the Irish Orienteer

No. 82 August - September 1997 IR£1.50

THE IRISH ORIENTEER
FAIRLY USEFUL ADDRESS LIST 1997

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The Irish Orienteer is available from all Irish orienteering clubs or by direct subscription from the Editor: John McCullough, 9 Arran Road, Dublin 9 (e-mail jmcctio@iol.ie).

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NEXT COPY DATE
1st September 1997

Cover Photo: Irish Champion Una Creagh training in Scotland for WOC'97 (J. May)

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Results and articles are particularly welcome on 3 1/2 inch floppy disks with a printed version as back up. Please keep the formatting simple!

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Thanks to the contributors to this issue and to the other editors who keep the news flowing. (And to my neighbour Sean who let me use his laser printer at the eleventh hour when mine was giving trouble)

The Irish Orienteer

No.82 August- September 1997

Well,the Irish team is off to the World Championships again, and the best of luck to them. They deserve all our support and good wishes because their personal and financial commitment to orienteering is enormous. I'm sure they enjoy it too: that's why we all got involved in the first place, after all.

The Squad is developing a sense of identity but because so many of them are based abroad they're a bit remote from the bulk of Irish orienteers. This makes fundraising a problem for the team: they have very little input into mainstream orienteering here and the bulk of orienteers feel little commitment to the squad, which is a pity because that's the level of performance any young competitor could be aspiring to.

There is one fly in the ointment, however. Since the first Irish team went to a World Championships in Scotland in 1976 the WOC team has been an All-Ireland one and has been all the better for that. The FIOA's rules merely required that one be eligible to hold an Irish passport, not that one necessarily had one. In recent years the International O-Federation has been tightening up on the eligibility rules for IOF events because of different interpretations of the term "citizen". (I gather it may have been brought to a head by an arrangement between Finland and Estonia) but we could suffer as a result.

NIOA Chairman Steven Linton (a WOC team member this year and on several previous occasions) described the situation in a recent issue of "Crossing Point", the NIOA newsletter. The IOA, NIOA and FIOA are all anxious that the present situation continue but there are fears that the IOF will become stricter in enforcing the letter of the law this year. If this were to happen and if it were to reduce the availability of NIOA competitors or other normally eligible orienteers to run for an All-Ireland team it would be a very regrettable move for Irish orienteering as a whole.

WOC TEAM NAMED

The Irish team for the World Championships in Norway in August is:

Men:
Bill Edwards (CorkO), John Feehan (AJAX), Steven Linton (NWOC), Colm O'Halloran (LeeO), Marcus Pinker (CorkO), Colm Rothery (AJAX).
Reserves: James Logue (NWOC), Brian Corbett (CorkO), Brendan O'Brien (AJAX).

Women:
Julie Cleary (3ROC), Una Creagh (3ROC), Nuala Higgins (FUCCO), Eileen Loughman (CNOC), Eadaoin Morrish (LeeO).
Reserves: Darina Cunnane (CorkO), Joanne Mein (NWOC).

The World Champs will consist of long, short and relay races. All the team members will run in two of the three disciplines except Una and Nuala who will run all three races.

This will be Eileen Loughman's twelfth successive World Championships, a world record unlikely to be beaten by anyone - unless she makes it onto the team for Scotland in 1999, which has to be a distinct possibility.

The Team Manager is Ronan Cleary and the Team Coach is Justin May.

ODDS & ENDS & ODDS

y Good to see that standards of literacy are being kept up among the student population. What about the t-shirts produced for the Irish Student Championships at Clarabeg in Wicklow in March, though? They called the area "Claraberg": a mysterious mountain in Transylvania, perhaps?

y Daphne Farnham (LVO), editor of the NIOA Newsletter, *Crossing Point*, was a casualty at the recent Leinster Championships at Powerscourt. Daphne fell and broke her leg and was brought in by the Dublin Mountain rescue team who were in attendance. I'm sure it made their day, though it hardly did much for Daphne's. Get well soon, Daphne: at least your typing won't be affected!

y Conferences to run in conjunction with August's World Champs in Norway are an IOF mapping conference, a conference of IOF affiliates' presidents and the 6th International scientific Symposium on Orienteering. Details from IOA.

y IOA regional Junior Affairs Officers were to meet at the Shamrock O-Ringen to arrange training and fund-raising for the coming year, according to IOA juniors Officer Ted Lucey. each province is requested to organise 3 training events for juniors plus a fund raising event for Juniors.

y All-Ireland League: The league, introduced this year in all classes, is being co-ordinated by IOA technical Officer Seán Cotter. The events to count are the Irish Championships and the four Provincial Championships with any 3 of the 5 events to score.

y Sharon Crawford (W50?) has again been selected to run for the USA at the World Championships in Norway. So never give up hope ...

y Date for your diary: The date for the 1998 Irish Championships has been decided: it's a week before normal, the last weekend in April, at Slieve Gullion in south Armagh. The event is being run by LVO and the controller is Steven Linton.

y Ever wanted to try sumo? Well, now's your chance. A new orienteering group within LVO is starting up in the Armagh area, led by Freddie McCann, and it's called South Ulster & Mournes Orienteers: SUMO. And no cracks about having a yen to go orienteering, please, they've heard them all ...

y Jane Watt was one of three GEN runners who recently knocked more than an hour off the record for running the Wicklow Way. We expect to have a full report in a future issue. Well done, Jane.

y No Sec's, please: LVO have got themselves a new Secretary to replace the irreplaceable Alan Gartside: he's Geoff Somerville, 6 The Hill, Queensway, Derryiaghy BT17 9EY (08-01232-612284). Alan is staying on as club Chairman and as editor of the excellent LVO newsletter, however. FermO have also got a new secretary in Bill Regan, 9 Floraville, Enniskillen, Co. Fermanagh, BT 74 6AP (08-01365-362213).

y Congratulations to Irish Champion Una Creagh and to Irish Team Coach Justin May who have just got engaged, according to the most recent Irish Squad Newsletter. It must be true, since Una puts it together!

y AJAX report that they won't be running an evening event on August 5th as originally planned. The event at Raven's Rock on July 22nd will go ahead, however.

GET ACTIVE, GET ALIVE

"Get Active, Get Alive" is the current sport for all campaign from the Sports Council to persuade couch potatoes to get up and out. Their colour magazine is circulated to a large number of sports centres, libraries, shopping centres and other groups and to anyone enquiring. The project is sponsored by Mars and is one of the fruits of marathoner John Treacy's involvement in the Sports Council. The next issue of the newsletter "Get Active" will feature orienteering.
There's a national activity weekend on October 3rd/4th/5th.
The campaign is being promoted on TV and on five million Mars bars.
How about "Alive, Alive-O!" for the orienteering part?

MAJOR GRANT FOR UNA

The Sports Council have awarded six-times Irish Champion Una Creagh a £2000 Outstanding Sportsperson grant to help with her training and competition programme. Awards were granted to 149 athletes from 24 different sports but this is the first substantial grant to an orienteer, a recognition of Una's achievements - and even more - of her potential.

Una's goals are to qualify again for the finals of the World Championships this year and to score points in the World Cup series next year. Her work as a researcher in Sports Science at John

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Moore's University in Liverpool means that she has excellent back-up in trems of access to research on running and other sports-related areas and her work allows her sufficient flexibility to take advantage of training camps and other opportunities.

She has been orienteering since she was in her early teens, in common with most of her family, and attributes much of her success (particularly ner good performance in WOC 95 in Germany) to her coach, Justin May. One of her achievements was to win last year's British Championships and she finished 3rd in the Irish Intermediate Cross-country Championships this year. In her spare time (i.e. when not orienteering) Una runs cross country, fell and road races and takes part in mountain bike races and duathlons.

As her grant nomination says, "Una has proven herself to be by far and away the best orienteer that Ireland has ever produced. Her potential would seem to be limited only by the amount of training and competition experience that she can gain abroad and a place amongst the top 25 in the world is well within her capacity".

Congratulations, Una, and good luck in Norway!

(While Una's grant is very welcome, it's interesting to see how much other outstanding sportspeople got. From the total fund of £520,000 23 athletes got grants of £7,500 or more. Sonia O'Sullivan and Michelle Smith £20,000 each; runner Catherina McKiernan £15,000 and canoeist Ian Wiley £15,000.)

LEINSTER AGM

The Leinster Orienteering Council had their AGM and league prizegiving after the event at the Curragh on June 17th. GEN's Andrew O'Mullane stays on as Chairman, 3ROC's Vera Murtagh as Secretary and CNOC's John Colclough as Treasurer. The other officers are Monica Nowlan 3ROC (Juniors), Damien Cashin AJAX (Technical), Tom O'Gorman CNOC (Fixtures), Alan Ayling DUO (Development). Mapping is unconfirmed and PRO is vacant.

WORLD CUP 98

The preparations for the 1998 World Cup races in the Killarney area are progressing. A recent visit by the IOF Controller, Oyvind Holt from Norway, went well and a grant of £10,000 has been received from Sports Minister Bernard Allen.

The event centre has been confirmed as the Glen Eagles Hotel, Killarney and the events are reported to be in the Glenflesk and Killarney areas.

The programme is for the Qualification race to be on Friday 22nd May 1998, the Classic distance Final on Saturday 23rd May and the Relay on Monday 25th May. The event will be combined with the Shamrock O-Ringen next year, using the same maps but not the same courses.

The full schedule for the 1998 World Cup series is:

Round 1 22-25 May Killarney

SHI, VHI TEAMS NAMED

The Senior and Veteran Home International teams have been chosen for this year's events. Unfortunately for us the two events are on the same weekend, reducing the number of people available to take part in each. The Senior event is being run by 3ROC at Carlingford and the Veteran at the Twin Peaks badge event in England run by Manchester & District OC, both events on September 13/14th.

The M35 dream team of Rothery, O'Halloran, O'Cleirigh and Corbett will be a force to contend with, as will the M40's Rochford and May. At least we should have full teams participating, with a view to defeating the Welsh overall ... and taking some Sassanach and Scottish scalps too - who knows?

Seniors: (first reserves in brackets)

M20-	Conor Barry, Allan Bogle, Ian Lockington, (Che Finlay,)
W20-	Ruth Hollinger, Joanne Mein, Toni O'Donovan, (Nora Feehan,)
M21	Bill Edwards, John Feehan, Steven Linton, James Logue, Marcus Pinker, (Brendan O'Brien)
W21	Julie Cleary, Una Creagh, Darina Cunnane, Nuala Higgins, Eadaoin Morrish, (Nina Phillips)
M35	Brian Corbett, Aonghus OCléirigh, Colm O'Halloran, Colm Rothery, (Padraig Higgins)
W35	Eileen Loughman, Sheila Muckian, Mary Healy, Susie Carson, (Liz Deane.)

Veterans:

M40	Justin May, Iain Rochford (Kevin O'Dwyer)
W40	Ruth Lynam, Ann Savage, (Heather Majury)
M45	Sean McSweeney, Bill Simpson, (Pat Healy)
W45	Monica Nowlan, Teresa Finlay, (Maria Pinker).
M50	Sean Cotter, Bernard Creedon, (Ernie Wilson).
W50	Jean O'Neill, Maire Walsh, (Carmel Feehan).
M55	Ted Feehan, Paget McCormack (Alan Shaw)
W55	Clare Nuttall, Maura Higgins, (Marie O'Sullivan).
M60	Maxwell Reed, Noel Bogle, (Frank McCormack).
W60	Diana Large, Faith White, (Marie O'Sullivan).

CONNACHT CHAMPIONS 97

Unfortunately, no report has been received on the Connacht Championships at Manorhamilton last February. Word of mouth from competitors suggested that there were problems with land access during the competition (i.e. competitors being chased by farmers etc.) and the one written report I have seen said that the event "could be described charitably as amateurish", if I remember correctly. Nevertheless, here are the winners:

M10	Seamus O'Boyle	CNOC
M12	Thomas Cotter	BOC
M14	David Healy	GEN
M16	Rory Finlay	FermO
M18	Che Finlay	FermO
M20	Ray Holohan	CNOC
M21E	Steven Linton	NWOC
M21L	Hugh McLindon	3ROC
M21S	Gareth Evans	CNOC
M35	Ronnie Patterson	FermO
M40	Denis Reidy	AJAX
M45	Sean Cotter	BOC
M50	Ernie Wilson	LVO
M55	Paddy Lalor	CNOC
M60	Maxwell Reed	FermO
M65	Norman Ervine	LVO
W10	Erinna Foley-Fisher	MNAV
W12	Amy Houlihan	CorkO
W14	Sheila Nowlan	3ROC
W16	Caroline Dennehy	BOC
W18	Clare O'Connor	CorkO
W20	Toni O'Donovan	CorkO
W21E	Nina Phillips	3ROC
W21L	Heather Ervine	LVO
W21S	Ruth Blair	NWOC
W21N	Annemarie Lucey	BOC
W40	Mary Healy	GEN
W45	Monica Nowlan	3ROC
W50	Jean O'Neill	FIN
W55	Maura Higgins	SET
W60	Diana Large	GEN

There is one amendment to the published results: M55 David Hogg (NWOC) should have had a time of 92.08, not 132.08, still placing him 4th but improving his national ranking significantly.

1998 WORLD MASTERS' GAMES

The 1998 Nike World Masters' Games (for the over 30's) is in Portland, Oregon from August 9-22 1998. 25 different events will see 25,000 athletes from over 100 countries taking part - and orienteering is included.

The orienteering competitions are scheduled for 10th, 11th, 13th and 14th August and are for the M/W35 and older classes.

Details from 1998 Nike World Masters' Games, 55 SW Yamhill St., Ste. 300, Portland, OR

97204-9650, USA.

VETS' WORLD CUP 97

The Veterans' World Cup, now an annual event, takes place at Camp Ripley in Minnesota at the end of September. Initially several orienteers from Ireland were planning to go, but few if any are expected to travel now. There was a reasonable party at the last VWC in Spain at Easter 1996.

MICHAEL RUSSELL

His friends in orienteering were shocked and saddened to hear that Michael Russell passed away on 26th April last. A faithful member of Lee Orienteers and before that one of the early members of Munster Orienteers, he was always ready and willing to help at events or to survey areas, but above all, he loved to get out and run. Though he seldom figured among the winners, this did not in the least affect his enjoyment of the sport.

A very competent treasurer of LeeO for many years, he never shirked the more menial jobs involved in running a club. He shared with his wife a great love of drama and his liking for the outdoors and the countryside led him to study archaeology and geology. He was a most sincere and gentle person. Our sympathies go to Peggy and the family.

M. T. ÓhUigín.

Máirín Morrish

Sadly, Máirín Morrish of Lee Orienteers also died just before the Shamrock O-Ringen. Máirín had been orienteering for many years, with her husband Noel and family: many of them feature in the ranks of the Irish Champions going back years. Máirín was one of the gallant band of Veterans who ran at the infamous Veteran Home International at Slieve Martin in 1992 when the event was cancelled after the Vets had gone out because the weather was too severe. She had a replacement hip fitted some time ago and wanted it buried at one of the control sites on her course at that event after her cremation. To Noel, Rory, Eadaoin, Caitríona and the rest of the family, we extend our sympathy.

GEN News

We start with heartiest congratulations to three club members: Jane Watt, Brian Byrne and Graham Porter who completed the Wicklow Way from Marley Park to Clonegal in a record time of 20 hours 30 minutes on Saturday 31st May despite the brilliant sunshine which led to very tiring conditions during the day. This was the culmination of 6 months planning and training . They were encouraged along the way by an enthusiastic group of orienteers, hill runners and runners who provided moral support, much needed water and lots of cheers. It was a tired but very happy band who celebrated in Clonegal that night, 80 miles being a long way to run, jog and walk for a pint!! Personally I'll stick to light green.

Congratulations also to our Irish champions Paul Nolan M21L, Mary Healy W40, David Quinn M45S, Diana Large W60 and commiserations to David Healy who lost out by 9 seconds in M14A but not as close as the M21E finish. (Has there ever been a dead heat in orienteering ? - (yes : M21A at IOC '85 at least - Ed)

Our Leinster Champions are Mary, Susan and David Healy, Andrea and Paget McCormack, David Quinn, Diana Large ,and Alan Bell: well done to all of you. Particular congratulations to Diana who celebrated her 60th birthday in April and is having a very successful orienteering year .

List of upcoming G E N events and contenders in the enclosed Genology. Check if your name is on it and if it's not contact me and I will point you in the right direction.

Have a good Summer see you all back at the Cliff face in Carrickollogan in September.

- Nora Lalor Secretary G E N

DEFENCE FORCES ORIENTEERS

Defence Forces Orienteers (DFO) is a closed club for members of the Defence Forces, both permanent and reserve. Its purpose is to act as a focus for personnel who are not yet members of other clubs, and also to allow DF members who are members of other (open) clubs come together to form legitimate relay teams. This is especially important for the CISM squad.

There are no Club membership fees. Entering an event as a DFO member entitles you to members reduced entry fees. You simply write DFO, or DFO as a prefix to a unit or formation name (e.g. DFO -13 Inf Bn, DFO - E Comd) on your control card, and you are a member! The affiliation fee to the IOA has been paid by the Defence Forces Athletic Association.

FCA personnel to compete at CISM? CISM X-country is to be held in Ireland in 1998. Possibly 50% of the team will comprise of FCA personnel, so how long more until FCA compete for CISM orienteering places?

- Aonghus ÓCléirigh

The Top 15 Signs An Athlete is Using a Banned Substance

15 Get's "psyched" before each competition by banging his head against a locker, although he's on the chess team.

14 Her javelin was shot down by jet fighters.

13 Killed two spectators and a line judge with his forehand lob at this year's French Open.

12 Although a sprinter, he won both the Indy 500 *and* the Preakness.

11 Swimmer's refusal to trim beard and wax chest costs her valuable seconds in the 100 metre freestyle.

10 His red and yellow jersey reads, "Track Cartel de Colombia."

9 Absent-mindedly shows up at starting blocks with syringe dangling from arm.

8 Remainder of high jump event postponed until he lands.

7 Somehow manages to win the 100-metre butterfly without getting wet.

6 Signs new contract for $6 over 2 million years.

5 Instead of exploding out of the blocks, he just explodes.

4 According to the urine test, he's six-week's pregnant.

3 Breaks his pelvis but insists he can just "walk it off."

2 Has switched her shower song from "I Feel Pretty" to "Old Man River."

and the Number 1 Sign An Athlete is Using a Banned Substance...

1 Forget Nike and Reebok — he's got endorsement deals with Merck and Glaxo.

(Thanks to Douglas Barry of the Irish Mountain Running Association).

Connacht Region News

At the recent All Army FCA Orienteering Championships held in Glendalough on Sun 11th May Connacht Orienteers running for 19Bn (Roscommon/Sligo), 24Bn (Donegal) and 25Bn (Galway) won a good share of the prizes and brought the trophy for the best Command back to the west for the second year in succession.

Cpl Conor Kingston WEGO won the novice individual competition and helped his team of Pte Anthony Cloonan, Pte Tarpey, Pte Byrne and Pte Rory Osborne all from WEGO to victory in the novice team competition. The runners up here were a team from the 7th Inf Bn in Dublin trained by Lt Damien Cashin AJAX.

The novice individual women was Pte Farrell from the 19Bn and she brought her team of Pte M. O'Connor , Pte Boylan, Pte Mulrennan and Pte J. O'Connor to victory with the runner up spot going to 9th Inf Bn from the Curragh Comd.

The winning team in the Intermediate womens competition was the 21st Inf Bn from Bray but the Individual competition was won by Cpl Martin from the 24Bn in Donegal and she helped her team of Pte Hewitt, Cpl McCausland, Pte Morning and Cpl Gavagan to second place here.

The 21st Inf Bn Bray had an another team victory in the mens Intermediate class and the 8th Field Artillery Regiment from West Cork took second team spot but the west was not to be denied some of the laurels here and Daire Osborne 25Bn kept the flag flying by getting second spot here from Lt Quinn of 21st Bn.

The results of the senior mens team competition was waited for anxiously with some of the better runners out late. The 19Bn who were going for 3

in a row were expected to do well but with all their runners in and John Casey to come in for the 23rd Bn things began to look bad and when John did come in with the best time of 71min 05 secs victory was assured for the 23rd Bn team of Pte John Casey, Pte John Muckian, Lt P. Hourihan, Pte D. O'Connor and Pte Conor Barry. The 19Bn team were runners up and the 25Bn who won this competition 10 times in a row were third and with a young team coming up, will be a force to be reckoned with again shortly. Pte Kieran O'Brien 19Bn was Individual runner up and Lt Damien Cashin was third.

Congratulations also to Linda Ryan W20B-WEGO who was the only participant
from WEGO who managed to secure a cap at the Irish Championships on Saturday
3rd May held also in Glendalough.

Eagle Eye.

EUROMEETING '97

As preparation for the World Cup races in the Lake District next May, the British O-Squad is running a three-day event at the end of October in the same area. There will be a short race at great Tower Wood (a super little area used for the SHI relays a couple of years ago) on Friday 31st October, a classic distance race at Witherslack on Saturday 1st November and a relay at Bigland (JK'93) on Sunday 2nd. It sounds great, but preliminary entries closed on June 1st, according to the initial information.

This stuff is for elites only! No duffers need apply!

Details from Martin Bagness, 2 Gale Crescent, Ambleside, Cumbria LA22 0BD (0044-15394-34184).

FEEHAN WINS SHAMROCK

John Feehan showed that he has returned to form with a vengeance by winning the Men's Elite class at the Shamrock O-Ringen in June. John has been selected to run at the World Championships in Norway in August but had been dogged by injury and loss of form in recent months. The Women's Elite race was won by Jenny James (SYO).

Once again the natives were outnumbered by the visitors in virtually every class as the hills and bogs of west Cork caught out the unwary. The Friday evening event was at Cobduff, east of Glengarriff. This event typifies the Shamrock: open mountain and testing terrain, plus the fact that you're thrown in at the deep end from the start and it's almost impossible to make up time lost in the first race.

Day 2 was a return to Shrone Hill, west of Glengarriff: Marcus Pinker's map showed a profusion of rocky spurs and ribs which I don't remember from the earlier version. The courses were physically demanding and the longer ones included a Shamrock twist: three controls in a large circle to be visited in any order. This is actually a godsend for anyone who doesn't really know where they are: you have three chances of hitting the right control instead of just one (an opportunity of which I took full advantage this year)!

The weather over the whole weekend wasn't as good as previous Summer Shamrocks nor as bad as the earlier March events, so it was pleasant for running. The event centre was at Castletownbere, close to day 3 at Dunboy. Now Dunboy in 1992 was tussocky and hard. In 1997 it was tussocky and boggy and those of us who were feeling the effects of the first two days suffered even more. It's a perfectly adequate area though not of the same standard as the other two (anywhere else in the country it would be considered technically very demanding) but it did provide a great finish area in front of an old castle overlooking the sea and there were dramatic sea views over Bere Island out on the courses.

The usual post mortems and route choice presentations were organised at the event centre: here's a thought - wouldn't it be more interesting to see the losers' routes - the people who got lost but eventually figured out where they went, rather than the ones who say "I ran along here, down here and got the control straight away ... "

Elite results:

Men- John Feehan (BVOC) 209.26, Simon Bourne (SCOT) 214.49, Bill Edwards (CorkO) 214.50.

Women: Jenny James (SYO) 197.52, Liz Campbell (Eryri) 209.01, Una Creagh (3ROC) 224.34.

WALES RETAIN CELTIC CUP

An outright win for CorkO's Brian Corbett on the first day wasn't enough to rescue the Irish team from defeat at the hands of Wales at the fourth Celtic Cup match in North Wales on July 12/13th. The 36-strong Irish team scored 50 to Wales 57 and Cornwall's 28 on Day 1 at Beddgelert but fell further behing at Llyn Elsi above Betws y Coed on the second day to finish Wales 113, Ireland 97, Cornwall 58.

Both areas were "typical Welsh forest", with runnability ranging from 0 to 90%. Llyn Elsi in particular offered reduced runnability due to the vegetation and longer courses had a very severe and rather pointless climb of almost 100 metres approaching the finish.

Tha party who travelled all enjoyed it, though, and we return the favour next year. Incredibly, if you're taking the HSS as a foot passenger from Dun Laoghaire to Holyhead it's cheaper to get a combined ship and rail ticket to Chester than it is to take the ship alone, as we discovered after we had paid for our trip.

IRISH AT JWOC

Four Irish orienteers travelled to Belgium for the Junior World Orienteering Championships in July: CorkO's Toni O'Donovan and Conor Barry, and NWOC's Ian Lockington and Joanne Mein. The competition format was for a short distance race (preceded by a qualifier), a classic (full length) race and a relay for the countries lucky enough to have a full team

JWOC 97 Results

CLASSIC DISTANCE 11/07/97

Women 7820m

1	LUDER Simone	SUI	53:36
2	HEISKANEN Hanna	FIN	54:42
3	HULLIGER Regula	SUI	56:00
105	O'DONOVAN Toni	IRL	1:27:28
131	RUA Rafaela	POR	2:36:06
	MEIN Joanne	IRL	DNF

Men 11920m

1	MODIG Johan	SWE	1:00:51
2	LUCAN Vladimir	CZE	1:03:33
3	DAVIDIK Marian	SVK	1:04:10
138	BARRY Conor	IRL	1:44:51
141	LOCKINGTON Ian	IRL	1:49:12
152	ALMEIDA Antonio	POR	2:32:26

SHORT DISTANCE

A final Women 4200 m

1 HEISKANEN Hanna	FIN	24:17
2 MIKSOVA Katerina	CZE	24:43
3 JUKKOLA Heli	FIN	24:46

B final Women 4050 m

1 KUUSELO Riina	FIN	24:02
2 SKOUMALOVA Michaela	CZE	25:12
3 PERBET Audrey	FRA	25:35
23 O'DONOVAN Toni	IRL	29:54
39 MEIN Joanne	IRL	31:55
56 ALMEIDA Malfalda	POR	51:36

C final Women 3800 m

1 BIRO Alma	HUN	29:42

A final Men 5000 m

1 ROSTRUP Jorgen	NOR	23:31

B final Men 4900 m

1 HARJU Antti	FIN	23:48
2 LUBINA Alexander	GER	24:04
3 EENSAAR Silver	EST	24:13
46 LOCKINGTON Ian	IRL	31:12
54 INNES Mark	CAN	35:01

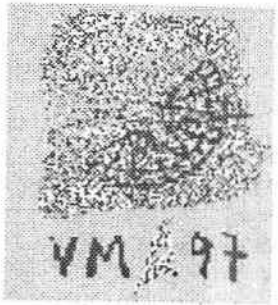
C final Men 4650 m

1 FRIEDRICH Gabor	HUN	23:30
2 ISHII Yasuaki	JPN	25:19
3 SCHULZ Ben	AUS	25:32
20 BARRY Connor	IRL	34:13
34 HAVEMANN Andrew	RSA	47:59

TIO NEWS

This issue of TIO was to be out for the Shamrock O-Ringen but other factors (e.g. work) and my father's recent illness and death delayed its production. While I still enjoy working on TIO I simply don't have enough time any more. I am investigating the possibility of off-loading the actual production of TIO to someone with more experience of desktop publishing while retaining some control over the content, if I can manage that. If any orienteers out there with DTP expertise are interested, please get in touch.

John McCullough.



WORLD CHAMPIONSHIPS 97

The teams are chosen, the training and preparation are largely done: all that remains is the final sharpening of navigational techniques to suit the complex forested terrain of southern Norway.

A number of team mambers have travelled to Norway in advance of the Championships for final training: some to the Modum O-Camp favoured by World Champion Jorgen Martensson and others to the Sorlandsgaloppen, a six-day event in early July. The fact that the team members get little or no financial support from Irish orienteering means that all the travel, accommodation and entry costs have to be borne by the team members themselves and the commitment is substantial. The costs of a trip to Norway in advance of the WOC will be several hundred pounds, to be followed closely by the costs of the WOC itself.

Some of the squad also spent time training in Scotland in the days after the Scottish Championships (which was the final Irish selection race).

Well, who are the team anyway?

Colm Rothery is this year's and last year's Irish Champion, born on the same day as Aonghus O'Cleirigh way back in 1960 (who says astrology is bunk?) and comes from an illustrious orienteering background. His father, Sean, was one of the first Irish orienteers and his brother Eoin is a former Irish Champion and winner of the Trinity Marathon (back in the days before marathon running was as popular as it became since). Colm has been working recently as an outdoor education instructor. Noted for his flowing golden locks and running speed, he led the field at the JK Relays at Easter right up to the finish line. Colm is expected to run the long race and the relay.

The other Colm, **Colm O'Halloran**, has recently been working in England but can be seen at events all around the world as his contract-driven lifestyle takes him to places like Africa, Australia and Canada. Colm finished second at the Irish Champs by one second and has great international experience along with a literary ability unmatched in Irish orienteering (remember the Saga of King Bjorn in TIO?). He's fast and reliable with a very distinctive high-shouldered run beloved of commentators, enabling him to be identified in the far distance. Colm is expected to run the long and the short races. Curiously, both Colms are M35's now and still at their peak, maybe taking a leaf from World Champion Jorgen Martensson's book. A lot of orienteering success is patience, experience and long years of training.

Bill Edwards is another long-standing Irish team member who runs for South Yorkshire Orienteers and Cork Orienteers. Based in Sheffield and working with computers, he's going to Sorlandsgaloppen to finish his WOC training. Another fast and reliable orienteer with lots of experience, Bill will run the long race and the relays.

Steven Linton, a Belfast-based architect who runs with his old school club, NWOC, will be running the long and short races. Steven has come up through the junior ranks and has had some of the best Irish performances at WOC's, his strength and ability to keep running in rough terrain are great assets. Steven is also the Chairman of NIOA in his spare time. He finished best of the Irish squad members at the Scottish Championships.

John Feehan and **Marcus Pinker** are two of the younger team members: both come from orienteering families in Cork. John is now teaching in Dublin and getting fitter again after a bad year or two. He finished second of the Irish in Scotland and has a string of outstanding runs to his credit, particularly as a junior. His most recent success was winning the Shamrock O-Ringen Elite class. Marcus was something of a prodigy when he burst upon the senior scene and has the advantage of living on some very complex terrain in Ballingeary (when he's not in college in Luton) and having a mapper's eye as well as a runner's body. Marcus and John should be keeping their eye on WOC99 in Scotland, but their runs in the short race and the relay in Norway will be important milestones in their careers.

First reserve **James Logue**, another product of NWOC, ia a geography teacher in Lancashire and has his sights firmly fixed on WOC99. He's a wiry, strong runner with an outgoing personality and considerable international experience at both junior and senior level.

But what about mná na hÉireann?

Well, no Irish WOC team would be complete without **Eileen Loughman**. Eileen is a health inspector with the Eastern Health Board and was a founder member of GEN, O-Naas and CNOC. Although not particularly a "team-person" she has been on every Irish World Championship team since we started sending teams in 1976 and this is her 12th successive World Championships. Her stamina and toughness, her experience and ability are her assets: there are faster runners on the team but Eileen is very reliable and consistent. She's expected to run the long and short races.

Irish Champion **Una Creagh** is another member of a noted orienteering family. Her brother Oisín, sister Hilde, father John and her late mother Nuala were all active orienteers. Both John and Nuala were on the IOA. Una has a string of Irish Championship titles stretching back years and has been Irish Senior Champion five times (so far). She was only the second Irish runner to qualify in her own right for a WOC final place (in Germany two years ago - the first was Orla Cooke in Sweden (in 1989?)). Una works as a researcher in sports science in Liverpool and you can read all about her in the News section! Una will run the Long, the short and the relay races.

Nuala Higgins from Cork is another member of an orienteering family: her father Micheal, brother Aodan and sister Brid are members of Lee Orienteers. Nuala is a relatively new member of the WOC team, only really flourishing in orienteering terms since her move to England where she has been running until recently with LOK. Nuala finished second of the Irish at the JK, the Scottish and was runner-up at the Irish Champs. Her fitness means that she'll be running the three races in Norway.

Julie Cleary, another member of an O-family (her father, Frank Martindale, *was* Tipperary Orienteers and was a former IOA Chairman). Now based in England and married to Team Manager Ronan Cleary, Julie is a trained surveyor with extensive international experience both at competition and surveying. Although susceptible to injury she is an outstanding navigator. She works for a business selling maps and other related material and is a member of the Council of the British O-Federation.

Eadaoin Morrish is yet another member of an O-family: the Morrishes are well known members of Lee Orienteers and Eadaoin has come up through the junior ranks, and was runner up at last year's IOC. Eadaoin lives in Cork and is a designer. She's expected to run in the long and relay races.

First reserve **Darina Cunnane** (another O-family from Cork) is based in Scotland and training hard though having some problems with injury.

They're the suspects: let's give them all the support we can. You can go to Norway to take part in the spectator races or just to look on. There's a great atmosphere at the event and it's fantastic to see the world's best orienteers in action, people who were just names before.

The spectator races are:
Sunday August 10th Short distance
Monday 11th Classic distance
Wednesday 13th Classic distance on WOC map
Friday 15th Short distance on WOC map.

Details from VM'97, P.O Box 233, GN-4891

Grimstad, Norway. Phone: 0047-37049611, fax 0047-37049412.

Anyone with half an idea of trying for the team for WOC99 in Scotland should reayy make an effort to get to the event in Norway to get an idea of how it all works. Scotland will be our chance to get relevant competition experience without huge expenditure, so we should all be working towards a successful WOC99 in the longer term.

Details of the WOC races are:

The short distance qualification races are 2.8 km for women and 3.7 km for men.

The qualification races for the classic distance event are 4.5 km/120 metres climb for women with a winning time of 40 minutes (8.9 min/km) and 8.2 km/ 300m/ 53 minutes for the men (6.5 min/km).

Classic distance - final:

Women:8,3 km/335 m climb/70 min

Men:13,7 km/545 m climb/90 min

Relays: For teams of four.

Women:

Leg 1, 2: 3.7 km/60 m climb/30 min

Leg 3: 4,7 km/80 m climb/40 min

Leg 4: 6,4 km/50 m climb/50 min

Men:

Leg 1-2:9,4 km/400 m climb/65 min

Leg 3-4:7,0 km/290 m climb/45 min

Thomas Callery, who has been at several WOC's to hold the flag and support the team, can't go this year, so an alternative Chief Supporter is required!

Ajax Flash !

Many thanks to all of you who came out in great numbers to help out with running the Irish Championchips in Glendalough at the beginning of May. Also thanks to those who assisted at Raven's Rock in early April. It is a great credit to all those who were involved in any way, that the IOC'97 went off so well and proved to be a great success. It was in a small manner due to the tremendous amount of work and commitment from many members of the club, and in particular special credit is due to Damien Cashin who had the unenviable task of Organiser, and to Martin Flynn who was the Planner for the event. So from all of us in Ajax thanks for doing such a great job.

Our next Event is part of the extended Summer evening league and takes place at Raven's Rock on Tuesday 22nd July , start times from 6-7pm. After that is the come and try it event on Killiney Hill on 14th September - again please offer to help if you can.

Congratulations to the members of Ajax who won prizes at the IOC97, and at the IOC Relays on the Curragh the following day. Ajax were victorious in the mens Elite sections on both days with Colm Rothery winning the individual race, and the Ajax team of Brendan O'Brien, Martin Flynn and Colm Rothery snatching victory in a thrillling relay race.

A number of members were spotted at the Comeragh Mountain Marathon in May, Damien Cashin and Brendan O'Brien being the guilty parties, and by all accounts there will be even more taking part in the Mournes in September.

This time of the year training takes place at the Tuesday evening orienteering league, and also at the Wednesday hill running league, so we hope to see some of you there.

Finally it is the time of year for holidays and such like, so if you are heading away or if you are staying around, have a great time during the summer and hopefully we will see you all either at the summer events or in September when the season slowly begins to wind up again.

If you are on the orienteering super highway, please let us know...Mail Brendan O'Brien at "Brendan.O'Brien@Anpost.ie"

IOC 97 report

GLENDALOUGH & CURRAGH CONTRAST

Colm Rothery and Colm O'Halloran, separated by a single second after the gruelling 12 km Elites' race over Derrybawn mountain and through the craggy forest above Glendalough; Una Creagh cruising home to win with 9 minutes to spare; cuckoos calling in the forest: some of the features of this year's Irish Championships.

Leinster were lucky to have found clubs to run the event, lucky to find a controller in Trina Cleary and lucky to find an area, given the widespread apathy and burnout among orienteers in the province, and AJAX and GEN did a good job on the Individual race. Unfortunately it wasn't a new map, let alone a new area, but the competition was challenging nonetheless. Glendalough had been used for major events as far back as 1976 and had been the venue for the 1985 Irish Championships as well as the 1987 CISM Relay and last year's Leinster Championships, but it still remains a testing area and one which hasn't been overused. Once, we used to thing it was technically very difficult, but having run amid the contours of West Cork for the past ten years or so, Glendalough is navigationally quite tame. It's no stranger to close finishers, though: while Colm Rothery had the advantage this time and won the Elite course by the smallest of margins, his brother Eoin had a dead heat with Brian Corbett in 1985 for the Men's' course. This year the first four men finished within 73 seconds, which is close by Irish standards.

Planner Martin Flynn chose to start high in the forest on the west side of the Derrybawn ridge, bringing the longer courses into the open for most of their length before diving into the largely runnable, craggy forest above the lower lake to contour back and drop to the finish amid the monastic ruins between the two lakes which give the place its name. Recent fires in the heather had improved runnability but the hills were as steep as ever. The run around the back of Derrybawn was enlivened by a solitary cuckoo calling in the forest, a feature of the Irish Championships on several occasions in recent years (not the same cuckoo, as far as I know!).

The early showers died out to give a perfect day for running: dry, mild and with a slight breeze. The entry almost touched the 500 mark and the organisers expressed themselves satisfied with the way it all went, except for power supply problems with the computer. As Controller Trina Cleary pointed out in her event report, it's doubtful if computers are any advantage for results processing at events with numbers as small as this. Damien Cashin, the organiser, provided his useful mobile laboratory (a converted coach) for administration and the place was taken over by orienteers for the day.

Colm Rothery's fitness stood him in good stead, covering the 12 km/ 500 m course in 89.32 (sub 7.5 minute/km) and enough remained for him to bring AJAX in to win the Relays the next day at the Curragh. Second placed Colm O'Halloran was clearly suffering on the second day when he was more than 4 minutes behind Rothery on the (comparatively) flat Curragh. Una Creagh ran an excellent race, leaving the other Irish Team members trailing in her wake with a 9 minute lead over Nuala Higgins and the remarkable Eileen Loughman a further 54 seconds adrift. Una again ran a great race at the Relays, bringing the 3ROC women's' team in to win their class for the ninth time in the past ten years.

The Relays were a slightly different story.

There was a good entry, with the results featuring 86 teams, and the Curragh is a good area for a relay, fast and with plenty of features. Route choice was largely absent, though, and visibility (both of runners and of control flags) reduced the navigation required. The terrain and courses suited those still able to run after Glendalough, but the halt and the lame, the tired

and those who only walk anyway must have found the Curragh Plains, stretching to the horizon, a depressing sight.

The AJAX team of Brendan O'Brien, Martin Flynn and Colm Rothery won the Premier class by a scant 7 seconds from the Former UCCO team of John Casey, John Feehan and Colm O'Halloran with the newly formed DFO (Defence Forces Orienteers) team of Denis Reidy, Padraig Higgins and Aonghus OCléirigh third. The women's Open was a one horse race with first leg runner Una Creagh handing over to newcomer Una Coghlan with an 8 minute lead from Eileen Loughman although the Cork O team of Darina Cunnane and Faye Pinker managed to whittle it down to 3 minutes after leg 2. Julie Cleary drew clear again to finish with an 11 minute margin from Cork with CNOC, last year's winners third after a very commendable run from W14 Niamh O'Boyle on the second leg. Heavy showers during the third legs put a damper on the proceedings and made one wonder where all the club tents are these days (not to mention the Army ones).

The new map was another unusual production. The first colour map of the Curragh back in the '70's was printed on yellow paper to denote open ground. this one showed the open ground as white, furze as a muddy green and the forest as different shades of green. Power lines have been added but my own feeling was that the survey was a bit sketchy. Again, we were lucky that CNOC decided to take on the event and no doubt the competitors were grateful that they did, otherwise there wouldn't have been an Irish Relay Championships, but perhaps it's time we started to learn from the mistakes of others rather than simply replicating them. Once again, despite Pat Healy's valiant efforts with a megaphone, the progress of the race was difficult to follow and the results format didn't help much either.

The planner has yet to be found who dares to make relays short enough. I say this as planner of Leinster Relays and Irish Championships relays myself, but the fact is that relays are virtually always too long. This year, with the fast terrain of the open plains of the Curragh, it was reasonable to expect the courses to be a bit longer than usual, but 9 km for the Premier is a bit much for the less fit runners; the 8 km Women's course, the 7 km medium ad-hoc: these are runs that will go down in history with the 1988 Continental Cup relays at the Devil's Glen (the courses were half as long again as the planner thought because the map was 1:15,000 not 1:10,000 scale). Maybe that explains why the organisers were so reluctant to reveal the course lengths? Perhaps the area south-east of the road would have been sufficient?

All in all, though, it was a good weekend's orienteering. It's time to start looking forward to IOC '98 at Slieve Gullion in Co. Armagh on the last weekend in April.

Postscript:
John Maguire of AJAX writes: "Following the Irish Orienteering Championships on the 3rd of May this year, I got a phone call from a disgruntled competitor. Since I wasn't at home at the time, the task fell to my answering machine to record his words for posterity. When I eventually responded to the little blinking red light, I heard the following message being relayed to me in a deep male voice:

'- Ah, hello? Hello. I'm ringing to lodge a complaint in relation to the Irish Orienteering Championships which were held this past weekend. I just wanted to say that at the start, I saw a competitor from a well known Cork based club with a map of the area. This was prior to them running. I hope that some action will be taken on this matter. Thank you.'

And that was it. No name, no phone number, no contact address, no box reference number, nada. So anyway, I'd like to use the forum of the TIO to let this competitor know that the Leinster Championships were held on this same map in 1996 and that as such the map was freely available to anyone who wanted to expend the effort to go after it. In fact, I'm pretty sure that there was more than this 'one competitor from a well known Cork based club' with a map prior to the event."

Results: - *INDIVIDUAL*

M21E

1	Colm Rothery	AJAX	89.32
2	Colm O'Halloran	LeeO	89.33
3	Steven Linton	NWOC	90.34
4	Bill Edwards	CorkO	93.53
5	Marcus Pinker	CorkO	93.53

W21E

1	Una Creagh	3ROC	70.18
2	Nuala Higgins	FUCCO	79.45
3	Eileen Loughman	CNOC	80.39
4	Joanne Mein	NWOC	81.44
5	Julie Cleary	3ROC	83.04

M10A	Padraig O'Brien	BOC
M12A	C. Foley-Fisher	MNAV
M14A	Niall Walsh	3ROC
M16A	Jonathan Lucey	BOC
M18A	Allan Bogle	NWOC
M20A	Conor Barry	CorkO
M21L	Paul Nolan	GEN
M21S	Alan Ayling	DUO
M35L	Michael Burton	BigO
M40L	John McCullough	3ROC
M40S	Anthony McGonigle	NWOC
M45L	Seán McSweeney	SO
M45S	David Quinn	GEN
M50L	Bernard Creedon	CorkO
M55L	Ted Feehan	BVOC
M55S	Brian Hollinshead	3ROC
M60L	Liam Convery	3ROC
M65L	Fred Calnan	CorkO

W10A	Erinna Foley-Fisher	MNAV
W12A	Zara Stevenson	NWOC
W14A	Niamh Morrissey	SO
W16A	Aislinn Austin	CorkO
W18A	Clare O'Connor	CorkO
W20A	Nora Feehan	BVOC
W21L	Sheila Muckian	CorkO
W35L	Helen Errington	LOK
W40L	Mary Healy	GEN
W40S	Mary Austin	CorkO
W45L	Monica Nowlan	3ROC
W45S	Frances O'Neill	SET
W50L	Jean O'Neill	FIN
W55L	Clare Nuttall	LeeO
W60L	Diana Large	GEN
W65L	Marie O'Sullivan	LeeO

B and S classes:

M21S	Alan Ayling	DUO
M40S	Anthony McGonigle	NWOC
M45S	David Quinn	GEN
M55S	Brian Hollinshead	3ROC
M20B	A. O'Donnell	AAS
M18B	C. McKenna	AAS
M14B	Thomas O'Grady	BOC
M12B	Wayne Brennan	BOC
M10B	Ruairi Short	CNOC
W21S	Ailbhe Creedon	CorkO
W40S	Mary Austin	CorkO
W45S	Frances O'Neill	SET
W20B	Linda Ryan	WEGO
W18B	K. O'Connell	BOC
W16B	Collette Geary	BVOC
W14B	June O'Neill	CNOC
W12B	L. Gibson	FermO

RELAYS

Premier
AJAX (B.O'Brien, M. Flynn, C. Rothery 138.26
W Open
3ROC (U. Creagh, U. Coghlan, J. Cleary) 177.57
Open 40+
LVO (W. Hollinger, C. Henderson, B. Simpson)164.2
W 40+
3ROC (M. Nowlan, M. Walsh, A. ni Shuilleabhain) 132.00
Open 18-
CorkO (J. Hurley, J. O'Callaghan, R. Murphy)162.30
W18-
CorkO (C. O'Connor, A. Austin, F. Austin) 212.56
Open 50+
CorkO (B. Pinker, B. O'Connor, B. Creedon)102.49
Open 14-
NWOC (B. Fulton, R. Wheeldon, B. Purcell) 198.49
W14-
BOC (S. O'MAhony, S. Lucey, N. Walsh) 178.15
Ad Hoc club:
BVOC (P. Donovan, J. Donovan, P. Feehan)129.49

Results of Connacht League event, Knockbarron, Co. Offaly, 20th April 1997. Midland Navigators.

Brown course 6.5 km/16 controls

C. Cregg			**53.12**
K. O'Brien	**FWAR**		**55.25**
E. Niland	**AJAX**	**M50**	**57.34**
Z. Foley-Fisher	**MNAV**	**M16**	**66.50**
A. Tucker		**M35**	**70.37**
T. McDonagh	**FWAR**	**M21**	**79.48**
B. Cryan	**3ROC**	**M35**	**80.14**
T. Talbot	**7FAR**		**101.01**
F. Swift	**FWAR**	**M45**	**102.12**
W. Niall	**7FAR**		**109.21**

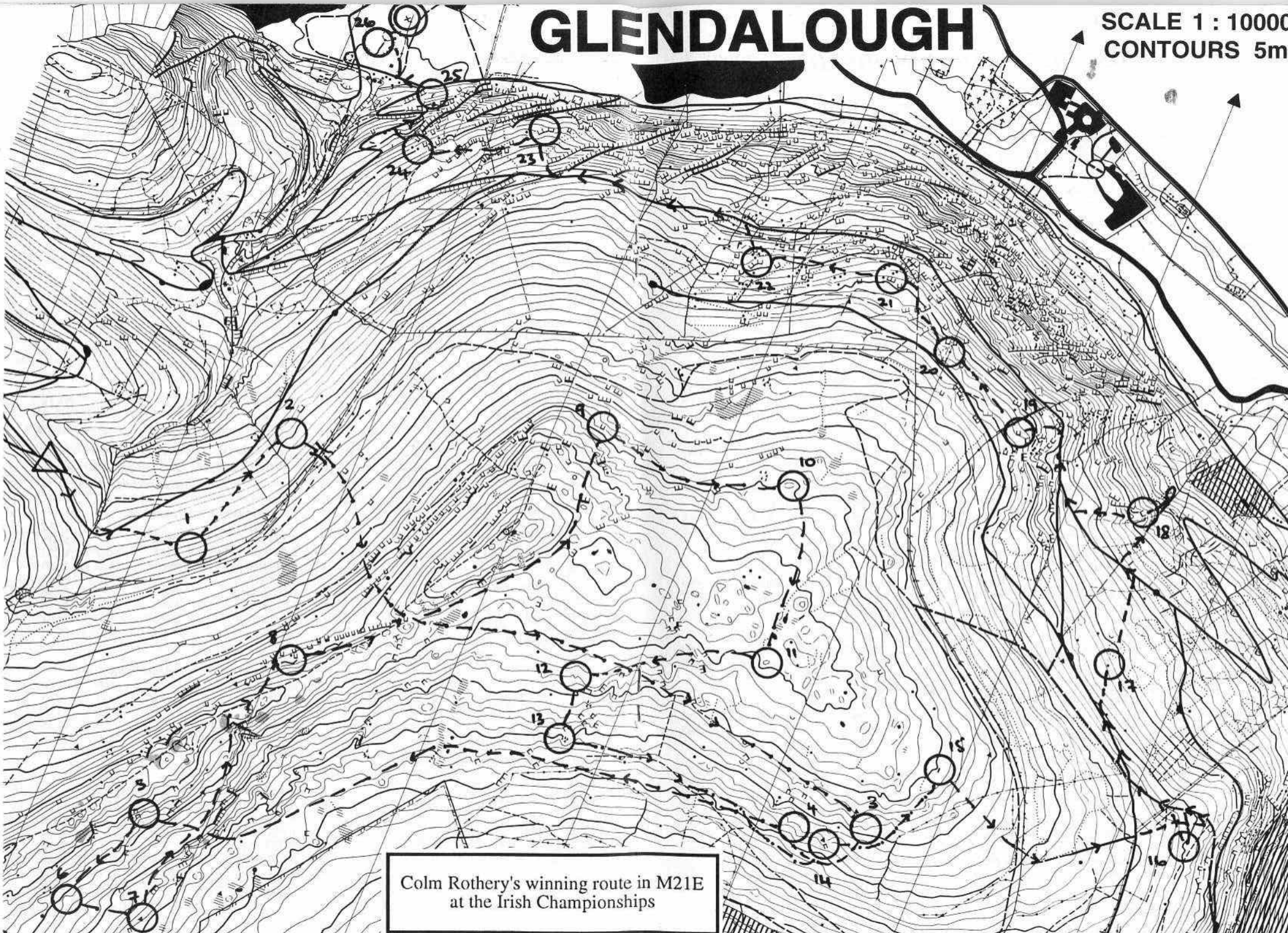
Blue course 5.5 km/14 controls

M. Dooley	**CNOC**	**M60**	**74.28**
L. NButler	**CNOC**	**W18**	**75.01**
D. Butler	**CNOC**	**M50**	**83.37**
T. Keegan	**3ROC**		**97.46**
P. Dunne	**WEGO**	**M40**	**98.40**
F. O'Braoin	**GRTCO**	**108.46**	
D. OSBORNE			**MP 3**

LIGHT GREEN COURSE 3.5 KM/10 CONTROLS

N. FOLEY-FISHER	**MNAV**	**M16**	**43.00**
D. TORPEY	**WEDGO**		**48.03**
J. MCDOWELL			**50.34**
R. WOOLLETT			**62.00**
N. FOLEY-FISHER	**MNAV**	**M45**	**63.24**
G. CLARKE	**MNAV**		**64.18**

Continued on page 27


GLENDALOUGH
SCALE 1 : 10000
CONTOURS 5m
Colm Rothery's winning route in M21E
at the Irish Championships

IRISH SENIOR RELAY CHAMPIONSHIPS (1975 - 1997)

Tabulated results - 1st and 2nd Irish club teams - men and women.

Thank-you to everyone who supplied me with the information below. I requested data from P Healy, W Young, B Corbett, E Loughman, C Nuttall, J McCullough, B Creedon, F Ryan, F White, P McCormack, M Nowlan. If anyone else can fill-in the gaps let me know, and I'll submit any updates to the next issue of *TIO*. - Aonghus OCleirigh.

YEAR & VENUE	*MEN - 1st team*	*MEN - 2nd team*	*WOMEN - 1st*	*WOMEN - 2nd*
1975 *Kilmurray*	CURRAGH P. Nash P. Healy W. Young	IRISH ORIENTEERS P. McCormack E. Rothery ? N. Rice ?	?	?
1976 *Stranahely*	IRISH ORIENTEERS T. McCormAck E. Rothery N. Rice	IRISH ORIENTEERS R. Garrett P. Flanagan D. O'Callaghan	IRISH ORIENTEERS M. Turley E. Loughman M. Walsh	IRISH ORIENTEERS W. Delaney B. Flanagan M. Thornhill;
1977 *Hollywood Glen*	CURRAGH W. Young G. Byrne P. Healy	?	GEN W. Delaney D. Large E. Loughman	?
1978	N/A	N/A	N/A	N/A
1979 *Moydamlaght*	AJAX D. O'Callaghan E. Rothery W. McAuliffe	3ROC J. McCullough J. May R. Cleary	MUNSTER ORIENTEERS C. Nuttall F. McGoldrick M. Collison	QUBOC A. Smillie A. Gault H. King
1980	N/A	N/A	N/A	N/A
1981 *Camolin*	CURRAGH W. Young P. Healy A. O'Cleirigh	LVO C. Majury E. Wilson B. Simpson	GEN E. Loughman M. Thornhill W. Delaney	3ROC B. Flanagan M. Walsh S. CAwley
1982 *Gortnamoyagh*	NWOC M. James R. Kidd P. James	3ROC J. McCullough J. May P. Kernan	GEN E. Loughman D. Large M. Thornhille	LVO H. Majury A. Savage H. Feherty
1983 Ballyhourigan	CURRAGH W. Young P. Farrelly P. Healy	3ROC J. McCullough J. May R. Cleary	SETANTA C. Murtagh E. Flegg R. White	AJAX O. Cooke T. Horan D. ni Challanain
1984 Killary	CURRAGH W. Young P. Farrelly P. Healy	NWOC A. Lewis M. James P. James	AJAX T. Horan O. Cooke D. ni Challanain	GEN E. Loughman D. Large M. Thornhill
1985 Hollywood	AJAX P. O'Brien R. Bryson E. Rothety	NWOC S. Linton D. Blair P. James	GEN E. Loughman C. Bonar-Law C. Bonar-Law	LVO A. Savage H. Johnston T. Horan

1986 Slieve Croob	CURRAGH P. Healy W. Young A. O'Cleirigh	AJAX P. Kernen E. Rothery W. McAuliffe	GEN E. Loughman C. Bonar-LAw M. Thornhill	AJAX D. ni Challanain T. Horan O. Cooke
1987 Glengarriff	CURRAGH P. Farrelly W. Young A. O'Cleirigh	AJAX P. Gargan P. Kernan E. Rothery	GEN E. Loughman M. Healy M. Thornhill	3ROC L. Hollenstein U. Creagh S. Clarke
1988 Lough Key	CURRAGH P. Farrelly W. Young A. O'Cleirigh	3ROC J. McCullough V. Joyce A. Tyner	3ROC U. Creagh R. Burgess S. Clarke	CORK O M. Curran R. Whelan E. Deane
1989 Rockmarshall	CORK O B. Corbett B. Edwards L. O'Brien	CURRAGH P. Healy W. Young A. O'Cleirigh	3ROC U. Creagh M. MacPherson J. Cleary	AJAX D. ni Challanain D. Lewis E. Deane
1990 Binevenagh	NWOC P. James P. O'Hara J. Logue	CURRAGH W. Young P. Healy A. O'Cleirigh	3ROC U. Creagh M. McPherson J. Cleary	CORK O R. Whelan D. Cunnane E. Deane
1991 *Rossadrehid*	NWOC P. O'Hara P. James J. Logue	BVOC J. Feehan D. Ryan S. McSweeney	3ROC U. Creagh M. MacPherson J. Cleary	AJAX D. ni Challanani O. Cooke T. Horan
1992 *Kilcornan*	NWOC S. Linton P. O'Hara J. Logue	CORK O B. Corbett B. Edwards L. O'Brien	3ROC U. Creagh M. MacPherson J. Cleary	3ROC H. Creagh K. Convery E. Glanville
1993 *Foxes Rock*	AJAX C. Rothery P. Kernan I. Rochford	CNOC B. Delaney P. Healy A. O'Cleirigh	3ROC U. Creagh K. Convery J. Cleary	AJAX D. ni Challanain T. Horan J. O'Brien
1994 *The Burren*	CORK O B. Corbett B. Edwards M. Pinker	AJAX C. Rothety I. Rochford P. Kernan	3ROC U. Creagh M. MacPherson J. Cleary	CNOC E. Loughman C. Butler R. Lynam
1995 Ros an Chru na Lua	CORK O B. Corbett M. Pinker B. Edwards	NWOC J. Logue C. Reid S. Linton	3ROC U. Creagh M. Nowlan J. Cleary	LEE O C. Nuttall B. Higgins E. Morrish
1996 Portumna	FUCCO R. Morrish J. Feehan C. O'Halloran	AJAX M. Flynn B. O'Brien C. Rothery	CNOC E. Loughman M. Dooley R. Lyman	3ROC N. Phillips M. Nowlan E. Glanville
1997 Curragh	AJAX B. O'Brien M. Flynn C. Rothery	FUCCO J. casey J. Feehan C. O'Halloran	3ROC U. Creagh U. Coghlan J. Cleary	CORK O D. Cunnane F. Pinker T. O'Donovan.

LEINSTER CHAMPIONSHIPS 97

Djouce Woods & Powerscourt, Co. Wicklow.
24th May 1997.

What a setting: Powerscourt deerpark, the waterfall tumbling down in the background, the beech forest and darker conifers resplendent in their spring foliage, sun splitting the stones: I have never seen such a site for an assembly area and finish. To think that Leinster's orienteers have been travelling further afield to mediocre forests in Wicklow when this jewel was on their doorstep seems unbelieveable, but it's true. Surveyor Barry Dalby, cartographer Pat Healy and organisers Setanta Orienteers produced a map and an event to be proud of. The variety of the area, from open mounyain through deciduous forest to coniferous plantation and parkland was refreshing. Someone remarked at the finish that it was like going back twenty years to when there were mature runnable forests in Wicklow, before the clear felling started to decimate the available orienteering areas.

Planner Dave Weston got the best out of the area, starting high near the former Paddock Pond which disppeared after Hurricane Charlie and taking the runners out onto the slopes of Djouce and the upper Dargle, across above the waterfall (the highest in these islands) through some delightful but steep beech forest (like Mullaghmeen on its side) back into the coniferous forest and down to finish near the base of the waterfall.

While not over technical, it was an interesting area, the first new orienteering area in Leinster since Carlingford in 1983 and the first in Wicklow for many years. An unfortunate clash with the Scottish Championships (the final World Championships selection race for the Irish Squad) meant that most of the Elites weren't running. An injured Nina Phillips was the only entrant in W21E and there were just 4 in M21E where Brendan Delaney narrowly defeated John Casey. Perhaps it was the time of year, after the Irish Championships, the approach of exam time or apathy, but the turn out was very poor: just 220 competitors, half the number who took part in the Leinster Champs the last time Setanta ran the event at Mullaghmeen in Co. Westmeath some years ago. One would think that with Dublin only about 15 miles away and a catchment area of perhaps 1.5 million people that there would be more than 220 of them prepared to take part. Still, that's their loss, although maybe orienteering's loss too.

Congratulations are due to Setanta Orienteers for this excellent event, but it must be asked: what is wrong that numbers are falling? On a day and a location like this, how could anyone fail to be envigorated by orienteering?

Leinster Championships 1997

M10	Seamus O'Boyle	CNOC
W10	Caoimhe Cashin	AJAX
M12	David Niland	AJAX
M14	David Healy	GEN
M16	Darren Burke	CorkO
M18	Gerard Butler	3ROC
M20	Wayne McDonald	AJAX
M21E	Brendan Delaney	CNOC
M21L	Patrick Feehan	BVOC
M35	L. Quinn	SET
M40	Tim Morrissey	SO
M45	Seán McSweeney	SO
M50	Seán Cotter	BOC
M55	Maxwell Reed	FermO
M60	Frank McCormack	CNOC
M65	Fred Calnan	CorkO
W12	Amy Houlihan	CorkO
W14	S. Lucey	BOC
W16	Laura Cotter	BOC
W18	Aislinn Austin	CorkO
W21E	Nina Phillips	3ROC
W21L	Heather Ervine	LVO
W35	E. Quinn	SET
W40	Mary Healy	GEN
W45	Monica Nowlan	3ROC
W50	Maire Walsh	3ROC
W55	Clare Nuttall	LeeO
W60	Diana Large	GEN

THE CAPPANALEA NATIONAL ADVENTURE MARATHON
5t -7th September 1997

Once again Cappanalea OEC is running the successful National Adventure Marathon. This gruelling "Outdoor Team Challenge" will take place on the first weekend of September '97 in Co. Kerry's Outdoor Wilderness.

The format of the competition will involve a team event, with each team participating in 9 Stages, covering approximately 50 miles over the full three day weekend. Teams will be made up of four members, which may compete in one of three categories :-

Females only; Males only and Mixed Teams

Unlike relay events, all team members must compete in all stages. There will be strict cut off times for completing each stage, so teams must work hard to throughout the event.

The 9 scheduled stages will demand a strong commitment to :-

Teamwork; Navigation and Prolonged Endurance / Stamina and an ability to work in a remote wilderness environment. Activities will include night navigation; hill running; water sports; cycling; orienteering and initiative exercises. All team members must have a good general sporting aptitude and have confidence on water. Beyond two team members having good map-reading and navigational skills - no further specialist skills are required.

The all inclusive cost per team is £320 for the weekend. This fee covers :-

Accommodation (full board); Event Transport; Specialist Equipment; Event Materials and Insurance

To ensure your team's place, a deposit of £50 and the completed Booking Form must be received by Cappanalea OEC, Oulagh West, Caragh Lake, Killorglin, Co. Kerry before the 01/08/'97. The organisers reserve the right to vet all applicants.

1997 IRISH MOUNTAIN RUNNING ASSOCIATION RACES

02/08/97 Mangerton	9.7km/701metres climb	2.30pm Mangerton Car Park, Killarney
06/08/97 Kippure	9.7/274	7.30 Featherbed Road, Co. Dublin
16/08/97 WORLD TROPHY TRIAL	12.3 /800	2.30 Co. Wicklow - To be confirmed
20/08/97 Sugarloaf Relay	1.9/183	7.30 Calary Car Park, on Roundwood Road.
24/08/97 Glenmacnass	20.9 /1113	2.30 1/2 mile Laragh, Co. Wicklow, on Sally Gap Rd.
07/09/97 WORLD TROPHY INT		Male Stavonice, Upice, Czech Republic
28/09/97 Dublin Peaks	11.3/410	2.30 Ticknock Car Park, nr Sandyford, Co. Dublin.
05/10/97 Moanbane	2.30	Ballyknockan, Blessington Lakes, Co. Wicklow
26/10/97 Scalp	6.4/244	12.00 Dublin Sport Hotel, Kilternan, Co. Dublin.
15/11/97 POWERSCOURT RIDGE	13.7/960	12.00 Crone Wood Car Park, Glencree, Co. Wicklow
16/11/97 Three Rock Dash	4.8/198	12.00 Ticknock Car Park, nr Sandyford, Co. Dublin.
14/12/97 Howth 4.8	183	12.00 GAA Club, Dungriffin Rd., Howth, Co. Dublin
27/12/97 Christmas Flash	2.4/191	12.00 Strand Hotel, Bray Promenade, Bray, Co. Wicklow.

For more information contact IMRA, c/o Douglas Barry (01-2868180), e-mail: imra@iol.ie or visit their Web Site at **http://shaw.iol.ie/~imra/index.html** for details of mountain races in Ireland and elsewhere and maybe even orienteering fixtures in Ireland.

And remember: the IMRA Government Warning: Mountain running can seriously improve your health!

COACHING CORNER

Frank Ryan IOA Coaching Officer

1. Courses for Coaches
Action plan for the coming year is to progress the coaching award scheme by encouraging those who have completed coaching courses to complete the remainder of their requirements before the end of 1997 and invite selected people to progress to level 3 by attending a level 3 course early in 1998. A level one course will be run before the end of the year subject to demand for potential coaches who have not yet attended a course. Coaching Award Certificates were presented at AGM to 25 persons who had completed all their requirements.

2. Courses for Orienteers
In co-operation with Coaching Officers in each region I intend to organise a coaching course for orienteers which will be open to everybody. The most suitable date has yet to be decided.

3. Incentive Award Colour Badge Scheme
The IOA Training and Coaching board has decided to launch an Incentive Award Colour Badge Scheme which will be aimed principally at young children and it is my hope that we can launch this by Autumn 1997. The aim of the scheme is to encourage children to take up orienteering in school and continue by progressing up the colour ladder.

Coaching News sheet

Question:
Outline suitable training exercises to coach each of the following: a) Route choice b) Compass and pacing c) Relocation

Answer:
a) Route choice
The aim is to teach and encourage route choice decisions "Which way shall I go?", "What shall I follow?" and to demonstrate that the route between two points is not always a straight line.

Prepare a master map with two or three routes options between controls. With younger pupils keep the choice to paths and tracks. Set course out in terrain. Prepare control description sheet. With most groups it is beneficial to look at the course and make the choice indoors first. Students complete the course in pairs - each taking a different route between controls and waiting for each other at controls.

b) Compass and Pacing (Protractor Compass)
Select an area with good visibility. Put out coloured tape from a central point. Take bearings and measure distance to feature from the end of each taped route. Hang controls and punches. Write down bearings and distance on cards, include the ground feature description as well to encourage observation of the terrain. Set out the cards atthe end of each taped route. Make up instruction sheets for ease of explanation.
Explain the exercise - each person completes the three legs at the end of each taped
route before moving on to the next three. Finish when all controls have been visited and punched.

c) Relocation
Set a course and put markers out. Mark a large area around control points on the map. Students set off in pairs with one map between them. The one leading has the map and runs to where ever he/she likes and hands the map to runner 2 when inside the marked area.
No 2 relocates and finds control point. The exercise is repeated with number 2 leading off this time with the map.

IOA Coaching Award Scheme
The following are the requirements for the Level 4 - Senior Coach Award:

LEVEL FOUR - SENIOR COACH

Aim:
To provide coaches with the ability to develop participants up to the highest level of International competition as appropriate.

Duration:
One year full time or 2 to 4 years task based.

Entry Requirements:
A candidate must:
(a) be over 21.
(b) be a qualified and experienced Level 3 Regional Coach, with a thorough grasp of the knowledge and principles covered by the Level 3 Award Level and proven competence in applying them.
(c) be a very experienced competitive orienteer.

Methodology:
Advanced leadership skills will be developed and the autonomy and adaptability of coaches will be further developed.

The Sport;
International rankings and trends.
International competitive structures and opportunities.
Strategies at a high level.
Understand the demands of the sport at international level

The Participant:
Recent research findings.
Physiological and psychological effects of competing abroad (Effects of time shift, heat, altitude, climate, diet). Physiological testing.
Nutrition and ergogenic aids.
Development of fitness to a high level.
Monitor progress in conjunction with sports scientists and other support personnel.
Appreciate and understand the role of sport science for athlete preparation, i.e. physiology, nutrition, psychology, biomecanics.

The Coach:
National Coaching Development Programme. Role definition and liaison functions. Personal and professional development. Communications and conflict resolution. Ethics. Sports psychology for coaches.

Assessment
(a) for practical assessment purposes the candidate will be expected to be able to
organise and lead a two day course for Regional coaches or for National Squad members. A critical assessment of his/her ability will be made to this end since a vital
proportion of the Senior Coach's work will be in organising coach qualification, educational and personal performance courses in an effective manner at all levels.

(b) for the written or oral examination the candidate may choose to be assessed on competency within his/her particular field of expertise. In addition, a wide ranging examination of all aspects of orienteering will be made with particular emphasis on coaching methods, e.g. 0-techniques, fitness training, the planning of individual and squad training programmes, the psychology of orienteering, physiology and diet, use of visual aids, course administration, organisation, and publicity, and motivation. It is expected that practical coaching on an individual and/ or group basis will be one of the Senior Coach's important responsibilities.

(c) Coaching Record. The candidate will be required to show what activities he/she has undertaken in orienteering, particularly coaching undertaken at more advanced levels including individual personal performance coaching, the organisation of courses and the development of the candidate's own coaching expertise and experience. This record should include evaluation and analysis.

The assessment for this award will be carried out by a qualified Senior Coach. The appointment as Senior Coach will be approved by the IOA on the recommendation of the assessor and the IOATCB . The form of the examination should be discussed with

the assessor, especially where the applicant has a particular coaching interest in which he/she specialises. The practical assessment will need careful arrangement beforehand.

Certification
Level 4 Certificate issued by IOATCB with National Coaching and Training Centre accreditation.

EXEMPTIONS

If a candidate thinks his/her qualifications or experience should exempt him/her from any parts of the conditions or assessment procedures, e.g. from attending an approved course, he/she should explain the situation to the assessor or write to the IOATCB or contact the National Office with full details of relevant qualifications and experience, and with any coaching references which may be helpful. If satisfied with the competency of the applicant at the relevant level, the IOATCB can authorise an exemption.

APPROVED COURSES

Approved Orienteering Coaching Award courses will be held by IOA, Regional Associations, clubs and by other institutions as approved by IOATCB. Candidates for the Introductory, Instructors and the Club Coach Award are required to attend an approved course. Courses will be normally of one to four days.

Attendance at an NCTC Course is mandatory for Levels 3 and 4 of the IOA Coaching Award Scheme.

There is an entry or registration fee for the Coaching Award Scheme to cover administrative costs and fees will be charged for courses at the discretion of the organiser.

Details of courses can be obtained from the Secretary of the Irish Orienteering Association, or from the Association's National Office.

CERTIFICATE AND RENEWALS

If an applicant is successful he/she will be awarded a Certificate by the IOA. The awards for the coaching grades are valid for three years. At the end of the third year coaches will be have to renew the award. They will need to satisfy the Association through its Coaching Officer of a continuing and active interest in orienteering and coaching and indicate both record of recent activity and ongoing plans and programmes. Attendance at least one course, seminar or conference at regional or national level will indicate a willingness to keep up with new coaching developments.

LOOKING BACK

After the Royal College of Surgeons in Ireland Orienteering Club produced a three-colour resurveyed map of the Glen of Imaal for an event in April, 1972 saw the first Irish 4-colour orienteering map: Joss Lynam's map of Glendalough where an event was run on May 14th. Niall Rice won by 30 seconds from Paget McCormack (129.45 and 130.15) with Seán Rothery third in 137 minutes. On the same course Hazel Convery won the women's race (215 minutes) with Diana Large second (228.50) and Kay Bent third (243 minutes) - how about those for winning times! Monica Turley (Nowlan) won the Intermediate women's course in 128.45. Other events that year were Robert Garrett's 100 minute score event at Hollywood Glen (won by Seán Rothery) and Liam Convery and Diana Large's midsummer event at Kilruddery outside Bray, with a barbecue afterwards: this was to become an annual event.

During the summer Paget McCormack ran the Reeks Walk, and the autumn season resumed with Ted McGrath's come-and-try-it at Ballinascorney in August and an event at Aughavannagh in September in which Colm Rothery won the Junior competition in 108 minutes. In Munster John Meagher ran an event on a two-colour map of Glendav, near Millstreet, at the end of June with Leinster orienteers Mike Lunt, Joss Lynam and Eoin Rothery taking the first three places. Kilworth also featured in the fixtures list on October 1st.

Hundred-minute score events were evidently popular, as Seán Rothery ran another one on December 31st in Glencree. While the dates of events were advertised the venues weren't always publicised equally well, if the fixtures list is anything to go by.

Ten years later, in September 1982, the first edition of *The Irish Orienteer* emerged, featuring the editor with a bearded Peter Kernan on the cover. Colin Dunlop wrote about the Continental Cup in Scotland, Alan Shaw reported on a map clinic in Switzerland and Eileen Loughman on the Swedish 5-Day. 3ROC had been to the Harvester Trophy in Yorkshire and the Midsummer Madness event was run again in Kilruddery, the only problem (apart from the weather) was that a motor cycle scramble was taking place there the same evening! The orienteers took over once the bikes departed and all was well. Hill running (as it was called then) was starting up with races in Leinster and Ulster. National O-Day, then run with Cospoir's help, was in September, and Setanta ran their Mountain Marathon on October 3rd at Glendalough. The Leinster 2-Day (not yet "Irish") featured Curracloe and Cronybyrne.

The November issue saw Frank Martindale arguing against having B-classes in Championships: "Surely the whole point of a Championship for any particular age grouping is to find the best competitors at that age ... championships are meant to produce the best and that principle cannot be qualified or diluted in any way". We were given notice of the first Connaught Championships, to be held at Mountbellew and Kylebrack in March 1983. Aonghus OCléirigh, in his "Curragh News", congratulated Pat and Marlena Healy on the birth of their daughter, Denise, "the 1999 Irish Ladies O-Champion". Only two years to go.

Ajax apologised for cancelling an event on October 31st and lamented the sorry state of orienteering in Dublin: "29 woods have been used for orienteering in Dublin and Wicklow and 21 of these were mapped in 1969-71... Clearly orienteering is declining fast in the Dublin area when, 7 years later, instead of having more maps available we have less than half the number ..." News from clubs around the country (ThO, Cork O, Setanta, LSOA, LeeO, ECO, Munster, AJAX, Western Eagles, Curragh and the IOA) made up the bulk of the volume. Thomond Orienteers (then just 5 years old) and Tipperary Orienteers were preparing for the 1983 Irish Championships at Keeper Hill.

One thing that comes through, though, is that not everybody was so serious. It has happened before: the infamous Motley Fool tried to liven things up because orienteering, particularly in Munster, was suffering from an attack of terminal seriousness, but somebody got to him before he could be warned. It's supposed to be enjoyable, after all!

KNOCKBARRON RESULTS, CONTINUED FROM P 17

D. CLARKE	**MNAV**		**64.23**
B. FOLEY-FISHER	**MNAV**	**W45**	**65.45**
N. MCGRATH			**70.37**
C. KINGSTON			71.17
A. CLOONAN			73.23
F. O'NEILL	SET		74.06
L. RYAN	WEGO		76.26
R. OSBORNE			80.53
J. DELANEY	WEGO		81.58
I. RALSTON	WEGO		85.42
O. JENNINGS			87.42
BUGGIE FAMILY	CNOC		95.05
B. O'NEILL	SET		95.10
F. WHITE	SET		100.48
S. BUTLER	CNOC	W45	101.29
S-L. BUTLER	CNOC	W14	105.48
F. RYAN	WEGO		DNF
Yellow course	2.1 km/8 controls		
C. Foley-Fisher	MNAV	M12	41.52
E. Foley-Fisher	MNAV	W10	62.14
S. Whelan	FWAR		dnf
S. Cregg	FWAR		dnf
E. Glynn			dnf
O'Dowd	WEGO		dnf
C. Mullen	WEGO		dnp 6

IOA AGM REPORT

An atypically uncontroversial IOA AGM was held in the GAA hall at Roundwood, Co. Wicklow, following the Irish Individual Championships on May 3rd. Neither fur nor feathers flew during the proceedings, a disappointingly civil and matter of fact meeting, perhaps reflecting the lack of real energy in Irish orienteering at present.

Chairman Bernard Creedon was re-elected, somewhat reluctantly on his part, it seemed, as were outgoing secretary Ken Griffin and Treasurer Noel Donagh. Leinster representation was up from an all-time low of nil to three members this year: Development Officer Brendan Cryan, PRO John McCullough and Fixtures Sec. Lillian Quill, while Connacht kept just the one seat with Coaching Officer Frank Ryan. The Munster men filling the other positions were Bob Pinker (Mapping), Sean Cotter (Technical) and Ted Lucey (Juniors). The posts of Environmental Officer and International Officer were unfilled.

Bernard Creedon, Frank Cunnane and Frank Ryan were returned as the FIOA reps. (The FIOA is the co-ordinating body made up of members of IOA and NIOA which regulates matters relating to the all-Ireland dimension of orienteering, such as team selection, location of national championships etc.)

At the sensible suggestion of Frank Cunnane, all Grade 1 controllers are to be sent a copy of the IOA Rules - it's remarkable that this didn't happen automatically, but the lists of controllers are largely out of date and Technical Officer Sean Cotter is making efforts to revise them. Brendan Cryan offered to check out the standards of introductory orienteering instruction in outdoor centres following some unhappy experiences with groups from his school.

The Irish Championships prizes were distributed after the AGM. At a moving presentation, Alison Dunlop, wife of the late Colin, presented the IOA with a silver tray, the Colin Dunlop Trophy, for the leading M or W50 each alternate year. This year's winner was, appropriately, IOA Chairman Bernard Creedon who had been a frequent visitor to Colin during his final illness. The inscription on the tray, something Colin had said near the end, was "It's a good day. Go with it". Perhaps we could all learn something about positive thinking and an approach to life from Colin and Bernard.

JMcC.

FCA ORIENTEERING

Paul Dunne writes to point out what a good source of orienteering talent is the Forsa Cosanta Aituil (FCA), the Irish Army reserve,, particularly in the case of Connaught orienteers. He supports his argument with a list of the FCA Orienteering Championships in recent years:

1984 Eastern Command Carrickgolligan, at the inaugural outing 25Bn was 2nd team. Capt. Ryan finished 3rd individual. F. Ryan, P.Higgins, A.Price, M.Healy, M.Cahalan (he was stopped by a farmer's shotgun mid competition) & A. Prendergast comprised the team.

1985 Western Command Ballymartin, 25Bn won by 4 seconds.Capt F.Ryan finished 2nd individual. F.Ryan, A.Price, M. Healy, T.Clancy, M.Cahalan & K.Jordan competed.

1986 Southern Command Killavullen, Pte Cleary and Cpl Healy finished 2nd and 3rd respectively. F.Ryan, M.Healy, T.Cleary, A.Price, M. Cahalan, A.Cahalan competed. and won.

1987 Curragh Command Hollywood, F,Ryan, M.Healy, A. Cleary, D.Conerney, A.Price & M.Cahalan competed and won.

1988 Eastern Command Cloghleagh Co. Wicklow. Pte Walsh finished 2nd individual. F.Ryan, J.Walsh, M.Healy, T.Clancy, D.Conerney & Paul Dunne competed and won.

1988 Southern Command Inch Co. Kerry. Pte Deasy and Pte Walsh finished in 1st and 2nd respectively. F. Ryan, D.Conerney, J.Walsh, J. Callinan, M.Deasy & M. Healy competed and won. The sand dunes were very technical.

1990 Western Command, Mullaghmeen. Pte Deasy and Walsh repeated the previous year's placings. F.Ryan, J. Walsh, M. Deasy, P.Dunne, D.Conerney & B. Greally competed and won.

1991 Southern Command, Rossbeigh, Co. Kerry. Pte Walsh finished 3rd individual. F. Ryan, D.Conerney, J Walsh, P. Dunne and M. Deasy meant we had the bare 5 but we still won.

1992 Curragh Command, Brandon Hill, Co. Kilkenny. Pte Walsh won the individual prize. F.Ryan J. Walsh, D.Conerney, M.Deasy, P. Dunne and J. Callinan competed and won.

1993 Eastern Command Clara-Ballard Co. Wicklow. Pte Walsh finished 3rd place overall. F.Ryan, J.Ryan, J.Walsh, P.Dunne, D.Conerney and R,Conerney competed and won by 7 minutes.

1994 Western Command Kinnity Co. Offaly Cpl Conerney finished 3rd individual. F.Ryan, J.Ryan, D.Conerney, J.Walshe, M.Deasy (who returned from Argentina),and P.Dunne competed and won. We won the All Army FCA Orienteering Championships for the 10th time in a row, a record that will never be broken.

We have Novice and Intermediate teams coming through in the last few years. There are only two Army competitions: Shooting and Orienteering. The 25Bn has totally dominated Orienteering.

Lt. P. Dunne D coy 25 Inf Bn

ROLL OF HONOUR

	Competed	Won
Comdt F.Ryan	11	10
Cpl D.Conerney	9	8
Pte J Walshe	7	7
Lt P.Dunne	6	6
Cpl M Healy	6	5
Pte M Deasy	5	5
Pte T Cleary	4	4
Pte M Cahalan	4	3
Pte J Callinan	3	3
Commdt A Price	3	2
Cpl J Ryan	2	2
Pte K Jordan	1	1
Pte R Conerney	1	1
Pte A Cahalan	1	1
Pte L Greally	1	1
Cpl P Higgins	1	0
Pte L Prendergast	1	0

We had 17 individuals available to win 10 times, the one competitor present at all events was Commdt F Ryan. The best Orienteering terrain is in the West, the numbers of Orienteers is very low yet the quality is there.

1997 FCA Championships

On 11th May 1997 the Reserve defence forces Orienteering Championships were held in Glendalough. 282 competitors braved a wintry day. The results involve senior, intermediate and novice the latter in both mens and womens categories. I offer an analysis of the senior mens results to illustrate my point that club members in the FCA could show the way into IOA competition and thereby bring new competitors into the sport generally.

M21A 8.2 km/400m climb/15controls

1st	Pte Casey J	23rd Inf Bn	71.05	CORKO
2nd	Pte O'Brien K	19th Inf Bn	74.28	FWAR
3rd	Lt Cashin D	7th Inf Bn	76.30	AJAX
4th	Pte Mucklan J	23rd Inf Bn	79.23	CORKO
5th	Pte Walshe J	23rd Inf Bn	86.43	WEGO
6th	Lt Hourihan P	23rd Inf Bn	89.07	
7th	Pte Ryan F	25th Inf Bn	90.23	WEGO
8th	Lt Cregg C	19th Inf Bn	92.53	FWAR
9th	Pte Conlon T	19th Inf Bn	95.03	FWAR
10th	Cpl Conerney D	25th Inf Bn	96.00	WEGO
11th	Cpl Ryan J	25th Inf Bn	96.42	WEGO
12th	Pte O'Connor D	23rd Inf BN	97.08	
13th	Pte McDonagh T	19th Inf Bn	98.21	FWAR
14th	Pte Tinney P	24th Inf Bn	99.33	———
15th	Cpl Wallace R	7th Inf Bn	107.10	———
16th	Sgt Barry	23rd Inf Bn	108.37	———
17th	Cpl Kingston C	15th Inf Bn	112.12	KO
18th	Cpl O'Heafa J	7th Inf Bn	116.37	———
19th	C/S Costello	15th Inf Bn	121.04	KO
20th	Lt Dunne P	25th Inf Bn	122.39	WEGO

The Senior team prize went to the Southern Command for the first time, the Western Command held sway since 1984.

LEINSTER LEAGUE 1996/97 - TOTAL AND

LEINSTER LEAGUE 1996/97 - TOTAL AND BEST FIVE POINTS

BROWN			Club	Total	Best 5	Pts1	Pts2	Pts3	Pts4	Pts5	Pts6	Pts7	Pts8	Pts9	Pts10	
1	M21	B.O'Brien	AJAX	5998	5000	1000	0	1000	1000	0	998	1000	0	1000	0	5000
2	M21	B.Delaney	CNOC	5669	4833	937	1000	958	0	0	836	0	0	1000	938	4833
3	M21	P.Nolan	GEN	5716	4791	950	925	929	936	0	0	988	988	0	0	4791
4	M40	J.McCullough	3ROC	6322	4772	853	918	890	964	0	1000	697	0	0	1000	4772
5	M35	S.O'Boyle	CNOC	5791	4590	743	0	0	1000	0	593	608	1000	865	982	4590
6	M21	D.Weston	SET	5237	4434	809	914	0	913	0	803	0	0	914	884	4434
7	M40	B.Bell	GEN	7314	4320	789	832	770	782	0	658	784	934	831	934	4320
8	M35	D.Cashin	AJAX	3793	3793	779	0	806	666	0	736	0	0	806	0	3793
9	M21	P.Brennan	SET	3747	3747	817	0	0	713	0	742	690	0	785	0	3747
10	M20	R.Holohan	CNOC	3417	3417	0	785	0	0	0	802	0	871	959	0	3417

BLUE			Club	Total	Best	Pts1	Pts2	Pts3	Pts4	Pts5	Pts6	Pts7	Pts8	Pts9	Pts10	
1	M21	A.Tyner	3ROC	7705	5000	1000	1000	874	1000	0	0	831	1000	1000	1000	5000
2	M21	H.McLindon	3ROC	6507	4809	904	819	879	0	0	1000	1000	0	905	1000	4809
3	M45	P.O'Brien	AJAX	7743	4761	746	798	1000	787	0	956	991	651	856	958	4761
4	M16	L.C-Crawford	3ROC	5300	4466	953	834	870	854	0	895	894	0	0	0	4466
5	M21	A.O'Mullane	GEN	5785	4268	835	760	0	757	0	903	952	0	775	803	4268
6	M45	T.McCormack	GEN	6867	4102	676	792	824	649	0	863	808	736	704	815	4102
7	M18	A.Quinn	3ROC	5449	4091	734	735	959	776	0	0	642	716	887	0	4091
8	M45	B.McGrath	3ROC	5377	4017	719	708	891	783	0	891	652	0	733	0	4017
9	W21	E.Loughman	CNOC	3899	3899	736	771	0	808	0	0	0	776	808	0	3899
10	M45	E.Niland	AJAX	3887	3887	0	814	0	713	0	783	802	775	0	0	3887

GREEN			Club	Total	Best	Pts1	Pts2	Pts3	Pts4	Pts5	Pts6	Pts7	Pts8	Pts9	Pts10	
1	M55	P.McCormack	GEN	7757	4987	892	1000	0	943	0	935	1000	987	1000	1000	4987
2	M21	B.Cryan	3ROC	7716	4611	790	833	996	883	0	722	760	1000	859	873	4611
3	M40	K.Carey	3ROC	5122	4570	827	552	1000	969	0	0	779	0	995	0	4570
4	W21	U.Coghlan	3ROC	6136	4245	746	612	623	0	0	826	656	843	915	915	4245
5	W45	A.niShuilleabhain	3ROC	6781	4231	543	675	906	824	0	737	595	906	806	789	4231
6	W50	J.O'Neill	FIN	4765	4191	861	0	851	811	0	0	574	0	818	850	4191
7	W45	M.Walsh	3ROC	6107	4046	635	778	742	872	0	872	730	0	696	782	4046
8	M55	B.Hollinshead	3ROC	5809	4008	718	486	0	891	0	730	608	707	778	891	4008
9	M45	D.O'Colmain	GEN	4581	3990	591	650	0	907	0	926	716	791	0	0	3990
10	W45	W.McCormack	GEN	6632	3897	730	759	789	801	0	754	546	767	705	781	3897

LIGHT GREEN			Club	Total	Best	Pts1	Pts2	Pts3	Pts4	Pts5	Pts6	Pts7	Pts8	Pts9	Pts10	
1	M15	R.O'Colmain	GEN	4804	4804	921	983	0	1000	0	1000	900	0	0	0	4804
2	M16	P.O'Brien	AJAX	4288	4288	566	0	1000	909	0	813	0	0	0	1000	4288
3	M45	E.O'Suilleabhain	3ROC	4979	3794	562	734	933	0	0	711	713	623	703	0	3794
4	M16	B.Greene	3ROC	4930	3750	759	300	834	801	0	538	519	361	0	818	3750
5	W45	D.Nagle	3ROC	4807	3674	800	0	772	832	0	0	601	669	583	550	3674

6	W60	D.Large	GEN	3625	3625	865	0	0	761	0	0	0	627	631	741	3625
7	M12	N.Walsh	3ROC	3624	3624	855	703	0	768	0	0	618	0	680	0	3624
8	W40	N.Lalor	GEN	4523	3509	0	679	833	0	0	578	496	833	518	586	3509
9	W18	S.McCormack	GEN	4372	3371	870	497	0	688	0	533	504	565	715	0	3371
10	W55	C.Walsh	3ROC	4222	3268	801	604	0	721	0	537	605	422	532	0	3268

RED		Club	Total	Best	Pts1	Pts2	Pts3	Pts4	Pts5	Pts6	Pts7	Pts8	Pts9	Pts10	
1	W21	N.Hutchinson	3ROC	7426	4968	0	968	1000	743	885	1000	830	1000	1000	0	4968
2	W21	J.McElwain	3ROC	5252	4471	972	1000	0	0	899	0	819	0	781	781	4471
3	W45	M. O'Colmain	GEN	4419	3997	607	916	0	442	0	786	668	0	0	1000	3977
4	W18	L.Butler	CNOC	1822	1822	0	0	0	0	822	0	1000	0	0	0	1822
5	W21	J.Horan	AJAX	1744	1744	872	0	0	0	0	0	0	0	872	0	1744
6		K.Thompson	DUO	1567	1567	0	761	806	0	0	0	0	0	0	0	1567
7	M65	P. Cooke	AJAX	1281	1281	0	0	0	0	0	724	557	0	0	0	1281
8	W35	L.Naughton	3ROC	1274	1274	0	0	0	0	0	645	0	0	629	0	1274
9		R.Shaw	3ROC	1000	1000	1000	0	0	0	0	0	0	0	0	0	1000
10	M40	J.Loughran	CNOC	1000	1000	0	0	0	1000	0	0	0	0	0	0	1000

ORANGE		Club	Total	Best	Pts1	Pts2	Pts3	Pts4	Pts5	Pts6	Pts7	Pts8	Pts9	Pts10	
1	W12	N.O'Boyle	CNOC	6000	5000	1000	0	0	1000	1000	0	1000	1000	1000	0	5000
2	M14	L. McCormack	GEN	4880	4226	753	0	0	0	926	1000	888	659	654	0	4226
3	W12	E.Donlon	3ROC	2780	2780	597	0	0	0	894	779	0	510	0	0	2780
4	W14	Y.O'Brien	AJAX	2300	2300	502	588	0	0	0	0	639	571	0	0	2300
5	W21	D O'Neill	FIN	1454	1454	0	0	0	0	724	0	730	0	0	0	1454
6	W45	S. Butler	CNOC	1451	1451	0	0	0	0	0	0	589	0	862	0	1451
7	M10	S.O'Boyle	CNOC	1000	1000	0	0	0	0	0	0	0	0	0	1000	1000
8	W21	K.Walton	DUO	987	987	0	527	0	460	0	0	0	0	0	0	987
9	W50	N.Doherty	GEN	946	946	552	0	0	0	394	0	0	0	0	0	946
10	W11	A.O'Brien	AJAX	945	945	418	0	0	0	0	0	0	527	0	0	945

YELLOW		Club	Total		Pts1	Pts2	Pts3	Pts4	Pts5	Pts6	Pts7	Pts8	Pts9	Pts10	
1	W10	C.Cashin	AJAX	5942	4728	1000	0	877	700	1000	1000	851	0	514	0	4728
2	M12	T.McCormack	GEN	7064	4372	769	735	0	686	519	871	1000	807	752	925	4372
3	M12	A.Bell	GEN	4362	4362	0	0	748	890	0	0	949	1000	775	0	4362
4	M10	R.Short	CNOC	3708	3708	819	589	0	640	0	0	856	0	804	0	3708
5	M12	A.Burke	GEN	3616	3616	0	0	0	0	0	0	948	950	718	1000	3616
6	M10	P.McCormack	GEN	3892	3516	630	1000	0	0	572	376	0	0	873	441	3516
7	M10	S.O'Boyle	CNOC	2860	2860	654	0	0	0	0	0	603	730	873	0	2860
8	W14	J.O'Neill	CNOC	1797	1797	0	0	0	1000	0	797	0	0	0	0	1797
9	W12	C.O'Neill	CNOC	1659	1659	0	825	0	0	0	834	0	0	0	0	1659
10	M10	P.McKenna	AJAX	1577	1577	759	0	0	0	0	0	818	0	0	0	1577

Leinster League # 10, Three Rock Wood 25/5/97 - 3ROC

BROWN

1.	M40	J.McCullough	3ROC	71:16
2	M40	S.O'Boyle	CNOC	72:31
3.	M21	B.Delaney	CNOC	75:56
4.	M40	B.Bell	GEN	76:17
5.	M21	D.Weston	SET	80:33
6.	M21	T.Joyce	FUCCO	80.57
7.	M35	M.Mangan	SET	83:33
8.	M35	D.Brennan	3ROC	131:14
	M21	J.Casey	CORKO	DNF
	M21	G.Doherty	GEN	DNF
	M40	K. McDonald	AJAX	DNF

BLUE

1.	M21	A.Tyner	3ROC	57:26
2.	M45	P.O'Brien	AJAX	59:57
3.	M45	W.Young	CNOC	61:23
4.	M18	G. Butler	3ROC	68:26
5.	M45	T.McCormack	GEN	70:25
6.	M21	A.O'Mullane	GEN	71:27
7.	M35	John Rowe		74.21
7.	M21	B.Jones	DUO	76:47
8.	M20	P.McNamara	DUO	76:54
9.	M50	N.C-Crawford	3ROC	79:29
10.	M40	J.Lalor	GEN	80:31
11.	M21	D.McTague	SET	80:34
12.	M45	D.Quinn	GEN	81:15
13.	W45	M.Nowlan	3ROC	81:19
14.	W40	R.Lynam	CNOC	84:00
15.	W21	N.Phillips	3ROC	88:25
16.	M40	D.Short	CNOC	124:19

GREEN

1.	M55	P.McCormack	GEN	51:17
2.	M35	D.Wickham	AJAX	54:41
3.	M35	B.Cryan	3ROC	58:44
4.	W50	J.O'Neill	FIN	60:20
5.	W45	A.NiShuilleabhain	3ROC	64:59
6.	W45	M.Walsh	3ROC	65:34
7.	W45	W.McCormack	GEN	65:37
8.	W14	N.O'Boyle	CNOC	67:26
9.	M45	J.Fitzsimons	3ROC	69:29
10.	W50	G. Power	3ROC	72:59
11.	M40	J.Francis	7FAR	73.53
12.	M21	D. Doran	FIN	73:54
13.	M35	P.Donlon	3ROC	77:59
14.	M55	M.Butler	3ROC	82:01
15.	W35	J.Atkinson	SET	82:06
16.	M50	B.O'Neill	SET	93:34
17.	W45	F.O'Neill	SET	94:14
18.	M65	S.Rothery	3ROC	95:31
19.	W55	M.Higgins	SET	101:14

LIGHT GREEN

1.	M16	P.O'Brien	AJAX	43:03
2.	M35	P.Fox		52.10
2.	M16	B.Greene	3ROC	52:35
3.	W60	D.Large	GEN	58:04
4.	M65	C.Carroll	3ROC	67:08
5.	M45	D.O'Colmain	GEN	68:32
6.	W14	S.Nowlan	3ROC	71:31
7.	W21	K.Hopkins	3ROC	72:54
8.	W40	N.Lalor	GEN	73:26
9.	W45	D.Nagle	3ROC	78:16
10.	W50	A.McCormack	GEN	79:57
11.		G.Fitzgerald	3ROC	91:20
12.	W50	L.Quill	FIN	98:03
13.	W21	S.Dempsey		100.56
14.	W50	T.Butler	3ROC	104:55
15.	W55	V.Murtagh	3ROC	113:25
	W16	M.McDonald	AJAX	DNF
	W21	C.Morrison	AJAX	DNF
	M21	J. Leonard	3ROC	DNP6

RED

1.	W21	B.Higgins	LEEO	46:05
2.	W45	M.O'Colmain	GEN	81:09
3.		R.Kernn		86:33
4.	M21	G.Brady	CORKO	86:35
5.		Aoife & Aidan Jones		103:00
6.		G.Jones		103:06
7.	W21	J.McElwain	3ROC	103:53
8.		J.Crowley		105:26
		M&P Crowley		DNF

ORANGE

1.	M10	S.O'Boyle	CNOC	58:17
2.	M12	S.Devlin	GEN	69:00
3.	W11	A.Gillman		91:52
4.	M21	D.Guilfoyle		96:18
5.	W20	C.O'Duill & J.O'Connor		96:20
6.	W	D.Rook		124:18
	O'Donnell Family			DNF

YELLOW

1.	M12	A.Burke	GEN	18:00
2.	M12	T.McCormack	GEN	19:27
3.	M10	P. Larkin	3ROC	27:28
4.		B.Cronly		31:15
5.	M10	D.O'Heafa		31:20
6.	M12	H.Nowlan & B.Kelly	3ROC	36:32
7.	M10	P.McCormack	GEN	40:47
8.	W40	A.Gillman		43:50
9.		L.Pye & E.Pye	GEN	56:18
10.	M10	C.O'Heafa		63:30
	M12	A.Bell	GEN	MP9

WHITE (non league)

1.	W10	C.Young	CNOC	17:02
2.	M6	C.O'Boyle	CNOC	25:14
3.	M5	K.O'Boyle	CNOC	25:53

Organiser: Maire Walsh, Planners Hugh McLindon & Una Coghlan, Controller Philip Butler. We hope you all enjoyed the fine sunny weather and the views: (what a contrast with last November! - Ed)

Brockagh Scatter Event - 20-4-97 (GEN)

Long Course

1	C ROTHERY	M21	AJAX	42.10
2	B O'BRIEN	M21	AJAX	42.12
3	A O'CLEIRIGH	M35	CNOC	42.40
4	M BURTON	M35	BIG FOOT	
46.11				
5	B DELANEY	M21	CNOC	48.37
6	D CASHIN	M40	AJAX	51.44
7	W MCDONALD	M18	AJAX	52.41
8	B BELLM40	GEN	53.21	
9	S O'BOYLE	M40	CNOC	59.22
10	D O'DONGHAILE	M21	DUO	59.23
11	K MCDONALD	M40	AJAX	59.40
12	T MC CORMACK	M45	GEN	61.18
13	P O'BRIEN	M45	AJAX	61.19
14	T JOYCE	M21	FUCCO	
62.00				
15	J LALOR	M40	GEN	65.58
16	P MC CORMACK	M55	GEN	67.34
17	P MC NAMARA	M20	DUO	68.00
18	B LAWLOR	W21	CNOC	73.43
19	J DEMESSE	M45		74.12
20	B JONES	M21	DUO	76.14
21	D QUINN	M40	GEN	81.43
22	BOHAN	M21	CNOC	84.00
23	N O'BOYLE	W14	CNOC	86.39
24	D HEALY	M14	GEN	90.17
24	S HEALY	W18	GEN	90.17
26	A AYLING	M21	DUO	91.30
27	M HEALY	W40	GEN	92.30
28	W MC CORMACK	W?	GEN	93.39
29	A BUTTERFIELD	M21	GEN	95.30
30	N BEOWNE	M18		98.21
31	A LAWLOR	M21		107.32
32	M GALLIGAN	M35		107.52
33	T HOGAN	M21		108.15
34	C MC NAMBE	W40	BIG FOOT	
109.08				
35	K HENEGHAN	M20	DUO	115.40
36	J MC ELWAN	W21	3ROC	116.00
37	K HOPKINS	W21	3ROC	118.05
38	K O'BUACHALLA	M21		121.00
39	D LARGE	W60	GEN	135.00
J O'NEILL	W50	FIN	"NP 13,19"	
A MC CORMACK		W50	GEN	"NP
13,17,19"				
M HIGGINS		W55	SET	DNF
S MC CORMACK		W20	GEN	DNF
K MC CORMACK		W18	GEN	DNF
C MC CORMACK			GEN	DNF
J ENNIS	W21	DUO	DNF	
R HUGHES	W21	DUO	DNF	
AM DOWLING		W21		DNF

Short course

1	P O'BRIEN	M16	AJAX	22.00
2	A BURKE	M12	GEN	28.00
2	A BELL	M12	GEN	28.00
4	K DUFFY	M21		29.00
5	K SEEHAN	M13		29.10
6	M McDONALD	W14	AJAX	32.00
7	M CURTIS	W18		32.10
8	M BRADY	W20		32.13
9	S SAUNDRES	M20		32.20
10	T McCORMACK		GEN	33.00
10	P McCORMACK	M9	GEN	33.00
10	S O'BOYLE	M10	CNOC	33.00
10	E O'CONNOR	M18		33.00
10	E PONASS	M18		33.00
10	G O'BRIEN	M18		33.00
16	G CUNNAGHAM	M21		34.01
17	L HUGHES	W18		34.14
18	J MULLRABNEY	W18		34.30
18	E McCRYSTAL	W18		34.30
20	L MARRIS	W18		35.00
21	E HANNIFFY	W18		36.05
21	M JORDAN	W18		36.05
23	N BRENNAN	W20		40.05
24	A MURPHY	W18		40.20
24	T POWER	W18		40.20
24	J TOMPSON	W18		40.20
24	S CUNNAGHAM	W18		40.20
24	K O'RIELLY	W18		40.20
29	J DORE	M21		41.16
30	P HUGHES			44.01
31	A JOYCE	W21	GEN	44.05
32	C WALSH	W18		60.48
32	P WNEIAN	W18		60.48
34	C EGAN	W18		60.50
35	A BARRY	M16	GEN	63.11
36	D BARRY	M45	GEN	63.18
37	J + J CRAWLEY			71.24
38	S MC EVOY	W21	AJAX	74.20
39	K BURTENSHAW	M21		81.20
40	COWLER			85.15
41	K BARRY			104.10
	T HOSEY	M21		40.20
	D CARNEY	W12		NP1

(This event was also used as the 3ROC Club Championships, hence the absence of 3ROC names from these results)

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ORIENTEERING FIXTURES 1997

AUGUST

3-9	***BREADALBANE**, Perthshire, Scotland. Scottish 6-Day*
10-16	***WORLD ORIENTEERING CHAMPIONSHIPS**, GRIMSTAD, Norway:*
11	*Classic distance qualification race*
12	*Classis distance final*
14	*Short distance qualification race and final*
16	*Relay.*

SEPTEMBER

6	**Burren**, Co. Fermanagh. NI Series 6. FermO.
7	**IRISH ORIENTEER TROPHY, PORTUMNA**, Co. Galway. 11.00-13.30 start.
13	**SENIOR HOME INTERNATIONAL, CARLINGFORD**, Co. Louth. 3ROC. (Closed event)
14	**SENIOR HOME INTERNATIONAL** Relays. **CARLINGFORD**, Co. Louth. (Closed event)
13/14	***VETERAN HOME INTERNATIONAL**, Derbyshire.*
14	**BALLINCOLLIG PARK**, Co. Cork, CorkO ,Intro./Training, 021/361544, 11 to 2 pm, W 59 71
14	**FARRAN FOREST PARK**, Co. Cork, B.O.C., Intro./Training, 021/546194, 10.30to1.30, W480715
14	**KILLINEY HILL**, Co. Dublin, AJAX, Come and Try It, 01/2691196, 11 to 1 pm, O261260
14	**KILSHEELAN**, Co. Waterford, WatO, SE league, 051/379708,11 to 1 pm, S286233
20-21	**ANDERSONS' MOURNES MOUNTAIN MARATHON**
21	**COMBAUN**, Mitchelstown, Co. Cork, LeeO, 021-300373, 11 to 1.30pm, R 87 26
21	**NEWBRIDGE HOUSE**, Donabate, Co. Dublin, GEN, CATI, 01/2893497, 11 to 1 pm, O210495
27	**SLIEVE CROOB** (North), Ballynahinch, Co. Down. NI Series 7. LVO.
28	**ARDGILLAN**, nr Skerries, Co. Dublin, FIN, Come and Try It, 01/8376506, 1 to 1 pm
28	**GARRETTSTOWN**, Ballinspittle, Co. Cork, CorkO, Cork Lg 1, 021-361544, 11-2 pm, W 58 44
29	*Veterans World Cup, Minnesota (to 4th October)*

OCTOBER

4-5	***JUNIOR HOME INTERNATIONAL**, **North** Wales.*
5	**BALLYSCANLON**, Fenor, Co. Waterford, WatO, SE League 051/379708, 11-1 pm, S537026
5	**CURRAGH WOOD**, Midleton, Co. Cork, B.O.C., Cork Co Lg 1, 021/546194, 11-1.30pm, W 86 76
5	**DJOUCE WOODS**, Co. Wicklow, SET, Leinster League 1, 01/2985799, 11 to 1 pm, O 20 12
11	**IRISH 2-DAY & NI CHAMPIONSHIPS, BANAGHER FOREST**, Dungiven, Co. Derry, NWOC, C696014. Entry form enclosed.
12	**IRISH 2-DAY, FLORENCECOURT**, Co. Fermanagh. FermO H180320 Entries to Ruth Blair, 42 The Gables, Randalstown, Co. Antrim BT41 3JY)
12	**BELFIELD**, Dublin. UCDO Come and Try It, 11 to 1 pm, O180301
12	**CURRABINNY WOOD**, Carrigaline, Co. Cork. B.O.C. Cork County League 2, 021/546194, 11 to 1.30pm, W780630
12	**KNOCKNACAREIGH WOOD**, Kilmurry, Co. Cork. CorkO, Cork League 2, 021/361544, 11 to 2 pm, W 36 64
18	**GOSFORD**, Markethill, Co. Armagh. LVO Sprint-O 4.
19	**PINE FOREST**, Rathfarnham, Co. Dublin, 3ROC, Leinster League 2, 01/2868871, 11 to 1 pm, O137229
19	**TRAMORE**, Co. Waterford. WatO, South East League 051/379708 11 to 1 pm S590010
19	**WALSHTOWN WOOD**, Midleton, Co. Cork, CorkO, Cork League 3 021/361544 11 to 2 pm W 68 91
19	***BOF NATIONAL EVENT 4 Cinderford.* (Ian Stirrups 0044-1452-812923)**
25	**TOLLYMORE**, Newcastle, Co. Down. NI Series 8. LVO.
26	**RYECOURT**, Farnanes, Co. Cork, B.O.C., Cork County League 3 021/546194 10.30to1.30 W460675

NOVEMBER

2	**CHIMNEYFIELD WOOD**, Glenville, Co. Cork, CorkO, Cork League 4, 021/361544, 11 to 2 pm, W 90 85
2	**KINNITTY**, Co. Offaly. CNOC Leinster League 3, 045/432267, 11 to 1 pm, N 21 05
8	**DRUM MANOR,**, Cookstown, Co. Tyrone. NI Series 9. NWOC.
9	**KNOCKANAFFRIN**, Rathgormac, Co. Waterford , WatO, SE League , 051/381097, 11 to 1 pm, S283187
9	**TROOPERSTORN**, Co. Wicklow, GEN, Leinster League 4, 01/2893497, 11 to 1 pm, T159969
15	**LAGAN VALLEY PARKS, ,** Belfast. LVO Sprint-O Final. LVO.
16	**BALLINORA WOOD**, Curraheen, Co. Cork. B.O.C. Cork County League 4, 021/546194, 10.30 to1.30, W610680
16	**FIRMOUNT**, Rathcormack, Co. Cork. CorkO Cork League 5, 021/361544, 11 to 2 pm, W 86 88
16	***BRITISH SCHOOLS CHAMPIONSHIPS***
22	**SCARVA**, nr Tandragee, Co. Armagh. LVO Night event.
23	**BALLYVOLANE**, Kill, Co. Waterford. WatO South East League , 051/379708, 11 to 1 pm, S450053
23	**CURRAGH WOOD** , Midleton, Co. Cork. B.O.C. Cork County League 5, 021/361544, 10.30to1.30, W 86 76
23	**RAVEN'S ROCK**, Glencullen, Co. Dublin. AJAX Leinster League 5 , 01/2691196, 11 to 1 pm, O190180
29	**NI NIGHT CHAMPIONSHIPS, NECARNE**, Irvinestown, Co. Fermanagh. FermO.
30	**CURRAGH WOOD**, Midleton, Co. Cork. CorkO Cork League 6 , 021/361544, 11 to 2 pm, W 86 76

DECEMBER

7	**BALLYNABOLA**, Co. Wexford. WatO South East League , 051/379708, 11 to 1 pm, S805245
7	**CURRAGH**, Co. Kildare. CNOC Leinster League 6, 045/432267, 11 to 1 pm, N 79 12
7	**GOUGANE BARRA**, Ballingeary, Co. Cork. CorkO Cork League 7 /Cork ChampS, 021/361544, 11 to 2 pm , W 08 66
13	**CAIRN WOOD, near Holywood, Co. Down. LVO club event.**
14	**BOF NATIONAL EVENT, Long Valley, Aldershot (Paul Keeble 0044-1452-412111)**
26	**THREE ROCK WOOD**, Dundrum, Co. Dublin. 3ROC Score Event , 01/2868871, 11 to 1 pm, O 170240
27	**SHIPPOOL WOOD**, Innishannon, Co. Cork. CorkO Xmas Fun Event, 021/361544, 11 to 1.30pm, W 57 54

For details of fixtures check with the organisers, the IOA inf-O-line (01-4569099) or the NIOA ((0044)-01399-873281)
In many cases the information given here includes a contact phone number , start times and an Ordnance Survey grid reference. IOA fixtures are only listed if the event is registered with IOA.

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