the Irish Orienteer

No. 78 July - September 1996 IR£1.50

THE IRISH ORIENTEER USEFUL ADDRESS LIST

AJAX ORIENTEERS	John Maguire, 1 Avondale Mews, 19 Park Ave., Sandymount, Dublin 4 (01-2691196)
ATHLONE RTC ORIENTEERS	Nigel Foley-Fisher, RTC, Dublin Rd., Athlone, Co. Westmeath (0902-24465)
BISHOPSTOWN OC	Ted Lucey, Kilpadder, Dromahane, Mallow, Co. Cork (022-47300)
BLACKWATER VALLEY OC	Ellen Feehan, Scarteen Lower, Newmarket, Co. Cork.
CORK ORIENTEERS	Jim O'Donovan, Castletreasure, Carr's Hill, Douglas, Cork. (021-361544)
CURRAGH-NAAS ORIENTEERS	John Colclough, 28 The Village, Newbridge, Co. Kildare (045-432267)
DUBLIN UNIVERSITY ORIENTEERS	Niall Collum, Box 67, Regent House, TCD, Dublin 2.
FERMANAGH ORIENTEERS	Louise Brown, Gortatole, Florencecourt, Co. Fermanagh BT92 1ED.
FINGAL ORIENTEERS	Lillian Quill, 640 Collins Ave., Dublin 9 (01-8376506).
FORMER UCCO	Tony Joyce, Lindisfarne, Bishopstown, Cork (021-541246).
GALWAY RTC ORIENTEERS	The Secretary, P.E. Dept, RTC, Dublin Road, Galway (091-753829)
GARDA ORIENTEERS	Pat O'Brien, Garda College, Templemore, Co. Tipperary
GREAT EASTERN NAVIGATORS	Nora Lalor, 6 Knocksinna Grove, Foxrock, Dublin 18 (01-2893497)
KERRY ORIENTEERS	Rory Costello, 14 Manor Court, Manor Village, Tralee, Co. Kerry. (066-25532)
LAGAN VALLEY ORIENTEERS	Alan Gartside, 22 Ormiston Drive, Belfast BT4 3JS (08-01232-655065).
LEE ORIENTEERS	Clare Nuttall, 4 Upr. Panorama Tce., Sunday's Well, Cork (021-300373)
PHOENIX NAVIGATORS	Eugene Sheridan, 15 Mellows Park, Renmore, Galway (091-770244)
NORTH WEST OC	Maureen Loughery, 39 Moyola Ave., Castle Dawson, Co. Derry (08-01648-68602).
SETANTA ORIENTEERS	Jocelyn Cathalin, 36 Taney Road, Dundrum, Dublin 14 (01-2985799)
SOUTHERN ORIENTEERS	Kevin O'Dwyer, 2 Wellington Villas, Military Hill, Cork (021-506740)
THOMOND ORIENTEERS	Michael Meade, 7 Cedar Court, Kennedy Park, Limerick (0610412104)
THREE ROCK OC	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 August 31st; expected publication in late September.

Cover: Amy Houlihan (CorkO) with her 2nd prize in W12- from IOC 96.

CONTENTS

News	4
Breakthrough!	6
IOC '96 Report	8
IOF Congress Preview	10
IOA AGM Report	11
VWC 96 in Spain	12
Hill Training for O	14
Finding the Event	16
Leinster Champs 96	17
Coaching Corner	18
World Cup- Lithuania	20
New Technology	22
Medical Page	24
Mountain Running	25
Regional News	26
Map Memory	28
Results	29
Fixtures	38

PLEASE submit results and articles on 3 1/2 inch floppy disk from PC's or Macs. Microsoft Word is the handiest.

Results are published as received, the days of retyping are gone.

Printed reliably and quickly by Denton Print, Dundrum, Dublin 14 (01-2988944).

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

Annual subscription: IR£7.50 (six issues).

Thanks to all the contributors to this issue: Aonghus O'Cléirigh, Frank Ryan, to all the unsung heroes who give me bits and pieces and the the Editors of other O-magazines and newsletters.

The Irish Orienteer

No. 78 July-September 1996 ISSN 0790-1194

COMMITMENT

Remember Roddy Doyle's *The Commitments*? "The Irish are the blacks of Europe, the Dubliners are the blacks of Ireland and the Northsiders are the blacks of Dublin. So say it: I'm black and I'm proud". It's a bit like that with orienteers: When asked if you're involved in sport, don't just mumble "Oh, I do a bit of jogging". Say "Yes, I'm an orienteer".

How can we expect to be taken seriously if we don't take ourselves seriously? To attract sponsors, to get new people involved, to be able to hold our heads high in the sporting arena, we have to take ourselves seriously and too few do.

What we need is commitment from orienteers. It's a bit like religion, isn't it? Are you an orienteer for an hour or two on a Sunday or is it a way of life which influences all other facets of your existence? Orienteering needs people who are committed, who are orienteers every day. Not people who are obsessed, but who are prepared to do a little bit every day to help the sport along. To continue the religious analogy: look at Christianity for instance, how a dozen ordinary guys, enthusiasts, set out to transform the world and became a major force in society. We don't need to transform the world, just develop one small activity in our own country. Simple, isn't it?

One aspect of taking ourselves seriously is to have prestige competitions: national championships, regional championships, interprovincials. In recent times the old Grade 1 event has virtually vanished and the regional and particularly interprovincial championships have been poorly supported. What can we do? Our home based top orienteers no longer have courses of sufficient length and technical difficulty to allow them to prepare properly for international races abroad or even for Championships because all they get to run in is events with 60 minute winning times.

Lastly, we need to tackle the issue of fundraising seriously. Has anyone ever tried a scheme of Patrons who donate money to the cause and ask for nothing in return? Imagine 100 people donating £100 each per year (less than £2 per week): this would raise £10,000 a year. Just think what our international teams could do with that: the teams could be the best, not just those who can afford to pay for the privilege of representing Ireland.

FIXTURES CHAOS

Unfortunately in the last issue of TIO an incomplete fixtures list was included instead of the version which was supposed to be there. Most of the events missing from it were in the summer and autumn but a couple were sooner than that. I can only offer my apologies to the clubs concerned and assure them that it won't happen again.

NEW MAP GUIDE

Barry Dalby of EastWest Mapping has produced another excellent map guide, this one for the 70 km East Munster Way from Carrick on Suir to Clogheen in Co. Tipperary.

The Mapguide consists of a 1:50,000 scale map in sections, surveyed for the guide, and an accompanying booklet with details of flora, fauna, local history, accommodation and places of interest along the way. Even without the map, the guide book is an interesting read in itself.

The Guide is a companion volume for the Map Guides to the Wicklow Way, the South Leinster Way and the Blackwater Way.

The Map Guide is available (cost £4) from outdoor shops, bookshops or direct from EastWest Mapping, Ballyredmond, Clonegal, Enniscorthy, Co. Wexford (054-77835).

FORESTRY GRANTS

A £4.5 million grant scheme for amenity forestry was announced recently by Ivan Yates, Minister for Agriculture, Food and Forestry. The Urban Woodland Scheme will help local authorities to develop or establish woodlands with public recreational facilities and the Amenity Woodland Scheme will support the development of woodlands for a variety of leisure, sporting and recreational purposes ("... for example, equestrian activities, walking, rambling, orienteering and a variety of activity sports" says the press release).

One feature of the scheme is that access to the public generally or to specific groups must be provided for at least 90 days per year.

Perhaps this is the beginning of a recognition by the authorities that forests are much more than just a crop and that the amenity value of forestry is a major asset to any community, maybe equalling or even outweighing its commercial value - although the recent felling of much of Kilmashogue Wood in Co. Dublin (the first forest on the Wicklow Way) makes one wonder.

Further details of the schemes are available from The Forest Service, Dept. of Agriculture, Food & Forestry, Leeson Lane, Dublin 2 (01-6072000).

SCOTLAND IN '97

Details have been announced of the 1997 Scottish Six Day event, "Breadalbane '97", near Perth in August 1997. The event centre will be Aberfeldy, 45 minutes from Perth, and the areas to be used are Drummond Hill, Rannoch Forest, Leachdann Tom na Croich, Creag Vinean, Dunalastair and Birnam Hill.

Entry forms are available from Breadalbane '97, PO Box 14754, Alloa, Scotland, FK10 2ZO (or e-mail: sinclairs@msn.com).

SKI-O IN OLYMPICS?

Ski orienteering has now met the criteria required for inclusion in the winter Olympics, with 25 countries in 4 continents participating. The Japanese plan to include Ski-O as part of the "cultural programme" at the Nagano Olympics in 1998 and the IOF is working hard to get Ski-O in the official programme for the olympics in Salt Lake City, USA in 2002.

At the World Ski-O Championships at Lillehammer in Norway last February, Italian Nicolo Corradini retained his long distance title by just 11 seconds from Norway's Vidar Benjaminsen. The winning time was 105.00 for the 22 km course. In the short race (8.9 km)Sweden's Bjorn Lans beat Benjaminsen by 7 seconds. In the Womens' races, Annika Zell (SWE) won the 14 km long race and finished second in the 6.7 km short race, won by Finland's Arja Nuolioja.

ULSTER TAKE INTERPRO

The home team took the 1996 Interprovincial Championships at Slieve Martin in Co. Down on April 20th. The event was well planned and organised but poorly attended, with no representatives at all from Connaught or Munster. The final score was Ulster 211, Leinster 180.

At one time the InterPro was an event for which teams were selected, then it was changed to an event associated with a regional Championship but not requiring selected teams. This was based on the (apparently erroneous) assumption that the best orienteers would still attend the event and that it would be a prestige event. The past few years the event has fallen on hard times and it needs an injection of ... well, *something*. Maybe it's time to select teams again, or to re-include it with a Provincial Championships, but it can't go on declining the way it is. At present the home side have a big advantage, as Leinster showed last year and Ulster more recently. There are few enough events of any consequence in Ireland and we can't afford to lose another one.

RECORD ENTRY FOR SHAMROCK

With five hundred entries for the 1996 Shamrock O-Ringen, the event goes from strength to strength. With a (well deserved) reputation for friendliness, flexibility and good orienteering, the Shamrock is now in its 8th year and this year will attract about 350 orienteers from abroad, outnumbering the Irish by more than two to one. Isn't it extraordinary? Well done to Cork Orienteers, though - they have been the initiators and the mainstay of the event since 1989 in addition to running three Irish Championships in the same period and innumerable other events. Other clubs please copy.

1988 WORLD CUP ANNOUNCED

The details for the 1998 World Cup races have been published by the IOF, starting in Ireland and including the Swedish O-Ringen.

The programme is:

Events 1-4: May 22nd - June 1st Cork/Kerry and Lake District in England. One qualification race for classic distance, two classic distance races, one relay and one short distance race with a qualification race.

Event 5: Swedish 5-Day, 20-24 July, Gästrikland, Sweden.

Event 6: 13 Sept. Krakow, Poland, relay; 14th qualification race for classic;

Event 8: 18 Sept. Poprad, Slovakia: Classic distance.

Event 9. 20 Sept. Poprad, short qualification and final.

Event 10: 26 Sept. Vösu, relay; 28th classic qualifier.

Event 11: Vösu, Estonia. Classic race.

Event 12: 1 Oct. Häämenlinna, Finland. Short qualification & final.

Event 13: 3 Oct. Häämenlinna; Classic.

Event 7: Sept. 15, Krakow, Poland. Classic distance.

RADI-O

Dublin readers may be interested in a weekly radio programme which features outdoor activities like athletics, mountain racing, triathlon, hill walking and, of course, orienteering. "The Right Track" is on Thursdays from 8 pm to 9 pm on Anna Livia FM (103.4).

IOF TO MOVE

The International o-Federation has announced that its headquarters are to move from Sollentuna near Stockholm to Helsinki next January. The move follows the appointment of Finland's Barbro Rönnberg as IOF Secretary General, replacing Lennart Levin who retires in August. She has worked with the Finnish OF since 1983 as Information Officer, Head of Communications, Marketing Manager and finally secretary General in 1993.

GET FIT FOR O

A new book by Steve Bird, "Get Fit for Orienteering", has been published by Nonington Press, a joint venture with CompassSport. Steve is a lecturer in Sports Science and has represented England at orienteering. It's available from CompassSport Publications, 37 Sandycoombe Road, Twickenham, TW1 2LR, England, costs STG£9.95 plus P&P (£1.80) and is well worth reading. A full review will appear in the next issue.

SUMMER WALKS

Some of you may be interested in organised walks. This information was pirated unasamedly from Irish Mountain Log.

3/8 Benbulben Challenge (Michael Mulligan 071-41267)

10/8 Mourne Seven Sevens (08-01247-465121)

31/8 Burren Walk (Alan Shaw 061-343959)

14/9 Glover Highlander (Alan Tees 08-01504-810834).
Irish Mountain Log, the quarterly magazine of the Mountaineering Council of Ireland, is about to go from A5 (the same as TIO) to A4 format (twice the size). The circulation, though, is about five times greater than TIO: every member of an affiliated club gets a copy.

BALLYHOURA 3-DAY

Thanks to Sean Cotter for a report on the Ballyhoura 3-Day at Easter. Unfortunately the computer disk just produced gibberish when I tried to download it. Perhaps next time we'll get it sorted out.

SETANTA MOUNTAIN MARATHON

Back again folks ... this year's event will take place on Sunday 28th July. Starts between 11 am and 1 pm. Usual format i.e. long distance orienteering. Start is at the Shay Elliot Monument which is on the Military Road running roughly southwest out of Laragh towards the southeastern end of Glenmalure and Aghavannagh. Map reference : T129 921.

BREAKTHROUGH!

Aonghus O Cleirigh CNOC

Congratulations ...

To Una Creagh for her terrific victory in the British Championships, a first for Irish Orienteering. This landmark result must be rated as one of the finest performances ever achieved by an Irish orienteer. Una leads the new breed of Irish elite who started their orienteering in Ireland, moved to Britain in their late teens/ early twenties and continued their development there.

This breakthrough is significant for the following reasons. A nation's standing in the eyes of the international orienteering community is largely determined by the finishing positions of its elite athletes in important races. An important race is one in which a considerable number of world-class athletes compete seriously to win. The British Championships is such a race and the standing of Irish orienteering has been raised by Una's victory. This result has significance also for the inspiration it gives to all Irish orienteers, and especially to our representative athletes - senior, junior and veteran.

Many years striving for orienteering excellence is required before this standard can be reached. Una has been very close for a quite a while now. Her success is deserved. It's a victory which makes you proud to be associated with Irish orienteering.

Congratulations are also due to Jean O'Neill, winner of the W50L competition at the JK, the first Irish woman ever to achieve victory in the most competitive class of her age category at this event. In the past Jean has represented Ireland internationally at senior level in middle-distance track racing, and continues to represent Ireland as a veteran both in orienteering and in track .

On the domestic front congratulations to both Colm Rothery and Eileen Loughman on winning their first National Individual titles. It was a double victory for Eileen who also led the CNOC women's team to its first Irish Relay victory. Colm, who is the same age as myself to the day, is the first M35 to win the Elite title. (He beat me to it.) Maybe we can work a trend here ...

***"There's much more to Orienteering than winning the World Championships"* ... Is John McCullough right?**

I enjoyed John's rapturous reminiscences in his last editorial. I recall racing in Grindelwald myself, the staple diet of chicken-and-chips available in the beer-hall every evening, and the very un-Swiss riot at the end of the week, after which Pat Healy assisted the local Gestapo with their enquiries. Imprinted indelibly on my brain, though, is the memory of camping in a mud-bath that week in monsoon conditions, and getting up before four o'clock one morning while it was still pitch-dark, eating a breakfast of Alpen mixed with hot water, and making three transport connections to the far side of Switzerland, so that we might make our eight o'clock starts on time! What's worse ... we called that fun!... But I digress ...

For the majority of orienteers, John's sentiment that there is somewhat more to orienteering than winning the World Championships, is probably accurate, but for a tiny minority, winning the World Championships, or to be more precise, the dream of winning the World Championships, is what the sport is all about. This dream makes all the sacrifices in terms of time, money, effort, and opportunity cost, worthwhile.

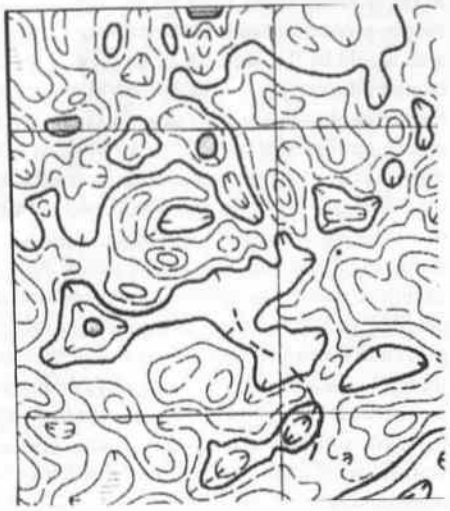
In reality, for one reason or another, very few realise their ultimate orienteering dream, but it's the pursuit of that mission which enriches and rewards. It is the struggle which is important and NOT the victory. For the very few among us blessed (or cursed) with a vision of achieving such orienteering excellence and who are fortunate enough to be in circumstances which allow the pursuit of such a goal, the dream of winning the World Championships is NOT ONLY the most important thing in orienteering, but for a brief period may become the most important thing in life ... (as a number of current and ex elite-squad members will testify to over a few beers).

Support Fantasy World Cup ... Surely Not?

Exhortations in the last TIO to participate in Fantasy World Cup may have overlooked the fact that the proceeds of this competition go directly to support the British Squads. Now I'm aware that British Squad members dig into their own pockets and contribute up to 150 pounds towards each overseas trip, and they're a great bunch of guys and girls. (And I know that Una Creagh is one of the competitors that you can "buy" in the Fantasy Cup.) However our own squad members must foot the entire cost of similar training trips and competitions themselves.

Remember that the British Team are our rivals at the World Championships, and every British athlete finishing ahead of one of our own will contribute to pushing an Irish competitor out of the qualifying zone, and down the results table. So for those of you who have already entered the Fantasy World Cup, consider contributing to the Irish Squads fund five-fold!

(Editor's note: Modesty forbids Aonghus from referring to the fact that he himself won the H35L class at the JK, another great performance in an outstanding orienteering career which, I hope, has many years left.)



IOC 96

CONNACHT TAKES ON IOC96 - AND WINS

How do the same few people in Connacht manage to run an Irish Championships every four years? We returned to Co. Galway this year, this time to Woodford and to Portumna. Derrycrag and Derrygill on the edge of Woodford village was an interesting area of forest, much of which is being allowed to return to its natural state. Tony Cotter's courses were well received, managing to steer the experienced competitors away from the roads (at least until they discovered that the forest wasn't as white as it looked on the map). The southern part of the area was a strength-sapping bog with marsh, heather and drainage ditches, after which the forest was a welcome relief. Excellent weather and a convenient assembly area added to the conviviality of it all. Colm Rothery (AJAX) followed in his older brother Eoin's shoes by taking the Men's title while Eileen Loughman (CNOC) at last won an Irish title, having been runner-up several times over the years. Fastest on the men's course on the day was UCDO's Frederick Sturesson, but he was ruled ineligible to be Irish Champion on a technicality, leaving Colm to take the trophy.

Many winning times were longer than expected: the pre-race information seemed to suggest that the area would be flat and fast. In fact it was neither. None of the courses had and climb given because the planner considered it negligible. On my 8.7 km course I counted about 200 m. Results, as is too often the case, were slow to appear, so much so that the evening prizegiving was abandoned in favour of a combined function next day.

Portumna forest park has always struck me as an excellent area for a relay: fast, flat, reasonably detailed, picturesque and with good facilities and potential assembly areas. Obviously the same thought struck the organisers in Phoenix Navigators because this is where they brought us for Day 2. Again, sunshine helped things along, but some courses were over-long and the absence of any commentary or results made things difficult to follow. Frank Ryan's courses made good use of the area, with a spectator control around half way, and Former UCCO (Rory Morrish, John Feehan & Colm O'Halloran) and CNOC (Eileen Loughman, Maureen Dooley & Ruth Lynam) took their first Irish Relay titles.

A score event at Portumna followed on the Monday for anyone who cared to stay around. Final result: Ticks 100, Orienteers nil.

One curious feature of the start lists and results was that anybody who admitted to having a year of birth had it permanently linked with their name, divulging information that the selectors had guarded with their lives and cocking a snook at the Data Protection Act at the same time!

Overall, the Connacht O-Council did an excellent job in running the events. Unfortunately the choice of the May Bank Holiday weekend clashed with the British Championships at Oban in Scotland and took away a number of British-based Elite runners and a number of competitors from Northern Ireland. Given that so many of the Irish squad are based in the UK, perhaps a more determined effort to avoid this clash could be made in future years? However, it's an ill wind that blows no good, and Una Creagh won the W21 Elite class at the British. Well done!

Irish Orienteering Champships 1996 (Individual Day 1) Woodford, Co. Galway

M21E	12.2 km			
1	Frederick Sturesson	UCDO	95.29	
2	Colm Rothery	Ajax	100.00	
3	Colm O'Halloran	LeeO	100.30	
4	Brian Corbett	CorkO	110.57	
5	Padraig Higgins	PxN	121.17	
M21L	9.5 km			
1	Dave Weston	SET	98.45	
2	Andrew Pim WatO	103.41		
3	John Mucklan	CorkO	104.01	
M35	9.5 km			
1	Liam O'Brien	CorkO	94.33	
2	Tim Morrissey	CorkO	100.47	
3	Chris McCann	LVO	105.48	
M40	9.0 km			
1	Kevin O'Dwyer	SO	81.20	
2	John McCullough	3ROC	81.35	
3	Denis Reidy Ajax	84.13		
M45	8.3 k			
1	Ian McNeill 3ROC	92.13		
2	Sean Cotter BOC	96.02		
3	Wilbert Hollinger	LVO	97.52	
M50	7.5 km			
1	Bernard Creedon	CorkO	78.55	
2	Nigel C-Crawford	3ROC	86.14	
3	Ted Feehan BVOC	87.34		
M55	6.5 km			
1	Paget McCormack	GEN	81.59	
2	Alan Shaw ThO	87.48		
3	Carl Graetzer	3ROC	91.32	
M60	5.3 km			
1	A. Bonar Law	GEN	75.13	
2	Martin Hollenstein	3ROC	88.53	
3	Peter Devlin LVO	109.11		
M65	4.2 km			
1	Sven Kulldorff	SET	69.43	
2	Sean Rothery	3ROC	76.36	
3	Norman Ervine	LVO	80.56	
M20	9.5 km			
1	Patrick Feehan	BVOC	87.43	
2	Conor Creedon	CorkO	90.20	
3	Trevor Slattery	CNOC	102.52	
M18	8.3 km			
1	Conor Barry CorkO	94.59		
2	Tim Tottenhan	FermO	100.02	
3	David Masterson	WHO	104.31	
M16	3.4 km			
1	Luke C-Crawford	3 ROC	51.29	
2	Declan KellyWatO	55.46		
3	Fiachra Fitzgibbon	WatO	57.43	
M14	3.4 km			
1	Jonathan Lucey	BOC	31.47	
2	John McGrath	3ROC	35.07	
3	David Healy GEN	38.46		
M12	2.8 km			
1	Niall Walsh 3ROC	23.00		
2	Maurice Feehan	BVOC	28.28	
3	Luke McCormack	GEN	35.20	
M10	1.8 km			
1	Tieman Fitzgibbon	WatO	21.34	
2	319 T McCormack	GEN	37.22	
W21E	9.5 km			
1	Eileen Loughman	CNOC	92.31	
2	Eadaoin Morrish	Lee O	95.45	
3	Mirian Feehan	BVOC	109.34	
4	Emma Glanville	3ROC	112.02	
5	Nina Phillips 3ROC	131.55		
W21L	6.5 km			
1	Sheila Mucklan	CorkO	99.06	
2	Heather Ervine	LVO	100.08	
3	Liisa Honkasaari	WatO	100.21	
W21S	4.2 km			
1	Ruth Blair NWOC M	59.54		
W35	6.5 km			
1	Christine Brown	EskVOG	84.47	
2	Mary Curran	CorkO	143.47	
W40	5.7 km			
1	Ruth LynamCNOC	73.33		
2	Jane Watt GEN	76.50		
3	Mary Healy GEN	80.46		
W45	5.3 km			
1	Monica Nowlan	3ROC	65.51	
2	Carmel Feehan	BVOC	72.09	
3	Aine O'Suilleabhain	3ROC	77.22	
W50	4.2 km			
1	Trina Cleary 3ROC	61.04		
2	Jean O'NeillFIN	67.57		
3	Sue Pim WatO	72.05		
W55	4.2 km			
1	Clare Nuttall	LeeO	62.33	
2	Diana LargeGEN	74.00		
3	Maura Higgins	SET	79.30	
W60	3.3 km			
1	Faith White SET	63.07		
2	Jean Mullen3ROC	161.18		
W65	3.3 km			
1	Marie O'Sullivan	LeeO	107.40	
W20	5.7 km			
1	Mary O'Connor	CorkO	67.10	
2	Maureen Dooley	CNOC	87.53	
W18	3.4 km			
1	Claire O'Connor	CorkO	68.49	
2	Deirdre Creedon	CorkO	68.51	
3	Anne Feehan	BVOC	93.42	
W16	3.4 km			
1	Sheila Feehan	BVOC	44.25	
2	Susan Healy GEN	46.43		
3	Emma Jane Carr	WHO	48.56	
W14	2.8 km			
1	Aislinn Austin	CorkO	25.01	
2	Denise Healy	CNOC	26.55	
3	Laura Cotter	BOC	28.11	
W12	2.5 km			
1	Niamh Morrissey	CorkO	20.18	
2	Amy Holihan	CorkO	30.22	
3	Niamh Lalor GEN	35.45		
W10	1.8 km			
1	Erinna Jane Foley-Fisher	PxN	28.36	
2	Jennifer Barrett	PxN	83.56	
M21S	Brendan O'Connor	Ajax	81.04	
M35S	John Muldowney	PxN	90.41	
M40S	Anthony McGonigle	NWOC	65.10	
M45S	Eddie Niland	Ajax	104.58	
M55S	Ernest Lawrence	WHO	105.07	
M18B	Patrick Meade	BOC	132.43	
M16B	Mark Finlay WHO	35.26		
M14B	David Hanna	NWOC	17.08	
M12B	Diarmuid Finnegan	BOC	23.49	
M10B	Paget McCormack	GEN	43.21	
W40S	Nora Lalor GEN	80.44		
W45S	Frances O'Neill	SET	78.37	
W50S	Audrey Lawrence	WHO69.09		
W21N	Annamarie Lucey	BOC	50.58	
W14B	Caroline Dennehy	BOC	20.45	
W12B	Nicola Smyth	NWOC	23.03	

Irish Orienteering Relay Championships
5th May 1996 Portumna Forest Park, Co. Galway
Premier FUCCO R. Morrish J. Feehan C. O'Halloran
Open 40+ AJAX K. McDonald P. Gargan D.Reidy
Womens Open CNOC E. Loughman M. Dooley R. Lynam
Open 50+ Cork O B. Creedon J. O'Donovan R. O'Connor
Womens 40+ 3 ROC T. Cleary A.Tottenham M. Walsh
Open 18- WHO S. Lynch D. Masterson J. Masterson
W18- CorkO T. Donovan C. O'Connor D. Creedon
Open 14- WHO D. Cox I. Kerr R. Powell
W14- BOC S. Lucey L.Cotter C.Dennehy
Ad Hoc Club BOC J. Lucey T. Lucey S.Cotter
Ad Hoc Mixed AJAX W. McDonald A. N. Other F. O'Brien

IOF CONGRESS IN JULY

The 18th International Orienteering Federation Congress meets in Jerusalem from July 16th to 21st. The Congress meets every two years and decides the policies to be followed by the IOF for the coming few years. The move to Israel for Congress confirms the IOF's efforts to include the weaker and developing countries in its activities: although it is originally a Scandinavian sport, it is not exclusively theirs.

The number of countries affiliated to the IOF has grown to 50, including five Associate members. The IOF has in the past couple of years been particularly involved with the inclusion of mountain bike orienteering, the Olympic question and the marketing of both orienteering and the IOF itself. The IOF has mounted a steady campaign to get Ski orienteering into the Winter Olympics and hope to have Ski-O included in the cultural programme associated with the 1998 games and in the games proper in 2002.

Among the proposals to be put before the Congress is one to structure IOF committees to cope with developments in foot, ski, trail and mountain bike orienteering.

On the Olympic question, the IOF's long-term aim is to have orienteering included in the Summer, Winter and Paralympic Games. Orienteering is recognised as an Olympic sport but is unlikely to be included in the Summer games in the foreseeable future.

The aims of the IOF up to the 1998 Congress are to achieve a higher profile for orienteering, to further the spread of the sport, to improve communications in IOF and strengthen the organisation. An Italian proposal is that the Congress should elect a Council for four years, not two as at present; there is a Russian and a Swedish proposal for the Junior World Ski-O Championships to be held every year (not every two years) and another Russian proposal for a Veterans Ski-O World Cup (they're organising one in 1999); there are applications from Australia and Finland to run the 2001 World Championships and applications from Russia and Sweden to run the World Ski-O Championships in 2000. Meanwhile Austria, the Czech Republic and Portugal have all applied to host the 1998 Congress.

On the question of affiliation fees, the proposal is for every country to pay the same annual affiliation fee eventually. This means that countries like Ireland will have a gradual increase from our present figure of 6,000 SKr (about IR£570) to 20,000 SKr (IR£1,900). Britain, on the other hand, will see their fees roughly halved to the same figure and Sweden's will be reduced to less than one tenth of what they are paying now.

The current IOF President, Sue Harvey from Scotland, was in Dublin in March on business. She was interested in seeing how Irish orienteering was developing, particularly that the World Cup events in 1998 were going to include Ireland. One of her concerns is in making orienteering more media-friendly: two developments could help this along - the advent of GPS systems allowing the movement of orienteers to be tracked precisely in the forest and the development of televised park orienteering races in major cities with the top orienteers racing against one another.

The IOF's Annual Report for 1994-'96 has some interesting titbits in it: last year the IOA had 1278 active orienteers, 22 clubs, produced 6 new maps totalling 26 square km, ran 130 events and had a budget of about £26,600. Other countries with similar numbers include Austria (60 clubs, 1050 members, 28 new maps, £92,000), Belorussia (17 clubs, 1000 members, 10 maps, £3,100) and New Zealand (20 clubs, 1200 members, 30 maps, £15,100). The others range from Sweden (62,500 members, 760 clubs, 450 new maps, £2.6 million to Slovenia (129 members, 7 clubs, 8 new maps, £3,100). Nearly all the National Federations have a central office with full or part time employees. Britain has 7,000 orienteers, 145 clubs and a budget of more than £330,000, but the population is about twenty times ours, so comparatively speaking we're not doing too badly!

IOA AGM REPORT

The 1996 Annual General Meeting took place after the Irish Championships, in the hall at Portumna, Co. Galway on 4th May. Initially attendance was poor but the room filled gradually, helped by the belief that the Individual event prizegiving would follow.

The meeting was largely uncontroversial, the only sparks flying when Ted Lucey of Bishopstown objected to what he regarded as disparaging references in the Hon. Secretary's report to his club. In the end it was suggested that note be taken in the minutes of Ted's disagreement and the meeting continued.

The other reports went smoothly (the Treasurer reported an operating loss of £956 last year on paper, but there was £5,000 put aside towards the 1998 World Cup events in Munster). The Fixtures Secretary's report showed that 146 events were registered in 1995 (93 in Munster, 39 in Leinster, 13 in Connacht and 1 in Ulster - FermO are affiliated to IOA for insurance purposes: the Burren map is largely in Co. Cavan). Coaching Officer Frank Ryan brought the meeting up to date on his proposals for a formalised coaching scheme.

These were followed by constitutional amendments and then the elections. Several officers were not going forward again, notably Treasurer Brian Hollinshead (ending a run of five 3ROC treasurers going back more than 15 years) and Faith White as Chairman . Mapping Officer John Walshe apparently resigned during the year over the ongoing disputes in Munster and was not going forward again. The new committee is: Chairman Bernard Creedon (CorkO), Secretary Ken Griffin (CorkO), Treasurer Noel Donagh (PXN), Mapping Bob Pinker (CorkO), Fixtures Frank Cunnane (CorkO), Technical Seán Cotter (BOC), Junior Affairs Bernard Creedon (CorkO), Coaching Frank Ryan (PXN), Development Pat O'Connor (WatO), PRO Ted Lucey (BOC), Environmental Noel Morrish (LeeO), International Officer vacant.

The organisation is in a reasonably healthy state but growth in numbers has slowed or stopped altogether. The meeting recorded the passing of Colin Dunlop during the past year and noted that he will be sorely missed. Colin's wife, Alison, is presenting a silver plate to the IOA as an award to commemorate Colin. On a happier note, World Championship qualifier Una Creagh (3ROC) was awarded the Mactire Trophy, Eileen Loughman (CNOC) was awarded the Silva Trophy and Bobby O'Connor (CorkO) was awarded the second Silva award (for behind the scenes work - he's a mainstay of the Shamrock O-Ringen among other things).

The fixtures report, the composition of the Executive Committee and the forthcoming World Cup events all show that the epicentre of Irish orienteering is firmly in Munster, as if there had been any doubtabout it.

The Ten Commandments for Reducing O-Mistakes

1. Thou shalt not panic.
2. Thou shalt not follow an M21E.
3. Thou shalt not be perfect, nor even try to be.
4. Thou shalt not change routes midway through the leg.
5. Thou shalt not compound the error by doing a grid search.
6. Thou shalt not worry about what other people are going to do.
7. Thou shalt not keep on thinking about the complete cock-up you made at the last control.
8. Thou shalt not ever get distracted by helping an M21E who's lost just so you can brag about it afterwards.
9. Thou shalt not try to deliberately run off in the wrong direction to fool that twit who's been following for the last four controls.
10. Thou shalt not get diverted into taking a slightly longer route so that you can run a bit longer with that cute orienteer whom you would like to know better.

Bill Teahan (from the O-Net, via Clyde-O-scope and Score).

MAN OF LA MANGA

Almost three thousand veteran orienteers opted for Spain at Easter to run in the Veteran World Cup. These grey-beard loons included about twenty from clubs in Ireland, North and South, taking on the best over-35 orienteers in the world.

Murcia city in the south east of the country was the event centre and the races were all quite close by. Unfortunately, most of the competitors were staying at La Manga, a tourist resort on the coast about an hour's drive away by motorway, so we didn't have much contact with the centre of things.

The pre-event information didn't give much away about terrain or courses ("typical Mediterranean forest", whatever that is). There was even less information about things like where to get your control cards or descriptions, which finish lane to use or how to figure out which final you'd qualified for, but the programme was liberally endowed with greetings in Spanish and English from local dignitaries.

The week after Easter is a time of fiestas in the area, with parades apparently featuring Spanish Inquisition type figures and other local celebrities. The orange and lemon blossoms were out and the scent wafted through the open windows of the buses bringing the runners to each event. Transport was well organised and overall the organisation was exceptional, except for the lack of important information.

There were nearly 300 M45's and M50's, 200 M35's and 40's, 150 W45's and 55's, 160 W50's and even two M90's. The Swedes were the largest group (576) with countries as far away as South Africa, New Zealand, USA, Japan, Ecuador and Australia represented. The various countries paraded at the opening ceremony and were treated to a parachute display by the Spanish army, then another, then another, then ...

The format of the competition was for two qualification races which were added together to give a final placing. This placing then determined whether you qualified for an A, B or C final. Smaller classes may only have had an A or an A and B final. I think that 80 runners qualified for the A finals, 80 for the B and the rest for the C, so the optimum method was to scrape into the A final by running steadily and conserving your energy for the Final, then running the race of your life to win. I managed the first part (79th out of 80 to qualify for the A final) but not the second!

The weather was very hot by Irish standards, though probably pleasantly cool for Spain, and the terrain was arid and stony. The forest was mostly scrubby trees, well spaced and with little shade, on a land of spurs and gullies which presented good route choice problems. The first two days at Santomera ("a fundamentally agricultural town: the lemon crap is being particularly important ...") were on two overlapping maps. The streams shown on the maps were totally dry and were used as rough paths by many competitors. The forest was very runnable, though, and winning times fast. All the maps were at 1:10,000 scale and had been surveyed by Polish orienteers. Incidentally, the planner of all the events, Martin Kronlund, was 80 the week of the competition.

In my case, severe blisters caused by the heat put paid to my ambitions of good performances, and although I made the A final in M40 I chose to run the last day in running shoes rather than O-shoes to give my feet a chance. This, combined with a 7 minute mistake, saw me drop down the results like a stone.

Curiously, many of us felt that the terrain of the Final at Fuente de Alamo was inferior to the two qualification races: much more vague and with more undergrowth though not as hilly. The runners started in reverse order in the final, slowest first. I was sure I was in the B final starting about 11.30, but just to check I went to the hotel up the road where several coach-loads of Swedes were staying at about 10 pm the night before. Disbelief turned to alarm when I realised that, not only was I in the A final but I was starting at 09.30, with a 75 minute drive, an 8 km bus ride and a 3 km walk to the start.

The Air Force gave us another display, roaring upside down over the finish area just above the tree-tops, at the Final, great for the concentration of those still in the forest but quite spectacular for the rest of us.

Results are not yet to hand, but several other Irish competitors made the A finals, including Trina Cleary and Teresa Finlay.

It's a curious event: anyone over 35 can enter and some very good orienteers take part, but also quite a number of not-so-good ones. There was an associated open competition too (I never saw Scandinavian orienteers so keen to show a young girl where she was on her map as when we came across her looking lost on the way to our start: of course, the fact that it gave them a chance to look at the map before the race was by the way). It certainly was a great way to spend Easter. World Champion Jorgen Martensson (Sweden) won the M35 class by 6 minutes; Anne Donnell from Northern Ireland (who orienteers in Britain) won the W65 class and Liz Campbell (Wales, a previous Shamrock winner) who finished first in the qualicication races had a bad run, finishing well down the field after a mistake three controls from home. The leading W40's weren't helped by the fact that the organisers ran out of maps for them in the final - twice!

Next year the VWC is in Camp Ripley, Minnesota (that's at the top in the middle) from September 27 to October 4. Twelve hundred orienteers have already booked their accommodation for the event, 16 months in advance. The area is one which barely lost out to New York for the 1993 World Championships. The address is VWC 1997, PO Box 23044, Richfield, MN 55423, USA (Phone/fax 00-1-612-869-4043, e-mail: VWC97@aol.com

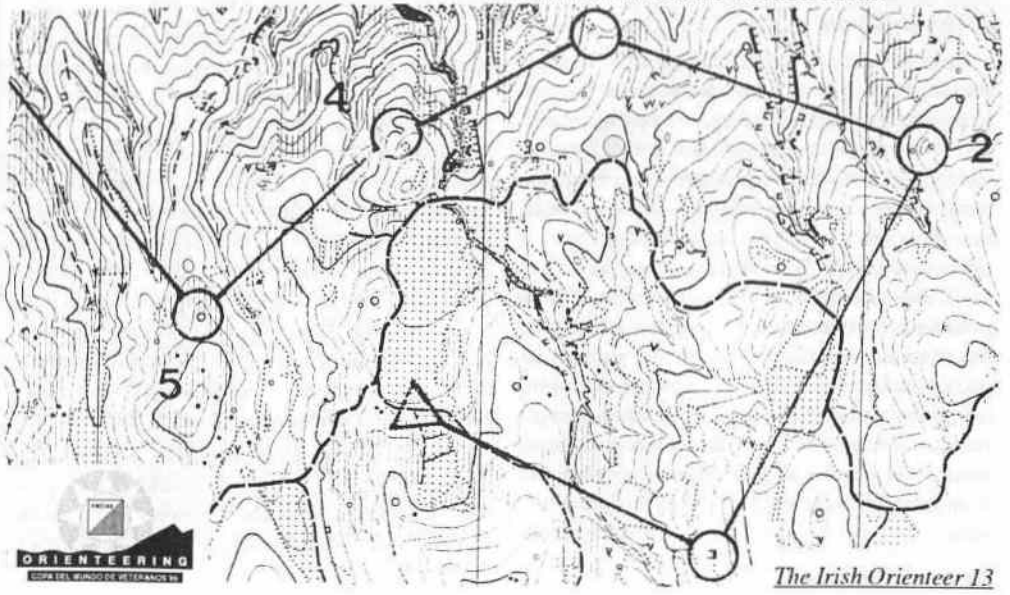
TEAM *SILVA* ANNOUNCED

Ten of the best orienteers in the world - five men and five ladies - have now concluded an agreement with SILVA Sweden AB. The purpose of this co-operation is to further strengthen SILVA's position in the sport of orienteering all over the world.

The ten Elite orienteers are:

Jörgen Märtensson	Sweden
Janne Salmi	Finland
Carsten Jørgensen	Denmark
Yuri Omeltchenko	Ukraine
Petter Thoresen	Norway
Anna Bogren	Sweden
Marlena Jansson	Sweden
Gunilla Svärd	Sweden
Yvette Hague	England
Katalin Olah	Hungary

- "It feels exciting to be able to engage orienteers ranked among the best in the world in this way", says Hans-Gunnar Tillander, president of SILVA Sweden AB. "The orienteers will be our national as well as international ambassadors for the sport of orienteering as well as for SILVA, and they will also help us to further develop our orienteering products. We offer them stimulation in the form of orienteering equipment for training and competition and also incentive contributions."



HILL TRAINING FOR IMPROVED ORIENTEERING PERFORMANCE

Aonghus O Cleirigh CNOC

"Hill training provides a great mental break from flat-ground ambling, improves leg-muscle power, expands stride length, enhances running economy, and protects leg muscles against soreness."

So says Owen Anderson, editor of RUNNING RESEARCH magazine, (the only running newsletter written entirely by exercise physiologists.) The following is abstracted from his article in the Jan-Feb 1996 edition of the magazine titled 'Things Your Mother Forgot To Tell You About Hill Training'. Any comments I have added are in italic script.

RUNNING RESEARCH has it's own page on the World Wide Web, so if you've got access, the Web address is http://www.gisd.com/rrn. You can search an index of all topics in past Newsletters, and can order back issues at $3.00 each. You can also write to Running Research at P.O. Box 27041 Lansing, MI 48909, USA.

Why Hill-train? ...

Runners (and orienteers) benefit from strength training, since it reinforces tendons and ligaments, lowers fatigue during running, reduces injury rates and improves running form. But not all forms of strength training have equal effects on your running performance. The strength building exercises that most runners emphasise, including knee extensions, leg curls, leg and shoulder presses, bicep curls, etc., probably are the least helpful of all the resistance routines because they don't do a good job of replicating the neuromuscular patterns required for running. You become better at pumping iron, but not much better at running. Most strength routines focus on individual joints and small numbers of muscles and don't require your muscles to support full body-weight, as they do during running. In contrast, running up hills forces the muscles in your hips, legs, ankles and feet to contract in a co-ordinated fashion while supporting full body-weight, as they would during regular running, and to contract more powerfully than normal, because they must overcome gravity to move you up the hill. This increased stress on the muscles leads to dramatic increases in power while running, which translates into longer, faster running strides.

Running Research ...

What does scientific research say about hill training? Reports are very favourable. In the famed Karolinska Institute in Stockholm, investigators asked 11 accomplished Swedish marathon runners to include hill training in their normal routine. After just 12 weeks, the Swedes' running efficiency improved by about three percent, enough to shave 60-90 seconds from their 10-K race-times and over six minutes from their marathons. In addition, Swedish researcher Bengt Saltin has determined that hill-trained runners have higher concentrations of "aerobic enzymes" in their leg muscles, compared to runners training on the flat. (Aerobic enzymes are chemicals which allow muscles to function at high levels for long periods without fatigue).

Hill-Running Strategy ...

So what kind of hill workouts are optimal for improving performance? How do you start? Simply work one hill session into your training every week, using one of the sessions explained below. After two months you'll be ready to move into a special 6-week training period which emphasises hill workouts. During this period, alternate two hill sessions one week with one the following week (for a total of nine hill sessions during the six-week period). Hill efforts can be substituted for the speed training you would normally carry out. It's ideal to put this kind of period near the beginning of your racing season, because the increases in power you will achieve will translate into faster performances during the season.

You'll need two kinds of hills - a very steep incline measuring at least 25 metres from top to bottom to maximally boost power, and a more moderate set of hills upon which you can gambol for 25-30 minutes without getting bored or dead-tired (e.g. a hilly park, or sand-dunes) in order to improve your resistance to fatigue during strenuous running. (I run repeats of a seven-minute loop at the Magazine Fort area of the Phoenix Park).

Four of the very best hill sessions ...

Workout No 1: Jogging warm-up for 10-11 minutes, then carry out repeats on the scarily steep incline mentioned above. On the incline try to run at an intensity which feels tougher than 5-K race pace (i.e. significantly faster than your normal orienteering race pace). Recover by jogging easily to the bottom, and surge up again as soon as you feel ready. Start with four or five 'reps' for your first session and gradually increase the difficulty of the workout by adding more reps and shortening the amount of time you spend recovering.

Workout No 2: After a thorough warm-up, 'bound' up the same steep slope as in the previous workout. (To bound, spring from foot to foot with an exaggerated vertical body motion, emphasising high knee-lift, and full stretching of the Achilles Tendons as your feet hit the ground - by landing on your toes with each foot-strike and 'rocking' back on to your heel before springing upward and forward). Recover by jogging back down the hill, and begin with just four or five reps per workout, gradually increasing the number over time. Bounding is a great alternative to normal uphill running, because it dramatically bolsters leg-muscle power and running efficiency. (It was the technique emphasised by the Swedish marathoners mentioned above).

Workout No 3: Over rolling terrain run continuously for 25 minutes at a pace which feels slightly less intense than 10-K race pace (i.e. equal in effort to your orienteering race pace). Try to "attack" the hills, increasing your effort as you ascend, and emphasising staying relaxed, balanced and under control on the downslopes. Try to choose a course over which you're always moving uphill or downhill.

Workout No 4: Using a stair (or step) -machine in a gym, after a warm-up, alternate tough one-minute intervals with 3 minute easy recovery climbs. Start with just four one-minute reps per session, but gradually increase the number and shorten the recovery periods.

How often? ...

Do hills about three times every two weeks during those periods of training when you are trying to improve muscle power and running economy (you should do two to three of these periods per year, lasting for about six weeks each time). During the rest of the year, you can train about once every two weeks. Always use the principle of progression: Start with a small number of repeats (four to five) and increase the number over time. Never let your hill-repeat mileage add up to more than the total volume of interval training you can normally handle each week.

Downhill Running? ...

You can increase your pace on downslopes by 10-15% without increasing your oxygen consumption, heart rate, or perceived effort - but the technique must be practised.

Race Strategy ...

If there are hills early in a race then run cautiously, otherwise your muscle cells may increase in acidity so much that you'll have big trouble with the rest of the race. Save savage attacks on hills for late in the competition.

Hill Training and Orienteering ...

If hill-training is considered important to runners who race on the flat, how much more important is it to ourselves? Not only must we contend with a significant amount of ascent and descent in competition (up to 5% each of race length), but also we must cavort through strength-sapping, lactate inducing terrain. Lactic acid is the natural enemy of the orienteer - map-reading blunders and decision-making errors can easily follow. Leg-strength is critical. We've got to be able to run as fast as possible, for as long as possible in hilly terrain, without producing significant amounts of lactate. Indeed, we should probably be conducting more of our training on hills than is recommended above. For example, in addition to the specific hill sessions detailed, we should also be running our long steady runs in hilly terrain, as well as competing in the odd mountain race.

First find the Event

21/4/96: Raven's Rock. I met two Finnish orienteers at the 44 bus in Poolbeg Street, Dublin. Their stated objective was to run on an Irish map. We agreed we wanted to walk from Enniskerry to Raven's Rock, 3km at most. I warned them that the course closed at 1300hrs, the best objective was to offer to collect controls. Ominously, there were no direction signs in Enniskerry. We left Enniskerry at 12.00, at the bifurcation of roads we turned North for Glencullen Bridge and we stood wistfully at Ballybrew Quarry, all of us knew the start must be due West of us. Mariejta and Jari discussed the cul de sac in front of us as the lead in to the start, I was not part of this conversation in Finnish. I have visited Finland, I asked Jari his profession, he handed me his card it read:- Majuri Jari Vaara Patteristoupseeri which I instantly translated to Major, Artillery Reconnaissance Battalion. I, as a lowly Infantry Lieutenant demurred to his superior lay of the land skills and he naturally took command of the trio. I was fully cognisant of JMcC's comment at the end of my last letter *"I'd say being main road user orientated is a sensible approach"*, so we pressed on to the main Glencullen road, we reached Fox's Pub and Jari photographed our only direction arrow of the day. We spotted the start across the Glencullen Valley within 2 km of Fox's Pub and we cut across the valley and the river. The water was ice cold. As we neared the start cars, Jari asked me was there shooting here? Just then as I spotted the charred tree stump he was examining, scenes of Ypres, Messines Ridge, Verdun flashed across my mind. I told him about the forest fires of recent years, he doubted my answer. We met Paddy O'Brien and the Cashins and we offered to collect controls. They said they had enough people and kindly gave us a run at 14.00 on the Red course. I set off, ran 0.5km and hurt myself quite badly. Jari and Mariejta ran 5 controls and returned to the finish. I asked their opinion of running on an Irish map and they said it was very different, very undulating. I remembered collecting loganberries near Rovaniemi in northern Finland and sure enough the trees are evenly spaced without the apparent afternath of an artillery barrage! The Vaara's were not prepared for orienteering. I had some spare dry tee shirts, and we set off for the local hostelry with a roaring open fire. Shortly, Jari said it was time to go, as we quit the premises he asked do people drink there all day? I did not reply directly but said it was drier and warmer than where we were. At that point Martin Flynn of AJAX gave us a lift to the DART. He said a lot of people had trouble finding the event, I give him the honour of entitling this letter. We entered the "DART cart" the distinctive odour that greeted us confirmed that someone had parked a tiger. "Don't worry, we have that in Finland too". All in all it was a day to remember, for all of us. I asked how events are notified in Finland, the answer: 6 figure grid references!

The Vaara's wanted Irish maps, I gave them as many as I could. I must explain to the one reader of this letter if the Editor dares to publish it, that I am new to east coast events, and yes this account reflects badly on me. At least we achieved our objective. I hope to be in contact with the Vaara's orienteering club which is north of Turku in western Finland in time, they have 250 members. - Paul Dunne

Another reader writes:

DNP v DNF

"Having attended a few O-events over the winter months and having suffered two severe bouts of DNF (did not finish) Syndrome, I decided I was going to tackle this problem at my next outing with PMA (Positive Mental Attitude).

So, the day duly arrived: Sunday May 12th 1996. Checked the IOA Calendar of Events and set off for Djouce Woods, arriving at 10.30 am for an early start. I was somewhat surprised to find that I was the only early competitor, in fact, I was even more surprised to find I was the only competitor. After some wandering about I resigned myself to the fact that the event must have been cancelled.

11.00 am and I set off home again. On arriving, I decided to go out for a run anyway and headed off on the road forthgem there hills. Imagine my surprise when, at the junction of Oldcourt Road and Stocking Lane I came across a sign saying "Orienteering". I had to investigate further. The signs brought me to Hellfire Wood. By this time I was too late and too knackered to enter and set off on the long run home. Hence the discovery of the new syndrome: DNP (did not partake).

I hope this will be my only experience of the dreaded DNP and to safeguard against a further attack I will certainly in future be ringing the event hot-line for confirmation of upcoming events. As for the DNF's, well, that's another day's work. (Is there a hot-line for help with DNF's?)

The Wandering Orienteer.

LEINSTER CHAMPIONSHIPS

Glendalough has a long orienteering history, back to the days of black and white maps. It has seen its share of big events: Irish Championships, World Military Championships and Continental Cup. The most recent incarnation is a clear, 1:10,000 OCAD map which got its first airing on May 25th for the Leinster Championships. The new map is far more legible than ita 1:15,000 predecessors, particularly on the steep slopes.

Planner Barry Dalby opted to start and finish in the flatter south west part of the area, avoiding the large crags overlooking the lower lake, but still bringing the longer courses across the open mountainside to the Derrybawn ridge and back through the steep forest towards the finish.

Brendan O'Brien (AJAX) scored his first major win with almost six minutes to spare over WOC team member Steven Linton (NWOC) with Connacht Champion John Casey (UCCO) third in the Elite class. A poor turnout in the W21 Elite class meant that Eileen Loughman was the only competitor - perhaps a reflection on the choice of date so close to exam time.

Organisers Three Rock were lucky in obtaining a parking and assembly field right beside the forest and doubly lucky that most of the heavy showers which were prevalent did not strike too severely. Physical courses are unavoidable in Glendalough, but the heather on the hill (to quote "Brigadoon") and the amount of climb on the courses made for long winning times.

Apparently a misplaced control occurred on courses 1 and 3 (M21E, M20, M21L, M35L) so that, although the results will stand, the organisers requested that they are not used for selection purposes.

Next day only 23 teams ran the Leinster Relays at Clarabeg, across the valley from Glendalough. Courses were fast despite the climb and CNOC won the Premier class (Brendan Delaney, Pat Farrelly and Pat Spillane) while 3ROC (Nina Phillips, Nadya Hutchinson & Una Coghlan) were unopposed in the Women's Open. A disappointing turnout: the effort of staging a relay event is considerable and not everyone would consider it justified, particularly if such small numbers attend.

Students Summer Jobs Scheme

The IOA has been approved to participate as a Sponsor in the 1996 Students' Summer Job Scheme, subject to the conditions of the Scheme being adhered to as specifiified in the document Notes for approved Sponsors (ST 13) and the work being carried out in accordance with the work plan submitted with application. Four students will be employed on the scheme in Dublin, four in Cork and four in Galway. Eligible students with job certificate should contact me at the following address: St. Mary's, Ballinfoyle, Galway Tel. 091-753829

Frank Ryan
IOA Coaching Officer

IOC TRIVIA

Did you know that the CorkO relay team of Bobby O'Connor, Jim O'Donovan and Bernard Creedon won the M50 class while their three youngest daughters (Clare O'Connor, Toni O'Donovan and Deirdre Creedon) won the W18- class?

COACHING CORNER

The following have completed an IOA level 1 or level 2 Assimilation Coaching Course in the National Coaching and Training Centre, University of Limerick and have also completed their written assessment examination successfully. If your name is not listed and you have sent me an examination paper please contact me as it is the one with no name on it

Trina Cleary, Ita O'Hanlon, Brian Keogh, Damien Cashin, Colin Bunce, Nigel Foley-Fisher, Frank Ryan, Deirdre Ryan, Joseph Ryan, Conchur Muinhneachain, Robert Musgrave, Mary McGeady, Conor Creedon, Toni O'Donovan, Robert O'Connor, Paul Dunne, Michael O'Driscoll, Victor Fuscio, Liam Roberts, Simon Evans, Aidan Ryan and Gavin O'Neill

Printed below for your information is the revised requirements for the IOA Level One - Instructor Award. Details of the other award requirements will be published over the next few issues of TIO. The next assimilation course is being planned for end of September/October but I am unable to give the exact weekend at this time. Contact the National Adventure Centre, Tiglin, Ashford, Co. Wicklow Tel. 0404-40169 if you wish to attend the four day course which can be done as four days together or as two weekends.

LEVEL ONE - INSTRUCTORS AWARD

Aim: To provide coaches with the ability to introduce participants to the sport of orienteering in an appropriate manner.

Duration:

40 hours comprising 4 days course contact time

Entry Requirements:

A candidate must be over 18 years.

Methodology:

A strong emphasis will be placed on the skill development and enjoyment aspects of the sport. Involvement of coaches in practical coaching activities will be encouraged. Discussion, activity and the provision of core principles and frameworks will be utilised in order to promote the independence and adaptability of the coach from the outset.

The Sport.

The candidate will be required to:

-have a knowledge of the production of simple orienteering maps (e.g. black and white map of school grounds, recreation area, etc.) and the requirements for using land for orienteering permission, insurance, etc.).

-have a knowledge of safety procedures for orienteering.

-have a knowledge of suitable equipment, both personal and that required for event organisation.

-be acquainted with the planning principles and organisation of simple orienteering events for beginners, together with a knowledge of the Association's event structure and competitions and proficiency schemes.

-know which services and resources are available from the National Coaching and Training Centre, Irish Orienteering Association, the Irish Orienteering Training and Coaching Board, the Regional Associations and local clubs.

The Participant

The candidate will be required to:

-understand the process of skill development and be able to outline the major stages in growth and development.

-be able to define the components of fitness which contribute to physical performance (endurance, strength, speed,flexibility) and be aware of the methods by which the components of fitness can be developed.

-understand at a basic level the working of the Cardio-respiratory, Muscular and Skeletal Systems.

-to be able to monitor progress and provide positive feedback.

The Coach

The candidate will be required to:

-understand the role of the coach and coaching etiquette.

-have a knowledge of the qualities of which contribute to effective coaching.

-be aware of good communication techniques.

-have an understanding and ability to use up to date methods of introducing orienteering to beginners.

-have an awareness of legal responsibilities associated with coaching.

-cater for disabled participants in the sport

Practical Coaching:

Each course participant must complete a logbook which will be issued to candidates upon registration in which to record and detail a summary of 5-15 training sessions that must be conducted after the course. This documentation is necessary before a candidate may attend the next coaching level.

Assessments:

The candidate will be examined to assess his/her coaching knowledge and competence in applying this effectively. The examination will be in three parts

1. Open book assessment to be undertaken within 4 weeks of the completion of the course

For the written examination the three major components, the Sport, the Participant and the coach will be examined.

2. Continuous assessment, with particular reference to practical coaching.

For the practical the candidate will be required to:

(a) demonstrate the ability to teach basic introductory orienteering techniques in an effective and safe manner including map skills like orientation and 'thumbing' and use of the compass and handrail navigation.

(b) plan orienteering activities suitable for (i) younger beginners and (ii) older beginners. Prepare materials and set exercises out in terrain.

3. Logbook.

Assessment of the candidate's ability will be conducted by a qualified Regional Coach or Senior Coach. The candidate should apply to be ,assessed when he/she thinks they have gained sufficient knowledge of orienteering and coaching. The application may be made to the coach running the course or to any other qualified Coach or Senior Coach, whose names can be obtained from the Association's National Office. Application forms can also be obtained from there. The assessor will indicate the areas in which he wishes to test the candidate and also arrange the practical assessment.

Additional requirements:

A candidate must:

(a) have studied and be conversant with the relevant training and coaching aspects of the British Orienteering Federation's publication - "Teaching Orienteering".

(c) have successfully completed, in a reasonable time, a valid and age-appropriate course at a minimum of 5 open orienteering events, one of which must be of grade 1 or championship standard, organised under the Association's rules , during the preceding twelve months. At colour events, the freen course or higher should be completed. Training and score events will not suffice.

(d) be a member of a club, centre or group affiliated to the Association.

(e) hold a current Basic First Aid certificate.

(f) produce a simple (black and white or colour) map.

Evaluation:

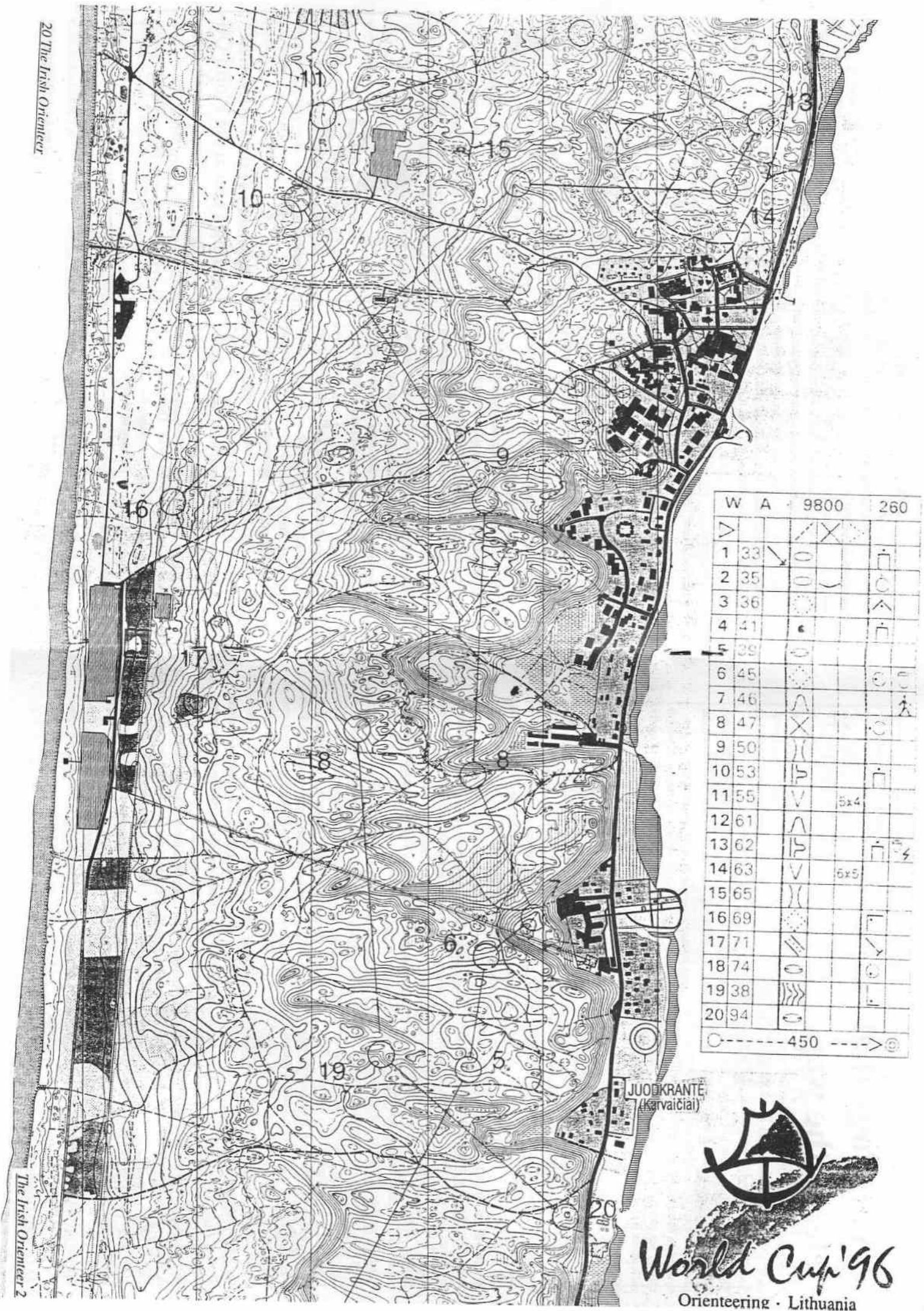
Course participants and tutors will be asked to provide a written evaluation of the course.

Certification:

Level 1 Certificate issued by IOATCB with National Coaching and Training Centre accreditation. Standards will be monitored through the joint planning and review process.

SILVA®

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


W A 9800 260
1 33
2 35
3 36
4 41
5 39
6 45
7 46
8 47
9 50
10 53
11 55 5x4
12 61
13 62
14 63 6x5
15 65
16 69
17 71
18 74
19 38
20 94
450
JUODKRANTĖ
(Karvaičiai)
World Cup'96
Orienteering · Lithuania

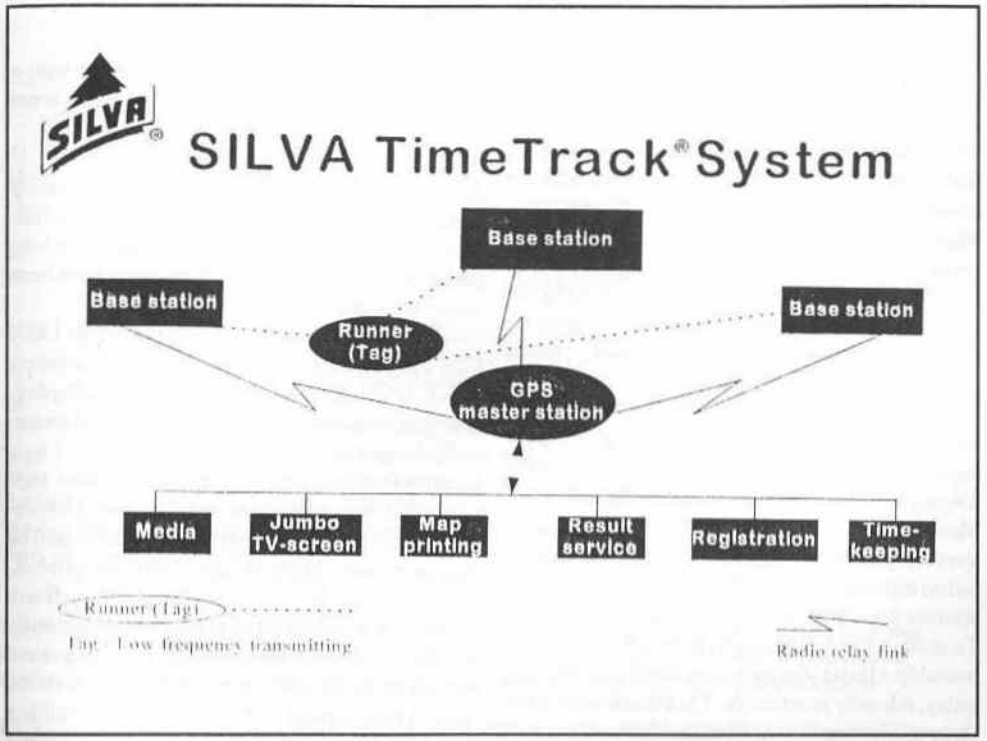
Technology that clears the way

It is now or never, for the sport of orienteering as a TV-sport, writes Ola Gustafsson in the Swedish orienteering magazine, *Skogssport*.
That is the feeling you get, when the SILVA TimeTrack System research and development team introduce their mode of thought and open the way towards a future where orienteering will be as exciting, for example, as skiing is on TV. The only difference is that orienteering offers so much more drama.
The SILVA TimeTrack System will be a reality, with trial competitions this autumn and by mid-year 1997 the system will be ready to be used.
- It is a very exciting time ahead of us, says Lars Gullikson, responsible for the development at SILVA.

What will this new technology system give us?
Well, first of all it will make the sport of orienteering better suited for the TV-screen, as the runners can be followed all the way, via radio transmitters. Similar tests have been done earlier on several occasions, but have come to nothing. Among other things it was decided that a system should have been able to follow the runners at the O-Ringen, a five day orienteering competition, in Sundsvall 1988, but it turned out to be a complete failure.
The big difference this time, is that a company with a lot of influence is behind the development.
- Orienteering is a tradition at SILVA, says Lars Gullikson and this company is very determined to succeed in their ambitions regarding this development.
- Through our knowledge about orienteering and with our partners in this project, we can satisfy the demands on the system, so that we get what we are aiming for.
- Our model is based on radio techniques, in combination with satellite navigation techniques, says Gullikson. We are taking into account that the system should be able to track up to 4000 runners at the same time.

Teaching the television viewer to like orienteering on the screen.
The key to success with the system is that SILVA - and the sport of orienteering - prove to the TV media that the viewers interest in recognising orienteering will be great enough. Today the sport of orienteering is absent from TV sports. It is therefore important to "teach" the viewer that this is good entertainment.
- To make it happen, we must co-operate with the TV channel, so that we work together and reach the goal ahead of us, Gullikson continues.
The new sophisticated system is modular, which means that it will be connected to the Regnly timing system which already exists and has been used at several competitions, and SOFT's (The Swedish Orienteering Federation) competition administration system and so on.
The diagram shows how the system is built up. All the information is collected via a GPS master station. There is a computer, a radio transmitter, a radio receiver and GPS. The master station is situated in the finish area.
A number of portable base stations are placed in the competition area. These are equipped with radio transmitters, radio receivers and GPS. From these, the distance to each runner is measured and then transmitted to the master station, which does all the calculations.
The runner carries a radio transmitter which transmits signals to the base stations all the time .
A number of stations can be connected to the master station for time measuring, registration, competition administration, map printing, TV monitor or jumbo screen display etc.

See your own route!
Route printing on the maps will be a best-seller to the orienteers. For a small cost, you can get a map with your course and route. A printer at the finish manages this directly after the race. Today many orienteers trace their routes, not knowing exactly where they have been. Soon they will get a map, from the computer, which has recorded where the runner has been.
During the O-Ringen competition, 4000 competitors must be tracked by the system at any one time.



This is when the greatest demand will be made upon the system. Each runner will carry a very small transmitter, probably placed on the arm or behind the back.

Robust but lightweight.
SILVA is co-operating with a British company called Navstar, the company responsible for the radio aspects, Navstar is far ahead in this type of development.
- Robust radio transmitters for the runners are essential. At the same time, the weight cannot be more than about 200-300 grammes. Our British partner can produce it. The trials have highlighted new possibilities. If the system functions in thick forest, tracking orienteers at racing speed, it will have many other applications, says Gullikson. He mentions areas like education, military training, supervision of young navigators for example and the rescue services.
The time plan for the project involves a series of field studies and tests, during the spring and the summer of 1996 - and hopefully a broadcasted TV competition in the autumn. It is planned to have the system completely ready by the summer of 1997. Some of the most important months for the sport of orienteering are ahead of us.
- If we succeed - and I am convinced that we will - this can be the key for opening the door to the Olympic games for example, says Lars Gullikson.

This is how a TV broadcast could look, with the SILVA TimeTrack System fully developed:
TV cameras at the start and finish, and at two or three control points in the wood.
At any time, including during live transmissions, a less detailed map of the competition area can be displayed on TV, or on a giant screen at the finish. Flashing symbols can indicate and follow the positions of the competitors. This makes it possible for an experienced commentator to analyse the routes and performances of each runner. There are options, when it comes to how the race information is represented graphically.
All the time, of course, the race time is displayed on the screen.

Via the on-screen map, mistakes in finding the controls or navigating the best routes can be seen. The time lost can be calculated by comparing the times taken by each competitor between the controls.
When the runners are approaching TV controls, with the help of the radio signals from the runner's transmitter, the cameraman knows in good time, when and from which direction, the runner is coming.
Even if up to 4000 runners are being tracked by the system, you can choose to have only one or more runners tracked on the screen at the same time. In advance you can choose a seeded field of, let's say, ten runners to follow. Furthermore, all the runners carry a transmitter and if something dramatic happens outside the seeded field, you can quickly display his route and where he is in the wood.
Most likely it will be 20-40 runners, either they start every minute or maybe two at the same minute but on different courses. The runners will be on the courses for about 30 to 50 minutes.
To make a live transmission from a World Championship classic distance, as the competition is today, is hardly practicable. The competition takes three to four hours. - At first, the competition will be transmitted after the event, so the programme can be edited in order to make a more interesting and exciting programme, Lars thinks. Gradually, as the TV viewers and the organisers learn, live broadcasting will be preferred.

Now or never, the sport of orienteering will be a success as TV entertainment.

(This is a schematic illustration how the SILVA TimeTrack System is built up. The runners transmitter is sending radio signals, which are received at a number of base stations placed in the competition area. From there, the signals are transmitted to the master station, where the information is interpreted by a computer. From this information, the runners position can be established within 5 metres. The master station provides race information to the participants and organisers.)

FISHERMAN'S WHAT?

We have all heard the risks of competing with a viral infection like a cold or flu. Myocarditis is not the only hazard ...

All orienteers are very conscious of the safety hazards which exist in our forests and the possibility of suffering various types of injury to various parts of the body - in fact most orienteers have been injured to one degree or another.
However at the Victorian Club Relays in Little Forest in March, an injury occurred to an orienteer which, whilst rare and certainly not of the displayable type, was nonetheless very painful and potentially dangerous.
Identities of the people involved have been suppressed to limit possible embarrassment. The person was the third leg runner of the team (as will be seen later, there may well have been some symbolism in this) and he came up the steep hill to finish strongly - hot and puffing but otherwise apparently fit. The other two members of his team were waiting to discuss his run, but as he came forward to them they noticed that he seemed to be walking strangely. In response to anxious enquiry it came out that the orienteer in question had a slight cold that was causing him to cough a lot.
In case he got a fit of coughing on his course he had tied two "Fisherman's Friend" cough lollies in the corner of his handkerchief and tucked it securely in the waistband of his jocks. During strenuous activity on the course, his impromptu medicine cabinet, affected by movement and gravity, had found its way downhill until it could descend no further. Securely tucked in there, nestled against a rather tender portion of the runner's anatomy, the lollies in the package, affected by heat and perspiration, proceeded to melt and soak through the material of the handkerchief. The resulting solution, quite strong and irritating to the skin, came into intimate contact with some very delicate areas, causing severe discomfort to our (by this time) unhappy runner.
Being committed, the gallant orienteer ran on and finished his course, giving it his all. On hearing this sad tale the two members of his team (taking the matter very seriously of course) helped the poor fellow across to a doctor (another orienteer) who happened to be standing nearby. The victim, declining a visual inspection, described the injury. The good doctor seemed to take a long time in making up his mind re treatment and when he finally spoke it was in a voice somewhat difficult to understand - he seemed to be affected by some emotion.
The only words which came across clearly were "amputation of the affected part". At this our helpless victim melted into the crowd and was last seen hobbling painfully to his car. It is pleasing to announce that the affected orienteer has recovered without any evidence of permanent damage.
This article is published in the interests of safety and should be taken quite seriously by those people with colds so they give due consideration to where medication should be carried whilst competing.
(This cautionary tale comes from Australian O-magazines to Clyde-O-Scope to Score to TIO to ...)

MOUNTAIN RUNNING

Date	Venue	Miles/feet	Time	Category
July 3	GAA club, Dungriffin Rd., Howth, Co. Dublin.	5.0/600	7.30	LL
7	Mangerton (scenic car park, Muckross, Killarney)	6.0/2300	2.30	MC
10	Djouce, Co. Wicklow. (Lake car park)	5.5/1400	7.30	LL
14	Strickeen Hill (Gap of Dunloe, Killarney)	4.0/1250	2.30	KL/MC
13	Snowdon	1.0/3300	12.00	INT
17	Maulin (Crone Wood, Glencree)	5.0/1500	7.30	LL
24	Kippure (Featherbed road)	6.0/900	7.30	LL
28	Glemnmalure (Carrawaystick bridge)	11.5/1500	2.30	IC/LC
31	Sugarloaf BBQ (Glencormac Inn)	3.5/1400	7.30	LL
Aug 7	Prince William's Seat (Boranaraltry Bridge)	4.0/800	7.30	
11	Powerscourt Ridge (Crone Wood, Glencree)	7.5/3000	2.30	IC
14	GOAL Bray Head Flash (Strand Hotel)	1.5/625	7.30	LL
18	Glenmacnass (Laragh)	13.0/3650	2.30	LC
31-1	World Trophy, Telfes, Stubaital near Innsbruck, Austria.			
Sept 8	Powerscourt Ridge (Crone Wood, Glencree)	8.5/3150	2.30	
29	Dublin Peaks (Ticknock, Three Rock)	7.0/1345	2.30	
Oct 27	Scalp (Dublin Sport Hotel, Kilternan)	4.0/800	12.00	
Nov 17	Three Rock Dash (Ticknock, Three Rock)	3.0/650	12.00	
Dec 15	Howth (Dungriffin Road)	3.0/600	12.00	
27	Christmas Flash, Bray Head (Strand Hotel)	1.5/625	12.00	

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.

More information from Douglas Barry (01-2868180), Jane Watt (01-4936241) or Gavan Doherty (01-2806611)

LEINSTER NEWS

A new Leinster Committeewas elected at the AGM on June 11th. The position of Chairman id still vacant. Other officers are - Secretary Vera Murtagh (3ROC), Treasurer John Colclough (CNOC), Fixtures Andrew O'Mullane (GEN), Mapping Brian Power (SET), PRO jacquie Horan (AJAX), Technical John McCullough (3ROC).
A Development Sub-committee was also set up, with Tom O'Gorman (CNOC), Nina Phillips (3ROC), Martin Flynn (AJAX), Fiona O'Hanlon (AJAX), Philip Brennan (SET) and Jacquie Horan (AJAX).
The League prizes were distributed after the AGM which followed the CNOC Curragh event.

CONNACHT REGION NEWS

IOC 96

Approximately 400 participants attended the Irish Individual Championships in Woodford and about 200 stayed on for the Relays in Portumna on the following day. The organisers were blessed with fine weather for the weekend which helped to make the event successful despite the small number of officials running the event. A very big thanks to the people who helped out especially the people from outside Connacht. No thanks to the people who said they would help but failed to turn up. Comments on the maps and courses I will leave to the competitors.

PHOENIX NEWS

Membership fees are overdue and and should be given to area representatives. No fees no more TIO's and no more correspondence.

- Eagle Eye

SETANTA SCRIBBLES:

CLUB AGM:

The committee for the 1996 season is as follows:

Chairman	Dave Weston
Treasurer	Frances OíNeill
Secretary	Jocelyn Cathalin
Philip Brennan	
Michael Mangan	
Eamon Woulfe	

RECENT EVENTS:

Thanks to all those who came along to the Hellfire Club on May 12th - and well done to all who completed the courses (especially those who tackled the "proper" Norwegian one!).

RECENT RESULTS:

Congratulations to all our prizewinners at the Irish Championships: ... Faith White (1st), Maura Higgins (3rd), Frances O'Neill (1st), Dave Weston (1st) and Philip Brennan (2nd). (And for those who didn't get one of those rather unusual trophies .. better luck next time!!).

Well done also to club members competing at the Leinster Championships: (in no particular order) Sven Kulldorff (3rd M65L), Caitlin Bent (2nd W50L), Frances O'Neill (2nd W45S), Maura Higgins (3rd W55L), Michael Mangan (8th M35L), Paddy Walsh (1st and Leinster Champ M60L), Brian Power (2nd M45S), Dave Weston (2nd and Leinster Champ M21L), Philip Brennan (3rd M21L) and Joe Bent (4th M55L).

Form continued the next day in the Relay competition. 3rd place in the premier class was taken by Denis Deasy, Dave Weston and Philip Brennan (after a "flying" changeover from Dave to Phil); and 2nd place in the Ad Hoc event went to Brian Power, Michael Mangan and Jackie Atkinson. Well done also to Maura Higgins and Sven Kulldorff who formed a SET/GEN team with Diana Large.

Setanta also appear to be doing well in Mountain Marathons .. the A class in the Comeragh Mountain Marathon (the weekend before the Leinster Champs) was won by Michael and Dave (just don't mention the blisters!!). Lovely jackets though!!

UPCOMING EVENTS:

Our own Mountain Marathon (which is really a long distance orienteering event) takes place on Sunday 28th July, starting from the Shay Elliot Monument. This is on the Military Road running southwest out of Laragh towards Glenmalure and Aghavannagh...map reference T129 921.

The Djouce event (postponed from May) will take place in October and there will be an event in Mullaghmeen in November as scheduled.

Last but not least.. the best of luck to Philip Brennan, Michael Mangan, Eugene O'Sullivan and Dave Weston - our team for the National Adventure Marathon (3rd place '94, 2nd place '95, ...??!!??).

Membership renewal forms have been included with this issue of TIO - for those of you who have not paid your 1996 subs yet!

G E N NEWS

Thank you :To all members involved in our last two events i.e. Brockagh and Trooperstown in particular Joe Lalor, Jane Watt and J. D. Clarke (Brockagh), Nick & Andrew Butterfield and Brian Bell (Trooperstown) both events went well despite very different weather conditions. There will be no rest this Summer as we have urgent mapping projects on hand see enclosed *Genology* for more details.

Congratulations :

Irish Champions M 10: Paget McCormack; M 55: Paget McCormack; M 60: A. B. Law.

Ted & Luke McCormack, Niamh Lalor, David Susan & Mary Healy, Audrey Sheridan, Andrew O'Mullane, Jane Watt & Diana Large also won prizes .

Leinster Champions: M10: Paget McCormack; M40S: David Quinn M21S : Andrew O' Mullane, M55: Paget McCormack; W55: Diana Large.

Audrey Sheridan , Jane Watt & Niamh Lalor also won prizes.

It is nice to see the club being represented, a special well done to young Paget Mc Cormack who was attending his first Irish Championships as a competitor and received a lovely medal to mark his winning debut, his dad is giving him very good example.

Good Luck: to all members doing exams and travelling to the Shamrock O-Ringen , the Swiss six-day or any other exciting adventures in the coming months . We expect to see a lot of you out mapping so don't hide away for too long.

Nora Lalor
Secretary G. E. N.

ENGLAND WIN SHI

A 5 minute winning margin for AJAX's Iain Rochford in M35 was not enough to rescue Ireland from 4th place in the Senior Home International at Aviemore on June 8/9. The next best performance was from BVOC's Patrick Feehan, 7th in M19. The terrain at Docharn and Deishar, described as very fast and incredibly technical, tested the Irish to the full, particularly the less experienced team members on their first international outing. A good performance by Scotland saw them going into the Relays with a slim margin over England, with Wales well clear of Ireland. The result at the end of Day 1 was Scotland 169, England 167, Wales 99, Ireland 65.

Good strategic planning of the Irish relay teams saw us take 3rd in the Short race (Patrick Feehan, Kevin O'Dwyer, Brian Corbett) and 5th in the Long (James Logue, Darina Cunnane, Iain Rochford) while Steven Linton ran the fastest time of the day for the first leg on the Medium race. Ireland overtook Wales by 18 points but it wasn't enough. England meanwhile had an 8 point margin over Scotland to make the relay score England 78, Scotland 70, Ireland 42, Wales 24. On a positive note, though, all the Irish team finished their courses. The final score was England 245, Scotland 239, Wales 123, Ireland 107.

This confirms the closeness of the two pairs, England/Scotland and Ireland/Wales. The Celtic Cup, Ireland v Wales (possibly with Cornwall as well) is to be in Ireland this year (probably in conjunction with the Veteran Home International in Co. Down in October) and will doubtless be a cliff-hanger since Ireland and Wales are very close at all levels of competition.

Next year's Senior Home International will be in Ireland in September.

Training your Map Memory

by Irina Kuranova, RUS

Many people prefer to train alone or with a small company of friends. Very often they would like to make their orienteering education more intensive, but don't know exactly the best way to do it. If this is you, read on!

1. A mid-week task

Your weekend competition will give you 2 to 3 times more value if, 2 to 4 days after the event, you begin to draw, on a plain sheet of paper, the map along with the route you followed, working solely from memory. It is not so important that different objects are shown the same size as on the map, but you should try hard to remember their relative size and position and to avoid forgetting any of the main features you saw as you ran round your course. See figure 1.

Fine also if you can add in any small features which were not on the map but which you noticed during your run.

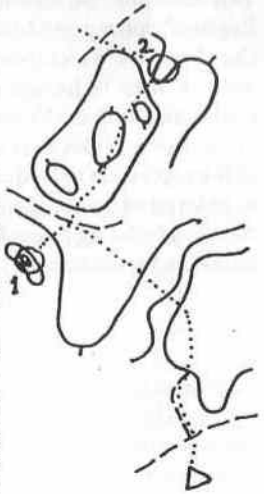
Figure 1

After finishing your drawing, check it with the real map and note the objects which you forgot about. Sometimes it becomes clear that the 'hole in your memory' was the location of your mistake whilst running your course!

2. Simplify the map

One of the key skills of a good orienteer is the ability to see the main structure of relief form and line object, to understand the structure rapidly and then remember it. You can train this skill at home, especially at a time when there are no competitions.

Look for 10-20 seconds at a small part of a map and try to identify and picture in your mind the main information shown. Then draw what you can remember on a plain sheet of paper (see figure 2). You have achieved a good result if you can draw all the roads, paths, gullies, streams, marshes, hills etc. It is not so important if you forget some small things provided you don't need to change direction in this area; if you do, then they can become very important!



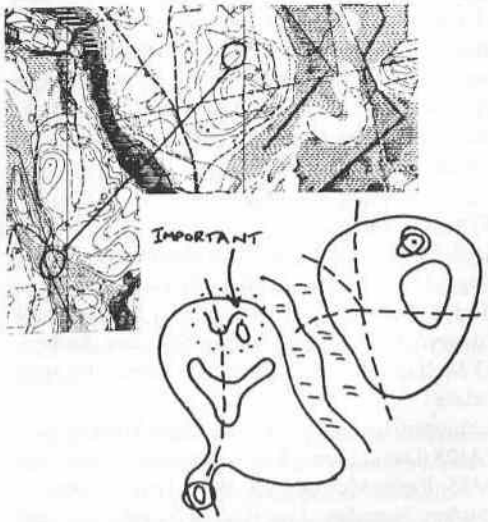


Figure 2

You are doing well if, after some training, you are confident that you can really remember the main information and can run without often having to stop to read the map.

3. A Training Exercise

Take two copies of one map and cut one of them into small pieces. These pieces should have enough information on them to enable you to recognize them. Paste 15 - 20 of the small pieces onto a white sheet in random fashion.

Look at a single piece, and run a fast loop, say 200 to 400 metres long. Then try to find this section of map on the big map, as soon as possible, using only your memory.

It's much better to do this kind of training with a friend! Then you can make it into a small competition between you.

4. Pace Counting

I expect you know how many paces you run in 100 metres. Choose some small sections on the map and write directly, without measuring, how many steps are needed to run each of them. Then check how accurate you were by measuring the length of each section.

BELFIELD EVENT - 22 OCT 95

YELLOW COURSE

1. A LYNCH	M16	DLSO	28.08
2. N DUNLEAVY	W18	UCDO	32.09
3. T McCLAVE	M14	DLSO	32.11
4. M GRENNAN			32.49
5. M FRIEL	W12	FIN	35.14
6. D GUAL	M14	DLSO	35.56
7. R SHORT	M6	CNOC	37.56
8. I COSTIGAN	M16	3ROC	38.25
9. H YOUNG	W12	CNOC	48.56
10. ROEBUCK		3ROC	51.15
11. ROEBUCK		3ROC	51.16
12. F KEARNS	11th FLD ENG		51.49
13. N McGOLDRICK		DUO	53.19
14. J CUNNANE		DUO	53.21
15. E FRIEL	W6	FIN	53.29
16. U SINCLAIR	11th FLD ENG		53.49
17. R FITZPATRICK			57.16
18. A FITZPATRICK			57.17
19. A GARVEY			58.39
20. A ENNIS	11th FLD ENG		60.09
21. J BEARY	M8	ECO	62.29
22. KEYES (2)			64.25
23. A DERHAM	W10		88.29
24. A LAFFAN	W10		88.29
25. B LAFFAN	W12		88.29
* RYAN			DNP 10,11
* LORNA & EVA	W14	3ROC	DNP 3-9
* CONOR SHORT	M3	CNOC	DNP 8-12

RED COURSE

1. K. KELLETT	M18	GEN	38.49
2. D. ??????		WO	41.35
3. K. BURTE	M21	OBOS	42.59
4. M, A&J		WO	49.31
5. A. BEATTIET / J. GANSION			51.33 51.33
6. M. GALLIGAN			52.19
7. D. KEOGH			52.32
8. R. BOYLE	M15	3ROC	53.12
9. J. HOARE	M21		53.33
10. C. DOOLAN			58.39
11. M. DOHERTY			58.51
12. W. KELLY			67.33
13. J. KELLY			67.35
14. M. O'SULLIVAN	W19		68.46
15. J. CONNOLLY	M21		68.48
16. D. JONES	W21	UCDO	69.32
17. B. GARGEN ?	W21	UCDO	69.33
18. D. BAIN / D. PRICHARD			83.21 83.21
19. F. GORMLEY		DUO	84.45
20. BIDEAU		DUO	84.47
21. K. MURPHY		DUO	84.49
22. J. COOGAN			107.39

GREEN COURSE

1. D. DEASY	M35	SET	34.01
2. G. BUTLER	M16	3ROC	38.05
3. D. CORRIE	M35	FIN	38.39
4. J. FITZSIMONS		3ROC	38.55
M. Mc GOLDRICK			38.55
5. D. BROOKS	M50	3ROC	40.29
6. T. Mc CORMACK	M45	GEN	42.04
7. A. RYAN	M35	AJAX	42.05
8. E. Mc. GINLEY	M21		42.08
9. J. FRANAN	M35	7FAR	42.47
10. T. DEVLIN	M40	GEN	43.13
11. E. O'SUILLEABHAIN		3ROC	44.09
12. A. QUIN	M18	3ROC	45.42
13. ALAN AYLING	M20	DUO	44.49
14. M. Mc GEADY	W21	3ROC	46.33
15. H. WHITE	M50	3ROC	47.03
16. IAN ?			49.06
17. MANUELA		T SUISS	49.15
18. T. MACKEY	M16	3ROC	49.22
19. S. MURRAY	M45	SET	49.29
20. W. Mc CORMACK		GEN	49.35
21. P. DUNNE	M35	PXN	50.26
22. R. FLYNN	M50	SET	50.57
23. S.MURPHY	M21	SET	52.05
24. A. NI SHUILLEABHAIN		3ROC	52.34
25. C. CARROLL	M60	3ROC	52.44
26. E. O'BRIAIN	M50	FIN	52.54
27. D. WALL	M50	GEN	55.18
28. P. Mc NAMARA	M18	DUO	55.48
29. D. NAGLE	W45	3ROC	57.29
30. R. ARMSTRONG		7FAR	57.57
31. T. CULBET			62.19
32. P. TANNEY	M21	DUO	62.55
33. U. O'COLMAIN	W18	GEN	67.35
34. K. Mc ARDLG			67.47
35. M. O'COLMAIN	W40	GEN	69.37
36. C. WALSH	W50	3ROC	71.21
37. F. O'NEILL	W45	SET	72.59
38. E. DOYLE	M12		74.36
39. M. HICKEY	M40	AJAX	76.22
40. M. BUTLER	M50	3ROC	76.39
41. W.J. O'NEILL	M50	SET	80.44
42. V. MURTAGH	W55	3ROC	95.01
43. ?????????????			103.45
M. BEARY	W40		DNF

BLUE COURSE -

LINE, NORWEGIAN, SCORE & X-COUNTRY-O

1. D. O'MURCHU	M45	CNOC	31.36
2. S. HEALY	M16	GEN	37.44
3. J. WALL	W40	GEN	58.46
4. B. HOLLINSHEAD	M55	3ROC	62.47
5. L. O'ALMHAIN	M16	SET	64.05
6. A. TOTTENHAM	W40	3ROC	69.07
7. S. KULLDORF	M65	SET	71.49
8. M. HIGGINS	W50	SET	82.29
9. R. DORREPAAL	M35	SET	83.19
10. A. BONAR LAW	M40	GEN	DNF
11. A. GRAHAM	W18	UCDO	DNF
12. M. FITZSIMONS	M21	UCDO	DNF
13. D. HEALY	M12	GEN	DNP 21

ORANGE COURSE

1. C. RYAN	M19		22.47
2. M. O'CONNELL			27.19
3. S. JOHNSON	M19		35.36
4. K. MURRAY		GEN	36.08
5. A. DUPONT	M21	UCDO	37.05
6. A. BELL	M12	GEN	40.43
7. P. COOKE	M60	AJAX	41.54
8. T. McELHINNEY	M8	SET	43.51
9. J. McELHINNEY	M45	SET	44.09
10. E. McELHINNEY	W10	SET	44.12
11. J. O'GORMAN	W40	AJAX	47.01
12. R. DOOLAN			48.02
13. H. NEILAND	W21	SET	48.19
14. B. Mc ARDLE	M12		48.42
15. U. MWACHUT		WO	48.47
16. N. MURPHY	M19		50.08
17. M. McARDLE	W14	3ROC	50.42
18. N. McARDLE			50.42
19. J. DORE	M21		51.22
20. M. McGRATH	W21		51.29
21. C. CHARLESWORTH			51.31
22. A. McELHINNEY		SET	51.31
23. E. MacMEANY			51.55
24. K. McCAFFERY	W19		51.59
25. A. MURPHY	M6		52.49
26. A. NOLAN	M14	DLSO	53.37
27. J. CORRIE	M12		54.58
28. C. FLYNN	M14	DLSO	55.22
29. B.KING			56.12
30. NICOLA ??			56.16
31. S. KING			56.17
32. S. BARRY			56.24
33. K. JACLISEN	W18		58.22
34. G. FITZGERALD	M21		58.25
35. M&C. DOWD			58.59
36. E. HOGAN	M55		59.52
37. B. DOWD			61.09
38. N. GIBNEY		DUO	61.53
39. N. FARNON	M21	KSO	67.31
40. A. GRIFFEN	W21	KSO	67.31
41. G. FARREN	W21	KSO	67.31
42. M. KELLY		GEN	69.21
43. M. KELLY		GEN	69.22
44. M. McALMHAIN	W7		69.33
45. J. MULLEN	W60	3ROC	71.56
46. S. LUDEMANN		UCDO	72.19
47. A. COSTIGAN		UCDO	72.21
48. CIAN ??			72.33
49. B. BYRNE	M45	GEN	73.49
50. M. BYRNE			73.51
51. M. O'LOONEY			73.52
52. C. O'DONOGHUE	W16	CLUNY	75.53
53. S. BANGHAM	W16	Loretto Dky	75.59
54. J. LYNCH	W16	CLUNY	76.02
55. J. SADLIER	W16	CLUNY	76.14
56. J. COADON	W16	Loretto Dky	76.17
57. M.LEAHY			76.32
58. B. SEYMOUR			76.33
59. M. HAHERTY			76.34
60. R. REID	W16	CLUNY	77.38
61. S. AHERNE	W16	CLUNY	78.02
62. N. HARTE	W16	CLUNY	78.04
63. K. MUROHY	W16	CLUNY	78.32
64. C. HOWELL	W16	CLUNY	81.39
65. E. RYAN	W16	CLUNY	81.41
66. C. McKENNA	W16	CLUNY	81.42
67. A. DILLON	W16	CLUNY	82.35
68. N. SMITH	W16	CLUNY	83.35
69. J. HASLETT	W21	SET	87.07
70. N. DOHERTY	W50	GEN	88.55
71. L. McGUANE	W16	CLUNY	90.07
72. D. KELLY	W16	CLUNY	91.58
73. S. FITZGIBBON	W16	CLUNY	91.59
74. M. CAHILL		DUO	92.35
75. R. DONNEGAN			93.39
76. B. CUNNANE		UCCO	95.35
77. L. RADFORD	W16	CLUNY	101.54
78. P. GALLAGHER	W16	CLUNY	104.54
79. L. BRADLEY	W16	CLUNY	104.55
80. 49TH CUBS			127.58
* N O'HANLON		CLUNY	DNF
* A WR???????			DNF
* C KENNAN			DNF

WHITE COURSE

1. K. POWELL	W 8	SET	23.44
2. J. CORRIE	W10		24.54
3. B1			29.11
4. T. McCORMACK	M 9	GEN	29.18
5. B4			30.12
6. B8			40.07
7. B. CRYAN	M 8	3ROC	41.04
8. C. CRYAN	M 7	3ROC	41.09
9. B2			42.08
10. B3			43.29
11. R.FITZPATRICK			45.13
12. D.FITZPATRICK			45.16
13. B10			46.28
14. B6			46.48
15. B9			49.17
16. B7			51.18
17. L. TEIRNEY	W 6		55.39
18. DAVID & DANIEL	M 3	AJAX	55.39

BLUE COURSE

1 T TOTTENHAM	M18	3ROC	
2 L DONOVAN	M21	AJAX	68.32
3 P HEALY	M40	CNOC	68.57
4 I MacNEILL	M45	3ROC	69.58
5 N C-CRAWFORD	M50	3ROC	73.13
6 J RYAN	M18	3ROC	74.35
7 E LOUGHMAN	W21	CNOC	76.14
8 J MULLEN			79.08
9 J LALOR	M40	GEN	79.09
10 A O'MULLANE	M21	GEN	82.46
11 R LYNAM	W40	CNOC	83.11
12 H WHITE	M50	3ROC	84.36
13 R GARRETT	M40	3ROC	86.19
14 T McCORMACK	M40	GEN	87.31
15 E GLANVILLE	W21	3ROC	88.15
16 J WATT	W45	GEN	89.01
17 M JENNINGS	M21	CNOC	89.42
18 H CONVERY	W55	3ROC	90.51
19 T FITZGERALD	M21	AAS	93.47
20 B DOHERTY	M50	GEN	97.33
21 J DUNNE			98.31
22 D O'MURCHU	M45	CNOC	99.01
23 D HEALE	M21	3ROC	102.07
24 D CLARKE			102.51
25 F O'HANLON	W21	AJAX	105.07
26 D FLOOD			111.34
27 A TOTTENHAM	W45	3ROC	112.18
28 H MacINERNEY	W35	CNOC	117.07
29 J BARRETT	M60	CNOC	117.16
30 R MITCHELL			119.52
31 G BRYAN	M16		123.37
32 R LYONS	M20	DUO	128.11
33 B JONES	M20	DUO	130.07
D SHORTT	M40	CNOC	MP
J REARNEY	M21	3ROC	MP

SUGARLOAF MOUNTAIN
- LEINSTER LEAGUE 7 -
UCD ORIENTEERS

BROWN COURSE

1 F STURESSON	M21	UCDO	60.47
2 B O'BRIEN	M21	AJAX	63.27
3 P NOLAN	M21	GEN	64.43
4 B DELANEY	M21	CNOC	68.26
5 A TYNER	M21	3ROC	68.28
6 J McCULOUGH	M40	3ROC	69.47
7 D CASHIN	M35	AJAX	70.11
8 D REIDY	M40	AJAX	73.01
9 P SPILLANE	M35	CNOC	76.42
10 M MANGAN	M35	SET	77.08
11 A MALTIG	M21	UCDO	78.17
12 P GARGAN	M40	AJAX	81.31
13 B BELL	M40	GEN	81.59
14 M YOUNG	M40	CNOC	84.08
15 M O'KEEFE	M21	FIN	84.21
16 G DOHERTY	M21	GEN	87.13
17 A COX	M40	WATO	89.52
18 K McDONALD	M40	AJAX	93.28
19 J KEATING	M21	AJAX	95.32
20 J de LACY	M45	AJAX	96.44
21 P BRENNAN	M21	SET	99.41
22 D McTAGUE	M21		113.01
23 C McDONAGH	M21	AJAX	116.35
24 P JONES	M18		171.06
M MURRAY	W21	CNOC	DNF
E O'SHEA	M35	GEN	DNF
T SLATTERY	M20	CNOC	MP
C BURNS	M21	AJAX	MP

NORWEGIAN (MAP MEMORY) COURSE

1. A MALTIG	M21	UCDO	37.26
2. B BELL	M40	GEN	41.14
3. D QUINN	M40	GEN	41.51
4. N PHILLIPS	W21	3ROC	44.46
5. R O'COLMAIN	M14	GEN	48.41
6. M HEALY	W40	GEN	49.19
7. G ELLIOT	M21	3ROC	51.35
8. T TOTTENHAM	M18	3ROC	51.48
9. D O'COLMAIN	M45	GEN	55.39
10. B DOHERTY	M50	GEN	57.01
11. P McCORMACK	M45	GEN	57.52
12. P SPILLANE	M35	CNOC	58.29
13. M O'KEEFE	M21	FIN	65.42
14. D DHORT	M35	CNOC	66.53
15. R LYNAM	W40	CNOC	67.35
16. L NAUGHTON	W40	3ROC	68.23
17. D O'DONGAILE	M21	DUO	94.04
* J GRAY	M45	3ROC	DNF

LIGHT-GREEN COURSE

1	G CARROLL	M20	CDVEC	44.45
2	D GORMAN	M20	CDVEC	45.45
3	G COLLINS	M20	CDVEC	46.49
4	C HARRINGTON	M18	CDVEC	49.15
5	B POWER	M45	SET	53.09
6	D LARGE	W55	GEN	53.14
7	S DOORLY			53.16
8	G DEACON			55.58
9	M NOWLAN	W45	3ROC	56.35
10	S MURRAY	W18	CDVEC	56.51
11	M COOPER	M20	CDVEC	58.01
12	J FITZSIMONS	M45	3ROC	58.42
13	A THOMPSON	M20	CDVEC	59.15
14	L BUTLER	W16	CNOC	59.37
15	M McGREADY	W21	3ROC	60.19
16	M WALSH	M45	3ROC	60.46
17	B GREENE	M16	3ROC	61.03
18	G COACKLEY		AAS	65.47
19	A McCORMACK	W45	GEN	69.01
20	P DONLON	M35	3ROC	72.41
21	S DONLON	W20	CDVEC	74.57
22	B SHARKEY	W21	FIN	77.33
23	D GUMLEY		AAS	77.48
24	J ATKINSON	W21	SET	77.51
25	E KERNAN	W21	AJAX	78.01
26	E O'NEILL	W16	3ROC	82.01
27	N LALOR	W40	GEN	82.32
28	J BUTLER	W18	3ROC	83.08
29	G FITZGERALD		3ROC	85.48
30	C WALSH	M16	3ROC	89.26
31	M CONNORS	W21		92.04
32	F O'NEILL	W45	SET	98.34
33	WJ O'NEILL	M50	SET	98.34
34	A MURPHY			100.21
35	MORRISON	W21	AJAX	107.27
36	C TUNNEY	W21		120.07
37	J BUTLER	W45	3ROC	130.33
38	T BUTLER	W50	3ROC	143.41
	J McGRATH	M14	3ROC	DNF
	R McARDLE		3ROC	DNF
	P LEIGHTON			MP

GREEN COURSE

1	L C-CRAWFORD	M16	3ROC	46.33
2	B McGRATH	M45	3ROC	49.21
3	P McCORMACK	M55	GEN	50.09
4	T McGRATH	M50	3ROC	50.51
5	A QUIN	M18	3ROC	51.11
6	P BUTLER	M45	3ROC	52.41
7	M BEARY	M40	AJAX	54.37
8	D WICKLEN	M35	AJAX	56.41
9	G BUTLER	M16	3ROC	59.27
10	J O'NEILL	W50	FIN	59.56
11	G BYRNE			60.06
12	W McCORMACK		GEN	62.07
13	D BROOKS	M55	3ROC	63.11
14	F GENNING		CNOC	64.26
15	M BUTLER	M55	3ROC	65.54
16	A NI SHUILEABHAN	W45	3ROC	66.24
17	C NUGANT	M21	UCDO	66.46
18	T MACKEY	M16	3ROC	67.13
19	A BONAR-LAW		GEN	68.14
20	M KAVANAGH	M45		66.51
21	M BYRNE			71.42
22	B HOLLINSHEAD	M55	3ROC	72.11
23	E DUNNE	M21	3ROC	73.01
24	N HUTHCINSON	W21		73.01
25	N BUTTERFIELD	M21	GEN	73.12
26	S MURRAY	M45	SET	74.01
27	U COUGHLAN	W21	3ROC	74.13
28	A WITTER			76.29
29	L CRAWFORD			84.04
30	G SHORTT			86.02
31	K WAKANM?		CNOC	86.11
32	R DORREPAAL	M35	CNOC	88.19
33	M KELLETT	M55	GEN	90.36
34	C CARROLL	M60	3ROC	91.28
35	D BUTLER	M45	CNOC	93.43
36	K HALLIGAN		CNOC	104.11
37	J McCAN		CNOC	107.51
38	A CREEDON	W21	DUO	123.31
39	K FOLEY	W21	DUO	123.31
40	T DEVLIN	M40	GEN	125.33
41	C QUIN		GARDA	140.01
42	H DEVLIN			140.01
43	A DUNNE			150.52
44	SMYTH			150.52
45	L SMYTH			150.52

Hope you all enjoyed the Sugar Loaf 'lunar landscape' experience (fire damage from last summer)!

Special thanks must go to:

Planner - Nina Phillips
Controller - Trina Cleary (3ROC)
Organizer - Bernard Maguire

Not forgetting the dedicated team of helpers who made this event possible, your efforts are very much appreciated.

Marguerite (Captain 95/96)

YELLOW COURSE

1	D McCANN	M20	AJAX	11.14
2	R WALLACE	M21	AJAX	13.05
3	D O'HOURCAN	M21	AJAX	14.25
4	A CORRIGAN	M20	AJAX	16.34
5	J CORRIE	W10	FIN	19.12
6	P McCORMACK	M8	GEN	22.02
7	J WALSH	M9	GEN	23.11
8	C CASHIN	W7	AJAX	24.02
9	H NOWLAN	M10	3ROC	24.11
10	R SHORTT	M6	CNOC	25.3
11	T McCORMACK	M9	GEN	27.11
12	N LALOR	W12	GEN	27.56
13	D BELL	W10	GEN	28.52
14	C YOUNG	W9	CNOC	32.35
15	S O'MAIREAD	W9	CNOC	32.39
16	H HEALY	W7	CNOC	32.56
17	C SHORTT	M4	CNOC	37.22
18	D McHUGH			37.29
19	C&B MANGAN		SET	40.46
20	J MALLEY	W40	3ROC	57.51

RED COURSE

1	K CAREY	M35	3ROC	34.56
2	J KOHLER	M17	WO	38.51
3	D CORRIE	M35	FIN	40.34
4	C JORDAN			49.17
5	K MURRAY	M35	GEN	54.02
6	C RYAN		21BN	55.56
7	C DONAGHY			56.03
8	E BRIDCUT		FIN	56.03
9	F&A KEYES			60.02
10	A GRAHAM	W20	UCDO	61.52
11	G PORTER		GEN	62.28
12	D O'BRIEN	M16	DLSO	63.13
13	A SCOTT	M16	3ROC	70.16
14	A WATT &			
15	M PROCTOR	M16	WO	70.54
16	N TRESTON			77.52
17	J FITZGERALD		3ROC	78.22
18	N TURNER		3ROC	80.04
19	C DOWEL			88.22
20	B DOWEL			88.27
21	P O'BRIEN		3ROC	90.26
	P LAR???		3ROC	DNF
	A CREAN			DNF

ORANGE COURSE

| | | | |

Results of GEN Leinster League event
Brockagh, Co. Wicklow
24th March 1996

Brown Course 7Km/330m

Class	Name	Club	Result
M21	J.Feehan	BVOC	63:00
M21	J.Casey	UCCO	68:28
M35	J.McCullough	3ROC	69:52
M21	A.Maltig	UCDO	70:26
M21	M.Flynn	AJAX	74:23
M21	A.O'Cleirigh	CNOC	75:20
M21	P.Nolan	GEN	79:33
M35	S.O'Boyle	CNOC	81:57
M21	A.Tyner	3ROC	86:07
	S.Wilson	LVO	86:07
M40	P.Gargan	AJAX	89:53
M35	M.Mangan	SET	91:05
M21	M.O'Keefe	FIN	91:33
M40	B.Bell	GEN	91:57
M40	D.Reidy	AJAX	95:36
M35	P.Spillane	CNOC	96:17
m35	T.Duggan	CNOC	100:15
M21	T.Joyce	FUCCO	102:43
M21	G.Brady	CorkO	103:15
M19	C.Scott	LVO	107:36
M21	J.Keating	AJAX	115:57
M35	T.O'Keefe	CNOC	118:43

Light_Green Course 2.8Km/220m

Class	Name	Club	Result
M19	G.Collins	CDAC	60:49
W55	C.Nuttall	LeeO	62:18
M19	G.Carroll	CDAC	62:52
W55	D.Large	GEN	64:03
	G.Fitzgerald	3ROC	73:22
	N.Turner	3ROC	73:22
	A.KELLY (AMC KELLY)	FIN	82:15
M35	D.Clark		83:08
W40	N.Lalor	GEN	101:33
M19	T.McNally	OPC96	109:08
	G.Fitzgerald	3ROC	114:31
W45	F.O'Neill	SET	118:35
W17	*E.Pol*	*Disqualified*	*DNP 6,7,8*
W16	*N.O'Colmain*	*Disqualified*	*DNP 6,7,8*
M35	*P.Donlon*	*Disqualified*	*DNF*
W18	*S.McCormack*	*Disqualified*	*DNP 11*
W16	*E.O'Neill*	*Disqualified*	*DNP 4,7*
	O.&N.Kirwan	*Disqualified*	*MP 7*
	M.Kelly	*Disqualified*	*DNF*
W21	*J.Atkinson*	*Disqualified*	*DNF*

Orange Course 3.4Km/120m

Class	Name	Club	Result
	A.Beattie		46:35
	H.Graham		46:35
	E.Clonan		47:05
W45	M.Walsh	3ROC	50:11
	M.O'Connell		53:22
W12	N.O'Boyle	CNOC	53:37
	D.Kennedy	WO	55:24
M10	N.Walsh	3ROC	55:39
M14	A.Nolan	DLSO	58:36
M16	M.Procter	WO	61:14
	A.Watt		61:14
W12	S.Nowlan	3ROC	65:14
M13	C.Walsh	3ROC	66:01
M50	B.O'Neill	SET	70:11
	E.Kenny		76:26
W45	D.Nagle	3ROC	76:26
M21	C.McGuinness	OPC96	78:29
	C de B & Cora F		84:22
	D D'Arcy	CNOC	87:14
	L.Crawford	CNOC	87:16
W12	J.O'Neill	CNOC	90:52
W10	C.O'Neill	CNOC	91:05
M21	D.Carolan	OPC96	95:37
W21	L.Donnellan	OPC96	116:22
W45	B.Barry	OPC96	119:38
	C.Hanlon	OPC96	122:18
M55	P.O'Donoghue	OPC96	131:30
W60	J.Mullen	3Roc	148:55
M13	*A.Cooke*	*Disqualified*	*DNF*
W11	*E.Donlon*	*Disqualified*	*DNP 3*
M19	*D.Gormally*	*Disqualified*	*DNP 5*
M40	*M.O'Reilly*	*Disqualified*	*DNP 3*
M21	*P.Roche*	*Disqualified*	*DNP 8*
M19	*K.Fitzsimons*	*Disqualified*	*DNP 9*
M16	*I.Costigan*	*Disqualified*	*MP 3,6,7*
	A.Murphy	*Disqualified*	*DNP 5*
	M.Beary	*Disqualified*	*DNP 8*
	J.Donlon	*Disqualified*	*DNF*
	A.Doyle	*Disqualified*	*No Finish Time*

Blue Course 5.6Km/335m

Class	Name	Club	Result
M15	T.Tottenham	3ROC	54:30
M40	W.Young	CNOC	59:15
M21	A.O'Mullane	GEN	67:54
W21	E.Loughman	CNOC	68:44
M40	I.MacNeill	3ROC	71:27
M45	N.C-Crawford	3ROC	71:36
M21	P.Kampen	UCDO	74:23
W21	E.Glanville	3ROC	78:01
	T.Fitzgerald	CNOC	78:57
W45	M.Nowlan	3ROC	79:08
M21	M.O'Neill	WATO	82:05
M45	D.O'Murchu	CNOC	82:31
M21	M.Jennings	CNOC	82:51
M40	T.McCormack	GEN	84:14
M21	E.Dunne	3ROC	84:29
W40	R.Lynam	CNOC	85:29
W21	N.Phillips	3ROC	89:47
M45	P.Curran		93:09
W21	F.O'Hanlon	AJAX	94:41
M21	D.McTague		97:31
W40	A.Tottenham	3ROC	101:18
	V.Jones	*Disqualified*	*DNP 13*
	D.Short	*Disqualified*	*DNP 13*

Green Course 4.2km/270m

Class	Name	Club	Resu
M45	P.McCormack	GEN	58:34
M50	T.McGrath	3ROC	62:17
W50	J.O'Neill	FIN	67:30
M21	H.McLinden		72:34
M40	M.Beary	AJAX	73:25
W45	W.McCormack	GEN	74:57
M45	P.Butler	3ROC	80:00
W50	T.Cleary	3ROC	80:06
M55	F.McCormack	CNOC	82:34
W21	U.Coughlan	3ROC	83:40
M35	A.Ryan	AJAX	86:10
M16	G.Butler	3ROC	87:09
M55	D.Brooks	3ROC	87:26
M40	G.Smith	FIN	89:11
M55	B.Hollinshead	3ROC	91:23
	G.Byrne		92:04
	F.Gunning	CNOC	94:08
M21	D.Browne	FCA	94:50
M35	D.Corrie	FIN	95:09
	David & Marcus		97:53
M55	M.Butler	3ROC	99:59
M35	R.Dorrepaal	SET	110:3
M65	S.Rothery	3ROC	116:0
W45	A.O'Sullivan	3ROC	125:4
M60	C.Carroll	3ROC	127:0
	C'ONeill	*Disqualified*	*DNP 8,15*
	C.O'Mara	*Disqualified*	*Wrong Nos 7/1*

Yellow Course 1.7Km/50m

Class	Name	Club	Result
M10	T.McCormack	GEN	34:58
M10	P.McCormack	GEN	35:22
M10	D.McHugh		39:45
	Y.Flynn	OPC96	41:21
M7	H.Nowlan	3ROC	44:29
M8	P.McKenna	AJAX	45:45
M11	E.Kelly	CDAC	46:42
W11	H.Collins	CDAC	46:44
	C.CASHIN	AJAX	48:48
	A.Malkin		51:55
W10	H.Young	CNOC	57:59
M7	R.Short		58:32
	R.Ellis		59:54
W10	H.Cunningham		60:14
W5	C.Mangan	SET	63:22
	Murray		65:26
	M.Kelly	GEN	87:59
	L.Foley	OPC96	114:32
	S.Gleeson	*Disqualified*	*DNP 9*
	C.Short	*Disqualified*	*DNP 9*
M11	*I.O'Mara*	*Disqualified*	*DNP 4,9*
M11	*S.Lyons*	*Disqualified*	*DNP 7,9*

Red Course 4.9Km/230m

Class	Name	Club	Result
W21	B.McCluskey	3ROC	58:03
M21	C.Lewis	3ROC	58:03
M21	S.Banner		58:03
M35	K.Carey	3ROC	64:30
M17	J.Kohler	WO	65:48
M45	G.Porter	GEN	98:38
W35	L.Naughton	3ROC	103:21
M35	K.Murray	GEN	107:38
M21	D.Lawler		119:00
M21	B.Hickey		119:00
M16	D.O'Brien	DLSO	124:27
	J.Delaney		129:00
	Aiden P?		129:00
M15	*J.Bell*	*Disqualified*	*DNP 12*
	T.Dunlea	*Disqualified*	*DNP 3,5*
	M.O'Mara	*Disqualified*	*DNP 3,6*
M18	*D.Mullen*	*Disqualified*	*DNP 3*
	B de Bara	*Disqualified*	*DNP 6*
W21	*S.McEvoy*	*Disqualified*	*DNF*
	D.Prichard	*Disqualified*	*DNP 9-12*
W21	*N.Hutchinson*	*Disqualified*	*DNF*
	V.Donaghy	*Disqualified*	*DNF*

Results of RAVEN'S ROCK event 21/Apr/96

Organiser Damien Cashin. Planner Denis Reidy. Controller Brendan O'Connor

BLUE			
L Donovan	AJAX	M21	90:49
J Watt	GEN	W45	98:46
D Quinn	GEN	M45	100:30
N Crawford	ROC	M50	100:51
R Lynam	CNOC	W40	106:00
J Lalor	GEN	M40	108:09
M Nowlan	3ROC	W45	110:30
M Reed	FERMO	M55	111:11
B Doherty	GEN	M50	112:31
N Phillips	3ROC	W21	112:35
T McCormack	GEN	M40	113:12
E O'Shea	GEN	M35	113:14
E Loughman	CNOC	W21	113:45
M O'Neill	WATO	M21	121:06
J Hughes	CNOC	M50	136:30
D Short	CNOC	M40	DNF
W McDonald	AJAX	M18	DNF
E Dunne	3ROC	M21	DNF
D Heale	ROC	M21	DNF.

YELLOW			
N O'Boyle	CNOC	W12	23:12
J Corrie	FIN	M12	33:10
K Mc Cormack	GEN	W16	33:24
I Costigan	3ROC	M16	34:10
A O'hUigin		W10	34:12
L Mc Cormack	GEN	M12	35:11
T Mc Cormack		M10	35:30
A OiHuigin			36:10
H.Howlan	3ROC	M10	42:00
D McHugh	AJAX	M10	45:42
S.O'Neill	AJAX	M10	45:42
N Lalor	GEN	W12	46:33
B & C Mangan	SET		60:00
D.Bell	GEN	W10	64:40
J.Corrie	FIN	W10	DNF

ORANGE.			
M O'Connell		W21	105:31
M Flynn		W35	111:20
A Nolan		M14	119:20
S Nowlan	3ROC	W14	129:40
M Beary		W40	139:56
D Ni Ghoileain	GEN	W35	DNF
A Kelly	29 Sc	W14	DNF
Aoife Kelly	29 Sc	W14	DNF
J Kelly	29 Sc		DNF
N Walsh	3ROC	M12	DNF
J Keane	GEN		DNF
E Donlon	3ROC	W12	DNF
P Nealon			DNF

LIGHT GREEN			
N Lalor	GEN	W40	81:29
P Donlon	3ROC	M35	99:04
B Power	SET	M45	101:30
B Green	3ROC	M15	110:40
F O'Neill	SET	W45	118:58
W O'Neill	SET	M50	125:57

BROWN			
B O'Brien	AJAX	M21	85:50
P Spillane	CNOC	M35	87:15
T Duggan	CNOC	M35	90:30
B Bell	GEN	M40	91:14
J McCullough	3ROC	M40	99:40
D Deasy		M35	100:00
D?	SET	M21	108:20
J Keatinge	AJAX	M21	132:35
A Maltig	UCDO	M21	134:30
M O'Keeffe	FIN	M21	139:00
M Mangan	SET	M35	143:30
B Delaney	CNOC	M21	DNF
C Burns	AJAX	M21	DNF
P Brennan	SET	M21	DNF
A Tucker	M35	DNF	
G Brady	CORKO	M21	DNF
S O'Boyle	CNOC	M35	DNF
D Large	GEN	W55	130:00
K Kelly	29 Sc	M40	152:25
L Naughton	3 ROC	W40	156:40
V Murtagh	3ROC	W55	DNF
S Fitzgerald	3ROC		DNF
M Higgins	SET	W55	DNF
J Mc Grath	3ROC	M14	DNF
S Donlon	CNOC	W19	DNF
C Walsh	3ROC	W50	DNF
T Butler	3ROC	W50	DNF
S Mc Cormack	GEN	W18	DNF
D Flynn	SET	M21	DNF
J Lynam	3ROC	M70	DNF
D Spillane	CNOC	M19	DNF.

RED			
J Kohler	WO	M16	88:45
K Carey	3ROC	M35	93:06
J Atkinson	SET	W21	DNF
P Dunne	PXN	M35	DNF
R Wallace	AJAX	M21	DNF

GREEN.			
L C Crawford	3ROC	M16	72:46
P McCormack	GEN	M55	75:48
B McGrath	3ROC	M45	90:59
A Ryan	AJAX	M35	93:15
D Brooks	3ROC	M55	94:50
M Beary	AJAX	M40	95:10
A Ni Shuilleabhain	3ROC	W45	100:28
J OiNeill	FIN	W50	102:10
D Wickham	AJAX	M35	104:50
D Corrie	FIN	M35	114:10
G Butler	3ROC	M16	115:47
M Walsh	3ROC	W45	117:02
U Coghlan	3ROC	W21	118:56
B Hollinshead	3ROC	M55	129:40
S Rothery	3ROC	M65	141:50
W McCormack	GEN	W45	142:31
D Clark			175:52
Roy			175:52
C Carroll	3ROC	M60	DNF
E O'Brian	FIN	M50	DNF
M Butler	3ROC	M55	DNF
B Flynn			DNF
F Flynn			DNF
F O'Brian	FIN	M21	DNF
A Butterfield	GEN	M35	DNF
AB???	GEN	M40	DNF

NOTE: Four competitors on the red course did not return their cards to the finish or indeed report their return to an event official. These people are members of affiliated clubs, according to their stubs.If they are in fact members of O-clubs, then I can only say that their lack of consideration for the organisers is very disappointing.

Results of Setanta event held at Hellfire Wood, 12th May 1996

A COURSE: (NORWEGIAN): 6.1 K

S. O'Boyle	M40	CNOC	53.20
B. Bell	M40	GEN	58.44
I. MacNeill	M45	3ROC	68.53
B. McGrath	M45	3ROC	71.40
N. C-Crawford	M50	3ROC	75.05
M. O'Neill	M21	WATO	78.53
R. Lynam	W40	CNOC	81.58
D. O'Murchu	M45	CNOC	87.53
D. McTague	M21		91.55
G. Brady	M40	CORKO	99.04
R. Garrett	M45	3ROC	100.36
D. Short	M40	CNOC	176.32
R. Dorrepaal	M35	SET	DNF
E. Dunne	M21	3ROC	DNF
M. Kellett		GEN	DNF
P. McNamara	M20	DUO	DNF
A. Tottenham	W45	3ROC	DNF

B COURSE: 4.5 K

P. Nolan	M21	GEN	34.53
A. Quin	M17	3ROC	39.47
L. Oi hAlmhain	M16	SET	44.07
G. Butler	M16	3ROC	45.26
M. Nowlan	W45	3ROC	49.04
M. Bohan			51.20
S. Peel	M45	3ROC	52.47
A. Bonar-Law	M60	GEN	53.22
Cooke & Redmond	W45	GEN	56.15
A. Ni Shuilleabhain	W45	3ROC	57.50
S. Rothery	M65	3ROC	58.43
H. McLindon	M21		59.40
D. Reilly			59.46
N. Hutchinson	W21	3ROC	61.44
S. Donovan	W19		62.20
B. Hollinshead		3ROC	62.37
J. Atkinson	W35	SET	63.30
B. Lawlor	W21		63.38
M. Walsh	W45	3ROC	64.00
M. Butler	M55	3ROC	66.51
D. Large	W55	GEN	68.45
U. Coghlan	W21	3ROC	72.30
C.Carroll	M60	3ROC	73.25
D.Nagle	W45	3ROC	73.48
T. McCormack	M40	GEN	74.55
T. McCormack	M10	GEN	77.48
P. Cooke	M60	AJAX	78.14
F. Richards	M18		84.14
L. Naughton	W40	3ROC	90.45
M. Cusack			102.37
B. Sharkey	W21	FIN	111.28
V. Murtagh		3ROC	115.40
J. Mullen	W60	3ROC	DNF
J. Purcell			DNF
T.Purcell			DNF
L.Purcell			DNF
P.Nealon			DNF
M. Barry			DNF
G.McNamara			DNF
F. Flood	M21	FIN	DNF
R. McNamara			DNF
A. McNamara			DNF
T. Lawlor			DNF

C COURSE: 2.4 K

C. McHugh			27.42
N.Treston		3ROC	28.16
J.Fitzgerald			28.16
E. Kernon	W21	AJAX	29.00
A. Gardner	M15		30.35
G. Fitzgerald		3ROC	34.25
H. Nowlan	M10-	3ROC	37.50
P. Garry			38.32
S. Moran			38.34
Y. Sinnott			40.16
D. Monahan			40.18
C. Mulvey			40.22
P.McPartlin			41.22
G. Flood			41.23
S. Nagle			41.34
S. O'Boyle		CNOC	42.20
N. Wilson	M13		42.47
R. Flood	W10	FIN	44.29
Z. O'Sullivan			44.35
S. Corrigan			44.36
R. McGrath	W12	3ROC	46.23
F. Cusack			48.10
L. Kendellen			94.45
N.Redden			94.45
A. Bell	W12	GEN	DNF
F. Flood/B. Maher	M7	FIN	DNF

ORIENTEERING FIXTURES

July

2	WARRENSCOURT	Co. Cork. CorkO IFL 6. GR W 38 67. 5.30-7.30 pm.
7	RAVEN'S ROCK	Glencullen, Co. Dublin. Squad fundraising event run by AJAX. GR O 20 18.
8-14	Junior World Championships, Vilcea, Romania.	
9	KILBRITTAIN WOOD	Co. Cork. Cork O IFL 7. GR W 54 47. 5.30-7.30 pm.
11	FARRAN	Co. Cork. BOC Summer League. GR W 48 71.
16	GLENBOWER	Killeagh, Co. Cork. CorkO IFL 8. GR W 99 77. 5.30-7.30 pm.
16-21	World Student Championships, Veszprem, Hungary.	
23	CHIMNEYFIELD	Glenville, Co. Cork. CorkO IFL 9. GR W 90 85. 5.30-7.30 pm.
28	WICKLOW MOUNTAIN MARATHON	Shay Elliot Memorial, near Laragh. SET long-O.
30	GARRETTSTOWN	Co. Cork. Cork O IFL 9. GR W 58 44. 5.30-7.30 pm.
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.
7-8	FUTURE CHAMPIONS CUP FINAL	Southern Lake District, England.
8	CURRABINNY	Co. Cork. Cork O intro event. GR W 79 62. 11-2 pm
14	DRUMKEERAGH	Ballynahinch, Co. Down. LVO Sprint-O 4. GR J 32 47.
15	BALLINCOLLIG PARK	Co. Cork. CorkO intro event. GR W 59 71. 11-2 pm.
15	PHOENIX PARK	Dublin. 3ROC introductory event. GR O 09 34.
21-22	JUNIOR HOME INTERNATIONAL	Ambleside, Cumbria..
22	GARRETTSTOWN	Co. Cork. Cork O Cork League 1. GR W 58 44. 11-2 pm.
22	KILLINEY HILL	AJAX introductory event. GR O 26 25.
28	FLORENCECOURT	Co. Fermanagh. NI Series 7. FermO. GR H 17 33.
29	GLENCREE	Co. Wicklow. GEN Leinster League event. GR O 192143.
29	KILWORTH	Co. Cork. SO Cork League 2. GR R 83 03. 11-2 pm.

October 1996

6	MOYDRUM	Athlone, Co. Westmeath. PXN Connacht Lg 1. GRN103420.
6	NECARNE	Irvinestown, Co. Fermanagh. FermO. SL6. GR H 23 57.
6	WARRENSCOURT	Kilmurry, Co. Cork. Cork O Cork Lg.3. GR W 38 67. 11-2 pm.
12	NI CHAMPIONSHIPS & VETERAN HOME INTERNATIONAL	**Slieve Croob**, Ballynahinch, Co. Down. LVO. eod. GR J 32 47.
13	CASTLEWELLAN	Co. Down. VHI Relays.
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. GR J 18 11.
20	CHIMNEYFIELD	Glenville, Co. Cork. CorkO. Cork Lg 4. GR W 90 85. 11-2.
20	FLORENCECOURT	Co. Fermanagh. FermO Sunday league 7. GR H 17 33.
20	WOODSTOCK	Galway. GRTC Connacht League 2. GR M 252 287.
20	*CompassSport CUP* FINAL	West Midlands, England.
26	ROSTREVOR	Co. Down. NI Series 8. LVO. GR J 19 18.
28	COMBAUN	Mitchelstown, Co. Cork. LeeO event. GR R 81 18. 11-1 pm.

November 1996

3	CRONYBYRNE	nr. Laragh, Co. Wicklow. AJAX Leinster Lg. GR T 19 92.
3	FLORENCECOURT	Co. Fermanagh. FermO Sunday league 8. GR H 17 33.
3	KNOCKNACAREIGH	Kilmurry, Co. Cork. CorkO Cork League 5. GR W 36 64.
9	DOOHATTY GLEBE	Co. Fermanagh. NI Series 9. FermO. GR H 18 31.
10	CLONTYKILLA	Boyle, Co. Roscommon. PXN Connacht Lg 3. GR G 864046.
10	MULLAGHMEEN	Co. Westmeath, nr Oldcastle. SET Leinster Lg. GR N 47 78.
10	WALSHTOWN WOOD	Midleton, Co. Cork. Cork O Cork League 6. 11-2 pm.
16-17	MUNSTER CHAMPIONSHIPS	**Knockanaffrin**, Co. Waterford. GR S 28 17.
23	CAIRN WOOD	Dundonald, Co. Down. LVO night event. GR J 45 76.
24	BALLYNOE	Midleton, Co. Cork. Cork Championships. Cork O. 11-2 pm.
24	CLONBROCK	Ahascragh, Co. Galway. PXN Connacht Lg 4. GR M742408.
24	THREE ROCK MOUNTAIN	Dundrum, Co. Dublin. 3ROC event. GR O 17 23.
24	BOF National Event 7	Bewick Moor, Alnwick. Patrick Smyth 0044-191-236-4152. cd 10/11/96.
30	BENBURB	Co. Tyrone (just barely). LVO Sprint-O 5. GR H 82 52.
30	NI NIGHT CHAMPIONSHIPS	**Palace Demesne**, Armagh. LVO. GR H 86 45.

December 1996

1	CURRAGH WEST	Co. Kildare. CNOC Leinster League. GR N 78 12.
1	CURRAGH WOOD	Midleton, Co. Cork. Cork O Cork Lg 7. GR W 86 76. 11-2 pm.
8	MALAHIDE CASTLE	Co. Dublin. UCDO event. GR O 22 45.
14	TOLLYMORE	Newcastle, Co. Down. LVO event. GR J 35 32.
26	THREE ROCK MOUNTAIN	Dundrum, Co. Dublin. 3ROC Christmas Score. GR O 17 23.
27	CURRABINY	Co. Cork. Cork O Xmas event. 11-2 pm. GR W 79 62.

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

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

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

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