The Irish Orienteer

No. 95 September 2000 IR£1.50

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e-mail johnmccullough@bigfoot.com

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Cover photo: Eoin Rothery (AJAX) finishing M40 at the World Masters O-Champs in New Zealand.

NEXT COPY DATE
20th October 2000

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the Irish orienteer

No. 95 September 2000

The First shall be Last

Not, as you might think, a Biblical reference, just a reflection on the fact thgat the first page in TIO is always the last to be written.

Hopefully this will reach you in time to exhort you to go to Portumna on October 1st to the IOA Extraordinary General Meeting to decide the future of the IOA. If you go down to the woods that day, you should also run in the mass start event at Portumna at 12.00 (if you don't mind the ticks). But it's a serious business: don't leave it to others to decide the future of the sport: orienteering doesn't belong to the IOA - it's your sport and you have a responsibility to it, particularly if you have gained as many hours of pleasure from it and made as many friends through it as I have.

Perhaps the way forward includes Park orienteering (or Sprint orienteering, as the IOF prefers to call it - "Park-O" conjures up the idea of family outings, not elite athletes sprinting around spectator- and TV-friendly courses.) Paul Nolan's article in this issue gives some of the flavour of the race. For me, though, it lacks the real appeal of orienteering: the fact that nature is our stadium. You get to such fantastic, out of the way places, to see things that most people never see. It does you good to emerge, gasping for breath, over the top of somewhere like Derrybawn Mountain, to see the lakes of Glendalough stretching out before you, or to run on the snowy tracks above the city (any city) in the clear air, knowing that the mere mortals below you don't experience the exhilaration, or even to run amid the aromatic marshes of somewhere like West Cork, up to your knees in mud and myrtle. These are, for me, some of the essences of orienteering and are one of the main attractions of the sport. It's not just a race - it's a whole spiritual experience.

By all means let us promote Sprint-O in parks, but not at the expense of the endurance, navigation, running sport we already have.

NIOC 2000

By the time you read this it may well be too late to enter, but the 2000 Northern Ireland Championships are on October 14-15. This year it also includes the Veteran Home Internationals and the Inter-Provincial Championships.

The Individual event is on the open mountainside of Mullaghmore, between Banagher and Moydamlaght in the Sperrin Mountains of Co. Derry, run by NWOC. The relays next day are at Drum Manor, Cookstown, Co. Tyrone (famous for its sausages), run by FermO.

Entry forms have been sent to clubs but here are the details: Individual - all classes from M/W10-70 with short courses for M/W21. Approx. lengths M21L 8 km/ W21L 6 km. Start times 11.30 to 13.30 hrs. Fees: Senior STG£8, over 65 and unwaged STG£6, juniors STG£4, family STG£16. Please indicate which province you are running for (either your province of birth or the province in which your club is based - Ed.). Closing date 15 September.

Relays: Courses: Open, women's open, Ad-Hoc, Junior Ad-Hoc (sum of ages 48 or less). Ad Hoc can be mixed clubs. Start time 12.30. Fee: Seniors STG£5 per person, Juniors STG£2.50 per person.

Entries to Ruth Blair, 42 The Gables, Randalstown, Co. Antrim BT 41 3JY.

Phone: 028 944 3737; e-mail ruth.blair@dnet.co.uk.

ROTHERY TAKES DOUBLE GOLD

Irish men's orienteering champion Colm Rothery added to his tally of medals at the European Veteran Athletics Championships in Helsinki in July. He took Gold in the 1500 metres and 800 metres and bronze in the 3000 metres steeplechase. This comes at the end of a most successful season, kicking off with silver in the M40 class at the World Masters Orienteering Championships in New Zealand in January, only seconds behind Jorgen Martensson.

Colm's times were 4:00:02 (1500) and 1: 52:51 (800). Not bad for an auld fella!

TIMMY MORRISSEY

Many of you will know Timmy Morrissey, the slight, fair-haired, occasionally inspired but erratic orienteer from Cork. Timmy ran with the Army club in Cork, Southern Orienteers and was good enough to be selected on Irish Home International orienteering teams. We haven't seen anything of him lately. Here's why.

Last autumn Timmy was crossing the road on his way home from work when he was struck by a car. He sustained severe injuries and has been in hospital ever since. He later fell in hospital, injuring his neck. At present he is in the Rehabilitation Institute in Rochestown Avenue, Dun Laoghaire. He has recently shown signs of improvement but has no real movement in his legs and arms and may not walk again. His wife, Breda, says he would benefit from visitors and that evenings (5 pm+) especially Wednesday or Fridays from lunchtimes seem to be good times. and hurt his neck. His daughter, Niamh, still orienteers but not so much of late.

Timmy's former comrades in the army are running a **special event at Kilworth, Co. Cork, on Sunday 19th November, as a fundraiser for Timmy**. The organisers are working hard on it: good courses, refreshments etc. Why not make the effort to go to the event?If you can't make it, how about a donation (say, the entry fee plus the cost of travel if you had gone?)

TVEITE WINS CISM

Norway's Havard Tveite won the World Military Orienteering Championships in Norway at the end of August. The best Irish finisher was Padraig Higgins, 34th in the B final. Russia won the relays, with the Irish teams placing 42nd and 46th.

Finland's Maria Rantala won the women's race and Finland also took the women's relay.

The Irish men's team was (in starting order) Gareth Evans, Mark Prendergast, Sean McSweeney, Denis Reidy, Trevor Slattery, Brendan Delaney and Padraig Higgins. The ladies team was Danielle Buckley, Deborah Hurley and Bridget Lawlor. (Bridget was the best placed of the women, in 47th place).

MILLENNIUM MUNSTER CHAMPS

"An old iron ore mining area consisting of mixed semi-deciduous woodlands with lots of small depressions and knolls and an adjacent oak wood." Sounds interesting. Is it the JK? Norway? In fact it's much closer to home: Tallow, on the Waterford/Cork border.

Bishopstown OC are running the Munster Championships there on November 12th. There's an entry form in this issue. Entries to Nick Young, 12 Fremont Drive, Bishopstown, Cork. Cheap entries up to October 15th.

(Hey, but what effect will all this iron ore have on my compass?)

JK 2001

Thinking of travelling at Easter? The Jan Kjellstrom O-Festival is in the Forest of Dean, not far from Bristol. It's reasonably convenient for Holyhead and Fishguard/Pembroke so should be fairly accessible. As usual it consists of two individual days on Easter Saturday and Sunday and a Relay on Easter Monday.

The dates are April 14-16 2001. There's normally a training event on Good Friday too.

The venues are Lydney Park, Moseley Green and Lydney Park again.

Accommodation details from Coleford Tourist Information Centre, High St., Coleford, Gloucestershire GL16 8HG. (fax 0044-1594-812330, e-mail tourism@fdean.gov.uk; website www.fweb.org.uk/fddc/tourist. Event website users.globalnet.co.uk/~greyeyet/jk/).

IOF COUNCIL

The composition of IOF Council during the next two years 2000-2002 is as follows:

President: Sue Harvey, Great Britain

Senior Vice-President: Ake Jacobson, Sweden

Vice Presidents: Hugh Cameron, Australia and Edmond Szechenyi, France

Members: Thomas Brogli, Switzerland; Higino Esteves, Portugal; Jan-Erik Krusberg, Finland; Iordanka Melnikliyska, Bulgaria, and Shin Murakoshi , Japan.

... ODDS and ENDS and ODDS ...

Simon Beck is surveying the map for the 2001 **British Championships** Relays at Baronscourt, near Newtownstewart in Co. Tyrone. Stirling Surveys and Deeside Orienteering and Leisure Maps are producing the map for the individual event on the sand dunes at Benone. Stirling recently won the BOF Professional Map Trophy for 1999 for their map of Glen Affric used for the 1999 World Championships in Scotland.

NIOA, meanwhile, have been granted STG£2000 by BOF which will be used for purchasing the **SPORT*ident*** electronic timing equipment similar to that bought by IOA.

LVO celebrated their 21st year with a club trip to the Swedish 5-Day. The continuous rain in Sweden turned the event into a mudbath, by all accounts: LVO should have felt at home! Happy birthday, LVO. Maybe we'll have an account of the trip in the next TIO?

Setanta's Fachtna Healy writes "Congratulations to everyone who completed the rogaine (on July 15/16). The results can be seen at

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http://www.setantaorienteers.org/rogaine_top.html .
Hugh McLindon and Roisin McDonnell were the overall winners. Setanta OC wishes to thank everyone who helped with putting out and taking in controls (all 52 were in the correct place except for no.3 which was lifted), Scoil Chaoimhín Naofa in Glendalough for the use of their facilities and everyone else who helped out."

Orienteering in Australia has achieved a major promotional and publicity coup through getting Qantas (which sponsors the National Orienteering League) to screen the OzE2000 orienteering video on its inflight services. The 31 minute video will be screened on the Qantas Business Class sport channel for the whole month of October, a time when many sports people will be travelling from Australia after the Olympic Games. While Ansett is the official Olympic airline, there is no doubt that there will be many athletes and officials travelling Qantas Business Class.

Scotland 2001: Only a year to go to Lochaber 2001, the 13th Scottish 6-Day based at Fort William. Events will be near Fort William, Arisaig and Oban from 5th-11th August.
For accommodation details, contact the Highlands of Scotland Tourist Board, Dept. SOA/FW, PO Box 9, Dunoon, Argyll, PA23 8QQ (www.host.co.uk). Event information from Lochaber 2001, PO Box 2001, Hamilton, ML3 7WE, Scotland (www.scottish-orienteering.org/lochaber2001/)

WEB search for Clubs This is a facilility to register your club on the Web for free.It will allow your members and visitors the freedom to view your club`s information on:
Future events, Fixtures/Results, Team sheets, Club History, Directions to your club location,etc Its indexing will enable your club to be more visible all over the World.
For more information visit : http://www.clubsworld.com/ or for queries contact : debbie@clubsworld.com

The **Irish Sports Council** has developed a new web-site to be used as a resource for National Governing Bodies of Sports. Their web address is: www.irishsportscouncil.ie

Scotland's junior squad have benefitted from a grant of STG£21,835 for this year from sportscotland, the Scottish Sports Council. The grant will help pay for a two week training trip to Norway plus competing in the Sorlandsgaloppen, six weekends training in Britain and the inter-regional and home international competitions.

O'CLEIRIGH WINS WICKLOW MM

Aonghus O'Cléirigh won the Solo Elite class in the 8th Lowe Alpine Mountain Marathon in Wicklow on May 20/21. His time was 7 hours 16 minutes for the 40 km course. Notable orienteers' results were- Hugh McLindon and Roisin McDonnell won the Mixed A class, Philip Brennan and Mick Mangan won the Standard A class, Paul Mahon and Paul Cullen won the Standard B (30 km) class and Adrian Tucker and Derek Charles won the Walkers Class (24 km).
There is speculation that next year's event may head west, to the new Harveys map of Connemara ... The dates are May 18/19, a week after the Irish Championships.

EUROPEAN CHAMPIONSHIPS

The IOF has supported the idea of a European orienteering championships. The 2002 foot-O Champs will be in Hungary and in 2003 there will be a Mountain -bike Orienteering Championships . The event will take place every second year.

BHAA, HUMBUG

If you are interested in running some fairly competitive races where you're guaranteed not to disgrace yourself (and you get tea and sandwiches afterwards), why not try the BHAA (Business Houses Athletic Association) series? Lots of orienteers run them: you'll see some familiar faces (or maybe familiar backs ...)
Sept 2 CitySwift 10 mile road race, Rathcoole.

Sept 16 BHAA Dublin Half Marathon, Phoenix Park.
Oct 3098FM Dublin City Marathon
Nov 18 ESB Beach Race, Sandymount.
Nov 25 BHAA 5K road race, Phoenix Park.

The cross-country series usually runs from January to about April with road races from March to December. People run as team members for their place of work and have to register with the BHAA.
Details from BHAA, PO Box 1287, Dublin 2. Phone 01-6707918.

BIRTHS, MARRIAGES AND DEATHS

Congratulations to former Irish Champions Justin and Una May: Una had a baby boy, Cian, on August 30th. All are doing well. Did Cian make it to his first event at Donadea on September 3rd?
Congratulations also to Tom Callery and Nuala Higgins, who got married over the summer, and to Ciaran Young and Eileen Jones who followed suit a few days later. Tom's and Nuala's wedding reception in a building site (formerly the Eccles Hotel in Glengarrif) was evidently memorable and some of the guests managed a spot of orienrteering on Shrone Hill next day.
Our sympathy to NWOC's Steven Linton on the death of his mother and to 3ROC's Harold White on the death of his father during the summer.

WORLD CUP RESULTS

Gerry Brady writes "John Feehan finished 43rd overall (short, medium and classic combined) and gained World Cup points. A clear message from the two weeks was that on-site training is necessary for next year's World championships and that we have people who can qualify for the finals if their training and navigation goes well. Around 20 Irish orienteers made the journey with non-World Cup people in the Fin 5-Days. Many are now in Sweden at the O-Ringen 5-Days. Others are getting ready for the Czech and Austria events. Toni O'Donovan is going to the World Students championships at the end of August."

World Cup, Finland (Event 8, short race). Men: 1 V. Novikov (Russia) 23:15; 2 T. Karpinnen (Finland) 24:23; 3 F Lowegren (Sweden) 24:29. Irish placings: 51 J. Feehan 29:55; 63 M Pinker 30:49; 79 B. Edwards 32:59; 80 C. O'Halloran 33:04; 119 C. Rothery 45:28; 128 B. O'Brien 62:10.
Women: 1 S. Luder (Switzerland) 27:04; 2 M. Sandstrom (Sweden) 27:27; 3 H. Staff (Norway) 27:56. Irish placings: 76 T. O'Donovan 43:22; 92 A. Creedon 67:17.

World Cup (Finland, medium race). Men, 6.9k: 1 V. Novikov (Russia) 45.08; 2 M Mamlejv (Russia) 45.33; 3 M Bostrom (Sweden) 46.14. Irish placings: 55 J. Feehan 53.55; 59 M. Pinker 54.15; 92 C. Rothery 59.26; 101 B. Edwards 61.41; 102 C. O'Halloran 61.49; 119 B. O'Brien 72.48.
Women, 4.5k: 1 H Monro (Britain) 33.36; 2 M Mikkola (Finland) 33.58; 3 S. Luder (Switzerland) 33.59. Irish placings: 90 T. O'Donovan 74.29; 92 A. Creedon 100.55.

World Cup (Finland), Classic race. Men (13.2k): 1. J Lakanen (Finland) 73:55; 2. T Asp (Sweden) 73:58; 3. N Jonasson (Sweden) 74:22. Irish placings: 43. J Feehan 86:04; 78. B Edwards 97:45; 85. M Pinker 103:24; 89. C Rothery 106:22; 93. C O'Halloran 107:43; 101. B O'Brien 116.:20.
Women (8.7k): 1. K Bostrom (Sweden) 59:44; 2. M Sandstrom (Sweden) 59:57; 3.
J Johansson (Sweden) 60:04. Irish placings: 85. T O'Donovan 104:21; 87. A Creedon 112:25.

NEW SET SEC

Jocelyn Cathalin has resigned from the position of Setanta Secretary. Dave Weston has temporarily stepped into the position, any correspondence should be send to him at the address below:
Dave Weston, 49 Ashlawn, Ballinteer, Dublin 16, Phone (01)2960854; e-mail dave.weston.dublincorp@luas.ie or else e-mail our website www.setantaorienteers.org

IOF CONGRESS IN AUSTRIA

The XX IOF Congress and General Assembly were held at Leibnitz, Austria, on 31 July - 5 August 2000.

41 member countries from five continents participated in the Congress week activities and attended the 20th IOF General Assembly. Sue Harvey (GBR) was re-elected President of the IOF.

The General Assembly approved Council's strategy paper 'IOF Elite Events - a concept for development', decided to introduce a World Championship in sprint orienteering and agreed on the criteria for introduction of a World Championship in Trail Orienteering.

The General Assembly also endorsed the proposed amendments to the IOF Statutes, one of the most important being the clause referring unresolved sports-related disputes to the Court of Arbitration for Sport in Lausanne, Switzerland.

Japan was appointed organiser of the World Orienteering Championships in 2005, and Australia will be the host country of the World Mountain Bike Orienteering Championships in 2004. The General Assembly delegated to Council to appoint the organiser of the World Ski Orienteering Championships in 2004.

The next IOF Congress and General Assembly will be held in France in 2002.

SQUAD SEMINAR

Aonghus OCléirigh tells us that there will be a squad seminar again this year along the lines of last year's one in Dublin. The date will be Saturday 25th November, all day, in Dublin. More details later.

AGHAVANNAGH TO WOODSTOCK

Gerry Brady's plans for a register of orienteering maps have moved a few steps further. He has a comprehensive list which he hopes will be put on the IOA website soon. The list include details of the map name, date, location, scale, contour interval, mappers' names, club whose map it is, grid reference, source of photogrammetry etc. An interesting browse through the highways and byways of Irish orienteering, back to the early days.

IOA NEWS

The IOA has introduced a scheme for mapping parks and school grounds. Unfortunately by the time you find out about it, it may be too late to avail of it. Anyhow, the details are: You must apply before September 25th and mapping must be finished by October 25th. A grant of up to £100 is available to cover expenses, plus free printing. Maps will be printed during the first week of November. Maps should be A4 size, approximately.

Details from IOA mapping officer, Ted Lucey, Kilpadder, Dromahane, Mallow, Co. Cork. (Phone 022-47300).

JHI TEAM

The team for the Junior Home International in the Lake District on September 9/10 is - W14: Deirdre Carbery (CNOC), Megan Crowch (NWOC), Erinna Foley-Fisher (MNav), Shanagh Leadbetter (NWOC); W16: Sarah Browne (Lakeland OC), Niamh Lalor (GEN), Niamh O'Boyle (CNOC), Zara Stevenson (NWOC); W18: Aislinn Austin (CorkO), Caroline Dennehy (BOC), Kelly Gibson (FermO), Sharon Lucey (FermO); M14: Ted McCormack (GEN), Eric Murphy (BOC), Donal O'Donoghue (BOC), Aran Savage (LVO); M16: Diarmuid Collins (BOC), Christian Foley-Fisher (MNav), Ben Fulton (NWOC), Matthew McCloskey (NWOC); M18: Stewart Caithness (FermO), Nathan Foley-Fisher (MNav), David Healy (GEN), Jonathan Lucey (FermO).

SUMMERTIME BLUES

Senior Squad Training - Tampere, Finland

- Aonghus O'Cléirigh

In July the Irish Senior Squad held a weeklong training camp in Tampere, Finland, the location for next year's World Orienteering Championships.

The training objectives were similar in many ways to those of the Senior Squad training held in Scotland a year ago. Our aim was to increase the pool of orienteers from which Irish teams will be selected in the future - as in Scotland the Finnish training camp was open to all and to gain specific knowledge of the WOC environment - the terrain, its maps, the planning typically employed, the cartographic style used by the WOC mappers, and the climate and food.

One objective differed though. Whereas in Scotland we wanted to sharpen up for the impending WOC one week later, in Tampere our aim was to log as many quality hours as possible in the physically and technically challenging terrain.

Nineteen participated - three females and 16 males (including manager and coach). We stayed in log cabins at a lakeside summer resort and hired cars to get about. The camp lasted seven days - three days of twice per day training and four days of relaxed competition. On the training days the first session was from 09:00- 11:00hrs, followed by a plunge in a lake and a hot lunch. The second training session took place between 14:00- 16:00hrs. We had as our liaison the Director of Training for WOC2001, Kari Jantunen. The training days were split by the "Pre-WOC" games, a 2-day Elite race designed to test the organisation and other systems for WOC next year (commentary, results, TV, GPS tracking of competitors, etc.). All members of the squad who wanted to compete in the event were facilitated. The week ended with two very low-key races leading into the FIN5 and World Cup events.

The training period was successful; our objectives had been met. A number of very keen younger orienteers participated. (We do need more women who are serious about high performance orienteering, though.) We trained on all the likely terrain types to be used for WOC2001 and we experienced the mapping and course-planning styles of the WOC mappers and planners.

Importantly we discovered some of our weaknesses - our limited ability (many of us) to run naturally in the spongy, bushy, low visibility terrain, our inability sometimes of being able to translate map information to Finnish terrain (and vice-versa) even when standing still! We also need to learn more about route-choice. One week of training has simply informed us of the huge task that still lies ahead in getting ready for WOC.

Next year we move our preparations up a gear! We know now that it will take many weeks of running in Tampere terrain before our orienteering becomes fluent there. We need to have learnt this fluency - the ability to run hard with little effort in terrain while mapreading - before WOC. The World Championships will provide its own unique challenges - the mental pressures associated with qualifying for finals, and then once qualified pulling out a big race. Our athletes will need to have found their rhythm in Finnish terrain before then. To meet that challenge a number of our squad have indicated that they intend to spend much of the summer next year training in Tampere. It is also likely that we will hold the trial for the WOC teams there. This measure is intended to encourage our orienteers to spend time in Finland preparing in relevant terrain and will also guarantee that those selected have demonstrated their aptitude for orienteering in Tampere.

How well is our team going to do in WOC? Last

year we had two qualifiers, Marcus Pinker and Toni O'Donovan. Next year I believe that it will be a good result to reach four finals. (Remember that orienteers from the other nations are not standing still either). All this of course will require funding - subventions to our orienteers who will live and train in Finland next summer and grant-aid to those who will participate in the WOC trials.

So thanks to everyone who supported Squad fund-raising events this year. It is very likely that we'll be calling on your support again over the next 12 months!

Toni O'Donovan reports on the Swedish 5-Day

Finland over and on we travelled, this time to Hallsberg, Sweden. Disgruntled with Finland and my absolutely terrible mistakes this was going to be my holiday! The lovely white forests of Sweden, basking in the sun! IT RAINED!! We were camping so didn't have the cushy accommodation of the two Clinics people, but I've been there and done that so I shouldn't complain.

Since returning I have heard someone describe it as damp - now that has to be the understatement of the century. 14 of us camped although John Feehan bailed out early on in the week: he wasn't really prepared for camping, wet or dry. The rest of us battled through, with tents floating in water and climbing into wet O-kit before going out running. The campsite could easily be described as a swamp - we were quite lucky, we only had about an inch of water, whereas some were ankle deep in mud. However the group kept me amused. Night after night we had a display of affection from the four in the tent. The mandatory screaming about Marcus taking up too much space, someone smelling horrible, the ground being wet and far too much honesty made up for the fact that I could hear the rain pouring down on the roof of the tent - a distraction, so to speak.

As for the orienteering, well the M21 battle raged on daily between Marcus Pinker, John Casey, Andy ?, Ian Lockington, Conor Barry, Shane Lynch and Andrew Quin. John and Marcus were close over the week except for one costly error from John (not quite on a par with my mistakes in Finland but close enough to deserve a mention). The others competed daily to see how it would all shake up with a mini Irish competition to see which of them would come out on top daily - Marcus and John didn't count in that competition - it was more of a development thing! Ian had a steady week and was always up there, Conor seemed a little disillusioned with the whole idea of orienteering (Sweden didn't live up to expectations), Shane probably had the most impressive split times (brilliance with some big errors), and Andrew started ok but by the end of the week he was really getting into it and had some good runs. The rest of us ran a mixture of courses so there wasn't the same competitive edge - none the less it was fun (if you enjoyed running through waist high bogs that would beat the best in the Black Lakes in the middle of winter).

With all my complaining I have to say that I quite enjoyed it. I had press accreditation for the week (to report for TIO) and it made life a little easier. We had a car and accordingly stuck our press pass on it and were allowed drive right up to the assembly field to park daily. When I finished each day there was also warm food waiting for me in the press tent and at intervals during the day the press officer changed and someone else had a feed. Food was high on the agenda for the week - eat all you can for 50SEK. We exploited this to the full. As the tents were rather wet we sat in the restaurant with all the other campers for hours every night and ate lots and lots. I think that virtually everyone must have put on a few pounds - not what you expect of an active holiday!

So that summarises my holiday - luckily I have a trip to France to go where I hope the weather will be slightly better for the World Universities (although not too hot for running I hope).

Paul Nolan ran in the Champions Week Park Orienteering races in Austria ...

Mid winter. Darkness and Rain. Christmas has passed and already four months have been spent training in the dark. Fitness is coming on nicely but what to do with it this year? Waste it all away racing every Wednesday night or try in a vain hope to add my name to the Irish Hill Running trophy? Cross country has lost its shine and after the previous summer's disasters on the track options seem slim.

Spring. The hills winter league has gone well for me, the JK in Scotland revived happy memories of the same area from ten years before and Knockdhu is not far off. Still the question, what to do with this hard-gained fitness? The answer when it comes is from an unexpected source. Gerry Brady, an old hill running adversary - now orienteering squad manager, is looking for two men and two women to make up a team to go to the Champions Week Park Orienteering races in Austria, the Park World Tour organization having opened up their extremely elite competition to all the IOF nations in an attempt to aid the IOF Olympic project and further their own goal of an Official Park Orienteering World Championships.

Park Orienteering. Short courses, fast running and easy navigation, that just might fit. First thing to do is give it a try. Phoenix Park April 2nd and a fast 4.2 km course convinces me I can still orienteer to a point. Off I go in search of details. There's to be a trial race and some pretty handy guys are interested. This is not going to come easy.

The summer Park-O league starts and I'm fine-tuning, never flat out, just practising. Bad news, the trial is to be on Killiney Hill Park - the last place I hoped it would be. At the time I was sure I'd be the only runner never to have run there before but in the end it wasn't the case. So I trained a bit harder and ran a bit faster.

Being nervous before a race is not a big deal. Being nervous before orienteering can be disastrous and was I nervous that day at Killiney. Colm Rothery had been pre-selected, there was only one place left on this team. Each control came up when and where I expected it, the navigation proving straightforward so speed was the key. 16 mins 25 secs and I was on my way to Austria for a week of orienteering.

Now with six weeks to improve I did loads of great things. Firstly I sprained three toes on Lug, which stopped me running for ten days. Then I lost a toenail closely followed by another hospital visit for stitches to my calf muscle. Running can upset as much as uplift.

A long flight and even longer train journey brought us to the land of 1:5000 scale maps, Audi Quattro's and orienteering champions. Our first run proved to be deceptive. Following after the regular Park World Tour runners the course, in Maribor Slovenia, was straightforward. Parkland early, including a vicious climb then onto the streets of the town. Under no pressure I ran steadily making no mistakes. The following day after the runners briefing we trained locally on a map I could not figure out no matter what. The heat was intense but nothing compared to how I felt. I could not find anything first time in that dusty hilly forest.

Qualification Day. World, European and World Cup champions everywhere, no hiding place here just a chance to see what could be done against these guys. On the course the first problem: where's the start triangle on the map? I'm 200 m down the road before I can find the thing. Underway, running hard reading carefully things are going well for 10 controls then an overly long route choice leads to a problem two controls later. I've come out of the previous control a few degrees off and have run to the wrong gully. A big rootstock helps relocate but valuable time has been lost. Now into the village proper via the arbitrary control in a river. Major disaster. Full

speed into the main square, hundreds of spectators and the TV cameras watch me run up a dead end. Choice language as steps are retraced, 30 seconds lost but the stupidity of it weighs heavily. Fortunately there's a big hill next where I caught back some lost ground. 5 controls left and I nail them. 23:43 for 3.1 km. It's not fast and sure enough my name slips down the large leader board coming to rest at 13th. A far too inconsistent run to be worthy of a finals race. Colm does better, securing a place in the B final with a 10th place.

Next day the relays in Graz and a map to raise a smile in the tiredest old orienteering hack. Essentially three walled gardens, one containing a flowerbed maze, another grass pyramids and the last planted areas. With 1.5 m contours and a scale of 1:2500 this area will stay in my mind as long as I live. With cameras covering all the controls the race was transmitted live to China and several Nordic countries. Again the triangle was away from the start over 60 mm at that scale. Two phrases sum up this event - "oxygen debt" and "high jumps". Being flat and only 2.7 km running speed was intense. So much so that just before wading across a mandatory pond I had a total brain shutdown and missed a control. The wall surrounding the third garden was 3.5 m high and leaping off it onto mats was obligatory. There were several sprained ankles and one poor unfortunate fractured vertebrae in her back and had to undergo surgery. All told this relay was the furthest removed from regular orienteering of all the days' races. At 1:15000 the area would have been fractionally larger then a matchbox, the whole thing was great fun.

Finals day and nothing to do but spectate. Colm had a good run after a shaky start finishing 14th in the B final. This represented a big improvement over his qualification performance. The course consisted of flat parkland followed by road running back into the centre of Leibnitz. Heavy rain kept the number of spectators down but there was still an air of excitement about the event. I stood near the last control and watched one competitor run straight past it into disqualification - mistakes at speed are never far away.

So next year and an IOF "sprint" World championships. What to do to improve? The main thing to be learned from the Champion's Week was that it is not possible to run around a lack of orienteering ability. Speed of leg does not cover for slowness of brain. Before the JK at Easter it had been three years since I last orienteered competitively and that showed through at qualification. I had all the drills, all the methods in my head but as I tired I stopped navigating properly and made costly mistakes. It may be in Parks and on streets but it's still orienteering, and no amount of athletic ability can make up for orienteering experience. Still running for four days on maps that were less then 2 weeks old was immense fun.

(See the map in the centre pages)

PWT B Final Leibnitz

1	113 Alexander Lubina	GER	15:57,1
2	114 Miika Hernelahti	FIN	16:34,3
3	120 Robert Banach	POL	16:41,8
5	103 Allan Mogensen	DEN	16:50,4
14	104 Colm Rothery	IRL	17:20,1

Niamh O'Boyle on the Junior Training Camp in Kerry

A junior training week was held for the second time near Killarney over the last week in August. Thirty people, both juniors and coaches, attended and while this year we were without bike-o, canoe-o and the infamous skinny-o, it was a highly enjoyable week that benefited everyone.

Once again we took over the converted church in Muckross, known now as the venture centre. The food provided by "Dr. Dre" was yummy, no complaints from anyone there. The quality of our meals was such that a cat joined us for the week, also taking advantage of Brendan's car to get into Killarney!

And so to the training.the areas used varied immensely from the forests of Muckross to the open terrain of Crohane Lake. These World Cup areas provided testing navigation for all as well as good terrain running. A day on the beach was also in order, when we landed on the sand dunes of Inch. Swimming and dune-jumping (led by Colm) seemed infinitely more tempting than navigating through the sand in the sun, but we did a good day's training. In the end, however, the temptation proved too much for some who decided to jump into the inviting waters in their o-suits. A number of people on the beach found this quite funny, as did a lot of people in Killarney Town Park when a 'park-o' event took place there! This was the final event of the training programme and finished off an excellent week of orienteering.

The exercises themselves included line events, relocation, map walks, Norwegian and mass start score events as well as the usual cross-country events. Thanks to all the coaches, too numerous to name but I'll do it anyway: Toni O'Dovovan, Colm Rothery, Frank Ryan, Brendan Cryan, Andrew Mein, Shane Lynch, Paul Dunne and Nigel and Barbara Foley-Fisher. With the Junior Home International only two weeks away the week was invaluable to us all.

The social side of things was well catered for too; swims in the Gleneagle (and the jacuzzi, for which we were all over 18, and the slide, for which we were under 14!), trips to the cinema, shopping in Killarney, a table quiz and of course, to top it all off, David and Stephen's amazing stomach-churning performance on the last night, thanks a lot lads!! The table quiz also provided a lot of entertainment- 'void the question!' and thanks to Liz for organising it. In the end the 'hot spurs' team took the honours aided by the very vocal Paul Dunne!

So now we are ready to take on the English, Scottish and Welsh, and hopefully with our new-found skills and amazing orienteering ability we'll succeed: watch this space!!

IOSA News - Irish Student Championships

Clubs from colleges all over Ireland gathered on the weekend, 25th to 27th February, for the Irish Student Championships. Our hosts for the weekend were UCD and the setting was the youth hostel in the beautiful environs of Glendalough, with the Championships itself held at Djouce on the Saturday. And what a weekend it turned out to be. A weekend of highs and lows (and even being laid low in my case - more about that later).

We Trinners after two good years, finally suffered the ignominy of defeat, while UCC and UCD got back to winning ways again, winning the Men's and Women's trophies respectively. It was always going to be a struggle for us, trying to defend both the Men's and Women's titles. It wasn't helped that we could only manage to enter a team in the Men's A event. Our confidence was further eroded when we discovered on the Friday night that the climb on the Men's A course was 535m. 535m! Visions of running up and down the slopes of Djouce 3 or 4 times paraded through my mind...

My faith in orienteering was completely restored the following day however. Despite the misty, drizzly weather and that inimitable climb, the course itself turned out to be most enjoyable. It's amazing what good intelligent planningcan do! Of course the event wasn't without its mishaps though. Someone was put out by the visual impact of one of the controls (on a knoll) and decided it would be more fitting lying in an adjacent stream! Also UCC's Conor Barry and myself managed to fall into the same hole legging it down a (very heathery) mountainside. Fortunately, for Conor, he was relatively unscathed. Unfortunately, for me, I fractured my leg slightly, so it was game over at that point. (Collective sighs of sympathy required here!) I should take this opportunity to thank UCC's Darren Burke for graciously assisting me down off the mountain, patiently putting up with my grunting and

groaning!
In the end, UCC's Niall Bourke just nipped victory in the Men's A, with his comrade Conor Creedon second and UCD's Alastair Thin third. UL's Toni O'Donovan won the Women's A comfortably, with UCD's Liz Butler second and team-mate Susan Bell third. UCC won the Men's Trophy and UCD won the Women's Trophy.
Saturday Night, and we all gathered in a hotel in Ashford for the customary dinner and prize giving. We almost had no music for the night but UCD's master organiser Chris Blau put in a commendable effort to successfully save the evening! Cork were intent on making it their weekend with Conor Creedon eventually winning the extremely keenly contested Musical Chairs Championship (hard luck Neil). Need I say scenes of elbowing, shouldering and many other forms of unsporting physical violence were all too common! The climax of the night was the best buttocks 2000 competition with TCD's Ciara Taply taking the women's award (at last we won something!) and QUB's Andrew Mein taking the men's. Andrew, obviously anxious to raise a glass to his achievement, was a little too eager, ending up hitting it against the ceiling with some force. No doubt, it didn't come down in one piece! UCD's Belfield campus was the scene of the Sprint-O Champs on Sunday morning. (Perhaps a Fun-O would be a more apt description, at least for those who didn't have hangovers.) UCC performed best on the day, with a strong performance also from the Army Cadet School. Conor Creedon just pipped team-mate Alan Barry for victory (although a cynic might question this since the finish herself was moving around!) All in all, three cheers deserved of all those in UCD and GEN who helped pull off a successful and thrilling Irish Student Championships. On a final note, special congratulations must be extended to UCC's Captain, Conor Barry, for going back to Cork, leaving the trophy resting peacefully back in Glendalough. Cheers Conor, we're happy to hold on to it for another year!
Fergal Buckley, IOSA PRO and unrepentant Trinner...

(Editor's note: This article was inadvertently omitted from the last TIO).

IOF CONGRESS REPORT

Colm Rothery was at the IOF Congress in Austria ...

The XX Ordinary I.O.F. General Assembly was at Leibnitz in Austria on August 4 2000.The meeting started with a roll call of delegates. 38 delegates were present, 36 with voting status. This was the highest number of delegates to attend an IOF meeting since "O" started. Various people were appointed to check minutes and count votes, then a vote was taken to allow Hungary to re-enter the race for hosting WOC 2005. (Hungary had filled in the application form in a hurry and did not have enough time to read the guidelines and filled out the form incorrectly so their application was rejected) The vote went 26 for, 8 against and 2 abstentions, so the were back in the race (I voted yes).
Various countries applied for full and associate membership, all of which were accepted.
Full member Brazil
Associate members, Uruguay, Venezuela, Greece (Athens), Jamaica, Colombia, D.P.R. Korea, Greece (Thessaloniki), Pakistan.
There are now 58 full and associate members. There was then a vote to allow the Council to decide on the criteria for Trail Orienteering for national and world level: there was a unanimous 'yes'. It was agreed by all that the way towards the Olympics was to get into the world games first. The council urged all countries to send their best teams to the world games, as this is the stepping stone to the Big One. They also urged all member nations to approach their national Olympic committees for a letter of approval to apply for "O" as an Olympic sport. At least 25 letters are needed from around the world to gain approval.

So we came to the two big items on the agenda. Park World Tour World Champs, and where the 2005 WOC. would be held. Before voting on whether to allow a PWTWC, various countries voiced their opinions for and against. Then a request was made for a non-delegate to address the assembly. This had never happened before but as this non-delegate was Jorgen Martensson an exeption was made. He made a strong and emotional appeal to allow this new event to happen and not to waste the years of work, which he and the rest of his team had put into this venture. But he need not have worried because when the vote went through it was carried by a very large majority (I'm afraid I don't have the details of the vote) So the PWTWC will commence next year over a series of 5 to 8 races in 3 to 5 countries. Details later.
Now the other matter, WOC 2005. After Japan, Hungary and Sweden each gave a ten-minute presentation, a vote was taken. There was a draw: 9 votes each for second place, the winners on 19 votes being Japan. So its of to the orient for WOC 2005. I voted for Hungary thinking we have been in Scandinavian terrain enough in the recent past and Hungary would have been reasonably accessible. The good thing about Japan is that very few countries will be able to send their teams on training camps so the field will be levelled somewhat.

Colm Rothery, delegate for Ireland.

Leinster News

Analysis of Leinster League Results
We've had mixed results in terms of numbers competing in Leinster as measured by Leinster League results. As in the previous year there were 15 foot-O events of mixed format. There were a total of 1336 competitive runs in the league this past season (1999-2000), compared to 1449 runs last year - a deficit of 113 (8% slide). A positive point is that the rate of decline is decreasing - in the previous year the drop in the number of competitive runs was 338 (19%).

(Note that I've used the results on the IOA web-site as my data source for this year, and the LOC minutes from the last AGM as my data source for the previous season.)

This year 454 people competed in the LL. (I don't have the exact figure for last year).

Some encouraging news next: 130 people ran four events or more i.e. 29% of the total. In the previous season only 18% of orienteers completed more than 4 events. This means that there is an increasing hard core of competitors with more than 4 runs.!

We successfully introduced a BLACK course this season.

The numbers competing on the various courses were:
BLACK - 22 (11),
BROWN - 24 (13),
BLUE - 79 (29),
GREEN - 98 (39),
LT.GREEN - 88 (20),
ORANGE - 82 (9),
YELLOW - 71 (17).

In brackets are the numbers who completed more than 4 events. So the "hardest core" of all are the BLACK and BROWN competitors with the highest percentage of more than 4 runs.

The new season
The current mixture of regular cross-country and alternate foot-orienteering formats will continue for the next two seasons. There shall be no prize-money (funds are better spent on juniors say the polls), World Cup points system to be used, and organisers, planners and controllers (OPCs) to get free points. At the recent Leinster AGM it was unanimously agreed to continue with the BLACK course for the next two years.

Aonghus OCléirigh

JWOC 2000

Niamh O'Boyle

It all started one Wednesday morning when we met up with our team manager, Justin May, in Dublin. Myself, Caroline Dennehy and Denise Healy were finally on our way to the Czech Republic for JWOC 2000. The drive proved uneventful on the long, straight motorways of Germany. We stopped only in London to pick up Fionne Austin and again in a German jugendherberge where our beds had been sold and so we had to sleep on the floor of the disco room! We arrived at our destination, the town of Milovy, late on Friday night.

Most of the others (Niall, Alan, Darren, Stewart, Aislinn and Susan) had arrived *par avion* beforehand but, despite them wandering around with signs saying "Where are you, Justin?", we managed to miss each other until Sunday evening. Our team was completed by the arrival of Neil at our accommodation in the Hotel Gaudeamus. After being issued with nametags, ident cards, meal coupons and headbands, it was early to bed for us all, the biggest team to ever go to JWOC from Ireland.

Monday saw us off to the model event where two of the Irish demonstrated their skill by, ahem, running off the map! They managed to relocate off the rocky formations that were typical of the area. The rest of the day was spent making friends with Oodi, "the Israeli guy", and admiring the French who had the foresight to bring a Playstation and TV! Some of the Irish were admiring them more than others, for example Aislinn, and it wasn't because of their Playstation either! As for us, we were contented with playing card games, including some very violent games of "spit" and "spoons".

The opening ceremony saw the first bit of sun of the week, luckily for us since we had chosen to wear shorts and t-shirts in comparison to the others who had their tracksuits. It was then that the realisation hit me that this was a World Championship, and apprehension (along with a feeling of pride) began to creep in.

A downpour on Tuesday saw us finishing the classic soaked but for the most part pleased. The terrain was much the same as the model event: undulating ground with mixed vegetation, a dense network of paths and small rocky outcrops. The best of the Irish were Caroline and Niall.

The short race qualification on Wednesday was a disaster even by our standards. Only Darren qualified for a B final, the rest of us being in the C. It was still raining and at this stage we doubted the forecast, which told us that it would be 25°C and dry - so far our shorts and suncream hadn't been much use.

Better runs in the finals on Thursday saw me finish 2nd and Niall finish 4th. Overall most people were happy with their runs today, maybe due to the inspiration that Alan, our stand-in manager for the day, gave us. Unfortunately he had hurt his knee the day before and couldn't run. The Czech lads dominated the mens A taking the top three places, while the Swedish women recorded a one-two in the women's A. We also had a birthday party when Stewart turned 18, just in time for the Friday night banquet as well!

The Friday saw us in our last event: the relays. Aislinn had the best run and the girls' team came 25th. The lads did one better, coming 24th.

On the positive side, we were a very young team (3 W18's, 1 W16 and 1 M18) and eight of us will be eligible to compete again. Everyone finished all their courses and nobody mispunched, and higher goals have been set for future championships.

The closing ceremony and banquet was followed by an international score event which, by all accounts, was quite funny. For instance, I never knew that your knees could go about four feet apart, as Caroline showed me during her 'dancing'! Not much else really worth mentioning happened.

As we prepared to leave on Saturday by car and bus, we all agreed that it was a brilliant experience. Most people were heading home but a few travelled on to Sweden for the clinics and O-Ringen. The Czech Republic was a lovely country in terms of landscape, yet the cost of living was relatively low. Cornetto's were about 40p and those packets of biscuits that everyone was addicted to were even cheaper. Also every second car seemed to be a Skoda, like the one we were travelling in.

On behalf of the team I would like to say thanks to Justin for minding us, giving us advice and going to all those team meetings. Congratulations to him on winning the M40 class at the Botas 5-day Cup, at least we brought home one prize!

The Irish Team was:

Niamh O'Boyle	Darren Burke
Caroline Dennehy	Niall Bourke
Aislinn Austin	Stewart Caithness
Fionne Austin	Alan Barry
Denise Healy	Neil Dobbs
Susan Healy	

Manager: Justin May

Some results:

Women's classic; 7.1km, 280m

1.	Tatiana Pereliaeva	RUS	59.43
2.	Marianne Riddervold	NOR	60.34
3.	Natalya Potopalska	UKR	61.15
13.	Hannah Wootton	GBR	65.50
115.	Caroline Dennehy		92.00
121.	Niamh O'Boyle		95.37
124.	Aislinn Austin		98.36
135.	Susan Healy		121.03
136.	Denise Healy		
137.	Fionne Austin		138.38

Men's classic; 10.7 km, 430m

1.	Jiri Kazda	CZE	69.53
2.	Pasi Ikonen	FIN	70.11
3.	Jaromir Shivovsky	CZE	70.58
28.	Andrew Etherden	GBR	77.24
122.	Niall Bourke		101.42
124.	Darren Burke		102.17
128.	Neil Dobbs		107.18
132.	Alan Barry		108.53
145.	Stewart Caithness		122.24

Women's short race C final; 3.57 km, 50m

1.	Katarina Labasova	SLO	32.29
2.	Niamh O'Boyle		32.44
3.	Krystell Hermet	FRA	33.30
5.	Aislinn Austin		35.13
7.	Caroline Dennehy		36.31
12.	Denise Healy		39.05
13.	Susan Healy		41.17
21.	Fionne Austin		72.55

Men's short race B final;

1.	Alexei Laichev	RUS	25.34
49.	Darren Burke		36.59

Men's short race C final;

1.	Marek Socha	POL	24.10
4.	Niall Bourke		26.46
10.	Stewart Caithness	28.39	
23.	Neil Dobbs	36.18	

A big "Thank You" to all the contributors to this issue: Niamh O'Boyle, Toni O'Donovan, Aonghus O'Cleirigh, Gerry Brady, Paul Nolan, Colm Rothery, Fergal Buckley, Ger Power , Nina Phillips and the other editors from whom I have shamelessly borrowed material without so much as a by-your-leave.

Ehrenhausen

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Stand: Juli 2000

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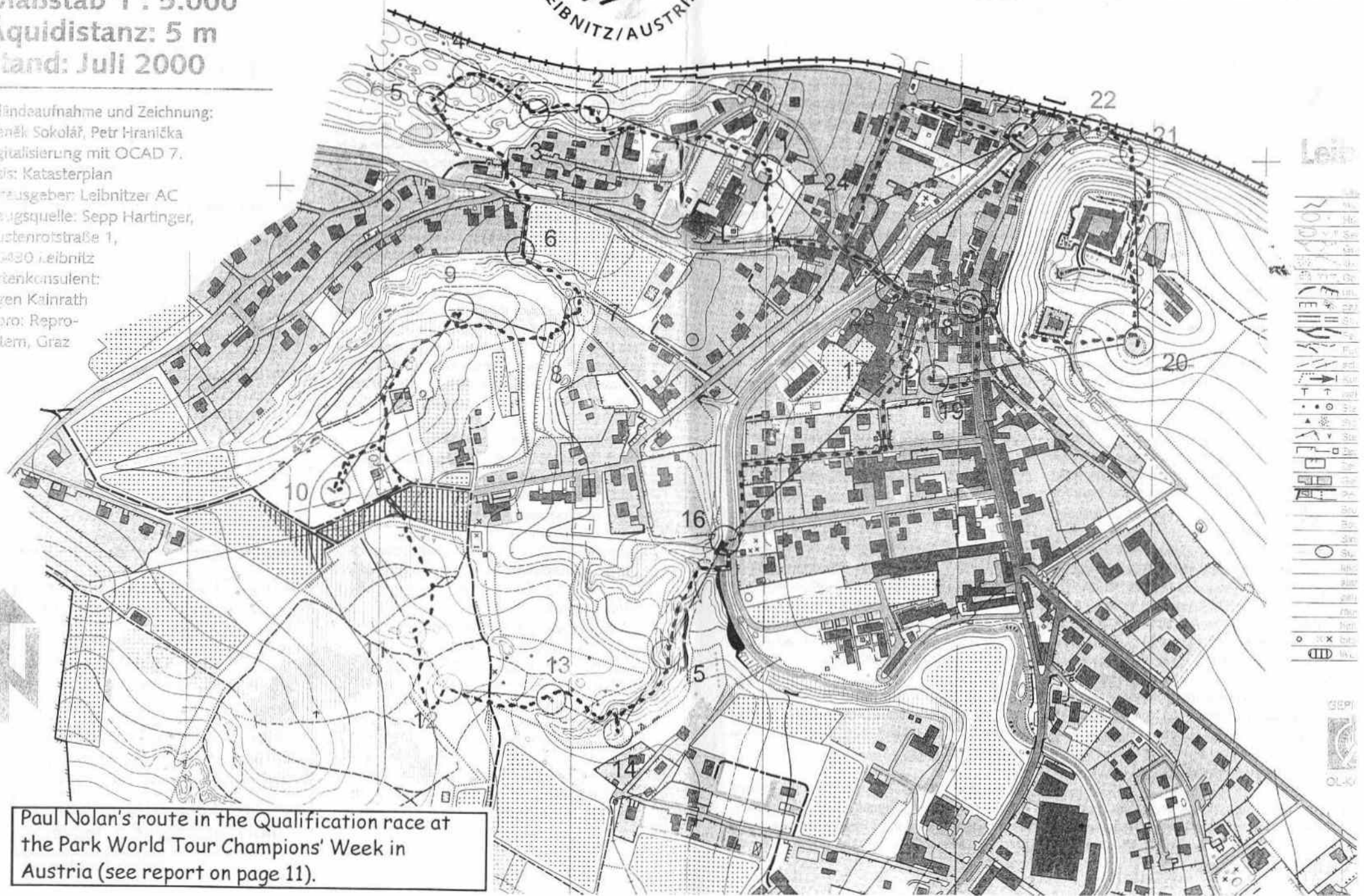
WORLD • LEIBNITZ/AUSTRIA • WEEK

Champions' Park World Tour 2000 Week

QUALIFICATION

3 AUGUST 2000



Paul Nolan's route in the Qualification race at the Park World Tour Champions' Week in Austria (see report on page 11).

Adventure racing comes to Ireland

9feet.com ADRENALIN RUSH 2000: "Europe's Toughest Adventure Race"

An innocuous e-mail, almost a year ago now, saw some innocent souls from orienteering, hill running and related circles unknowingly sign away their lives for the next nine months.

Adventure racing: throw in a mountain marathon, orienteering, biking on & off road, canoeing, swimming, rafting, rock climbing & abseiling, horse riding and whatever else the organisers can think of, and you've got adventure racing. Throw out all thoughts of sleep, rest, hot food, washing or other basic comforts.

This one emerged in Banbridge, Co Down, the brainchild of a former EcoChallenge competitor, Brian Elliott, who decided he'd had enough pain doing Eco's and he'd inflict it on some others instead. Start time 1pm, Monday 29th May.

The first shock was that non-stop really means that - the race starts Monday midday and finishes when you finish, you sleep & eat within race time. Pressure or what? How do you train for exhaustion?

The second shock was training. Weekends away trekking/running, biking, canoeing, horseriding and climbing were all going to be essential. Try to do each one a few times and the weekends add up quickly! There are approximately 20 weekends between January and May. With about 6 disciplines to master, do each 3 times and you've no weekends left. The compromises had to start early. Of course, that's all on top of trying to keep up running training during the week, plus swimming lessons and a course of horseriding lessons too. Suffice to say, adventure racing takes over your life very easily.

We got stuck in with enthusiasm (initially anyhow). Two teams of us entered together, confusingly called Bun os Cion (Justin Keatinge, Cormac MacDonnchadha, Gerry Lalor, Nina Phillips) and Cion os Bun (Eoin Keith, Pat Kidney, Paul Gordon and last minute recruit Marcella Dunne). Training took us all over the country - seemed like we cycled, ran or paddled every inch of Wicklow, we canoed & capsized in Clare & Kerry, horse-trekked in Clare. Personally I never want to see a horse again. It's all very well teaching me to let the horse know I'm in control, but "Smurf" knew I wasn't and I never wanted to be a racing jockey.

The other ever-underestimated issue is logistics - nightmare! Even just the food - trying to work out how much energy food you need to feed 4 people, supposedly every 30 minutes, for up to 5 days, 24 hours a day, and it starts overflowing the trolley. And then you have to carry most of it around with you!

But finally the start: full car of gear each to get up there, then race tops issued, nerves set in, skills testing, medical checks, maps & rules issued, and the off!

Briefly: Day 1 - 6 hours biking arriving in Tollymore, 10 hours trekking in the foothills of the Mournes and along the coast (some swimming stuff cancelled due to the abnormally wintry weather). Sleep 2 hours propped against a stone wall in a field in a survival bag. We lost our first casualty early, one of several to suffer from the extreme weather. 3 pushed on.

Day 2 - A 14 hour day trekking, climbing and abseiling in the Mournes, starting with Donard for dawn, later 4 hours biking in the dark up to Castlewellan.

Day 3 - Horse trek at 2 a.m. for 2 hours, 2 hours sleep in the stables, biking back to the Mournes, several hours dragging/carrying the bikes and gear over felled trees, mountain tops and peat hags, more biking down to Rostrevor. Raft across the estuary and straight up Black Mountain in the Cooleys, arriving there about 8 p.m. Here, loss of route sent us backtracking to the top, exhaustion, cold and wet set in and after much debate we unfortunately retired, one of more than half the teams that didn't make the full course.

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Training events to use corner shops.
Colour coded events to use supermarkets. Courses with a high technical content would have some purchases from delicatessen counters and other complicated sections.
National Events and the JK to take place in shopping precincts such as Lakeside and Blue Water, the multistorey terrain demanding a high level of navigational competence and presenting representational problems for the mapper. Longer courses to use the adjacent retail park, giving a wide selection of route choice between shops.
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Adventure racing comes to Ireland

9feet.com ADRENALIN RUSH 2000: "Europe's Toughest Adventure Race"

An innocuous e-mail, almost a year ago now, saw some innocent souls from orienteering, hill running and related circles unknowingly sign away their lives for the next nine months.

Adventure racing: throw in a mountain marathon, orienteering, biking on & off road, canoeing, swimming, rafting, rock climbing & abseiling, horse riding and whatever else the organisers can think of, and you've got adventure racing. Throw out all thoughts of sleep, rest, hot food, washing or other basic comforts.

This one emerged in Banbridge, Co Down, the brainchild of a former EcoChallenge competitor, Brian Elliott, who decided he'd had enough pain doing Eco's and he'd inflict it on some others instead. Start time 1pm, Monday 29th May.

The first shock was that non-stop really means that - the race starts Monday midday and finishes when you finish, you sleep & eat within race time. Pressure or what? How do you train for exhaustion?

The second shock was training. Weekends away trekking/running, biking, canoeing, horseriding and climbing were all going to be essential. Try to do each one a few times and the weekends add up quickly! There are approximately 20 weekends between January and May. With about 6 disciplines to master, do each 3 times and you've no weekends left. The compromises had to start early. Of course, that's all on top of trying to keep up running training during the week, plus swimming lessons and a course of horseriding lessons too. Suffice to say, adventure racing takes over your life very easily.

We got stuck in with enthusiasm (initially anyhow). Two teams of us entered together, confusingly called Bun os Cion (Justin Keatinge, Cormac MacDonnchadha, Gerry Lalor, Nina Phillips) and Cion os Bun (Eoin Keith, Pat Kidney, Paul Gordon and last minute recruit Marcella Dunne). Training took us all over the country - seemed like we cycled, ran or paddled every inch of Wicklow, we canoed & capsized in Clare & Kerry, horse-trekked in Clare. Personally I never want to see a horse again. It's all very well teaching me to let the horse know I'm in control, but "Smurf" knew I wasn't and I never wanted to be a racing jockey.

The other ever-underestimated issue is logistics - nightmare! Even just the food - trying to work out how much energy food you need to feed 4 people, supposedly every 30 minutes, for up to 5 days, 24 hours a day, and it starts overflowing the trolley. And then you have to carry most of it around with you!

But finally the start: full car of gear each to get up there, then race tops issued, nerves set in, skills testing, medical checks, maps & rules issued, and the off!

Briefly: Day 1 - 6 hours biking arriving in Tollymore, 10 hours trekking in the foothills of the Mournes and along the coast (some swimming stuff cancelled due to the abnormally wintry weather). Sleep 2 hours propped against a stone wall in a field in a survival bag. We lost our first casualty early, one of several to suffer from the extreme weather. 3 pushed on.

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Mapping and Planning
This requires close liaison between managers and orienteers. Many stores appear to change their displays at frequent intervals merely to confuse the shoppers. Special offers to be monitored and be included in the map corrections.

Types of Events
Most events to take place on Friday evenings - you could do your week's shopping and orienteer at the same time. Entry fees would be reduced and you take home what you have bought. Although these items may not be exactly what you would have bought yourself, public opinion will force the planners to stick to staple items in the main. If your course takes you to, say, the sock counter at M & S, I feel sure that Technical Committee would allow each individual to buy his/her own sock size.
Courses could easily be matched to the competitors' tastes - for instance all the women's courses could have a last control at the flower counter, M21S could visit the beer area, juniors the sweet racks.
Special events could be geared to certain tastes e.g. Vegetarian-O, Gluttony-O, Alcoholic-O, Stationery-O (referring to the items in the control circle, not the speed of the competitors).

Permission
Permission to hold events would have to be negotiated but I can foresee fewer problems with getting permission from a store to hold a SHOP-O event than trying to persuade a landowner to allow us to run over his land (who is going to turn away 1,000 guaranteed shoppers?).
The only difficulty that may arise is that the terrain might have to be closed to orienteers for a year before a big event, resulting in housekeeping difficulties for law-abiding orienteers. However, this is a small price to pay for taking part in our sport.

I hope you will join me in this new venture. I hope to run a demonstration event using the orienteering traders' stands at an event in the near future. I am sure that with the introduction of SHOP-O Essex will take its rightful place as the national centre of orienteering.

Mary Ryder, Shop-O Co-Ordinator, East Anglia
(from LOKation)

"There was virtually no chance that I would make a mistake"

Ola Gustafsson profiles World Champion Bjornar Valstad

'When I stood on the starting line in WOC I knew that there was virtually no chance I would miss any control.'
These words spoken by an athlete with self-confidence - Bjornar Valstad - the Norwegian who won WOC gold in supreme style. A cocksure assertion? Hardly, since he does indeed have justification in making this statement. In over 2800 controls attempted last year, he has missed only ten!

The difference lies in technique.
Bjornar Valstad has in practice eliminated mistakes and has come as close to "zero-error" as one can. *'No, I don't really go along with that. I hope that I can improve for WOC in Finland...'*

In the past three years he has purposefully worked much with his orienteering technique. *'I have become better physically but I am not so much different than I was five years ago. The main difference lies in the fact that I am much better and in particular much surer technically.'*

Inspired by Ivarsson.
The main source of inspiration for this evolution came from Sweden. *'It was Johan Ivarsson who inspired me. He showed that the secret of success lies in eliminating mistakes'.*
This is something that is easy to say but difficult to put in practice. Bjornar Valstad has worked very hard with his technique and in parallel his progress has followed a direct upward trend. His *philosophy is that 'the world becomes what you wish it to be, provided you are prepared to work sufficiently hard for it.'*

So how does a world champion train his technique? *'In 1999 I carried out an average of five technique sessions with a map every week. Once, or more usually twice per week, I ran a classic distance with good orienteering.'*

Ten controls missed from about 2800 last year.
'I estimate that every week I attacked between 75 and 100 control points. With over 30 weeks training before WOC that makes it somewhere between 2600 and 3000 controls. On ten of these I made mistakes that were one minute and perhaps up to one-and-a-half minutes in duration. The remainder I ran perfectly.'

With this knowledge he naturally believed on the WOC start-line were that there was virtually no chance of missing a control. '"*You cannot go to the start and be anxious of making a mistake*' believes the 32 year-old Norwegian. '*But it is obvious that if you have missed two minutes in every competition, and do likewise in every training session before a championship, then it is not likely you will run correctly on the day either.*'

The results don't lie.
Valstad dominated the early season in 1997 as well, but finished 25th at WOC97 in Grimstad. *'The results don't lie. I was not better than that on the day. It was so hot that I could not take in water without vomiting. I was not sufficiently prepared. The problem occurred again this summer in Scotland when it was very hot at WOC99, but I had trained myself to cope with it. Now when I drank and spewed it up again I told myself "Aha! now I've just got to soldier on without water." '*

By this Valstad means that it is just as important to run with a hundred per cent concentration as (it is to orienteer) correctly, and to disregard external matters. Sunshine or rain - you never know what the day will bring. And it doesn't do to blame it on whatever wears you down. You have to train away all mistaken behaviour.

Train as you compete.
'In Norway many are accustomed to thinking that technique training should be conducted at a high, intensive pace, because it is not possible to concentrate for very long. I believe that to be completely incorrect. A classic competition is long, tough and challenging, and therefore it is these qualities that you must learn in training.'
'Really it is easy', says Bjornar. 'Whatever you are working at, you must daily incorporate the different elements that will allow you to manage the occasion when you are placed under great pressure. And you must do precisely this, day after day, in order to become world number one.'
Bjornar Valstad did this in Scotland on that August day. 'On the day I ran my best race ever. I could have run 30 seconds faster, that is all.'
But then there was virtually no chance that he would be unlucky!

(Valstad's victory was the best ever WOC win as measured by % time after the total of best leg times on the day. His time was 3.3% longer.)

(From Skogssport, the Swedish O-magazine, translated by Aonghus O'Cleirigh)

Mountain Running

Mountain running races for the rest of the year are:
24 September British & Irish Junior Trial, Ticknock, Sandyford, Co. Dublin, 11.00;
8 October British & Irish Junior Championships, Sedburgh, Yorkshire.
November 11 Powerscourt Ridge, Glencree, Co. Wicklow.
December 27 Christmas Flash, Bray Head, Co. Wicklow. 12.00 midday.
More info from www.iol.ie/~imra/ Douglas Barry 01-2868180

Promoting Irish Orienteering

Gerry Brady, IOA P.R.O.

Orienteering, as it is currently organised, largely meets the internal PR needs of the Irish Orienteering Association (IOA) and its members. Regular and occasional orienteers have adequate access to fixtures and results information through the club system, The Irish Orienteer, the Web site, the e-Group, the Inf-O-Line and the Evening Herald orienteering column. However non-orienteers and other organisations are largely unaware of the extent of orienteering activities being conducted both nationally and internationally. A greater commitment to PR is needed if orienteering is to achieve a broader national profile and a higher status in Irish sport. These are important steps if the sport is to achieve better performances at international level.

Benefits

One of the striking changes in Irish sport in recent years has been the increased emphasis on publicity. Sports pages and programmes are increasingly dominated by a small number of large sports that appear to compete very actively with each other for top billings (GAA, soccer, horse racing, golf and rugby are the main ones). Minority sports, including orienteering, have difficulty obtaining copy even for very summary results of events despite the fact that these athletes often train far harder than the household names of Irish sport. Sports Editors often censor orienteering items to allow even more copy for the major sports. It is against this background that orienteering will need a concerted developmental and PR strategy if it is to succeed in continuing to attract and retain people, especially juniors, into the sport. An active PR operation will contribute to orienteering being perceived as a successful and professionally-administered sport by organisations such as the Irish Sports Council, Bord Fáilte and other sports associations. A snowball effect will make it easier to get media copy for Championships, international teams and other major events. A higher media profile will result in more requests to have orienteering included in sports yearbooks, sports fairs and other promotional points. It will take years to turn orienteering into a well-known minority sport. The groundwork needs to begin now to gain media recognition on a par with other sports so that if the IOF goal of Olympic inclusion is achieved, Irish orienteering will have retained and increased its number of elite athletes so that the best of them are good enough to qualify for the Games.

Members and Clubs

Clubs need to become more proactive in publicising orienteering and in introducing newcomers. This promotion can be done both as individuals and at a club level. At introductory events, newcomers should be offered more advice and encouraged to continue orienteering on an occasional or regular basis. Local media should be informed of introductory events and encouraged to send a reporter. Each club should have a PR Officer whose primary responsibility is to ensure that summary results of events are submitted to the national and local media. Details of events should be sent to local tourism interests (Tourist Office, hotels), walking groups, running clubs, outdoor adventure centres and fitness centres. Ideally club members who are in the Irish squads will take-on these PR roles as they would arguably be the main beneficiaries.

IOA

The IOA handles a substantial amount of irregular PR work received by phone, post and e-mail. Opportunities for articles in the non-orienteering media such as The Irish Runner, Walking World Ireland, Mountain Log and other focal points for people interested in sports will also be sought. There are currently 23 clubs in eight counties affiliated to the IOA. The counties represented are Cork, Dublin, Galway, Kerry, Kildare, Sligo, Waterford and Westmeath. Many of these clubs have mapped areas in adjacent counties and hold events there. Orienteering would be in a stronger position if aclub existed in every county as in athletics and many other sports. The most obvious method of bringing this situation about is to promote the sport to members of athletic, cycling and walking clubs and also to schools and colleges. The emergence of Sprint-O has increased the opportunities for runners to become competitive in orienteering with consequential opportunities to represent Ireland. The IOA will notify athletics clubs (both juvenile and senior) of orienteering events. Other formats such as Mountain-Bike, Trail and Ski orienteering will also be developed to broaden the activity base. Flyers summarising the nature of the sport and the various activities and contact points will be circulated along with fixture listings. The promotion of inter-firm orienteering events, especially during the summer months, will be encouraged. The Business Houses Athletics Association will be contacted to see if they would be interested in encouraging their members to participate in these events.

Internet

The Association has an official web site. A number of clubs and the Irish squad also have separate sites. Clubs will be encouraged and assisted to develop sites and to establish links with other sites of interest in their locality. The IOA is in the process of moving to a new more user-friendly address (www.orienteering.ie). The Sports Council and other Bodies (e.g. Olympic Council of Ireland, Athletics Association of Ireland, Coillte, Irish Cycling Federation, Bord Fáilte) will be encouraged to include links to the IOA on their sites and the IOA in return will include links in the other direction on their web site.

Schools

Orienteering was recently included as an option in the schools curriculum. For this development to result in orienteering being practised by more schools, the IOA will need to assist in the provision/preparation of basic teaching material and to encourage clubs to work with local schools. Pupil and teacher incentives, such as offering Basic Proficiency Certificates in orienteering to transition year pupils, will be needed to provide an end result for the course. A dedicated IOA Schools and Colleges person may also be required.

Community Games

The Community Games originated around the early 1970s. They are a multi-sport Games with qualifying competitions held at local and county level culminating in annual national finals. They cater for people up to the age of seventeen. The support of seven counties is required to have orienteering included in the National Finals. The Games are held in the summer and would complement the schools year. The IOA will encourage members to introduce orienteering into the Games.

Fixtures.

The IOA will work with clubs to prepare an advance fixtures list. Clubs can help by planning well ahead so that annual calendars can be produced before the end of the preceding year and by making decisions early on the venue rather than just booking dates, as occasionally happens! The IOA will notify these events to the national papers and other media. National and Regional fixture listings will be updated on a regular basis. Major fixtures will be included in end-of-year national newspapers sports calendars. Fixtures information will be submitted to Bord Fáilte and the regional tourism bodies for inclusion in pamphlets and other tourism-related material.

Results

Clubs and event organisers are responsible for compiling and disseminating event results. Clubs should submit results to the main national newspapers as well as to relevant local papers and the main national radio and TV media. Apart from informing non-orienteers that the Association is active, results also give welcome publicity and motivation to the more successful orienteers, especially juniors. All clubs should submit results of important events to The Irish Orienteer. The internet is giving rise to new sports web sites publishing information on Irish sport. These sites should also be sent results. Summary results of all events should be sent in separate e-mails to each of the three main

national daily newspapers (see Media Contact Points below). There is no guarantee that the papers will include the results but you can improve the possibility by submitting the results on the day of the event and by supplying good copy layout if using e-mail or fax. It is more important that you send the results in than that the paper actually prints them. By informing the media of the range of events going on across the country, the Sports Editors will gradually realise that orienteering is a very active sport with over 150 events held annually. It would also help if NIOA clubs could submit results as publicity may help when it comes to the Sports Council allocating funds to the sport and to the international squad. The IOA will submit results of championship and international competitions to the national media.

What to Do

Send results in the same day as the event ideally between 5-7 p.m.;
Lay the results out in a style that minimises the amount of further work necessary for the newspapers (see example below).
Send in results for all the courses (in the example only two courses have been given).

Orienteering

The Curragh, Leinster League (Night event). Black (6.8k): 1 J May (3ROC) 41.40; 2 M Prendergast (CNOC) 53.34; 3 B O'Brien (Aja) 55.05. Blue (5.2k): Men: 1 S Lynch (3ROC) 39.03; 2 V Jones (Fin) 54.03; 3 P Gargan (Ajax) 54.07. Women: 1 U May (3ROC) 45.39; 2 D O'Neill (Fin) 72.50.

Newspaper Contacts: (Republic only)

(Name, phone, fax, e-mail)
The Examiner 021-4272722 021-4275477 Sport@examiner.ie
Irish Independent 01-7055610 01-8722807 Independent.sport@independent.ie
The Irish Times 01-6792022 01-6799959 Sports@irish-times.ie
Anglo-Celt, Cavan 049-4331100 049-4332280
Bray People 01-2861347 01-2860879
Clare Champion 065-6828105 065-6820374 Editor@clarechampion.ie
Connacht Tribune 091-567251 091-567970 Ctribune@iol.ie
Connaught Telegraph 094-21711 094-24007 Conntel@eircom.net
Conegal Democrat 072-51201 072-51945
Drogheda Independent 041-9838658 041-9834271
Dundalk Democrat 042-9334058 042-9331399 Dundalkdemo@eircom.net
Evening Echo, Cork 021-4272722 021-4802135 Echo.ed@examiner.ie
Kerry's Eye 066-7149200 066-7123163 News@kerryseye.com
Kildare Times 045-895111 045-895099 Kildaretimes@eircom.net
Kilkenny People 056-21015 056-21414 Kpeople@iol.ie
Leinster Express 0502-21666 0502-20491 Lexpress@indigo.ie
Leinster Leader 045-897302 045-871168 Iain@iol.ie
Leitrim Observer 078-20025 078-20112
Limerick Leader 061-315233 061-314804
Longford Leader 043-45241 043-41489 Ads@longford-leader.iol.ie
Longford News 043-46342 043-41549 Info@longford-news.iol.ie
Mayo News 098-25311 098-26108 Mayonews@anu.ie
Meath Chronicle 046-79600 046-23565
Midland Tribune 0509-20003 0509-20588 Midtrib@iol.ie
Nationalist & Leinster Times 0503-70100 0503-31442
Nenagh Guardian 067-31214 067-33401
Northside, Dublin 01-4534011 01-4545000
Roscommon Champion 0903-25051 0903-25053
Roscommon Herald 079-62622 079-62926 Roherald@indigo.ie
Sligo Champion 071-69222 071-69040
Sligo Weekender 071-42140 071-42255
Southern Star 028-21200 028-21071 Southernstar@eircom.net
Southside, Dublin 01-4534011 01-4549024
The Kerryman 066-7145500 066-7145572
Tipperary Star 0504-21122 0504-21110
Tuam Herald 093-24183 093-24478

Tuamhrld@iol.ie
Tullamore Tribune 0506-21152 0506-21927 Midtrib@iol.ie
Waterford News 051-874951 051-855281 Editor@waterford-news.ie
Western People 096-21188 096-70208 Wpeople@iol.ie
Westmeath Examiner 044-48426 044-40640 Newsdesk@westmeath-examiner.ie
Westside, Dublin 01-4534011 01-4549024
Wexford People 053-22155 053-23801
Wicklow People 0404-67198 0404-69937
Wicklow Times 01-2869111 01-2869074 Wicklowtimes@eircom.net

Radio & TV

Carlow-Kildare Radio 045-879666 045-887611
Clare FM 065-6828888 065-6829392 Info@clarefm.ie
Cork 96 FM 021-4551596 021-4551500
Cork Mallow 103 FM 022-42430 022-42488
Donegal Highland Radio 074-25342 074-25344 Enquiries@highlandradio.com
Dublin 98 FM 01-6708970 01-6708969 Online@98fm.ie
East Coast Radio 01-2866414 01-2861219 Online@eastcoastradio.net
FM 104 01-6689689 01-6689401
Galway Bay FM 091-770000 091-752689 Gbfm@galway.net
INN 01-6629555 01-6629556
Mid West Radio 0907-30553 0907-30285
North West Radio 071-61555 071-60108
New 95 FM Limerick 061-400195 061-419595 Admin@95fm.ie
Northern Sound Radio 047-72666 047-84447
Radio Kerry 066-7123666 066-7122282
Radio Kilkenny 056-61577 056-63586 Onair@radiokilkenny.eircom.net
Radio Tara Meath 046-36655 046-36704
Midlands Radio 3 0506-51333 0506-52546
RTE 01-2083111 01-2083080
Radio na Life 106.4 01-6616333 01-6763966
Shannonside Northern Sound043-46669 043-46591
South East Radio 053-45200 053-45295 Wexford@iol.ie
TG4 091-505050 091-505021 Eolas@tg4.ie
Tipp FM 052-25299 052-25447 Tippfm@iol.ie
Tipperary Mid-West Radio 062-52555 062-52671 1tipperarymidwest@eircom.net
100-102 Today FM 01-8049000 01-8049099 Todayfm@todayfm.com
TV3 01-4193347 01-4193322
WLR FM,Waterford 051-72248 051-77420 Sales@wlr.eircom.net

(For the Skibbereen Eagle, the Tirconaill Tribune and Raidio na Gaeltachta you'll have to do your own research! - Ed)

Irish Champ?

Harry Bell (LVO) writes:
"Perhaps there is something wrong with my search technique. My attempt to look up the results of the Irish Champs on the web produced this delicious morsel. Enjoy."

Irish Potato Champ

1 1/2 pounds baking potatoes, peeled
1 cup milk
1 bunch green onions, chopped
4 tablespoons butter
1 tablespoon Tabasco Green Pepper Sauce
Salt to taste

Place potatoes in saucepan and fill with cold water. Bring to a boil over high heat. Reduce heat to medium and cook 20 to 25 minutes or until potatoes are tender when pierced with fork. Drain. Pass potatoes through ricer or place in bowl and mash with potato masher. Cover and keep warm.

In small saucepan, over medium heat, combine milk, green onions and butter, heat until butter is melted and milk is hot. Add Tabasco Sauce to milk mixture and stir into potatoes; heating until consistency is very creamy. Add salt to taste and serve immediately.

Makes 6 servings.
(from *Crossing Point*)

Tally-O!

Ger Power explores an alternative mathod of training.

His eyes darted around the terrain as he ran at breakneck speed down the field and cleared the hedgerow in one leap. As he hurriedly glanced back over his shoulder, he caught a glimpse of the bloodhounds; there were three and a half couples. He realised that they were closing in on him as he could see that their eyes looked more bloodshot than usual, their long ears were spattered with mud and they were foaming from the mouth as they raced forward. His heart pounded - he estimated that he had covered nearly a mile. He had two minutes head start at the most. He knew that they would have difficulty getting through the hedgerow and he hoped to lose them or at least increase his lead.

John in his mid-fifties was extraordinarily fit for his age - in fact in a race he could beat most of the young seventeen-year-olds in his area. However, to be chased by the huntsman and hound was a different matter. Landing in a narrow country lane he glanced in both directions and decided to turn to his left, as there was a bend in the lane that at least would put him out of sight of the hounds. He turned to the left and to his horror as he turned the corner he saw a hurdle barring his way. He had no option but to jump it and cleared it in one easy graceful stride.

John realised he was rapidly losing ground. Then the sound of horse hooves, which had been muffled by the grass, was replaced by the clang of hooves landing on the country lane. They stopped. They waited for the hounds to find their way through the hedgerow. The dogs ran up and down the lane for a moment or two before picking up his scent and following him up the lane.

John's knowledge of hounds was something he used to his advantage. He saw a copse on the right hand side of the lane one field away and knew that hounds would have more difficulty picking up his scent among the twigs which would have fallen from the trees than on crushed grass. Also he knew that it would slow the horsemen considerably having to contend with trees. This was a place where he hoped that he might be able to shake them off and feel safe again. He headed in that direction crossing the hedgerow on the other side of the lane which proved much more difficult as the angle of the jump didn't give him enough space for a proper run at it. However, he just about managed to get across, pulling his trousers from the brambles that they became entangled in, hearing them rip, but that seemed of little consequence at that moment.

The cry of "Tally Ho!", the shrill sound of horn being blown rang out behind him, the hounds were in full cry. He knew as he heard the clip-clop of hooves on the country lane that they were on to him. Without hesitation he belted down hill across the field that separated him from the sanctuary of the trees. He could tell by the change in sounds made by the hooves when they entered the field that he had reached the trees with only seconds to spare.

The copse was of deciduous trees, it was early November and leaves, which were drifting to the ground, became a carpet under his feet. His only thoughts were of self-preservation, at this stage the sweat was running down his face and his heart beat so quickly he felt it would burst. He zig-zagged in and out through the trees ducking under branches which he hoped would cause difficulty for the riders.

He spotted a stream at the bottom of a steep bank, and half ran and half jumped down it. He had difficulty remaining on his feet as he slipped and slid out of control, lucky to land in an upright position. In his eagerness to escape he was barely aware that he had plunged into icy water which rose above his knees. About fifty metres down stream he saw an earth bank, which ran perpendicular to the stream, leading up hill at the other side of the stream and decided to exit the river at that point and use it as cover to shield him as he sought to reach the top.

It was tough work making his way to the top of the hill. The terrain was rough open ground and the heather was knee deep, but he could see no alternative safe route. The blood was pounding in his ears, there were black dots before his eyes and he was out of breath. The effort seemed inhuman but he was pushed on by his survival instincts. At the brow of the hill there was a boulder that gave him some sanctuary, he pause momentarily to survey the scene. There were roughly twenty huntsmen, dressed in mustard jackets and black-riding hats and most of them carried a riding crop to urge on their mounts. The horses, all hunters, which were of varying sizes, were covered in mud and some were frothing at the mouth from the exertion of the hunt. The seven hounds were running up and down the stream bank trying to pick up his scent.

This was no place to linger - he was off again, scurrying over the brow of the hill and out of sight, choosing to scamper diagonally over the rough open ground. He had just made this decision when he heard "Tally Ho!" and the sound of the horn being blown, the hounds yelping with excitement. He knew that they were on his trail again. As he ran he estimated that he had gained some time but in this landscape he knew without a miracle that he did not have a hope of escape. However, the thoughts of the hounds closing in spurred on his exhausted body. When he neared the centre of the rough open ground he put up a fox. Relief flooded through his weary body as the animal scurried off at a ninety-degree angle to his route. He prayed silently to himself that the hounds would become confused and thus slow them. However, he knew that he could not rely on this alone so he sped forward as if propelled by an inhuman force. At the end of this terrain was a ditch which was edged by an earth bank. He jumped the ditch with difficulty and clambered up the earth bank. He looked back and to his dismay saw that the hounds had only shown momentary interest in the fox before they returned to the real quarry. "I've had it" he thought. As he leaped from the earth bank onto a road he knew that he was slowing. Some green fields appeared in the distance and he headed wearily in their direction, noticing that just beyond them was a house. "I've got to make it, I must keep focused, don't think" he ordered is mind as he strained forward. The panting of the dogs seemed to be in time with his own panting as the distance between them narrowed.

He ran through the farmyard gate before they had time to hurl themselves at him. They stayed at his heel; the last thing he saw before the dogs closed in around him was a table with a white linen tablecloth. They slobbered all over him as he bent down to pat them. As the huntsmen arrived he wondered why he was always so amazed to see the big pot of stew and the wine in the paper cups, after all, the Northern Ireland farmers are known for their hospitality on the day that the hounds "Hunt the clean boot". As they ate and drank the only thing that John really wanted was to go home and shower. That wouldn't be polite.

"Hunting the clean boot" is a sport for hunters who don't like blood sports and a person volunteers to act as the quarry. They know where it will start and finish. Leaving the route choice to the discretion of the person acting as the quarry, there is a different venue each week. He/she gets five minutes head start and must use their wit to out smart the hounds.

This is the alternative that some orienteers in Northern Ireland use to keep fit.

(based on an idea by Wilbert Hollinger)

I had hoped Ger would say "*His breath came in short pants ...*" but she didn't - Ed.

Results Section

Irish Schools Championships 2000

May 10th Curragh West, Co. Kildare

A Course 5.0km: Post Junior Cert Boys

1	Steven Dinneen	CBSMO	22-49
2	Jonathan Lucey	PAMO	27-22
3	Paul Doolan	PAMO	28-19
4	Nathan Foley-Fisher	WHO	28-21
5	Richard Powell	WHO	30-41
6	William Thompson	PAMO	31-28
7	Shane Mannix	PAMO	32-13
8	Eoghan Keenan	PAMO	32-29
9	Paul Brasil	NSWO	33-19
10	Dennis McCarthy	PAMO	33-29
11	Andy Robertson	NSWO	34-15
12	Gary Watters	SCDO	35-30
13	Paul Brady	SCDO	36-35
14	Daniel Nourell	SCDO	36.37
15	Martin Dormer	DLSO	39-23
16	Ronan Graham	?	39-41
17	Conor Fox	DLSO	40-12
18	Steven Mullin	DLSO	42-13
19	Cian O Leary	WHO	42-28
20	Richard Behan	SDCO	44.49
21	Andrew McGrath	CBCMO	45-20
22	Keith Somers	CBCMO	46-20
23	Rory Browne	WHO	47-58
24	Liam Sullivan	?	48-35
25	Keith Taite	DLSO	48-49
26	Stephen Joyce	?	55-41
27	Paul King	SCDO	57-30
	Kevin Healion	SCDO	DNF
	Michael Carey	SCDO	MP
	Robert Kennedy	CBCMO	DNF
	Adam Dunn	CBCMO	DNF
	Alan McNamara	SOCO	DNF
	Sean Thornton	SDCO	DNF
	Don O Sullivan	SCDO	DNF
	Andrew Johnston (DISQ)	SPWO	30-32

TEAMS

1.	PAMO	18 points
2.	WHO	51 points
3.	SCDO	66 points
4.	DLSO	75 points

A Course 5.0km: Post Junior Cert Girls

1.	Niamh O Boyle	NCO	29-53
2.	Denise Healy	NCO	38-02
3.	June O Neill	SCRO	43-08
4.	Sarah McCarthy	SMHSO	43-42
5.	Nicola Cooney	SMHSO	45-03
6.	Claire Guilfoyle	StAWO	47-49
7.	Sharon O Mahony	SMHSO	48-02
8.	Valerie Jones	StAWO	49-05
9.	Fiona O Reilly	StAWO	49-33
10	Rebecca Deegan	StAWO	50-49
11	Norma Kelleher	SMHSO	65-20
12	Loretta Lydon	?	69-21
13	Kate McSweeney	SMHSO	75-33
14	Bernadette Morrissey	SMHSO	77-11
15	M? E? L?	NSWO	81-22
16	Katie Browne	NSWO	82-22
17	Jean Laurance	NSWO	87-34
	T ? Gems?	NSWO	DNF
	Sarah Kelly	SCDO	DNF
	Dara Goggin	SCDO	DNF

TEAMS

1.	SMHSO	27 points
2.	StAWO	33 points

B Course 3.9km: Second/Third Year Boys

1.	Diarmuid Collins	CBSMO	13-12
2.	Stephen O Callaghan	CBSMO	13-49
3.	Jason Lynch	CCCO	15.12
4.	Alan O Connor	CBSMO	15.23
5.	Eoin O Brien	CBSMO	15-30
6.	Christian Foley-Fisher	WHO	15-42
7.	Dorian Van de Braam	NSWO	16-52
8.	Fintan Coughlan?	CCCO	16-53
9.	John Murphy	ROCOC	17-26
10	Peter Reynolds	ROCOC	18.23
11	George Stafford	NSWO	19-13
12	Eamon Barry	CBSMO	19-26
13	Kieran Beausong	CBSMO	19-31
14	Tomas O Grady	CBSMO	19-47
15	Gary Colton	WHO	20-07
16	Stephen Therne	NSWO	20-11
17	Robert Colan-O Leary	CBSMO	20-30
18	Peter Roche	SCDO	20-58
19	Ian Allen	SPWO	21-12
20	Gareth Greene	DLSO	21-50
21	Wayne Brennan	CCCO	22-09
22	Aaron Bailey	NSWO	22-57
23	Jonathan Bolles ?	NSWO	23-09
24	Justin Alcorn	DLSO	23-30
25	Linus O Brien	WHO	23-32
26	Ciaran O Grady	DLSO	24-50
27	Andrew May	WHO	27-03
28	Eoin Daly	CBSMO	27-15
29	David Ffrench	DLSO	27-22
30	Chris Bond	DLSO	27-37
31	Edward Payne	WHO	27-48
32	Richard Byrne	DLSO	29-00
33	Terence Byrne	SCDO	30-42
34	Tadgh Mulvey	DLSO	33-27
35	David O Dwyer	DLSO	33-47
36	Brendan M ?	NSWO	35-54
37	Daniel Auchinclos	NSWO	36.46
38	Ruari McDonnell	CBCMO	44-2
39	Patrick Brophy	CBCMO	47-33
	Gerald Kiernan	ROCOC	DNF
	Sean Beamish	CCCO	DNF
	Johnny O Brien	ROCOC	DNF
	Ross McCooey	CBCMO	DNF
	Michael Lynch	CCCO	DNF
	Robbie Kelly	SPWO	DISQ

TEAMS

1.	CBSMO	12points
2.	NSWO	56points
3.	WHO	73points
4.	DLSO	99points

B Course 3.9km: Second/Third Year Girls

1.	Angela Walsh	SMHSO	15.23
2.	Claire Fenton	SMHSO	22.00
3.	Annemarie Walsh (2nd)	SMHSO	22.22
4.	Edwina Horgan	SMHSO	22.25
5.	Annemarie Walsh (3rd)	SMHSO	23.20
6.	Caoimhe Hennessy	SMHSO	24.08
7.	Deirdre Carbery	SMCO	24.36
8.	Catherine Cashman	SMHSO	26.24
9.	Helen O Neill	SMHSO	26.45
10	Cliodna Cashman	SMHSO	27.48
11	Denise Clarke	SMHSO	27.53
12	Jill Masterson	WHO	28.02
13	Eilish O Brien	SMHSO	29.17
14	Lucy Barry	SMHSO	30.54
15	Lisa Dinneen	SMHSO	31.40
16	Deirdre Guilfoyle	StAWO	32.19
17	Lorna Kavanagh	StAWO	34.00
18	Emma Wiley	WHO ?	34.06
19	Catherine Gleeson	StAWO	34.13
20	Rachel O Brien	StAWO	35.45
21	Maeve Cantwell	SMHSO	35.58

TEAMS

1.	SMHSO	10points
2.	StAWO	72points

C Course 3.2km: First Year Boys

1.	Eric Priestley	CBSMO	14.36
2.	Timmy O Donoghue	CBSMO	15.24
3.	Paul O Keeffe	CBSMO	15.57
4.	Kevin O Brien	CBSMO	16.50
5.	Tom Priestley	CBSMO	18.04
6.	Cian O Hara	CBSMO	18.07
7.	Hugh Coughlan	CCCO	19.30
8.	Seamus O Boyle	PBSN	20.28
9.	Conrad Lehane	CCCO	20.33
10	Leo Bradley	DLSO	20.52
11	Donal O Donoghue	CCCO	23.12
12	Niall O Malley	DLSO	24.29
13	Andre Stokes	DLSO	26.03
14	Ian Douglas	WHO	28.21
15	Robert Yorke	WHO	30.51
16	John O Donovan	CCCO	31.22
	John Young	DLSO	DNF
	Peter Deegan	CCCO	MP
	Iain O Driscoll	CCCO	MP
	Chris Murphy	?	MP
	Padraig Footman	CCCO	DNF
	Seamus O H ?	?	DNF
	Paudie Mc Carthy	CCCO	MP
	Diarmuid Kelleher	CCCO	MP
	Raymond Mc Donald	DLSO	MP
	Alan Campbell	WHO	MP
	Frank Lee	DLSO	MP
	Michael Lynch	CCCO	DNF
	Shane Mc Sweeney	CCCO	DNF

TEAMS

1.	CBSMO	10points
2.	CCCO	43points

C Course 3.2km: First Year Girls

1.	Niamh Cronin	SMHSO	24.00
2.	Aoife Kiniry	SMHSO	24.12
3.	Ciara Walsh	SMHSO	24.30
4.	Ana Patino	WHO	24.46
5.	Aine O Breasil	SMHSO	25.00
6.	Tara Cronin	SMHSO	25.30
7.	Edel O Riordan	SMHSO	28.25
8.	Heather Aydin	WHO	29.52
9.	Jacintha O Regan	SMHSO	30.00
10	Miriam Payne	WHO	30.57
11	Joanne McCarthy	SMHSO	31.00
12	Amanda Cronin	SMHSO	31.07
13	Maureen O Riordan	SMHSO	31.58
14	Danielle Desmond	SMHSO	32.52
15	Ciara O Donoghue	SMHSO	33.25
16	Amy Cashman	SMHSO	33.47
17	Sarah Mc Carthy	SMHSO	43.42
	Amy O Sullivan	SMHSO	MP
	Lisa O Keeffe	SMHSO	MP
	Ciara O Brien	SMHSO	DNF
	Rebecca Wall	SMHSO	DNF
	TEAMS 1.	SMHSO	11points

D Course 2.1km: Primary Boys

1.	Patrick Hayes	SNBC	13.31
2.	Eric Murphy	SNBC	14.13
3.	Eoin Loughran	SNBC	14.19
4.	Colin Lynch	SNBC	14.28
5.	Eoin O Donoghue	SNBC	14.35
6.	John Tanner	SNBC	15.03
7.	Joseph Crowley	SNBC	15.05
8.	Seamus Callanan	SNBC	15.28
9.	Joseph O Sullivan	SNBC	15.33
10.	Leon Reid	SNBC	16.18
11.	John O Mahoney	SNBC	17.05
12.	Padraig Horan	SNBC	18.25
13.	Stephen Lowney	SNBC	21.10
14	.Cian O Boyle	SMSO	29.01
TEAMS	1.	SNBC	10points

D Course 2.1km: Primary Girls

1.	Muireann O Keeffe	CPM	15.41
2.	Aislinn Kelleher	CPM	15.57
3.	Maeve Mansfield	CPM	16.50
4.	Grace Hurley	CPM	17.31
5.	Amy Cranitch	CPM	18.43
6.	Hannah Dennehy	CPM	20.18
7.	Elaine O Regan	CPM	20.47
8.	Joanne Collins	CPM	26.00
	Maria Barrett	CPM	DNF
	Sarah o Meara	CPM	DNF
TEAMS	1.	CPM	10points

Overall Best Boys School

1.	CBSMO	87points
2.	PAMO	30points
3.	WHO	18points

Overall Best Girls School

1.	SMHSO	112points
2.	NCO	19points
3.	StAWO	11points

Overall Best Primary School

1.	SNBC	55points
2.	CPM	53points

Results of CNOC Evening League, May/June 2000.

Events: Donadea (Eileen Loughman), Curragh West (Billy O'Neill), Saggart (Ruth Lynam), Lugnagroagh (Tom O'Keeffe), Curragh East (Senan O'Boyle), Hollywood (Don Short).

Ran	Name	Class	Club	D	CW	S	L	CE	Total	Best 3
5	David Healy	M18	GEN	47	45	50	47	49	238	146
5	Martin Flynn	M21	AJAX	50	46	1	50	1	148	146
5	Dave Weston	M35	SET	47	48	48	49	45	237	145
5	Philip Brennan	M21	SET	50	44	1	46	44	185	140
4	T Joyce	M21	AJAX		42	46	45	47	180	138
3	T Duggan	M35				45	42	48	135	135
3	David Brennan	M40	3ROC		47	34	43		124	124
4	Anthony Lawlor	M35	CNOC	40	38	40		42	160	122
3	Pat Healy	M45	CNOC	34	41	47			122	122
4	Don Short	M40	CNOC	44		41	35	36	156	121
5	Deirdre O'Neill	W21	FIN	32	39	36	34	41	182	116
3	Paddy Morgan	M45		30			41	43	114	114
3	Tommy O'Brien		Army			37	38	37	112	112
5	Ger Power	W45	3ROC	33	37	33	30	38	171	108
2	B O'Brien			50				50	100	100
2	Colm Rothery	M21	AJAX		49	49			98	98
3	Ken Power					32	29	35	96	96
3	Paul Nolan	M21	GEN	43	50	1			94	94
2	Ruth Lynam	W40	CNOC				44	46	90	90
2	Marcus Geoghegan	M35	AJAX	42		44			86	86
3	Paddy O'Brien	M50	AJAX		43	1	37		81	81
2	Eileen Loughman	W21	CNOC		40		40		80	80
3	Fachtna Healy	M21	SET	40			1	39	80	80
2	Tom Condon	M45	CNOC	32		43			75	75
2	Denise Healy	W20	CNOC	35		39			74	74
4	John Francis	M40	DFO	49		47	48	33	177	144
4	Michael Butler	M55	3ROC		47	49	41	45	182	141
4	Donal O'Murchu	M50	CNOC	48	44		46	40	178	138
4	John Crowley	M40	GEN		42	48	44	35	169	134
4	Mary Healy	W45	GEN		37	46	43	41	167	130
4	Brian Hollinshead	M60	3ROC	46		41	42	32	161	129
3	E O'Suilleabhain	M50	3ROC		43		39	47	129	129
4	Deirdre Nagle	W50	3ROC		36	44	40	38	158	122
3	Diana Large	W60	GEN	46	34	42			122	122
4	C O'Sullivan		GEN		38	36	45	26	145	119
5	Vera Murtagh	W60	3ROC	43	30	32	31	15	151	106
3	F O'Neill	W50	SET			40	37	28	105	105
2	Peter Gargan	M45	AJAX		49			48	97	97
2	Sharon Ryan					35	35	25	95	95
3	Joss Lynam	M75	3ROC			34	36	23	93	93
2	M Cronin	W35			32	37		24	93	93
2	Tom Condon	M45	CNOC	44	48				92	92
2	Fiona O'Brien	W21	AJAX	50				42	92	92
2	John Kennedy				45			43	88	88
3	Billy O'Neill	M55	SET			33	33	21	87	87
2	Bernie O'Boyle	W40	CNOC		40	45			85	85
2	Aine uiShuilleabhain		W50	3ROC	39			44	83	83
2	Faith White		SET	47	31				78	78
2	M Donnelly						38	29	67	67
2	Eamonn McVeigh				31		22	53	53	
2	Yvonne O'Brien	W16	AJAX			1	49		50	50
2	Andrew Egan		CNOC				32	16	48	48

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ORIENTEERING FIXTURES

Start times are 11.00 am to 1.00 pm unless otherwise stated.

September

9 **BURREN**, Co. Fermanagh. FermO. NI series 6.
9-10 **JUNIOR HOME INTERNATIONAL**, Lake District, NW England.
10 **FARRAN**, Ovens, Co. Cork. CORKO CATI. GR W 470720.
10 **MARLAY PARK**, Dublin 16. AJAX Come & try it event.
16-17 **MOURNES MOUNTAIN MARATHON**, Rostrevor, Co. Down.
17 **ARDGILLAN**, Skerries, Co. Dublin. FIN Come & try it event
17 **CHEEKPOINT**, Co. Waterford. WATO LE.
17 **ROSSBEIGH**, Co. Kerry. KO.GR V 645915.
23 **CASTLEWELLAN**, Co. Down. LVO. NI series 7.
24 **GOUGANE BARRA**, Co. Cork. CorkO. CORK LEAGUE 1. GHR W 082651.
24 **PHOENIX PARK**, Dublin. 3ROC Come & try it event.
24 **ROSTELLAN**, Whitegate, Co. Cork. CATI. BOC. 10-12.30. GR W 874663.

October

1 **PORTUMNA**, Co. Galway. Mass start score event. 12.00 midday.
1 **IOA Extraordinary General Meeting, Portumna**
3 **WATERGRASSHILL**, Co. Cork. 7 pm. NIGHT-O Fundraiser. GR W 790829.
7 **CAIRN WOOD**, Dundonald, Co. Down.
8 **BALLYNOE**, Midleton, Co. Cork. CorkO. CL2. GR W 955850.
8 **DJOUCE WOODS**, Enniskerry, Co. Wicklow. SET LL 1.
8 **INNISCARRA WOODS**, Co. Cork. BOC CCL. GR W 545724.10-12.30.
8 **KNOCKANAFFRIN**, Rathgormac, Co. Waterford. WatO LE. GR S 286176.
8 **MUCKROSS**, Killarney, Co. Kerry.KO. GR V 966843.
10 **CURRABINNY**, Carrigaline, Co. Cork. Night-O Fundraiser.. GR W 790625.
11-14 **WORLD CUP, Portugal**. Short, Classic & Relay.
14 **N. I. CHAMPIONSHIPS & Veteran Home International. Mullaghmore**, Co. Derry. NWOC. Also includes Inter Provincial Champlobships. Entries to Ruth Blair, 42 The Gables, Randalstown, Co. Antrim, BT41 3JY by September 15th.
15 **NI CHAMPIONSHIPS Relays & VHI Relays Drum Manor**, Cookstown, Co. Tyrone. FermO.
15 **THOMASTOWN WOOD**, Kilfinane, Co. Limerick. BOC. CATI. GR R683200.10-12.30.
17 **KINSALE**, Co. Cork. Night-O. 7 pm. Fundraiser.
21-22 **SENIOR HOME INTERNATIONAL**, Aviemore, Scotland.
21 **CASTLE ARCHDALE**, Co. Fermanagh. FermO. NI Series 8.
22 **BALLYVOLANE**, Co. Waterford. WATO LE. GR S 445049.
22 **GLENGARRA WOOD**, Cahir, Co. Tipperary. CorkO. CL3. GR R929189.
22 **ROSS CASTLE**, Killarney, Co. Kerry. KO.
22 **TROOPERSTOWN**, Laragh, Co. Wicklow. GEN LL2 (Long-O)
24 **GARRETTSTOWN**, Co. Cork. Night-O. 7 pm.
31 **FARRAN FOREST PARK**, Co. Cork. Night-O. 7 pm.

November

4 **TOLLYMORE**, Newcastle, Co. Down. LVO. NI Series 9.
5 **CLARABEG**, Laragh, Co. Wicklow. 3ROC LL4.
5 **KILSHEELAN**, Co. Waterford/Tipperary. WATO LE.
5 **KNOCKAREIGH**, Lissarda, Co. Cork. CorkO. CL4. GR W 360343.
5 **STREAMHILL**, Doneraile, Co. Cork. CATI/CCL. BOC. 10-12.30. GR R 598130.
11 **LAGAN VALLEY REGIONAL PARKS**, Belfast. LVO. Night-O
12 **MUNSTER CHAMPIONSHIPS, Tallow**, Co. Waterford. BOC. Entry form enclosed. Entries to Nick Young, 12 Fremont Drive, Bishopetown, Cork.
19 **KILWORTH**, Co. Cork. DFO Timmy Morrissey fundraiser.
25 **NI NIGHT CHAMPIONSHIPS**, Omagh, Co. Tyrone. FermO.
26 **GORTIN GLEN**, Omagh, Co. Tyrone. FermO Sunday league.
26 **KILDERRY WOOD**, Milltown, Co. Kerry. KO. GR Q 813003.
26 **LYREALEA**, Co. Waterford. WATO LE.
28 **PHOENIX PARK**, Dublin. 3ROC. Night-O series 1.

December

3 **CURRAGH**, Co. Kildare. CNOC LL6.
5 **KILAKEE**, Rathfarnham, Co. Dublin.SET. Night-O series 2.
9 **NI Sprint-O Final**, Scarva. LVO.
10 **DUN A RI**, Kingscourt, Co. Cavan. FIN local event.
10 **MUCKROSS**, Killarney, Co. Kerry. KO. GR V 970863.
12 **CARRICKGOLLOGAN**, Kilternan, Co. Dublin. GEN. Night-O series 3.
26 **THREE ROCK**, Dundrum, Co. Dublin. 3ROC. Christmas score event.
27 **CURRABINNY**, Co. Cork. CorkO. Xmas fun event. GR W 791622.
31 **GARRYCLOYNE**, Co. Cork. BOC score event. 10-12.30. GR W600810.

January 2001

7 **LAHARN WOOD**, Bweeng, Co. Cork. BOC CATI/WL. 10-12.30.
9 **KILLINEY HILL**, Co. Dublin. AJAX. Night-O series 4.
(14 AJAX Street-O, Dublin LL6)
16 **ST ANNE'S PARK**, Raheny, Dublin. FIN. Night-O series 5.
21 **CARRICKGOLLOGAN**, Kilternan, Co. Dublin. Inter-club competition. GEN.
(23 Leinster Night-O series 6.)
28 **BELFIELD**, Dublin. UCDO local event.
28 **INNISCARRA WOOD WEST**, Co. Cork. BOC CATI. 10-12.30.

February

4 **PINE FOREST**, Rathfarnham, Co. Dublin. 3ROC LL7.
4 **TALLOWHILL WOOD**, Co. Waterford. BOC WL. 10-12.30. GR X006945.
(11 Leinster Junior fundraiser)
17 **SAGGART WOOD**, Saggart, Co. Dublin. Night-O. AJAX LL8. (Saturday)
18 **SUGARLOAF**, Co. Wicklow. UCDO. LL9.
18 **WATERLOO WOOD**, Blarney, Co. Cork. BOC. WL 10-12.30. GR W615763.
25 **LISNABRIN**, Curraglass, Co. Cork. BOC WL. 10-12.30. GR W 965920.
25 **NEWBRIDGE HOUSE**, Donabate, Co. Dublin. FIN sprint-O LL10.

March

4 **LEINSTER CHAMPIONSHIPS, Mullaghmeen**, Co. Westmeath. SET.
11 **LUGNAGROAGH**, Hollywood, CO. Wicklow CNOC LL 11 "Butterfly" event.
17-19 **BALLYHOURA 3-DAY, Kilfinane**, Co. Limerick. BOC. Pre-entry.
25 **CONNACHT CHAMPIONSHIPS, Bawnreagh**, Co. Offaly. CROC.

April

1 **CARLINGFORD**, Co. Louth. 3ROC LL 12.
8 **BALLINASTOE**, Roundwood, Co. Wicklow. GEN. LL13.
14-16 **JAN KJELLSTROM TROPHY, Forest of Dean.**
22 **RAVEN'S ROCK**, Glencullen, Co. Dublin. AJAX LL14.

May

6 **BRITISH CHAMPIONSHIPS, Benone**, Co. Derry.
7 **BRITISH RELAY CHAMPIONSHIPS, Baronscourt**, Co. Tyrone.
12 **IRISH CHAMPIONSHIPS, Scarr**, Co. Wicklow. CNOC.
19-20 **WICKLOW MOUNATIN MARATHON**

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.Fixtures information is from regional and national fixtures secretaries. Start times are generally 11.00 to 1.00 pm unless otherwise stated. Any events in italics are included for information.

WL=winter league, LL = Leinster League etc. CATI= Come-and-try-it (introductory event). LE = local event (low key).