The Irish Orienteer

No. 79 October- December 1996 IR£1.50

THE IRISH ORIENTEER
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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.
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Cover: Eileen Loughman with John O'Shea of GOAL.

CONTENTS

News	4
Shamrock O-Ringen	7
Comeback	10
Lowe Comeragh MM	11
Book Review	13
Apoza II	14
IOF Congress Report	15
Coaching Corner	16
Dream Team	18
IOA Bulletin	21
Region & Club News	23
Results	25
Fixtures	27

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The Irish Orienteer

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HAPPY FAMILIES

Europe, west side: could that be the control description for Ireland? Although we are perhaps geographically isolated from orienteers from other countries, we are not isolated in other ways. The IOF continues to make the point that orienteering is a world sport, not just the preserve of the Scandinavians. If we feel that we are not centre stage now, we will have our chance in 1998 with the World Cup series kicking off in Ireland in May of that year.

There are many new developments in orienteering: short distance races at World Cups and World Championships, Trail orienteering, park sprint races and now the acceptance of Mountain Bike Orienteering as a discipline by the IOF. While none of them may catch on in Ireland, we know that they are there if we want them.
The notion of the IOF as an international family is not a fanciful one. We already have the international language of the map and symbolic control descriptions. These enable us to practice our sport in any country without having to speak the language.

The advent of electronic media has brought the orienteering family even closer together: orienteering development and technology go hand in hand, whether it be the development of computer mapping software, event administration, international fixtures on disk, results calculation or just communication, orienteering and computing are inextricably linked. A glance at the internet confirms this: contributors to the orienteering newsgroup come from all over the world, asking questions, raising issues, debating. Information on orienteering in many countries is available at your fingertips. The IOF has a High Tech Group which monitors developments in this area, an area which will affect us all to a greater extent as time goes by (see the article on the Apoza timing system in this issue).

Yet despite all this, when it comes down to it, it's the people who really matter. It doesn't matter how many computers you have to do the jobs, it's the human input that gives orienteering its unique character: the runner versus the planner, the runner versus the terrain. It's the inspiration of the course planner which gives the sport its unique character, the thing that keeps us going looking for that perfect run.

I'M ON A HUGE WISPY RHINO FART

Did you know that this is an anagram of "information superhighway"? Well, The Irish Orienteer has now joined up and you can contact TIO by e-mail at *jmcctio@iol.ie*
Any articles, news, results or letters will be welcome by this means.

CELTIC CUP AT NIOC

The Celtic Cup, the annual Ireland v Wales not-too-formal all-classes international match, is now in its third year and will be run at the Northern Ireland Championships weekend. This event, at Slieve Croob near Ballynahinch in Co. Down, will also include the Veteran Home International.
The Welsh runners will be matched with Irish runners on the same course, so that everybody who travels will score. The precise scoring system has still to be finalised as it has varied from year to yeare depending on the numbers travelling and on whether the team from Cornwall is running too.
Ireland won the coveted trophy (now where did I put it?) at Carlingford/Slieve Martin in 1994 and again at Merthyr Mawr last year and obviously we will be keen to retain it for another year.

GET READY FOR JK 97

Easter 1997 sees the Jan Kjellstrom Trophy O-Festival heading for the dunes of Cornwall. The main events on Saturday and Sunday 29th/30th March are at Penhale Sands with a warm-up event on Good Friday at Hayle Sands and a relay on Monday at Lanhydrock House. Accommodation is available for the weekend at Perran Sands Holiday Cantre which is within walking distance of the start for the Penhale events. If you come for the weekend you can stay on for the rest of the week at no charge.
Entry forms from BOF (address on page 2 of TIO), accommodation enquiries to Cornwall Tourist Board 0044-1872-74057, fax -40423. Each club has been sent a couple of entry forms courtesy of TIO. Relay entries must be done by the clubs - get forms from JK97, Blackthorn Cottage, Fiddleford, Sturminster Newton, Dorset, DT10 2BX, enclosing an international reply coupon.
The JK will be one of the main selection races for the 1997 World Championships in Norway.

1998 WORLD CUP DETAILS

For those of you who really like to plan ahead, here are the details of the 1998 World Cup races in Ireland. The events are to be in the Glenflesk and Killarney area: Glenflesk is where the evening event for this year's Shamrock O-Ringen was held.
Thursday 21st May 1998 Model event.
Friday 22 May 1998 Model event and Classic distance qualification race with three parallel heats.
Saturday 23 May 1998 Classic distance A, B and C finals
Sunday 24th May 1998 Model event for Relay.
Monday 25th May Relay race - teams of 3, up to two teams per country.
Thomas Scholl of Switzerland has been appointed the IOF Controller for the event.
The 1998 Shamrock O-Ringen will be combined with the World Cup races, on Friday, Saturday and Sunday, using the same maps as the World Cup runners. The event centre is Killarney. This is definitely an event not to be missed: even if you don't want to run, you should come and savour the atmosphere at a really top class competition, with the world's best orienteers taking part. It is highly likely that you will be asked to help at the events too, so you may as well note it in your diary!

In conjunction with these events there will be World Cup events in the Lake District, near Newby Bridge, with a Classic race on Thursday 28th May, a short distance qualification on Saturday 30th and a short distance final on Sunday 31st. The rest of the 1998 series will be at the Swedish 5-Day (july 20-24), in Poland (September 13-15), in Slovakia (September 18-20), in Estonia (September 26-29) and in Finland (October 1-3 1998).

BREADALBANE '97

If you're not thinking as far ahead as 1998, how about the 1997 Scottish 6-Day, Breadalbane '97? The event centre is Aberfeldy, north of Perth, and all the events are within about 25 km of the event centre.
With the 1999 World Championships to be held in Scotland there would normally be a lot of interest from WOC competitors in the event. Unfortunately it almost overlaps with the actual 1997 WOC in Norway, so that may not be a factor next year.
The dates are August 3 to 9th and the areas include Drummond Hill, Creag Vinean and Birnam Hill which will be familiar to orienteers and Shakespearean scholars.
Cheapest entry fees apply to January 31st (STG£7.50/day for seniors, £3 and £2 for juniors) and get pricier again on April 30th and June 30th. Details from Breadalbane '97, PO Box 14754, Alloa, Scotland FK10 2ZA. Accommodation enquiries to Pertshire Tourist Board, The Square, Aberfeldy, Scotland PH15 2DD.

IF ONLY I HADN'T ...

"Orienteering falls pretty neatly into a category of "if only ..." sports baecuse it is so technical. Runners can be quite honest about why they did or didn't win races - they run head to head and it's usually the fittest and fastest who comes in first. Orienteers, on the other hand, win by not making mistakes. It's like a sport trned on its head; rather than looking to push yourself as fast as you can, it's about knowing when to go slowly.
So the first thing to do is to get out of the habit of saying "If only I hadn't ..." about your mistakes. The whole aim is to run smoothly between control without mistakes. They are not something incidental to your result, they are the be all and end all of the sport. Past World Champion Oyvin Thon commented that the central skill of orienteering was pace judgement, and he probably knows!"
(from Jamie Stevenson in CompassSport).

VETS WORLD CUPS

If you missed Scotland in '94, St. Petersburg in '95 or Spain in '96 you might like to catch up with the Vets World Cup next year in the USA. The event is open to anyone in the M/W35 and over classes. The dates for the USA are September 29 - October 4 1997 in Minnesota. In 1998 it will be from 1 - 5 May in the Czech Republic; in 1999 at Aarhus in Denmark from July 24 - 31 (between the Swedish 5-Day and the Scottish 6-Day/World Championships). In 2000 it will be in New Zealand.

"OH! TO BE IN BRITAIN NOW THAT SUMMER'S HERE!" – provided of course that your club has a TEMPEST team shelter at £450 from

ultrasport

However if you fancy your own personal "erected in 15 seconds" and "big enough for two" POP-A-BIVVY, they come a little cheaper at only £49.99.
Full details from ULTRASPORT as below.

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* Children's sizes approx. 15% cheaper

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

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THE ORIENTEERS' SHOP, 4 ST MARY'S STREET, NEWPORT, SHROPSHIRE, TF10 7AB
Phone: 01952 813918 Fax: 01952 825320

NEW CLUB IN WEST

A new orienteering club, "Forest Warriors" (FWAR) has been set up in Co. Roscommon, boasting a membership of twenty six, about twelve of whom are former PxN members. The main people behind the club are Cathal Cregg (Chairman), Tom Conlon (Secretary) and Michael Regan (Treasurer). Several years ago there was a club in the area, Lough Key OC, which amalgamated with Western Eagles to form Phoenix Navigators.

The address of the new club is: Tom Conlon, Curratrench, Ballyfarnon, Boyle, Co. Roscommon, phone 078-47055.

VHI TEAM CHOSEN

The Irish team for the veteran Home International at Slieve Croob and Castlewellan in October is (reserves in brackets):

M40 John McCullough, Kevin O'Dwyer (Liam O'Brien), W40 Eileen Loughman, Ruth Lynam (Mary Healy), M45 Colin Henderson, Denis Reidy (Seán Cotter), W45 Monica Nowlan, Jane Watt (Teresa Finlay), M50 Bernard Creedon, Ernie Wilson (Ted Feehan), W50 Trina Cleary, Jean O'Neill (Sue Pim), M55 Paget McCormack, Alan Shaw (Noel Bogle), W55 Diana Large, Clare Nuttall (Maura Higgins), M60 Andrew Bonar-Law, Maxwell Reed (Norman Ervine), W60 Máirín Morrish, Faith White (Marie O'Sullivan).

The Celtic Cup is also to be combined with the event which also incorporates the Northern Ireland Championships.

IRISH RUN IN WORLD CUP

A number of Irish orienteers took part in some of the World Cup races over the summer. The competitions were in Sweden, Norway and Switzerland. In Sweden the races were near Gothenburg and Marcus Pinker, Colm O'Halloran, John Feehan, Steven Linton and James Logue took part. Bill Edwards was to travel but was injured playing cricket and had to cry off. In the ladies class Una Creagh, Eileen Loughman, Darina Cunnane, Julie Cleary and Nuala Higgins took in the events.

In Norway (August 3rd) the women's B final was won by France's Laure Coupat in 73.47, Darina finished 15th (96.55), Ei[illegible]n 25th (108.00), Julie 29th (112.39), Una 34th (117.45) and Nuala 35th (118.02). The A final was won by Gunilla Svard (Sweden). The men's A final was won by Johan Ivarsson (SWE) with Neil Conway (GBR) winning the B final in 81.50. John Feehan was best of the Irish in 20th place (95.21), Steven 21st (95.46), Colm O'Halloran 34th (102.02), James 36th (105.11) and Marcus 38th (105.35).

In the Relay the next day Ireland 1 finished 24th (Steven, John & Colm), 52 minutes down on winners Sweden who were less than two minutes clear of the Czechs. The Ireland 2 team of Marcus, James and Ian Rochford finished 27th, a further 7 minutes down on the first team. The women's team finished 26th (Eileen, Darina & Julie), with Nuala and Una finishing second in a mixed team race with Claudia Kuntzel of Austria.

At the short race in Switzerland Colm O'Halloran finished 34th in the B final and finished 64th in the classic race, running 104.35, 24 minutes down on winner Hakan Eriksson (SWE). A huge thunderstorm occurred during the race which caused the stream between the last control and the finish to increase its depth from 10 cm to 2.5 metres in a matter of seconds and prevented the last 30 runners on the men's course from finishing!

BISHOPSTOWN BRANCH OUT

Another ambitious schedule of activities has been published by Bishopstown Orienteering & Hillwalking Club, the club formed by Seán Cotter after leaving Cork O. Thirty three events from September 15th to April 27th, six schools events, six forest walks, five easy walks in the Cork area and 22 days hillwalking from September to January are featured in the list.

This kind of workload would burn out most clubs but the folks at BOC seem to thrive on it. The O-events feature 13 new areas including Trabolgan Holiday Village, Golden Grove (Roscrea) and Dundrum Wood, Co. Tipperary. The major events on the club's calendar are the Irish Two-Day at Dundrum, Co. Tipperary on October 26/27th and the Ballyhoura 3-Day at Easter.

more ....

SHAMROCK O-RINGEN 1996

Reading back over the reports on the Shamrock O-Ringen in TIO you might begin to think that I have some kind of a deal with the organisers to say nice things about the event. Rest assured that this is not the case - I just enjoy the event enormously and regard it as the high point of the orienteering year in Ireland. This year was no exception. But the mystery of the Shamrock remains - yet again the home competitors were outnumbered by the visitors even with a record entry of 572 runners. And the second mystery of the Shamrock (thankfully) remains - the relaxed and friendly atmosphere, the "no problem" approach of the organising team from Cork O.

Odds 'n' Ends 'n' Odds

AFAS, the Association for Adventure Sports, is conducting a review of its position with respect to its affiliated adventure sports and its relationship with Tiglin, the National Adventure Centre... TIO goes on-line: The Irish Orienteer now has an electronic mail address if you feel like sending articles etc. It's *jmcctio@iol.ie* ... More well known orienteers have left the Army: Wally Young and Kevin O'Dwyer have followed in the footsteps of Denis Murphy, Kieran McDonald and Ted Russell... What about a National League? A suggestion from IOA Technical Officer Seán Cotter is for a league of about 10 events annually, including the provincial and Irish championships and other nominated events ... West Cork Walking Festival: November 1-3 at Skibbereen. Deatils from West Cork Tourism at 028-22812 ... IOA Fixtures Secretary resigns: IOA Fixtures Secretary Frank Cunnane has resigned from the IOA with effect from September. Anyone out there like to take on this vital role? Contact IOA Secretary Ken Griffin if you know of anyone ...

The Crags

Friday evening's race was at "The Crags" overlooking the Killarney to Cork road at Glenflesk, next door to where the World Cup individual events will be held in less than two years time. This was a lovely little area, with plenty of contour detail, crags (obviously) and good underfoot conditions. The only down side was the stiff climb to the start but the views and the quality of Bernard Creedon's courses more than compensated. For me this part of the Shamrock is unique: when other people are languishing in traffic jams in cities all over Europe, here we are running in the daft and happy hills. Eventual Elite winner Steve Nicholson (FVO) had more than two minutes to spare over Neil Conway (EPOC) after their 6.2 km course, with AJAX's Colm Rothery (who eventually finished 3rd overall) seriously adrift in 14th place, almost 10 minutes down on Nicholson. In the women's elite class Liz Campbell (ERYRI) and Una Creagh (3ROC) had a ding-dong battle all weekend, Liz edging Una out on the first day by 13 seconds. Eryri, by the way, is the Welsh word for Snowdonia, I learned at this year's event.

Black Lakes

Saturday's race was a return to The Black Lakes, scene of the 1995 Irish Championships, again starting at the dramatic gorge called Eskagappul, once an ice-age spillway. Here the large, tilted bogs, the parallel spurs and the rows of small, heather-covered re-entrants sought out the unwary, penalising a moment's inattention with costly time losses. Sunshine and good visibility added to the pleasure of the orienteering as once again, Nicholson edged Conway out by 25 seconds in M21E, with Rothery creeping in to 4th place, while in W21E Liz Campbell again held Una Creagh at bay with a margin of 49 seconds.

The event centre, Creedon's Hotel in Inchigeela, was, as always, a hive of activity on the Saturday night, with route-choice reviews and re-hydration, and the chasing start times for Sunday's race emerged close to the promised 9 pm estimate: a remarkable feat.

Tir na Spideoige

The 3 km run to Sunday's start at Tír na Spidóige

(when I was at school it was "spideoige) just outside Inchigeela was a good warmer-upper for the run on Marcus Pinker's excellent new map of the area, the parallel ribs and re-entrants proving as intriguing as ever. The organisers coped well with an overnight problem - one farmer hadn't cut his silage as promised so there were marked routes around some parts close to the end of the courses. This caused some confusion for the runners, though: which of us follows the map when you're on a taped route? It's just an eyeballs-out run. But suddenly, the tapes finish and you're into a sudden re-location exercise where the tortoises overtake the hares. The chasing start race saw Neil Conway slip to 16th on the day and Colm Rothery 3rd, but their places remained 2nd and 3rd behind an uncatchable Nicholson in M21E. Three very consistent runs brought NWOC's Steven Linton in to 4th place, only 13 seconds down. In W21E Una caught and overhauled Liz after running much of the course together, with Una taking first place overall by a mere 8 seconds after more than 3 hours running in some of the toughest, most interesting terrain in the country. This wasn't the closest finish, though: Maxwell Reed (FermO) edged out TVOC's John Spence by just 3 seconds in M60, so it doesn't get easier as you get older - there's still something to look forward to!

The run-in again finished at the campsite and football pitch on the edge of Inchigeela, a very civilised arrangement, with showers and toilets on hand.

An interesting revelation at the prizegiving was that the winners of the two Elite classes each year can have free entry to the Shamrock O-Ringen in whatever class they like for as long as they both shall live. This, I think, typifies the Shamrock O-Ringen approach and in part explains why so many competitors from abroad come back year after year for this unique event. Long may it prosper.

Well, OK, I have one small complaint: I'd like to pay my entry by credit card ...)

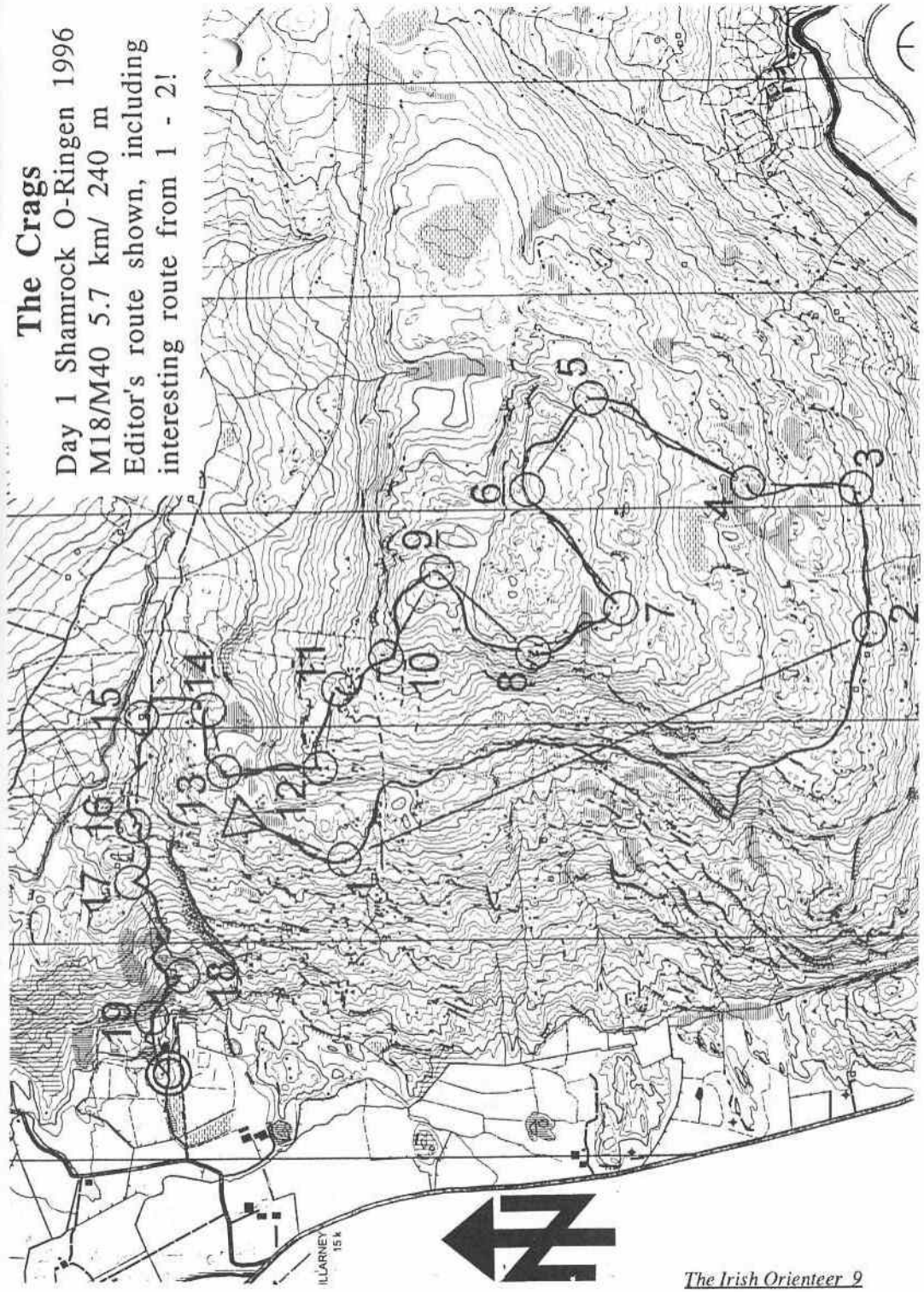
Next year's 9th Shamrock O-Ringen is at Glengarriff and Castletownbere, Co. Cork, from June 20 - 22 1997. The event centre is Craigies Hotel, Castletownbere. Details from Bernard Creedon, Mount Prospect, Douglas, Co. Cork. (021-361824, fax 021-361825, email bcreedon@indigo.ie). Or check out the Shamrock web site at *//www.cis.ie/leisure/orienteering/shamrock/htm.*

(There were other interesting events on over the summer: Croeso 96 (the Welsh 6-day), the Swiss 6-day, the World Cup series and the North American O-Festival and the Mournes Mountain Marathon spring to mind, but unfortunately TIO got no reports on any of them ...)

MOUNTAIN RUNNING

Date	Venue	Miles/feet	Time
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

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



COMEBACK

If you miss a period of training is there a miracle cure which can rapidly restore your fitness? Not exactly, but there is a way to raise your running capacity quickly and get you back to near-top shape, *writes* ***Aonghus OCléirigh.*** Owen Anderson in his article "The Quick Fix - How to Rapidly Repair Your Running" in the March-April 1994 edition of Running Research tells us how.

He quotes Finnish exercise physiologist Heikki Rusko Ph.D. (who developed the "low-oxygen cabins" which helped Finnish skiers to amazing success in the '94 Winter Olympics - altitude training at sea-level!). When unfit, Rusko uses a method to get himself into shape rapidly by structuring his training around one key session - he conducts interval workouts on a long, tough hill which takes about three-and-one-half minutes to ascend, making sure that his heart rate rises above 90% of maximum on each climb. He runs this session two or three times a week while keeping his training intensity moderate on the other days - weekly mileage totalling a miserly 40 miles!

Why interval workouts and why the intensity of 90% maximal?

Based on a wealth of scientific research Rusko knew that a training intensity of 90- 100% VO_2 max is optimal for increasing aerobic capacity. One study showed that training at 90- 100% VO_2 max boosted VO_2 max 35% more than training at 70- 90% of VO_2 max. Another study conducted by exercise physiologist Peter Snell (a triple Olympic Gold medalist) showed that running about 30 minutes of intervals each week at 90 - 100% VO_2 max TRIPLED aerobic capacity gains, compared to running about 60 minutes per week at a lactate-threshold intensity of 80% VO_2 max.

This magical intensity of 90- 100% VO_2 max corresponds with a running pace which is faster than your 10K race pace but slower than your 2-mile pace (i.e. considerably faster than your average orienteering race pace). This intensity represents heart rates of about 94 - 100% of maximal, the zone that Rusko reached on nearly every hill-climbing interval. (As a rule of thumb your maximal heart rate is calculated as 220 'minus' your age).

One question Anderson did NOT ask Rusko was why did he (Rusko) performed his interval training on hills. Have a look at Anderson's comments in the piece on hill-training in the previous TIO for insights.

Anderson suggests three 'get-fit-quick' work-outs.

Quick-Fix Session 1: Run a number of four-minute intervals at your current best two-mile race pace (complete a two-mile test if necessary), with three- to four- minute jog recoveries in between.

Booster Session 2: Do a set of one-mile intervals at about your current 10 K pace, ensuring that your heart rate rises above 90% of maximum over the last 400 metres. Jog for three minutes to recover.

Comeback Session 3: Perform 'Rusko' repeats on a long upslope which requires at least 150 seconds to climb, ensuring that your heart rate rises above 90% of maximum near the top. Recover by jogging easily to the bottom. (This workout raises VO_2 max AND running economy).

What about Douglas Barry mountain races?

Running a series of mountain races is also guaranteed to whip your butt into shape in rapid time - and this form of training is quite specific to certain physical demands of orienteering. The races are informal with loads of useful prizes lavished on almost everybody inthe pub afterwards - everyone's a winner babe, and that's no lie! For orienteers who havn't tried it yet - give it a lash!

Lowe-Alpine Comeragh Mountain Marathon. 18-19th May 1996.

Why? Why do I do it? Why do I subject myself to all this pain?

My left ankle was giving almost constant trouble, both knees were sore and my feet were in bits! Flimsy fell shoes, good for short races, were blatantly inadequate for the stress of long hours in the mountains. It was two hours since I'd stopped to tape the blisters but they were no better now.

Then there's the mental anguish which is almost worse. I can push myself until I drop but if I can't find a control I get extremely frustrated! We had just lost twenty minutes on one we couldn't locate and were about to give up when two other teams arrived and promptly found it. It felt like all those preceding hours of sweat and effort had been in vain.

We had hoped to win our class, we wanted to win and knew we had a good chance but now it felt like a lost cause. Fortunately, my partner Una Creagh, is more a finisher-at-all-costs than I am and we continued, cursing our misfortune. Really though, how could we complain?

Our day had begun from a sunny field beside the Carrick-on-Suir to Dungarvan road, filmed by a camera crew from, said Pat, CNN. Was he kidding? Perhaps he meant Curragh-Naas News!

We probably ran a little too enthusiastically from the start but then our 'A' course was only 22 km wasn't it? (no it wasn't, it was 30 km as it turned out and nearer 35 by our route!)

We made our way around into Coummahon then up the road by Davmore before dropping into the valley running out of Coumtay. A suspect route choice led us across to Barnamaddra Gap after which we traversed the steep south-west slope of Seefin. Barracree, Bleantasour and Knockavannia mountains followed in succession. As the day passed, we played cat and mouse with veils of hail that drifted by to either side. Eventually we were caught, but hail is dry and the shower was short lived, so we didn't mind. With limbs aching and energy flagging we began the thousand foot haul over Tooreen mountain and on to the flat, boggy summit above Coumfea.

It was worth the struggle though, as we looked down from the crater's edge to Coumalocha more than seven hundred feet below us.

In such a place, how could we ever complain about our petty, perceived misfortunes. Such visions of beauty are breathtaking. Your spirit soars with the birds. It seems that the more you push through pain and struggle to achieve the heights, the more you appreciate your position. Closer to God perhaps?

Several more kilometres took us to the rim of Coumshingaun then towards Crotty's Lough before dropping steeply to a control beside Coumiarthar's middle lough. Skirting the hillside to The Gap we were soon descending the final slope to the finish but we knew that we had been out too long.

The first glimpse of tents at the overnight camp is such a welcome sight - a haven for rest and recuperation.

Mountain marathon camps revolve around food and the need to consume as much of it as possible. Vast quantities are cooked and eaten. It is swapped, scrounged and even given away when it becomes apparent that you carried more than you can manage to stuff inside.

As it's not possible to eat continuously for five hours (unless your name is Brendan or Gerry), the camp is a great social occasion, an opportunity to meet old friends and make new ones. Then later, with sundown and falling temperature, voices become muffled as they retreat within tents and fall to a murmur before silence lays across the camp like a blanket, save for the restless chuckling of the river (and a restless cuckoo!). Finally sleep consumes the weary bodies.

Sunday dawned cold, windy and heavily overcast, the hill tops shrouded with low cloud. Rain threatened. An early mass start demanded that we stumble across the river and up the steep bank beyond to give the camera some lively action.

We ran better that day, though it was much shorter at 15 km. A slight error reaching a saddle on the ridge north of Knocksheegowna was

our only mishap and the next 7 km leg, the longest of the weekend, was magnificent. With the strong wind pushing on our backs it felt as if we had wings as we were swept almost effortlessly around the western contours of Knockanaffrin to The Gap before crossing through to the rougher eastern slopes that led us to the control beside Crotty's Lough.

Before we knew it we were nearly home. One last struggle against a slope of spiky black fingers of burnt heather before descending into the boulder-strewn lower lands below Coumshingaun for the penultimate controls. We almost raced the final kilometre along a forest road such was our strength and energy. If only yesterday had gone so well! Still, we were only beaten by the leading elite pair that day (the aforementioned Gerry Brady and Brendan Bolland - perhaps there's a lesson there!), and though we pulled back fifteen minutes on our rivals in the mixed class it wasn't enough so well done Beth and Steve, you deserved it this time!

Finally, my thanks to all involved in staging this event. To Laurie Gray of Lowe-Alpine for his essential support and all the prizes, but most of all to the number one man, Pat Healy - where would we be without him? He made the map and created the event - we all owe a great debt of gratitude. Thanks Pat.

It was a truly memorable weekend and no, we couldn't really complain could we?

Justin May

Colin Dunlop remembered

The Setanta Orienteers Leinster League event at Mullaghmeen, near Oldcastle in Co. Meath, on November 10th, will be run in memory of Colin Dunlop who died last December. The proceeds from the event will go to the Hospice foundation. Colin was one of Leinster and Ireland's best known orienteers and his ashes were scattered at Mullaghmeen.

Mullaghmeen is a unique area of largely deciduous runnable forest: if you've never been there, it's worth the trip.

Results:

A course — 40 km/3000 m

Elite

1	Brendan Bolland & Gerry Brady	6.46.14

Standard

1	Mick Mangan & Dave Weston	10.15.49
2	Timmy Flavin & T. Crowley	10.27.07
3	C.MacDonnachadha & J. Keatinge	10.27.55

Mixed

1	Beth McCluskey & Steve Banner	8.37.48
2	Justin May & Una Creagh	9.13.09
3	Jane Watt & G. Porter	12.30.20

Vets

1	Fred Hamond & J. Sloan	8.28.51
2	Donal Burke & Robert O'Connor	11.29.05

B course — 32 km/ 2000 m

Standard

1	Francis Lafferty & Senan O'Boyle	5.30.23

Vets

1	Harold White & Brendan Doherty	7.28.35
2	Joe Lalor & B.M. Byrne	7.51.57

Mixed

1	John & Sheila Muckian	5.37.47
2	Andrew O'Mullane & Nina Phillips	6.12.55

C course

1	D. Fitzgerald & K. Walsh	5.01.10
6	D. & R. O Colmáin	6.22.12
14	Jacquie Horan & Annmarie McKenna	10.09.13

Eddie Gaffney

Eddie Gaffney died as a result of a fall while descending Monte Disgrazia in the Italian Alps on August 3rd. Long-time orienteers will remember the cheerful, bespectacled, wiry-haired hill runner and orienteer: my first encounter with him was in about 1977 when he descended on the finish of an event in Hollywood Glen, having run across the mountains from the Sally Gap in his shorts and windproof jacket. Eddie's orienteering was erratic - enthusiastic but with unpredictable navigation, but his fitness was always remarkable. He ran with Liffey Valley AC, was a prominent rock climber in the '60's, and ran nearly forty marathons and half-marathons, including nine Dublin marathons, with a PB of 2.51.

In his recent climbing exploits he soloed the Matterhorn, the Marmolata in the Dolomites and the Gross Glockner in Austria during 1994.

To his wife, Celia, his family, his friends and colleagues at IBM we extend our sympathy.

JMcC.

Book Review ...

"Get Fit for Orienteering"

Aonghus OCléirigh reviews Stave Bird's new book, **"Get fit for Orienteering".** Steve is principal lecturer in Sport Science at Canterbury Christ Church College in Kent.

The Editor asked me to review Steve Bird's "Get Fit for Orienteering" (price Stg£10.95 plus Stg£1.80 p&p from CompassSport - also available from Pat Healy). I came across a very concise description of the physical training necessary for orienteering in a very good article by Damon Douglas (Orienteering North America) in TIO 56.

"Physical training for orienteering follows the same principles as for other endurance sports, particularly running. Champions also prepare themselves for the specific types of footing and hills that they will face in the big race".

Explicit in this two-liner is that the know-how relating to the physiological demands of orienteering is simply a part of the wider body of knowledge relating to endurance sports in general. Armed with this insight let's proceed. Bird breaks his book into five parts.

Part 1 deals with "fitness basics" and gives as good an explanation in layman's terms as I've seen anywhere else about topics like the various components of fitness, the energy system, lactic acid, VO,max, etc.

Part 2 leads with an explanation of NINE principles of training, continues with a short chapter on planning your training and finishes with a gem of a chapter on assessing your fitness (which can be used to measure progress) - very good!

Part 3 gets into the mechanics of training, covering topics like warming-up (with pictures), running training - steady running, intervals, hills, fartlek and other good stuff and strength training (with pictures and diagrams). This section finishes with seven sample weekly training schedules, one of them being Steve Hale's.

Part 4 deals with nutrition, food & drink - before, during and after exercise, injuries and illness, prolonged fatigue and staleness.

Part 5 lends words of encouragement.

Steve Bird's book is a comprehensive and well-structured guide for all-comers. He adopts a cautious approach to training which I think will suit most Irish orienteers. I personally would like to have seen brief descriptions of, and references to, scientific sources throughout the book to back up the theory, but I don't think that I've come across any other orienteering volume that does this either. At any rate an attentive reader will be able to correlate Bird's orienteering training guidelines with the scientifically-backed training advice given by researchers such as Owen Anderson of "Running Research".

This volume is a good study and a worthwhile purchase.

(British orienteer and coach also reviews the book in CompassSport. By the way, a photo of Irish WOC team member Nuala Higgins appears on page 39).

CORK O RETAIN TIO TROPHY

At the Irish Orienteer Trophy event at Portumna on September 1st, Cork Orienteers had a 32 point lead over nearest rivals 3ROC to retain the Irish Orienteer Trophy. LVO struggled home in 3rd place. The final scores were Cork 132, 3ROC 100, LVO 25. Cork are now entitled to represent Ireland at the CompassSport Cup Final near Birmingham on October 27th.

Lack of prior notice of the Portumna event may have reduced the entry from many clubs but Portumna remains a very good area: fast, runnable forest with reasonable detail is becoming rarer and rarer.

Should we have the same format, or should it be a knock-out competition? Any comments?

APOZA - II An Electronic Punching System based on standard elements

by Heinz Tschudin (Switzerland)

" The APOZA System, which was developed by Sperry and R.D.I. Electronic SA, financed by Sperry and demonstrated at the IOF Congress in Ry, Denmark in July 1986, passed its international trial at the 1986 CISM Orienteering Championships with flying colours.

What is APOZA?

A watertight metal box about the size of a transistor radio with a lock and a digital display. The runner carries a key instead of a control card. This key is smooth, flat and without notches and shows a pattern of holes which contain the start number. The start number is also imprinted on the key. The holes are plasticised to repel dirt. When the key is put in the lock, the hole pattern is read electronically and stored in the internal memory along with the actual time. The actual running time appears on the digital display and as a check the runner sees his start number. Every APOZA box is equipped with a standardised RS232 connection which allows a telephone or radio link to the finish. The start box shows the usual start time figures, the finish box has a timing input impulse, otherwise every box is identical.

91 runners from 13 countries tested the APOZA System in both the CISM Individual Races. Over the two days, 1456 and 1638 items respectively were automatically read, stored, loaded and processed in the Sperry Personal Computer. At the finish, a results display ticket was printed immediately after the competitor's arrival.

In general, the orienteers were enthusiastic about the APOZA System. Here is what the former and present CISM Champion, Urs Flühmann, had to say about APOZA: "The system is super! You get the control check so quickly and safely without breaking your concentration on the map and terrain". (This was a 1986 reprint from IOF-News).

Today, the Regnly System has been introduced. It passed its first big test at the 1995 WOC in Detmold. And what has happened with APOZA in the meantime? For the APOZA developer it was clear: The orienteering community needs a system which is affordable and which does not change the characteristics of the "punching" too much. This basic requirement leads to the conclusion that you can only be successful with a technology which is widely used in the industry and therefore development and production costs are shared with other groups.

APOZA-II basically became a real prototype about a year ago, but it was still far too expensive. In1986 a punch control for the APOZA-I cost about $1500 (!), while in1994 our calculation was about $150. Right now we expect to produce a control box for approx. $80 and indications show us that we can bring the price down to about $50 next year. The price of a control card, at APOZA-I time a plasticised key, now a "touch-button", is $8 , next year probably $5.

Why is APOZA-II so cheap?

Because it is in use commercially! These are some of its uses: the operation of outside or inside doors, gates providing access to parking areas, safety cabinets etc. can be automatically monitored and controlled by "electronic" personal identification devices called Touch Readers. Touch Keys memorize user (i.e. company, office or agency) codes and optionally codes for individual persons. It can be used in any work area and it is capable of operating even in situations of extreme environmental discomfort.
The secret behind the button is the Dallas chip from Dallas Semiconductor Corporation, Dallas, Texas. It is obvious: this "Electronic button" is perfectly qualified to be used for an electronic punching system in orienteering!

How does it work?

The "Electronic button" is used as the individual control card. It is reusable and has a lifetime of about 10 years. Different colours for the plastic holder can be used for differentiating categories. At the start, the button gets its start time from a startbox. At each control, the control identification number is stored into the button, together with a time stamp. There is a electrical contact and an LED display to prove to the runner that he has been registered. As an option a radiolink interface is available. At the finish, everything works identically to the Regnly system. The APOZA-II system can interface the same software as the Regnly System does. There is no intention to write a new software.

What is the status of development?

As I already mentioned at the Open Meeting of the High Tech Group during the WOC in Detmold, the prototype is ready. As soon as we get enough interest from the Orienteering community we start to produce a first set of punch controls and control cards.

(Thanks to Noel Donagh, PXN, for this).

IOF Congress Report

The 8th IOF Congress was held in Jerusalem in July. Faith White was the IOA representative. The main congress decisions included:
New members - Argentina and Chile were formally accepted as Associate Members of IOF, bringing the number of member nations to 48.
MBO - **Mountain Bike Orienteering** was accepted as a new discipline under the auspices of the IOF and ver 100 delegates from 30 countries took part in a MBO race with Iain Rochford recording the fastest time (46.05) for the 13 km long course.
New committees - A new committee structure, with separate committees for each discipline (foot, ski, mountain bike, trail) was adopted. There will also be cross-discipline committees for areas like mapping, development and communication.
Council composition was changed so that only one member need be from outside Europe, not two as before.
Forward plan - A new forward plan was approved with the key aims of creating a higher profile for oienteering, increasing the number of participating countries and strengthening the IOF. The plan confirms the objectives of having orienteering included in the summer and winter Olympics and the Paralympic Games.
IOF events - The 2001 foot orienteering World Championships were awarded to Finland, the event centre will be Tampere (as in 1979) and the 2000 Ski-O WOC was given to Russia. The Czech Republic will run the Junior World Championships in 2000 and New Zealand will stage the Veteran World Cup the same year.
Funding - On the matter of funding, a proposed increase in affiliation fees for some smaller O-nations was rejected but there was unanimous approval of the move towards equalisation of membership fees.
Council - Sue Harvey (GBR) was re-elected President; Hugh Cameron (AUS), Ake Jacobsen (SWE) and Edmond Széchényi (FRA) vice presidents. Council members are Thomas Brogli (SUI), higino Esteves (POR), Rimantas Mikaitis (LTU), Flemming Norgaard (DEN) and Bruce Wolfe (USA).
Outgoing General Secretary, Lennart Levin, was presented with a chess set to a standing ovation from the delegates. Lennart was the first full-time, paid Secretary General, appointed in 1986. Bronze pins of honour were presented to 1972 World Champion Sarolta Monspart (Hungary) and to Einar Undstad (Norway) who both retired from Council.
The next Congress will be at Sintra in Portugal in 1998.

MBO Guidelines:

The guidelines proposed for mountain bike orienteering suggest that the sport will resemble ski orienteering (where accurate map reading and good route choice on tracks are paramount) rather than foot orienteering. The terrain used should have a reasonably dense network of tracks and winning times should not exceed 120 minutes for men and 100 minutes for women. Relays (leg times 50 minutes) are also likely.
The control card must stay attached to the bike at all times; maps can be drawn specially or overprinted foot-O maps could be used (tracks overprinted in green to indicate rideability: solid

green for better than what the map suggests, dotted green for worse, no overprint for average.
The aim is for a World Championships in 2002 with at least 15 countries participating and World Cup series in 2000 and 2001. International events are planned at Rheims in France from November 1-3 1996 and more internationals in France, Spain and Finland next year.
The MBO Committee believes that the sport should be developed at first in countries where foot-O and/or mountain biking are among competitive sports. The committee wants interested federations to give them the names of contact people in each country to help with the development of the new discipline.

Finally, the IOF now has a home page on the **World Wide Web** on the internet. It will have fixtures lists, details of IOF publications, address lists, news etc. The address is *http://www.orienteering.org*

Coaching Corner

The final assimilation course was from 4-6th October in the National Coaching and Training Centre, University of Limerick and at the time of writing there were only 5 places left.
Persons who have already done the assimilation courses are reminded that they must complete a profile form and return the written examination if they have not already done so and complete log book before the middle of November if they wish to be certified Instructors or Coaches in 1997.

Contact the National Adventure Centre, Tiglin, Ashford, Co. Wicklow Tel. 0404-40169 if you wish to attend the four day Instructor Award course which can be done as four days together or as two weekends.

Applications are now been invited from suitable candidates who would like to do the next Tutor Coaching Course in the National Coaching and Training Centre, University of Limerick. Enquiries to Frank Ryan also.

Printed below for your information are the revised requirements for the IOA Level 2 - Club Coach Award. Details of Level 3 and Level 4 will be published over the next few issues of TIO.

LEVEL TWO - CLUB COACH

Aim:
To provide coaches with the ability to assist participants in furthering their development in the sport of orienteering and where appropriate, up to the highest level of club competition.
Duration:
40-60 hours consisting of a minimum of 2 days course contact.
Entry requirements:
A candidate must be over 19 years, hold Level 1 Instructors Award Certificate and be actively involved in coaching orienteering for a minimum of one year.
Methodology:
The methodology employed at this level will ensure that coaches will have mastered the broad range of skills which will enable them to cope with club sport. The coach will have the ability to respond to changing circumstances and will have a well developed philosophy of coaching. Coaching skills will be further developed during the course through suitably structured practical activities and tasks. Peer feedback will be encouraged.
The Sport
The Club Coach candidate will be expected to demonstrate competence as follows:-
the ability to teach effectively basic orienteering techniques in a progressive manner. These should include map orientation, thumbing, use of handrails, simplification by using check points and attack points, compass and distance judgement, route choice, relocation strategies, contour appreciation and adjustment of speed to technique levels
an understanding and effective application of the basic principles of course planning
experience in the organisation team of an orienteering event.
a knowledge of the Associations rules and of the Country Code.
a knowledge of elementary first aid and basic exercise physiology, as related to different ages and abilities and both sexes.
an ability to apply relevant performance analysis to the competitive situation.
be conversant with the services offered by the National Coaching and Training Centre, IOA, IOATCB and other sources. Resources which are particularly relevant to the orienteering coach are the series of videos and study packs covering coaching styles, safety, children in sport and physiological and psychological preparation.

The Participant
The Club Coach candidate will be expected to demonstrate competence as follows:-
the ability to produce club training programmes and training exercises, to develop specific techniques as well as an understanding of the levels of physical fitness required by the grades of performance in question.
the organisation of one of these training sessions for assessment purposes.
Plan and facilitate the psychological preparation of the participant, with particular reference to goal setting, motivation and arousal.
Be aware of the elements which contribute to a balanced diet.

The Coach
The Club Coach candidate will be expected to demonstrate competence as follows:-
Knowledge of coaching styles, positive and negative factors which affect coaching performance.
knowledge of audio visual aids suitable for use in club training sessions.
an understanding of the reasons for technical, physical and mental training and the capability of planning individual short and long term training programmes.
recognise the need to make arrangements for the transition of the participant beyond club level involvement.
identify injury prevention measures appropriate to the sport .
provide first aid as appropriate and implement appropriate referral mechanisms
have an understanding of the process of rehabilitation from injury.
to cater for disabled participants in the sport.

Practical Coaching:
Each course participant must complete a logbook containing a summary of 10-30 training sessions that must be conducted after the course. This should include documentation for a technical training programme of at least 6 separate sessions for a group. One long term and one short term technical and physical training programme for an individual should be included. A set of planned colour coded courses for the full range of skills for all age groups should also be included.

Assessment:
The candidate will be examined to assess his/her coaching knowledge and competence in applying this effectively. The examination will be in four 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. An appropriate assessment question paper will be available from the Association.
2. Continuous assessment, with particular reference to practical coaching.
The candidate will be assessed on his/her coaching knowledge and ability in applying this. The Club Coach is expected to have the coaching knowledge and competence required for the Instructors Award. The practical assessment can take place at a club training session subsequent to the course.
3. Observed practical session (within the course).
4. 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:
have studied and be conversant with the relevant training and coaching aspects of the British Orienteering Federation's publications - Course planning and the Coaching Collection.
be a competent competitive orienteer.
be a member of a club affiliated to the Irish Orienteering Associati...
be familiar with relevant National Coaching and Training Centre resources .
Hold a current First Aid Certificate, approved by IOA.

Evaluation:
Course participants and tutors will be asked to provide a written evaluation of the course. Specific feedback will be sought on the linkage between level 1 and level 2 courses.
Certification
Level 2 Certificate issued by IOATCB with National Coaching and Training Centre accreditation. Standards will be monitored through the joint planning and review process.

DREAM TEAM!

Aonghus O Cleirigh, CNOC

Irish club relay championships have been held since 1975, and there have been many impressive club performances over the years - one of the most notable, the fabulous eight-in-a-row string of victories scored by 3ROC womens' teams (1988-95), in each of which Una Creagh raced. GEN (women) have won six titles with Eileen Loughman being part of each success. Eileen triumphed previously with Irish Orienteers, and won again with CNOC this year.

Most club wins - Women & Men

Women

	Wins	R/up
3ROC	8	4
GEN	6	1
AJAX	1	4
CNOC	1	1
IRISH O	1	1
MUNSTER O	1	
SETANTA	1	

Men

	Wins	R/up
CURRAGH	8	3
NWOC	4	3
AJAX	3	4
CORK O	3	1
IRISH O	1	2
FUCCO	1	

Curragh Orienteers...
But the achievements I want to celebrate here are the triumphs of my former club - Curragh Orienteers (before the club's amalgamation with NAAS in 1990). Curragh was founded in October 1974 and was comprised essentially o... members of the Defence Forces - the sport had been officially embraced by the military as a training activity. Orienteering had been in existence in Ireland since 1969, but the arrival of the Curragh club brought a new dimension to the sport - a competitive ethos in which competing to win was very much part of the game. Defence Forces personnel tended to be proficient in other competitive activities - in particular athletics, and their arrival coincided with a revolution of competitive standards within the sport. Curragh won eight IOC relay titles and were runners-up twice between the years of 1975 and 1990.
A factor which contributed to the success of orienteers from the Defence Forces was our annual participation in CISM world military orienteering championships. In earlier years the competitive standard of this event was second only to that of the World Orienteering Championships (WOC). The Curragh relay team formed the nucleus of our military team and in 1981 at the CISM championships held in Sweden, the club relay team (IRL-1) placed 8th in the relay competition. On the first leg Wally Young stayed with the pack to hand-over in 3rd position, which lifted the team (Healy and myself) to a memorable performance. This meant that Ireland (Curragh) finished as 6th nation. (Each country entered two teams - only teams from Scandinavia countries and Switzerland beat us ...they got lucky!)

The Actors...
The participants in victorious Curragh IOC relay teams are as follow:

Gerry Byrne - I first met Gerry at the Curragh Command Championships in 1978. The event was held in the mist-covered crags and contour detail of Derrybawn mountain where Gerry won by a handsome margin, beating none other than Wally Young into 2nd place. We had been told that the military were the best orienteers in the country, and so for quite a while after, we believed that Gerry was Ireland's Number One Orienteer. Gerry was a regular on the CISM team.

Pat Nash - Nasher graced the Curragh for only a brief period, but stayed long enough to make his mark. He became Irish Champion in 1977, afterwards disputed because he had competed in the area before in a Defence Forces Championship - you just don't get that kind of passion in the sport anymore. Pat dominated men's orienteering in Munster for years and was a stalwart at CISM. He has also contributed greatly in terms of mapping and event organisation.

Pat Farrelly - Pat and I started orienteering together in 1978 under the guidance of "coach" Healy. An inter-county minor footballer and athlete before he joined the army, Pat scored four relay victories with the Curragh team. He has represented the Defence Forces at CISM not only as an orienteer, but also as a military pentathlete, and has also competed for Ireland in World Cup mountain races. Pat embodies the Curragh spirit - a true warrior!

Pat Healy - athlete, orienteer, event organiser, mapper, instructor and innovator. In a sport which has its share of individuals who "talk a good game" PJH is the consummate doer. His sporting achievements include having been Defence Forces Champion in disciplines as diverse as pole-vaulting, hammer-throwing and orienteering and having been runner-up in the national senior decathlon in 1971. He competed for Ireland at five consecutive WOCs - he was best Irish finisher twice. His mapping output has been spectacular and he has always been at the leading edge of cartographic technology. Pat has also master-minded some of the highest profile events in Ireland - CISM'87, Irish Championships, the Comeragh Challenge - to mention but a few. Not only are we of the Curragh club indebted to him, but so too are all Irish orienteers - Pat Healy - a living legend!

Wally Young - A member of every Curragh relay team which either won or was a runner-up in the National Championships, Wally exploded into Irish orienteering in 1974. Over the next seven years he was to set standards for an Irish orienteer not only in orienteering, but also in mountain-racing, cross-country running, and marathon racing, targets which those of us coming after would aim to better. He brought glamour to the sport - his achievements inspired a generation of orienteers. A representative

at seven WOCs, he finished in 27th and 33rd places respectively in the 1981 and 1978 WOC individual races, and came home 4th on the first leg of the relay in WOC'79. His relay exploits have not been equalled or bettered by any other Irish orienteer. Wally Young - orienteering pioneer and Ireland's relay king!

Other Key Players -There are many fine athletes who didn't get to compete in a winning Curragh team at the national championships, but who competed at CISM and who also contributed enormously to the club - Harry Quirke, Paddy Lalor, Frank McCormack, Billy O'Neill and Tony O'Sullivan. Harry Quirke, one of the finest half-milers in Ireland in the sixties, was very influential in developing orienteering within the Defence Forces. Pat Lalor joined Healy and myself to make up the composite Irish M19-M21-M35 team at the inaugural Continental Cup held in France in 1980. Ten nations participated and our team had the best finishing position of all Irish relay teams competing in all categories that day. In 1982 Pat Lalor as a veteran became Leinster M21 Senior champion. He still holds the Defence Forces high jump record!

The Opposition...

Every great team needs worthy opposition. NWOC always fielded a strong relay team but because we only competed with each other once a year no rivalry worth mentioning developed. And Cork O arrived on the scene only in fairly recent years.
Our real rivals were AJAX - they knew it and we knew it! I greatly admire the contribution that the pioneering AJAX club made to the sport here - the introduction of organised hill-racing, the pursuit of the goals of elite orienteering, the production of many maps - Curracloe being a landmark creation, and the internationalisation of Irish orienteering via the club's distinctive name and emblem and via the invitation of elite Scandinavian orienteers and coaches to Ireland.

A Club in decline?...

By the late eighties the club stars of yesteryear were no longer training as intensively as before, and no new crop of talented youth were warming-up on the sidelines waiting to come on the pitch. Why?... I don't have the answers. Reasons might be linked to:
problems with the perceived image of the sport - orienteering was 20 years old and was no longer portraying itself as a fresh exciting adventure with new frontiers to explore - the onset of calcification? (but not in Munster!).
an ever-increasing experience-curve necessary before a new-comer could make an impact at national level, let alone compete successfully at international level.
competition from other leisure pursuits.

It became necessary to embrace change and Curragh merged with NAAS in 1990 to form CNOC - a new beginning!

In the next TIO (hopefully) - A review of Irish championships INDIVIDUAL races.

Corrigendum - TIO 75: The Irish team which competed in the 1976 WOC was E Loughman, M Turley, (women) and P Healy, W Hollinger, P McCormack, W Young (men).

MCI AT 25

To celebrate the 25th anniversary of the Mountaineering Council of Ireland (formerly the FMCI), Joss Lynam and his team have published an excellent A4 size issue of "Irish Mountain Log". The quality of the *Log* continues to improve - congratulations to the publication team. Now maybe if the circulation of TIO was five times bigger ...

NEW BOF OFFICER

Don Locke of Octavian Droobers has just been appointed Professional Officer of the British O-Federation, replacing Neil Cameron. Locke, an M55, has been orienteering since 1979 and will have the job of steering BOF through the 1999 World Championships, though without neglecting the average club orienteer. As he says, "I believe the strength of orienteering is that it is an all age, all family, all ability sport."

IOA BULLETIN

Summer Happenings

Following the long, not so hot Summer, orienteering events are now back with a vengeance at least in the Cork area where you can have a choice of two events every Sunday. Nothing like a bit of competition to keep us on our toes!
Firstly let me welcome a new club to the IOA - Forest Warriors based in the Roscommon area. They already have 30 members under the Chairmanship of Cathal Cregg a former PXN member. This club will cater for orienteers in the North Connaught area mainly.
The 18th IOF Congress took place in Israel on 16-21st July. Faith White represented the IOA. In all 33 nations took part. Following the admission of Argentina and Chile there are now 48 member nations in the IOF. The 1997 World Champs will be held in Grimstad, Norway, the 1999 event in Scotland and the 2001 event awarded to Finland.
The 1997 Junior World Champs will be in Leopoldsburg, Belgium, with the next event in Czechoslovakia in 2000.
If anyone wants entry forms or details of other International events then contact the IOA Secretary. Mountain Bike O is now part of the IOF structure. Who will be first to introduce it here - warning this is not covered by the IOA's Insurance, nor is hillwalking for that matter - you have been warned.
As of 1st September the new Secretary General of the IOF is Ms Barbro Rönnberg of Finland, Lennart Levin having retired.

Coaching

On Friday 6th September our own Frank Ryan was conferred with his Tutor award from the National Coaching & Training Centre in Limerick. Frank is now the official IOA Coaching Tutor and he is looking for a representative from Munster and Leinster to do the coarse. The cost of this course which is spread out over a number of weekends will be mainly funded by the IOA. On the same day the Mid-Term Review of the NCDP was held in Limerick with the IOA represented by Frank Ryan. Noel Donagh and Ken Griffin. All the major sporting bodies were represented. It was interesting to see that many sports are experiencing difficulties with the new coaching programme but despite this good progress is being made. The next IOA residential coaching course is being held in Limerick on 4th-6th October, details from Frank Ryan.

Swedish O-Ringen

A number of Irish Orienteers attended the Swedish O-Ringen in July and 3 in particular attended the O-Ringen Clinic, Mary O'Connor and Toni O'Donovan from CorkO and John Feehan from BVOC. See their report elsewhere in this issue.

TIO Final

Many thanks to Frank Ryan and the members of CROC who organised an excellent TIO final in Portumna on Sunday 1st September. The weather was very warm on the day and this did not help all those who had been taking it easy, the writer included, over the summer months. The organisation and planning were first class, we still do not know who won but who cares, it was a great day out.
On the same weekend the Junior Squad had an intensive training weekend based in the Birr Outdoor Activity Centre and run by our Junior Affairs Officer Bernard Creedon assisted by Robert O'Connor.

Events

The next major events on the O calendar are:
Oct. 12/13 Ulster Champs./VHI at Slieve Croob, Co. Down.
Oct. 26/27 Irish 2-Day at Broadford and Dundrum, Co. Tipperary. BOC.
Nov. 16 Munster Champs. at Knockanaffrin, Clonmel, WatO, followed by a Munster League event at Mahon Falls on Nov. 17.

Administration

There seem to be a major breakdown in the paperwork for events with many clubs failing to register events with their Regional Fixtures Secretary and worse still failing to submit their levies - a mortal sin. Please help, we need the money badly! The IOA Secretary would also like to get results of events, particularly major ones, for the records. Unless he enters the event himself this does not happen. The IOA intend to publish a Calendar of Events for 1997, so if you wish your event to be included please let us have the details before 31st December. The new administrator in the House of Sport is Yvonne Begley, Finola O'Donoghue has transferred to Limerick.

World Cup

Arrangements for the 1998 World Cup are progressing with Bulletin 1 already issued. The Irish event will be based in Killarney with a Qualification race on Friday 22nd May, Classic Final Saturday 23rd May and Relay on Monday 25th May. The runners then transfer to the English Lake District for a Classic race on Thursday 28th May, Short Distance Qualifier on Saturday 30th May with the Final on Sunday 31st May. If anyone has any ideas/contacts for sponsorship we would like to hear from you.

Code of Ethics

The role of sport in helping young people to develop a wide range of social and personal skills as well as sports skills has long been recognised. Sport for children and young people has never been of greater importance than it is today. The unique relationship, in which adults and children voluntarily come together to learn and to share values deserves all the support and protection that can be provided. With this in mind a *Code of Ethics and Good Practice for Children's Sport in Ireland* has been published by the Minister for Sport, Bernard Allen. All clubs should obtain a copy of this important document which is available on request from the Government Publications Sale Office, Sun Alliance House, Molesworth Street, Dublin 2.

Entry Forms.

If you are planning to travel abroad and would like to take in a few orienteering events then the IOA has some entry forms for a number of events - contact Ken Griffin, Hon. Secretary.

Ken Griffin,
Hon. Secretary IOA.

AJAX Flash

Club AGM:

The committee for the 1996/97 season is as follows;

Chairperson:	Fiona O'Hanlon.
Treasurer:	Leo Donovan.
Secretary:	John Maguire.
Equipment:	Damien Cashin.
Ass. Secretary:	Sarah McEvoy.

AJAX Wanderings:

Thanks to all club members who helped out at our two events during the summer in Belfield and Ravens Rock.
During those lazy days of summer a number of club members ventured far and wide; 8 members of AJAX, (Damien Cashin, Caoimhe Cashin, Anne Marie McKenna, Fiona O'Hanlon, Brendan O'Brien, Martin Flynn, Sarah McEvoy and Marcus Geoghegan), were among the 13 strong Irish 'Invasion' of the 'North American Orienteering Festival'. This festival incorporated 5 events in the Canadian Champs, and 8 events of the North American Roundup including the inaugural US 6 day. Congratulations to all the prizewinners:
Canada: Anne Marie McKenna 3rd W40 (Short O Champs), Fiona O'Hanlon 1st W21B (Short O Champs)
US: Martin Flynn 2nd M21B, Fiona O' Hanlon 3rd W21B, Marcus Geoghegan 1st M21B (US Night O), Martin Flynn 2nd M21B (US Night O)
AJAX also had the traditional strong contingent at the Welsh 6 Day, with both the McDonald and deLacy families making the trip.

Upcoming Events:

November 3rd Cronybyrne, Leinster League event, Organiser Jaquie Horan.
April 1997 Ravens Rock, Leinster League event, Organiser Martin Flynn.
We need as much help as possible at these events, so please offer your services to the organisers if you can. (Please call them before they call you.....!)

Membership:

Don't forget membership is again due, please pay asap.

LEINSTER NEWS

DEVELOPMENT SUB-COMMITTEE

This committee has been set up to get moving on some practical ways of developing orienteering in the Leinster area.
We are taking a broad look at the sport and its appeal to new and occasional participants as well as maintaining the attraction for the old reliables!

Some ideas being thrown around are
* making an information pack available to each club to be incorporated at an event ie signage for information points, helpers, results, next event, after the event pub! etc.
* Encouraging a more social aspect to Sunday events by possibly having start times closer together and consequently finish times and parking areas around a focal point as opposed to roadside line parking.
* Maybe incorporating an inter club event into the Leinster league.

We know there's a wealth of experience and opinions out there so don't keep it to yourself - give us your suggestions and we'll try and get things happening on the ground.

Success or otherwise of course will depend on the goodwill of the clubs at events so "give the sport your support".

Committee Members:
Tom O'Gorman (CNOC)
Nina Phillips (3 ROC)
Martin Flynn(AJAX)
Fiona O'Hanlon(AJAX)
Philip Brennan(SET)
Jacquie Horan(AJAX)

The above can be contacted through club secretaries (Inside cover of TIO)
It would be preferable to have a member representing each of the Leinster clubs so if there are any volunteers from Fingal, GEN, UCDO or others you're most welcome.

ORIENTEERING EVENT INFORMATION

In order to make an orienteering event more appealing to the newcomer it is suggested that the following ideas be incorporated into the normal organising procedure:

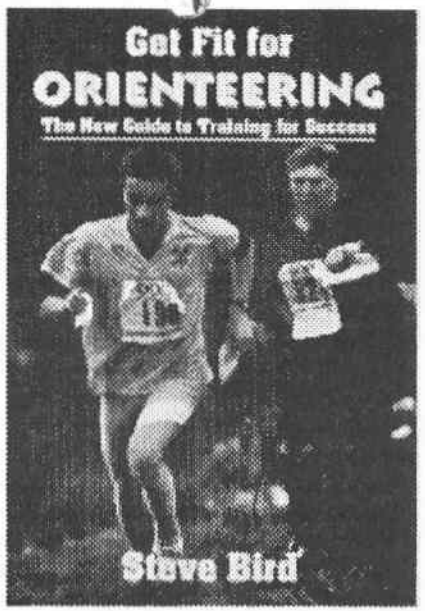
An information area to incorporate:-
A large information sign
A "what to do" checklist
Map legend sheets
Orienteering booklets
List of forthcoming events
Club information and how to join
A number of helpers at strategic points wearing easily identifiable bibs
A sign locating the PUB meeting point.

LEINSTER COMMITTEE

The current committee of the Leinster O-Council is: Chairman Andrew O'Mullane (GEN), Secretary Vera Murtagh (3ROC), Treasurer John Colclough (CNOC), PRO Jacquie Horan (AJAX), Fixtures Secretary Damien Kelly (FIN), Technical Officer John McCullough (3ROC), Mapping Officer Brian Power (SET).
There's a fixtures meeting in October to set dates for 1997.

3ROC NEWS

For 3ROC members, your "Rocket" is on its way. Remember, though: club training at St. Columba's College, Rathfarnham, on Tuesday evenings at 6.30, Saturdays at Killiney Hill; O-suits from Ann OSúilleabháin, subscriptions to Harold White.
Thanks to Trina Cleary and Philip Butler for a great weekend's training at Carlingford at the beginning of September - what a shame that five of the cars were broken into in the forest car park.
Next events are League events at Carlingford on October 20th and Three Rock on November 24th and the Christmas Score event on Three Rock on December 26th.
For details of 3ROC contact club Secretary Máire Walsh, Moorpark, Kilmacanogue, Co. Wicklow (01) 2868871.



Get Fit for ORIENTEERING

by Steve Bird

Starting from the background physiology and the principles of planning training - by the session, by the week, and by the year - this well-illustrated book clearly explains all forms of physical training appropriate to orienteers including running training, strength training, flexibility and suppleness, etc.

Also looks at nutrition, illness, underperformance. Aimed at the club orienteer and above this book will help you plan your training for maximum personal benefit.

The author, sports scientist Steve Bird, is a well-known member of Saxons OC of Kent.

"Steve Bird has always shared his knowledge with others . . . This book fills a large gap on the orienteering bookshelf"
– **Mike Murray** from the foreword to *Get Fit for Orienteering*

128pp 77 photographs 10 line illustrations. £9.95 + £1 p&p from CompassSport (address opposite). Tel for card orders: 0181-892 9429.

Also from Ultrasport, Compass Point, Harveys, Cordee, etc

Leinster League 1995/1996 - Course - Total and Best (Top 10 on each course only)

Brown course

Pos	Class	Name	Club	Total	Best	Pts1	Pts2	Pts3	Pts4	Pts5	Pts6	Pts7	Pts8	Pts9	Pts10	Pts11	Pts12
1.	M21	B.O'Brien	AJAX	7608	5957	1000	1000	744	1000	0	0	957	907	0	0	1000	1000
2.	M21	A.Maffig	UCDO	6990	5576	0	861	0	919	945	908	776	0	991	0	638	952
3.	M21	A.Tyner	3ROC	6827	5371	0	719	767	987	966	952	888	737	811	0	0	0
4.	M40	D.Reidy	AJAX	5278	5278	0	0	0	0	919	0	832	810	730	1000	0	987
5.	M35	P.Spillane	CNOC	6673	5232	0	811	796	0	0	898	792	716	725	952	983	0
6.	M35	S.O'Boyle	CNOC	5701	5060	0	783	805	0	967	0	0	641	852	756	0	897
7.	M40	B.Bell	GEN	8606	4950	867	715	755	784	821	772	741	686	759	766	940	0
8.	M21	P.Nolan	GEN	4451	4451	0	830	0	0	0	0	939	810	878	0	0	994
9.	M21	M.O'Keefe	FIN	5654	4418	0	619	666	766	786	715	720	0	763	0	617	0
10.	M35	M.Mangan	SET	4894	4296	0	645	654	0	0	0	788	0	767	698	598	744

Blue course

Pos	Class	Name	Club	Total	Best	Pts1	Pts2	Pts3	Pts4	Pts5	Pts6	Pts7	Pts8	Pts9	Pts10	Pts11	Pts12
1.	M15	T.Tottenham	3ROC	7704	5919	1000	919	1000	0	910	0	1000	1000	1000	0	0	875
2.	M40	I.MacNeil	3ROC	6170	5408	0	0	0	0	837	861	912	869	762	946	0	983
3.	W21	E.Loughman	CNOC	5877	5122	0	0	820	755	0	0	837	0	792	1000	798	875
4.	M50	N.C-Crawford	3ROC	6551	5066	847	0	0	0	724	791	871	769	761	0	900	888
5.	W40	R.Lynam	CNOC	6808	4769	0	0	746	741	0	826	767	691	637	833	856	711
6.	W21	N.Phillips	3ROC	5235	4628	0	726	0	0	705	0	0	661	607	855	806	875
7.	M40	J.Lalor	GEN	6835	4564	436	651	611	573	746	733	806	745	0	695	839	0
8.	M45	D.Quinn	GEN	4548	4548	870	803	601	0	0	0	0	0	0	767	903	604
9.	W45	M.Nowlan	3ROC	4522	4522	795	0	0	0	669	0	0	0	688	822	821	727
10.	M40	T.McCormack	GEN	6354	4464	0	0	754	664	614	629	729	703	647	0	802	812

Green course

Pos	Class	Name	Club	Total	Best	Pts1	Pts2	Pts3	Pts4	Pts5	Pts6	Pts7	Pts8	Pts9	Pts10	Pts11	Pts12
1.	M16-	L.C-Crawford	3ROC	8459	5826	848	921	0	884	901	1000	1000	1000	0	0	1000	925
2.	M55	P.McCormack	GEN	5645	5645	0	987	0	0	900	0	928	0	1000	0	959	871
3.	M45	B.McGrath	3ROC	7905	5545	731	857	830	0	943	0	943	886	0	1000	799	916
4.	M16	G.Butler	3ROC	7908	5416	0	1000	903	0	635	557	783	993	672	902	628	835
5.	M18	A.Quinn	3ROC	5752	5070	0	735	682	0	793	0	909	965	0	854	0	814
6.	W50	J.O'Neill	FIN	6678	4936	854	0	0	800	0	449	776	581	867	801	712	838
7.	M55	D.Brooks	3ROC	5186	4517	0	0	0	0	728	0	736	796	669	811	767	679
8.	W45	W.McCormack	GEN	6189	4487	0	671	0	978	654	546	749	646	781	0	510	654
9.	W45	A.NShuilleabhain	3ROC	6727	4469	637	0	954	696	416	701	713	0	681	724	597	0
10.	M60	A.Bonar-Law	GEN	4279	4279	654	0	752	0	694	0	682	705	0	0	0	792

Light Green course

Pos	Class	Name	Club	Total	Best	Pts1	Pts2	Pts3	Pts4	Pts5	Pts6	Pts7	Pts8	Pts9	Pts10	Pts11	Pts12
1.	M40	P.Donlon	3ROC	5815	5232	0	0	0	0	721	1000	731	583	0	981	822	977
2.	W40	N.Lalor	GEN	7330	4821	650	664	830	855	0	0	643	586	630	821	1000	651
3.	W55	D.Large	GEN	5104	4554	731	0	0	0	554	0	998	645	1000	0	626	550
4.	M14	J.McGrath	3ROC	4208	4208	0	0	938	0	864	0	0	507	0	899	0	1000
5.	W45	F.O'Neill	SET	3773	3773	0	0	698	677	0	0	539	0	540	0	684	635

6.	W55	D.Nagle	3ROC	3038	3038	0	452	699	532	831	0	0	0	0	0	0	0	0	0	0	0	0	524
7.	W50	C.Walsh	3ROC	2747	2747	331	469	480	0	540	0	0	423	0	0	0	0	0	0	0	0	0	504
8.	M45	B.Power	SET	2658	2658	0	0	0	0	0	0	1000	0	0	0	0	0	0	0	0	802	0	856
9.	W15	N.O'Calmain	GEN	2593	2593	852	0	1000	0	741	0	0	0	0	0	0	0	0	0	0	0	0	0
10.	M16	B.Greene	3ROC	2415	2415	0	0	0	0	0	0	870	341	0	0	0	0	0	0	0	736	0	468
Red course																							
Pos	**Class**	**Name**	**Club**	**Total**	**Best**	**Pts1**	**Pts2**	**Pts3**	**Pts4**	**Pts5**	**Pts6**	**Pts7**	**Pts8**	**Pts9**	**Pts10**	**Pts11**	**Pts12**						
1.	M35	K.Carey	3ROC	5843	5843	0	0	893	0	0	1000	1000	950	1000	0	0	1000						
2.	M17	J.Kohler	WO	7319	5773	0	757	1000	1000	789	0	899	0	980	0	1000	894						
3.	M35	K.Murray	GEN	5269	4705	0	0	698	886	1000	564	646	876	599	0	0	0						
4.	M16	D.O'Brien	DLSO	3807	3807	0	615	581	0	0	0	552	541	518	1000	0	0						
5.	M45	G.Porter	GEN	2126	2126	0	0	0	0	0	0	559	0	653	914	0	0						
6.	M	G.Richardson	WHO	1140	1140	0	0	0	650	0	0	0	0	0	0	0	490						
7.	M45	J.FitzSimons	3ROC	1000	1000	0	0	0	0	0	0	0	1000	0	0	0	0						
8.		N.Callum	DUO	1000	1000	0	1000	0	0	0	0	0	0	0	0	0	0						
9.	M21	B.Leddy	FIN	1000	1000	1000	0	0	0	0	0	0	0	0	0	0	0						
10.	M45	B.Byrne	GEN	998	998	0	0	0	0	998	0	0	0	0	0	0	0						
Orange course																							
Pos	**Class**	**Name**	**Club**	**Total**	**Best**	**Pts1**	**Pts2**	**Pts3**	**Pts4**	**Pts5**	**Pts6**	**Pts7**	**Pts8**	**Pts9**	**Pts10**	**Pts11**	**Pts12**						
1.	W12	S.Nowlan	3ROC	7448	5278	1000	919	0	633	475	0	476	586	769	893	920	777						
2.	M14	A.Nolan	DLSO	6207	4896	818	875	554	0	339	418	758	589	856	0	1000	0						
3.		D.Kennedy	WO	4111	4111	0	0	0	1000	568	0	638	1000	905	0	0	0						
4.	M11	D.Healy	GEN	2847	2847	0	0	0	0	0	1000	876	971	0	0	0	0						
5.	M10	N.Walsh	3ROC	2612	2612	0	0	1000	0	0	0	711	0	901	0	0	745						
6.	W11	E.Donlon	3ROC	2323	2323	0	0	0	0	0	0	504	467	0	607	0	1000						
7.	W12	N.O'Boyle	CNOC	1935	1935	0	0	0	0	0	0	0	0	935	0	0	0						
8.	M16	I.Costigan	DLS/3R	1802	1802	608	723	0	0	0	0	0	0	0	471	0	0						
9.	W45	C.McGrath	3ROC	1765	1765	0	0	778	0	0	0	565	422	0	0	0	0						
10.	W13	D.Healy	CNOC ?	1734	1734	0	0	0	0	0	734	0	0	0	1000	0	0						
Yellow course																							
Pos	**Class**	**Name**	**Club**	**Total**	**Best 6**	**Pts1**	**Pts2**	**Pts3**	**Pts4**	**Pts5**	**Pts6**	**Pts7**	**Pts8**	**Pts9**	**Pts10**	**Pts11**	**Pts12**						
1.	W12	N.O'Boyle	CNOC	5591	5591	0	0	0	591	1000	1000	0	1000	0	1000	1000	0						
2.	M10	T.McCormack	GEN	4547	4547	0	0	0	664	0	898	530	604	1000	0	0	851						
3.	M6	R.Short	CNOC	3713	3713 *	0	0	793	0	508	609	565	0	0	621	0	617						
4.	W12	N.Lalor	GEN	4764	3582	337	447	769	740	398	0	516	497	0	0	498	562						
5.	M10	P.McCormack	GEN	2885	2885	0	603	0	0	0	0	654	0	988	0	0	640						
6.	W10	J.Cary	FIN	2705	2705	0	0	1000	0	955	0	750	0	0	0	0	0						
7.	M10	H.Nowlan	3ROC	2179	2179*	0	0	0	0	0	0	596	0	786	0	0	797						
8.		C.Cashin	AJAX	2037	2037	0	0	0	0	0	722	599	0	716	0	0	0						
9.	M13?	T.Cooke	WHO	1810	1810	0	0	0	823	0	0	0	0	0	0	0	987						
10.	M13	R.Powell	WHO	1503	1503	0	1000	0	503	0	0	0	0	0	0	0	0						

ORIENTEERING FIXTURES

October 1996		
12	NI CHAMPIONSHIPS & VETERAN HOME INTERNATIONAL	**Slieve Croob, Co. Down.**
13	BELFIELD	Dublin. UCDO event. GR O 18 29.
13	CASTLEWELLAN	Co. Down. VHI Relays. GR J 32 37.
13	MOTEPARK	Roscommon PXN Colour Event.
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.
26	ROSTREVOR FOREST	Co. Down. NI Series 8. LVO. GR J 19 18.
26-27	Irish Two-Day	Dundrum, **Co. Tipperary. BOC. Entries to Ted Lucey, Kilpadder, Dromahane, Mallow, Co. Cork (022-47300).**
27	*CompassSport CUP* FINAL	Brown Clee, near Birmingham.
28	COMBAUN	nr. Mitchelstown, Co. Cork. LeeO event. GR R 81 18.
November 1996		
3	CRONYBYRNE	Laragh,Co. Wicklow. AJAX L/ League. 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	MULLAGHMEEN	Co. Westmeath, nr Oldcastle. SET LL. GR N 47 78.
10	WALSHTOWN WOOD	Midleton, Co. Cork. Cork O Cork League 6. 11-2 pm.
16	MUNSTER CHAMPIONSHIPS	**Knockanaffrin**, Co. Waterford. GR S 28 17.
17	MAHON FALLS	**Co. Waterford.** Munster League event.
23	CAIRN WOOD	Dundonald, Co. Down. LVO night event. GR J 45 76.
24	BALLYNOE	Midleton, Co. Cork. Cork Champs. Cork O. 11-2 pm.
24	THREE ROCK MOUNTAIN	Dundrum, Co. Dublin. 3ROC event. GR O 17 23.
24	BOF National Event 7	Bewick Moor, Alnwick. 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
8	MALAHIDE CASTLE	Co. Dublin. FIN event. GR O 22 45.
14	TOLLYMORE	Newcastle, Co. Down. LVO event. GR J 35 32.
26	THREE ROCK MOUNTAIN	Dundrum, Co. Dublin. 3ROC Score event. GR O 17 23.
27	CURRABINY	Co. Cork. Cork O Xmas event. 11-2 pm. GR W 79 62.

POINTS TO NOTE: Almost 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 or NIOA hotline if you are uncertain.
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. The only Irish events listed are those on the IOA or NIOA fixtures lists.

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