96

The Irish Championships are at Woodford and at Portumna in Co. Galway on the May Bank Holiday weekend, 4th and 5th. Woodford, where the Individual race is to be held, is a new area of mixed forest which is partly a nature reserve at present being returned to its original deciduous state, and partly a working forest with some rough open. The underlying contour detail is said to be good. The map will be at 1:10,000 scale.
The Relays are at Portumna, a very fast, flat forest with parkland and good detail, an area which has been used several times in previous years and ideal for a relay.
The event centre is at Portumna where the IOA AGM will take place on the Saturday and a score event on the Monday.
Entries to Noel Donagh, Barrybeg House, Barrybeg, Athlone, Co. Westmeath. Cheap entries to 5th April, add late fee £2 per person to 19th April. Entry forms should be included with this issue.

WORLD STUDENT CHAMPS

The University O-championships will be held in Veszprem, Hungary in July, 1996.
July 17. World University Orienteering Championships (sprint)
July 18. Veszprem 3 days - Day 1
July 19. World University Orienteering Championships (classic)
Veszprem 3 days - Day 2
July 20. Veszprem 3 days - Day 3
July 21. World University Orienteering Championships (relay)

FANTASY WORLD CUP

Don't forget you can follow the 1996 World Cup by selecting your own multi-national dream team in Fantasy World Cup. The orienteers you select score points for your Fantasy Team according to their actual performance in the World Cup races. Select the best team and you too could be a winner. The organiser of Fantasy World Cup is Jacky Pett (GBR) and full details can be found at http://ourworld.compuserve.com/homepages/jmpett/fantwcup.htm

NOTES ON THE O-NET

O-net is the electronic forum on the sport of orienteering. It consists of the orienteering mailing list, the O-net Digest, and the USENET newsgroup rec.sport.orienteering. All versions carry the same messages.
To contribute to O-net, please send e-mail to:
Orienteering@Graphics.Cornell.edu
To subscribe or unsubscribe to either the digest or the direct mail list, send e-mail to:
orienteering-REQUEST@Graphics.Cornell.edu, including the word "subscribe" in the massage (e.g. I would like to Subscribe to the O-Net")
Archives of past Digest issues are available via ftp from:
ftp://ftp.graphics.cornell.edu/pub/mkc/orienteering/O-net

e-mail address list
If you have access to e-mail, you might like to check out some of these:
Scientific Journal of Orienteering:
http://www.ped.gu.se/scijo/scijo.htm
CompassSport / Ned Paul:
compass.sport@dial.pipex.com
The British O-Federation
http://www.cs.man.ac.uk/arch/watson/orient/bof/index.html).
World O-Champs 1999:
http://ourworld.compuserve.com/homepages/jmpett/woc99.htm
GPS tracking of orienteers in the forest (Norwegian O-Federation):
http://ilm425.nlh.no/~ht/o/home.html
IOF Calendar
http://www.uib.no/hi/onm95/iofcal.html

(Thanks to Jerry Newcombe in SCOOP)

There's even an *Irish orienteering page* which was maintained by Martin Flynn in Cork but has gone a bit out of date since his move to Dublin. It includes a 10-minute Irish O-tour and can include pieces of Shamrock O-Ringen maps and a review of many orienteering areas with travel directions: http://www.cis.ie/leisure/orienteering; Email: Martin.Flynn@easylink.cis.ie

NEW CLUE SHEET PROGRAM

From: "David Dana" <David_Dana@qm.sri.com>
I'm pleased to announce the release of Clue Sheet 2.0. Clue Sheet is a shareware Macintosh program for preparing orienteering course description sheets. Previous versions have been used around the world since 1989. I've frittered away the last year or so rewriting the program to greatly improve its versatility and to ease handling of large meets.
Clue Sheet is distributed as shareware. You can read more about it and download it on the World-Wide Web at
http://www2.aos.princeton.EDU:80/rdslater/orienteering/commercial/ClueSheet.html, or download it via FTP from toby.princeton.edu in /pub/rdslater/orienteering/programs. If you decide to keep it, you owe me $20 ($40 to register a whole club). Registered users of previous versions are entitled to use the new version without charge.
(This is a good value for money program for doing control descriptions on a Mac. I've used it for several years - JMcC)

1996 INTERPROVINCIALS

Lagan Valley Orienteers are running the 1996 Irish Interprovincial Championships at Slieve Martin, Rostrevor, Co. Down on Saturday 20th April 1996. The Interprovincials will be part of NI Colour Series event 2 and consequently the courses will be colour-coded. Age classes will be assigned to colour courses, otherwise the normal format for the Inter-Pro will apply.
Entry will be on the day and a master-map system will be in operation. Registration will be from 10.45 am and starts from 11.30 to 1.00 pm.
Slieve Martin is an area of open mountain with a wealth of contour detail. It has been used in the past for the Veterans Home International, the Northern Ireland Championships and The Lough Two-Day O-festival.
Further details can be obtained from organiser Harry Bell at 08-01846-612720 or in the week prior to the event ring the NIOA Inf-O-line at 0044-1399-873281.
On a related topic, the results of the 1995 Interprovincials run by GEN at Glencree last April have recently come into the hands of TIO. The final score was Leinster 229, Munster 183, Ulster 82, Connaught Nil.

LYCRA OR NYLON?

This is a question which has been perplexing some of the best brains in the business for a while: whether Lycra legs are better than nylon O-bottoms. The Scientific Journal of Orienteering may have the answer. Steve Bird and C. Bingham studied the effects of the two different types of leg covering on oxygen uptake, carbon dioxide production, respiratory exchange ratio, rating of perceived exertion, heart rate, capillary blood lactate concentration and time to exhaustion in eight male subjects.
The results? Under laboratory conditions the two types produced no clear differences in any of these parameters and so were unlikely to affect performance. However, as orienteering events don't take place in the laboratory, other factors like weather, terrain type or personal preference could influence your choice. So there.
Incidentally, isn't it interesting how Lycra never really caught on in Ireland, at least not in the dazzling array of colours and patterns you see elsewhere?

IOF CONGRESS

The 18th International O-Federation Congress will take place in Jerusalem from July 16-21 1996. Each affiliated country (of which Ireland is one) is entitled to three delegates.

MUCKIAN WINS

The inaugural Cork County Championships were held in Ryecourt Estate and Woods, Farnanes, Co. Cork on 18th February. Cork O's John Muckian

won the 13.5 km Brown course in 116.34 followed by BVOC's Pat O'Donovan and CorkO's Liam O'Brien. John's wife, Sheila Browne won the W21E class on the 8.0 km Blue course. Best time on the Blue course was M40 Mike Heaney (SO) in 87.49. Green course winner was M16 Alan Barry (CorkO), Red course M14 Jonathan Lucey (BOC), Yellow course Thomas Cotter (M12, BOC). The event was organised by Bishopstown Orienteers.

odds 'n' ends 'n' odds

Swansea City Treasurer **John Butler** who doubles as Welsh Orienteering Association Chairman is changing jobs and moving to Yorkshire. So what? Well, John was the initiator and moving force behind the Celtic Cup competition where Ireland and Wales (and more recently, Cornwall) competed against one another across all the classes. His move may make it a bit more difficult to stage the event (due to be in Ireland this year - perhaps at the Shamrock?) The WOA are looking for Celtic Cup co-ordinator at present.

Hilda Gregson, for 17 years the Office Manager at the British O-Federation and the public voice of BOF (over the phone, anyhow) has retired. Meanwhile, **Neil Cameron** has been appointed Secretary General of BOF to replace her. In the AFAS office in the House of Sport in Dublin (which is the nerve centre of the IOA), **Finola O'Donoghue** has moved on and **Ursula Callaghan** is now running the office. Thanks for all your enthusiastic work, Finola.

BOC 98: If you're into planning ahead, you might like to know that the 1998 British Championships will be at Ash Ranges, Aldershot. The 1998 Irish Championships are being run by Lagan Valley Orienteers, reportedly in Co. Armagh. Which makes one wonder where the 1997 Irish Championships are to be - has someone in Leinster got a card up their sleeve?

How about this for rules? The **Trail Cyclists** Association who run mountain bike score events in Britain have only two rules: Follow the Offroad Cycling Code meticulously and don't do anything that you would regard as cheating if done by others. Sounds good.

HIGHLAND FLING

The Senior Home International will be on the weekend of 8/9 June at Docharn & Deishar, near Aviemore, considered by many orienteers to be Scotland's best terrain. The event is part of the INVOC/Moravian double badge weekend, with the second day near Darnaway where the 1976 World Championships were run.

The two events include all the normal classes, so you can go and run and cheer on the Irish team. Entry details from TIO, probably in late April.

EASTER ULTRA RUN

The Irish Ultra Runners Association are staging a 50 k race on Easter Saturday, the first ever Wicklow Trail Run. The course generally follows the Wicklow Way, starting at Johnny Fox's Pub in Glencullen (one of three that TIO knows who claim to be the highest pub in Ireland), turning round above Lough Tay and finishing back at Johnny Fox's. For the faint-hearted there's a run from Lough Tay back to Johnny Fox's later in the day.

To enter the longer race you must have completed three marathons in under 3.30 in the past 5 years, or have run an ultra race in the past two years or have considerable experience of long mountain races. Entry fee is £10.

Details from Maurice Mullins, 14 Townparks, Skerries, Co. Dublin (01-8490054).

SHAMROCK RETURNS TO KERRY

The 8th Shamrock O-Ringen returns to the Poulgorm area of Co. Kerry, near Loo Bridge, this year. The short distance event on Friday evening, June 21st, will be on an area of ribbed slopes with lots of contour detail and rock features. A nearby area will be used for the competition on Saturday, entirely of very complex moorland, while Sunday's event will be near Ballingeary, over the border in Co. Cork.

All the areas are newly surveyed.

Large numbers of competitors from abroad are expected as usual, many of whom return from year to year to experience the atmosphere and terrain which make the Shamrock unique.

Letter

First find the start ...

4/2/96 Phoenix Park event. I walk into the Park through the Islandbridge Gate. I looked out for controls. I passed No.6 (214) but it was well hidden. I was walking along a pedestrianised road, clearly conscious there were no direction arrows. I arrived at the Papal Cross, no start!! I remembered the GR O 09 34 was non-specific in that it only located the Park. Aha!! A control was visible. I did a recce in a circle, why? I like circles!! I stood at the control No.8 (191) and waited for a competitor whose direction of travel I anticipated would be opposite to my direction of travel unless he was doing a score event. I was clearly conscious that at 16 km square, the largest enclosed city park in Europe, the area occupied by cars and competitors combined would be about 400m, a tiny area.

Sure enough a runner arrived. "Furry Glen 500m short of it, keep the American Ambassador's Residence on your right" I set off. I saw a yellow strip and thought it was the finish, as I closed it became a tree on its side. I saw the lads flying their model aeroplanes.

I remembered the "Trinity 6", this of course meant I knew the precise entrance to the Furry Glen. I saw cars to my left. On my right a 1m rise of ground meant I could see no cars etc. Suddenly I saw a control, competitors and two Ford Transits, the distinctive green colour meant I had arrived. I had arrived at the Papal Cross 1100hrs, I found the start by deductive reasoning at 1145hrs, it was a great event on a cold day. Some people do not have a car. I am some people!!!

I am used to well signposted events. We do not all automatically know the start area. Time and again Dublin and Leinster events are main road user orientated.

Paul Dunne (PxN).

(I'd say being main road user orientated is a sensible approach - Ed)

POETRY PAGE

Be An Active Member

Are you an active member,
The kind that would be missed,
Or are you just contented
That your name is on the list?

Do you attend the meetings
And mingle with the flock,
Or do you stay home
And criticise and knock?

Do you take an active part
To help the work along,
Or are you satisfied to be
The kind that just belongs?

Do you ever work on committees
To see there is no trick,
Or leave the work to just a few
And talk about the clique?

So come to meetings often
And help with hand and heart.
Don't be just a member
But take an active part.

Think it over, friend,
You know right from wrong,
Are you an active member
Or do you just belong?

(Dublin Chamber of Commerce, but if the cap fits ...)

ENTRIES
for the 8th
SHAMROCK O-RINGEN
will be accepted right up to the event, as far as possible, but cheaper entries are available only to 1st May.
There's an entry form in this issue: send it to Bernard & Margaret Creedon, Mount Prospect, Douglas, Co. Cork.

Australian 5 Day 1996.

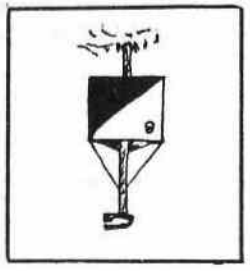
On a recent trip to Australia I took part in an Orienteering event in Ballarat, Victoria. The areas consisted mostly of gully-spur and gold mining type terrain, neither of which I have had much experience in. So needless to say, out of 25 elite starters, I was finishing second or third last on the first three days, although I was only finishing fifteen minutes down on the winner. This indicated the high level of competition.

Day four (see map on pages 20-21) was organised by the Australian champion and well known international orienteer Warren Key, whose plan was to attempt to get the men to run sub four minute kms over a 10 km orienteering course or 25 minutes for 5 km for the women, with the prize of a mountain bike. The format was a mass start with two groups running similar 5 km courses, then alternating after a map exchange at the start/finish area. Among the starters on the men's course were WOC 95 Australian team members Grant Bluett, Jim Russell and Blair Trewin and the Danish Bronze medallist at WOC 95, Carsten Jorgensen with team-mate Thomas Jensen, also Tom Quayle who was twice placed fourth at the Junior World Championships Having run up the track to the start triangle, people seemed to be running in all directions. After a frenzied minute, I decided to look at my map properly, realising my mistake, I got to number 1, assuming that the pack would be gone. To my surprise most had made similar mistakes and I was on the back of the lead group. The first 3 controls were good, I was able to concentrate and run within myself. At number 4 I was very surprised to see Carsten Jorgensen pass me, he must have made a huge blunder at the start. He immediately sped off chased by Tom Quayle, who with a 1500 m time of 3.49, felt he could keep up. Knowing my running ability, I felt that if I could hang on to them for long enough, I could get away from the main pack. My plan went well and at the 5 km map exchange I was only 30 seconds down on Carsten, and in third place. YES, FAME AT LAST!!!!! I picked up my map for the second 5 km loop and immediately made a mistake, only to be swallowed up by the pack once more!!! Oh well here we go again! But what of the other group? It turned out that their first 5 km loop took slightly longer and they were just behind us about to start the faster loop, so we couldn't afford to slow down. I decided to wait and look for somewhere near the end where I could get away. I couldn't see anywhere, except between the second last control and the finish, which were track legs. This was leaving it a bit late. Having got the second last control, I came out onto the track and for the first time both groups were together, running to the last control. Having recently run an 800 m in Brisbane in 1.59, I felt I had good finishing speed and from here to the finish I passed 5 of Australia's top orienteers, to finish in 6th place in a time of 46.58. Carsten Jorgensen won in a time of 43.44 - not bad for 10 km of orienteering! My good result only gained me one place in the standings and after the chasing start on day 5, my situation had not changed and I finished in 16th place overall.

The elite women ran a 5 km course, which was our second loop, starting 10 minutes after us. The result was Tracy Bluett won in a time of 27.23, (approx. 5.4 min/km), excellent running from the Australian WOC team member. The 5 top women finished within 13 seconds of each other, it must have been a hell of a finish.

This format of orienteering is very good from a spectator's view point and I would recommend it highly. The event was very friendly, laid back and worthwhile, and not dissimilar to the Shamrock O-Ringen.

Colm Rothery



PLANNING YOUR TRAINING : SHOULD YOU "CRASH" YOUR WAY TO BETTER PERFORMANCES?

Aonghus O Cleirigh CNOC

It's February - and a good time to finalize your training plans for the rest of the year. But how do you optimise your programme to get the absolute best out of your training? There are an unlimited number of different ways to train, and many orienteers - although confident that their individual workouts are beneficial - aren't sure how to arrange their training sessions into the best possible year-long scheme. Can the available scientific research provide a foolproof blueprint for constructing your schedule?

Running research ...

Owen Anderson - editor of "Running Research" answers an emphatic *NO* to that question. He contends that over the years much of what constituted best practice in training was influenced by articles and books written by coaches, training theorists and successful runners. But their recommended training plans have NOT been tested in a scientific way. True, these programmes have been used by gold-medal winning athletes, but it's seldom clear that specific attributes of the training plans were responsible for producing the high-level performances. Completely different training regimes might have produced even greater successes.

> *The following is abstracted from Owen Anderson's article on "crashing" your way to better times - in "Running Research". Vol 9, No 1. Jan-Feb 1993. Running Research is a running newsletter written entirely by exercise physiologists.*

Theories about proper long-term training abound, but well controlled research projects concerning the benefits of various one-year training programs are as scarce as sub two-hour marathons. Due mainly to constraints of time and money, most training research lasts from six to twelve weeks, or less. Such short-term investigations provide lots of information about specific workouts and brief periods of training but supply little enlightenment about how to generate the best overall one-year plan.

Exception ...

A recent investigation (1992) followed 16 novice female runners who embarked on a 12-month, base-building programme in which they slowly raised training volume from 5 to 40 miles per week. Nine of the women (group A) trained in a conventional way, completing their workouts at "aerobic intensities" (speeds lower than lactate-threshold velocities). In contrast, seven of the women (group B) included high-speed training right from the beginning of the year-long plan, powering through up to one-half of their weekly mileage - not to exceed five miles per session or 15 miles per week - at faster than lactate-threshold speeds. The latter strategy proved to be far superior!

> *Group B women achieved greater gains in VO_2 -max and in the quantity of growth hormone in their blood. (Growth hormone is a natural anabolic hormone which repairs muscles and bones and speeds recovery from tough work-outs.) Also, group B women were NOT injured more frequently than those in group A.*

This year-long research disproved the traditional idea that beginning training should only include small amounts of speedwork. Future research should address the question of optimally balancing "overload training" with recovery periods. Overload training is simply an increase in an endurance athlete's intensity, frequency, or duration of training beyond what has previously been handled. On the one hand such overloads provide the stimulus for future improvements in performance. On the other hand, adequate recovery time is needed to restore hormone balance, glycogen levels, immune-system functioning, mood-state, muscle-protein composition and overall energy levels after

periods of heavy training. Without the right amount of recovery, a training programme becomes an overtraining scheme.

Steady as you go? ...

The traditional approach to solving the overload-recovery dilemma is to train fairly steadily throughout the year, employing two to three "high-quality" (extra-long or fast) sessions per week, and gradually turning up the intensity and volume as greater endurance is attained. In effect, most athletes use an average recovery time of about two or three days (the average time between high-quality workouts). However, much scientific work has focused on whether this conservative - "steady as you go" - philosophy might be better replaced with a training scheme in which above-normal amounts or intensities of exercise are utilized for many consecutive days at a time, followed by longer-than-usual recovery bouts. The rationale is that recovery - once it finally comes - produces much greater than usual training adaptations (or super-compensation).

Crash Cycles ...

Sudden, higher-than-normal amounts of tough training, sometimes referred to as "crash-cycles", might indeed lead to fantastic performances, but they could also increase the risk of overtraining. The idea is to find a crash cycle which lifts an endurance athlete to a previously unattainable physiological peak without creating so much hormonal and muscular mayhem that the athlete begins to lose - rather than gain - fitness. In the past various cycles have been experimented with - varying from 20-day cycles downwards. Some scientists discovered in 1985 that negative physiological changes began to appear after seven days, and recommended that double-volume training should NOT last for longer than one week.

Crash-cycles ... should you try them?

The answer isn't clear, because the research necessary to compare crash cycles with more conventional modes of training hasn't been conducted yet. At present, it's reasonable to give modest cycles a try, especially since highly successful coaches and runners use "mini-crash" cycles fairly routinely. Jack Daniels - coach a[illegible]xercise physiologist - puts his runners through two-day, high quality training regimens, which consist of a tough interval workout on the first day and a 25-minute lactate-threshold run (at 10-15 secs per mile slower than 10K- race pace) on the second day. In addition, there's some evidence that three consecutive days of considerably higher than usual mileage quickly improves leg muscles' ability to metabolize fat, an adaptation which might improve endurance by inducing a greater conservation of muscle glycogen.

Crash training in Orienteering ...

Multi-day orienteering events have long been used as ready-made crash cycles to prepare for a major competition. A favourite of the Swedish elite in preparation for the World Orienteering Championships (WOC) is to race the Swedish 5-Days, which usually falls 3-4 weeks before WOC. Adequate recovery leads to super-compensation and a physiological peak. In my own experience I can feel thrashed for up to two weeks after a long multi-day event, but I really start to jump out of my skin three weeks later.

Note on VO_2-max ...

VO_2 MAX Expressed as the maximum amount of oxygen that an individual can use each minute per kilogram of bodyweight. Each litre of oxygen absorbed by the body can release a certain amount of energy in the working muscles. The more oxygen an individual can transport per kilogram bodyweight, the faster he can potentially run. Elite male endurance athletes (including orienteers) usually have a VO_2 -max in the range 70 - 80 litres/kg/min. VO_2 -max is largely genetically determined, but can be increased by getting fitter or by losing weight, or both. However, VO_2 -max is NOT a perfect predictor of athletic performance.

IOA BULLETIN

Annual General Meeting.

The Annual General Meeting of the IOA will be held in the Event Centre for the Irish Champs. in Portumna, Co. Galway on Saturday 4th May, 1996 at 6.00 pm. Notices of Motion and Nominations for Executive Positions should reach the Hon. Secretary by Thursday 4th April, 1996.

If you are interested in getting involved, and we would welcome more volunteers, please contact any member of the executive or better still come to the AGM. Many hands make light work!

Mactire Trophy.

Nominations for the Mactire Trophy should be sent to the Hon. Secretary by 31st March, 1996.

The Mactire Trophy is awarded to *"an orienteer who has made an outstanding contribution in the past year in the fields of (a) achievement in competition, (b) mapping, planning, controlling or organising events, or (c) other activities considered relevant"*. Previous winners are not eligible to be nominated again.

Mactire Previous Winners:

1981	Catherine Murtagh
1982	John McCullough
1983	Frank Ryan
1984	Faith White
1985	Nuala Creagh
1986	Aonghus O'Cleirigh
1987	Padraig Higgins
1988	Sean Cotter
1989	
1990	
1991	Frank Cunnane
1992	Bernard Creedon
1993	Pat Flanagan
1994	Trina Cleary
1995	Richard Kavanagh/ Miriam NíChoitir

Silva Trophy.

Nominations for the Silva Trophy should be sent to the Hon. Secretary by 31st March, 1996.

The Silva Trophy is awarded to *"an orienteer who has made an outstanding contribution to the sport of orienteering not specifically in the past year"*. Previous winners are not eligible to be nominated again.

Silva Previous Winners:

1981	
1982	
1983	
1984	Pat Healy
1985	
1986	Sean Cotter
1987	
1988	
1989	Brian Corbett
1990	
1991	John McCullough/ Bernard Creedon
1992	Liam O'Brien/ Mary Curran
1993	John Walsh
1994	Brian Hollinshead
1995	Marcus Pinker

Silva Award.

From this year a second Silva Award will be made thanks to the generosity of Silva who have donated a new perpetual trophy and medals. Nominations for the Silva Award should be sent to the Hon. Secretary by 31st March, 1996. The Silva Trophy is awarded to *"an orienteer who has done most at grass roots level for the sport in Ireland during the past year."* This can be to a couple or an individual but the important thing is that they are unsung heroes who deserve some acknowledgement for making available a lot of their time and effort. The recipient should not be someone who has represented Ireland internationally, or who holds a senior position in any of the clubs or regions. It really is intended for the grass roots "worker".

Map of the Year.
Nominations for the Map of the Year Award should reach the Hon. Secretary by 31st March, 1996. Only maps first produced in 1995 are eligible. Map grades 1, 2 & 3.

O-Ringen Clinic.
Applications are invited from orienteers interested in attending the O-Ringen Clinic to be held in conjunction with the Swedish 5-Day Event on 18-26 July, 1996. There are 3 clinics, (a) The Running Clinic, (b) The Development Clinic, and (c) The Trail-O Clinic. The entry fee, which includes food, accommodation and entry to the O-Ringen itself is about £250. Some financial assistance is available from the IOA.
Applications should be sent to the IOA Hon. Secretary by 31st March, 1996.

New Club.
We are pleased to welcome Athlone RTC back into the IOA after some years in the wilderness. There are about 50 active members in the club with well known orienteer Nigel Foley-Fischer in the chair.

Senior Home International.
This years SHI will be held on Saturday 8th June, 1996, in Scotland. This is a much earlier date than normal. Incidentally next years event will be held in Leinster.

International Squad.
As a result of a decision taken by the IOF all members of International Teams must **HOLD** a current Irish Passport. It is in your own interest to make sure you have one. The IOA are endeavouring to get a *special dispensation* for our British based members but this may not be forthcoming. So having an Irish granny may not be good enough anymore.

Irish Championships.
This year the Irish Champs. will be organised by PXN with the individual event being held in Woodford, Co. Galway on Saturday 4th May and the Relays in Portumna on Sunday 5th May. As this is the May weekend why not take a break and join us for a guaranteed well organised and challenging event, not to mind the craic in the evenings. Entry forms are enclosed with this issue. There will also be a score event in Portumna on Monday 6th May.

Drugs in Sport.
In conjunction with most other sporting bodies in the country the IOA have introduced a drugs testing programme on the request of the Minister for Sport. So if at the next Irish Champs you are approached by a stranger in a white coat and asked to go behind a bush, don't be alarmed, it could be your lucky day! Only joking. Details of how the procedures will be operated will be circulated to clubs in the near future.

Ken Griffin, Executive Secretary.

COACHING CORNER

The corner is back. Now the problem is what to put in it....

Well! The Senior and Vets coaching and training weekend went well in Sligo, the weather conditions for travelling did not favour us but nevertheless the people who came had a good weekend. A report of the workshops should appear in the next issue. Thanks lads for the disk, unfortunately I could not read it. A number of interesting ideas came out of the workshops and I hope that with your help out there we will be able to put some of the ideas into practice. Another coaching and training weekend in September before the Veteran Home international seems to be on the cards. Watch the next issue for dates.

The possibility of a week-long Summer residential training camp for juniors has already being mooted. I would appreciate a call from any orienteer out there with children attending secondary school who might be interested in the idea.

The second of the assimilation courses took place in the National Coaching and Training Centre in the University of Limerick on the weekend 1st-3rd of March. This course was again given by Carol McNeill and myself.

At this stage a total of 57 people have attended the courses and are in the process of completing their logbook requirements. It is intended that those who have complied with all the requirements will be presented with their Certificates at the IOA AGM in May when the new Coaching Award Scheme document will be launched.

The final assimilation course will be held in September for instructors Level 1 and club coaches level 2. This will be the last opportunity for experienced club orienteers to be assimilated into the new scheme without having to fulfill the requirements of attending a 4 day couse first for level 1 and then another 2 days for level 2.

With the necessity to have qualified coaches due to insurance demands I would urge all clubs to encourage their experienced members to gain official qualification as soon as possible by attending course in September. The date has not yet been decided but anyone who is interested in attending should contact me so I can allocate them a place to avoid disappointment.

The following have completed an IOA level 1 or level 2 Assimilation Coaching Course in the National Coaching and Training Centre, University of Limerick:

Trina Cleary, Barry Leddy, Louise Lawrence, Ita O'Hanlon, Richard Phelan, Brian Keogh, Damien Cashin, Marie Clonan, Audrey Lawrence, Ernest Lawrence, Colin Bunce, Noel Sweeney, Ann Tuohy, Pat Healy, Nigel Foley-Fisher, Frank Ryan, Deirdre Ryan, Joseph Ryan, Fergal Ryan, Mick Kellett, Conchur Muinhneachain, Anne Marie McKenna, Eileen Loughman, Robert Musgrave, Patrick Callaghan, Mary McGeady, John Walshe, Conor Creedon, Toni O'Donovan, Rory Morrish, Mary Curran, Robert O'Connor, Larry Hunt, Breda O'Farrell, Timmy Flavin, Paul Dunne, Michael O'Driscoll, Colm Rothery, Victor Fuscio, Liam Roberts, Jeff Cochrane, Simon Evans, Diarmuid O'Donghaile, Michael Grant, Glenn Lynch, Graeme Moore, Ken Kelly, Barry Walsh, Michael Murphy, Eamonn Mc Ginley, Aidan Ryan, Gavin O'Neill, Mick Tracey, Mary Taylor, Nora Sweetman, Alan Murphy, Gary Codd.

Safety

The following are a few helpful safety hints if you are organising a training session in a local wood:
Written safety instructions should be put on display as well as having been given to the group and should include abandonment times and safety bearings.
Ensure that competitors have whistles
A first aid kit should be brought.
There should be means of checking who is still out in the forest e.g. stubs or list of names.

Dangerous aspects of an area should be marked clearly on all the maps.
A vehicle should be available to take any injured person to hospital or doctor if required.
A search/ rescue procedure for missing persons should have been worked out prior to the exercise.
Have telephone numbers of doctors and know the location and telephone number of the nearest hospital.

Warm Ups

Do not forget to warm up before activity and warm down after the training which should be well under way if you started after reading my corner in the last TIO.

The following 5 exercises are useful for warming up before training and competition

Quads and knee stretch - support yourself on left foot with right hand against solid support, bend right knee and hold top of right foot with left hand and gently pull. Repeat the same with other foot.

Side bends - bending sideways, each time with your right hand down right leg, repeat on opposite side with left hand.

Calf stretch - stand a[illegible]e from a solid support and lean on it with your hands. Bend one leg and place your foot on the ground in front of you leaving the other leg straight behind you. Slowly move your hips forward until you feel a stretch in the calf of your straight leg. Keep heel on ground. Hold stretch for 30 seconds. Repeat for other leg.

Standing in the same position - to stretch the **soleus and achilles tendon**, slightly bend the back knee, keeping the foot flat, 15 seconds each leg

Stomach and lower back - from a back lying position interlace your fingers behind your head and rest your arms on the mat. Using the power of your arms, slowly bring your head, neck and shoulders forward until you feel a slight stretch. Hold for 5 seconds and repeat.

Frank Ryan
IOA Coaching Officer

OCAD & ALL THAT

Excuse the title but for those of you who aren't even mildly interested in bytes & boulders, scanners & scales, perhaps you'd better turn the page. Otherwise what follows is a description of a particular mapping task that utilised some of the many approaches to producing an orienteering map and in particular possibilities for applying certain features of the OCAD 5 drawing software. This version of OCAD for Windows has been out for well over a year now. Initially, I was a little critical since it was significantly slower at screen redraws than the previous DOS version. However the improved user interface and overall design have outweighed this factor and I have used it for many different mapping applications. It is still quick compared to other Windows based illustration packages and has proved to be both functional and flexible, albeit with room for improvement.

The task in hand was to produce an O-map for Fermanagh Orienteers at 1:10000 scale with 5 metre contours of the Necarne estate, site of the new Ulster Lakeland Equestrian Park at Irvinestown. The work was largely funded by Fermanagh District Council and whilst the primary objective was to install a permanent O course facility at Necarne, the map would first be used for a relay event in the Junior Home International in 1995 and subsequently for occasional club events.

A number of factors relating to the area influenced my choice of approach to the task. The area is about 3 sq.km. in area, a mixture of parkland and somewhat overgrown forest centred on a substantial estate house - Necarne Castle. The terrain is undulating but with a small overall height difference across the area. There was significant ongoing site development work associated with the cross country horse trials cours[illegible]new knolls were being created daily, demolished & built again somewhere else, kilometres of sandy track were being excavated, car parks created etc.

Base Map.

At first sight, a conventional photoplot appeared necessary given the series of low hills present, forest detail etc. At least it might be desirable to have contour detail plotted on the OS mapping. Clearly, whilst a photoplot would yield useful contour & vegetation detail, it would not have the modern site works. However, there were a number of sources of information about the site available, all containing different layers of information of varying reliability. If these could be compiled into one unit, we would have a useful basemap.

This information consisted of:

(1) 1:10560 scale map. Standard OS six inch material from the last century. However due to proximity to town and history of previous land use, this map contained good quality information on boundaries etc. 100 ft or 30m contour detail.

(2) 1:2500 scale site map from the District Council showing proposed developments at the site.

(3) 1:50000 scale standard OSNI material with generalised 10m contours.

(4) Aerial photography at a nominal scale of 1/10000 flown in 1991. Three stereo overlaps were needed to cover this area.

OCAD 5 has useful features for handling source information at different scales and a choice of input methods: scanner, digitiser, or .dxf file. The hardware system applied was a standard PC with 486 DX processor, 8MB of RAM, 1MB video RAM, A4 colour flatbed scanner, A3 digitiser, A4 colour inkjet printer, portable stereoscope. I would emphasise two issues at this point. Firstly, the following solution worked for the above set of circumstances. Each O-area & map is different and it is necessary to match your solution to the job in hand. Secondly, the collective cost of the above hardware would be about £2500 at a minimum - a lot of resources to bring to bear on an area of 3 sq.km. but worth it if you own or have access to the hardware. It would hardly be very cost effective for a club to spend £500 on a flatbed scanner for just one task when a photoplot could be got for around £200 - of course a scanner would have uses for other club administrative and mapping work. Anyway, we proceeded as follows:

(1) Scan 1:10560 material as black and white line art. Enlarge bitmap scan to 1:5000 scale at 200 dpi resulting in a file of about 1.5MB. Note that this is to be used as a 'template' in OCAD for tracing detail. OCAD seems to be able to handle bitmap files up to about 2.5MB on my system. Although the larger files are slow to load, they are held in RAM and redraw quickly on screen.

Set up OCAD file for 1:10000 scale with symbols enlarged to 150%. Load above template, trace detail, allocating appropriate symbols where possible.

(2) Print resulting drawing. Plot magnetic north, using previously measured bearings in field. Rotate OCAD file to align it to magnetic north.

(3) The 1:2500 site development plan was in the form of an A0 sheet, impractical to scan on an A4 scanner. It was simpler to use a digitiser and apply the multi-point adjustment feature to match digitiser to file on screen. Draw in proposed site developments. 'Proposed' is the key word here - it would be necessary to check carefully in the field that the contractor has stuck to the plans. Use colours to differentiate detail in OCAD file.

(4) Scan 1:50000 map as 256 colour file: about1.6MB. Load as template. Trace 10m contours onto file. Note: 30m contours already in file from 1:10560 map.

(5) Scan aerial photographs as greyscale, 300 dpi - 2MB files. Load as template. Note that aerial photographs are not maps - distortions occur near the edge of the photo and also due to differences in height and tilts in the flight path. However, given relatively flat terrain and the large scale of photos it was practical to adjust the template to fit the underlying detail in small local areas e.g. a field. Detail such as individual trees and vegetation changes could then be transferred to OCAD file.

(6) The aerial photos were then viewed under a stereoscope enabling a 3D model of the terrain to be viewed. By reference to the plotted 10m contours it was possible to draw in intermediate 5m contours - different symbol. All again subject to fieldwork but adequate to get approximate spacing and shape correct.

Thus we arrived at a single drawing file compiled from the above various sources. Symbols were used to differentiate between sources of information and suspected reliability. It sounds like a lot of effort but perhaps amounts to 16-20 hours work presuming you are familiar with the apparatus.

(7) Produce printouts on a colour inkjet printer at 1:5000 scale for fieldwork. Seal in 'Transpaseal' to both protect inkjet inks from rain and to provide some dimensional stability.

The proof of any basemap is of course in the fieldwork; how much information does it contain and of what reliability? I was looking forward to getting acquainted with this creation. In practice, it proved quite adequate for the purpose; the six-inch material was rock solid and still in evidence on the ground, the parkland trees plotted directly from the photography were well positioned, even if the odd one had disappeared. The site map information did not quite hold up to scrutiny but it was a good guide to what one was likely to encounter on the ground; the actual positioning of the tracks was often slightly different and there was lots of extra carparking to cater for the four wheel drive horsey crowd! Given the rolling terrain, the contour detail was sufficient but as usual required some adjustment and exaggeration. I decided on a non-IOF symbol to show the rather esoteric shapes of some of the horse jumps. Rather than compile a master draft as one sheet, I broke the area up into smaller A4 sized drafts, transferring field notes to these and tracing grid points for later reference.

(8) Plot fieldwork. It was straightforward to scan in the mini drafts as greyscale files. These were then used as templates to adjust and add to the existing base map file.

(9) Colour draft. We supplied an A4 colour draft to FermO for final course planning etc. Due to the ongoing development works, it was necessary for the planner to send back an amended map immediately prior to printing showing additional detail. The drawing file was again modified.

(10) The permanent course overprint was created using OCAD and instructions on the reverse side using page layout software.

Finally, the maps were printed using conventional Postscript output to generate printing films for offset printing. We printed 1000 copies in five colours for club events and 2000 copies with a permanent course overprint and details on the reverse.

In summary, the above shows the flexibility and functionality of OCAD 5 software and illustrates some possibilities to ease base map generation.

Barry Dalby.

Footnote: Barry Dalby provides a professional mapping service to clubs through EastWest Mapping. If any club would like a quotation or simply advice, contact EastWest Mapping, Ballyredmond, Clonegal, Enniscorthy, Co.Wexford. Ph./Fax. 054-77835.

Have you filled in your SHAMROCK O-RINGEN entry form yet?

IRISH STUDENT CHAMPIONSHIPS 1996

ISC 96 took place over the weekend of 10-11 February in Castlewellan, Co. Down, hosted by QUBOC (Queens University, Belfast). Fourteen colleges were represented by 105 orienteers, making this one of the best attended student championships for some years. The weekend was organised by Stephen Wilson and other QUBOC members, with planning and controlling by LVO.

Most of the competitors came on two buses, one from Dublin (with some Cork people aboard) and the other from Galway and the midlands, meeting unexpectedly in Quinnsworth, Dundalk on the way up. The rowdiness of the journey was marred by the seven o'clock news announcing the end of the IRA ceasefire. Memories of last year's decision to bring ISC '96 to the North due to the optimism created by the peace process came back to me and it felt ironic that this news came one year later and when we were only a few miles from the border.

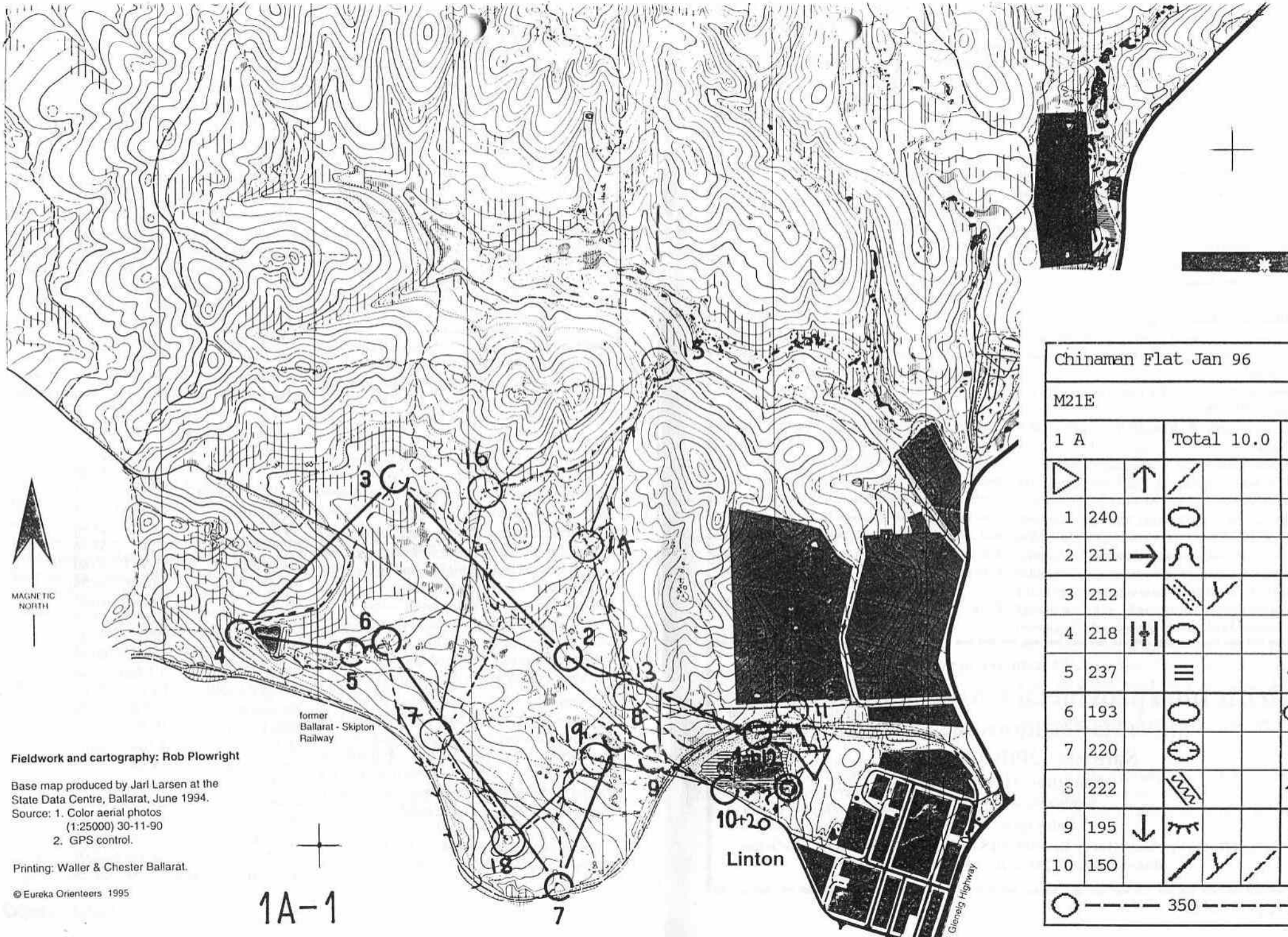
The standard of navigation in Irish student orienteering being what it is, the Dublin bus got lost several times, taking in sightseeing laps of both Dundalk and Newry, not to mention trying to find the event centre, the Seeconnell Centre, in the middle of nowhere. With the help of a map (a novel idea!) we arrived about 10.30 pm, clocking up a good 4 hours for the 100 mile odd journey. Mmmm, average speed 25 mph! .

Having inspected the event centre (it's not often ISC's can boast an event centre) and collected our cards from the friendly QUBOC welcoming committee, most retired to the bar. A few of us wandered into the dark, armed with map and torch to find the UCDO cottages somewhere down the road and attempt a good night's sleep. And so into a house somewhere in rural Co. Down piled one German, one Dutch, two Swedish and five native championship hopefuls! Swede shared a room with Irish, Dutch with Swede, and Irish with German and we all dreamt of contours and crags until morning.

Saturday morning and competition nerves kick in as we finished high energy breakfasts and watched the Army Apprentice School jog by in unison. Naturally, we got lost on the way to Castlewellan. The courses proved challenging and well planned to cater for the diverse standards present. There were very few DNF' s and the winning times were very reasonable on all six courses. On the A courses, the amount of route choice offered and the number of different routes chosen by different competitors was highly acclaimed. The stories of legs run head-to-head via completely different routes made the races interesting and there were many comparisons made afterwards. In the M21A class in particular competition was of a very high standard with some of Ireland's top orienteers in attendence vying for World Student Championships team places, but challenged for the ISC by foreign talent from Germany and Sweden no less.

Individual results:

M21A	*7.6km*	*255m*
Marcus Pinker	GO	55.47
Fredrik Sturesson	UCDO	57.51
Steve Wilson	QUBOC	61.02
W21A	*5.0km*	*185m*
Nina Phillips	ICAI	57.36
Mary Healy	UCDO	63.40
Miriam Feehan	UCCO	64.58
M21B	*5.0km*	*185m*
Nigel Hart	QUBOC	54.23
Bernard Creedon	UCCO	58.33
Joe Smith	AAS	60.33
W21B	*3.3.5km*	*165m*
Breege Grennan	UCGO	73.09
Amanda Bates	UCGO	73.28
Mary Lynch	UCGO	80.27
M21C	*3.5km*	*100m*
Joseph Ryan	UCGO	22.32
Keith White	QUBOC	27.28
Garrett Foley	KSO	28.26
W21C	*2.9km*	*100m*
Una Cahalane	UCCO	40.23
Joan Murphy	ARTCO	45.09
Ann-Marie Heffernan	UCCO	52.26



Chinaman Flat Jan 96							
M21E							
1 A			Total 10.0				
▷		↑				<	
1	240						
2	211	→					
3	212						
4	218						
5	237						
6	193						
7	220						
8	222						
9	195	↓					
10	150						
○ ----- 350 ----- → △							

Fieldwork and cartography: Rob Plowright

Base map produced by Jarl Larsen at the State Data Centre, Ballarat, June 1994.
Source: 1. Color aerial photos (1:25000) 30-11-90
2. GPS control.

Printing: Waller & Chester Ballarat.

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1A-1

Team Winners:

M21A	UCDO
W21A	UCDO
M21B	QUBOC
W21B	UCGO
M21C	QUBOC
W21C	ARTCO

Specially commissioned ISC '96 marble paperweights (I think that's what it is!) and t-shirts were awarded to individual and team winners. The planner, controller and organisers of the event and the whole weekend were congratulated on a superb job on both the technical and organisational aspects of the weekend.

Annual General Meeting

The annual business of holding the IOSA AGM followed. The following committee was elected for 1996/97:

Chairman/woman/person Deirdre Ryan, GRTCO contact: (091-75829)

Treasurer Stephen Wilson, QUBOC (08-01247-878335)

Secretary Nina Phillips, ICAI (01-660 6654)

ISC '97 will be hosted by DUO and host for the training weekend in the Autumn is still open to offers! .. The selection of the World Student Championships team was also discussed and information from Team Manager Colm Rothery distributed to clubs. An ambitious training schedule for team hopefuls created some entertainment at the idea of training 6-7 days week. What's training? And what is Fartlek?? Saturday night lasted well into Sunday morning w[illegible] a disco and plenty of inter-club mingling. Someone had mentioned earlier how nice it was that the clubs were getting to know each other more these days...she didn' t mean it like that. The AAS hosted a party afterwards. All I heard about it is that they have very dodgy musical taste. Sorry lads!

Sunday's "Sprint"

The ambitiously named Irish Student Sprint-O Championships on Sunday were treated by most as a hangover cure and most of the times reflected this with most "runners" spending well over 30 minutes on the 2.0km short course. One international orienteer (Emma G. take a bow) and the previous day's W21A winner (I shall remain nameless) got lost, and two UCDO "orienteers" got even more lost following them. Imagine taking a wrong turn on paths! ? The long course (3.1 km) was more competitive, won by Fredrik Sturesson of UCDO/ Sweden in something under 20 minutes.

Suitably wrecked by two days in the brambles (prize for most brambled legs to Paul Nolan, so I'm told!!) and one night in the bar (biggest hangover award to Hugo Donaldson, DUO), we headed home on Sunday afternoon. I think all will agree that this was one of the best ISC's in recent times and most people seem to have successes of some sort to remember, be it in the forest or on the dance floor!

Nina.

LVO invite you to the

Irish Interprovincial Championships 1996

Slieve Martin, Rostrevor, Co. Down

Saturday 20th April 1996

Start times 11.30-1.00 pm

Registration from 10.45.

Entry on day only.

Details from organiser Harry Bell (08)-01846-612720 or the NIOA Inf-O-line (0044)-1399-873281 in the week beforehand.

MAP MEMORIES

"Give me a map to look at and I am comforted: I live my travels over again; step by step, I recall the journeys I have made; half-forgotten incidents spring vividly to mind and again I suffer and rejoice at experiences which are once more made very real. Old maps are old friends, understood only by the man with whom they have travelled the miles. Nobody could read my maps as I do. Lend a book to a friend and he can enjoy it and miss nothing of its story: lend him a map and he cannot even begin to read the tale it has to tell. For maps are personal things which books are not. The appeal of an old ma is to the memory; an old map spread across my knees closes my eyes. The older, the more tattered it is, the greater my affection for it. I recall our adventures together in storm and sunshine; an occasion, perhaps, when it slipped from my pocket and I searched my tracks anxiously, as for a lost companion, until it was found; an occasion, perhaps, when the mist was thick, and instinct and the map urged different ways, and I followed the map and came to safe ground again. Ah yes, maps are grand companions. I have thrown books away, but never a map.

Give me a map of a country I do not know, even of a country I shall never know, and it has the power to thrill and excite me. No book has such an appeal to the imagination"

(originally from Wainwright - The Biography by Hunter Davies, via SINS (the South West OA journal) and Y Ddraig (the Welsh OA newsletter) with thanks.)

SENIOR SELECTION INFORMATION

1. SENIOR HOME INTERNATIONAL 1996

This will be held in a great area in Scotland (Docharn & Deishar) on June 8/9. As usual, classes involved are M/W 20, M/W 21 and M/W 35. Selection will be based on known form and will take place immediately after the weekend of the Irish and British Championships, so that the results of these events will be an important selection criterion.

2. WORLD CUP RACES 1996

These are as follows:

1 Individual	Lithuania	May 7
2 Individual	Latvia	May 10
3 Relay	Latvia	May 11
4 Short	Gothenburg	July 30
5 Individual	Oslo	Aug 3
6 Relay	Oslo	Aug 4
7 Relay	Fluehi, Switzerland.	Aug 18
8 Short	Fluehi, Switzerland	Aug 19
9 Classic (loops)	Leuk, Switzerland	Aug 21
10 Individual	Villard-de-lans, France	Aug 24

If the selectors have not contacted you about these events and if you wish to be considered for same, contact the convenor of selectors.

Selection will be on known form. In general, events considered will be:

Interprovincials, National Champs, National Events, J.K., Shamrock O-ringen. However, prospective runners can supply results of other major events, as they wish. This applies especially to those competing outside the British Isles. Consideration in team selection will also be given to the fact that these races form an important part of the build-up to WOC'97.

Selection will be as early as possible for each race, but will depend on the interest in each set of races. Further details will be furnished to those in contention.

continued over ...

Senior Selection, continued ...

3. VETERAN HOME INTERNATIONAL 1996. Slieve Croob, Co. Down, October 12/13. Selection based on the results of major domestic competitions: Interprovincials, Irish Championships, Shamrock O-ringen. Those competing abroad, e.g. at the British Championships, J.K., U.K. National Events, or further afield, should send the results of such events to the convenor of selectors, so that they will be considered.

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

Computing in Connaught

OL-einzel, a German computer program in an English language version, was used for the Connaught Championships. Organiser Noel Donagh reports on how they got on ...

CAEO (Computer Aided Event Organisation)

CAEO was tried for the Connaught Championships this year. One may say that there is nothing new in this. Various clubs have tried disparate orienteering programs or used applications such as Excel for this purpose. They all had limitations and all required a degree of expertise that few orienteers possess. Connaught Orienteering Council tried a new program specifically written for one-day events and which can be used by anyone with a little tuition. The program "OLEinzel" was used for some major international orienteering events in 1995 including three German O-Championships in 1995/6, Swiss O-Week and the Asia Pacific O-Festival 1995. The program has been developing over the years and more improvements and additions are planned.

How did it perform at Ahascragh for the 1996 Connaught Championships ? The short answer is - IT DID THE BIZ.

What can it do?

Ol-einzel does not restricted itself to time-keeping functions alone but acts as a comprehensive event organising package. It handles entries, creates the start organisation, generates start lists, produces control descriptions for each course from a master, provides statistics to the planner and controller about the numbers of runners who use each control site and the numbers on each course and finally produces finish lists in a variety of formats. All with a great deal of ease.

a. It takes in entries for all classes. (M/W10-65)

b. It organises the start - creates the required number of start boxes into which the various classes are then assigned. The user selects the start interval, the first start time and the number of vacant start times. It then checks the start organisation for clashes or errors, identifies them and allows corrections to be made.

c. When the above stages are completed, start numbers are distributed automatically to each start time and it makes the start draw separating members of the same club. This can be done all at once or class by class..

d. After the draw the organiser may move competitors to earlier or later start times. This is done by dragging the start time line to the desired new time. An option to designate an early, mid or late start time at the competitor entry stage is planned.

e. With the above completed the organiser may use it to generate lists for all or for specific classes or clubs and for any range of start times. This is how the start list sent to all entrants in the Connaught Championships was produced.

f. Late entrants may be entered either as competitors or non-competitors into vacant start times.

g. Event cards can be overprinted with such dtails as name, start number, class, start box etc. Alternatively this may be printed on self adhesive labels. The latter option was used for the Connaught Championships.

h. Result entry is easy and quick, by entering the competitor number from the control card and the finish time in minutes and seconds. The use of real time is an option (HH:MM:SS) but has the disadvantage of being slower to enter.

I. Results may be printed by class in order of finish or by clubs at any point during the competition. *Oleinzel* allows the printing of results lists at the same time as entry of finish times. Finish reports may be printed for a specific class or club and the number of places to be printed may be specified should complete lists not be required.

k. There are extras such as to generate a report on how many competitors have yet to finish. This only works accurately if the start officials record non-starters and feed the information back. At the Connaught Championships it identified one lost orienteer still on the course prior to prize giving. Results can also be sent to a file for processing in applications such as Excel or Word.

Aids to the Planner and Controller

Courses control descriptions are created from a master control list. Classes (classes) are assigned to the various courses. Control description sheets may be printed for the master or individual courses.

When the courses are completed and the classes assigned to them the organisers may print-out statistics such as:

The number of entrants per class.

The number of entrants per course.

The number who will visit each control site.

It has provision for accounting for entry fees under a number of headings but this is designed for a situation where entries are by clubs rather than from individuals. Provision for accounting for entry fees by individuals will be added within the next few weeks.

Provision for recording addresses and printing address labels is again for mailing to club secretaries. Perhaps with the savings in postage we should consider giving reduced entry fees to entries through clubs.

Planned improvements

Within the year provision will be made for optional connection to the Regnly electronic punching system.

In the next month an update giving even greater report capabilities such as margins, multiple copies, printing to file for e-mail/fax or the O-net.

To summarise, Connaught were satisfied with Oleinzel V8. Its strongest point is the production of results easily and quickly with the ability to print results and input results at the same time. A team of three were able to handle the finish and the production of results for over two hundred competitors in thirty four classes.

Connaught Orienteering Council has ordered OLSTaffel, the program designed to organise relay events, and will use it at the Irish Championships at Portumna in May. That is a measure of satisfaction with Oleinzel V8 for windows.

(The programs were developed by Stephan Kramer and come in three versions: OL-einzel for individuAl events, OL-staffel for relays and a third versiuon for multi-day races. Contact him at Brinkmannstrasse 21, D-95666 Mitterteich, Germany. The individual event version, OL-einzel, costs DM220 (about IR£95) plus taxes and postage.)

(Incidentally, the Connaught Championships results arrived in the post three days later. Other organisers please copy! -Ed)

DON'T FORGET ...

MOUNTAIN RUNNING FIXTURES '96

Hill running really compliments any other training, and particularly benefits orienteering strength and fitness. If you are interested in improving your stamina and your orienteering performance, you are strongly recommended to run as many of these races as you can! It's tough, but nobody said it was going to be easy, as the ad says.

Date	Venue	Distance/climb Miles/feet	Time	Category
April				
1	Bray Head, Co. Wicklow (from Promenade)	6.2/1000	2.30	
14	Doon, Co. Limerick	5.0/1100	2.30	MC
24	Hellfire, Rathfarnham, Co. Dublin	2.1/280	7.30	LL
May				
1	Sugarloaf, from Calary, Co. Wicklow	2.3/700	7.30	LL
8	Three Rock, from Ticknock, Co. Dublin	3.0/650	7.30	LL
12	Lugnaquilla, from Camara, Glen of Imaal, Co. Wicklow		6.3/2355	2.30 LC
15	Hellfire Relay, Rathfarnham, Co. Dublin	1.0/280	7.30	
18	Knockdhu, near Larne, Co. Antrim	4.7/1470	2.00	INT
22	Bray Head, Co. Wicklow	3.1/900	7.30	LL
29	Blue Light, nr Sandyford, Co. Dublin	3.4/1080	7.30	LL
June				
1	Carrantoohill, Co. Kerry	8.5/3695	2.30	AIC/IC
2	Crohane, Lough Guitane, Co. Kerry	5.0/2500	12.00	
5	Scalp, Kilternan, Co. Dublin (Dublin Sport Hotel)	4.0/800	7.30	LL
12	Seahan, Ballinascorney, nr Tallaght, Co. Dublin	4.3/1200	7.30	LL
15	Nephin, Crossmolina, Co. Mayo	5.0/2000	2.30	CC
16	Croagh Patrick, Co. Mayo	4.8/2500	12.00	IC/CC
19	Sugarloaf Relay, Calary, Co. Wicklow	1.2/600	7.30	
20	IMRA Quiz, RTE Social Club, Donybrook, Dublin 4.			
23	Seefin-Ballyhouras, Glenosheen, Co. Limerick	5.0/1400	2.30	MC
26	Tibradden, Pine Forest, Co. Dublin	4.3/1000	7.30	LL
29	Caherconree, Dingle Peninsula, Co. Kerry	3.5/1850	2.30	MC
30	Brandon, Co. Kerry	6.0/3000	12.00	IC/MC

Further details from Douglas Barry (01-2868180)

There's also the **Hill and Dale** series of Thirsday evening fell races in or near the Mournes in Northern Ireland:

April 4	Moughanmore (Deers' Meadow)	3/1500	7.30
18	Castlewellan (Dolly's Brae)	5/1200	7.30
25	Slieve Muck (Crocknafeola)	3.5/1300	7.30
May 2	Hen & Cock (Hen car park)	2.5/1300	7.30
9	White Plains (Tollymore)	4/1000	7.30
16	Meelmore/Meelbeg (Happy Valley)	3/1800	7.30
23	Loughshannagh (Spelga Rd. car park)	4/1700	7.30
30	Rocky (Leitrim Lodge)	4/1300	7.30
June 6	Crossone (Bloody Bridge)	2.5/1700	7.30
21	Drinahilly (Donard Park)	3.5/1800	7.30

Further details from Brian McBurney (08-018206-50544)

IC= Irish Championships (best 3 of 5); LC = Leinster Championships (best 3 of 5); MC = Munster Championships (best 4 of 6); CC = Connaught Championships (2 of 2); AIC = All-Ireland Championship race; LL = Leinster League; KL = Kerry League; INT = International race.

LEINSTER NEWS

The **Leinster League** is now in its second phase, with events running up to the final on Setanta's new map of Djouce on May 12th. There has been some juggling of fixtures because of the change of dates for the Comeragh Mountain Marathon: the Leinster Championships has gone back to its original date on 25th/26th May and the Trooperstown League event has come forward to April 28th.

Reminder: A reminder to planners and organisers of League events: the courses required for a league event are Brown, Blue, Green, Red, Light Green, Orange, Yellow. Details of technical and physical difficulty and par times are in TIO 75 and in the IOA and BOF Rules.

A review of the 1994-95 League which will be sent to Leinster clubs shortly reveals that either the courses tend to be too long, the competitors are doing the wrong courses or they aren't fit enough, since out of 77 courses for which results were published, 45 were too long (i.e. less than half the finishers were in the required time band). It would be very helpful if event results could include course lengths/climb.

Leinster Championships: The Championships are again being run by 3ROC, on a new map of Glendalough. The Relays are being run jointly by the Leinster clubs at Clara, close to Glendalough.

Feedback: Recent League events have had a questionnaire for competitors to fill in to get feedback on what you feel about orienteering in Leinster and about that day's event in particular. All the names people who return a form will go in a draw at the end of the League, so remember: the more often you reply, the better your chances. Tha aim is to meet your needs better and to ensure that the resources of the LOC are being directed to the most productive and worthwhile areas. Feedback so far has been interesting, with comments ranging from "too far to the start" to "unfairly placed controls", although positive comments are coming in too. Keep them coming.

You may have seen orienteering results featuring more and more in the national press recently: this is due to the work of Leinster PRO Jackie Horan who has been very energetic in getting details to the papers after Sunday's events. Another thing to keep your ears open for in the Dublin area is a planned weekly programme on Anna Livia Radio, with news of all outdoor activities including orienteering, mountain racing, triathlons and athletics.

Equipment: Leinster has a beeping start clock to loan to Leinster clubs for events. Contact John McCullough (8378819) for details.

CONNACHT REGION NEWS

IOC 96 Connacht is the venue for this year's Irish championships and preparations are well on the way with Woodford Wood the venue for the **Individual** competition on Saturday 4th May.

This is primarily a forest of very mixed runnability on undulating countryside and will provide very good orienteering challenges for those people who choose to come instead of going off to Scotland for the British Championships. The forest is partly nature reserve which is in the process of being returned to original deciduous varieties. The other part is traditional working forest accompanied by some rough open. All of this leads to interesting vegetation change upon good contour detail.

The mappers for this area are John Walshe and Tony Cotter. John is the cartographer who drew Cornamona for IOC92 and Manorhamilton for the Connacht Championships last year.

The **Relays** will be held in Portumna Forest Park on the Sunday 5th May and participants have an opportunity to have another run on the Monday with a score event being held there on the Bank Holiday. Portumna Forest park consists of about 1,400 acres on the shores of Lough Derg and is a mixture of open parkland and forest on flat terrain. The Forest is practically all runnable and should provide enjoyable courses for the relays.

The forest was last used for the TIO Trophy about two years ago and the map is being revised by Frank Ryan and will be reproduced at 1:10,000, the same scale as the map for the Individual competition.

Portumna is situated in Co. Galway beside the north shore of Lough Derg, the lowest and loveliest

of the great Shannon lakes and is 98 miles from Dublin and 108 miles from Cork. Portumna is the ideal base for the competitions with Woodford only 10 miles away. Further information of what to see will be provided in the programme.

3ROC NEWS

New Secretary: The new 3ROC Secretary is Máire Walsh, Moorpark, Kilmacanogue, Co. Wicklow (01)-2868871.

You've all gut your club news sheet, The *Rocket*, recently with your membership cards and details of training etc., so there's not much more to report. Annual subs are due: remember, to get your TIO, to run in the Irish Champs or vote at the IOA AGM, or to represent Ireland internationally you have to be a paid up member!

Congrats to Connacht Championship prizewinner Trina Cleary (W50) and to Luke Campbell-Crawford (3rd M18-), Gerard Butler (4th M18-), John McCullough (2nd M40), Nigel Campbell-Crawford (3rd M50), Emma Glanville (2nd W21E), Monica Nowlan (2nd W45) and Antoinette Butler (3rd W50).

PHOENIX NEWS

The following officers were elected at the AGM of Phoenix Navigators Orienteering Club held on Monday 4th February in the Royal Hotel, Roscommon: Chairman Noel Donagh, Secretary Eugene Sheridan, Treasurer Frank Ryan. The area representatives for the northern area are Michael Brennan and Bernie McGauran, Noel Donagh and Nigel Foley-Fisher eastern area and Frank Ryan western area.

Membership fees are now due and are being collected by area representatives. Please contact them before they contact you.

Eagle Eye

G E N NEWS

Thank you to Mick Kellett, Brendan Doherty and the extended McCormack families who planned, controlled and organised the Newbridge House event which was a great success. Our next events are Brockagh on March 24th and Trooperstown April 28th: organisers John Clarke and Andrew Butterfield will welcor offers of help.

GEN were well represented at the Connacht Championships, Susan & Mary Healy were our winners while Alan Bell, David Healy, Deirdre Bell, Niamh Lalor & Jane Watt kept the colours flying, all coming second.

Good wishes to club members travelling to the J. K. or further afield like Spain!!! Hope the orienteering goes well. Good luck also to all those mad enough to be contemplating this Ultra Run on the Wicklow Way on Sat. 6th April: I will pick up the pieces.

Finally club membership is now due. It barely covers the cost of posting your TIO, so pay now or else this is your last one.

Nora Lalor

Secretary, GEN.

FERMO RUN SUNDAY LEAGUE

Fermanagh Orienteers are running a series of Sunday orienteering events aimed mostly at juniors and beginners. The series of eight events will use the permanent courses at three venues: Florencecourt, Doohatty Glebe and Necarne.

The courses on offer are White, Yellow, Orange and Light Green. Juniors can choose any course but must stick to it for the whole series. Points are also awarded for attending other events, drawing a simple map or completing an organisational task as well as for finishing position.

The remaining events are:

March 31	Doohatty Glebe
April 28	Necarne
May 12	Florencecourt
June 2	Florencecourt
October 6	Necarne
October 20	Florencecourt
November 3	Florencecourt

FermO are also running their full compliment of NI Series events, with competitions at The Burren on May 25th, Florencecourt on September 28th and Doohatty Glebe on November 9th. (Could the changed date for the Leinster Champs (to May 25/26) perhaps cause a date change for the Burren event? - Ed.)

CURRAGH 03 DEC 95
LEINSTER LEAGUE EVENT 5
CURRAGH NAAS ORIENTEERING CLUB

BLUE COURSE

J. McCULLOUGH	M40	3ROC	50.26
T.TOTTENHAM	M18	3ROC	55.24
I MacNEILL	M40	3ROC	60.14
M.DAVEY	M21	DUO	60.59
P. FARRELLY	M35	CNOC	61.15
A.TUCHER	M35	GARDAO	61.16
J.WATT	W40	GEN	63.22
J.LALOR	M40	GEN	67.33
M. HEALY	W40	GEN	68.37
L.DONOVAN	M21	AJAX	69.25
B.DALBY	M35	3ROC	69.27
N. C-CRAWFORD	M50	3ROC	69.36
D.O'DONGHAILE	M20	DUO	70.13
M. O'ROURKE	W20	GEN	70.50
N.PHILLIPS	W21	3ROC	71.28
J.RYAN	M18	3ROC	72.19
P.CASH	M21		73.17
M.NOWLAN	W45	3ROC	75.18
E.McGINLEY	M21		75.58
H.WHITE	M50	3ROC	78.59
D. O'COLMAIN	M45	GEN	79.33
G.SWENEY	M35	CNOC	81.09
T. MCCORMACK	M40	GEN	82.85
C.BURNS	M21		93.30
B.DOHERTY	M50	GEN	95.19

LT GREEN COURSE

K.CAREY	M35		49.41
D.CORRIE	M35	FIN	54.39
V.DELANEY	M50	GEN	55.27
S. MURRAY	M45	SET	57.00
J.McGRATH	M14	3ROC	57.29
M.FLOOD	M20	CNOC	57.54
D.NAGLE	W45	3ROC	59.43
J. SMITH	M20	CNOC	61.15
N. FOLEY-FISHER	M45	PXN	61.31
M O'DONNELL	W21		62.07
D. WATT	M50	GEN	62.47
J. O'BRIEN	M50	AJAX	63.35
B.FOLEY-FISHER	W40	PXN	64.05
M. JENNINGS	M20	CNOC	64.20
R. O'COLMAIN	M13	GEN	65.05
N.O'COLMAIN	W16	GEN	66.58
P.DONLON	M40	3ROC	68.53
T. FITZGERALD		CNOC	69.28
S.HEALY	W16	GEN	72.21
J. LOUGHRAN	M40	AAS	75.36
D. LARGE	W55	GEN	89.37
C.WALSH	W50	3ROC	91.53
J.PRINGLE	M19		92.52
K.McCORMACK	W16	GEN	100.53
D.CLARK			102.31
S.McCORMACK	W18	GEN	107.02
M. O'SULLIVAN		ARTCO	115.33
V.MURTAGH	W55	3ROC	147.43
N.FARNON	M21	KSO	DNP 4-7
K.HERBERTS	W21	KSO	DNP-1

BROWN COURSE

D. WESTON	M21	SET	62.55
S. O BOYLE	M35	CNOC	65.00
A. TYNER	M21	3ROC	65.05
A. MALTIG	M21	UCDO	66.31
D. REIDY	M40	AJAX	68.25
J. KEATING	M21		75.08
B. BELL	M 40	GEN	75.36
M. FLYNN	M21	CORKO	76.50
E. O'SULLIVAN	M21	SET	79.05
M. O'KEEFFE	M21	FIN	80.01
T SLATTERY	M20	CNOC	86.00
E. STEPHANSON	M19	A-RTC	105.43
C. McDONAGH	M21		109.50

GREEN COURSE

F.LAFFERTY	M35	FIN	46.03
B.McGRATH	M45	3ROC	48.50
L.C-CRAWFORD	M14	3ROC	51.05
P.McCORMACK	M45	GEN	51.07
Z.FOLEY-FISHER	M13	WHO	52.26
J.DeLACY	M40	AJAX	55.03
R.SHORTT	M6	CNOC	55.28
P.BUTLER	M45	3ROC	55.44
A.QUINN	M18	3ROC	58.00
R.GARRETT	M45	3ROC	59.41
G.ELLIOTT	M21	3ROC	60.11
E.O'SHEA	M35	GEN	62.17
D.BROOKS	M55	3ROC	63.14
A.BUTTERFIELD	M21	GEN	63.55
A.NiSHUILLEABHA	W45	3ROC	66.08
P.McNAMARA	M18	DUO	66.24
A. B-LAW	M40		68.17
W.MCCORMACK		GEN	70.19
C.O'MARA	M35	3ROC	71.15
L.C-BROWN	M21	UCDO	71.46
E.DUNNE	M21	3ROC	72.03
J.LEONARD	M21	3ROC	72.20
G.BUTLER	M16	3ROC	72.28
A.AYLING	M20	DUO	72.39
J.FITZSIMONS	M45	3ROC	78.41
A.TOTTENHAM	W40	3ROC	79.10
M.WALSH	W45	3ROC	80.41
B.HOLLINSHEAD	M55	3ROC	84.42
M.BUTLER	M50	3ROC	86.42
M.KELLETT	M55	GEN	99.25

RED COURSE

K.MURRAY			62.27
B.BYRNE	M45	GEN	62.33
L.LALOR	M17	WO	79.04
A.MURPHY			DNP-5,6
D.O'BRIEN	M16	DLSO	DNP-5,6,8

YELLOW COURSE

N.O'BOYLE	W12	CNO	28.11
J.CORRIE	M12	FIN	29.29
C.FISHER-FOLEY	M10	PXN	37.06
S.CONBOY	W12		49.10
E.HILL	M35	CNO	62.15
N.LALOR	W12	GEN	70.43
E.DONLON	W11	3ROC	74.11
F.CUSACK			80.38

ORANGE COURSE

A. DRION	M15	WHO	25.21
S. O'SULLIVAN			42.33
D. KENNEDY		WO	44.34
C. CAREY	W25	3ROC	46.30
S. OSHEA		GEN	50.21
F. KEYES			51.35
D. RYAN		ARTC	52.13
S. NOWLAN	W12	3ROC	53.19
M. FLYNN	W21		57.49
N. FOLRY-FISHER	M13	WHO	58.07
D. SHORT	M35	CNO	60.41
N. LALOR	W40	GEN	61.02
W.J. O'NEILL	M50	SET	61.17
P. OTT		AAS	63.29
G. COAKLEY		AAS	65.37
P. KEOHANE		AAS	67.35
F. O'NEILL	W45		71.23
I. NOLAN	M14	DLSO	74.35
C. MURPHY		ARTC	74.48
S. REID	M21	ARTC	78.47
K.MURPHY		TCD	79.43
R.CUSACK			79.46
F. GORMELY		TCD	79.47
K. FOLEY		TCD	86.23
T. BUTLER	W16	3ROC	89.58
M. DONLON	M12	3ROC	93.50

WHITE COURSE

O'BOYLE FAMILY	M4,M5,M	CNO	49.40

Results of 3ROC Christmas Score Event, Three Rock Wood, Co. Dublin, 26 December 1995.

		Club	Class	Points	Penalty	Bonus	Final Score
1	Doherty, G	GEN	M21	710	70	40	680
2	Gargan, P	AJAX	M40	760	80		680
3	McCullough, J	3ROC	M40	770	110		660
4	Flynn, M	CORKO	M21	740	90		650
5	Bell, B	GEN	M45	660	20		640
6	Brady, G	CORKO	M40	670	50		620
7	Macneill, I	3ROC	M40	630	10		620
8	O'Hara, M	AJAX	M21	630	50		580
9	O'Sullivan, E	SET	M21	580			580
10	Weston, D	SET	M21	610	30		580
11	Butler, P	3ROC	M45	560	40	40	560
12	McCormack, P	GEN	M21	550			550
13	C-Crawford, N	3ROC	M50	540	20		520
14	O'Suilleabhain, E	3ROC	M45	520			520
15	C-Crawford, L	3ROC	M15	530	20		510
16	O'Cleirigh, A	CNOC	M35	530	30		500
17	Elliot, G	3ROC	M21	490			490
18	McDonald, K	AJAX	M40	500	10		490
19	Roe, L	3ROC	M45	490			490
20	Deasy, D		M35	500	20		480
21	Tottenham, T	3ROC	M17	560	80		480
22	McCormack, T	GEN		480	10		470
23	Nolan, P	GEN	M21	470			470
24	O'Mullane, A	GEN		470			470
25	de Lacy, J	AJAX	M40	500	40		460
26	NiSuilleabhain, A	3ROC	W45	560	100		460
27	O'Neill, E	W14	3ROC	500	40		460
28	Smyth, P		M21	470	10		460
29	Bell, J	GEN	M18	450			450
30	Dunne, E	3ROC	M21	490	40		450
31	Lalor, J	GEN	M40	430		10	440
32	Fitzsimons, J	3ROC	M45	440	10		430
33	Watt, J	GEN	W40	510	80		430
34	Callery, T	AJAX	M21	420			420
35	Kearney, J	3ROC	M35	480	60		420
36	Murray, C	GEN	M19	500	80		420
37	O'Moore, G			380		40	420
38	Lynam, R	CNOC	W40	450	40		410
39	McCormack, W			410			410
40	Murray, Tom	UCDO	M21	530	120		410
41	Ponsietta & Donsietta	GEN	N1	510	130	30	410
42	Walsh, S.	SET	M21	810	400		410
43	Doorly, Stephen		M21	410	10		400
44	McDonagh, C.		M21	410	10		400
45	O'Colmain, D	GEN	M45	400	40	40	400
46	Walsh, Maire	3ROC	W45	400			400
47	Tottenham, Alison	3ROC	W40	390			390
48	Dempsey		W	380			380
49	Kelly, Moira			380			380
50	Leonard, Jeremy	3ROC	M21	400	20		380
51	Brennan, Michael		M17	380	10		370
52	Wall, David		M17	380	10		370
53	Flanagan, David			380	20		360
54	Hollinshead, Brian	3ROC	M55	320		40	360
55	McCormack, S.	GEN	W18	380	30		350
56	O'Connor, B.	AJAX	M21	350			350
57	Murray, D.		M21	360	30		330
58	O'Hara, Liam	AJAX	M16	360	30		330
59	O'Hara, P.	AJAX	M15	360	30		330
60	Walsh, Claire	3ROC	W50	380	50		330
61	Smyth, David	FIN	M21	340	20		320
62	McCormack, A.	GEN	W45	380	70		310
63	Ryan, Joseph	3ROC	M18	400	90		310
64	Jones, E.	FINGAL	W21	300			300
65	O'hAlmhain, L.	SET	M16	510	220		290
66	Watt, David	GEN	M50	290			290
67	Doherty, Brendan	GEN		340	60		280
68	Phillips, Nina	3ROC	W21	300	20		280
69	Brazil, F			320	50		270
70	Hudson, T.			290	20		270
71	Walsh, Eileer			320	50		270
72	Donlon, Pat	3ROC	M40	300	40		260
73	O'Neill, Peter	M50	3ROC	340	80		260
74	Bell, A	GEN	M12	250			250
75	Galligan, M			250			250
76	Leonard, Dominic	DUO	M20	240			240
77	Bartlett, Penny		W21	230			230
78	Donlon, Mark	3ROC	M13	230			230
79	Finegan, Glen		M21	250	20		230
80	Norton, R.	3ROC	M55	260	30		230
81	O'Briain, E.	FINGAL	M50	230			230
82	Hughes, J.	CNOC	M50	330	110		220
83	Murphy, Anne			240	20		220
84	O'Briain, F.	FINGAL	M25	220			220
85	O'Neill, Charlie	GEN	M40	270	50		220
86	Power, Brian	SET	M45	220			220
87	Dolan, B		M21	280	70		210
88	Rodriguez, Liisa		W21	270	60		210
89	Berman, O		M21	220	20		200
90	Chambers, C.			460	260		200
91	Hughes, K.	CNOC	M21	200			200
92	Donlon, Edel	3ROC	W11	190			190
93	English, G		M15	380	200		180
94	McKay, Peter	ORC	M19	290	110		180
95	Murray, Kevin	GEN		290	110		180
96	Saundos, Colm			290	110		180
97	Walsh, P.	SET	M60	180			180
98	Carson/Noltes			250	90		160
99	Hamilton, N.			170	10		160
100	Nichol, Deirdre	FIN	W21	220	60		160
101	Rodriguez, Sandra		W21	220	60		160
102	Smyth, Emer		W21	220	60		160
103	Bonar Law, R			180	30		150
104	Gallbraith, A.			300	150		150
105	Griffith, Mandy		W50	130		20	150
106	Murphy, Deirdre & Philip			160	10		150
107	Porter, G.	GEN		300	150		150
108	Short, Don	CNOC	M35	240	90		150
109	O'Mara, C.	3ROC	M35	180	40		140
110	Hoare, Jim			220	90		130
111	Rothery, S.	3ROC	M65	140	10		130
112	O'Mara			110			110
113	McCan, Alice		W	170	70		100
114	O'Colmain, M.	GEN	W40	120	20		100
115	English, M		M19	300	210		90
116	Naughton, L.	W40	3ROC	90			90
117	Dillon, David			160	80		80
118	Lawlor, B.			390	310		80
119	Walsh, Conal & Niall	3ROC	M14	80			80
120	Greene, B.	3ROC	M15	290	220		70
121	Lalor, Nora & Niamh	GEN		70	10	10	70
122	Flynn, Mary		W35	80	20		60
123	Mongomory			130	70		60
124	O'Brien, Derek			150	90		60
125	Hogan, E.			140	90		50
126	O'Hara, Michael	AJAX	M10	50			50
127	Bishop, Orla			110	70		40
128	de Balla, Bairbre			110	70		40
129	Grogan, Kevin	CNOC	M40	530	490		40
130	Magee, Aine			110	70		40
131	McCan, Alice & David			110	70		40
132	Quinn, Andrew	3ROC	M18			40	40
133	Nagle, D	3ROC	W40	80	50		30
134	O'Connell, Charlie	MSB	M21	110	100		10
135	O'Driscoll, Jean		W40	420	410		10
136	Ennis x 3		3ROC	170	190	10	-10
137	Hutchinson, N.		W21	140	160		-20
138	Dempsey, Peader	GEN	M55	100	180	40	-40
139	Murphy, S & B			210	340		-130
140	Ryan, Darren			210	340		-130
141	Murtagh, Vera		W55	220	370		-150
142	Doyle, Des			90	450		-360
143	Donegan, Rory			470	1000		-530

RESULTS NEWBRIDGE HOUSE 21ST JANUARY 1996

A course

1	B. O Brien	33.19
2	P. Nolan	34.59
3	J. McCullough	40.48
4	I. McFall	41.46
5	J. Keating	42.47
6	K. Casey	44.26
7	C. McDonagh	45.00
8	M. Deasy	45.03
9	N. Philips	45.59
10	N. C-Crawford	48.37
11	J. Fitzsimons	49.40
12	G. Butler	49.45
13	M. Flynn	50.05
14	E. OSuilleabhain	51.07
15	D.O Donghaile	51.20
16	E. McGinley	51.36
17	J. Watt	51.56
18	D. Brooks	52.03
19	J. Lalor	52.05
20	D. O Murchu	53.04
21	J. O Neill	53.18
22	E. O Shea	53.32
23	T. McCormack	54.22
24	P. McNamara	54.41
25	G. Elliott	55.15
26	C.O Donoghue	55.58
27	C. Burns	57.39
28	K. Kellett	58.44
29	B. Hollinshead	59.03
30	S. Murray	60.25
31	M. Healy	60.56
32	E. O Briain	61.32
33	D. Short	62.24
34	N. Butterfield	65.25
35	A.Tottenham	69.53
36	D. Watt	70.27
37	A. Ayling	71.51
38	A.Ui Shuilleabhain	73.25
39	D. McTague	76.01
40	M. Butler	95.57
41	B. Jones	99.27
42	R. Wall	104.48
43	R. Lyons	104.48
	R. Lynam	DNF

B course

1	D. Vincent	41.55
2	D. Healy	42.48
3	S. Healy	43.48
4	M. O Rourke	45.27
5	T. O Malley	45.52
6	D. Nagle	45.54
7	A.B.L.	48.30
8.	I. Coghlan	49.18
9	S. McCormack	51.28
10	N. Lalor	51.53
11	H. White	53.08
12	A. Murphy	53.45
13	F.O Neill	57.56
14	WJ O Neill	66.16
15	N. King	66.56
16	R. Browne	67.12
17	P. McCormack	68.13
18	B. King	68.22
19	T. Flynn	69.10
20	M. Flynn	70.11
21	E. Delahunty	71.57
22	F. Connolly	72.43
23	A. Keogh	72.46
24	R. Fisher	82.16
25	K. Foley	82.53
26	J & T Butler	88.14
27	J. Mullen	98.00
	W. Kelly	DNF

C Course

1	J. Corrie	36.02
2	E. Shaw	45.45
3	P. Durkin	48.40
4	E. O Reilly	53.00
5	C. Smith	54.00
6	Murphy	55.50
7.	L. Smith	55.00
8	S. Reilly	56.00
9	N. Lalor	56.00
10	K. Reilly	56.00
11	No name	56.10
12	R. McDonald	57.00
13	Murphy	57.14
14	M. McDonald	57.20
15	no name	57.52
16	Murphy	57.52
17	F. O Reilly	62.00
18	C. O hEafa	68.13
19	D. O hEafa	71.46
	A.S. A. MacNeill	DNF
	J. Sweeney	DNF

ENJOY A SUMMER'S EVENING IN THE GREAT OUTDOORS

The 6th annual CNOC Summer Festival of Orienteering starts at Donadea on Tuesday May 14th and continues every Tuesday at the Curragh, Woodenboley, Donadea, Curragh and Hollywood until 18th June.

Start times are from 6 to 7 pm and two fast, not too technical courses will be available: **A course** (6-7 km) aimed at M/W 20+, 40+; **B course** (3-4 km) aimed at M/W 18-, 14-, 50+. The organisers hope to have a short string course for children at each event.

A league will run for the first 5 events (best 3 to count). Prizes in ten categories will be awarded at the barbecue at the Hollywood event on 18th June.

Results of 3ROC night event, 3 February 1996, Phoenix Park, Dublin.

A course 8.9 km

1	Martin Flynn	Cork O	M21	54.50
2	Paul Smyth		M21	60.22
3	Nigel & Luke Campbel-Crawford	3ROC	M50/15	62.29
4	Philip Brennan	SET	M21	66.05

B course 5.8 km

1	Tom Condon	CNOC	M40	43.49
2	Philip Butler	3ROC	M45	47.44
3	Patrick Leddy	CDAC	M21	48.05
4	Harold White	3ROC	M50	49.28
5	Niall Smyth	FIN		49.37
6	Eoghan OS illeabh in	3ROC	M50	51.35
7	Don Short	CNOC	M35	54.22
9	Aine n Sh illeabh in	3ROC	W45	54.26
10	Michael & Gerard Butler	3ROC	M16/55	55.30
11	Brian Hollinshead	3ROC	M55	55.57
12	Jim Barrett & Helene McInerney		CNOC	57.34
13	Ailbhe Creedon	CorkO	W21	61.31
14	Kevin Murray & Paul Dodd	GEN	M35	68.25

C course 4.7 km

1	Gavan Doherty	GEN	M21	27.50
2	Deirdre Nagle	3ROC	W45	43.44
3	Frank Connolly	11S&T		49.55
4	Jeremy & Dominic Leonard	3ROC	M21	52.07
5	F. McHugh	FIN		60.13
6	B. & F. O Neill	SET		69.48
7	Edel & Pat Donlon	3ROC		71.10
	2 DNF.			

There was a full moon all right, but it didn t really come into its own until about 9 pm by which time we were ready to go home.

Results of 3ROC event, Phoenix Park, Sunday 4th February 1996

60 minute Score Event

(Max points 540, penalty 10 points/min. late, bonus 10 points/ min. early with all controls)

1	Adrian Tucker	Garda	M35	540+30=	570
2	Gavan Doherty	GEN	M21	540-100=	440
3	Brian Bell	GEN	M40	420	420
4	Joe Lalor	GEN	M40	400	400
5	Brendan McGrath	3ROC	M45	360	360
6	David Brooks	3ROC	M55	370-20=	350
7	Ruth Lynam	CNOC	W40	350	350
8	Aine n Sh illeabh in	3ROC	W45	350-10=	340
9	Deirdre Nagle	3ROC	W45	330	330
	S. Murray	SET	M45	330	330
	Harold White	3ROC	M50	330	330
	Forsyth				330
13	Eoin Dunne	3ROC	M21	350-30=	320
14	Pat Donlon	3ROC	M40	310	310
15	Brian Hollinshead	3ROC	M55	290	290
16	Don Short	CNOC	M40	370-100=	270
	David Watt	GEN	M50	280-10=	270
18	F.Drumm	FIN	W21	220	220
19	Brendan Doherty	GEN	M50	490-320=	170
20	Lillian Quill	FIN	W45	130	130

White course 3.1 km

1	D. Healy	GEN	M14	21.40
2	S. Hennessy & A. Kelly	CE	M16	26.39
3	C. Scolard	CE	M13	34.51
4	McGlinchey		14	36.27
5	L.& M. McKeon	FIN		39.43
6	C. Vaughan & S. Kelly	CE	M16	42.14
7	N. Murphy	CNOC		43.26
8	M. Mullett	CE		43.29
9	E. Young & N. Gartland	CE	M14	45.20
10	M. Leonard & S. Collins	CE	M13	45.50
11	S. O Shea	CE	M13	46.24
12	A. Bell	GEN	M12	48.01
13	J. McInerney	CE	M13	49.15
14	S. Keegan	CE	M13	50.57
15	M. Kelly	CE	M13	54.12
7	DNF.			

Loop A+B+C=14.0 km

1	B. O Brien	AJAX	M21	68.13
2	A. Tyner	3ROC	M21	68.40
3	D. Reidy	AJAX	M40	70.39
4	I. MacNeill	3ROC	M40	88.25
5	J. Watt	GEN	W45	92.39
6	G. Butler	3ROC	M16	114.48
7	E. OBriain	FIN	M50	119.52

Loop A+B=10.4 km

1	B. Delaney	CNOC	M21	51.04
2	W. Young	M40	CNOC	52.28
3	P. Jones		M18	54.48
4	M. Mangan	SET	M35	61.42
5	K. Carey	3ROC	M35	62.30
6	D.OColm in	GEN	M45	66.52
7	P. Lalor	CNOC	M50	75.52
8	A. Butterfield	GEN	M35	83.22
9	M. Butler	3ROC	M55	87.53

Loop A+C=9.3 km

1	M. Healy	GEN	W40	61.06
2	R. Garrett	3ROC	M45	65.23
3	A. Tottenham	3ROC	W45	86.16
4	G. Bryan		M16	98.06

Loop B+C=8.3 km

1	D. McTague		M21	51.20
2	No name			55.54
3	D.OMurch	CNOC	M45	60.58
4	P. Butler	3ROC	M45	62.39
5	F.McCormack	CNOC	M55	63.38

Loop A=5.7 km

1	E. O Shea	GEN	M35	30.16
2	B. Condon	GEN	M21	32.43
3	C. Burns		M21	34.48
4	T. McCormack	GEN	M40	35.27
5	J. Fitzsimons	3ROC	M45	38.58
6	G. Condon	GEN	M50	40.44
7	P. Dunne	PXN	M35	41.06
8	W. McCormack	GEN		42.45
9	M. Galligan			43.00
10	D. Kennedy & C. Quinn	Garda		43.24
11	J. Atkinson	SET	W21	46.18
12	A. Brady			49.06
13	C. Walsh	3ROC	W50	49.37
14	M. Aldridge	Garda	W21	55.11
15	M. OColm in	GEN	W40	55.15
16	N. Hutchinson	3ROC	W21	55.38
17	Clonan x5			59.41
18	M. Drew	Garda	M21	60.28
19	E. Murphy, Colm, D. Douglas I. Greer, & S. Earley			64.58
20	M, E, S Carey	3ROC		73.56
	J. O Neill	FIN	missing no 10	
	M.O Shea		missing no 7,9	
	V. Delaney	GEN	missing no 6	
Gaughan, V.Smallhorne, B. Yule & B.Sharkey			no start times.	

Loop B=4.7 km

1	O. Brogan		M35	27.38
2	E. OS illeabh in	3ROC	M50	28.29
3	P. Hall		M21	31.51
4	F. O Hanlon	AJAX	W21	32.43
5	F. O Sullivan			33.08

6	D. Keating			40.00
7	N. Lalor	GEN	W40	42.39
8	R. Shaw	ECO		43.04
9	L. Byrne & O Reilly	ECO		44.08
10	M. Donlon	3ROC	M13	45.09
11	M. Ball, G. O Reilly, B. Breslin	ECO		47.53
12	A. Keogh	ECO		49.04
13	J. Fitzgerald & N. Turner	3ROC		49.24
14	EF. O Neill	SET	W45	49.42
15	CFCA			50.10
16	I. Conlon			51.22
17	C. Carroll	3ROC	M60	52.41
18	K. Connolly			52.56
19	Reilly			52.57
20	W. Eastwood			53.27
21	W.J. O Neill;	SET	M50	54.14
22	Coates			54.47
23	C. Stokes & Lucy			55.10
24	M & I. Gunn			64.49
25	M. Brennan, B. O Reilly & Dermot ...			65.11
26	E. Donlon & A-M. O Riordan	3ROC	W11/13	69.10
27	J. Mullen	3ROC	W60	88.08
28	T. Butler	3ROC	W50	91.35
	2 DNF			

Loop C=3.6 km

1	A. Joyce	GEN	W21	52.33
2	G. Fitzgerald	3ROC		57.00
3	S. Dempsey			59.16
4	S. Ryan			62.00
5	L. Smyth & A. Dunne			62.29
6	M. Carroll			64.00
7	N. Donoghue			65.22
8	F. Raymond			66.01
9	A. Nolan	DLSO	M14	66.48
10	N. Lalor	GEN	W12	72.51
11	Carlos family			74.33
12	C. Smith			74.48
13	O Reilly family			75.06
14	E. Fitzsimons	3ROC	W9	75.48
15	Kenny			82.06
16	H. Duggan, M. & A.Walsh			82.23
17	A. Brogan			85.15
18	Murray family			102.25
	P. Cullen and M. Kelly missing 6 & 7			

I hope you all enjoyed the format of the event, and all done with less than 30 controls! Thanks (in alphabetical order) to Judith & Philip Butler, Nigel Campbell-Crawford, Brian Hollinshead, Ian MacNeill, Jean Mullen, Lindie Naughton, for helping on Saturday night and/or Sunday.
John McCullough.

Results of Three Rock, 26 December 1995, continued.

Wayfarers

1	Dowling, Anne Marie		W21	27:07
2	Clarke, R		M40	27:40
3	Clarke, A.		W40	27:40
4	O'H..., Liam			30:30
5	Callery, G.		M16	35:26
6	Creagh, Lucy	3ROC	W	35:26
7	McCormack, Ted	GEN	M9	36:29
8	Kearney, Aisling	3ROC		37:35
9	Kearney, Ian	3ROC		37:35
10	Roebuck	3ROC		45:38
11	Murray, Colin			47:24
12	Mullen, Jean	3ROC	W60	49:07
13	O'Neafa, Ciaran			54:07
14	O'Neafa, Dara			55:02
Bells, The		GEN	M8/W	DNF

Congratulations to all who overcame the icy entrance and the traffic chaos to participate, planner Una Creagh, controller Justin May and organiser Monica Nowlan.

Connaught Ch[illegible]ionships 1996
Clonbrock, Ahascragh, Co. Galway
25 February 1996.

M21 L		11.9 Km		No Climb
Martin Flynn		Cork O	94.57	1
John O Donovan		BVOC	109.30	2
Pat O Donovan		BVOC	110.53	3
Dave Weston		SET	111.51	4
Gerry Barbour		Ferm O	141.31	5
Paul Van Kampen		UCDO	163.39	6
Jim Dillon		Misc	dnf	
Stephen O Mahony		Misc	dnf	
Jerry Mc Cabe		Misc	disq	
M21 E		11.9 Km		No Climb
John Casey		UCCO	75.03	1
Aonghus O Cleirigh		CNOC	79.15	2
Fredrik Sturesson		UCDO	79.30	3
S.Linton		NWOC	79.45	4
Brendan O Brien		Ajax	80.57	5
Brendan Delaney		CNOC	84.23	6
Stephen Wilson		LVO	88.09	7
Andreas Maltig		UCDO	89.02	8
Paul Nolan		GEN	95.09	9
Lars Samuelsson		UCDO	98.59	10
Patrick Casey		UCDO	107.40	11
John Feehan		BVOC	Mdwo	
Colm Rothery		Ajax	disq	
M21 S		7.5 Km		No Climb
Mark O Neill		UCDO	64.29	1
Leo Donovan		Ajax	69.29	2
Colin Burns		Ajax	75.01	3
Andrew O Mullane		GEN	75.05	4
Richard Kavanagh		Cork O	79.46	5
Philip Brennan		SET	80.00	6
Justin Keatinge		Ajax	80.48	7
C. Reid		NWOC	86.19	8
Alan Ayling		Misc	95.21	9
David Heale		3ROC	116.54	10
David Duffy		Misc	151.51	11
P.Hehir		PxN	disq	
M20 -				No Climb
Conor Creedon		CORKO	59.48	1
Patrick Feehan		BVOC	66.41	2
Trevor Slattery		CNOC	79.23	3
Michael Jennings		CNOC	102.02	4
Darrire Osbourne		PxN	117.46	5
Martin Mahoney		ARTC O	118.31	6
Kevin Hurley		ARTC O	142.34	7
Ciaran Murphy		ARTC O	dnf	
Michael O Sullivan		ARTC O	dnf	
M18 -		7.5 Km		No Climb
G.Smythe		NWOC	68.24	1
Che Finlay		Ferm O	80.46	2
Gerard McGowan		16 Bn	150.10	3
Mark Carne		16 Bn	disq	
Frank Kane		16 Bn	disq	
M16 -		5.1 Km		No Climb
A.Bogle		NWOC	36.29	1
Zoltan Foley Fisher		PxN	38.38	2
Luke C- Crawford		3ROC	39.01	3
Gerard Butler		3ROC	40.13	4
David Carter		Cork O	70.07	5
Aidan Stennett		Ferm O	disq	
M14 -		3.3 Km		No Climb
Jonathan Lucey		BOC	28.00	1
David Healy		GEN	32.41	2
Rory Finlay		Ferm O	35.00	3
Nathan Foley Fisher		Pi[illegible]	45.39	4
Kevin Houlihan		Cor[illegible]	46.32	5
P.McGahon		NWOC	49.27	6
Rory Sheridan		PxN	67.10	7
Timothy Feehan		BVOC	disq	
M12 -		1.5 Km		No Climb
Tom Cotter		BOC	11.31	1
Alan Bell		GEN	12.56	2
Mark O Donovan		Cork O	102.58	3
M10 -		1.5 Km		No Climb
Christian Foley Fisher		PxN	27.10	1
M35				No Climb
Ronald Patterson		Ferm O	63.49	1
Pat Spillane		CNOC	71.17	2
Eugene Sheridan		PxN	78.09	3
John Muldowney		PxN	86.00	4
Tim Morrissey		Cork O	86.20	5
Frank Stam		Cork O	96.03	6
Sean Sullivan		Misc	96.21	7
Kevin McGarry		Ferm O	139.05	8
M40		7.5 Km		No Climb
Kevin O Dwyer		S O	53.57	1
John McCullough		3ROC	55.27	2
Denis Reidy		Ajax	57.42	3
David O Donovan		Cork O	64.33	4
Ted Lucey		BOC	70.35	5
Kieran McDonald		Ajax	72.18	6
Brian Bell		GEN	72.28	7
Clive Majury		LVO	78.26	8
Tom Condon		CNOC	84.10	9
Val Jones		Cork O	85.39	10
Joe Lalor		GEN	104.38	11
Rick Austin		Cork O	118.41	12
M45		5.4 Km		No Climb
Bill Simpson		LVO	52.52	1
Raymond Finlay		Ferm O	53.38	2
John de Lacy		Ajax	57.24	3
Billy O Neill		CNOC	59.03	4
Jim Fallis		Ferm O	59.21	5
Ian MacNeill		3ROC	61.28	6
Bob Pinker		Cork O	62.08	7
T.McCormack		GEN	64.39	8
Nigel Foley Fisher		PxN	82.30	9
Philip Butler		3ROC	82.48	10
Dermot Cronin		Cork O	86.47	11
M50		5.4 km		No Climb
Bernard Creedon		Cork O	48.29	1
Ernie Wilson		LVO	51.30	2
Nigel C-Crawford		3ROC	53.20	3
Alan Gartside		LVO	56.00	4
Robert O Connor		Cork O	56.56	5
Frank McCormack		CNOC	58.00	6
Brendan Doherty		GEN	59.45	7
Ted Feehan		BVOC	60.31	8
Harold White		3ROC	62.54	9
Jonathan Isherwood		Ferm O	66.03	10
Eoghan O Suilleabhain		3ROC	74.57	11
M55		3.4 Km		No Climb
Maxwell Reed		Ferm O	38.28	1
Jerry Ryan		Cork O	42.42	2
N. Bogle		NWOC	54.26	3
Michael Butler		3ROC	66.50	4
David Brooks		3ROC	68.19	5
Michael Dooley		CNOC	68.53	6
M60		3.4 Km		No Climb
Jim Barrett		CNOC	43.43	1
William Regan		Ferm O	62.28	2
Con Carroll		3ROC	73.13	3
M65		3.4 Km		No Climb
Fred Cainan		Cork O	51.45	1
W21 E				No Climb
Eileen Loughman		CNOC	75.41	1
Emma Glanville		3ROC	80.47	2
Miriam Feehan		BVOC	84.19	3
Ailbhe Creedon		Cork O	86.41	4
Marguerite O Rourke		UCDO	94.04	5
Nina Philips		3ROC	101.12	6
W21 L				No Climb
Fiona O Hanlon		Ajax	121.17	1
W21 S		7.5 Km		No Climb
Miriam ni Choitir		Cork O	78.12	1
Amanda Bates		Misc	88.08	2
Breege Grennan		Misc	94.15	3
Mary Lynch		Misc	103.28	4
Margaret Creedon		Cork O	dnf	
Lineke Stam		Cork O	disq	
W20 -		6.1 Km		No Climb
Mary OConnor		Cork O	56.07	1
Toni O Donovan		Cork O	60.44	2
Maureen Dooley		CNOC	82.19	3
Emily Cronin		Cork O	89.38	4
Miriam Lennon		16 Bn	100.10	5
Sharon McManus		16 Bn	112.13	6
Sarah Kelly		ARTC O	139.04	7
Rita Dempsey		ARTC O	151.05	8
W18 -		5.1 Km		No Climb
Clare O Connor		Cork O	49.00	1
Anne Feehan		BVOC	54.44	2
Deirdre Creedon		Cork O	61.40	3
Nora Feehan		BVOC	66.14	4
Edel Cohen		16 Bn	112.28	5
Annie Hopkins		16 Bn	120.38	6
Joan Murphy		ARTC O	140.00	7
Michelle Flanagan		16 Bn	146.43	8
Yvonne Reidy		ARTC O	168.10	9
W16 -		5.1 Km		No Climb
Susan Healy		GEN	37.12	1
Aoife O Dwyer		Cork O	37.47	2
Sheila Feehan		BVOC	42.34	3
Aisling O Donovan		Cork O	51.42	4
B.Smythe		NWOC	51.45	5
Fionne Austin		Cork O	79.50	6
W14 -		3.3 Km		No Climb
Aislinn Austin		Cork O	38.28	1
Denise O Mahony		CNOC	50.37	2
Laura Cotter		BOC	58.24	3
Sheila Nowlan		3ROC	59.14	4
Sharon Lucey		BOC	70.20	5
Seanie McGarry		Ferm O	disq	
W12 -		1.5 Km		No Climb
Niamh Morrissey		Cork O	11.45	1
Niamh Lalor		GEN	15.59	2
Amy Houlihan		Cork O	18.33	3
Roisin Sheridan		PxN	22.11	4
June O Neill		CNOC	34.27	5
W10 -		1.5 Km		No Climb
Erinna Foley Fisher		PxN	25.00	1
Deirdre Bell		GEN	31.57	2
Claire O Neill		CNOC	35.46	3
W35		7.5 Km		No Climb
Helene Mac Inerney		CNOC	77.31	1

W40	5.4 Km		No Climb
Mary Healy	GEN	51.15	1
Jane Watt	GEN	52.09	2
Ruth Lynam	CNOC	59.04	3
Ann Savage	LVO	63.48	4
Mary Austin	Cork O	76.29	5
Heather Majury	LVO	78.38	6
Barbara Foley Fisher	PxN	85.42	7
Nora Lalor	GEN	106.02	8
Annamarie Lucey	BOC	123.45	9

W45	5.4 Km		No Climb
Teresa Finlay	Ferm O	54.16	1
Monica Nowlan	3ROC	62.11	2
W.McCormack	GEN	63.17	3
Carmel Feehan	BVOC	64.22	4
Aine Ni Shuilleabhan	3ROC	66.40	5
Maura Walsh	3ROC	66.47	6
Jean O Neill	FIN	75.39	7
Judith Butler	3ROC	disq	

W50	3.4 Km		No Climb
Trina Cleary	3ROC	46.05	1
Breda O Donovan	Cork O	75.44	2
Antoinette Butler	3ROC	153.13	3

W60	3.4 Km		No Climb
Faith White	SET	71.10	1
Anne Casburn	PxN	104.24	2
Jean Mullen	3ROC	disq	

W21 Novice	3.3 Km		No Climb
Ros Houlihan	Cork O	52.33	1
Judith Murphy	ARTC O	69.56	2

M21 Novice	4.3 Km		No Climb
Derek Clarke	16 Bn	35.15	1
Pat Doorley	16 Bn	36.30	2
T.Mulrennan	19 Bn	37.25	3
H.Farrell	19 Bn	40.39	4
Padraic O Brien	16 Bn	41.05	5
Kevin Duffy	16 Bn	44.13	6
Barry Brill	16 Bn	50.50	7
D.Flynn	19 Bn	51.12	8
Martin Finan	16 Bn	52.10	9
Declan Mc Cann	16 Bn	53.44	10
P.Gilroy	19 Bn	53.52	11
John Cunnane	16 Bn	54.46	12
T.Gray	19 Bn	58.00	13
Mark King	ARTC O	61.39	14
D.McKenna	19 Bn	66.20	15
P.Kilmartin	19 Bn	81.32	16
A.Flynn	19 Bn	86.19	17
Paul Houlihan	Cork O	100.44	18

Results of 3ROC Leinster League Event, Three Rock Mountain, Co. Dublin, March 10th 1996.

Brown Course 7.7km. 315m.

1 A OCléirigh	M35	CNOC	53.14
2 B O'Brien	M21	AJAX	58.38
3 D Reidy	M40	AJAX	65.39
4 P Nolan	M21	GEN	65.41
5 J McCullough	M40	3ROC	66.59
6 G Brady	M40	CorkO	67.26
7 G Doherty	M21	GEN	71.55
8 A Tyner	M21	3ROC	72.09
9 P Spillane	M35	CNOC	74.15
10 M Flynn	M21	AJAX	74.36
11 P Gargan	M40	AJAX	76.26
12 K McDonald	M40	AJAX	77.14
13 B Bell	M40	GEN	77.35
14 M O'Keeffe	M21	FIN	81.38
15 S O'Boyle	M35	CNOC	83.01
16 P Brennan	M21	SET	88.06
17 P Smyth	M21	FUCCO	90.27
18 L Samuelsson		UCDO	93.28
19 D McTague			110.33
20 N Cormack	M21	CNOC	118.29
B Delaney		CNOC	D.N.F.

Blue Course 6.8km. 200m.

1 T Tottenham	M18	3ROC	61.47
2 F Lafferty	M35	FIN	65.45
3 W Young	M40	CNOC	68.01
4 J deLacy	M45	AJAX	70.09
5 A Tucker	M35	GardaO	70.15
6 I MacNeill	M45	3ROC	71.02
7 A O'Mullane	M21	GEN	71.19
8 T O'Keeffe	M35	CNOC	73.20
9 P Farrelly	M35	CNOC	74.44
10 E Glanville	W21	3ROC	77.32
11 N C-Crawford	M50	3ROC	80.19
12 J Lalor	M40	GEN	82.55
13 T McCormack	M40	GEN	87.50
14 R Lynam	W40	CNOC	89.21
15 N Phillips	W21	3ROC	93.25
16 D Heale	M21	3ROC	94.06
17 J Ryan	M18	DLSO	94.50
18 P Casey	M21	UCDO	96.51
19 M O'Rourke	W21	UCDO	96.56
20 H White	M50	3ROC	99.56
21 B Doherty	M50	GEN	101.07
22 D Short	M40	CNOC	101.17
23 E Dunne	M21	3ROC	105.27
24 A Tottenham	W45	3ROC	106.51
25 F O'Hanlon	W21	AJAX	110.17
26 D OColmáin	M45	GEN	113.37

Green Course 4.0km. 115m.

1 L C-Crawford	M16	3ROC	46.01
2 G Butler	M16	3ROC	46.19
3 J Colclough	M35	CNOC	46.57
4 A Quinn	M18	3ROC	47.41
5 S O'Neill	M19	SET	51.01
6 C Moynihan	M19		51.04
7 H McLindon	M21		51.48
8 B McGrath	M45	3ROC	51.53
9 M Nowlan	W45	3ROC	56.58
10 D Brooks	M55	3ROC	57.45
11 M Beary	M40	AJAX	61.08
12 A Ryan	M35	AJAX	61.52
13 D Wickham	M35	AJAX	62.03
14 A Ni Shúilleabháin	W45	3ROC	64.32
15 A B-Law	M60	GEN	65.12
16 S Murray	M45	SET	65.45
17 M McGeady	W21	3ROC	66.39
18 S Rothery	M65	3ROC	67.26
19 F McCormack	M55	CNOC	67.39
20 U Coghlan	W21	3ROC	68.01
21 B Hollinshead	M55	3ROC	70.42
22 W McCormack	W45	GEN	71.09
23 B Power	M45	SET	74.10
24 M Kellett	M55	GEN	75.49
25 T Gray	M16	3ROC	77.50
26 J Gray	M45	3ROC	77.51
27 J O'Neill	W50	FIN	79.09
28 M Butler	M55	3ROC	83.09

29 F O'Neill	W	SET	85.13
30 C Stokes			90.37
31 A Murphy	M21		96.43
32 G Codd	M21		96.53
33 J Hughes	M50	CNOC	105.59
34 W O'Neill	M50	SET	110.48
35 P Dempsey	M55	GEN	114.11
36 S Murray	W18	CDAC	130.28
37 D Gorman	M19	CDAC	130.29

Light Green Course 3.8km. 135m.

1 E O'Shea	M35	GEN	45.16
2 D Corrie	M35	FIN	58.26
3 M Kavanagh	M45		61.39
4 S Donovan	W19	CDAC	62.43
5 P Walsh	M60	SET	66.03
6 D Large	W55	GEN	70.08
7 R Shaw		11sat	74.07
8 B Clarke		11sat	74.27
9 Conlon		11sat	74.30
10 M Byrne			74.46
11 N Lalor	W40	GEN	77.13
12 P Donlon	M35	3ROC	77.33
13 E O'Neill	W16	3ROC	78.49
14 C Carey	W35	3ROC	80.16
15 G Collins	M19	COAC	80.08
16 W McCormack		11sat	86.00
17 J McGrath	M14	3ROC	89.11
18 C Carroll	M60	3ROC	92.52
19 A Murphy	M10		96.54
20 G FitzGerald		3ROC	102.15
21 J FitzGerald		3ROC	103.48
22 N Treskon		3ROC	103.49
23 C Walsh	W50	3ROC	106.49
24 Reilly & D. Keogh		11sat	112.55
25 Byrne		11sat	112.57
26 A Banks		Army	120.58
27 B Greene	M15	3ROC	132.30
28 V Murtagh	W55	3Roc	135.13
29 T Butler	W50	3ROC	215.34
M Murphy		CNOC	D.N.F.

Red Course 4.5km. 135m.

1 J FitzSimons	M45	3ROC	41.52
2 K Carey	M35	3ROC	44.02
3 D Clarke		FCA	44.58
4 K Murray	M35	GEN	47.45
5 E Doyle			48.09
6 A Witter		FCA	49.22
7 R Browne		FCA	49.53
8 M Boman	M21		51.07
9 M Came		FCA	51.50
10 B Lawlor	W21		54.07
11 S O'Shea		GEN	54.08
12 J Francis	M40		54.23
13 B Condon	M21	GEN	54.39
14 D McConn		FCA	57.10
15 S Healy	W16	GEN	58.29
16 J McCullagh	M21	3ROC	59.05
17 C Byrne		FCA	58.39
18 E O'Briain	M50	FIN	59.12
19 M Finan		FCA	60.06
20 S Phelan		11coe	60.29
21 D Cleary		11coe	62.23
22 K O'Duffy		FCA	62.44
23 M Lennon		FCA	63.36
24 J Cunnane		FCA	64.37
25 D Murphy		FCA	65.49
26 A Murly			70.28
27 T Culbert		11coe	75.43
28 D O'Brien	M16	DLSO	77.18
29 B Dunne		FCA	90.49
30 P O'Brien		FCA	92.30
31 D Cooley		FCA	115.33
32 M Kelly		GEN	127.11
33 N Hutchinson	W21	3ROC	132.18
34 J Doolan			166.19
35 M Reid		Slua	173.13
G McGowan, S McManus		FCA	D.N.F.

Orange Course 3.5km. 105m.

1 D Kennedy		WO	39.04
2 D Healy	M14	GEN	40.13
3 D Mahony	M20	CDAC	48.16
4 W Abbott		21bn	53.23
5 S Cahill	M18	21bn	54.01
6 K Lynch	M19	CDAC	54.02
7 E Keane	M19	CDAC	54.13
8 K Brennan		21bn	55.23
9 D Nagle	W45	3ROC	57.09
10 E Clonan	M35		57.19
11 F Flynn	W21	21bn	63.01
12 C Dookan			65.27
13 C Morrison	W12	AJAX	66.01
14 A Nolan	M14	DLSO	66.16
15 W Brady			66.32
16 S Nowlan	W14	3ROC	66.37
17 T Hood	W18	21bn	66.40
18 C Ryan	W18	21bn	67.01
19 T Keane	M35	GEN	69.03
20 Y Reidy		AJAX	69.49
21 E Kilmartin		16bn	71.37
22 G Flanagan		16bn	71.38
23 A Lynch	M16	DLSO	76.52
24 J Hazlett	W21	SET	82.07
25 Murphy Fam.			82.33
26 E Donlon	W11	3ROC	83.37
27 M Beary		AJAX	84.45
28 C Dempsey			90.07
29 C McGrath	W45	3ROC	92.33
30 F O'Briain	M21	FIN	99.08
31 P Dolan		16bn	101.33
32 B Redmond			107.16
33 N O'Dowd		21bn	107.36
34 L Bolger		16bn	150.34
35 M Flanagan		16bn	150.51
36 A Hopkins		16bn	160.51
37 A McManus		16bn	160.51
A Bell	M12	GEN	D.N.F.
N Doherty	W50	GEN	D.N.F.
G Forrest	W18		D.N.F.
E Kenny			D.N.F.
J Mullen	W60	3ROC	D.N.F.

Yellow Course 1.6km. 30m.

1 N O'Boyle	W12	CNOC	11.05
2 H Young	W12	CNOC	16.50
3 T McCormack	M10		18.20
4 J Walsh	M10	GEN	20.43
5 N Lalor	W12	GEN	22.17
6 L Perkins			25.59
7 T Lawlor	M21		28.08
8 P Larkin	M8	3ROC	31.13
9 O'Byrne Fam.			38.58
10 O'Byrne Fam.			39.04
11 O'Byrne Fam.			39.05
12 R Dorrepaal	M7		39.37
13 I Dorrepaal	W4		39.37
14 G Cormack	M2	CNOC	46.49
15 M Byrne			47.04
16 OLoinsigh Fam.		3ROC	56.36

White Course 1.2km. 30m.

1 F Colclough	W11	CNOC	18.25
2 D Bell	W10	GEN	20.35
3 R Short	M7	CNOC	31.02
4 S&S Colclough	M7/4	CNOC	39.12
5 H Nowlan	M10	3ROC	40.33
S Gleeson			D.N.F.
C Young	W9	CNOC	D.N.F.

ORIENTEERING FIXTURES

March

31	DOOHATTY GLEBE	Florencecourt, Co. Fermanagh. FermO. GR H 18 31.
31	DONADEA	Clane, Co. Kildare. CNOC local event. GR N 84 33.

April

5-8	JK 96	Jan Kjellstrom O-Festival, Newcastle-upon-Tyne area.
6-8	BALLYHOURA 3-DAY	Broadford & Kilfinane, Co. Limerick. BOC. Ted Lucey, Kilpadder, Dromahane, Mallow, Co. Cork. (022-47300).
8-12	Veterans' World Cup	Murcia, Spain
13	LAGAN VALLEY PARKS	Belfast. LVO Sprint-O 2.
14	DRUMLEAGH	Glen of Aherlow, Co. Tipperary. LeeO ML. GR R 87 25.
14	STRADBALLY	Co. Laois. CNOC Leinster League. GR S 59 95.
20	INTERPROVINCIAL CHAMPIONSHIPS	**Slieve Martin**, Rostrevor, Co. Down. LVO. GR J 19 18.
21	RAVEN'S ROCK	Glencullen, Co. Dublin. AJAX Leinster League. GR O 19 17.
21	THOMASTOWN	Kilfinnane, Co. Limerick. BOC. Munster League.
27	CAIRN WOOD	Dundonald, Co. Down. LVO Sprint-O 3. GR J 45 76.
28	CAHIR PARK WOOD	Cahir, Co. Tipperary. BOC event.
28	NECARNE	Irvinestown, Co. Fermanagh. FermO. GR H 23 57.
28	TROOPERSTOWN	Laragh, Co. Wicklow. GEN Leinster League. GR T 16 97.

May

4-5	IRISH CHAMPIONSHIPS	**Woodford** and **Portumna**, Co. Galway. Noel Donagh, Barrybeg House, Barrybeg , Athlone. 1st cd 5/4/96.
4-5	BRITISH CHAMPIONSHIPS	Oban, Scotland (IOF Elite event). BOC96, 21 Orchard Rd., Edinburgh EH4 2EP (0044-131-332-3045)
8	WORLD CUP 1	Nida, Lithuania (Classic).
11	NI RELAY CHAMPIONSHIPS	**Downhill**, Co. Derry. NWOC. GR C 75 36.
11-12	WORLD CUP 2 & 3	Césis, Latvia (Classic & Relay).
12	FLORENCECOURT	Co. Fermanagh. FermO Sunday league 4. GR H 17 33.
12	ROS AN CHRU NA LUA	Loo Bridge, Co. Kerry. Cork O Munster League. GR W 03 78.
12	DJOUCE WOODS	Co. Wicklow. SET Leinster League. GR O 21 11.
14	DONADEA	Clane, Co. Kildare. CNOC evening event. GR N 84 33.
18-19	Lowe Alpine Comeragh Challenge	, Clonmel, Co. Tipperary.
19	BOF National event 3	Dalegarth, Lake District. cd 22/4/96. Ph. 0044-17687-75033.
21	CURRAGH	Co. Kildare. CNOC evening event (6-7-pm). GR N 78 12.
25	BURREN	Co. Fermanagh. NI Series 3. FermO. GR H 09 37.
25	SCOTTISH CHAMPIONSHIPS	(IOF Elite event & NE4) South Achray. Ph 0044-141-942-9907.
25	LEINSTER CHAMPIONSHIPS	**Glendalough**, Co. Wicklow. 3ROC. Entry form enclosed.
26	LEINSTER RELAY CHAMPIONSHIPS	**Clara**, Co. Wicklow.
28	WOODENBOLEY	Hollywood Glen, Co. Wicklow. CNOC. (6-7-pm). GR N 93 10.

June

2	FLORENCECOURT	Co. Fermanagh. FermO Sunday league 5. GR H 17 33.
4	DONADEA	Clane, Co. Kildare. CNOC evening event. GR N 84 33.
8	TOLLYMORE	Newcastle, Co. Down. NI Series 4. LVO. GR J 35 32.
8-9	Senior Home International	Docharn & Deishar, Aviemore area, Scotland.
11	CURRAGH	Co. Kildare. CNOC evening event. GR N 78 12.
15	SPRINGWELL	Co. Derry. NWOC. NI Series 5. GR C 76 25.
18	HOLLYWOOD	Co. Wicklow. CNOC evening event & bbq. 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). Entry form enclosed. 1st cd 1/5/96

July

8-14	Junior World Championships	, Vilcea, Romania.
16-21	World Student Championships	, Veszprem, Hungary.
30	WORLD CUP 4	Göteborg, Sweden (Short distance)

August

3-4	WORLD CUP 5 & 6	Oslo, Norway (Classic & Relay).
4-10	Croeso '96	Welsh 6-Day event, Llanfair Caereinion.
17-19	WORLD CUP 7 & 8	Langnau, Switzerland. (Relay & Short distance).
21	WORLD CUP 9	Leuk, Switzerland (Classic).
24	WORLD CUP 10	Villard de Lans, France (Classic).
31	BOF National event	Peak District (IOF Elite event).

September

7	BINEVENAGH	Limavady, Co. Derry. NI Series 6. NWOC. GR C 69 30.
14	DRUMKEERAGH	Ballynahinch, Co. Down. LVO Sprint-O 4. GR J 32 47.
15	PHOENIX PARK	Dublin. 3ROC introductory event. GR O 09 34.
21-22	JUNIOR HOME INTERNATIONAL	Ambleside, Cumbria..
22	KILLINEY HILL	AJAX introductory event. GR O 26 25.
28	FLORENCECOURT	Co. Fermanagh. NI Series 7. FermO. GR H 17 33.
29	CARRICKGOLLOGAN	Shankill, Co. Dublin. GEN introductory event. GR O 22 20.

October

6	NECARNE	Irvinestown, Co. Fermanagh. FermO. GR H 23 57.
12	NI CHAMPIONSHIPS & VETERAN HOME INTERNATIONAL	**Slieve Croob**, Ballynahinch, Co. Down. LVO. GR J 32 47. Details later.
13	BELFIELD	Dublin. UCDO event. GR O 18 29.
13	CASTLEWELLAN	Co. Down. VHI Relays. GR J 32 37.
20	CARLINGFORD	Co. Louth. 3ROC Leinster League event.
20	FLORENCECOURT	Co. Fermanagh. FermO Sunday league 7. GR H 17 33.
26	ROSTREVOR	Co. Down. NI Series 8. LVO. GR J 19 18.
27	COMBAUN	nr. Mitchelstown, Co. Cork. LeeO event. GR R 81 18.

November

3	CRONYBYRNE	nr. Laragh,, Co. Wicklow. AJAX Leinster League. GR T 19 92.
3	FLORENCECOURT	Co. Fermanagh. FermO Sunday league 8. GR H 17 33.
9	DOOHATTY GLEBE	Co. Fermanagh. NI Series 9. FermO. GR H 18 31.
10	MULLAGHMEEN	Co. Westmeath, nr Oldcastle. SET L/League. GR N 47 78.
17	MUNSTER CHAMPIONSHIPS	**Knockanaffrin**, Co. Waterford. GR S 28 17.
17	BALLINASTOE	near Roundwood, Co. Wicklow. GEN L/League. GR O17 08.
23	CAIRN WOOD	Dundonald, Co. Down. LVO night event. GR J 45 76.
24	THREE ROCK MOUNTAIN	Dundrum, Co. Dublin. 3ROC event. GR O 17 23.

POINTS TO NOTE: All these events are open to the public. Major events usually require pre-entry but some entry on the day courses are normally available. Start times are generally between 11.00 and 1.00 pm.

Details, dates and venues can change so always check with the organisers, the IOA/NIOA hotlines or the newspapers if you are uncertain. This applies particularly to events in the distant future:...

GR=Ordnance Survey grid reference (explained on all OS maps). If a 6-figure grid reference is given it is for the car park or assembly area. If a 4-figure reference is given it is simply to help you find the competition area and it means that the event organisers have not supplied the information on exact location.

Latest IOA Fixtures Information on 01-4569099 (24 hours).
NIOA Fixtures Information on 0044-1399-873281 (24 hours).