The Irish Orienteer

No. 92 JANUARY 2000 IR£1.50

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As always, thanks to all the contributors to this issue for taking the time and trouble to write articles.

The Irish Orienteer

No. 92 JANUARY 2000

ON THE FIRST DAY OF CRISIS ...

It would be nice to be able to face the new millennium with optimism where orienteering is concerned, but it's difficult. I'm afraid Irish orienteering is in crisis and, what's worse, I'm afraid that most of us don't realise it.

The IOA Development Conference highlighted some of the problems but also exemplified the problem: all clubs were invited to send at least two delegates, so there should have been at least 60 people there, committed to the future of the sport. How many came? Just twelve.

We are now reaping the reward of years of neglect of the development of orienteering. Look at the age profile of the sport: in the M/W21 classes (a 14-year age spread) ther numbers are dwindling. Juniors are not coming into the sport in big enough numbers to replace the natural wastage. There are only about 1000 club members in the country. The existing orienteers are getting older, having families, having to devote more time to work and other things. What have we done wrong? Has orienteering passed its sell-by date?

Someone said to me at the Development Conference that I was lucky, I had been involved during the golden age of Irish orienteering, in the late '70's and early '80's, when new clubs were forming, when new maps were being made, when orienteering had caught the public imagination and the orienteers themselves were enthusiastic. In those days I would set out from Dublin to hitch hike maybe 100 miles on a Saturday to run on Sunday and hitch back to Dublin afterwards. How many people are prepared to go to such lengths today? It's easier to sit in front of a TV or computer in the comfort of your home. If you want to exercise, you pay out hundreds of pounds a year and go to a gym to do aerobics, or buy an exercise bike and exercise in front of the TV instead of going out for a spin in the country.

It seems to be taken as fact that people are getting lazier, more accustomed to luxury and more selfish with their free time, so this is not a problem which is unique to orienteering: it affects all voluntary activities., but because orienteering has fallen below a certain critical mass it is very susceptible to this. We have to rekindle the enthusiasm of the people. We have to get orienteering back into the schools before it's too late. We have lost a whole generation: we have failed them, in not offering them the same chances we have had to experience this fantastic sport.

There is some light at the end of the tunnel: orienteering is

continued over

specifically named in the new primary schools curriculum and the tide may turn against the kind of virtual sport we have today, where "sports enthusiasts" sit in front of their TV's with a packet of cigarettes and a six-pack. We need to be leading the way. We need to think of new ways of promoting orienteering. We need to make the sport accessible to people by publicising its existence. We need to put resources into grass-roots orienteering or we won't have an elite squad in a few years time.

It's like the Irish language: people say it would be a shame to let it die; but they want someone else to save it: they're not prepared to make the effort themselves.

So, the year 2000 is a chance for you to make a fresh start. You, yourself: the person reading this. You are the IOA, not some select group in some ivory tower. You are the only ones who can save Irish orienteering. You. You. You.

NEW IOA SECRETARY

Rosarie Kiernan, the treasurer of GEN, will be the new IOA Secretary starting after Christmas. Her e-mail address is rosariekiernan@hotmail.com and her postal address is 87 Meadowvale, Blackrock, Co. Dublin.

SHAKE-UP TIME

The biggest shake up ever to hit the Irish Orienteering Association is on the way.
The IOA Development Conference at Portumna on November 19-20 suggested a new, leaner, meaner IOA Executive with dramatic reductions in the size of the committee and changes in the command structure. These proposals will be voted on at an Extraordinary General Meeting immediately after the IOA AGM at the end of April.
It is vital that all clubs are behind this re-organisation in order to make it work. If you believe that Irish orieneering is in crisis, you'll be at the AGM. If you don't believe that orienteering is in crisis, make sure you go to the AGM too.

CONNACHT CHAMPS TO GO AHEAD

Despite severe manpower shortages in Connacht next year's Connacht Championships will go ahead. The situation is compounded by Connacht having to run the 2000 Irish Championships in April. Now TIO has just heard that the Connacht Champs have been set for Sunday March 26th and the Irish Champs for Sunday/Monday April 30/ May 1, the May Bank Holiday weekend. Exact venues and land access have yet to be confirmed, but the events won't be on Ballygawley!

SHAMROCK IN DOUBT

Overwork and a lack of new blood in orienteering are leading Cork Orienteers to consider running the Shamrock O-Ringen every other year so the event may not go ahead in 2000.

ENTRY FORMS ENCLOSED

This issue contains entry forms for the Jan Kjellstrom 2000 competition in Scotland at Easter and for Croese 2000 in Wales in August.
If you have never been orienteering outside Ireland, you should give one of these a try. If you have orienteered elsewhere you will know about the quality terrain in Scotland and the atmosphere of a 6-Day holiday event and you won't want to miss them either.
The JK is based at Aberfeldy in Pertshire and features the infamous Craig a Barns, extended to include an open area. Students of nuclear power will be interested in visiting Trawsfynydd power station, close to the event centre. The events are in southern Snowdonia which is easily accessible from Ireland and a guaranteed welcome awaits: (Croeso = Fáilte).

RONAN RETIRES

Well, partly. Ronan Cleary, who has managed the Irish World Championships, World Cup and Senior Home International teams for the past few years, is taking a well-earned rest. Ronan stepped down after the World Championships in Scotland but he is prepared to keep on with the Home International team for the moment. Thanks for all the hard work, Ronan: It's one of many more or less thankless tasks which are vital for the survival of the sport at the top level.
The call has gone out for a replacement and Gerry Brady (CorkO) has indicated an interest but no final decision has yet been taken. There is a squad training and meeting weekend in Ireland on December 18/19 and it may be that a decision has been reached by then.

BOC WIN TIO TROPHY

Bishopstown Orienteering Club from Cork narrowly defeated the holders, Cork Orienteers, to take the Irish Orienteer inter-club trophy at Dundrum Wood, Co. Tipperary on October 3rd.
In a poorly supported event, BOC and CorkO had no problem getting to the finals. The announcement of the result had to await clarification of the membership status of some of the runners.
The support for the event was disappointing: perhaps we should revert to the regional knockout competition with a three way final? The CompassSport Cup rules, on which the TIO trophy was based, have moved on since the last TIO rules revision, and would now cope with a many-club final without difficulty. One point needing clearing up, though, is the membership one. If a club gives free membership, how can one be a "paid up member"?

LEINSTER 'WHO'S WHO?'

The Leinster Council for 1999/2000 is:-
Chairman - vacant.
Secretary Vera Murtagh, 19 The Cloisters, Terenure, Dublin 6w, 4908237.
Treasurer Jean Mullen, 331 Collins Avenue, Dublin 9, 8373003
Mapping Officer, Pat Healy, Cut Bush, The Curragh, Co.Kildare,
Fixtures Officer Alan Ayling, 618 Howth Road, Dublin 5, 8315234
Coaching Officer, Damien Cashin, Tomdarragh,Roundwood, Co.Wicklow, 2818212
Technical Officer, Aonghus O'Cleirigh, 60 Blackheath Park, Clontarf, Dublin 3, 8336263
Development Officer - vacant
Junior Officer, Monica Nowlan, 67 Glenbrook Park, Rathfarnham, Dublin,14. 4933551

O-ZONE

Bits and Pieces from the world of orienteering

Irish runners for World Cup: Several Irish Squad members are globetrotting after the World Championships. Marcus Pinker and his sister Faye are in New Zealand, as is Colm Rothery. Marcus and Colm are expected to run in World Cup races 1 & 2 in Japan (Classic and Relay) on April 15-16 and 3 & 4 (Short and Classic) in Australia on April 22-24 next.

Other World Cup racess in 2000 are: Events 5, 6 & 7 (Relay, Classic & Short) on June 30 - 4 July 4 in Ukraine; 8 & 9 (Short, Medium, Classic and Ultra-short) July 18-21 in Finland; Events 10, 11 & 12 (Short, Classic, Relay) on October 11-14, in Portugal.

Jonny Scott, editor of the NIOA Newsletter *Crossing Point*, has resigned from the job and seems to be giving up orienteering. Jonny was the editor of *Crossing Point* for the past two and a half years. However, he has since decided not to give up orienteering and will remain on as Crossing Point editor.

Colin Henderson, NIOA Chairman, is planning on organising a trip for his club, LVO, to the Swedish 5-Day in July. It's a trip every orienteer should make at least once.

Greece and Jamaica have been accepted as members of the International O-Federation and Brazil is not a full member. This brings the number of affiliated countries to 55. Greece and Jamaica will have their membership ratified at the 2001 General Assembly in Austria.

The Finnish broadcasting company, YLE, has contracted to produce 60 to 90 minutes of TV coverage for each of the three races (short, classic and relay) at the ***2001 World Championships*** in Finland. YLE will also produce a one hour edited programme for Eurosport.

BOC2000: The ***British Championships*** is in Herefordshire, the individual at Haugh Wood and Fownhope park (GR SO 590365) and the relays at Penyard Hill (GR SO 613225) on May 13-14 2000. Details from Rollo Rumford (0044-1905-726967), e-mail rollo.rumford@cwcom.net. Web site http://pages.eidosnet.co.uk/~boc2000

RESULTS NEWS

You can frequently find the results of events published on the IOA website very soon after the event. You don't have to wait for TIO to be published or for the organisers to think of sending the results to TIO: just check out the website- if you have a computer etcetera, of course. The results of last year's (1998) Shamrock O-Ringen can be found there too.

IOA INF-O-LINE

With the likely demise of the AFAS office in the House of Sport at the end of this year the IOA's answering machine may have to find a new home. When this happens there will be no point in dialling 01-4569099. If there's any news about the new number it will be in TIO and probably on the IOA's website.

O ON TV

Did any of you see World Short-Diatance Champion Yvette Baker on the BBC sports panel game, "They Think It's All Over" in early December? Two blindfolded panel members had to feel their way around and try to guess who she was. Needless to say, they didn't have a clue. It's good to see orienteering on TV, but we must try to get it a higher profile than this where orienteers are paraded almost as some kind of freaks.

3ROC NEWS

Congratulations to Una Creagh on winning the club championships at the Curragh on December 5th. Her class-adjusted minutes per km beat the rest of the field (obviuosly!). Thanks to CNOC for allowing the competition to run with their League event.

Finally, a reminder that the AGM is on February 18th.The club's major event this year is the Leinster Champs atCarlingford on May 9th.

A THOUGHT FOR JUNIORS

This letter arrived some time ago but was lost in the bowels of a computer.

"In TIO89 the editor commented on the unfairness of Juniors being excluded from the Leinster League night-O event in Killiney Hill. As controller for the event I enforced the IOA rule which explicitly states that under-15s are not allowed to compete in night-O. Regardless of whether or not we thought it safe for them to compete (which we did not), we applied the rule in order to remain insured. However I do agree with the editor about the unfairness of this as some adults compete against juniors on colour coded courses.

Maybe next year there could be one junior-only Leinster League event? This would help correct the night-O anomaly and at the same time give the juniors a chance to score high points without competing against adults, thus increasing their enthusiasm for the league."

Marcus Geoghegan, Ajax

Irish Mountain Running Association

9 Jan Hellfire Flash WL1 5.6km 289m 12.00 hrs

16 Jan Corrin Hill Relay Max 4k 2 . 3 0 Fermoy.

19 Jan Quiz. 8.30 RTE Social Club, Donnybrook, Dublin 4

16 Feb Munster Schools Champs, Claragh Mountain, Millstreet

27 Feb Ravens Rock, Glencree, Co. Wicklow. 12.00

1 Mar Irish Schools Champs, St. Columba's, Rathfarnham, Dublin.

5 Mar Irish Universities Champs (Maulin) 12.00

12 Mar Slieve Gullion, 1 pm.

Full details from the IMRA website http://homepages/iol.ie/~imra or from Douglas Barry (01) 2868180.

WOC99 - SOME OBSERVATIONS.

The question has been asked, "How did New Zealandmanage to get seven runners into the Classic Distance final and Ireland, fail to qualify a single runner?" Time was, seven to ten years ago, when the Irish and New Zealanders fought it out regularly in relay races. Now a gulf seems to have opened. It's a difficult one to figure out! I don't know exactly how the Kiwis did it. I have some ideas though and they are worth a quick mention.

Perhaps it had something to do with their traditionally strong and athletic women's squad who regularly contest top ten positions at world class relay competitions. Perhaps it's due to the fact that with two or three exceptions they all live and compete in countries which we consider the best for orienteering in the world. Many have made big personal and career sacrifices in order to do this. Maybe their pre-World Champs training was the crucial factor. The team spent two to three weeks training hard in terrain and one week resting in the run up to WOC. I can't speak with authority about the reasons for their uccess. I'd like to try and answer, or at least make some observations on the latter part of the question quoted above, namely, why didn't Ireland have any qualifiers?

PHYSICAL FITNESS

We lack a nucleus of class, talented athletes in thesquad. It's a fact. Yes, our individual team members achieve good, even great results on occasion, and Colm Rothery, Una Creagh and James Logue excel in athletics and mountain running, but the squad does not contain the depth needed to get large numbers into finals. It is also a fact that many of those contesting and achieving selection do not put in the sustained training programme needed to be in the kind of shape necessary to qualify. This year we had a squad fitter than ever before (my opinion) with some runners in great early season form. I feel a combination of injury, loss of form and illness weakened the team at Classic Distance and goes some way to accounting for the lack of success. The realistic goal was that three squaddies should have qualified- it was attainable- yet we ended up with none.

INTERNATIONAL EXPERIENCE

This is the principle deficiency in the Irish squad in my view. Every international orienteer who has ambitions of achieving a good WOC result competes in all the big races earlier in the season, including TioMila in Sweden, the Spring Cup in Denmark, the J ukola relay in Finland, Nordic Champs and the pre-WOC elite races held in similar terrain in the WOC nation. (They also run as many World Cups as possible in the non WOC years).That adds up to four relay races of the highest calibre and six to seven individual races with large competitive fields, appropriate winning times and on the best terrain. We simply don't get to the start line in this respect! Yes, we run the big British races but it'sjust not the same. OK, on the day it's there for the taking. Many of the squad are capable of making the grade, but when it's the first world class competition that one has run in a year it's going to be tough. We need to test our technique and fitness thoroughly before the World Champs and start getting to these races. What about money,time...etc?

TIME, MONEY, COMMITTMENT

This is a tough one to talk about. In the 'O' community there are lots of examples of people who have put their careers on hold and made big financial sacrifices to pursue their goals. For high profile winners like Yvette Baker it must seem worth it but there are plenty who don't achieve these results. Do Irish runners sacrifice enough? Well,there are some runners who are living to orienteer and are using all their holidays and spending thousands of pounds in an effort to achieve success. I feel that with increased support from the IOA which would enablethese runners to compete further afield more regularly we would see an improvement in results. We also need to pick up on the talented juniors who are crossing over to elite, send them to big international races and give them the extra stimulus to train and achieve their goals.The competitive scene at home is just not challenging

enough. The Sports Council grant scheme has of course been a huge help to a number of our athletes but it looks like the criteria will be tightened to ensure fewer orienteers qualify. I feel the IOA owes it to those with the potential to succeed, to aid them as best they can. I also feel they should only invest in elites who are dedicated to their sport. We do need our elites to succeed in order to give the sport credibilty, provide models of excellence and inspire our young orienteers. Athletes themselves have to assess realistically how much they will sacrifice to pursue their goals. For example, if one doesn't do a solid winter training then one can hardly be upset about not qualifying at WOC.

CONCLUSION:

We have some talented dedicated athletes who are under-achieving due to (principally) a lack of international experience due to limitations of funding. We can't expect to emulate the Kiwis, we don't possess the depth, but in Finland we should have the goal of three classic qualifiers and put resources (financial-IOA; time , finance, effort - the athlete) into achieving the goal. This is a complex issue. It raises a lot of contentious topics.I'm very close to the issues involved and I'm hoping for reaction to this article which might provide other perspectives. I thought I'd throw a stone in the well and see what happens!

John Feehan

A Long Day's Night

Philip Brennan reports on Ireland's Second Rogaine

Ireland's second Rogaine, organised by Dublin based Setanta Orienteers, was held in South Wicklow on the weekend of 17/18 July 1999. Buoyed by the enthusiasm of the competitors last year it was decided to extend the open category course to the full 24 hour period with the non-competitive class to 14 hours. Mass start for the 24 hour course was 12 noon with a later start of 6 pm for the 14 hour people.

Weather at the hash house, situated at the bottom of a sheltered valley, was pretty foul with strong winds and very heavy bouts of rain, so out on the open mountain competitors got a particularly rough time. However the majority of teams elected to stay out for the duration of the event, bivouacing in sheltered areas or hiding in forestry workers' huts, with only small numbers coming back for refreshment and some sleep.

The open 24 hour course was won by veteran rogainers Mike & Jeff Powell Davies, who visited 29 of the total 54 control sites and covered 83.6 km with total climb of 3250m.. Runners up Damien Cashin & Liam Quinn managed to visit 30 controls, but scored considerably lower than the winners.

Compliments to Planner Dave Weston, who cleverly placed controls in various groupings with challenging route choices between each group. The old adage about a few extra minutes spent planning saving hours out in the field rang true in this instance.

Rogaining looks to bee a permanent feature on Ireland's orienteering calendar and Rogaine 2000 will (barring Armageddon) take place on 1st & 2nd July. Details from Philip Brennan, 69 Moyville, Rathfarnham, Dublin 16. Email: philip.brennan@relay.ie

(from CompassSport)

Letters

Orienteering and the Olympics

I read with interest your editorial (in TIO 81) regarding the Olympics and orienteering. It could, I believe, be very benefitial to orienteering but frankly I am apalled at the suggestion of the Olympic comittee that competitors should be allowed to study the course in advance.

It's easy to see where they would get the idea from as they probably see it as removing an area of what might seem like luck from the competition. The problem is that it completely misses the point of orienteering which is the skill of solving navigational problems on the run and which requires the orienteer to combine that special blend of concentration, judgment and planning as well as coping with the physical problem of actually traversing the terrain.

If we remove everything but the physical problem of traversing the terrain by allowing the competitors to see the course in advance we will turn orienteering from a unique sport to just another form of cross country running. I'm not saying there is anything wrong with cross country running but it's not orienteering. If such a situation were allowed to develop we could envisage competitors at the higher levels with whole teams of course planning specialists pouring over the maps to work out the best routes. Is this orienteering? I think not.

It is true that the the competitor still has to execute the planned route but the skill of navigating on the move will have been lost and what were are left with would be little more than a 'foot rally'. 'Run on a bearing of 125 deg. for 100 double paces and then follow the base of the large knoll to the right until the base of the first re-entrant etc.' Orienteering has always been attractive to me because it combines physical effort with thinking on the run. The best orienteer is not necessarily the best runner but the fastest navigator and that's the crucial difference. Any move to subvert the nature of our sport for the sake of increased coverage say in the Olympics is a move which should be strenuously resisted by all orienteers.

There will further challenges to the nature of our sport in the future. The advent of modern GPS technology while laudible and useful in other situations is one which may soon have an impact on orienteering. Image an orienteer carrying a GPS capable of pintpointing his location to within 10m on a map overlayed with a grid. Is this orienteering? I don't think so.

Anyone reading this who is saying it will never happen is blind to the progress of modern technology. The technology to do this is here NOW. It may not be cheap enough or widely available enough at present but it's only a matter of time before GPS technology is available for less than £100. Once this happens we will be forced to consider these matters. Instead of waiting until the issue is forced by a competitor using such a system we should debate the issues now and develop policies for dealing with them.

Paul Smyth

CompassSport

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Junior Training Week

Well, who would have thought that the coaches and juniors alike would survive a week's training in the Wilds of wet Killarney ??? But there are now a group of "dead sexy" orienteers who can boast about this feat. I am proud to be one of those juniors!!! The coaches however might need another week to recuperate from the trauma !!!

Yes folks, on Saturday 21st August 1999 some of Ireland's top juniors congregated on an altar in the outskirts of Killarney. But not to start a new bible bashing cult - no, we gathered there for a higher purpose - to learn the necessary skills to avoid losing our way on those "Holy Grails" which mere mortals refer to as maps !!!

The training course took place in the renovated Muckross Church - now rebaptised as Muckross Venture Centre. Frank Ryan who lived in the sacristy for the week, sorting out the many problems associated with the SportIdent system, headed the coaching staff.

The mere presence of this system impressed even the most cynical of juniors - yes, this course was going to be a learning experience. Underneath the watchful eye of Frank was his talented team of coaches. These included Toni O' Donovan, Damien Cashin, Justin May, Paul Dunne, Brendan Cryan, Ian Lockington, Mick Kellett and Nigel Foley-Fisher. Our palates and empty stomachs were catered for by Deirdre Ryan. She did an excellent job and a testament to the good food was that no one was ill during the week. At this stage I'd like to extend many thanks to her from all the juniors and the coaches aswell.

And if you thought that only two members of the Ryan household helped with the coaching you're mistaken. The third member of the family - Joseph - worked as Cameraman and Kayaking Instructor. An intrepid Director as he is Joseph stalked all of us through the trees, along the paths and even across the lake!!! The main purpose of the camera was to show us all how much time was wasted at control sites and to finally satisfy our own vanity - yes we are all gorgeous!!! The outcome was quite amusing. We had juniors who sat down at controls to plan their next route. One nameless person stood wondering if the control, which lay before him, was on his course. (A wise idea if the control was in a re-entrant or the like - but this was on a gate !!!) We also heard some interesting phraseology as well as seeing some great rear end shots !!!

Believe it or believe it not, the Juniors not only availed of the Sport dent system - Joseph Ryan also provided kayaks. Damien Cashin led the kayaking lessons and being the talented Juniors that we are, we shocked him by all being able to paddle (well, most of us anyway) - some of us experienced dizzy after effects from going around in circles!

On the Tuesday fifteen intrepid paddlers, one instructor and one show-off (Joseph????), headed for a quick 3 km kayak on the Upper Killarney lake. Needless to say no sound was heard after our 23.59 lights out. Wednesday saw our introduction to Kayak-O - this was a new experience for all of us. The event was held on the "Watery Commons" Map recently surveyed and drawn by Damien Cashin. It was a score-O event with ten controls out among the reeds and rocks of Killarney's Upper Lake. There were four teams of four; each team had two kayaks at their disposal and forty minutes to collect the ten controls.

On the Thursday afternoon we were once again immersed in orienteering culture. Damien Cashin again held an event of a different kind - Mountain Bike-O. Bikes were supplied by Damien himself and everyone enjoyed the events. If you haven't tried this before I'd recommend it!!!. Trying to grip a map between your teeth, pedal the bike, keep your balance and navigate at the same time can prove quite hazardous to your health!!! (and Joseph has the footage to prove this!!!!).

Friday was the last training day and just in case you had assumed that we had tried it all - well, you're wrong: while on a quiet stroll through Muckross grounds some of the Juniors, who shall remain nameless, decided to revive the age old sport of "Skinny-dipping-O". Later, when discussing the prospect of this becoming a recognized sport, we came upon some suggestions namely - one should wear leg cover, events should be held late at night away from local tourist attractions and one should be careful when punching controls!!!!!

Despite all the variations of orienteering which we experienced, we picked up some invaluable practical information. Relocation, compass work and speed dominated the week's training programme. The areas that were used were Muckross, Crohane Mountain and Blue Pool. Crohane was great for the technical area and proved a very testing area to train in.

All in all the week was a wet, wild and wonderful experience. For all those Juniors out there who couldn't partake in the week they should seriously consider it next year. As for all the Juniors who did survive the week - fair play to you!!!!

Many thanks again to all the coaches, landowners and drivers for all their hard work, patience and understanding. Hopefully, with the knowledge acquired during the week, we'll be able to redeem ourselves at the JHI this year !!!!!

By Niall Bourke (With a little help from his Friends)

2000 Events

I had hoped to have a preview of the major events in 2000 in this issue. Unfortunately, due to a lack of information so far it wasn't worthwhile to do it, so it should be in the next issue.

The major events whose details I have are: JK 2000 in Scotland at Easter, the Welsh 6-Day in August, the French 5-Day at Metz in NE France on July 11-15. The Swedish 5-Day will, of course, be in July too.

Many event details are available through the IOF website (www.orienteering.org).

JMcC.

MUNSTER CHAMPIONSHIPS 1999

A very late decision to attend this year's Munster Championships in Ballydrehid found us heading up the wrong side of the Galtees on a nice crisp Saturday morning. Such are the risks of late entry, and hence no directions, and therefore thankfully no known start times to havemissed. Many miles and a few embarassed phone calls later, start was located, late entries efficiently processed, e-card in hand and off towards thestart as the drizzle began and the mist descended. Ten minutes towardsthe start I returned to the car for my compass. Yes, haven't orienteered in a while alright...Maybe shouldn't have bothered going back for the compass. Up in the mist heading for the second control, I duly returned, to my complete surprise and frustration, and not once but twice, to the first control, and no I wasn't using it to relocate. Around the finish later, several others seem to have had such compass malfunction. Maybe CorkO can tell us what's really buried in the Galtees? Otherwise it was a nice run...Shame about my splits.Rehydration was thus required. You can always rely on Setanta for such good medicinal advice. A pub was thus chosen and later Legends for some... I'll tell no tales here. Rehydration is a serious business. The relays were located without too much ado. I think it was a coincidence that when I missed the gate and U-turned a little further up that all the cars behind me did the same thing... That right guys? Glengarra Forest is a nice spot for a relay, though there was a directly proportional relationship between extent of late night in Cahir and speed up the initial steep hill from the changeover box. Despite the quite small numbers though, competition was keen and it was all good craic.Thanks to CorkO for their usual efficiency (in spite of my lack of it) and a good friendly event - haven't travelled in a while but this was well worth it!

Nina Phillips.

So when does the Millennium begin??

To find the answer, I browsed the web site of that most venerable of institutions, the Royal Observatory Greenwich (ROG). There, I learned that the Gregorian Calendar, which we use, has no year 0. This means that the first year of the calendar ended at the end of the year 1AD. By a similar argument, 2000 years will have elapsed at the end of the year 2000 AD. Therefore, the 3rd Millennium and the 21st century will officially begin at zero hours GMT on January 1st, 2001. QED? Well, maybe not. The situation is made more complex by the almost certainly false belief that Christ was born at the end of 1BC (remember, there was no 0AD). Modern research suggests that Christ was most likely born around 6BC and before 4BC which is when Herod died. In that case, we've already missed the Millennium.

However, as it's such a long wait for the next one, people are still going to celebrate so they may want to know where to see the first sunrise of the new Millennium (having decided on January 1st, 2000 as the right date) Well, the ROG have again put a damper on things by pointing out that at the South Pole, the sun rose around 5eptember 22nd last and will not set until March 22nd, 2000. This means that we've already missed it (again). However, you can derive some consolation by knowing that you have until March to see the last Sunset of the old Millennium.

For more information, see http://www.rog.nmm.ac.uk/leaflets/new-mill.html

(Eoin Dunne in The Rocket, the 3ROC newsletter).

So you (think you) know your rules?

The Rules of Orienteering apply to officials and competitors alike. How well do you think you know them? Try yourself out on these ...

1 On what date does one's age class change each year?
2 What classes must not have IOF symbols for control descriptions at Grade 1 events?
3 Is smoking prohibited or permitted in the competition area?
4 Is it compulsory to carry a whistle?
5 Are women allowed to run in men's classes?
6 What are crossing points indicated as on master maps or pre-marked maps?
7 What part of the body must cross the finish line for a time to be recorded?
8 What age classes can run in night events?
9 What size and colour must the code numbers be at a control?
10 What colour tape is used to mark dangerous areas?
11 How long should a "Short" course be in relation to the corresponding "Long" course?
12 For what events has the IOA got financial responsibility?
13 How near the control flag must the punch be?
14 What size should the start triangle be on the map?
15 With what regulations shall all controllers be conversant?
16 What deposit must accompany a protest?
17 How soon before you start should you get your pre-marked map?
18 How accurately must a finisher's time be recorded?
19 What size should a control circle be on the map?
20 How many O-clubs can you be a member of at the same time?
21 What colour should be used to overprint courses?
22 Which official has the power to refuse an entry or place a competitor on a lower course?
23 How long after a competition can you lodge a protest?
24 Should control descriptions be on the front or the back of a pre-marked map?
25 Can you run under an assumed name?
26 What gauge plastic bag must be used for premarked maps?
27 How is course length measured?
28 How is climb on a course measured?
29 Should a control be sited to be visible from all directions of approach?
30 From how far away should a control marker be visible?
31 Whatis the composition of a race jury for a non-championship event?
32 What is the recommended maximum % climb on a course?

Answers are on page 18.

Score 32: You were either involved in drafting the rules or you're an obsessive insomniac who'll read anything and remember the most trivial details, or both!

Score 25+: Congratulations - if you're not already a controller, you should be one! Score 15-24: You probably read the rules one time. Dust them off and read them again.

Score less than 15: You probably didn't know there were Rules of Orienteering. Your club has a few copies. Borrow them and read them!

JMcC.

LEINSTER NEWS

Free League points for Organisers, Planners and Controllers (OPCs) of Leinster League events!

OPCs (Organisers, Planners and Controllers) get the points! (50 points) but... Name of Organiser, Planner, and Controller MUST appear in the official event results.
also...
It is EXPECTED that the OPC will have actually done the work!
and...

One award ONLY of free points will be made to any individual within a league series.

These measures are effective from 1 Jan 2000. OPCs of previous league events this season (6 events in total) may claim their points through their clubs. Clubs should send consolidated applications to Martin Flynn. (Thanks for all the hard work, Martin.)

Format for Leinster Leagues 2000-2001 and 2001-2002.

Leinster Council have agreed on the following four(4) options.
1. Status Quo. Colour Coded League consisting of a mix of standard events and alternative foot events.
2. Previous format. Colour Coded League of standard events only.
3. Two leagues running simultaneously - one a colour coded league of standard events, the other a league of alternative foot events.
4. Two leagues running simultaneously - one a league of Grade 1 events (competition classes based on age groupings), the other a league of alternative foot events.

Clubs may vote for the format of their choice with one vote per club. The following clubs are entitled to vote: AJAX, CNOC, DUO, FIN, GEN, SET, UCDO, 3ROC.

A modified proportional representation (PR) system will be used. i.e. Clubs vote 1, 2, 3, 4 for the option of their choice.

Voting deadline: 28 Feb 2000. Club votes may be sent to LOC Technical Officer or posted directly to the orienteering newsgroup. Final results will be posted to the newsgroup at any rate.

If a club does not exercise its franchise a member of that club who is also a member of the LOC will vote for the club in lieu. (Note that all Leinster clubs are entitled to a member on the Leinster committee. Contact LOC secretary Vera Murtagh if a club wants to make a nomination).

And PLEASE send event results to the print media on the Sunday evening of the event by phone or email... This channel is effective, keeps orienteering in the public eye, and is FREE!

Aonghus OCléirigh,
Leinster Technical Officer.

WATO NEWS

Waterford Orienteers has a small band of enthusiastic orienteers who have kept the club running through thick and thin. This season has been successful to date. There have been 4 local events since September...at the Minaun twice, Lyranlea and Portlaw. Further events planned for Portlaw and Knockanaffrin had to be cancelled due to inclement weather.
The major focus has been to try and encourage the younger members from the Scouts and the local schools. The most recent event at the Minaun had over 90 competitors.
Members have competed at the recent Scout competition in Dundrum and the Munster Championships.
Well done to Lisa Hokasaari (W21S), Sue Pim (W55), Stephen Thorpe (M16) for coming 1st in their categories. Others who were the top Munster finishers in their age category were: Alan Pim (M60), Andrew Pim (M21S), and Andrew Cox (M35).
The real success came in the M16 where Stephen Thorpe from Newtown School was follwed in by Dorian van der Braam, Aaron Bailey and Rory Grubb...all in the top 5.
The heavy mist played havoc with the inexperienced M18 competitors where there were no completed cards. One must question the sense of plunging competitors in this age category straight on to the open mountain...it was difficult enough for relatively experienced adults. Let's hope that they have not been put off by their experience. We hope to enter teams from Waterford at the Munster Schools and Irish Schools Championships in April. This is a good target for the youngsters in the club and we will be able to gauge what progress they have made by then.

Newtwon School hosts the webpages for the club http://www.iol.ie/~newtownw/wato/index.htm
All results and indeed many pictures can be found therein.
The club hopes to run some training days in the near future to give the enthusiastic confidence to control and run events in a more capable fashion.

Finally, Pat O'Connor has e-mail now (just in time for the new millenium)
patoconnorwato@eircom.net

Alan Cox.

Thanks

Thanks to the clubs and editors who send their newsletters to TIO. If your club has a newsletter, could you put TIO on the mailing list, please?

GOOD-BYE OLD MAN WINTER

By Michael Selman

Transformation.

Winter finds it around every corner. If your eyes are open to what is happening around you, it will be apparent to you too. Winter running is running to be cherished. The colder the better. After all, isn't running all about overcoming the elements? What better elements to overcome than temps in the teens and a howling wind in your face?

The first signs of winter start going up right after Thanksgiving. They illuminate the houses which they adorn, adding color and brightness to the neighborhoods. They capture the creativity of their owners. Subdivisions which were quiet and dull, are suddenly bright and alive with the Christmas spirit, and it is wonderful to see as you quietly judge them for originality on your run.

Transformation.

Christmas slowly gives way to New Year, and the sights definitely start changing. The decorations come down, and now the streets, parks, and trails are suddenly full of people of all shapes and sizes. New Year always brings about resolutions, and a most common vow for non-recreational people is to whip themselves into shape. The question remains, will these resolutions become commitments as time goes on? It is sad to see the numbers dwindle by the end of March, but they invariably do. This year, make a resolution for yourself. Smile when you see them, and offer encouragement, and friendship. If they continue, keep on smiling and encouraging. If they disappear, get in touch with them and encourage them to get back into it. It is the least you can do.

Transformation.

And the feelings of a winter's run. There is nothing that can compare. It starts before you even walk out the door. The feel of the tights hugging your skin, the wool hat pulled over your head and the gloves to keep your hands warm are all reminders that you are dealing with more than just a run. You are dealing with, and responding to nature. And the response is amazing. Within a mile, you feel that special tingling that only takes place during a winter's run. A feeling that is emitted through every pore of your body, telling you that your machine is warming up, and the needle is moving away from the C, and working its way towards the H.

Transformation.

As you continue your run, you start to sweat a little more, and try to remember why you even needed your hat and gloves to begin with. They soon come off, and you tuck them in the pocket of your jacket, which, at this point, is also extra weight. This is no longer a winter's run. It is a special run, and you are so glad you are doing it. As you breathe the cool winter's air, in the background, you smell the aroma of fireplaces, and are pleased that you chose the mode you did for warmth this morning.

Transformation.

Now, you are looking around, absorbing everything. The predawn sky is ablaze with constellations that grace the winter skies. The familiar row of stars that marks Orion's belt buckle are there for company. Of all the designs in the sky, this is the one you can actually make sense of. But, as the night stars give way to the star of the day, the show is just starting. The wispy- tailed cirrus clouds start to appear from the night sky. First they are a dreary grey but, as the sun peeks over the horizon, they slowly paint the heavens with hues of pink and orange before finally settling in as the white colour we have grown accustomed to. This is unique to the winter sky.

Transformation.

And as you look around, you are so warm and toasty that it takes you by surprise that the fields you run by are still covered with a thick layer of frost. As you are freely sweating, you can't understand why the pond you just ran by is still topped with a thick layer of ice. When the penned dogs are barking at you when you pass, the smoke coming out of their mouths so thick, you can hardly see them behind it. Why doesn't nature know what you know?

Transformation.

Finally, the run is over. The day has dawned brightly. You inhale the clean winter air deeply and know that you have done well this morning. You go back in the house, wondering how anyone can have a negative thing to say about winter running. While you were out there, you created your own climate, and it was very warm and comfortable. As you walk into the kitchen, you take a peek at the thermometer sitting outside the window. It is sitting on 28 degrees, and again, you are taken by surprise. You know something the icy pond, the frosty grass and the barking dog didn't have a clue of. . The heart of a runner is warmer than that. Much warmer.

Transformation.

And now, alas, it is time to let go of old man winter. Many people will be happy to have it out of the way. After all, spring offers its own unique brand of changes. Georgia's springs are especially spectacular. But that is another essay. For now, it is with a touch of sadness that you release winter from your clutches, but with open arms, that you greet a new season.

You sit back, and reflect on old man winter, and know that life is good.

Transformation.

(from Runners' Niche, an electronic magazine for runners produced by Woody Green.)

GREAT O-DISASTERS

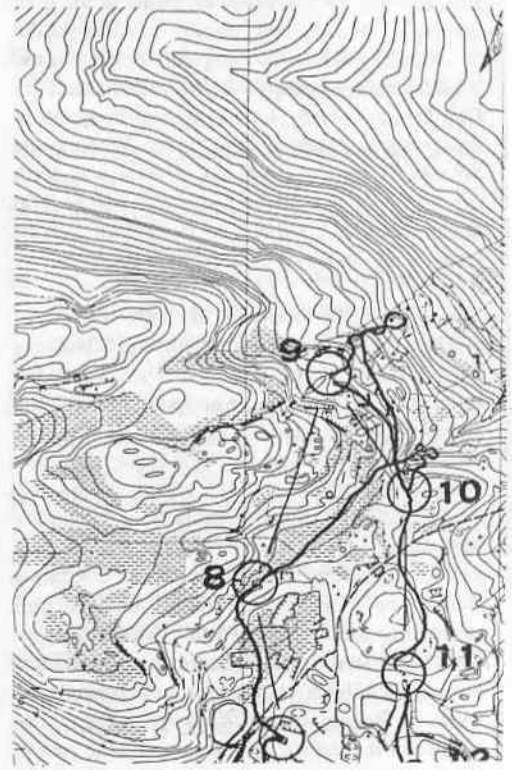
While not in the same class of disaster as Toni O'Donovan;s account in the last issue, a minor problem I had at the 1992 Irish Championships might be a useful lesson for some people.

It was at Mamclochalun, Cornamona, Co. Galway, an open mountain area. About half way round the course, going from control 8 to 9, I didn't check my compass and ran down the wrong re-entrantpast number 10 because I hadn't gone far enough around the hill (in fact I hadn't gone around the hill at all!).

I searched around and found a control (which I found was my number 10) and headed off towards number 9. However I dropped too low and searched up and down the re-entrant. After a while I really began to wonder where I was, because I could see lots of rocky ground to my left (to the NW of me) so I was obviously still in the right area but hadn't gone far enough. I needed to keep going to the stream where the rocky ground gave way to the area with no rocks or crags at all, at the far side of the stream. After a while searching I found the control and it dawned on me that I was effectively at the edge of the mapped area. The map didn't end (the contours continued, as you can see) but the mapped area stopped on the SW of the stream. 8-9 took me 13 minutes for about 500m and didn't do my chances of a win in M35 any good!
So beware not just the edge of the map, but the end of the surveyed area.
A similar thing happened to several competitors in France at some of the 6-days where the west side of the map was a beach. For artistic reasons the cartographer decided to put a yellow border around the whole map, not just the left side, so if the map was folded up you could head north, south or east looking for the beach and the finish. Heading East could bring you as far as siberia ...

Closer to home, has anyone had trouble with the LVO logo which looks like a megnetic north arrow when it's turned upside down?

John McCullough (who had a page left to fill just before going to the printer ...)



Send in your disasters! The address is on page 3.

Think Positively. Book Now for JK 2000.

We all know that orienteers are optimists. Well, no doubt you could have done a little better at that last important event. My reason for writing this is that I want you to be positive. Doubtless you could come up with at least a couple of reasons for not taking a break in Scotland next Easter to enjoy taking part in JK 2000, the premier week-end event t'other side of the water in the first year of the next century.

But, as I say, let's be positive. Think of the high quality of orienteering terrain on offer in the Scottish Highlands. It was good enough for the World Championships - with the Scottish Six-Day Event running in tandem, but the bonus is that you won't have to travel so far. Whereas the World Champs and Highland '99 were way north around Inverness, the Jan Kjellstrom will be right at the heart of Scotland, in Perthshire, amidst some of the country's most picturesque scenery.

You would be running through a bit of orienteering history as well. Both the Training Day (Friday, April 21) and Day 1 of the Individual are on separate areas at Dunkeld, the southern gateway to the Highlands. It was here back in 1962 that the Scottish Championships were first held and the SOA set up as the UK's first formal orienteering organisation. No matter that the area name may have changed over the years, but whether its "Atholl Estates", "Craig a Barns" or "Drumbuie Wood" this is still essentially the delightful and challenging area that O-missionary Baron Carl Lagerfelt saw had most "possibilities" when he came to promote the sport in Britain nearly forty years ago. The quality of the terrain here is amongst the best in the country and many orienteers from all around the UK can't wait for an excuse to enjoy the superb nature of this intricate area.

Each day's venue has its own quality characteristics. Day 2 of the Individual and the Relays are right up in the north-west corner of Perthshire and differ from each other just as much as from Day 1. Tree cover is more extensive on Day 2 whereas the Relays are on a more open, naturally afforested and intricately contoured terrain which should make for some really exciting competitive orienteering.

Event Centre for JK 2000 is at the small country market town of Aberfeldy, situated between the Training and Day 1 at Dunkeld and the two other days at Rannoch. A bonus here is that the event centre sits adjacent to the town's modern leisure centre, with an indoor heated swimming pool, saunas, squash courts, gym and a snackbar. The town also has a selection of restaurants, hotels, shops, banks, tourist venues and other amenities.

So there s all that to look forward to, but you still can't put the drawbacks out of your mind. Well, I can't do anything about the rate of exchange (it's got its drawbacks for Scotland too!), but I can try to convince you that the travel is far from insurmountable.Looking at potential routes from Dublin and the south to Dunkeld, the one that appeals to me is to Belfast, then the SeaCat ferry to Troon in Ayrshire 2.5 hours), then it would be another 2.5 hours drive, mostly on dual carriageway up to Dunkeld, just north of Perth. The Apex (at least two weeks advance booking) return fare Belfast-Troon was quoted to me as STG£110 for a car containing five people.
Belfast to Stranraer is another option but the road from Stranraer is at first slow and tortuous. Another choice is the Dublin-Liverpool/ Holyhead ferries and then drive north, although it seems a longer route to me even if you do have motorway / dual carriageway all the way to Perth. I gather that the Ballycastle - Campbelltown ferry service is in doubt for 2000.

In the hope that you might now be thinking positively about taking part in the JK, let me suggest you get your entry in as soon as possible, preferably before January 28 to get the cheapest rate. You'll find an entry form enclosed with this issue of TIO and your club has relay entry forms.

Leslie Fraser, JK 2000 Publicity.

Controlling Quiz Results

(from page 13)

1 On January 1st your orienteering age becomes what it will be on December 31st of that year (6.1.1)
2 M/W -10, -12 and -14 shall have text control descriptions (8.2.1)
3 Prohibited (Rule 1.4.11)
4 A whistle should always be carried and the Controller may make it compulsory for a particular event (9.1.4).
5 Women are allowed to run in men's classes (6.1.4)
6 Crossing points should be shown as curved brackets i.e.)((Rule 7.2.9)
7 The competitor's torsh.
8 Only classes above M/W -16 can run in night events (6.2.3).
9 The control code should be black on white, 5-8 cm high, line width 5-8 mm (9.6.2)
10 Yellow (1.5.5)
11 Short courses should be about 65% of long (6.2.4)
12 Any Irish Championship or International compecition ... (3.1.1)
13 The punch must be less than 1 metre from the flag (9.6.3)
14 The start should be an equilateral triangle of 7 mm sides pointing towards the first control (7.2.10).
15 The IOA Rules of Competition (4.4.8)
16 £5.00 (10.1.2)
17 Not more than ten seconds (9.3.5).
18 A finisher's time must be recorded to the nearest whole elapsed second (9.8.3)
19 Control circles should be 5-6 mm diameter on the map (7.2.2)
20 As many as you like, but in general you can only run for one open and one closed club in any year (5.2.1)
21 Courses shall be overprinted in waterproof PMS purple (transparant red/violet) (7.3.2).
22 The organiser (5.3.3)
23 Up to one hour after the course closes or in writing within 7 days of the results being posted if it relates to the final results (10.1.3)
24 Descriptions should be on the front of the map wherever possible (7.3.3)
25 You may run under an assumed name at competitions below Grade 1 status (5.3.4).
26 Map bags must be at least 300 gauge (7.3.4)
27 Course length is measured in straight lines, following the straightest route a competitor could reasonably take, avoiding fight, uncrossable obstacles etc. (9.5.2)
28 Climb is measured along the same route as distance (9.5.3)
29 The control should be visible from all directions of approach unless the control descriptions specify otherwise. (9.5.8).
30 Not specified, but it should be immediately visible when one is at the control feature.
31 The Controller, a second Grade 1 or 2 Controller who could be the course planner, and a third controller not involved in the organisation or planning of the event (10.2.3).
32 The maximum recommended climb on a course is 4% of the distance (400 m in 10km) (Planning Guidelines).

You should also read the foreward to the results which reminds us that orienteering is run purely by volunteers who do their best to get it right.

T.I.O. Trophy Final (Inter Club)
DUNDRUM 3 / 10/ 1999

BROWN COURSE 9.1 km. 170m climb

TEAM A:

Liam O'Brien, CorkO	M21	64.32	
Sean Cotter, BOC	M21	64.58	
Conor Creedon, CorkO	M21	69.00	
P. Higgins, MNAV	M21	70.29	
John Muckian, CorkO	M21	74.42	
Andy Allen, BOC	M21	79.37	
Paul Smyth, AJAX	M21	90.14	
John Flynn,BOC	M21	96.00	

TEAM B:

Jonathan Lucey, BOC	M20	74.40	
Kevin O'Dwyer, CorkO	M40	75.15	
Rick Austin, CorkO	M40	79.21	
Ted Lucey, BOC	M40	80.31	
Pat O'Donovan, BVOC	M35	82.57	
Sean A. Mulqueen, BOC	M40	93.40	
John Desmond, CorkO	M35	93.48	
Brendan Cohen, CorkO	M35	106.36	
Pat Cadogan, CorkO		M35	131.11

BLUE COURSE 7.0 km. 140m climb

TEAM C:

Niall Bourke, CorkO	M18	55.34	
Padraig Finnegan, BOC	M18	63.07	
Tom O'Neill, DFO	M40	65.15	
ZoltanFoleyFisher,MNAV	M18	66.09	
Bernard Creedon, CorkO	M50	67.48	
Paddy Daly, BOC	M50	70.58	
Diarmuid O'Leary, BOC	M45	75.07	
Clem Stapleton, DFO	M50	76.00	
Terence Hoare, BOC	M21	77.40	
JohnPaulFitzgerald,CorkO	M18	78.05	
Roy Barton, KerryO	M21	79.04	
Stuart Sexton, BOC	M18	80.40	
P.Lawlor, CNOC	M55	90.30	
Joe Lawlor, GEN	M45	91.53	
Pat Pickham,	M55	93.13	
Ken Griffin, CorkO	M50	117.50	
Billy O'Neill, CNOC,M50		71.51,DNP no.2	

John Geary, BVOC, M45, DNF.
Jim O'Donovan, CorkO, M50, DNF.

TEAM D:

Anne Goggin, BOC	W21	76.50	
Ruth Lynam, CNOC		80.33	
Mary McCarthy, BOC	W20	94.34	
Claire O'Brien, CorkO	W21	95.20	
Deirdre Creedon, CorkO	W21	96.14	
Sheila Muckian, CorkO	W21	98.24	
Caroline Dennehy, BOC	W20	103.00	
Liz Deane, CO	W35	112.05	

GREEN COURSE 5.3 km. 110m climb

TEAM E:

Mary Austin, CorkO		49.58	
Jean O'Neill, Fingal	W50	64.34	
Nigel Foley-Fisher, MNAV	M45S	68.08	
A. Ni Shuilleabhan, 3ROC	W45	68.36	
Brian Hollinshead, 3ROC	M60	72.31	
Michael Dooley, CNOC	M60	77.05	
B. Foley-Fisher, MNAV	W45	78.28	
Mary Curran, CorkO	W40	80.03	
F.McCormac, CNOC	M60	81.13	
Fred Calnan, CorkO	M60	81.15	
Mick Kellett, GEN	M60	81.46	
Annemarie Lucey, BOC	W40	93.53	
Cathy McCarthy, BOC	W40	123.00	
Breda O'Donovan, CorkO	W40	128.00	
Mgt. Creedon, CorkO	W40	128.54	
Rose Griffin, CorkOC	W45	130.40	
Vera Murtagh, 3ROC	W60	140.24	

Nora Lawlor, GEN, W45, DNF.

LIGHT GREEN COURSE 4.2 km. 95m climb

TEAM F:

Laura Cotter, BOC	W18	40.00	
Denis McCarthy, BOC	M16	41.55	
C.Foley-Fisher, MNAV	M16	45.51	
Colette Geary, BVOC	W18	49.33	
Sharon Lucey, BOC	W16	50.03	
Jason Lynch, BOC	M16	50.29	
Mary Healy, GEN	W45	55.01	
D. Large, GEN	W60	56.32	
F.O'Neill, SET	W50	64.38	
Niamh Lawlor, GEN	W16	94.50	

Billy O'Neill, SET, 83.55, DNP no. 8.

ORANGE COURSE 3.0 km. 45m climb

TEAM G:

Eoin O'Brien, BOC	M14	19.53	
Alan O'Connor, Mid CBS	M14	21.30	
S. O'Callaghan, Mid. CBS	M14	23.39	
Garrett Greene, 3ROC	M14	24.03	
Thomas Cotter, BOC	M14	26.18	
K. Beausang, Mid CBS	M14	27.59	
Paul Power, BOC	M14	28.50	
J.O'Callaghan, Mid CBS	M14	31.46	
E. Foley-Fisher, MNAV	W14	34.04	
P.Stanton, Mid. CBS	M14	34.30	
Cian O'Hara, Mid CBS	M14	35.43	
K.O'Brien, Mid CBS	M14	37.13	
P.O'Keeffe, Mid CBS	M14	38.35	
Eric Priestly, Mid. CBS	M14	39.40	
P. Kennefick, Mid.CBS	M14	41.51	
Mike Sheehan, Mid CBS	M14	51.25	
Eimear McCarthy, BOC	W14	55.00	
Paul McCarthy, BOC	M14	57.00	

Paul Geary,BVOC,M14,23.30,DNP no.6.

SEMI-FINALS: **BOC 83, CNOC 19**
Cork O 70, M.NAV 24

THIRD SPOT: **M.NAV 27, CNOC 21**

FINAL: **BOC 64, Cork O 58**

Results of 3ROC Leinster League event, Clara, Co. Wicklow. 10th October 1999.

Black 10.4km 305m

1	A.Ó'Cléirigh	AJAX	M35	68.34
2	Justin May	3ROC	-	68.56
3	Brendan O'Brien	AJAX	M21	78.59
4	René Larsen	AJAX	M21	85.51
5	Hugh McLindon	3ROC	M21	87.58
6	Paul Smyth	AJAX	M21	103.23
7	G.Brady	CORKO	M21	109.09
8	Paul Mahon	-	-	136.27

Brown 6.8km 245m

1	Andrew Quin	DUO	M21	57.31
2	Martin Flynn	AJAX	M21	60.08
3	Dave Weston	SET	M35	61.09
4	John McCullough	3ROC	M45	64.06
5	B.Bell	GEN	M45	64.42
6	Peter Kernan	AJAX	-	69.02
7	D.Cashin	AJAX	M40	74.48
8	T.Joyce	AJAX	M21	78.59
9	D.O'Donghaile	CNOC	M21	88.03
10	Micheal O'Keeffe	FIN	M35	89.59
11	Jim Mulrooney		M40	128.18

Blue 5.4km 210m

1	Mick Mangan	SET	M35	50.20
2	David Brennan	3ROC	M40	60.24
3	Brendan McGrath	3ROC	M50	61.20
4	Paddy O'Brien	AJAX	M45	61.23
5	R.Lynam	CNOC	W40	62.09
6	Peter Gargan	AJAX	M45	62.11
7	D.Quinn	GEN	M45	62.34
8	Fergal Buckley	DUO	M21	62.55
8	Neil Dobbs	DUO	M20	62.55
10	Fiona O'Brien	AJAX	W21	62.57
11	Joe Lalor	GEN	M45	64.44
12	B.O'Connor	AJAX		67.24
13	Gavin Doherty	GEN	M21	68.15
14	S.O'hÉafa	AJAX	M35	68.40
15	Susan Healy	UCDO	W20	69.14
16	Monica Nowlan	3ROC	W50	69.41
17	E.O'Shea	GEN	M35	69.43
18	Ian MacNeill	3ROC	M45	70.53
19	Val Jones	FIN	M40	71.57
20	Eoin Dunne	3ROC	M21	75.20
21	A.Boyle	AJAX	M21	76.31
22	Ger Power	3ROC	W45	76.32
23	Michael Beary	CNOC	M40	77.02
24	Jean O'Neill	FIN	W50	77.03
25	Charlie O'Neill	GEN	M45	81.36
26	Colin Burns	AJAX	M21	82.10
27	Barry Greene	UCDO	M18	83.01
28	Deirdre O'Neill	FIN	W21	83.56
29	A.Butterfield	GEN	M35	86.03
30	D.Ó'Murchú	CNOC	M45	89.15
31	Mike Long	AJAX	M35	89.24

Green 4.0km 180m

1	Paget McCormack	GEN	M55	45.50
2	Donal Wickham	AJAX	M35	48.12
3	S.Doorly	3ROC	M35	49.27
4	John Francis	DFO	M40	52.40
5	A.Bonar-Law	GEN	M65	53.23
6	B.Doherty	GEN	M55	53.30
7	T.McGrath	3ROC	M55	54.42
8	Aidan Ryan	AJAX	M40	55.30
9	Jim O'Brien	AJAX	M50	56.17
10	Robert Harrington	3ROC	M21	58.24
11	Tue Hansen	DUO		58.40
12	D.O'Colmain	GEN	M50	59.28
13	Mick Kellett	GEN	M60	61.01
14	Susan Bell	UCDO	W21	62.13
15	Jackie Atkinson	SET	W35	62.51
16	W.McCormack	GEN	W45	65.19
17	Máire Walsh	3ROC	W50	65.37
18	Tom Burke	FIN	W45	67.45
19	Brian Hollinshead	3ROC	M60	67.54
20	Bill Murphy	GEN	M40	68.38
21	J.Fitzsimons	3ROC	M50	69.03
22	Sybil McCormack	GEN	W21	69.59
23	M.O'Colmain	GEN	W45	80.40
24	Deirdre Murphy	UCDO	W21	82.27
25	K.Thompson	DUO	W21	87.23
26	Philip Brennan	SET	M21	87.57
27	Helen Brennan	SET	W21	88.04
28	D.Lawlor	M50		96.17
29	A.Joyce	GEN	W21	98.37
30	M.Higgins	SET	W55	115.16
31	Murray 1	140.07		
Murray 2		No.9		
P.Cooke		AJAX	M65	DNF

Light Green 2.8km 130m

1	Brian Foley	DUO	M20	45.19
2	D.Nagle	3ROC	W50	49.06
3	Robert Flanagan	FIN	M45	52.16
4	Nora Lalor	GEN	W45	53.09
5	C.McGrath	3ROC	W50	54.54
6	Niall Brennan		M16	54.59
7	Andrea McCormack	GEN	W50	55.01
8	Aileen Farrell	DUO		55.05
9	Niamh Lalor	GEN	W16	58.13
10	Claire Walsh	3ROC	W55	63.14
11	Margaret Cronin		W35	63.38
12	Cathleen Morrison	AJAX	W21	66.49
13	D.Large	GEN	W60	69.21
14	Ted McCormack	GEN	M14	71.21
15	Rosarie Kiernan	GEN	W40	72.12
16	Deirdre Bell	GEN	W16	72.13
17	Linn Family	FIN	74.07	
18	G.Fitzgerald	3ROC	W55	79.00
19	C.Carroll	3ROC	M65	79.35
20	M.Lambkin			85.34
21	O'Reilly	FIN		97.26
22	O'Donovan	FIN		99.22
23	Sarah J. O'Regan		W21	107.17
James Beary		CNOC	M12	DNF

Orange 2.6km 80m

1	Douglas Barry	GEN	M45	33.29
2	Colnan Carroll	UCDO	M19	35.13
3	Robert Boyle	UCDO	M19	35.14
4	Kevin Ryan	UCDO		36.02
5	D.Walsh	DUO	W21	38.45
6	Tom Keane	GEN		51.09

7	Cathal Burke	FIN	M14	58.46
8	Paget McCormack	GEN	M12	60.52
9	Chris Blair	UCDO		67.07
10	Alasdir Thin	UCDO		77.16
11	Louise Firth	UCDO		84.34
12	Susan McCormack	GEN		87.52
13	Marc Whelan	M13		89.00
14	Laura Whelan	W10		89.02
15	C & E O'Neill	GEN		89.04
16	Andrew Malone			93.35
17	Peggy Kennedy			95.36
18	Joe Brabazon			98.21
A.Devlin		DNF		
L & M Graham		W18	No.2,3	
B.Devlin		No.5		
Santina Farinella		No.6		

Yellow

1	Ruairi	CNOC	M10	20.00
2	Conor Short	CNOC	M7	25.23
3	Helena Jones	FIN	W10	30.13
4	Jonathan Barry	GEN	M7	35.26
5	John Brennan	DUO		35.53
6	Alice Gillen	SET		36.04
7	Seán Colclough	CNOC	M10	36.54
8	C.O'hÉafa	AJAX	M12	36.55
9	Simon Colclough	CNOC	M7	38.24
10	Erika Jones	FIN	W10	41.33
11	Ciarah Tapley	DUO	W20	42.56
12	Ciara Burke	FIN	W12	56.08
13	Enda Ryan	GEN	M6	57.16
14	Feargal Burke	FIN	M10	58.12
15	Dara O'hÉafa	AJAX	M12	70.27
=16	S.Dempsey	GEN		76.06
=16	Suzanne Healy			76.06

White

1	Gerald Graham	St.Kilians		15.03
2	Corscadden/Nicholson	St.Kilians		19.09
3	Coster/Cranley	St.Kilians		19.56
4	Niall & Robert	St.Kilians		20.30
5	C.Murphy & S.McCarthy	St.Kilians		21.45
6	Jaime & Stephen O'S	St.Kilians		21.50
7	Clare & Rebecca	St.Kilians		25.34
8	C. Moran	3ROC	M8	28.23
9	Patrick & Daniel	St.Kilians		29.12
10	Karl Gibney	St.Kilians	M13	29.16
11	Clara Lambert	St.Kilians		35.09
12	Easha Beary	CNOC	W11	40.35
13	Howard Beary	CNOC	M8	40.42
14	Jean Mullem	3ROC	W65	42.18
15	E & A Sherwin	GEN	W21	47.16
16	Long Family	98.39		

Ravens Rock Leinster League Event 3, AJAX 7 November 1999

Black
1 Andrew Quin M21 DUO 88.48
2 Brendan O'BrienM21 AJAX 89.00
3 Gerry Brady CORKO 89.55
4 Michael WaltersM3590.33
5 Aonghus O'Cleirigh M35 AJAX 94.57
6 Robin Bryson M35 AJAX 96.37
7 Patrick Casey M21 GEN 114.49

Brown
1 Marcus Geoghegan M35 AJAX 74.42
2 Dave Weston M35 SET 79.14
3 Philip Brennan M21 SET 79.32
4 Brian Jones M21 DUO 82.10
5 Brian Bell M45 GEN 87.35
6 Michael O'Keeffe M21 FIN 87.52
7 Joan Flanagan W21 AJAX 95.03
Peter Kernan M40 AJAX DNF

Blue
1 Mick Mangan M35 SET 61.05
2 Paddy O'Brien M45 AJAX 70.29
3 David Brennan M40 3ROC 71.58
4 Eilene LoughmanW21 CNOC 76.46
5 Neil Dobbs M20 DUO 77.51
6 D O'Donghaile M21 CNOC 79.10
7 B McGrath M50 3ROC 80.12
8 Susan Healy W20 GEN 82.50
9 S O'hEafa M35 AJAX 84.40
10 Andrew O'Mullane M21 GEN 85.52
11 Paul Dunne M40 WEGO 86.35
12 Peter Gargan M45 AJAX 87.15
13 David Quinn M45 GEN 95.51
14 Tom McCormack M50 GEN 97.10
15 Joe Lalor M45 GEN 102.20
16 Paddy Herbert M40 3ROC 105.34
17 Fiona O'Brien W21 AJAX 107.30
18 Fachtna Healy M21 SET 133.57
Alan Ayling M21 GEN MP 1
John BrennanDUOLost Card

Green
1 Leo Donovan M21 AJAX 59.23
2 Donal Wickham M35 AJAX 65.42
3 Paget McCormackM55 GEN 66.17
4 Brendan DelaneyM35 CNOC 69.13
5 Anthony Lowlor M35 CNOC 71.30
6 John Francis M40 DFO 72.22
7 John Rowe M35 FIN 74.48
8 D O'Colmain M50 GEN 75.27
9 Tom Burke M45 FIN 76.55
10 Richard Williamson M45 LVO 80.02
11 Harold White M55 3ROC 81.15
12 Marguerite O'Rourke W21 GEN 81.58
13 J Gray 3ROC 83.00
14 Andrew Bonar-Law M65 GEN 85.20
15 Aine NiSuilleabhan W45 3ROC 85.55
16 S Dempsey W4088.22
17 Brendan DohertyM55 GEN 90.43
18 Sybil McCormackW21 GEN 92.00
19 Mary O'Connell W35 3ROC 94.32
20 D Carbery M45 CNOC 98.00
21 Wyn McCormack W45 104.10
22 Mick Kellett M60 GEN 110.46
23 Mike Long M35 AJAX/UCDO 116.47
24 M O'Colmain W45 GEN 162.54
25 Deirdre Murphy W21 UCDO 170.05
26 Ann Morley W21 UCDO 170.07
Rooy DUO DNF

Light Green
1 G GreeneM14 3ROC 71.38
2 Douglas Barry M45 GEN 78.15
3 Nora Lalor W45 GEN 82.52
4 Eoghan O'Suilleabhain M50 3ROC 86.18
5 D Shaw Army 86.29
6 Robert FlanaganM45 FIN 87.34
7 Fran O'Neill W50 SET 88.39
8 Jackie AtkinsonW35 SET 89.07
9 Kate McCormack W20 GEN 89.52
10 Parma francesco DUO 90.53
11 Ted McCormack M14 GEN 91.00
12 Susan Bell W20 UCDO 93.02
13 Carmel Carey W40 3ROC 93.42
14 Niall Brennan M1695.20
15 Andrea McCormack W50 GEN 95.25
16 J D Clarke M55 GEN 98.00
17 Ali Sadleir W21 DUO 106.10
18 Clare Walsh W55 3ROC 111.38
19 Clare Fitzpatrick UCDO 118.04
20 D Nagle W50 3ROC 119.29
21 C Morrison W21 AJAX 125.04
22 B Devlin 132.44
23 Toni Butler W50 3ROC 138.03
24 Vera Murtagh W60 3ROC 145.24
Robert Boyle M19 UCDO DNF
Murphy DNF
D Walsh W21 DUO DNF
Emmet Donne Army DNF
Daniel Mulcaf Army DNF
Ciaran DunneArmy DNF
Joss Lynam M75 3ROC DNF
Rosarie KiernanW40 GEN DNF
G Fitzgerald W55 3ROC DNF
Kathy Horbert 3ROC DNF
Noreen Doherty W55 GEN DNF
M J Hegarty Army DNF
M McBrearty Army DNF
P McGrath Army DNF
Sile Cassidy & Aine Wheelan W20 DUO DNF
Alan Bell M16 GENLost Card

Orange
1 Terry Lawless St Killian 70.24
2 C O'Sullivan 73.11
3 Jane Cronin W14 CNOC 75.56
4 Graham, Adrain & Elise 87.10
5 Cathal Burke M14 FIN 92.37
6 Paget McCormackM12 GEN 92.40
7 D Carbery W14 CNOC 94.10
8 Mary Flynn W35 108.00
9 Declan Lawler M50 116.15
10 Eileen BoyleSt Killian 148.39
11 Peter MurphySt Killian 148.39
Keli Ryan DNF
Caoimhe Nevin DNF
Emily Reed DNF
Aileen Tapley W21 DUO DNF
E Hyland & N Leahy 3ROC DNF
J Hyland & D Leahy 3ROC DNF
Orla & Ciara Lambet No 11
Susan McCormack GEN No 5
Philip Cronin M12 CNOC No 8, 10

Yellow
1 Conor Short M7 CNOC 44.41
2 Ruairi Short M10 CNOC 46.17
3 Billy O'Neill M50 SET 56.32
4 Mon O'Driscoll 60.16
5 B Collins M12 CNOC 61.35
6 Paul Fallen65.35
7 Warren ?M21 DUO 70.52
8 Trisha DuffyFIN 73.28
9 Susan O'Dwyer & Carol O'Sullivan DUO 77.55
10 J-A Brie & H PonponDUO 83.48
11 Dara O'hEafa M12 AJAX 84.15
12 Shane McCarthy 85.42
13 Fearghal Burke M10 FIN 91.50
14 Anna O'Keeffe W5 FIN 101.48
15 Ciara Burke W12 FIN 114.54
16 James Corscodden & Craig Murphy St Killian 116.13
17 C, A, R St Killian 117.55
Sully, Jan & Rob St Killian DNF
Triona Som DNF

White
Ben Mangan M6 SETWrong 2&3
Olive Donovan No time
Clodagh mangan W8 SET 50.39
Paul Fletcher No 2,3
Long Family64.32

GREAT EASTERN NAVIGATORS CLONTARF STREET O 21st NOV.1999 LL 4

YELLOW

1	Ruairi Short	CNOC	M10	29:95
2	Mom O'Driscoll			32:06
3	M Reid	GEN	W35	32:30
4	Eoin Sheridan	GEN	M2 N/C	37:53
4	Conor Short	CNOC	M7	38:02
5	Ciara Burke	FING	W12	41:46
6	Dara OhEafa	AJAX	M12	42:20
7	Feargal Burke	FIN	M10	43:44
8	Paget Mc Cormack	GEN	M12	48:24
9	A O'Keefe	FIN	W5	51:41
10	Long Family	AJAX/UCD	N/C	64:56
11	Drumgool Family	N/C	34:52	
12	Drumgool		N/C	35:57

ORANGE

1	C O'Sullivan			31:13
2	P Bartlett			36:48
3	Aine Joyce	GEN	W21	39:07
4	Warren Whitney	DUO	M21	39:09

5	A Sheridan	GEN	W21	39:48
6	D O'Colmain	GEN	M50	41:00
7	Cathal Byrne	FING	M14	42:14
8	Andrea Mc Cormack	GEN	W50	46:10
9	Aine Whelan	DUO	W21	56:08
10	Chris Bond	DLSO	M14	60:44
11	Mairead Joyce	GEN	W21	65:30
12	D Carbery	CNOC	W14	67:03
13	Hoare Family	AJAX		69:29
14	D Gubbins	GEN	W45	69:35
15	J Brennan	DUO	W21	71:33
16	Elish Tansey			71:35
17	Ryan Carney	CNOC	M10	85:38
18	Eoin Hyland	3ROC	N/C	76:00
19	John Hyland	3ROC	N/C	78:55

LIGHT GREEN

1	Paget Mc Cormack	GEN	M55	33:18
2	Ruth Lynam	CNOC	W40	35:22
3	D Nagle	3ROC	W50	35:33
4	Don Short	CNOC	M40	35:35
5	F O'Brien	AJAX	W21	36:47
6	J Fitzsimons	3ROC	M50	37:14
7	Robert Boyle	UCDO	M19	38:00
8	Ted Mc Cormack	GEN	M14	38:51
9	C Carey	3ROC	W40	40:35
10	Claire Walsh	3ROC	W55	43:03
11	R Flanagan	FING	W21	43:56
12	Sybil Mc Cormack	GEN	W21	46:02
13	D Walsh	DUO	W21	50:56
14	John Alvey	SET	M40	54:52
15	C. Fitzpatrick	UCDO	W21	55:16
16	C Morrison	AJAX	W21	58:35
17	Toni Butler	3ROC	W50	58:52
18	N Lalor	GEN	W45	61:11
19	Maura Higgins	SET	W55	63:10
20	Anthony Lawlor	CNOC	M35	66:13
21	B O'Neill	SET	M50	69:53
22	F O'Neill	SET	W50	70:55
23	N Lalor	GEN	W16	74:02
24	V Murtagh	3ROC	W60	81:00
25	J Mullen	3ROC	W65	84:35

GREEN

1	Donal Wickham	AJAX	M35	35:47
2	D Corrie	FIN	M40	36:44
3	Cian Cullinan	DUO	M20	37:37
4	John Francis	DFO	M40	38:41
5	Mike Long	AJAX	M35	40:44
6	B Doherty	GEN	M55	42:32
7	Chris Blau	UCDO	M21	42:48
8	D Carbery	CNOC	M45	43:33
9	Tom Burke	FIN	M45	46:17
10	Mick Kellet	GEN	M60	48:06
11	W Mc Cormack	GEN	W45	54:40
12	A B Law	GEN	M65	58:18
13	Mary O'Colmain	GEN	W45	61:04
14	D Murphy	UCDO	W21	64:48

BLUE

1	D Brennan	3ROC	M40	42:49
2	S OhEafa	AJAX	M35	46:04
3	A Boyle	AJAX	M21	46:48
4	Wally Young	CNOC	M45	48:26
5	D Quinn	GEN	M45	50:41
6	Fachtna Healy	SET	M21	51:39
7	A Ayling	GEN	M21	52:58
8	Mick Mangan	SET	M35	54:03
9	Tom Mc Cormack	GEN	M50	54:19
10	Paul Dunne	WEGO	M40	56:38
11	Deirdre O'Neill	FIN	W21	64:13

BROWN

1	Brian Jones	GEN	M21	54:29
2	Dave Weston	SET	M35	58:41
3	Marcus Geoghegan	AJAX	M35	61:50
4	M O'Keeffe	FIN	M35	64:54

BLACK

1	A O'Clerigh	AJAX	M35	56:22
2	G Brady	Cork O	M40	60:42
3	P Mork	3ROC	M21	63:13
4	B O'Brien	AJAX	M21	63:43
5	A Quin	DUO	M21	63:55
6	M Walters		M35	64:12
7	P Mahon		M21	65:13
8	Rene Larsen	AJAX	M21	72:47
9	Jane Watt	GEN	W45	78:32
9	G Porter	GEN	M45	78:32
10	N Phillips	3ROC	W21	81:23

Results of InterProvincial Championships at Stradbally, CNOC, 9/10/99

Course 1 8.200 km 275 m 25 C

1	Brendan O'Brien	AJAX	L	M21L	56:35
2	Andy Simpson	CorkO	M	M21L	59:28
3	Aonghus O'Cleirigh	AJAX	L	M21L	65:54
4	P Higgins	MNav	C	M21L	67:08
5	Martin Flynn	AJAX	L	M21L	67:12
6	Kevin O'Dwyer	CorkO	M	M21L	73:21
7	Peter Mork	3ROC	L	M21L	80:32
8	Paul Smyth	AJAX	L	M21L	84:27
9	Philip Brennan	SET	L	M21L	85:58
10	Gerry Brady	CorkO	M	M21L	86:37
11	Declan McGrellis	LVO	U	M21L	87:12
12	Andrew Quin	3ROC	L	M21L	89:22
13	Patrick Casey	GEN	L	M21L	92:03
14	Tony Joyce	AJAX	L	M21L	104:03

Course 2 7.000 km 245 m

1	Jonathan Lucey	BOC	M	M20	63:08
2	Dave Weston	SET	L	M35	69:00
3	Tom O'Keeffe	CNOC	L	M40	85:46
4	Greg McCann	LVO	U	M35	87:56
5	Nicholas Young	BOC	M	M35	111:54

Course 3 6.100 km 210 m

1	David Healy	GEN	L	M18	56:20
2	Brian Bell	GEN	L	M45	57:25
3	Bill Simpson	LVO	U	M45	67:50
4	Violet Cordner	LVO	U	W21L	79:47
5	Toni O'Donovan	CorkO	M	W21L	86:07

Course 4 4.900 km 185 m

1	Andrew O'Mullane	GEN	L	M21S	62:12
2	Heather Ervine	LVO	U	W35	63:09
3	Brendan McGrath	3ROC	L	M50	63:49
4	Nigel C Crawford	3ROC	L	M55	64:55
5	Susan Healy	GEN	L	W20	67:02
6	Harold White	3ROC	L	M55	70:25
7	Denise Healy	CNOC	L	W20	77:26
8	Brian Power	SET	L	M50	81:06
9	Fachtna healy	SET	L	M21S	85:28
10	Sharon Lucey	BOC	M	W20	85:33
11	Nigel Foley-Fisher	MNav	C	M21S	113:10
12	Annemarie Lucey	BOC	M	W40	
138:53					
	Alan Gartside	LVO	U	M55	mp
	Alan Ayling	GEN	L	M21S	mp
	Bernie O'Boyle	CNOC	L	W40	mp
	C + L Butler	CNOC	L	W20	mp

Course 5 4.300 km 165 m

1	Mary Healy	GEN	L	W45	71:34
2	Jean O'Neill	FIN	L	W50	76:27
3	Laura Cotter	BOC	M	W18	80:02
4	Caroline Dennehy	BOC	M	W18	89:21
5	F O'Neill	SET	L	W50	110:28

Course 6 3.800 km 150 m

1	Niamh O'Boyle	CNOC	L	W16	54:54
2	Christian Foley-Fisher	MNav	C	M14	56:22
3	Brendan Cryan	3ROC	L	M14	61:12
4	Garrett Greene	DLSO	L	M14	61:39
5	June O'Neill	CNOC	L	W16	71:34
6	Diana Large	GEN	L	W60	76:33
7	Buggies	CNOC	L	W21S	98:48
8	Faith White	SET	L	W60	105:59
	Vera Murtagh	3ROC	L	W60	mp
	Chris Bond	DLSO	L	M14	mp
	Richard Byrne	DLSO	L	M14	mp

Course 7 2.300 km 70 m

1	Erinna Foley-Fisher	MNav	C	W12	36:30
	Rosarie Kiernan	GEN	L	NovA	mp

Course 8 1.900 km 60 m

1	Conor Short	CNOC	L	M10	24:06
2	Ruairi Short	CNOC	L	M10	50:46
3	Gonzague de Vitton	France		M10	65:31

RESULTS : Newbridge House, 12th Dec 1999, FINGAL ORIENTEERS.

LONG Course	7.7 K		
1. Dave Weston	M35	Set	60.50
2. David Brennan	M40	3Rock	63.25
3. Nigel C-Crawford	M55	3Rock	64.29
4. Ian McNeill	M45	3Rock	70.00
5. Alan Ayling	M21	DUO	72.41
6. Paget McCormack	M55	Gen	77.02
7. Mick Kellett	M60	Gen	77.54
8. Fachtna Healy	M21	Set	78.59
9. Andrew Butterfield	M35	Gen	79.51
10. John Crowley	M40	Gen	88.46
11. John Alvey	M40	Set	126.30
DNF Mary Healy	W45	Gen	54.35

MEDIUM	Course	4.2 K	
1. John Francis	M40	DFO	41.00
2. Mike Long	M35	Ajax,Ucdo	41.12
3. A. Bothwell	M35		42.41
4. S. Murray	M50		47.22
5. Sybil McCormack	W21	Gen	47.33
6. Niall Brennan	M16		51.14
7. Alex Bogomoletz	M21	Fingal	51.44
8. A. McCormack	W50	Gen	53.13
9. David Batt	M21	164th	53.28
10. Diana Large	W60	Gen	54.50
11. Deirdre Nagle	W50	3Rock	55.15
12. J. OiConnor, M. OiDriscoll	M35		57.34
13. A. Joyce	W21	Gen	62.11
14. K. Abrook	W21		73.51
15. Con Carroll	M65	3Rock	74.29
16. M-iriin Casey			81.29
17. Brendan McGuirk	M13	49th	89.22
18. Joss Lynam	M75	3Rock	91.45
19. Sean + James		49th	101.02
20. Leaders, Swords Scouts			103.49
21. Vera Murtagh	W60	3Rock	110.30
22. Jennifer + Gillian		164th	115.00
23. L. McSweeney+S.Chadwick		164th	118.20
24. Steve Gabo	M12	49th	121.49
MP3 David + Darragh		136th	85.47
MP3 Emmet Marron		164th	69.27
MP3 Barry + Stephen		49th	82.54
MP3, 11 P+K		49th	88.53
DNF Christine + Sarah		49th	82.02
DNF Darren + Tom		49th	90.16
DNF Bobby + Stephen		49th	88.14
DNF Niall Magee		49th	
DNF Jean Mullen		W653Rock	

SHORT Course		2.4 K	
1. Ruari Short	M10	CNOC	26.04
2. Paget McCormack	M12	Gen	29.20
3. H. Jones+C. Burke	W12	Fingal	32.59
4. E. Jones+F. Burke	W,M10	Fingal	33.49
5. Conor Short	M7	CNOC	35.47
6. Rebecca English	W10	CNOC	37.41
6. Louise Sharkey	W10	Ajax	37.41
8. Laura + Ciara	W12	49th	37.45
9. Shane Hoare	M5	Ajax	40.10
9. Jim Hoare	M21	Ajax	40.10
11. Frances Murphy		DCH	41.04
12. Colin Byrne			41.26
13. Sophie Healy	W12	Gen	44.15
14. Emer Ni Eafa	W3	Ajax	44.50
15. S+S Abrock	W21	Cnoc	46.48
15. Kieran Abrock	M10	Cnoc	46.48
17. Pat Boylan	Beaumont Cubs		51.50
18. Ellen OiDriscoll			55.46
19. Long Family	Ajax/Ucdo		56.29
MP7 Aine Whelan	W21	DUO	33.42

Club Web Site-http://members.tripod.co.uk/FingalO

Results of CNOC Leinster League Event on the CURRAGH, 5/12/99.

BLACK 14.7 km, 110m

1	Aonghus O'Cleirigh	M35	AJAX	79.26
2	Brendan O'Brien	M21	AJAX	84.26
3	Michael Walters	M35		93.30
4	Andrew Quin	M21	DUO	94.00
5	Patrick Casey	M21	GEN	99.07
6	Peter Mork	M21	3ROC	101.17
7	Gerry Brady	M40	CorkO	120.36
8	Paul Smyth	M21	AJAX	128.24

1 DNF

BROWN 11.0 km, 80m

1	Denis Reidy	M45	AJAX	66.47
2	Tom Callery	M21	AJAX	67.07
3	Dave Weston	M35	SET	72.53
4	Bill Simpson	M45	LVO	78.13
5	Brian Bell	M45	GEN	81.50
6	Michael O'Keeffe	M35	FIN	84.53

BLUE 9.0 km, 80m

1	Una May	W21	3ROC	57.15
2	John McCullough	M45	3ROC	58.45
3	Mick Mangan	M35	SET	61.46
4	Wally Young	M45	CNOC	62.00
5	M Prendergast		CNOC	62.54
6	Neil Dobbs	M20	DUO	66.02
7	David Brennan	M40	3ROC	69.18
8	Paddy O'Brien	M45	AJAX	69.23
9	Peter Gargan	M45	AJAX	71.13
11	Nigel C Crawford	M55	3ROC	76.23
12	Thomas Keegan		3ROC	78.54
13	Fergal Buckley	M21	DUO	82.40
10	D O'Donghaile	M21	CNOC	83.06
14	D Quinn	M45	GEN	84.14
15	M O'Hara	M45	AJAX	84.16
16	D Cronin	M40	CNOC	86.23
17	Fachtna Healy	M21	SET	87.08
18	Deirdre O'Neill	W21	FIN	95.20
19	Eoin Dunne	M21	3ROC	96.39
20	Ger Power	W45	3ROC	101.03
21	Connelly			141.10

GREEN 6.5 km, 80m

1	Nuala Higgins	W21	AJAX	47.46
2	Donal Wickham	M35	AJAX	50.35
3	Declan Carbery	M45	CNOC	51.03
4	Andrew O'Mullane	M21	GEN	51.41
5	B McGrath	M50	3ROC	55.10
6	Leo Donovan	M21	AJAX	55.38
7	Peter Kernan	M40	AJAX	56.22
8	A Butterfield	M35	GEN	60.20
9	F Martindale	M60	3ROC	60.12
10	Don Short	M40	CNOC	60.16
11	Ted McGrath	M55	3ROC	63.08
12	M Nowlan	W50	3ROC	64.05
13	J Fitzsimons	M50	3ROC	65.34
14	Jean O'Neill	W50	FIN	65.38
15	F O'Brien	W21	AJAX	65.48
16	Michael Richardson	M55	3ROC	68.42
17	Mick Kellett	M60	GEN	72.16
18	John Crowley	M40	GEN	76.07
19	B Power	M50	SET	77.07
20	Jim O'Brien	M50	AJAX	78.45
21	ABL	M65	GEN	78.55
22	W McCormack	W45	GEN	81.20
23	E O'Suilleabhain	M50	3ROC	81.42
24	Tue Hansen		DUO	85.16
25	Garrett Greene	M14	3ROC	89.12
26	M Dooley	M60	CNOC	96.37
27	Niall Brennan	M16		98.06
28	John Alvey	M40	SET	99.07
29	A Ayling	M21	GEN	100.38
30	Darren Clayton	M16		100.42
31	Rebecca Miller	W21	SET	106.32
32	Mary O'Colmain	W45	GEN	109.00

5 DNF

LIGHT GREEN 4.1 km, 40m

1	Luke Crawford	M18	3ROC	37.44
2	S Murray	M50		46.01
3	Brian Hollinshead	M60	3ROC	47.28
4	D Nagle	W50	3ROC	50.12
5	M O'Connell	W35	3ROC	51.27
6	Sean Rothery	M70	3ROC	51.28
7	Diana Large	W60	GEN	59.22
8	Maura Higgins	W55	SET	67.11
9	Carmel Carey	W40	3ROC	67.38
10	A & J O'Driscoll			68.01
11	Colman Higgins	M21	LeeO	68.51
12	B O'Neill	M50	SET	71.59
13	Faith White	W65	SET	83.09
14	Rosarie Kiernan	W40	GEN	88.44
15	F O'Neill	W50	SET	90.53
16	Vera Murtagh	W60	3ROC	97.13
17	Joss Lynam	M75	3ROC	97.44
18	Cathleen Morrison	W21	AJAX	100.55
19	Karen & Carol	W21	DUO	107.13

2 DNF

ORANGE 3.4 km, 50m

1	Trina Cleary	W55	3ROC	39.06
2	Deirdre Carbery	W14	CNOC	39.11
3	A Joyce	W21	GEN	39.17
4	Seamus O'Boyle	M12	CNOC	39.37
5	Creidhe O'Sullivan	W21		45.03
6	Mary Healy	W95	GEN	56.24
7	Susan Healy	W1	GEN	56.24

YELLOW 2.4 km 35m

1	Cian O'Boyle	M9	CNOC	24.20
2	Ruairi Short	M10	CNOC	24.40
3	Erika Jones	W10	FIN	26.24
4	C Moran	M7		30.14
5	Conor Short	M10	CNOC	30.30
6	Sean Colclough		CNOC	31.33
7	Cormack Kelly			31.38
8	Eoin Sinead & Aish			32.28
9	Ciana Jones	W10	FIN	34.36
10	N Moran	W5		35.21
11	Brendan Carbery	M12	CNOC	40.30

3ROC Come & Try It - Phoenix Park 12th September

Long Course 8.2k
Aonghus O'CleirighAjaxM3532m 42s
Rene LarsenAjaxM2136m 14
David Brennan3ROCM4037m 15
Peter MorkM2138m 49
Brian JonesDUOM2139m 11
P. BrennanSETM2140m 45
B. BellGENM4541m 40
Dave WestonSET41m 47
Joe LalorGENM4541m 51
John FrancisDFOM4042m 25
S. O hEafaAjaxM3543m 37
E. O'SheaGenM3544m 30
John RoweFINM3545m 02
Rory WilliamsAjaxM2147m 10
Andrew BoyleAjaxM2149m 03
D. QuinnGEN49m 09
Eamon McGinleyAjaxM2151m 05
Mick ManganSETM3552m 51
Don ShortCNOCM4053m 20
Susan HealyGENW2055m 57
Deirdre O'NeillFINW2156m 02
D. O MurchuCNOCM4557m 34
Tim HolstFarumM2160m 25
Alan BothwellM2161m 27
Mike KellettGENM60 71m 43

Medium Course 5.6k
Eddie Casey25m 10
K. Ambler34m 28
Niamh O'BoyleCNOCW1635m 27
D. Nagle3ROCW4536m 57
F. O'BrienAjaxW2137m 50
Tom BurkeFINM4539m 58
Magdelena Bjork42m 11
Jackie AtkinsonSETW3542m 34
C. Gogarty45m 04
Eddie DuffyM2145m 51
Aine Ni Shuilleabhan3ROCW4546m 46
L. Naughton3ROCW4547m 37
Niall BrennanM1652m 31
Diana LargeGENW6052m 49
Nora LalorGENW4554m 30
Margaret CroninW3559m 07
Toni Butler3ROCW5067m 24
F. O'NeillSETW5069m 02
Bernie O'BoyleCNOCW4069m 38
Billy O'NeillSETM5072m 51
G. Fitzgerald3ROC77m 10
Vera Murtagh3ROCW6090m 50

Short Course 3.6k
C. Greene3ROCM1421m 13
Ruairi ShortCNOCM1023m 15
David Smyth26m 15
Karen ThompsonDUOW2127m 18
Cathal BurkeFINM1427m 42
A. BogomoletzFINM2129m 37
Deirdre BellGENW1430m 18
Anne-Marie Gott30m 19
Trisha DuffyFIN30m 23
Howard BarryM830m 28
Eabha BarryW1131m 05
Christopher BondDLSOM1431m 24
E. CarberryFINW932m 30
Barry QuinnDLSOM1432m 40
James BearyM1233m 00
Maureen BearyF4033m 09
C. McGrath3ROCW5034m 17
Ciara BurkeFINW1235m 54
Rita Kinsella37m 25
Kenneth Kinsella37m 25
Amy O'Shea37m 57
Yvonne BellGENW12

Results of Setanta Orienteers Leinster League 2 Event: Long-O Djouce Woods 31/10/99

Weather: Dry & Sunny with strong winds

Black 16.5 km 800 m

Aonghus O Cleirigh	AJAX	145.03
Michael Walters		186.15
Peter Mork	3ROC	191.18
Hugh McLindon	3ROC	205.38
Paul Smith	AJAX	243.54
Patrick Casey	GEN	DNF

Brown 12.7 km 625 m

Brian Bell	GEN	166.20
Joan Flanagan	AJAX	171.19
Michael O Keefe	FIN	188.22
Marcus Geoghegan	AJAX	191.44
Peter Kernan	AJAX	DNF
Paul Mahon	MP	19

Blue 10 km 495 m

Philip Brennan	SET	114.50 (n/c)
Liam Quinn	SET	121.06
Ruth Lynam	CNOC	125.07
Damien Cashin	AJAX	132.14
Joe Lawlor	GEN	137.15
Val Jones	FIN	146.04
David Brennan	3ROC	148.00
Sean O h'Eafa	AJAX	149.19
Nigel C Crawford	3ROC	151.48
David Quinn	GEN	161.23
Paddy O Brien	AJAX	163.12
Paul Dunne	Wego	172.22
Roisin McDonnell	GEN	174.58
Andrew Cox	Wato	175.43
Monica Nowlan	3ROC	184.10
Donal O Murchu	CNOC	193.49
David Heale	3ROC	208.36
Andrew Boyle	AJAX	DNF
J B Riordan	LeeO	DNF
Gordon Douglas		DNF
A Bothwell		DNF

Green 4.3 km 180 m
Paget Mc Cormack

GEN		52.09
Donal Wickham	AJAX	53.30
John McCullough	3ROC	54.06
Andrew O Mullane	GEN	54.34
Doug Corrie	FIN	54.38
Alan Ayling	GEN	55.39
Tom McCormack	GEN	56.59
Brian Power	SET	60.31
Jean O Neill	FIN	60.52
Billy O Neill	CNOC	62.00
Brendan Doherty	GEN	63.05
B Lawlor	CNOC	63.13
T Talbot	MidNav	64.06
D O Colmain	GEN	64.08
John De Lacy	AJAX	64.12
John Rowe	FIN	64.31
M Beary	CNOC	64.57
Anthony Lawlor	CNOC	65.04
Ian McNeill	3ROC	65.10
Andrew Bonar Law	GEN	67.38
Tom Burke	FIN	68.39
Mike Long	AJAX/UCDO	70.05
D Carberry	CNOC	70.05
Paddy Herbert	3ROC	70.51
John Francis	DFO	72.10
Jackie Atkinson	SET	72.30
W McCormack	GEN	73.01
Aine ni Suilheabhain	3ROC	73.09
G Smith	FIN	74.00
J Fitzsimons	3ROC	76.31
Marie Walsh	3ROC	76.50
John Crowley	GEN	77.40
Bobby Buckley	SET	77.54
Aidan Ryan	AJAX	79.47
Nick Butterfield	GEN	82.39
Mick Kellett	GEN	86.59
Conor Murray		88.07
D Murray		88.28
Sybil McCormack	GEN	89.25
Deirdre O Neill	FIN	92.43
Jimmy O Brien	AJAX	100.03
Nick Brennan		101.36
Mary O Colmain	GEN	106.10
Maura Higgins	SET	133.38
Don Shortt	CNOC	DNP 1
Peggy Kennedy		DNP 14
Andrew Malone		DNP 14
Jo Browne	3ROC	DNF
V McDermott		DNF
Suzanne Lynch		DNF

Light Green	3.2 km	135 m
D Nagle	3ROC	48.25
T McCormack	GEN	53.49
Nora Lawlor	GEN	59.57
Douglas Barry	GEN	61.42
Cathleen Morrisson	AJAX	63.19
Andrea McCormack	GEN	65.40
Diana Large	GEN	67.53
Claire Walsh	3ROC	69.15
P Cooke	AJAX	78.27
C Carroll	3ROC	79.43
John Alvey		89.58
Vera Murtagh	3ROC	95.45
Mary Healy	GEN	95.57
Kathy Herbert	3ROC	97.20
Niamh Lawlor	GEN	98.29
O Donovan	FIN	98.44
A Ryan	3ROC	111.03
Simon McCormack	GEN	112.44
S J O Regan		122.07
Rinn Family	FIN	162.25
June O Neill	CNOC	DNF
Gibbins	GEN	DNF
N Doherty	GEN	DNF
Robert Flanagan	FIN	MP 9

Orange	2.9 km	130 m
Tony Devlin	GEN	33.38
Ted McCormack	GEN	37.33
Stephen Devlin	GEN	52.30
Katherine Devlin		72.34
Barry Devlin		72.34
Cathal Burke	FIN	77.28
D Lawlor		89.13
Rebecca Murtagh		90.52
O Neill Family	GEN	91.10
Jean Mullen	3ROC	106.24
P McCormack	GEN	MP 7,8 & 9

Yellow	2.3 km	60 m
Niall Quinn	SET	18.20
Audrey Sheridan	GEN	19.00
Ruari S	CNOC	23.09
Conor Shortt	CNOC	23.24
C O h'Eafa	AJAX	24.40
Helena Jones	FIN	24.47
Conor Quinn	SET	25.28
Trish Duffy	FIN	25.38
Erica Jones	FIN	26.46
James Beary	CNOC	33.27
Fearghal Burke	FIN	38.49
Dara O h'Eafa	AJAX	40.17
Gavin Carney	CNOC	50.34
N Lee	3ROC	50.47
L & J Quinn	GEN	53.56
David Rigney		54.49
Conor Rigney	CNOC	54.58
Howard Beary	CNOC	58.18
Ryan Carney	CNOC	58.46
Enda Ryan		64.50
Long Family	AJAX/UCDO	70.37
Jane Conroy	CNOC	78.16
Eabha Beary	CNOC	78.24

THE IRISH ORIENTEER ADDRESS LIST

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NORTHERN IRELAND OA	Violet Cordner, 19 Derrygavad Rd., Annaghmore, Co. Armagh BT62 1ND (08-01762-328749) www.askip.demon.co.uk/nioa/
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LEINSTER OA	Vera Murtagh, 19 The Cloisters, Terenure, Dublin 6W (01-4908237)
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Remember, for round the clock orienteering information on NIOA events ring 0044-1399-873281 or check the IOA web page at http://homepage.tinet.ie/~ioa/ or the NIOA page at www.askip.demon.co.uk/nioa/

ORIENTEERING FIXTURES 2000

January 2000

1	**MINAUN**, Cheekpoint, Co. Waterford. Wat O Score 2.p.m.
2	**GARRYCLOYNE**, Co. Cork. BOC Score10.30 to 1.00 W600810
16	**FARRAN FOREST PARK**, Ovens, Co. Cork. BOC WL 10 to 1.00 W470720
16	**TROOPERSTOWN**, Laragh, Co. Wicklow. GEN.LL & Inter-Club event. GR T 1697.
23	**DONADEA**, Clane, Co. Kildare. CNOC local event. GR N 8433.
23	**PORTLAW**, Co. Waterford. WatO Local event ll.00
23	**ROSTELLAN WOOD** , Co. Cork BOC WL 10.30 to 1.00 W865666
30	**COOLFREE**, Co. Limerick (?) BOC Kildorrery 10 to 1.00 R670183
30	**KILLAKEE**, Rathfarnham, Co. Dublin. SET local event. GR O 1222.

February

5	**BELFAST CASTLE**, LVO Sprint-O.
6	**SAGGART**, Co. Dublin. AJAX LL/butterfly. GR O 0223.
6	**BALLYVOLANE** Wat OLocal 051379708
6	**INNISCARRA WOOD** BOC WL 10.30 to 1.00 W550710
13	**GLENGARRA** BVOC M.L 1 10.30 to 2.00 R929189
13	DUO event. Leinster.
19	**NI SCORE CHAMPIONSHIPS** LVO
20	**GLENDALOUGH**, Co. Wicklow. 3ROC LL9/score combo. GR T 1196.
20	**KNOCKANNAFFRIN**, Co. Waterford. Wat O Local 11.00
20	**STREAMHILL**, Buttevant, Co. Cork. BOC WL 10.30 to 1.00 R575135
27	**SCARTNAMUCK**, Bandon, Co. Cork.Lee O Norwegian 11.00 to 1.00 W474593

March

4	**CURRAGH**, Co. Kildare. CNOC Saturday night-O. LL10. GR N 7812.
5	***WELSH CHAMPIONSHIPS**, Blaenmelindwr, Ponterwyd. Details from David Pal 0044-1686-430357. CD 14/2/2000*
5	**INNISCARRA WOOD** BOC WL 10.30 to 1.00 W525728
5	**MINAUN** Cheek Point, Co. Waterford Wat O Local 11.30
12	**GOUGANE BARRA**, Co. Cork. Lee/UCCO ML 2 11.00 to 1.00 W085661
12	**SUGARLOAF**, Co. Wicklow. UDCO LL11. Sprint-O. GR O 2313.
17	**DARRAGH HILLS** BOC Ballyhoura 3 day 1.30 to 4.00 R725165
18	**SLIEVEREAGH** BOC Ballyhoura 3 day 10.30 to 1.30 R715225
19	**RUPPULAGH** BOC Ballyhoura 3 day 10.00 to 12.30 R715195
19	**COUMSHINGAUN**, Co. Waterford. WatO Local 11.00
26	**CONNACHT CHAMPIONSHIPS**
26	**BALLINASCORNEY**, Co. Dublin. SET. LL.
26	**COOLYDOODY WOOD**, Tallowbridge. BOC 9.30 to 1.00

April

1	**SLIEVE GULLION**, Co. Armagh. NI Series event. LVO.
2	**LISNABRIN WOOD**, Co. Cork. BOC WL 9.30 to 1.00 W965920
2	**PHOENIX PARK**, Dublin. FIN Park-O, LL.
6	**FARRAN, OVENS**, Co. Cork. BOC BHL 5.00 to 7.00 W470720
9	**LEINSTER CHAMPIONSHIPS, Carlingford**, Co. Louth.. 3ROC.
9	**BALLINORA WOOD**, Co. Cork. BOC WL 9.30 to 1.00
16	**BALLINASTOE**, Roundwood, Co. Wicklow. GEN LL.
16	**CLASHNACRONA WOOD**, Dunmanway, Co. Cork. BOC, WL 10.00 to 1.00
16	**MAHON FALLS**, Dungarvan, Co. Waterford. Wat O M.L.3 11.00
15-16	**WORLD CUP 1 & 2** , Japan. Classic & relay.
20	**KNOCKAROURA**, Co. Cork. BOC BHL 5.00 to 7.00 W555960
21-24	***JAN KJELLSTROM TROPHY, Aberfeldy***, Scotland. Entry form enclosed.
22-24	**WORLD CUP 3 & 4**, Australia. Short & Classic.
27	**GARRYCLOYNE**, Co. Cork. BOC BHL 5.00 to 7.00 W600810
30	**IRISH INDIVIDUAL CHAMPIONSHIPS**, Connacht. (Sunday)

May

1	**IRISH RELAY CHAMPIONSHIPS**, Connacht. (Monday).
7	**CRONYBYRNE**, Rathdrum, Co. Wicklow. AJAX LL.
11	**INNISCARRA WOOD**, Co. Cork. BOC BHL 5.00 to 7.00 pm.
13-14	***BRITISH CHAMPIONSHIPS**, Herefordshire.*
18	**FARRAN FOREST** BOC BHL 5.00 to 7.00 W470720 02247300
23	**FARRAN FOREST**, Ovens, Co. Cork. Cork O. IFL5.30 to 7.30 W470720
27	***SCOTTISH CHAMPIONSHIPS**, Stirling area.*
30	**CURRABINNY WOOD** Cork OIFL 5.30 to 7.30 W785630

June

10	**SLIEVE CROOB**, Ballinahinch, Co. Down. LVO. NI Series 4.
30-4 July	**WORLD CUP 5, 6 & 7**, Ukraine. Relay, classic & short.

July

10-16	**JUNIOR WORLD CHAMPIONSHIPS**, Czech Republic.
18-21	**WORLD CUP 8 & 9**, Finland. Short, medium, classic & ultra-short.

October

11-14	**WORLD CUP 10, 11 & 12.** Portugal.Short, classic & relay.

For details of fixtures check with the organisers, the IOA inf-O-line or the NIOA ((0044)-01399-873281) or try the IOA website www.homepage.tinet/~ioa/
In many cases the information given includes a contact phone number , start times and an Ordnance Survey grid reference. Club contact details are elsewhere in TIO. IOA fixtures are only listed if the event is registered with IOA. Start times are generally 11.00 to 1.00 pm unless otherwise stated. WL=winter league, LL = Leinster League etc. Any events in italics are included for information.

Munster contacts: MOA 021-894649 or 372725; BOC 022-47300; CorkO 087-2377368; KO 066-25532; LeeO 021-300373; BVOC 029-60385; WatO 051-379708.

1999 World Championships O-team: Colm Rothery, Marcus Pinker, Ailbhe Creedon, Colm O Halloran, Eileen Loughman, Steven Linton; Aonghus O Cleirigh (coach), Toni O Donovan, Una May, Julie Cleary, John Feehan. (Photo: Pat Healy).