The Irish Orienteer

No. 94 June 2000 IR£1.50

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Cover photo: Kerry Savage (LVO) at the Leinster Championships (Eoin Dunne)

NEXT COPY DATE 20TH AUGUST 2000

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As always, thanks to all the contributors for taking the time and trouble

the Irish orienteer

No. 94 June 2000

Well, despite its importance, or because of it, the IOA Strategic Plan barely got a mention at the Annual General Meeting, so we have time to take a look at what it involves. The proposal is to have an EGM in September at which the plan will be voted on and, the IOA hopes, approved.

What's it all about? The IOA hopes that, by restructuring the administration of orienteering they can make it more efficient and that the Strategic Plan will dictate where the IOA is going in the years to come. In the past there has been a lack of clear policy and long term planning. Increasing insistence by the Sports Council that national governing bodies (NGB's in adminspeak) be properly constituted and have plans which tie in with Sports Council goals mean that there is pressure on sports organisations to toe the line.

Two development conferences (Terryglass in 1998 and Portumna in 1999) brought together a group of concerned orienteers, not just those with any official function, who tried to look ahead and put together a plan which would guide the Association during the next few years. Areas of concern were lack of growth in numbers, raising standards of mapping, administration and competition, developing juniors and so on. The Portumna meeting, though less well attended than Terryglass, set out to flesh out the bones of the plan started the year before, setting out concrete aims and targets. The people present at the meeting each took responsibility for a section of the plan which, let it be said, was based to a significant extent, on the strategic plan for the ISA, now "Sail Ireland". These twelve or so apostles came back with a plan which has been rationalised and revised somewhat since then. It has been on the IOA web site for a while, for people to review it and make comments or suggestions, and now it is included with this issue of The Irish Orienteer.

Please take the time to read it and let the IOA have your comments. A lot of thought has gone into it but, I am sure, it is not without faults. Unless it has widespread support, no amount of future planning will save orienteering from oblivion. It will take you maybe one and a half hours to study the plan. If you have suggestions, get in touch with the IOA. Look out for notices of an EGM in September where it will be discussed and voted on.

I can't remember an IOA EGM since, I think, Villierstown in 1979 when a bus load of Dublin orienteers travelled down in the middle of a petrol shortage using diesel oil from the central heating tank of the current chairman of 3ROC's house. The bus got a puncture, then it wouldn't start and we all had to push it in Cappoquin to get it going; then it ran out of fuel in Rathfarnham on the way back and the driver just took his bike out of the boot, hopped on and cycled off home with a "Good luck, lads!" to his stranded passengers ...

Let's hope we have many more happy O-days like that one!

THE O-ZONE: NEWS FROM THE WORLD OF ORIENTEERING

NEW IOA COMMITTEE

Several new faces came on to the IOA Executive Committee at the AGM in Tullamore on April 30th. Former Coaching Officer Frank Ryan takes over as Chairman with his daughter, Deirdre, following in his footsteps as Coaching Officer. Rosarie Kiernan stays on as Secretary and Noel Donagh as Treasurer (but both only plan to stay until September when the EGM to approve the new Strategic Plan is expected).

Gerry Brady takes over as PRO, Ruth Lynam as Fixtures Secretary, Ted Lucey as Mapping Officer, Aonghus OCléirigh as Technical Officer, Toni O Donovan as Junior Affairs (until September), Brendan Cryan as Development Officer.

The posts of Environmental Officer and International Officer remain vacant.

The FIOA representatives are the Chairman, Frank Ryan, and two elected reps.: Aonghus OCléirigh and Ted Lucey.

BOC 2001 UPDATE

The biggest event to hit Northern Ireland orienteering is next year's British Championships on the Mayday Bank Holiday weekend. The Individual event will be at Benone sand dunes near Limavady in Co. Derry and the Relays at Baronscourt Forest near Newtownhamilton in Co. Tyrone.

The surveys have been commissioned and the two areas promise very interesting orienteering on the Sunday and Monday of the holiday weekend.

Since the Irish Championships are due to be staged in Leinster, wouldn t it make sense to tie them in with BOC to make a trip to Ireland even more worthwhile for people travelling from Britain or further afield? The suggestion has been made to stage the Irish Champs the weekend after the British, somewhere within striking distance of Ulster. Any ideas, Leinster? Who has been given the privilege of organising IOC 2001? Are there any new quality areas out there ore are we looking at Carlingford or Mullaghmeen or somewhere in Wicklow? Don't keep us in suspense

IOA AWARDS 2000

At the recent AGM, Justin May was awarded the Silva Trophy, Martin Flynn the Silva Award, ted Lucey the Mactire Trophy.

The mapping awards went to CorkO for Gug·n Barra and Bishopstown Orienteers for Coolydoody Wood andStreamhill.

DRAG ON AND ON AND ON

Richard and Anne Wilson, editors of the Welsh orienteering newsletter, Y Ddraig, are stepping down from the job after nine years at the helm (that is, if Dragons have helms). Y Ddraig is consistently readable and informative and, yes, does pilfer bits and pieces from TIO occasionally, to show what good taste they have. Enjoy your retirement.

NI TRAIL-O CHAMPS

LVO are organising the Northern Ireland Trail Orienteering Championships on Saturday 24th June at Slieve Croob, near Ballynahinch, Co. Down. Starts 11.20-12.30. There is an open class available and there will be a supersprint course afterwards. Assembly on the west side of the mountain, Grid Ref J 300 448.

NO SHAMROCK?

Want to repeat the Bere Island experience? How about Lagan Valley's Copeland Island informal event on Saturday, June 17th? The map was done for a scout camp but never used for regular orienteering. The location is a 2 square km island off the Co. Down coast near Donaghadee. However, you'll have to book your place on the boat by contacting Ann Savage (0044-28-9188-3904).

NEW CONNEMARA MAP

Harvey Map Services have produced a new 1:40 000 scale map of Connemara. The map has been available since around Easter and covers the main Connemara mountains: the Twelve Bens and the Maam Turks and as far north as Killary.

MONEY FOR JWOC

The Irish team for the Junior World Championships in the Czech Republic this summer raised £255 in a table quiz run at the Irish Championships. The winning team (with 48 points out of a possible 60) was Justin May, Una May, Rosarie Kiernan and John McCullough.

The team is Alan Barry, Niall Bourke, Darren Burke, Neil Dobbs and Stewart Caithness; Aislinn Austin, Caroline Dennehy, Niamh O'Boyle, Fionne Austin, and two of Susan Bell, Susan Healy and Denise Healy.

ORIENTEERING ABROAD

this summer? Why not tell us ablout it if you come back? TIO knows of Irish orienteers going to multi-day events in Sweden, Wales, Finland, the Czech Republic and Poland so far.

JUNIOR TRAINING CAMP

This year's IOA junior orienteering training camp will be held in Muckross Venture centre, Killarney, Co Kerry from Saturday 19th August to Saturday 26th August. The course is open to all juniors from ages 12 - 20. Course fee £130 per person fully residential.

Applications with course deposit of £40 to Deirdre Ryan, IOA Coaching Officer, 129 Wainsfort Manor Drive, Wainsfort Road, Terenure, Dublin 6. 01 4927250 (h) 01 6073573 (w).

JWOC 2000

Here are some details of the Junior World Championships in the Czech Republic in July.

Sunday 9th Arrival of teams
Monday 10th Model events, Opening ceremony
Tuesday 11th Classic distance
Wednesday 12th afternoon - Short distance - qualification
Thursday 13th morning - Short distance - final
Friday 14th Relay, Closing ceremony, Banquet
Saturday 15th Departure of teams.

"The Event Centre will be situated in the holiday resort of Milovy — there is a number of accommodation places close to the pond Milovy. The 9 Rocks Hotel (Hotel 9 skal) will serve as the main accommodation place as well as the event office and the press centre.

Other lodging houses are located within the walking distance from the Event Centre. Peaceful and wonderful surroundings are sure to create a cheerful atmosphere for the competition."

IOF NEWS

Korea and Pakistan new IOF members

At its meeting held in Helsinki on 28-30 April, the IOF Council provisionally approved the applications for associate membership from Democratic People's Republic of Korea and from Pakistan. The IOF family now counts 58 members.

Council also decided to admit the Hellenic Orienteering Club based in Thessaloniki, Greece, to provisional associate membership. The Hellenic O- Club based in Athens is already a provisional IOF associate member. The IOF Statutes allow for more than one associate member from one country, and in the light of the current status of orienteering development in Greece, Council looked favourably upon the application.

The decisions are to be ratified by the General Assembly on 4 August, 2000.

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New Medical Advisory Group Chairman

The chairman of the IOF Medical Advisory Group (MAG), Bengt Saltin, recently informed Council about his desire to resign since he can no longer spare the time to chair the group because of work commitments.

Council has decided to appoint Olli Heinonen MD, PhD, acting chairman of the MAG, until the end of the current Congress period. Olli Heinonen is the Chief Physician and Head of Paavo Nurmi Centre/Department of Physiology at the University of Turku, Finland. He is also an orienteer.

Bengt Saltin will continue on the group as an ordinary member. One of the main tasks of the group is to finalise the revision of the IOF Anti-Doping Rules with the aim of having them ready for Council approval in August. The revised should take effect from the beginning of 2001.

TRAIL-O NEWS

IOF Mission Statement: Trail Orienteering is a recreational and competitive sport challenge for all age groups without respect to physical limitations. It is based on the skill of basic navigation and very precise map reading in an unfamiliar area using a detailed map and compass, or when necessary, mobility assisted devices.

The mission of the IOF is to:

1.Provide Trail Orienteering as a viable and attractive outdoor recreation choice for all.

2.Promote Trail Orienteering for education, personal growth and development and environmental and social awareness.

3.Improve the competitive performance of Trail Orienteers to world-class levels.

Trail Orienteering Controllers: The Event Standards Committee had appointed Peter Gehrmann (GER) controller for the Trail Orienteering World Cup events in Ukraine (7-8 July 2000), Taro Koyama (JPN) controller for the event in Sweden (27th July 2000) and Brian Parker (GBR) for the event in Finland (August 2001).

Trail Orienteering web site: The web site www.trailo.org has been updated to include a lot of new information. The intention is to add links to national sites as well as details on international competitions.

Experimental variations of the competition format: It was noted that the O-Ringen and other multi day events were an ideal place to test experimental variations of the competition format, however, these could not be given World Cup status unless the details had been circulated 12 months previously so as to avoid any possible advantage by those familiar with the format.

ORIENTEERING WORLD 2000

The main theme of Orienteering World No. 2000/1 is "Orienteering and the Environment".

In her column the IOF President Sue Harvey states: "We, as orienteers, have a special interest in environmental responsibility, and we ourselves can act directly, in supporting the work being done by others to pull back the speed at which global warming increases. We can also do our bit both within orienteering and in our lives in general to Reduce, Re-use, and Re-cycle. These are key actions urged upon all sports federations by the IOC Global Conference on Environment and Sport which I attended in Rio de Janeiro in November 1999."

Do you already subscribe to Orienteering World? If not, order your copy from the IOF Secretariat, e-mail info@iof.worldsport.org or via The Irish Orienteer. The subscription rate is (2 issues yearly): Europe and all surface mail - EUR 13.50 (FIM 80).

ELITE-O MEDIA GUIDE

The booklet "2000 Guide to elite orienteering" was published in late March, just prior to the first World Cup events. The media guide aims to provide essential information about the 2000 IOF events programme. The main target group of the booklet is the media. Copies have been sent to the national federations and to organisers of major IOF events for further distribution to the media representatives.

NEWIRISH SQUAD SITE

Conor Creedon has put together a super web site for the Irish Senior Orienteering Squad. It's at http://homepage.eircom.net/~isos/

The site has international fixtures, a bulletin board, information on training, orienteering techniques, e-mail addresses for the squad and lots more. Well done!

A NEW CHALLENGE

Park Orienteering League - Sponsored by Foster Motor Company, Asics and enovation

Events are on Thursday evenings and you can start anytime between 6:00 and 7:30. They will be sign-posted at the main entrances to these parks. Do the course with friends or by yourself. Advice will be available for newcomers.

1	May 18	Marlay Park
2	May 25	Three Rock Wood
3	June 1	Phoenix Park
4	June 8	Malahide Castle
5	June 15	Killiney Hill
6	June 22	Belfield
7	June 29	Trooperstown Wood, Laragh

The Summer league events will cover a 5km course. There will be around ten controls on the course. The events will be held close to Dublin on Thursday nights. The controls will be on or near paths and large features (walls, streams, fences). The events are low-key and you can walk, run or go in groups. Runners can test their speed against orienteers map skills. Scouts and guides can prepare themselves for more adventurous outings! Ladies can prepare for the 10k in June. Executives can test their decision-making in a pressure situation. Hill-walkers can improve their navigational skills. Teachers can have that class day out!

Entries and Prizes

Everyone is welcome. Entry is on the night and the fee is £3 for adults and £2 for juniors. Spot prizes will be awarded each night. Overall Prizes will be awarded to the top 3 men and women – the top 10 finishers each night will get points (equal to their finish place) with their best four races counting.

More information

Ring the orienteering Inf-O-line at 1890 925023 or check out the orienteering web sites at http://homepage.eircom.net/~orienteeringireland / and the Squad site at http://homepage.eircom.net/~isos

ROGAINE NEWS

Setanta Orienteers' third Rogaine (14 or 24 hour score event for teams of two or more) takes place in Wicklow on 15/16 July. based at Glendalough, the event will use Pat Healy's 1:25,000 scale Wicklow map. There are 6 classes (Open, Mixed, Female, Veteran, Vet Mixed and Vet Female) in both the Championship 24 hour and non-competitive 14-hour course. Veteran teams must have an average age of at least 40 years per member.

Controls can be visited in any order and there will be a central camp with shelter and hot food throughout the race. Entry fee is IR£12 per person. Entries to Philip Brennan, 69 Moyville, Rathfarnham, Dublin 16. There's an entry form in this issue of TIO and you can read about previous events in back issues of TIO.

More details on www.setantaorienteers.org

GET SET

Following the Setanta AGM the new committee is as follows

Chair	Fachtna Healy
Secretary	Jocelyn Cathalin
Treasurer	Frances O'Neill
Members	Philip Brennan
	Michael Mangan
	Dave Weston

WORKING BACKWARDS

Just as it's a good idea to work backwards from the next control to where you are now to identify (first) an attack point, (then) a route to the attack point; why not look at the orienteering calendar from the same standpoint?

I reckon that May is the best month for orienteering: better weather, longer days, less undergrowth, warmer, not too many flies etc. OK, it's exam time, but you can't have everything. Why not aim to have the orienteering season ending at the end of May rather than the

beginning and to work backwards from there towards September? That way we won't find ourselves (as we did again this year) with several great weekends with nothing to do after the Irish Championships.

LUG OLD LAGS

A few of us are planning to run the old lug relay, as a relaxed/informal training run, on Saturday june 17th. The route is a three leg relay, each of approx 11 miles.

leg 1 - Stone cross (Ballinascorney) to Sally Gap

leg 2 - Sally Gap to Wicklow Gap

leg 3 - Wicklow Gap to Lugnaquilla/bottom of Camara Hill track

All the above legs are across open mountain, so if you're interested, make sure you bring adequate gear and mountain experience!

Start at 9.30am, not likely to be any formal timing, certainly no prizes . . .survivors can swap war stories in Fenton's afterwards.

Spread the word - hope to see you there.

Gavan Doherty; tel: 086 262 1445; e-mail: gdoherty@esatclear.ie.

J2K

Easter, as usual, saw a goodly crew of Irish orienteers travelling to the Jan Kjellstrom orienteering festival, this time based at Aberfeldy in Scotland. Excellent orienteering, generally good weather, good organisation and a bit of rallycross in the car parking fields - what more could you want?

Craig a Barns (this time masquerading as Drunbuie Wood) at Dunkeld, near Perth, was the opener. It's hard to imagine an area more typical of Scottish orienteering: crags, contours, mixed forest, few paths: very challenging. And sunshine.

easter Sunday brought us to Rannoch Forest: more subtle (vaguer) land forms and very little rock. And more sunshine.

Monday's relays at Tullochroisk saw torrential rain for the early runners in the mass starts but conditions improved as the morning progressed. Runnable, moderately detailed deciduous forest and rough open: ideal relay country.

each day had a string course in addition, and entry on the day for the first two days. Sport-Ident timing meant instant results with split times and worked very well.

The best Irish results were 2nd place for Mary Healy (GEN) W40S; Jean O'Neill (FIN) W50S; 4th place for Vince Joyce M45, Noel Bogle (NWOC) M60S, Niamh O'Boyle (CNOC) W16A, Aislinn Austin (CorkO) W18A, Ruth Blair (NWOC) W35S; 5th place for Allan Bogle (NWOC) M20E, Julie Cleary (3ROC) W35L and 6th for Teresa Finlay (FermO) W50L. Allan Bogle (NWOC) led the open relay after leg 1 with 46.39 for 6.9 km and his NWOC team (with James Logue, Andrew Mein and Steven Linton finished 9th overall.

Next year's JK is in the Forest of Dean in Gloucestershire. Events are at Lydney Park and at Moseley Green. Dates: 14-16 April 2001. Web site: users.globalnet.co.uk/~greyeyet/jk/

IRISH ORIENTEERING SQUADS

- from Gerry Brady and Aonghus OCléirigh:

ELITE

- Seniors carded with the Irish Sports Council (ISC)
- Seniors who meet the ISC standards but are not carded
- Current Irish elite champions

Women	Men
Toni O'Donovan	John Feehan
	Marcus Pinker
	Colm Rothery

A-POOL

- Current squad members who competed for Ireland at major events* in the last 2 years
- Carded Juniors under the ISC scheme
- Juniors who meet the ISC standards but are not carded
- Current squad members who were Irish elite Champions in the last 5 years

Women	Men
Aislinn Austin	Brian Corbett
Julie Cleary	Bill Edwards
Ailbhe Creedon	Steve Linton
Darina Cunnane	James Logue
Nuala Higgins	Colm O'Halloran
Eileen Loughman	
Una May	
Eadaoin Morrish	

* World Championships, World Cups and European championships

DEVELOPMENTAL

- Squad members who aspire to compete for Ireland at Senior level

Women	Men
Violet Cordner	Conor Barry
Emma Glanville	Tom Callery
Brid Higgins	John Casey
Joanne Mein	Patrick Casey
Fiona O'Brien	Conor Creedon
Nina Phillips	Brendan Delaney
Jane Wilson	Gavin Doherty
	Patrick Feehan
	Padraig Higgins
	Brian Jones
	Ian Lockington
	Shane Lynch
	Declan McGrellis
	Hugh McLindon
	Andrew Mein
	Paul Nolan
	Brendan O'Brien
	Andrew Quin
	Alasdair Thin

JUNIOR

- Potential Junior World Championship competitors not listed previously

Women	Men
Fionne Austin	Alan Barry
Susan Bell	Niall Bourke
Laura Cotter	Darren Burke
Caroline Dennehy	Stewart Caithness
Denise Healy	Neil Dobbs
Susan Healy	Rory Finlay
Sharon Lucey	Nathan Foley-Fisher
Niamh Morrissey	Zoltan Foley-Fisher
Niamh O'Boyle	Ben Fulton
	David Healy
	Jonathon Lucey

MANAGEMENT
Gerry Brady
Ted Lucey
Justin May
Aonghus O'Cleirigh

The Sports Council carding classes are World Class, International, Developmental and Junior. NIOA and other athletes who meet the performance standards required for Sports Council Carding would also be classified accordingly.

RDF ORIENTEERING

Paul Dunne reports: The Reserve Defence Forces All Army Orienteering Championships were held on the Curragh, Co Kildare on Sunday, 21st May. Conditions at the early start were cold and windy with a warm sunny day causing discomfort to later competitors.

300 competed after regional qualifying competitions in April. A fast initial downhill 2km on all courses ensured fast times overall. Pte J Muckian ran 50.12 to win the men's senior event with Cpl D Conerney second in 55.02 and Pte K O' Brien third in 56.00 for the 9km course. 23rd Bn won the team event, 19th Bn were second.

The senior womens team title was retained by the 25th Bn, the fastest time on the 7.2km course was run by Cpl Martin in 57.02. 24th Bn were second team.

Intermediate men's event was won by Cpl Deavin on the 7.2km course in 51.15.

Lt T O'Neill ran 32 min for the 6km course to win the O/45 individual title in half the time of the next competitor! A titanic struggle ensued between Comdt Ryan and Comdt Ring for the O/50 individual title with the latter winning by 36 seconds.This writer ran 47.14 on the 7.2 km course to secure the O/40 individual title.

ADRENALIN RUSH

Several orienteers are on teams taking part in the Adrenalin 2000 multi-sport adventure marathon in Northern Ireland in late May. Look out for If you want to get a Cormac MacDonnachada, Nina Phillips, Gerry Lawlor, and Justin Keatinge - Team Bun os Cionn, Eoin Keith, Marcella - Team Cionn os Bun, Brendan O'Brien, Damien Cashin, Colm O'Halloran - Team Ajax Lowe Alpine.

The Olympics, Orienteering and Ireland

This Paper reviews the International Orienteering Federation policy on the inclusion of orienteering in the Olympics. The policy is described in detail. Implications and opportunities for Irish Orienteering are discussed briefly at the end.

The International Orienteering Federation (IOF) has two very clear objectives regarding the Olympics. The inclusion of **Ski orienteering** (Ski-O) in the 2006 Winter Olympics in Italy and the inclusion of **Foot orienteering** (Foot-O) in the 2008 Summer Olympic Games. These objectives were formulated at the 1996 IOF Congress. Achievement of Olympic inclusion is based on four components:

to increase the number ofIOF members;
to devise an Olympic event;
to raise the profile of orienteering; and
to strengthen member federations &IOF.

In addition to Foot-O and Ski-O, **Trail-orienteering** (Trail-O) is a suitable format for the Special Olympics and **Mountain-bike-orienteering** (MTB-O) has potential as a Summer Olympic Games format. These Olympic possibilities create new opportunities and new responsibilities for orienteering in Ireland.

To increase the number of members in the IOF

To be eligible for inclusion in the Summer Olympics, the sport must be practised by men in at least 75 countries across four continents and by women in at least 40 countries across three continents. The criteria for the Winter Olympics are lower: 25 countries across four continents. The IAAF has over 200 affiliated members which is the highest number of any Association. Given that athletic ability is a key element of orienteering success, it seems reasonable to assume that if a competition-format could be developed that can be easily introduced into non-member countries, the IOF can attain the membership criteria. Such a format would need to incorporate relatively easily and quickly produced maps, conveniently located events and low administration costs given the likely budget available to any new federation.

When the Olympic Project began, the IOF had 48 members. A target of reaching 75 in 2002 was set. Since then membership has increased to 56: India, Moldova and Chinese Taipei joined in 1998; and Uruguay, Venezuela, Greece, Jamaica and Columbia joined in 1999. The full list of 56 members is as follows:

Argentina, Australia, Austria, Belgium, Belorussia, Brazil, Bulgaria, Canada, Chile, China, Columbia, Croatia, Cuba, Czech Republic, Denmark, Ecuador, Spain, Estonia, Finland, France, Great Britain, Germany, Greece, Hong Kong, Hungary, India, Ireland, Israel, Italy, Jamaica, Japan, Kazakhstan, Korea, Latvia, Lithuania, Malaysia, Moldova, Macedonia, Netherlands, Norway, New Zealand, Pakistan, Poland, Portugal, Korea, Romania, South Africa, Russia, Slovenia, Switzerland, Slovakia, Sweden, Chinese Taipei, Ukraine, USA, Uruguay, Venezuela and Yugoslavia.

To devise an Olympic event

Classic orienteering events are not suitable for the Olympics. The format is neither TV nor spectator friendly, the venue is often remote and the duration of the event (over 90 minutes for men) is too long. Park-orienteering with winning times of around 15 minutes and outstanding opportunities to use tourism attractions, such as castle grounds and city parks, is being promoted as a suitable Summer Olympic format. The IOF preferred Olympic disciplines are an individual race and a mixed relay. Ski-orienteering is being promoted as the appropriate Winter Olympic format. Classical orienteering will continue to be promoted as at present and possibly even with greater funding arising from income earned from the new formats.

The IOF has set an objective of having the Park-O and short-race Ski-O formats included in major Multi-sport competitions as a precursor to Olympic inclusion. Accordingly orienteering events are being held in the World Games in Japan in August 2001. Around 80 elite international orienteers will be invited to compete alongside around 2,500 participants in other sports. The World Games were first held in 1981 in the USA and they are staged every four years for non-Olympic sports. Closer links with ARISF (the association of international federations representing sports, recognised by the IOC, but which are not on the programme of the Olympic Games) are also being forged by the IOF.

The country hosting the Olympics must be willing to introduce a new sport into the Olympics. Beijing will probably be the host city for the 2008 Olympics – the organisers will be selected in 2001. The IOF recently signed an agreement with the Ministry of Education which will secure the inclusion of orienteering as a subject for millions of students in several provinces in China. Over 30 specially commissioned maps have also been made to accelerate the development of the sport in China. The annual Swedish O-Ringen 5-day event attracts over 20,000 participants. The July 2000 event will be visited by a delegation of 500 Chinese orienteers, officials and media representatives.

To raise the profile of orienteering

Technical developments are essential to achieve this aim. The IOF are promoting and monitoring technical methods of tracking orienteers in the forest and broadcasting this information in a live format to both spectators and the media (Web casting over the internet). In late 1999, the IOF entered into a co-operation agreement with WorldSport Networks Limited, the media partner of GAISF (the General Association of International Sports Federations. This should result in more media exposure.

In **Foot-O** an inaugural European Championship is being held in the Ukraine in June-July 2000 with 31 countries entered including Ireland. This complements similar championships held in other continents. **Park-O** is being promoted by the Park World Tour Council. They have made a proposal to the IOF that an official World Championships series be held starting in 2001. The proposed format culminates in a 14-day final tour with 5-8 races in 3-5 countries. The new Championships would

be seen as strengthening the orienteering movement as a whole. The format would attract new participants, new member nations, raise the profile of the sport and secure a sound financial basis for the sport. Applicants for hosting races in 2001 include Norway, Czech Republic, Greece, South Africa and China. The 2000 Tour events include races in Finland, Sweden, Slovenia, Austria, Norway, Thailand and the two final stages in China. In addition, twelve classical orienteering World Cup races as well as Junior and Masters World Championships and a World Orienteering Marathon Trophy are being held during 2000.

Ski-O is already well established. The 13th World Championships (biennial) were held in Russia in March 2000. As in classical Foot-O, World Cup races (biennial from 2001), Junior World Championships (annual) and Masters World Championships (annual) are regular events. The format is more than 100 years old and competitions are held in four continents. New formats such as mass start races and short and super-short distances will be given more emphasis to make Ski-O more media- and spectator-friendly. Spectators and officials will be allowed to remain in the competition area during events and competitors will be allowed to train on existing tracks at any time before the final preparation of the competition track gets underway. Links with biathlon and cross-country skiing will also be developed. The **2006 Olympic application** was presented to the IOC in December 1999.

The first ever World Cup in **Trail-O** was held in conjunction with the 1999 Foot-O World Championships in Scotland in August 1999. In this format physical mobility is not a restrictive factor. Disabled persons compete on equal terms. The emphasis is on technical map-reading ability at each control. The competitor is given a selection of flags at each control point and he/she has to choose which one corresponds most to the control description. A World Cup Trail-O competition is being held in 2000.

MTB-O is a relatively new orienteering format. Races involve making correct route choice decisions while travelling at very fast speeds. In 2000, eight individual and three relay races constitute the World Cup series. From 2002 a World championships will be held every second year. The format has more environmental issues associated with it than Foot-O and Ski-O but these have been addressed to a large extent by restricting competition routes to tracks and paths.

To strengthen the member federations and the IOF

There are a number of ways the IOF can assist and strengthen the member federations. Clear and consistent IOF policy on the future development of orienteering is a key requirement and this has been achieved to-date. A selection strategy which offers many federations the opportunity to send competitors to restricted entry events such as the World Games will offer better funding and promotion opportunities to smaller federations.

The availability of international training centres for Ski-O together with technical advice on training and equipment would make it possible for non-Winter sports countries like Ireland to become involved at a competitive level. Twinning agreements, aimed at providing technical advice and sharing training opportunities, with federations such as Sweden, Finland and Norway could increase the number of countries involved in Ski-O towards the number involved in Foot-O. A winter clinic similar to the Foot-O clinic at the Swedish O-Ringen would assist in the development of coaching and of juniors.

Opportunities for Ireland

Ireland has no disadvantages in relation to **Park orienteering**. There are many locations in Ireland suitable for staging a major event and simultaneously attracting significant tourism benefits. Many scenic, historically interesting and suitable locations exist such as castle grounds and urban park areas.

Ireland has a great athletics tradition, the envy of many larger nations. With appropriate Olympic incentives and funding, Ireland can compete in Park-O to the highest international standards. Irish clubs are already very active with four separate Park-O type leagues (around 35 events) being held in the Cork and Dublin regions during 2000. Two Irish orienteers will compete in the Park-O Tour in Austria in August 2000.

The situation is more complex in Ski orienteering. Here we have obvious climatic disadvantages. These can be overcome by forming an Olympic squad and funding international training in Scandinavia. In the short-term, a policy of seeking assistance from experienced ski orienteers (perhaps with Irish passport eligibility) may be required especially in relation to advice on technical aspects of the sport.

The Irish Orienteering Association (IOA) intends to develop an Olympic preparation strategy for both formats in consultation with the Irish Sports Council and the Irish Olympic Council. The strategy will be based on the assumption that both formats will be successful in their applications for inclusion into the 2006 and 2008 Olympic Games. The strategy will be inclusive of the needs of the IOF particularly in relation to securing the support of the Irish Olympic Council for the two IOC applications and in increasing the profile of Park-O by establishing an annual national Park-O championship.

Gerry Brady

SITUATIONS VACANT

For anyone who is unsure about what is involved at an ordinary event, here are a few details:

Job	Car parking
Skills required	Arm-waving and pointing
Perks	Trendy bibs to wear
Job	Registration
Skills	Writing (not joined up)
Perks	Get to sit in car & keep warm.
Job	Start
Skills	Ability to blow whistle
Perks	Red pens often left behind which you can keep
Job	Finish
Skills	Ability to shout "NOW!" and operate a stapler
Perks	People pleased to see you.
Job	Checking results
Skills	Simple adding & subtracting
Perks	Get to sit in car & keep warm
Job	String course
Skills	Unravelling ball of string
Perks	Get to eat sweeties intended for participants

See? It's easy! Anyone can do it, so please phone me without delay to reserve a slot on the job that best matches your skills. I had a dream recently that I didn't have to phone anyone and beg them to help, because lots of enthusiastic members had already rung me to offer their services."

Rona Molloy (Forth Valley Orienteers)

(This article was stolen from Crossing Point, the NIOA newsletter, who stole it from Y Ddraig, magazine of the Welsh OA, who stole it from Score, magazine of the Scottish OA, who stole it from Forth Columnist, the newsletter of Forth Valley Orienteers!)

Pain in the leg

Question: Why, after taking strenuous exercise, do my muscles ache more on the second day after exercising than on the day immediately afterwards?

Answer: Muscles which ache more the second day after exercise are a common phenomenon, especially if the exercise was more strenuous than usual. The condition is known as delayed onset muscle soreness (more commonly abbreviated to DOMS) and is associated with damage, inflammation and elevated creatine kinase activity. This delayed soreness should not be confused with the transient ache sometimes felt during a bout of strenuous exercise, which is caused by the build-up of lactic acid. With regular training, adaptations appear m the muscles which significantly reduce the severity of DOMS, which is why it is less common in people who exercise regularly
The most common cause of DOMS is eccentric muscular work, which occurs when the muscle lengthens as it is being used It might happen when you lower a weight or run downhill.
Steve Bird, Department of Sport Science Canterbury Christ Church, University College, Kent

Answer: This phenomenon is called DOMS. It usually occurs after vigorous, unaccustomed exercise or overexertion. Muscle tenderness and stiffness may begin 12 to 24 hours after the exercise, gradually intensify to a peak after approximately 24 to 48 hours, and then last for anything up to seven days. We're not quite sure what causes it. Current opinion suggests it is linked to the damage of muscle fibres or connective tissue when muscles contract. After that, the tissue degenerates and dies accompanied by inflammation and oedema.
Paul Meredith, Student of physiotherapy, Cottenham, Cambridgeshire.
(New Scientist)

IOC 2000 irish championships report

(Disclaimer: Any resemblance to real persons, living or dead, in this report is purely coincidental).

It is twenty three years since the Irish Championships was in the Slieve Blooms but Bawnreagh provided a similar area and a similar map to the 1977 event.

The choice of venues is an indictment of the Leinster orienteering clubs who failed to see the potential of the areas under their noses and left the Slieve Blooms and Tullamore to be mapped by the men from the City of the Tribes, invading the lush lands to the east of the Shannon.

Bawnreagh forest, not far from Mountrath, was the venue for the Individual on Sunday April 30th. Rather like Kinnitty, with gullies, streams and (lots of) drains, the forest provided classic 1970's-style orienteering. Colm Rothery, just back from World Cup races in Australia, won the Men's title again and Toni O'Donovan repeated her win in the women's race. Aislinn Austin (W18), Ruth Lynam and Eileen Loughman (both Veterans) were the only other runners in the Women's Elite but to have only four competitors does suggest that the event needs an injection of something. Prestige? Money? Sumptuous prizes?

There may have been only four women in the Elite, but one more was not too far away: Lady Luck: my impression was that if you hit the controls dead on you were OK, but if you had to search around to relocate you could be in trouble. As one competitor said to me, "the course was too good for the map". Perhaps one should try the Scandinavian method of preparation and spend more time running on maps drawn by the mapper for the particular event in order to learn how he sees the terrain.

While there may be better areas in the country, the ones used for IOC were more than adequate. Any shortfall was mostly in the area of information. Before the so-called information age, it was normal to get some pre-event information: how to get to the competition, course details, start lists and so on. Nowadays an e-mailed start list must be adequate for an Irish Championships, since that's all we got - with electronic timing - there are no control cards to be sent out. I disagree: particularly with the Irish Championships, there is a need to make sure that the competitors are properly informed about basic things like how far that start is, where the event will be signposted from, course lengths and trivial little things like the fact that the road on the map down beside the last control is in fact a fence or how to find the floor space accommodation in Tullamore. But I digress ...

Monday's Relay at Charleville Estate, Tullamore was fast but not furious. Some of the courses were too long for the runners and problems with the electronic results meant that there were no results of any kind and no attempt to keep spectators informed of the progress of the race. A great changeover area, excellent toilets and a lovely setting went some way towards redeeming the situation, however. The area was a mixture of forest and farmland (some with sheep, some with new crops) with the sun blazing down. Once again, the mapping was a bit idiosyncratic but it was a good area for a relay if not too technical. The southern part of the area (gained by going through a tunnel shown as a bridge on the map) was super, though a gully/earthbank looking like an index contour caught out some. AJAX (Colm Rothery, Brendan O'Brien and John Feehan who placed 1, 2, 3 yesterday) won the men's race from NWOC; LVO (Violet Cordner, Heather Ervine and Ann Savage) won the women's after the Cork O team were disqualified when Irish Champion Toni O'Donovan apparently failed to register at a simple control on a path end.

I don't think it's any exaggeration to say that the

results are still a bit confused so I can't publish the other class winners. - maybe in the next issue. Noel Donagh, the mastermind behind the results processing, was quick to blame himself for the mess: evidently the start times were entered in the wrong format and one of the SI card clearing units at the start wasn't working. I feel that the cards should have been cleared by the organisers before handing them out, or at least there should have been a check on every one as at the JK the week before. Anyway, we live and learn.

One of the most dramatic recoveries of the day was Liam O'Brien who took an early morning swim in the Grand Canal (complete with clothes, sleeping bag and all his worldly goods) but went on to win the Open 40+ relay with CorkO.

At the end of the day, I'm sure the best orienteers won and Connacht are to be congratulated for their hard work in putting on the event. Now where are next year's Championships?

JMcC

Results (Individual)

M21E

1	Colm Rothery	Ajax	96:35
2	Brendan O'Brien	Ajax	104:34
3	John Feehan	Ajax	106:39

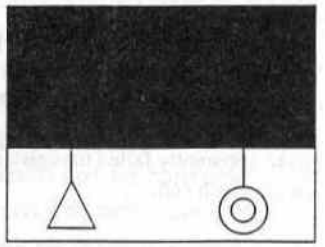
W21E

1	Toni O'Donovan	CorkO	93:04
2	Ruth Lynam	CNOC	109:12
3	Aislinn Austin	CorkO	111:47

M21L	Declan McGrellis	LVO
W21L	Nuala Higgins	Ajax
M21S	Gavan Doherty	GEN
W21S	Una May	CNOC
M35	John Walshe	WEGO
M35S	Willie Fitzgerald	BOC
W35	Julie Cleary	3ROC
M40	Justin May	3ROC
M40S	David O'Donovan	CorkO
W40	Ellen Feehan	BVOC
W40S	Nora Lee	3ROC
M45	Liam O'Brien	MCBS
M45S	Anthony McGonigle	LVO
W45	Heather Majury	LVO
W45S	Annmarie Lucey	BOC
M50	Colin Henderson	LVO
W50	Jean O'Neill	FIN
M55	Nigel Campbell-Crawford	3ROC
W55	Clare Nuttall	LeeO
M60	Paget McCormack	GEN
W60	Diana Large	GEN
M65	Andrew Bonar Law	GEN
W65	Faith White	SET
M20	Alan Barry	CorkO
W20	Caroline Dennehy	BOC
M18	David Healy	GEN
W18	Sharon Lucey	BOC
M16	Diarmuid Collins	MCBS
M16B	Christopher Bond	DLSO
W16	Zara Stevenson	NWOC
W16B	Rachael Knowles	NWOC
M14	Ted McCormack	GEN
M14B	Brendan Carbery	CNOC
W14	Megan Crowch	NWOC
M12	Eoin O'Donoghue	BOC
W12	Erinna Foley Fisher	MNav
M10	Paul McCarthy	BOC
W10	Erika Jones	FIN

NIGHT-O

Congratulations to Justin May (3ROC) who won the M40 class in the British Night Championships in March. A copy of his route is shown below (from *The Rocket*, the 3ROC newsletter).



For those of you who would like to give night-O a try, Martin Flynn informs us that there are plans afoot to restart the Dublin by Night league this autumn/winter.

Database of O-Maps and Events

It is useful for a number of reasons to keep a computerised record of orienteering maps and events. A maps file enables analyses to be made of the number, category, land area and location of orienteering maps.
Combining this information with the events file shows the frequency of use by category of map (complex terrain, introductory, close to urban areas).
These statistics could be combined with map production costs and event income receipts. If the files are kept up-to-date, they can be used to produce current fixture listings. Another essential benefit is that they archive an important aspect of the history of orienteering and of the main people involved in making maps.

The map file contains the following:
Map name, Local district, County, Sign-posting locations, Map scale, Contour interval, Survey year, Surveyors, Map club, Grid reference, Photogrammetrist, OCAD, Cartographer and Map area in square metres.

Individual records are created for each survey and resurvey. Maps at different scales from the same survey are both recorded in the same record in the 'Map scale' variable. The map name is the actual name on the map. Fixture lists often contain a variant of the proper map name sometimes using the local district name. Old maps were sometimes produced using imperial scales e.g. 6" mile. The latter is input as 1:10560. The individual surveyors names are recorded if possible - up to three names, otherwise 'Various' is recorded. A variant of this is to record initials of the persons involved ? this has sometimes been done. The version of OCAD is recorded if known. The map area is useful because the IOF ask for it in their annual survey of new maps and it is the only measurement unit across maps that can be added to produce comparable statistical information. It can be difficult to measure and I haven't tried to yet. Any volunteers to help out would be most welcome. One hectare is 100m x 100m = 10,000 square metres. Accuracy to one-tenth of a hectare would be more than sufficient.

The events file contains the following information:
Map name, Event date, Event type, Event format, First start time, Last start time, Public contact point, Category of event and Organising club.

An example value for the event type is 'Leinster league'. An example for event format is 'Score'. The category of event is used to code whether the event is a top championship or an introductory event etc. Events that were not held as planned (cancelled, postponed etc.) are included in the file with the format variable used to record this ? this can then be used to exclude these events from the statistics. Example analyses include number of events by club, by year and month and by category. Listings of major events, such as Irish Championships, can be easily produced.

Problems

The information required for the map file is often not on the orienteering map;
Map names can change over time;
Some maps have very long names;
Events are sometimes not found in fixture lists so they can easily be overlooked;
Fixture lists do not indicate which version of a map is used so around resurvey years this information is approximate rather than exact (see computer formats).

Computer formats

The two files can be managed as Excel or comma delimited files. Merging them is done through the Map name so the spelling must be exactly the same in both files. As the survey map year is not recorded in the events file, the matching is approximate even if the program does some control merging based on the survey map and event dates.
Interested?

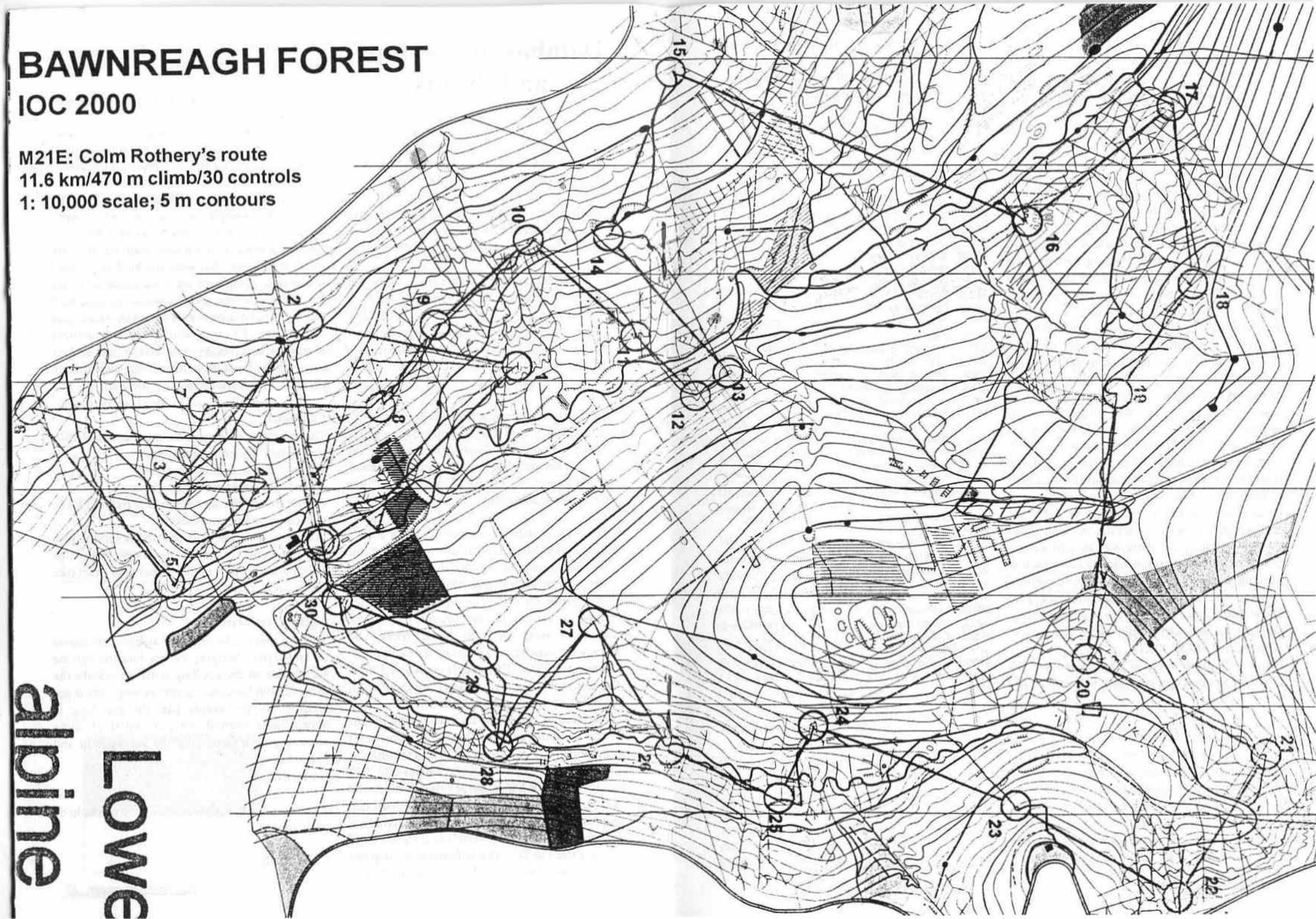
Contact me at bradyg@cso.ie if you can help or have queries.

Gerry Brady

BAWNREAGH FOREST

IOC 2000

M21E: Colm Rothery's route
11.6 km/470 m climb/30 controls
1: 10,000 scale; 5 m contours



leinster championships

A GRAND DAY OUT

The Leinster Championships provided another opportunity to visit to one of Ireland's most challenging and most rewarding orienteering areas - Carlingford. Clear, bright weather meant good visibility and perfect running conditions on the Foxes Rock area to the north west of the main mountain. Nigel Campbell-Crawford's courses were testing and used the area well.

Steven Linton and Toni O'Donovan were clear winners in the Elite classes. But with only five W21E's and nine M21E's running it makes one wonder what people need to get them to run: a Mercedes each to the winners, perhaps?

The day was not completely without incident, however: different versions of the control descriptions had different codes on two adjacent controls near the finish, so an official was sent to reassure the few confused competitors that they were right. Full marks to the planner, however, as he did have the grace to own up in the event report published with the results. As in the Irish Championships case, there was an information deficit before the event: while it's nice to know the course lengths beforehand, it's more useful if you know which course you are on. Equally, to know which scale map you are to run on before you get to the start would be a nice touch. (Criticism of 3ROC, OK?)

Incidentally, how many of you noticed that the map was a photocopy, complete with course and control descriptions? It worked very well, though a problem with photocopied maps is that the ink can flake off the paper with repeated folding so a good, strong, sealed bag is essential.

Leinster Championships, 9th April 2000

M10	Conor Short	CNOC
M12A	Ruairi Short	CNOC
M12B	Gavin Carney	CNOC
M14A	Ted McCormack	GEN
M16A	Ben Fulton	NWOC
M18A	Stewart Caithness	NWOC
M18B	Shane Enright	
M20L	Niall Bourke	UCCO
M21L	Conor Barry	UCCO
M21S	Gavan Doherty	GEN
M21E	Steven Linton	NWOC
M35L	Dave Weston	SET
M35S	Tim Field	LOC
M40L	Douglas Corrie	FIN
M40S	John Rowe	FIN
M45L	Brian Bell	GEN
M45S	Anthony McGonigle	NWOC
M50L	Colin Henderson	LVO
M55L	Alan Gartside	LVO
M60L	Paget McCormack	GEN
M65	Andrew Bonar Lay	GEN
M70	Sean Rothery	3ROC
W10	Erika Jones	FIN
W12A	Erinna Foley-Fisher	MNAV
W14A	Deirdre Carbery	CNOC
W16A	Niamh O'Boyle	CNOC
W16B	Rachel Knowles	NWOC
W18A	Colette Geary	BVOC
W18B	Judith Stevenson	NWOC
W20L	Susan Bell	UCDO
W20S	Clare Fitzpatrick	UCDO
W21L	Violet Cordner	LVO
W21S	Fiona O'Brien	AJAX
W21E	Toni O'Donovan	CorkO
W45L	Heather Majury	LVO
W45S	Nora Lalor	GEN
W50L	Teresa Finlay	FermO
W50S	Frances O'Neill	SET
W55	Clare Nuttall	LeeO
W60	Diana Large	GEN
W65	Faith White	SET

Oh, Oh, Orienteering

It's been a long hard winter in my chest. Lurgy and scurvy riddle my breathing sponges. A hack here and a hawk there, it's Dickens all over again, Great Expectorations. It's enough to give you the Pip. And as I crawled out of terminal hypochondria and inactivity, I arrived slap bang into the season of giving and getting. Yes, the ho-ho-hoes were in full swing with their attendant attractions of wine, sweets, and song. Normally, I'd include women but there's a strike at the Viagra factory in Cork.

We call candy sweets here and, by God, my house was awash with them. My wife is a good cook, so laden tables and never empty stomachs led me inexorably through Yule and into a brave new millennium. Well last night, the final Irish Rose chocolate made its fattening way down my gullet and the firm resolution born on the Eve of the New Year stiffened itself, wagged a reproving finger, and said sharply "Get out dere and run, you fat git!"

Well, I had tried before this year, New Year's day saw me fatly on top of the Sugarloaf, but the ague clutched me to its bosom again and running was the last thing on my mind. So, now a hesitant non-sylphlike creature stepped onto the scales for the first time in a month and stared down disbelievingly past a well fed mound that used to put Schwarzenegger's in the shade. 17 stone! No Lord, tell me it's not true! G'wan, g'wan tell me, I'll believe in you again and start going to Mass and Confession. An
answering silence from the heavens ..

Checking the diary told me that there was an orienteering event on at Trooperstown Wood near Glendalough down the road in Co. Wicklow the following morning. Yes, I had to do that. I had been doing some O events earlier in the winter and had to hit the woods again. After sleeping the untroubled sleep of a resolved new beginner, I woke up to a perfect day. I hunted around for my gear and hit the 12 mile road to Glendalough from Bray.

Now in case there's a few of you out there who don't know what orienteering
is. "Wha's da? Orienteering? Is it climbin' in the Orient? Has it sometin' to do with Anna and the King of Siam? Do you have to sing durin' it? Ah, g'wan tell us?" It involves charging around a course in the woods, mountains, and suchlike. You're given a blank map and told "Go !" With the map in hand you run a few metres to another map which has your course marked on it, copy it down, and head off to cover the route. The fastest one back is the winner.

Sounds simple? Well it isn't. Here's my story today. Ignoring the A, B, and C courses - too tough, I started in the D class having dismissed the others as beneath my talent. The course was 4.8 kilometres with 250 metres of climb and descent. I had to go to ten control points marked on the course map. At each control, a miniature red and white truncated windsock hung on a stick with a label on it. On the label, there was marked in bold lettering the control code. My first one was 142.

Turning the map in the right direction, I worked out where I had to head to get there. Starting off briskly, I headed along the muddy forest track, all the while being passed by other runners who were on other courses. In Orienteering, you always have a minute gap between start times for runners doing the same course. The track took a dip. Dredging my body memory for any former fleetness, I put a spurt in and caught two before slowing to a wheezing walk as the incline steepened.

A few steps up the incline and there it was, my first. Number 142 come in, your time is up! I jogged over to it and punched my control card. Each control has a different shaped punch with vicious teeth which you stamp through a card given to you at the start, so the almighty ones who organise can tell that you haven't cheated. Checking to see that the card was nicely perforated, I headed off to the next one. Number

150, where were you?

Now I'm not a bad navigator, I can generally find my way around easily enough. However, in my vanity, I had decided not to wear my glasses. A bright day, ah sure, I'll be able to see easily enough. My eyesight used to be great. I could see a fly on a sailor's trousers on the horizon. I mean the insect type, of course! Now while my long vision is still as good as ever, reading is now a problem. Having conceded that my arms weren't long enough, I bought my first pair of glasses some time ago for night time reading.

But orienteering is a different kettle of fish. It requires a combination of pinpoint accuracy in map reading and athletic ability. Reading a map while jumping a stream isn't so bad when you're fit and have good eyesight, when you're fat, well... I'm now fat and previous experience of the glasses hopping all over my face makes me try to do without them whenever I can. I don't need them for running, just the map reading. So the bright day and vanity won out.

Going to the second control, I paid for the vanity. The going was slightly uphill and misjudging the ground covered - I thought I'd gone further - I glanced at the fuzzy map and took the wrong track. I continued upwards for five minutes until I realised that the ground and the map were now wildly different. The penny dropped. Cursing - I'm still good at that - I retraced my steps and corrected myself.

I took the next - correct - turning and made it to Two easily enough. Three, Four, Five, and Six followed without too much difficulty. However from Six to Seven, there was a long uphill haul along a wide forest road that in my prime, I'd have romped up. I started to romp, but I'm not in my prime. My back screamed. Now I can still run downhill flat out, but uphill running screws my back. I just can't hack it anymore. A bike accident, a long story in which I learned to fly involuntarily. A story that I'll spare you.

The screams from my back attracted the attentions of the local back demons who attacked it in sympathy. "We'll slow this guy up" they said as a particularly venomous one slid a hot thick needle between my discs. Waggling it up, down, and around, he called for all his pals to come and join in. They decided to have a limbo dancing session under the needle, but weren't very good. Their heads kept hitting it as they went under it, and each time they hit, my back went into spasm. I visualised one of them , Olivier-like, saying "Is it safe? Is it safe?" as I staggered up the never ending hill.

Eventually, I hobbled to the top and cutting across to Seven, I punched and the remaining controls were all downhill. The back demons overheard me congratulating myself and left in disgust. I was free. I gradually picked up speed and blazed down hopping over logs, holes, and assorted wild life. Eight, Nine and Ten sped up to me and I punched through to the finish back beside the Avonmore river where I started from. The usual chat followed "Ah, you're back, Douglas. Trying to kill the weight?" Yes, and it's working. A run, no drink, and no sweets, guess what? 16st 7lbs tonight.

Douglas Barry.

Rising star Aislinn Austin (CorkO) on the run-in at the JK in Scotland (N. Dobbs)

Antipodean Adventure, part 2

Colm Rothery continues his epic journey in search of gold ...

The fun was over, now it was time to get serious. Series 2 of the World cup events was to be held in Canberra, capital of Australia.

There are many types of terrain in Oz, but there are two that are fairly unique to this part of the world: gully/spur and big granite. Gully/spur as its name suggests is made up of interlocking broad spurs with various depth re-entrants between. This type of terrain is almost always eucalypt forest with very little on the ground to slow progress, so it is usually very fast indeed.4.5 - 5 min per km for the top people. The big granite terrain is again eucalypt forest but this time the runnability can be very varied. But the BIG difference is the boulders. The word "boulders" does not quite get across the difference between the Irish version and the Oz type. Let me explain. Any boulder less than 2 metres high (!!) is not marked on the map, as it would confuse things too much Some of the "boulders" are 20 to 30 metres high, the size of small hotels, and are very common.indeed. You might think that with things that big it must be easy to navigate, but there are thousands of boulders on the maps of various gigantic sizes, and fallen trees and spiny bushes everywhere.

Marcus & Bill appear

My training was not going to plan. I had not 'clicked' into the mapping and the terrain, and was carrying an annoying injury which I picked up hurdle training. By now Marcus Pinker had arrived and was improving his fitness in leaps and bounds. Bill Edwards was coming over via New Zealand but had let us know he was carring an injury that was serious and was preventing him training.

So I went into the first World Cup Short Distance race not confident of my navigating and not fully fit.

Day 1, Honysuckle Creek, Short distance race in medium granite terrain.

It had been announced a couple of days earlier that an anonymous person had donated 100 dollars to the man and woman with the fastest run-in split (last control to the finish). This was not good - the last thing I wanted was to be thinking about the run in while I'm in a complex area during a World Cup race!! So I tried to put it to the back of my mind. But the" run in" was right up my street, 220 metres on a path!!

We had to nominate a person for the early, middle and late start time blocks. Marcus being the short distance specialist got to go last , so I would go in the last block for the long distance. Bill would therefore go in the middle in both races.

So I got third start position, with only an inexperienced Kiwi and a Brit in front 2 mins apart. The first control was a very short leg and by the time I had orientated my map and found where I was I had passed the control (as many others were to do) then thrashed around for another minute or so before finding no.1. Not too bad, you might think, but the leg was done in about 35 seconds by someone, and I was over 2 minutes so I took four times as long, a very bad error!! I then settled down but knew I had made a serious error, another route error on no. 6 dropped another 2 minutes Shortly after I caught the kiwi I was immediately caught by an Auzzie who started behind me and a real race got going. We then caught the Brit and got away from him as well as the kiwi. I started navigating well under pressure and suddenly found myself running to the last control, and the' run in'. I punched the last control in the lead and I was the first person to do the run in in the World cup race. Many people knew me from Australia and as I was the first back the cheers and roars from the commentary team were very encouraging. Uphill to start then a flat even surface, so I let rip and suprised even myself with my speed!! I finished in a time of about 37 mins , and my run in was 35

seconds: as usual I could have been about 5-6 mins faster, but that's normal for me! I had a long wait to find out how I had done in the world cup and the "Honeysuckle Hundred" as it came to be known.

Bill was next of the Irish and finished in a similar time to me only to find out that he had skipped a leg, and was disqualifed. This is not the first time this has happened to Bill at a major event. So it was down to Marcus to get an Irish boy into the top 20 , as was very possible, but Marcus also got Bill's syndrome and skipped a leg then took a long time to figure out why nothing fitted and had no chance of coming back from a 10 minute error, finishing 55th.

By now most of the top people had come in and my 35 seconds was looking good,the only person who looked really fast was Thomas Jensen from Denmark who, by the way, was caught on video jogging slowly to the last control then unleashing a mighty effort to do 37 seconds (you can check the splits ,I tried hard on all the lead up legs) so my time was not to be beaten and I'm once again "The Run-in King"(and a hundred dollars richer).

Jamie Stephenson from Scotland won in 28 mins!!

Day 2

The second event was a two day event with a chasing start on the second day, fastest to go first. Day one was gully/spur with a difference: the visibility was very low and caught lots of people out. It was also quite long, which was reflected in the times. I was caught early on by a couple of fast guys then my contact lens was flipped out by a branch and I amazingly found it, cleaned it and put it back in after a few attempts, but my lift was gone so I ploughed on and went quite well, then was passed by the two guys who had caught me earlier!! We then caught two others and a train was formed until we all made a mistake and I made the wrong choice and went to my right instead of left ,4 minutes later got the control but was also getting very tired, and finished 46th. I wasn't looking forward to a much longer and technically harder day tomorrow. Marcus had a relapse and missed a short leg, then ran almost a kilometre uphill before realising and dropped about 10 minutes again!!! So he finished in the fifties (sorry I've no detailed results- the junior coach is looking at them) Bill was unable to run due to injury.

Day two of World cup two was on " Big Badja" a Big Granite area with fast runability in most parts. As leader from day one Denmark's Allan Mogensen (1993 World Champ) was away first followed closely by Timo Karppinen ,and then a bunch of other Scandinavians. I started about 16 minutes down and felt tired straight away. There were three loops to do of about 4.5 km each. I made one bad error on the first loop but navigated O.K. on this very complex area. The second loop did not go as well and I was suffering from fatigue, so making mistakes worse. Somwhere on the second loop Marcus who had started 8 minutes behind me had caught and passed me without my seeing him. I know this 'cause I caught him on the start of the third loop and, in trying to get away from him, made a huge error and dropped too far back to catch him. I did, however, have a good battle with the leading Kiwi right up to the run-in: you can all guess the result there! . So Marcus ended in 48th and I was 49th - who would have predicted that I would beat Marcus in the Short and he would have beaten me in the Long? Tore Sandvik from Norway won the Men's race followed by Holger Hott Johanson from Norway, who by the way is getting married this September to Sandy Smith from Canada, and they will live in Norway. Look out for Sandy at the next World Champs!!

All in all this was an excellent set of World Cups, on superb terrain, very good mapping and a friendly atmosphere with all the teams staying at the Australian Institute of Sport , a brilliant facility. Marcus and I got two top 60 finishes and some World Cup points.I would highly recommend other squad members to do a similar long stay trip with a couple of big competitions in mind. A week or two of pre-competition training is not enough.

Some people might be interested to hear that my brother Eoin is still running and won one of the 3 day "O" events and finished a very close 3rd in the M40, and I can tell you the Vets are very good in their own terrain!

BREAK FOR THE BORDER

In recent times there has been discussion and debate on how to increase the popularity of orienteering, both north and south of the border, as well as broadening participation for the present membership. The following outlines may suggest a possible way forward to promote the sport.

Some years ago there was a trend for two-day competitive events, which generally were held in both Northern Ireland and the Republic. I would suggest that a renewal of this type of event would bear fruit and inspire both beginners and the experienced to take part on a regular basis.

Let us examine the possible locations for cross-border activity in the orienteering field. In the eastern sector of Ulster/Leinster we have up to date maps of Slieve Martin, Carlingford, Foxes Rock, Rockmarshall, Ravensdale, Slieve Croob, Slieve Gullion and possibly Tollymore / Castlewellan. These locations have the benefit of being no more than 20 or 25 miles apart, thus offering potential competitors the opportunity of participating over a weekend with minimal expense of an overnight stay.

The choice of locations in the western Ulster/Connaught region is more limited, but still gives a good range with Florencecourt, Burren, Manorhamilton, Finner, Doohatty Glebe, with possibly Castle Archdale and Necarne. I believe there is also an orienteering map of Lough Key Forest Park. Once again all of these centres are within a radius of 20 - 25 miles.

Incidentally, perhaps the local clubs could consider the mapping of Lough Navar in this area, which could be within the FermO region. I would suggest that Knader forest in the Ballyshannon/Beleek area could be mapped by the Connaught Regional Council, perhaps with the assistance of FermO.

Finally, I have a vague memory of competing in the Cootehill area, near Bellamont. I do not know if this is still viable as an orienteering location, but perhaps with the added initiative of a mapping exercise from the embryonic SUMO club, a two-day event or so could be organised in the Armagh/Monaghan/Cavan area.

On the above basis, by pairing events over a weekend in each jurisdiction, five or six two-day events could be organised during each competitive season, with options easily available over several years. I would suggest that this cycle of events could be run as an ongoing competition in itself, with perhaps the best 4 or 5 results to count in assessing the winners, depending on the number of events organised. I would further suggest that the event standard be less than championship level, to encourage others than the elite to compete, while still maintaining a competitive basis.

Not everyone would be willing or able to participate at a high level for two successive days, so I consider that the enjoyment/fun quotient should be paramount.

What are the advantages?

(a) A further level of competition between normal club colour events and provincial championships;

(b) A structured series of events spread over the season, enabling competitors to maintain competitive sharpness and remain "match fit";

(c) An opportunity for the more occasional participant, who does not see himself taking part in the more important championships, to compete at a higher level;

(d) An introduction for younger members to more competitive activity outside club structures;

(e) The possibility of a more focused inter-club competitiveness could also be considered in this context;

(f) The outlying areas of orienteering, i.e. Connaught/Munster might be encouraged by limiting travel to the border areas, and more Dublin club members would find themselves able to compete;

(g) An overall increase in inter-regional activity, in the hope that standards of the international teams would improve, coupled with increased intercourse between North and South, as proposed in the Good Friday Agreement!

David Hogg,
North West OC.

Leinster News

Below are the results of how Leinster clubs voted for their preferred League format for the next two seasons. All clubs voted. The winning format was option 1 'Status Quo' (mixed colour/ alternate format events) taking five 1st preference votes (of eight). Thanks to everyone who contributed.

The Leinster Council has agreed that in the next season there will be 15 events - eight standard colour races and seven alternative foot-O styles. Alternative foot styles to be: Long-O (see comment below), Sprint, Night, Score-combo, Mass-start Butterfly, Park (Olympic format?) and Street.

The Long-O will (hopefully) offer one common backup (short) course for any BLACK, BROWN, BLUE class runners who opts not to run one of the long courses on the day. This should prevent an influx of runners on the GREEN course - with a consequent screwing-up of the points system. Points won for completing the short course will be less than for completing a long course, though.

An effort will be made to rotate the alternative format events to different maps next season.

There are three other issues to be decided by ballot of the Leinster clubs in relation to the LL in the next two seasons:

- Should there be prize-money for the best three males on the BLACK course (or equivalent) and the best three females on BLUE course? (Prizes to be training grants in the order of £100, £50, £25 as given at present).
- Which of the following points scoring system shall be used?

Option 1: World Cup method (status quo) i.e. 50pts, 46pts, 43pts, 40pts, etc.

Option 2: Points based on time. (previous method) i.e. 1000 points for winner and others as time percentage.

Option 3: X-country style. 1, 2, 3, 4, ... The person with fewest points wins at end of season.

(See Orienteering egroup for a discussion on this hot topic last autumn.)

Should OPCs get free points? (Organisers, Planners, Controllers).

The LOC agreed that there would not be a vote on the BLACK course until next year in order to give it a fair run before people decide its fate.

Well done to everyone who contributed to the success of the league this season - there have been no wrongly placed controls, no incorrect codes, no cancelled courses. And a special word of thanks to Martin Flynn for all the background work he's being putting in.

League Options:

A. Status Quo. Colour Coded League consisting of a mix of standard events and alternative foot events.

B. Previous format - Colour Coded League of standard events only.

C. Two leagues running simultaneously - one a colour coded league of standard events, the other a league of alternative foot events.

D. 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.

Option	SET	CNOC	DUO	UCDO	AJAX	FIN	3ROC	GEN	Total
A	1	1	2	1	1	1	2	3	12
B	2	2	3	3	2	2	1	2	17
C	4	4	1	2	4	3	3	1	22
D	3	3	4	4	3	4	4	4	29

Individual's comments:

1. Rotate the maps used for the alternate events.
2. Park event may not be worth attending if you have a long way to travel.
3. In Long-O people run out of their normal colour classes which interferes with points.
4. The GEN interclub competition is awkward to include in league points system.

Irish Mountain Running RaceS

04/06/00	Carrauntoohil IC1 13.7km 1126 m 12.00 hrs Breanlee, Lough Acoose, Co. Kerry.
07/06/00	Blue Light LL6 5.5 326 7.30 Blue Light Pub, nr Sandyford, Co. Dublin
11/06/00	European Trophy Trial IC2/LC210.0 65012.00 Crone , Glencree, Co. Wicklow
14/06/00	Scalp LL7 6.4 244 7.30 Dublin Sport Hotel, Kilternan, Co. Dublin.
18/06/00	Ballyhouras MC4 10.0 427 2.30 Green Wood Car Park, Ardpatrick, Kilmallock, Co. Limerick.
21/06/00	Howth LL8 8.5 360 7.30 GAA Club, Dungriffin Rd., Howth, Co. Dublin
25/06/00	Flagstaff 17.6 925 12.00 Flagstaff Car Park, off Newry/ Dundalk rd., Co. Down
28/06/00	Brockagh LL9 8.0 400 8.15 Laragh, Co. Wicklow.
02/07/00	European Trophy Miedzygorze, Sudety Mountains, Poland.
05/07/00	Maulin LL10 8.0 457 7.30 Crone, Glencree, Co. Wicklow
09/07/00	Aughavannah AIC/IC3/LC3 22.6 1095 12.00 Co. Wicklow.
12/07/00	Sorrel Hill LL11 10.0 412 7.30 Lacken to Blessington Rd, Co. Wicklow
16/07/00	Slievenamon MC5 8.0 591 2.30 Kehoes pub, Kilcash, Co. Tipperary
19/07/00	Glasnamullan LL12 12.0 430 7.30, nrDjouce Woods, Co. Wicklow
22/07/00	Croagh Patrick IC4/CC1 7.7 762 2.30 Murrisk, nr Westport, Co. Mayo.
23/07/00	Nephin CC2 8.0 610 12.00 Nth Plantation nrCastlehill, Crossmolina, Co. Mayo.
26/07/00	Sugarloaf (bbq) LL13 5.6 427 7.30 Glencormac Inn, Kilmacanogue, Co. Wicklow
29/07/00	Slieve Donard BC 10.5 853 2.00 Newcastle, Co. Down.
02/08/00	Knockree 4.4 225 7.30 Crone, Glencree, Co. Wicklow
06/08/00	Irish Trail Running Champs ITRC 10.0 201 2.30 , Djouce Woods, Co. Wicklow
13/08/00	Glounageenty MC6 12.0 551 2.00 Earl of Desmond Monument, Clogher, Ballymacelligott, Co. Kerry
20/08/00	World Trophy Trial IC5/U 11.0 820 12.00 Caravansary Bar, Glen of Aherlow, Co. Tipperary.
03/09/00	Camaderry LC4 8.0 430 12.00, Glendalough, Co. Wicklow.
10/09/00	World Trophy Bergen, nr Berchtesgaden, Bavaria, Germany.
24/09/00	British & Irish Junior Trial 6.0440 11.00 Ticknock, Sandyford, Co. Dublin.
08/10/00	British & Irish Junior Champs 11.00 Sedburgh, Yorkshire, England
11/11/00	Powerscourt Ridge 13.7 960 12.00 Crone, Glencree, Co. Wicklow
27/12/00	Christmas Flash 2.4 191 12.00 Strand Hotel, Bray, Co. Wicklow

Distances in km, climb in metres. More details on the Imra website www.iol.ie/~imra/ or from Douglas Barry 01-2868180 (H) or Nina Phillips 01-8030827 (W)

RESULTS of CNOC Leinster League NIGHT EVENT at the CURRAGH on Sat 4th March Planner Billy O'Neill.

BLACK 6.8 km

1	Justin May	M40	3ROC	41.40
2	Mark Prendergast	M21	CNOC	53.34
3	Brendan O'Brien	M21	AJAX	55.05
4	Aonghus O'Cleirigh	M40	AJAX	57.30
5	Patrick Casey	M21	GEN	61.34
6	John Casey	M21	AJAX	62.51
7	Andrew Quin	M21	DUO	63.11
8	Paul Smyth	M21	AJAX	63.13

BROWN 6.8 km

1	Denis Reidy	M45	AJAX	49.29
2	Senan O'Boyle	M40	CNOC	52.08
3	Martin Flynn	M21	AJAX	53.47
4	J McCullough	M45	3ROC	57.58
5	Brian Bell	M45	GEN	58.27
6	Philip Brennan	M21	SET	60.52
7	Gareth Evans	M21	CNOC	68.47
8	Damien Cashin	M40	AJAX	69.30
9	Michael O'Keeffe	M35	FIN	70.20

BLUE 5.2 km

1	Shane Lynch	M21	3ROC	39.03
2	Una May	W21	3ROC	45.39
3	Val Jones	M40	FIN	54.03
4	Peter Gargan	M45	AJAX	54.07
5	Tony Joyce	M21	AJAX	54.29
6	Mick Mangan	M40	SET	55.51
7	Don Short	M40	CNOC	56.11
8	Neil Dobbs	M20	DUO	57.46
9	David Brennan	M40	3ROC	58.12
10	Nigel C Crawford	M55	3ROC	61.41
11	S OhEafa	M35	AJAX	62.09
12	Tom Condon	M45	CNOC	69.46
13	Paddy O'Brien	M50	AJAX	71.16
14	Fachtna Healy	M21	SET	72.58
15	Deirdre O'Neill	W21	FIN	102.50
16	Anthony Lawlor	M35	CNOC	105.56
	1 DNF			

GREEN 3.6 km

1	David Healy	M18	GEN	40.40
2	Donal Wickham	M35	AJAX	43.00
3	Declan Carbery	M45	CNOC	44.40
4	Niamh O'Boyle	W16	CNOC	46.00
5	John Francis	M40	DFO	47.10
6	Denise Healy	W18	CNOC	49.54
7	Tom Burke	M45	FIN	54.24
8	F O'Brien	W21	AJAX	57.16
9	Brian Power	M50	SET	63.34
10	Harold White	M55	3ROC	66.11
11	Aine UiShuilleabhain	W50	3ROC	72.55
12	Mick Kellett	M60	GEN	87.03
13	Claire Walsh	W55	3ROC	92.24
14	Eddie Hogan	M65		100.19
	1 DNF			

LIGHT GREEN 3.6 km

1	A Green	M35		65.03
2	Robert Flanagan	M45	FIN	73.03
3	John Colclough		CNOC	85.20
4	Iain Barker			91.17
5	Joy Colbert			92.15
6	Moya McNamara			92.15
7	G Ryan		3ROC	95.46
8	C Morrison	W21	AJAX	98.49
9	F O'Neill	W50	SET	101.38
10	B O'Neill	M50	SET	101.38
11	Deirdre Ryan	W21	WEGO	104.10
12	J & D Rigney		CNOC	121.15
13	Vera Murtagh	W60	3ROC	123.26
14	M Gavin			147.00
	1 DNF			

Thank-you to McDonagh's Pitch and Putt Club for the use of their club house.

Results of Setanta Orienteers' Leinster League event at Ballinascorney, Co. Dublin, 26th March 2000.

Yellow Course (2.6 Km, 140 m)*

1	C. Boud	M12	DLSO	33.30
2	C. O'hEofa	M12	AJAX	33.41
3	R. Short	M10	CNOC	34.37
4	G. Carney	M12	CNOC	37.18
5	J. Young		DLSO	38.04
6	C. Burke	W12	FIN	38.37
7	F. Burke	M10	FIN	40.34
8	T. Duffy		FIN	41.53
9	A. Gott		FIN	41.57
10	A. Gillen		SET	43.32
11	E. Hogan	M65		50.59
12	J. Culbert			51.00
13	M. McNamara			51.06
14	O'Shea			82.24
15	O'Shea			84.15
16	A. O'Keefe		FIN	88.09
17	R. Carney	M5	CNOC	92.05
18	E. NiEafa	W4	AJAX	114.22
	M. Ellis			DNF
	C. Short			DNF

Orange Course (3.2 Km, 140 m)*

1	C. O'Sullivan		GEN	42.40
2	O'Reilly			47.27
3	T. Devlin	M45	GEN	49.05
4	C. Bent	M14	SET	56.03
5	S. Devlin	M16	GEN	62.53
6	R. Kiernan	W40	GEN	74.08
7	D. Kennedy			75.29
8	T. Butler	W50	3ROC	80.35
9	D. Manning			110.54
	C. Byrne			DNF
	P. McCormack	M12	GEN	DNF

Light Green (3.4 Km, 140 m)

1	S. Rothery	M70	3ROC	65.37
2	D. Nagle	W50	3ROC	69.33
3	G. Green	M16	3ROC	72.30
4	R. Flanagan	M45	FIN	77.00
5	M. Walsh	W50	3ROC	78.56
6	D. Large	W60	GEN	81.17
7	T. Morgan			96.54
8	A. McCormack	W50	GEN	96.57
9	J. Alvey	M40	SET	107.37
10	A. Bogmolet	M35	FIN	113.13
	T. McCormack			DNP (11)
	S. Conway			MP (9)
	Leen			DNP (9)
	E. Casey			DNF
	Orla and Yvonne	W16	AJAX	DNF
	N. Marchant	M17	WO	DNF
	V. Murtagh	W60	3ROC	DNF
	C. Bent	W50	SET	DNP (8)
	M. O'Connell	W35	3ROC	DNF
	Sean			DNF

Green (4.2 Km, 200 m)*

1	P. McCormack	M55	GEN	55.56
2	E. O'Suilleabhan	M50	3ROC	64.18
3	J. deLacey	M45	AJAX	66.02
4	J. Rowe	M40	FIN	66.36
5	M. Nowlaan	W50	3ROC	67.37
6	D. O'Murchu	M50	CNOC	68.53
7	B. McGrath	M50	3ROC	70.52
8	J. Francis	M40	DUO	74.36
9	S. McCormack	W21	GEN	75.47
10	J. O'Brien	M55	AJAX	76.47
11	A. NiSuilleabhan	W50	3ROC	81.25
12	M. Butler	M55	3Roc	83.16
13	D. Corrie	M40	FIN	83.50
14	F. Arnold		GEN	95.53
15	ABL	M65	GEN	95.53
16	R. Rigney	M40	CNOC	115.53
	N. Hutchinson	W21	3ROC	124.05
	J. Fitzsimons			DNP (8)
	S. Murray			DNF

Blue Course (6.3 Km, 300 m)*

1	P. Nolan	M21	GEN	70.25
2	W. Young	M45	CNOC	73.29
3	M. Mangan	M40	SET	73.33
4	P. O'Brrien	M50	AJAX	79.28
5	D. Brennan	M40	3ROC	85.25
6	S. O'heapa	M35	AJAX	86.44
7	B. Lawlor	W21	CNOC	90.46
8	N. Dobbs	M20	DUO	95.01
9	M. Beary	M40	CNOC	97.07
10	P. Lalor	M55	CNOC	104.41
11	A. Lawlor	M35	CNOC	112.15
12	D. Quinn	M45	GEN	136.50
	E. Dunne	M21	3ROC	DNF
	P. Dunne	M40	WEGO	DNF
	D. Short	M40	CNOC	DNF
	G. Power	W45	3ROC	DNF
	D. O'Neill	W21	FIN	DNF

Brown Course (8.5 Km, 350 m)*

1	J. McCullough	M45	3ROC	90.57
2	B. Bell	M45	GEN	96.08
3	G. Evans	M21	CNOC	113.04
4	M. O'Keeffe	M35	FIN	114.11
5	J. Flanagan	W21	AJAX	114.53
6	J. Hoare	M21	AJAX	132.15

Black Course (9.9 Km, 380 m)

1	A. O'Cleirigh	M40	AJAX	93.06
2	M. Walters	M35		97.11
3	P. Mork	M21	3ROC	101.46
4	H. McLinden	M21	3ROC	106.53
5	A. Quinn	M21	DUO	108.57
6	Prendergast	M21	CNOC	117.00

Planner: F. Healy
Controller: B. Power
Organiser: F. O'Neill

(Weather: cold, windy, heavy wintry showers, snow and sleet higher up - Ed.)

Results of Leinster League Event - Ballinastoe, April 16th, 2000.

Planner: Alan Ayling
Controller: Brian Jones
Organiser: Patrick Casey

Black Course:

1	Brendan O'Brien	M21	AJAX	85.36
2	Aonghus O'Cléirigh	-	AJAX	86.49
3	M Walters	M35	-	93.42
4	Shane Lynch	M21	DUO	94.07

Brown Course:

1	M Flynn	M21	AJAX	78.08
2	Denis Reidy	M45	AJAX	78.23
3	Dave Weston	M35	SET	79.04
4	P Brennan	M21	SET	87.08
5	L Quinn	M40	SET	93.24
6	M O'Keeffe	-	-	104.16
7	C Blau	M21	UCDO	110.45
8	F Buckley	M21	DUO	121.48

Blue Course:

1	Paul Nolan	M21	GEN	57.11
2	Neil Dobbs	M20	DUO	65.37
3	Mick Mangan	M40	SET	66.30
4	D Cashin	M40	AJAX	67.49
5	A O'Mullane	M21	GEN	73.51
6	Fachtna Healy	M21	SET	81.04
7	Una May	W21	3ROC	81.27
8	T Joyce	M21	AJAX	83.39
9	David Brennan	M40	3ROC	85.30
10	P Gargan	M45	AJAX	86.29
11	S OhEafa	M35	AJAX	86.40
12	Don Short	M40	CNOC	87.50
13	T Condon	M45	3ROC	88.22
14	Prendergast	M21	CNOC	88.37
15	B Lawlor W21	CNOC/DFO		92.40
16	Paddy O'Brien	M50	AJAX	93.21
17	Anthony Lawlor	M35	CNOC	94.21
18	R Lynam	W40	CNOC	94.41
19	Gordon Elliott	M21	3ROC	99.46
20	S Bell	W20	UCDO	102.18
21	Michael Beary	M40	CNOC	103.18
22	Joe Lalor	M45	GEN	107.54
	Nigel C Crawford	M55	3ROC	DNF
	Ger Power	W45	3ROC	MP13

	B O'Neill	M50	CNOC	MP13
	Ailbhe Creedon	-	-	DNF
	Tim Field	M35	LOC	DNF

Green Course:

1	Seppo van Klemick	-	Finland	58.02
2	Paget McCormack	M55	GEN	61.05
3	J de Lacy	M45	AJAX	70.42
4	B Doherty	M55	GEN	70.52
5	Niamh O'Boyle	W16	CNOC	72.52
6	B McGrath	M50	3ROC	74.35
7	Declan Carbery	M45	CNOC	78.48
8	Harold White	M55	3ROC	79.35
9	Carol Creighton	W21	AJAX	81.02
10	Aine ni Shilleabhain	W50	3ROC	81.44
11	M Hargreaves	M21	AJAX	81.56
12	Tom Burke	M45	FIN	82.19
13	L O hAlmhin	M20	UCDO	82.58
14	Michael Butler	M55	3ROC	83.48
15	A Williams	-	-	84.54
16	ABL	-	-	85.56
17	Stefan Greene	M21	AJAX	86.01
18	B Power	M50	SET	87.13
19	Mick Kellett	M60	GEN	88.03
20	Joe Bent	M60	SET	89.55
21	M Nowlan	W50	3ROC	89.59
22	Nathan Hennessy	M21	-	91.06
23	S McCormack	W21	GEN	91.08
24	Mike Long	M35	AJAX/UCDO	
95.05				
25	G Greene	M16	DLSO	98.54
26	E Jones	W21	FIN	100.17
27	E MacMeanmin	M21	UCDO	102.25
28	W McCormack	W50	GEN	104.57
29	Ricky Hogan	M21	AJAX	109.58
30	A Green	M35	-	111.15
31	Maire Walsh	W50	3ROC	115.15
32	Robert Boyle	M18	UCDO	118.31
33	C Carroll	M18	UCDO	124.20
34	Caitlin Bent	W50	SET	126.13
35	Ali Sadleir	W21	DUO	139.07
35	R Wall	-	-	139.07
37	M Serba	M18	DUO	144.17
38	Eddie Carey	M21	-	165.48
	B Bent	W21	SET	MP11
	Gavan Doherty	M21	GEN	DNF
	Lucy Archer	W21	AJAX	DNF
	Paddy Kavanagh	-	-	DNF

Light Green:

1	H Kurppa	-	Finland	33.58
2	Lamm	55	-	40.53
3	Ted McCormack	M14	GEN	44.41
4	J O'Neill	W50	FIN	45.31
5	M Kelly	-	-	46.11
6	D Nagle	W50	3ROC	46.25
7	R Flanagan	M45	FINN	48.37
8	Tony Devlin	M45	GEN	50.41
9	T Lawless	M35	St Killians	51.51
10	Noral Lalor	W45	GEN	52.07
11	Michael McLoughlin	-	AJAX	53.10
12	Mary Healy	W45	GEN	54.45
13	C Carey	W40	3ROC	54.55
14	Noel Gorman	-	Army	56.37
15	Keith McDonagh	-	Army	57.00
16	D Large	W60	GEN	58.12
17	A Joyce	W21	GEN	58.31
18	B Cryan	M40	DLSO	59.03
19	Veronica Smith	W21	AJAX	60.10
20	Bernie O'Boyle	W40	CNOC	60.25
21	Clarke J	M50	GEN	61.09
22	S Rothery	M70	3ROC	63.06
23	Joe McCaffrey	M21	AJAX	64.03
24	Pat Kavanagh	-	Army	64.37
25	J Twamley	-	-	64.44
26	Michael Kelly	-	Army	64.46
27	C Fitzpatrick	-	-	65.45
27	C Tapley	-	-	65.45
29	Shay Quinn	-	-	66.55
30	Bernie Quinn	-	-	67.05
31	C McGrath	W50	3ROC	67.55
32	Emmet Donne	-	Army	68.29
33	Ciarin Dunne	-	Army	68.30
34	Brian Hollinshead	M60	3ROC	68.38
35	McGrath P	-	Army	68.56
36	Andrew Murphy	-	DLSO	70.14
37	June O'Neill	W18	CNOC	70.50
38	NAL	-	Army	71.21
39	Fergus R	-	Army	72.57
40	Lusk V	-	Army	74.11
41	Jim Barret	M65	CNOC	74.22
42	F O'Neill	W50	SET	75.11
43	C Carroll	M65	3ROC	76.57
44	H MacInerney	W45	CNOC	78.05
45	Joss Lynam	M75	3ROC	80.35
46	B O'Neill	M55	SET	82.05
47	Dawn Williams	-	Army	88.15
47	Conor Hogan	-	Army	88.15
47	A Greene	-	-	88.15
50	Mary Weadick	-	Army	88.16
51	Santina Farinella	-	-	91.19
52	Vera Murtagh W60	UCDO/3ROC		106.47
	Eliz Quinn	W35	SET	DNF
	N Doherty	W55	GEN	DNF
	Jackie Kempton	W36	AJAX	DNF
	Pierce Hedeton	-	- lost card	

Orange Course:

1	Cathal Burke	M14	FIN	21.43
2	David Marlow	M21	AJAX	22.20
3	John Grace	M21	-	22.42
4	Stephen Devlin	M16	GEN	23.22
5	D Carbery	W14	CNOC	26.03
6	C O'Sullivan	-	GEN	27.42
7	N Quinn	M14	SET	28.09
8	Alex Kemp M25	St Thomas'		30.36
9	Teresa O'Brien	W21	-	31.43
10	Michelle Boyle W19	St Thomas'		32.05
11	Michelle Byrne	W19	-	33.00
12	Chris Bond	M16	DLSO	33.45
13	SEamus O'Boyle	M14	CNOC	35.31
14	Mary Gavin	W21	-	38.35
15	Sile Casserly	W20	DUO	39.17
15	Aine Whelan	W20	DUO	39.17
17	M Joyce	-	GEN	45.07
18	Paget McCormack	-	GEN	47.27
19	Joyce Moloney W18	St Thomas'		67.51

Yellow Course:

1	Brendan Carbery	M14	CNOC	16.31
2	Cian O'Boyle	M9	CNOC	16.42
3	Ruairi Short	M10	CNOC	16.46
4	Helena Jones	W12	FIN	17.27
5	Noel Young	-	-	18.53
6	Conor Quinn	M12	SET	19.12
7	Ciara Burke	W12	FIN	20.02
8	Gavin Carney	M12	CNOC	20.27
9	Fearghal Burke	M10	FIN	21.58
10	John Young	M14	DLSO	22.00
11	Sharon Lunney	-	-	22.14
12	Laura McKay	-	-	24.05
13	Sean McKay	-	-	24.07
14	Colin Byrne	-	-	24.58
15	Conor Short	M8	CNOC	25.16
16	G Fitzgerald	-	-	25.47
17	S & S Garvey W30	St Kilian's		32.56
18	Clara Jones	W10	FIN	38.51
19	Jean Mullen	W65	3ROC	42.23
20	Ryan Carney	M10	CNOC	47.10

Phoenix Park 2 Apr 00. Leinster League Park-O. Fingal Orienteers

Planner: Jean O'Neill, Controller:Doug Corrie, Organizer:Bernie Sharkey

Course A, Black 4.1k

1	Paul Nolan	M21	GEN	16.24
2	Peter Mork	M21	3ROC	19.09
3	Patrick Casey	M21	GEN	19.27
4	Francis Lafferty	M40	FIN	25.08

Course A, Brown 4.1k

1	Denis Reidy	M45	Ajax	18.51
2	John McCullough	M45	3ROC	19.18
3	Senan O'Boyle	M40	CNOC	20.51
4	Dave Weston	M35	SET	21.54
5	Brian Bell	M45	GEN	22.11
6	Joan Flanagan	W21	Ajax	24.41

Course A, Blue 4.1k

1	David Brennan	M40	3ROC	21.14
2	Tony Joyce	M21	Ajax	22.48
3	Una May	W21	3ROC	23.02
4	S. OhEafa	M35	Ajax	24.39
5	Mick Mangan	M40	SET	25.07
6	Anthony Lawlor	M35	CNOC	25.55
7	A. Blanchard	M21	GEN	26.46
8	Tom Condon	M45	CNOC	26.56
9	M. Beary	M40	CNOC	28.10
10	Nina Phillips	W21	3ROC	28.48
11	Fachtna Healy	M21	SET	28.56
12	Don Short	M40	CNOC	29.20
13	Deirdre O'Neill	W21	FIN	30.20
14	Joe Lalor	M45	GEN	30.21
15	D. OMurchu	M50	CNOC	31.25
16	Andrew Butterfield	M35	GEN	31.42
17	Ger Power	W45	3ROC	32.22
18	Paul Dunne	M40	WEGO	44.00
19	Ruth Lynam	W40	CNOC	45.29
20	M Reid	W35		47.37
20	W. Whitney	M21	DUO	47.37

Course A, Green 4.1k

1	Paget McCormack	M55	GEN	24.02
2	John DeLacy	M45	Ajax	25.17
3	Mike Long	M35	Ajax	25.24
4	John Francis	M40	DFO	25.37
5	Declan Carbery	M45	CNOC	26.12
6	E. OSuilleabhain	M50	3ROC	28.18
7	Michael Butler	M55	3ROC	28.47
8	Brian Hollinshead	M60	3ROC	29.39
9	Harold White	M55	3ROC	29.57
10	Michael Kellett	M60	GEN	30.15
11	J. Fitzsimons	M50	3ROC	31.15
12	Arthur Green	M35		33.26
13	A ni Shuilleabhain	W50	3ROC	35.15
14	Sybil McCormack	W21	GEN	35.23
15	A. B. L.	M65	GEN	35.40
16	Wyn McCormack	W50	GEN	36.23
17	Deirdre Ryan	W21	WEGO	37.08
18	Tony Devlin	M45	GEN	38.25
19	Garrett Greene	M16	DLSO	40.20
20	Robert Harrington	M21	3ROC	52.13
21	A. Joyce	W21	GEN	54.25

Course A, Light Green 4.1k

1	Rodger Quinn			23.02
2	Terry Lawless	M35	Killians	27.54
3	Eddie Casey	M21	FIN	32.56
4	Emma Sokell	W21		37.41
5	Ted McCormack	M14	GEN	38.30
6	Claire Walsh	W55	3ROC	40.22
7	Diana Large	W60	GEN	40.36
8	Joy Culbert			44.50
9	Moya McNamara			44.51
10	Ruth Browne	W21		46.02
11	Con Carroll	M65	3ROC	48.42
12	J Walshe + Ciara nic Amhlaigh			50.00
13	A. McCormack	W50	GEN	52.08
14	Eddie Carey	M21		56.52
15	Vera Murtagh	W60	3ROC	63.20
16	Joss Lynam	M75	3ROC	64.18
17	Maura Higgins	W55	SET	65.27
18	Anne Heavey	W45		67.12
19	Jean Mullen	W65	3ROC	91.25
mp	Nora Lalor	W45	GEN	45.00

Course B, Orange 2.9k

1	Stephen Devlin	M16	GEN	23.21
2	Eddie Casey	M21	FIN	23.31
3	Deirdre Carbery	W14	CNOC	24.22
4	Paget McCormack	M12	GEN	25.43
5	Gavin Carney	M12	CNOC	28.43
6	C. O Sullivan		GEN	29.03
7	Ronan Fields		1st dub	31.41
8	Anne Marie Cott		FUN	33.12
9	Conor Wilson		1st dub	33.40
10	Gary Moore	M12		34.00
11	Darren Clayton	M16		34.00
12	Robert Watts	M16		34.00
13	Trisha Duffy		FIN	34.11
14	D. Lawlor	M50		34.55
15	O Reilly			36.03
16	O Reilly			36.04

17	Mary Healy	W45	GEN	37.00
18	Chris Bond	M16	DLSO	38.55
19	Philip Ancelm			43.23
20	Ross Switzer	M12		47.09
21	Andrew McCreddin	M14		47.09
22	Richard Lombard	M50		47.11
23	Mary Florence	W40		47.13
24	Stephen Florence	M14		47.22
25	Nigel Lombard	M14		47.25
26	Mary Egan			50.10
27	Seamus O Boyle	M14	CNOC	50.23
28	Cathal Peelo	M14		51.28
29	Aodhan Peelo			51.39
30	Lilian Quill	W50	FIN	52.58
31	Joe White			54.27
32	Aoibheana Hobson	W10		56.20
33	Etain Hobson	W8		56.58
34	Mairead Joyce	W21	GEN	59.50
35	Eoin Hyland		3ROC	62.30
36	John Hyland		3ROC	62.30
37	O Shea			65.01
38	Sean Carroll			66.50
39	Peter Brady			66.50
40	Danny Madigan			67.00
41	Toni Butler	W50	3ROC	73.12
42	Cillian Totterdell			74.20
43	Totterdell			74.20
44	Ryan Carney	M10	CNOC	75.15
45	Totterdell			75.30
46	Finola Creagh			86.19
47	Caoimhe B-Farrell		DUO	95.01
50	Stephanie Wallace		DUO	95.01
51	McCluskey			96.41
MpSimon McCormack		GEN		56.52
MpO Reilly				38.12

Course B, Yellow		2.0k		
1	Ruairi Short	M10	CNOC	17.11
2	Aoife Donaghy		GEN	17.54
3	John Young	M14	DLSO	19.43
4	Brendan Carbery	M14	CNOC	20.02
5	Sean & Laura McKay			23.12
6	Alice Gillen		SET	23.30
7	Mary Gavin	W21		23.42
8	Eddie Carey	M21		25.07
9	L. O Sullivan	M35		25.42
10	Cian O'Boyle	M10	CNOC	26.34
11	Helena Jones	W10	FIN	27.24
12	S+Sinead Garvey		killians	31.32
13	McCarthy Family			32.18
14	Barry Cryan	M12	3ROC	33.24
15	Kevin O Boyle	M10	CNOC	33.47
16	Erika Jones	W10	Fingal	38.01
17	Cliona Lafferty	W7	Fingal	38.17
18	Daire & Eoghan Lafferty	M2/4	FIN	39.58
19	Anna O'Keeffe	W6	Fingal	41.06
20	Emer Ni Eafa	W4	Ajax	53.35
21	Rodger Quinn			55.30
22	Meghan O'Driscoll	W10	FIN	58.17
23	A+E Butterfield		GEN	59.36
24Roisin Long		W4	Ajax	61.11

Donadea, Tue 16 May 2000.
CNOC Score Event

			Points	Penalty	Score
B O'Brien	M21	AJAX	190	0	190
Martin Flynn	M21	AJAX	190	0	190
Philip Brennan	M21	SET	200	10	190
D Reidy	M45	AJAX	190	10	180
Dave Weston	M35	SET	220	40	180
David Healy	M18	GEN	180	0	180
Don Short	M40	CNOC	180	10	170
A O'Mullane	M21	GEN	160	0	160
Fiona O'Brien	W21	AJAX	160	0	160
Patrick Casey		GEN	160	0	160
Paul Nolan		GEN	160	0	160
M Geoghegan	M35	AJAX	160	5	155
Tom O'Keeffe	M40	CNO	190	35	155
Anthony Lawlor	M35	CNOC	170	20	150
Fachtna Healy	M21	SET	150	0	150
Trevor Slattery	M21	DFO	200	50	150
Alan Ayling	M21	GEN	140	0	140
D O'Donghaile	M21	SWOC	140	0	140
John Francis	M40	DFO	150	10	140
Denise Healy	W18	CNOC	130	0	130
Tom Burke	M45	FIN	130	0	130
Donal O'Murchu	M50	CNOC	160	35	125
Pat Healy	M45	CNOC	170	45	125
Faith White	W65	SET	130	10	120
Ger Power	W50	3ROC	120	0	120
B Hollinshead	M60	3ROC	110	0	110
Diana Large	GEN		120	10	110
Deirdre O'Neill	W21	FIN	120	20	100
Tom Condon	M45	CNOC	100	0	100
Paddy Morgan	M45		160	85	75
Jim Barrett	M65	CNOC	150	85	65
Vera Murtagh	W60	3ROC	60	30	30
K Foley			40	10	30

C Course 3.5 km				
1 T Joyce	M21	AJAX		27.18
2 John Kennedy				30.39
3 Liam Armstrong		M21	DFO	36.27
4 C O'Sullivan		GEN		45.36
5 F O'Neill	W50	SET		51.02
6 Barry Healy &	M12	GEN		52.48
Mary Healy	W45	GEN		52.48
7 B O'Neill	M55	SET		58.57
C & F Burke		FIN	lost card	

Leinster League 2000 Overall Results - top 3

	Best 7	Cronybyrne 7/5	Ballinastoe 16/4	Phoenix Park 2/4	Ballinascorney 26/3	Sugarloaf 12/3	Curragh4/3	Glendalough 20/2	Saggart 6/2	Tropperstown 16/1	Curragh 5/12	Clontarf21/11	Three Rock 28/11	Ravens Rock 7/11	Djouce 31/10	Clara 10/10	Total
BLACK																	
1 Aonghus Ó'Cléirigh	AJAX M35	50	50	46	0	50	50	40	0	50	0	50	50	38	50	50	574
2 Brendan O'Brien	AJAX M21	43	50	50	0	0	0	43	0	50	40	46	0	46	0	43	408
3 Peter Mark	3ROC M21	43	0	0	46	43	46	0	0	36	46	36	43	0	43	0	385
BROWN																	
1 Denis Reidy	AJAX M45	342	46	46	46	50	0	50	50	50	40	40	50	0	0	0	422
2 Brian Bell	GEN M45	328	43	43	0	38	46	46	38	43	50	50	38	0	38	50	561
3 Dave Weston	SET M35	307	40	0	43	40	0	0	0	0	46	36	43	46	0	43	383
BLUE																	
1 David Brennan	3ROC M40	327	43	46	32	50	38	38	32	33	26	46	34	50	46	43	596
2 Mick Mangan	SET M35	322	43	43	43	38	43	40	36	0	0	36	43	33	50	0	505
3 Neil Dobbs	DUO M20	300	34	0	46	0	33	50	33	50	46	34	36	0	0	38	399
GREEN																	
1 Paget McCormack	GEN M55	346	46	0	46	50	50	46	0	22	50	50	0	0	0	43	457
2 Donal Wickham	AJAX M35	334	46	0	0	0	50	46	0	31	50	40	46	50	46	46	497
3 Brendan Doherty	GEN M55	291	36	50	40	0	0	36	0	30	31	50	0	36	43	24	406
LIGHT GREEN																	
1 Deidre Nagle	3ROC W50	317	43	0	36	0	46	43	0	0	43	46	40	43		21	414
2 Ted McCormack	GEN M14	304	33	30	43	38	0	40	0	50	50	50	0	33		30	391
3 Nora Lalor	GEN W45	298	34	34	31	0	0	0	0	32	38	50	0	50		43	361
ORANGE																	
1 Stephen Devlin	GEN M16	325	40	46	40	50	38	50	0	0	0	50	0	0	46	0	363
2 Deirdre Carbery	CNOC W14	320	38	50	38	50	0	0	0	50	43	43	46	29	38	34	421
3 Cathal Burke	FIN M14	291	36	34	50	0	0	36	0	43	0	38	0	34	50	38	393
YELLOW																	
1 Ruairi Short	CNOC M10	338	46	0	43	50	43	50	0	0	46	0	46	50	0	46	467
2 Brendan Carbery	CNOC M12	271	22	46	50	40	0	40	0	19	22	43	30	0	0	0	290
3 Helena Jones	FIN W10	268	27	50	40	29	0	0	0	43	27	0	0	0	0	36	268

THE IRISH ORIENTEER ADDRESS LIST

AJAX ORIENTEERS	Brendan O'Connor, 32 Landscape Gardens, Churchtown, Dublin 14. (087-2968898), www.ajax-oc.ie/
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LEE ORIENTEERS	Clare Nuttall, 4 Upr. Panorama Tce., Sunday's Well, Cork (021-300373)
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MUNSTER OA	John Muckian, 13 Elmvale Close, Wilton, Cork (021-343384)
IRISH-O STUDENTS ASSOCIATION	Ailbhe Creedon, Tavio, Mount Prospect, Douglas, Co. Cork (021-361824).
BRITISH O-FEDERATION	Riversdale, Dale Road North, Darley Dale, Matlock, Derbyshire DE4 2HX (0044-1629-734042, FAX 0044-1629-733769). www.cix.co.uk/~bof/
INTERNATIONAL O-FEDERATION	Sec. Gen.: Barbro Ronnberg, Radiokatu 20, FI-00093 SLU, Finland (00358-40585 3801, fax 00358-93481 3113; www.orienteering.org

Remember, for round the clock orienteering information on IOA events ring 1890-925023, on NIOA events ring 0044-07020-963986 or check the IOA web page at http://homepage.eircom.net/~orienteeringireland/ or the NIOA page at www.askip.demon.co.uk/nioa/nioa.html.

(P.S. - new STD codes are coming into effect soon for Northern Ireland).

ORIENTEERING FIXTURES 2000

June

1	**CURRABINNY**, Co. Cork, BOC, BHL 8, 5:00 to 7:00, W780630
1	**PHOENIX PARK**, Dublin, 3ROC, ISL 3 / Intro, 6:00 to 7:30, O0934
3	**SLIEVE CROOB** , Co. Down, LVO, NI Series 5 / Colour, , J3249
6	**LUGNAGROAGH**, Poulaphouca, Co. Wicklow. CNOC evening league. 6.30-7.30 pm. N9608.
6	**WARRENSCOURT** , Co. Cork, CorkO, IFL 3, 5:30 to 7:30, W3966
8	**ANNAKISHA**, Co. Cork, BOC, BHL 9, 5:00 to 7:00
8	**MALAHIDE**, Co. Dublin, GEN, ISL 4 / Intro, 6:00 to 7:30, O2245
13	**CURRAGH EAST** , Co. Kildare. CNOC evening league. 6.30-7.30 pm. N7812.
13	**WATERGRASSHILL**, Co. Cork, LeeO, IFL 4, 5:30 to 7:30, W790829
15	**KILLINEY HILL**, Co. Dublin, 3ROC, ISL 5 / Intro, 6:00 to 7:30
15	**KILMURRY**, Co. Cork, BOC, BHL 10, 5:00 to 7:00
17	**SLIEVE CROOB** , Ballynahinch, Co. Down. Trail-O and Sprint. LVO. J 32 49.
18	**FLORENCECOURT**, Co. Fermanagh. FermO. Sunday League 5.
20	**BALLINCOLLIG**, Co. Cork, CorkO, IFL 5, 5:30 to 7:00, W6971
20	**HOLLYWOOD**, Co. Wicklow. CNOC evening league. 6.30-7.30 pm. + BBQ. N9405.
22	**BELFIELD** , Dublin, UCDO, ISL 6 / Intro, 6:00 to 7:30, O1829
22	**STREAMHILL**, Co. Cork, BOC, BHL 11, 5:00 to 7:00, R575135
24	**COPELAND ISLANDS**, off Donaghadee, Co. Down. LVO.
27	**GLENBOWER**, Co. Cork, CorkO, IFL 6, 5:30 to 7:30, W999777
29	**LAHARN MOUNTAIN**, Co. Cork, BOC, BHL 12, 5:00 to 7:00
29	**TROOPERSTOWN**, Co. Wicklow, GEN, ISL 7 / Intro, 6:00 to 7:30, T1697
30	**WORLD CUP 5, 6 & 7**, Ukraine. Relay, classic & short. (to 4/7)

July

4	**SHIPPOOL**, Co. Cork, CorkO, IFL 7, 5:30 to 7:30, W860764
6	**ROSTELLAN**, Co. Cork, BOC, BHL 13, 5:00 to 7:00, W865666
10-16	**JUNIOR WORLD CHAMPIONSHIPS**, Czech Republic.
11	**LACKENDARRAGH**, Co. Cork, CorkO, IFL 8, 5:30 to 7:30, W719918
13	**BISHOPSTOWN PARK**, Cork, BHL, BOC, 5-7 pm.
15-16	**SETANTA ROGAINE**, Glendalough/Glenmalure, Co. Wicklow. Entry form enclosed.
18-21	**WORLD CUP 8 & 9**, Finland. Short, medium, classic & ultra-short.
18	**CURRAGH WOOD**, Co. Cork, CorkO, IFL 9, 5:30 to 7:30, W862765
25	**LYRADANE**, Co. Cork, CorkO, IFL 10, 5:30 to 7:30, W555875

August

1	**GARRETTSTOWN**, Co. Cork, CorkO, IFL 11, 5:30 to 7:30, W5845
6-11	***CROESO 2000*** Welsh 6-Day, Snowdonia.
19-26	**JUNIOR O-TRAINING CAMP**, Killarney, Co. Kerry. Entry form enclosed.
(25	**CAPPANALEA**, Killorglin, Co. Kerry. Adventure Marathon)
26	**BURREN WALK**, Co. Clare, ThO, Local / Walk, 10:00, M1308
27	**FANORE**, Co. Clare, ThO, Local, 10:00, M1308

September

2	**SLIEVE CROOB**, Ballynahinch, Co. Down, LVO, J3249 sprint-O
9	**BURREN**, Co. Fermanagh. FermO. NI series 6.
16-17	**MOURNES MOUNTAIN MARATHON**, Rostrevor, Co. Down.
23	**CASTLEWELLAN**, Co. Down. LVO. NI series 7.

October

14	**N. I. CHAMPIONSHIPS & Veteran Home International. Moydamlaght,** Co. Derry. NWOC.
15	**NI CHAMPIONSHIPS Relays & VHI Relays Drum Manor**, Cookstown, Co. Tyrone. NWOC.

For details of fixtures check with the organisers, the IOA inf-O-line (1890-925023) or the NIOA (0044-07020-963986) or try the IOA website www.homepage.eircom.net/~orienteeringireland/
In some 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.