the Irish Orienteer

No. 96 December 2000 IR£1.50

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Cover: Paul Nolan (GEN) bringing the Irish A-team home 13th at the World Cup relay in Portugal in October (C. Rothery).

NEXT COPY DATE
20th January 2001

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the Irish orienteer

No. 96 December 2000

All orienteers should remember that the rules are only a framework designed to give structure to our sport. Perhaps the most important of the rules is the one that states that the spirit of fairness and good fellowship shall be the primary consideration on all aspects of the sport, including the interpretation of the rules. Complaints of a petty or immaterial nature, or excessively forceful or angry protests, are almost always inappropriate. The officials at more or less all competitions are amateur volunteers, who try their best, within their often limited free time, to provide a high standard of competition. Should all not go well at a competition, their efforts should still be treated with gratitude, rather than complaint and criticism.

This is a quote from the British Orienteering Federation rules from as far back as 1987. In implementing our new IOA Rules of Competition, these are sentiments we should try to bear in mind. Increasingly we are looking for professional standards of mapping, organisation or what have you, but we don't have the resources at present to pay for sufficient professional help. However, "amateur" doesn't mean "amateurish"; we can still strive for, and achieve, high standards in all areas of the sport in our amateur capacity. Never - before have the Rules been published so widely - many of you may not have known that there were rules at all!. Every club and reader of *The Irish Orienteer* will have a copy: read the Rules and have your eyes opened as to why things are as they are. Let's hope that widespread knowledge of the rules will lead to improved standards of competition rather than to weekly protests for alleged infringements.

Orienteering is a big sport in terms of the amount of organisation and the skills required to stage events but a small sport in terms of numbers (at least in Ireland). It's all the more reason, therefore, to be grateful to the small bands of orienteers all around the country who persist in the face of apathy and indifference to keep the sport going.

Perhaps the IOA Strategic Plan, the new Executive Committee and the new Rules will get us all fired up with enthusiasm again.

But what about the forgotten competitions? The *Irish Orienteer Trophy*, which started in the early '80's as an inter-club knockout competition, now seems to have slipped into oblivion; the Celtic Cup annual Ireland v Wales international match; the Leinster v London annual match? Relay events? The Interprovincial Championships? The Irish Two-Day? Team competitions? Orienteering is an individual sport, certainly, but there can still be great enjoyment in the club and team aspects.

EDDIE NILAND

It came a great shock to hear of the death of Eddie Niland, a regular runner and orienteer for as long as I can remember, on October 23rd. Eddie was a founder member of the short-lived Mactíre OC in Dublin and then became a stalwart of AJAX. His distinctive laugh, his store of unprintable jokes and his general good humour will be missed. (Well, maybe not the jokes).

In recent years Eddie had been working in the middle east (he had a standing invitation to orienteers to call in and stay with him in Israel). Some of my own memories of Eddie included almost being sent through the windscreen of his Morris Marina on the way back from a Mournes Mountain Marathon with Ronan Cleary when a cramp in Eddie's leg as he touched the brakes stuck the car to the road; his dog, Bo, who he used to bring orienteering and on mountain marathons with him; discovering the hard way the hard way that Eddie's feet were about two sizes smaller than mine when he loaned me his boots to do a Wicklow MM after I forgot my O-shoes- I made it to the first control before retiring, crippled.

Rumours that he used to eat steak for his breakfast before a long run were unfounded: we found out at the first Burren Walk that he would eat anything else, though: a group of orienteers with no transport, running to the shops and back along the seashore must have been a strange sight in the late 70's.

Eddie's son, Edward, is the only member of the family doing any orienteering now. To Eddie's wife, Loretta, and family, we send our sympathy.

Another reader wrote: "I don't know if anyone tried to pay tribute to Eddie. He was a complete sportsman and a big loss to orienteering. Eddie, we mourn your loss. We are inspired by your memory. We remember you as an orienteer, mapper, canoeist, golfer, cyclist and skier. You managed to combine all this with a full time business career. In a relatively short lifespan we marvel at what you achieved. You pursued a life of sport and work with true dedication. May your spirit roam freely on the streets 'twixt Drimnagh and Finglas, o'er the Liffey Descent, on the roads of Birr, the dunes of Curracloe, the paths of Portumna, the glens of Golden Grove, the fairways of the Glens, the slopes of Slieve Bloom, the unmapped sands of Egypt, the terrain of Israel and the O-courses you have run. May your family draw inspiration from your indomitable spirit. May your O-friends rejoice in your memory."

RULES OK

A new issue of the IOA Rules of Competition has been produced and a copy is included FREE with this issue of *The Irish Orienteer*. It's very informative and well worth reading, even if you are not that interested in competitive orienteering ... and it's essential reading for all planners, controllers, organisers, officials, serious competitors, mappers, etc., etc., ...

IOA COACHING CONFERENCE

An IOA Coaching Conference will be held in Muckross Venture Centre, Killarney, Co. Kerry on the weekend Friday 1st to Sunday 3rd December 2000. Cost including accommodation and food is £20. Open to coaches, prospective coaches and orienteers. Enquiries and bookings to Frank Ryan, St. Mary's, Ballinfoyle, Galway Tel 091-753829 home or 091-770555 ext. 2213 work. Theoretical and practical presentations by IOA Level 3 coaches. There will be an opportunity to sample Trail O and Bike O.

O-CHRISTMAS PARTY

3ROC are organising an Xmas party/pub quiz in the Glenside pub, Landscape Rd., Churchtown, D 14 on Tuesday, December 5th (after the Night-O up in Killakee). All orienteers and friends are welcome and finger-food will be served along with tea/coffee. The cost is £5 per person and the party begins at 8.00 pm so make sure you get there in time for the quiz. Details: Eoin Dunne (01) 495 0402.

FULL HOUSE ON IOA

Despite a comparatively small attendance at the IOA EGM at Portumna on October 1st all the positions on the Executive were filled. There are some new faces, notably Wally Young who takes on the Director of High Performance Orienteering job, and Colm Rothery as Director of Coaching. There was (were?) some musical chairs when we saw Coaching Officer Deirdre Ryan becoming Treasurer and former Treasurer Noel Donagh becoming Mapping Officer. Frank Ryan remains on a chairman, Rosarie Kiernan as Secretary, Gerry Brady as PRO, Ruth Lynam as Fixtures Secretary, Aonghus OCleirigh as Technical Officer,. Ted Lucey as Junior Affairs Officer. The only election of the day saw Brendan Cryan being returned as Development Officer, defeating Sean Cotter.

Frank and Deirdre Ryan are the second father/daughter pair that I can think of to serve on the IOA simultaneously. Frank and Julie Martindale were Chairman and Secretary back in the mid-80's.

In addition to the new executive, a new constitution was adopted and the Strategic Plan was accepted. And the name change? We remain the Irish Orienteering Association.

E, BY GUM

The Irish Orienteering Association electronic discussion group is increasingly being used to share information and event results. There are over 100 members at present. You can view the messages by accessing Forum on the IOA web site or you can become a member by sending a blank message to:

irish-orienteering-subscribe@egroups.com

The e-group has taken the place of the hypothetical letters page in TIO as the response time is much quicker and it's a faster way of getting information spread around (though only to those with access). Either way, it's a great idea.

CHAP MAPPING

Two early retirers from work, LVO's Colin Henderson and Alan Pentland, have set up CHAP mapping to produce orienteering maps. Their first venture product is a map at Carnfunnock Park, Larne, to be used for an LVO informal event in December. The name (CHAP) comes from the initials of the two people involved. As Colin says, he's glad he wasn't called Robinson ...

Meanwhile, another early retiral from big business is 3ROC's Pat Flanagan. Pat and family moved to Scotland a few years ago and Pat has been back here recently doing some mapping, notably for the Leinster Championships at Mullaghmeen.

SCOTTISH 6-DAY

Next August's Scottish 6-Day, called Lochaber 2001, will be based at Fort William at the foot of Ben Nevis. The dates are 5th to 11th August. The event is trying to be more environmentally aware: they hope to use 75% recycled paper and try to recycle things at events as much as possible. Two of the areas are accessible by train. For information, visit the website at www.scottish-orienteering.org/lochaber2001/

The events are at (i) Glen Nevis & Cow Hill, (ii) Gorstean & Strathmashie, (iii) Ardchattan, (Rest day on Wednesday), (iv) Creag Mhic Chailein, (v) Arisaig and (vi) Fersit.

The postal address for enquiries is Lochaber 2001, PO Box 2001, Hamilton, ML3 7WE, Scotland. For accommodation information,

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contact the Highlands of Scotland Tourist Board, Orienteering 2001, Cameron Centre, Cameron Square, Fort William, PH33 6AJ, Scotland. Phone 0044-1397-703781; fax 705184; e-mail fortwilliam@host.co.uk; website www.host.co.uk
Entry forms are enclosed with this issue of TIO.

IOA COURSES

In addition to the Coaching Conference mentioned above, the IOA are running two other courses early next year:

SportIdent and Wincacs

27 - 28 January 2001 in Dublin. Course tutors: Martin Flynn, Frank Ryan, Noel Donagh. No accommodation provided.

Mapping and O-CAD

10 - 11 February 2001 in Co. Wicklow. Course tutors Pat Healy & Frank Ryan. Accommodation provided.

Both courses are open to all IOA members at a cost of £20. To book a place, send a cheque for £10 payable to IOA, to Deirdre Ryan, 129 Wainsfort Manor Drive, Terenure, Dublin 6W.

WALES IN MARCH

There's to be a BOF National Event and World Ranking Event at Newborough Warren on Anglesea on Saturday, 3rd March 2001. Newborough is a large area of forested sand dunes, used just once for orienteering: the 1995 British Championships. It's an outstanding area but land access restrictions have meant that it hasn't been used in the meantime. There had been a suggestion that it would be used to stage a leg of the 1998 World Cup, to tie in with the Killarney events we had, but the British leg went to the Lake District instead.
Anyhow, here's another opportunity. Newborough is only about 30 minutes drive from Holyhead which is less than 2 hours from Dun Laoghaire or Dublin by high speed ferry.
Details from the Deeside website:
www.deeside-orienteering-club.org.uk

There will also be a colour-coded event on Sun 4 Mar next Capel Curig.

ARMAGH 4-DAY

The Scottish 6 Day, the Irish 2 Day, the JK 2 Day and Relays are familiar events, but mention the Armagh 4 Day and you can expect that knowing look of - wise up!
Nevertheless as part of Armagh Apple Blossom Festival, 471 pupils from 14 schools participated in score events at the Palace Demesne. The event over a 4 day period was sponsored by the Palace Stables Heritage Centre Education Department and the Southern Education & Library Board. Each day was divided into morning and afternoon sessions. Each session commenced with basic orienteering training followed by a score event - eight massed starts over 4 days.
The event was organised in conjunction with the British Schools Orienteering Association 'Explorer Challenge" and of the 471 pupils that participated, 307 pupils visited the required 25 control sites thereby completing the first stage of the Explorer Challenge and being awarded with the Tree Badge and Log Book.
The Event attracted a lot of interest and looks set to develop.
(Freddie McCann, from *Crossing Point*)

BOF NATIONAL EVENTS 2001

Many of the more competitive Irish orienteers take the opportunity to travel to the UK to run in National Events ("NE's)": these are high quality races on excellent terrain and provide great competition in all age classes. In case you are tempted, here are the NE's that have come to TIO's notice so far for the next few months:

Dec 3 SYO NE & Northern Championships, Burbage Moor, Sheffield.
Feb 11 WCH NE & Future Champions Cup race, Beaudesert & Rawnsley, Cannock.
March 3 DEE NE, Newborough, Anglesey.
Apr 1 LOC NE, Bigland, Ulverston, Lake District.

ODDS AND ENDS AND ODDS

Sligo Orienteers have a new website, writes Joe Bannon. It's at www.orienteering-sligo.com
Meanwhile, the obstacles preventing the IOA from registering the domain name "www.orienteering.ie" have evidently been overcome so the IOA's new web address should soon be functioning.

BOF has agreed to amend eligibility for British Champs for 2001 (when they will be in Northern Ireland). Thus, IOA members who do not otherwise qualify to run in British Champs may take part, on a non-competitive basis.

The IOA produced an impressive looking fixtures list this autumn: more than 60 events, colour photos making orienteering look exciting: well done. But ... with "come and try it" events at the start of the year, we need to put lots of effort into publicising these events to get **non-orienteers** to come. It's no use just putting a CATI on and having it on the fixtures list: that's the easy part. The hard part is trying to get people to come and actually try it.

Better late than never: The Munster Champs information sheet sent out in November 2000 includes a reminder about the 2000 Ballyhoura 3-Day in March 2000. (Doubtless it should have read "2001").

Cheap-O: recent discussion on the e-group has included the topic of entry fees, particularly for students. Is £3 too dear? Too cheap? Just right? Is orienteering good value or not? Should the rest of us be subsidising students and juniors? Should we be subsidising them more? What do you think? To get back to the students, as I've said in TIO before now, they are a vital resource in terms of future orienteers. But the students are revolting: by supporting student O-clubs we have access to tens of thousands of young people who could be diverted from their current life of degeneracy and indolence to a new existence and level of fulfilment as orienteers. Discuss.
(A notable feature of the recent Munster Championships was the cheaper entry fees for members of the organising club only. IOA policy is that members of all affiliated clubs should get cheaper entry fees than people who are not club members, as a means of encouraging them to join an O-club.)

French Leave: How about three days orienteering at Easter in the forested sand dunes of south west France? The Aquitaine Orienteering League invite you to an international event, the 3 Jours du Sud Ouest on the 14th 15th 16th of April 2001 at Carcans, SW of Bordeaux.
All information on the Ligue d'Aquitaine de Course d'Orientation site :
http://perso.wanadoo.fr/laco
E-mail : laco.@wanadoo.fr

17th DJOUCE HANDICAP 5-MILE TRAIL RUN

Organised by Crusaders AC on Sun 10th December, 11am
Venue : Lower Car Park, Djouce Woods, near Enniskerry, Co Wicklow. Signposted from Enniskerry and Kilmacanogue.
Entry : Simply send your name, age and best 5 mile/10k time or previous Djouce time to Lindie Naughton, tel/fax: 01-2837235/e-mail lindien@eircom.net or Alan Cox, tel 01-4953606/e-mail alancox@gofee.indigo.ie).
Entry is FREE - but donations of prizes gratefully accepted.
Registration: Collect your handicap between 9.45-10.30am on the day. Entries on the day are welcome, but start from scratch

NO MORE FIOA

It was mentioned in passing at the IOA EGM at Portumna that the FIOA has been disbanded. The Federation of Irish Orienteering Associations regulated and co-ordinated the all-Ireland aspects of orienteering over the past twenty years or so, like co-ordinating who runs Irish Championships, the Irish Two-Day and the Interprovincial Championships, organising the all-Ireland League, international team selection, designing O-suits for international teams, co-ordinating fixtures and so on. Members were drawn from IOA and NIOA committees with some ordinary members elected at IOA AGM's. Representation was intended to represent all four provinces.
FIOA did a useful job. Thanks to all who were involved over the years.
At the Editor's suggestion, an amendment to the

new IOA Constitution obliges IOA to liaise with NIOA in matters relating to the all-Ireland aspects of orienteering. Evidently there is an agreement between IOA and NIOA which sets out the areas of mutual interest and co-operation.

COMPASSSPORT

Do you already subscribe to CompassSport? If not, why not treat yourself for Christmas? 6 issues per year, lots of colour, maps, photos, event reports, international news, mountain marathons, MTB-O, Ski-O, gear reviews, training tips etc. Lots of it is of universal interest though obviously C/Sp gives comprehensive coverage to the UK orienteering scene.

Subscriptions cost STG£18. Send to CompassSport, Ballencrieff Cottage, Ballencrieff Toll, Bathgate, West Lothian EH48 4LD, Scotland. Visa, Access & Mastercard accepted.

Visit the CompassSport website at http://home.clara.net/pages/

SCHOOLS EVENTS

Cork Schools Orienteering Association, Munster Schools OA and Irish Schools OA events

The following events are open to all Primary & Secondary schools. Registration 10am to 1 pm.

Cork Schools Champs (CSOA): Wednesday 31st January: Farran Forest aArk, off Cork/Macroom road. (CBC). £1.50 entry fee (£1 for non-competitive Introductory Course).

Munster Schools Champs (MSOA): Friday 9th March: Corrin Wood near Fermoy golf course (Fermoy schools). £1.50 entry fee (£1 for non-competitive Introductory Course).

All Ireland Schools (ISOA): Wednesday 28th March: Knockaun Wood 3 miles from Tallow on the road to Youghal. £2.00 entry fee (£1 for non-competitive Introductory Course).

West Coek schools league (CSOA): Details from CSOA Secretary or Sean Cotter..

Introductory events: Thursdays in April , May & June, morning, afternoon or evening by appointment. To be booked in advance by contacting Sean Cotter at 021-546194, scotter@cit.ie

Details: Cork Schools League: 021-274904 (Runai: Conchur O'Muimhneachain); 021-631555 (Liam O'Brien); 021-546194 (Sean Cotter); 022-47300 (Ted Lucey).

(information from Sean Cotter).

HOME INTERNATIONALS

No reports on any of the Home Internationals. Presumably if Ireland hadn't ended up with the wooden spoon we would know about it?

The only thing TIO knows is that the VIII team was significantly different from the selected team because of non-availability.

One would think that it was an honour to be selected to represent your country at International level and that those who were selected would be acknowledged.

One would also think that the selectors, who now seem to be surplus to requirements, would have their efforts over the years recognised. Maybe even a "thank you" from the IOA? (But this is the real world ...)

LEINSTER LEAGUE EVENTS

LL 01 Djouce	Standard	10/08/00
LL 02 Trooperstown	Long	10/22/00
LL 03 Clarabeg	Standard	11/05/00
LL 04 Killakee	Sprint	11/26/00
LL 05 Curragh East	Standard	12/03/00
LL 06(Ajax)	Street	01/14/01
LL 07 Pine Forest	Combo	02/04/01
LL 08 Saggart	Night-O	02/17/01
LL 09 Sugarloaf	Standard	02/18/01
LL 10 Newbridge House	Park	02/25/01
LL 11 Lugnagroagh	Butterfly	03/11/01
LL 12 Carlingford	Standard	04/01/01
LL 13 Ballinastoe	Standard	04/08/01
LL 14 Ravens Rock	Standard	04/22/01

TIMMY MORRISSEY AGAIN

The organisers of the Timmy Morrissey fundraiser at Kilworth, Co. Cork on November 19th wish to thank all those who supported the event. Timmy, you will remember, was seriously injured in a traffic accident last year.

If you didn't make it, you can still send a donation to:

Comdt. Joe Buckley, Collins Barracks, Cork.

IOA Strategic Plan 2000 summary

Aonghus O'Cléirigh

The IOA strategic plan, developed over the past two years by consensus, and published in early summer was adopted with some changes at the recent EGM held in Portumna. So how will the implementation of the Plan affect orienteering as we know it? (Incidentally the name of the Association is to remain the Irish Orienteering Association and the Association will not become a limited liability company.)

IOA Executive

The executive becomes an eleven person team with the following job titles:

Executive Chairperson
Honorary Secretary
Honorary Treasurer
Mapping Registrar
Fixtures Secretary and Environmental Officer
Controller of Technical Standards
Director of High Performance Orienteering
Junior Representative Orienteering and Child Protection Officer
Director of Coaching and Training
Public Relations Officer
Development Officer

New O-formats.

The IOF has developed its strategy for the next decade around four orienteering formats - Foot, Ski, Trail and Mountain bike. The IOA will be more active in promoting all these formats in the future.

Trail-O. A target of one Trail-O event per region per year (starting in 2001) is stated in the Plan. This matches the Irish Sports Council's objective of providing sporting opportunities for all citizens regardless of physical ability. Implicit is the contact the IOA and its affiliated clubs will need to make with organisations that provide services to the disabled.

Mountain Bike Orienteering (MBO) races will become more prevalent once we sort out insurance issues. There is already a keen core of bikers in our midst who have already competed in races abroad.

Ski-O. Orienteering on snow has already caught the imagination of some orienteers here. Don't be surprised if you see the Association's PRO practising on roller skis!

Park-O will get its first Irish Championships airing in 2002. This format is tipped as being a contender for the Summer Olympics if orienteering eventually makes the cut. The IOA will play its part in helping to make this dream a reality, and will involve us building relationships with the Olympic Council of Ireland. And on the subject of international standard competition, the IOA plans to hold a world-ranking event every 5 years.

Mapping.

The Plan focuses on making maps of local areas (including parks) as well as high quality maps of good terrain. As part of its objective to raise the quality of orienteering maps the IOA intends to procure custom-flown aerial photography from time-to-time on a contract basis. A new executive appointment of Mapping Registrar has been established to centralise mapping registration.

Development.

A commitment is made to establish new clubs in areas where clubs do not currently exist. Greater co-operation is planned for our relationships with Outdoor Education Centers (OECs). Many prospective orienteers first encounter the sport in OECs so it is important that this exposure be a positive experience. Schools in particular will be targeted. A Schools development sub-committee has been established by the provisions of the IOA Constitution. The responsibility for all of this, in the first instance, falls on the shoulders of the Development Officer. (It could be argued that this indeed is a case of portfolio overload!)

Communications.
On the communications side it is intended to make ever-greater use of the Internet and web technologies. More attention will be given to the promotion of orienteering than in the past. This takes patient and committed work. (Already the sport is receiving more media coverage, particularly in newspapers.)

Training and Coaching.
Training courses in all aspects of orienteering from Event Controlling, Coaching courses, and the use of the SportIdent system will be co-ordinated centrally by the Director of Training and Coaching.

High Performance Orienteering.
For the first time elite orienteering gets a seat in the "cabinet" with the creation of a new executive position of Director of High Performance Orienteering, with responsibility for the administration of the Senior Squad to include sponsorship, selection, coaching and doping control. The centralisation of responsibilities should enable the creation of a better and more responsive service to the sport's international athletes.

Club Responsibilities
We've seen what's in store for the sport as a whole. So what are the new responsibilities of each club?

First the tedious tasks: Each club needs to register its orienteering maps with the IOA Mapping Registrar and draw-up a club constitution (if this has not already been done.)

And now the fun chores: A web-site for every club! A strategic plan (in someone's head at least) for each club, and proper costing of map maintenance and funding. The building of surveying skills among club members. Closer links between club and a chosen OEC. An active schools liaison officer in each club. A club-coaching program with the club coach registered with the national IOA coaching program. Club initiatives to make orienteering more sociable, to attract and retain newcomers. Club promotional material and club newsletter to club members. Beginner training incorporated into certain events ... many callers to the IOA Infoline have asked for this. The customers are actually telling us what they want!

In short, a lot of worthwhile effort is needed, requiring both planning and graft. So the best of luck out there!

Thanks

to all the contributors to this issue, particularly the new ones:
Aonghus OCleirigh, Patrick Casey, Niall Bourke, Gerry Brady, Aislinn Austin, John Feehan.
Thanks, also, to Colm Rothery, who took the cover photo and who made the ultimate sacrifice - he travelled across Dublin in the rush hour do deliver it on the eve of *The Irish Orienteer* being sent to the printer.

LOOK BACK

The best correspondents in Irish Orienteering review last summer s international scene ...

JWOC 2000 - The Good, the Bad, and the Ugly - Niall Bourke

This year Ireland sent one of the biggest ever teams to JWOC in the Czech Republic. 11 team members travelled and I was fortunate to be in their company. We didn't bring home medals and we didn't have top twenty finishes so why, one may ask, should a team of this magnitude be sent to Hungary in 2001?
JWOC 2000 was a culture shock for every one on the Irish team. Besides attending the Junior Home Internationals none of us had run in a European Cup or Spring Cup or anything close to the level of JWOC before. Under-prepared would adequately describe the team that went to the competition. We weren't prepared for the size of the competition and we weren't prepared for the standard of the competition.
So here are what I think were the good the bad and the ugly points of JWOC 2000:

The GOOD:
Sport is all about interacting with other teams, making friends and enjoying it as you go along.
JWOC provides an opportunity to meet people from other countries around the world. It is important to get to know the competition so that we you travel you already have a base in the orienteering circuit.
JWOC provides an opportunity to pit yourself against the best juniors and to see how you compare to them.
Living in Ireland there is a very little competition and if you don't compete outside Ireland you'll never know how much more effort you have to put in to be at the top of the finish list. JWOC definitely highlights this fact.
JWOC gave us all a reason to train during the year so that next year we can see if we have improved against the rest of the field.
Although we did not have decent finishes every member of the team finished every race they started. No member was disqualified and that, in itself, is an achievement.

The BAD:
None of us set the world alight with our finishes in the classic competition. Every member of the team finished in the 100's. Clearly this is not a decent performance for an international squad.
In the Short distance Darren Burke was the only member to qualify for the B-final. Everybody else was placed in the C-final.
The relay wasn't much better, however we did beat a few teams.
None of us were fit enough for the event. We weren't prepared for the technicality of the terrain.

The UGLY:
Funding was not sufficient for the team. Although we did receive money from the IOA and from our respective clubs and colleges we were still lagging behind our counterparts. One difference between Ireland and the top placed countries was that they had all trained in the area before the competition. Many countries sent over a squad to train at Easter of this year. The British team has already been at a training camp for Hungary 2001.
The only way to improve the team standards is to enter more international events and to gain more experience of competing against the best juniors in the world of orienteering. This can be done by entering teams in competitions such as the Spring Cup and the Six Nations (or the Junior European Cup as it is now called)

JWOC is an event which Irish juniors need to attend if they want to gain experience for the

Senior team. It is the biggest event on the Junior calendar. The experience that you gain out there cannot be gained at any other competitions because it is not like any of the others. It is truly international. We all hope that next year we can compete on an even playing field out in Hungary. We know what it is like to stand on the start line and wait for the final bleep. We know what the disappointment is like when you don't do as well as you had hoped and we don't want to let that happen again. We all have our goals for the competition in 2001. For many of us it is to be in the top 75 in the classic distance race, to qualify for the A or B Final in the Short and to have a decent relay team. Here's hoping we can fulfill these next year!
On behalf of the team I would like to thank Justin May for being the team Manager for the week. It was great to have him with us.

Neil Dobbs adds "This is my contribution from JWOC 2000 ... . why it is wonderful - hmmm ... fabulous experience ... elite competition is amazing/inspiring ... great motivation ... stepping stone to seniors - witness Alan Barry ... great honour ... pride ... hmmm ... if the IOA couldn't send a full Irish team it would be a damning indictment of Irish orienteering?
I don't know ... JWOC is a wonderful thing."

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

Patrick Casey reflects on an exposure to high-level orienteering in Portugal.

Two weeks before the last round of World Cup races in Portugal in October Gerry Brady contacted me looking for someone to fill in for the injured Ian Lockington. With so little notice and time to sort out arrangements the trip over was never going to go smoothly. The day started off at Dublin airport at 7 am being told that I seemed to be booked on an imaginary flight and ended 15 hours later in a van with a mad Portuguese man who was determined to steer, indicate and change gear all with the same hand and all at the same time.

Well, I finally arrived in the event centre at 11 pm on Tuesday night to be told I was going to be first of the Irish off in the short race, at 10.09 the next morning. So went to bed a bit nervous but got up refreshed enough the next morning, had breakfast and sat onto what I thought was the 9 am bus to the event, 20 odd minutes away. As it turns out I was on the 9.30 bus, the 9 am bus had left 10 mins early - so after one mad trip in Colm's car while trying to change I arrive at the competition centre with half an hour to spare, still no time for the nerves to kick in - I managed to convince myself to treat this as any other race, right up until they called my name out over the loud speaker system ... now the nerves set in. As it turned out the run from the start ramp to the start flag was about 400m so I had enough time to settle before the hard work started.

I managed to run a good clean race, all the controls were exactly where I expected them to be. One of my lasting memories will be leading Thomas Asp from Sweden into no 10 after he passed me on the way to no 9. The only problem I had was a lack of fitness on what was a very runnable course. Interestingly enough, even though I was only 50 sec slower than Conor and 10 mins. quicker than Alan, when we compared splits later there were only 2 out of 14 where I was the quicker: consistency pays off.

The B final in the classic distance was 11 km of sand dunes that just came at you again and again with no let up. I had a bit of a scrappy run, losing the odd 45 sec here and there which over 18 controls does add up. I had one control where I just couldn't find the damn flag. I kept my head and relocated but still nothing seemed to fit - finally getting it after losing between 6 and 8 mins. Again I simply wasn't fit enough to do my self justice, that's my story anyway and I'm sticking to it.

The classic race was very different from the short race the previous day, much more 'green' areas. While I found that in the short race the best technique was to keep constant contact with the map, in the classic there was much more running on a rough compass and picking yourself up from a catching feature to get into the control. Like in the short when we compared splits later, I may have beaten Paul and Conor but I still didn't have any individual splits faster than them. I may not be as fit as them, but I'm starting to get this navigation lark down pretty good!

The model event for the relay had almost everyone coming back bewildered at what was marked green / white on the map, nobody could match up what they saw with what the mapper saw - all we could see was plane ol' green everywhere. Most of us ended up using lengths of tape on the inside of our leggings as makeshift armour which worked surprisingly well. As it turned out the organisers had planned to get the parks dept. to clear some of the undergrowth before the event, but the work hadn't been carried out - resulting is some last minute changes to the courses which now had a lot of legs involving running along tracks and then dipping into some fairly complex terrain.

I was down as third leg runner for the second team and ended up starting off just as the Norwegian men were coming in to win. Didn't really have a good run, I have to admit that things got quite a bit scrappy when I saw other runners and got distracted by them. Aside from that no major mistakes. I always find it curious that even when I miss a control first time and have to relocate, if I only have to relocate once then in my mind it still counts as a good leg when I look back on it later.

Over all the experience was great and looking back on the courses now I don't think I'll ever doubt myself again when I stand in the start box at a big event. Having never run at that level before it was an invaluable opportunity to learn how to deal with the pressure involved before it really mattered. I'd really hate to burst myself training for 3 years to finally get to a World Champs and then to develop nerves on the start line.

Roll on JK2001!

(Eileen Loughman, Ruth Lynam, Deirdre O'Neill, Alan Barry, Conor Barry, Patrick Casey, John Feehan, Paul Nolan, Colm Rothery travelled to the event in Portugal.)

Junior European Cup. Switzerland - Niall Bourke

This year five orienteers from Ireland -myself, David Healy, Susan Healy, Susan Bell and Aislinn Austin - took part in the Junior European Cup at Chur in eastern Switzerland, along with runners from 20 other nations from around Europe. The event is for M/W 18/20's with points being awarded for overall placings in the different races.

There was a prologue in the town centre, which was won in a time of 14.56. The course was 2.6 km and the map used was 1:4000 so everything was much closer to you than you thought. This definitely caught me out and I returned to the map exchange after 17 mins on the run. The second map was much better and I completed it in under 8 mins. For the others on the team the results were mixed. David came in with a very respectable time of 17.41, which placed him in 58 th. Aislinn finished in 63rd in a time of 21.56. Susan Bell and Susan Healy were 82nd and 85th respectively. I was unfortunately well behind in 112th.

Day 2 was the Relay. The girls ran together while myself and David ran with Ed Catmur from Great Britain. The event was held at about 800 m above sea level on a hillside. The forest was extremely fast with a large network of paths and dykes throughout. I ran first leg for the men's team and finished about 14 minutes behind the winner in a time of 51.56. David completed the 6.3 km course in a time of 60.13. Overall we were placed 36th out of 39. Aislinn ran first leg for the women's team and finished only 5 mins down on the winner of the leg in a time 35.19. Susan Bell finished in a time of 62.21 and Susan Healy narrowly beat her in a time of 60.10. The women's team finished in 33rd place beating five other teams in the process including a team from Great Britain.

The Classic Race was run in Flims about 15 km from the Chur. This map is one of the only ones in that area that isn't embargoed for the WOC 2003 in Switzerland. All the surrounding area was embargoed. The map was 1:10000 but it was so detailed that it looked like a 1:15000 map. It was a complex area of hills and depressions with a wealth of rock features. I would rate it as one of the hardest maps I have run on and if you lost your concentration for a moment you were doomed. This accounted for the slow winning times, which were predicted by the organisers. The vegetation in most areas was hard to run through which suited a lot of teams. The best approach to the race was to use the paths as much as possible but I decided at one stage that I would be able to spike the 8th by traversing the forest. I was mistaken - it was a mistake that cost me 15 mins and that in turn lead to the many more little mistakes. The feeling after the race was more or less unified. It was hard. David Healy, however, did have a good run .

I would just like to mention that the British Team ferried us around for the weekend. This was greatly appreciated by the five of us. I would like to extend our gratitude to David Jenkins and the team for putting up with us. Without the transport we wouldn't have finished anywhere!

The Swedish O-Ringen Clinics

- Niall Bourke and Aislinn Austin

For those of you who are unfamiliar with the Swedish Clinics, it is an international training camp which caters for all affiliated members of the IOF. All member countries are invited to send participants to the Clinics. The Clinics serves as a base to expose people to both the organisational side and the competitive side of orienteering. The clinics are held annually, preceeding the O-Ringen 5-day.

This year the clinics were attended by 52 participants in all, representing 19 countries. There was a wide variation of experience ranging from the Kenyans who were beginners to elite runners from Canada, and South Africa. The youngest attending was running W15, with many of the participants running in older categories.

Our initial reaction when we looked at the time table was that it was going to be an extremely tough 9 days buts as it turned out the 7 o'clock starts weren't too bad. Mind you, everybody did struggle towards the end of the few days.

Day 1 - Introductions

Day one consisted of introductions and arrivals of members of the clinics. Following dinner Hans Melin, the Swedish National Junior Coach, spoke briefly on the techniques which we needed to survive the difficult Swedish terrain. He showed us a few maps of typical areas surrounding the event centre. This was to prove quite beneficial during the competition. After the lecture we stepped out into the rain for a mini Olympics to get to know everyone on the course.

Day 2 - Training Day

Day 2 saw the first of many 7 o'clock wake-up calls. After breakfast we left for training on a map which was similar to Day 4 and 5 of the O-Ringen. Let it be said now that during the month of July a new rainfall record was set which broke the record set 100 years previously. Needless to say the forests or swamps as they were called were extremely wet. We will never again complain about the marshes in West Cork! During this practice session we ran around in teams, taking turns in navigating from control to control (at times we were swimming!). This was a great idea as it gave us a chance to view the forests with a limited possibility of getting lost.

Relays

After lunch we had a lecture on relays, given by the extremely nostalgic organiser of the Clinics, Peo Bengtsson. Peo originally set up the O-Ringen in the sixties. He is highly charismatic but at times a little bit too concentrated on the insignificant details of events. The talk was based on the idea of relays as a way of attracting more people into the sport. He gave us an insight into the methods used to plan relays and a brief history of the relay competition in Sweden. After lunch the bus headed for another nice wood on the shores of a lake where we had a 4-leg relay with 3 members on each team. The forest was technical in places and I found myself cursing at my map in the hope that I would discover where I really was. Eventually we all made it back in one piece.

Mapping in Foreign Countries

The evening lecture was given by Perola Olsson and was about the developments in mapping which are taking place in different places around the world. He spoke a lot of his own experience as a cartographer mapping in different countries.

Day 3

Training on the third day was held on the day 3 map of the O-Ringen.. This took the form of a basic competition. The terrain was tough with a lot of rocks underfoot. The option of being shadowed was available. Some of the less experienced opted for this. This took up the morning, after which we had lunch.

We got a chance to see the town of Orebro. Many of us took a quick walk around the park and rested for the afternoon. The opening ceremony was held that evening. When this was finished we returned to the accommodation for dinner. Unfortunately the evening lecture by Kent Olsson was cancelled.

Day 4 - Setting Easy Courses

Lars Persson was first on the agenda in the morning. His lecture was on setting easy courses. These were considered as difficult courses by a lot of the people attending the clinics. But then again we were in Sweden where 12 year olds seem to able run the same courses I do!. What did come out of the lecture was that the Swedish a drip-fed orienteering from a very young age and there is a huge club involvement in the development of the junior members. What occurred to me was that it is treated much more like soccer in that you have organised training on week nights and during weekends. There is a much bigger devotion to the sport in other countries than in Ireland.

Primary School Exercises

Peo Bengtsson organised school games in a hall before we left for the first day of racing. The games were designed as an introduction to orienteering. In one half of the hall benches and chairs were arranged and a map made of the hall. Attached to the furniture in certain places were letters. These letters were the control points, numbered one to ten, and the idea was to visit each of the control sites in any order and discover what the letters spelled. It is a great method of introduction to the sport and it can be set up anywhere. The next exercise was a line exercise using the lines in the floor of the hall as line to follow. On the map given to us was a course plotted along these markings. All the maps had different routes plotted so no two people were doing the same course. On parts of the line were letters, which were, noted when you crossed them. At the end of the course everybody should have passed the same letters. Again this exercise can be done anywhere there are line markings.

Mapping

After the first day racing there was a feedback session held in which we had an opportunity to talk our routes over with the instructors. The next lecture was given by Perola Olsson, a mapper, who has travelled extensively mapping areas in Japan, Greece and around Iceland. He gave a brief introduction into the concept of mapping. This was followed by a lesson in the open air mapping a section the area in which we were staying. It wasn't very successful as there were too many people trying to view the one cartographer. However it did offer a very brief insight into the task of mapping

Course Setting - Difficult Courses

After this was a lecture by Carl-Henry Andersson on setting difficult courses for elite competitors. He has been a course setter for many elite races including the Short Distance event in world cup events. He spoke about difficulties facing planners to get the most out of areas and to test the skill of the orienteer. It was a thought-provoking lecture.

Day 5 - IOF Countries

This was the earliest morning - up at six for an early start block. When the bus arrived back to the accommodation we had a talk on the countries involved in orienteering which set the scene for a lecture on orienteering as an Olympic sport which was to follow on day 8.

Trekking in the Himalaya

Perola Olsson followed this with a slide show of his trip around India and the Himalayas. This didn't really bear any relation to the topics discussed on other days.

Rogaining

The lecture on rogaining was cancelled due to the absence of the speaker. It was briefly touched on during the following few days and this consisted of a rundown on what is involved in the sport. I presume that readers of TIO are familiar with the sport from other articles which have been published.

Day 6 - Orienteering Developement

After the O-Ringen Day 3 there was a talk given by some clinic participants about the development of the sport in their respective countries. Greece and Brazil gave presentations. The Greeks had a slide show containing photos of locally held events and they also included pictures of the local terrain. They mentioned that they had done a survey on why people enjoyed or disliked orienteering. The locals gave their opinions on what was good and bad. We thought that this may be useful in promoting orienteering in Ireland. Getting the views of participants ensures that when we advertise events we can target certain groups. I will try and get a copy of the findings for a future TIO. Brazil showed a video of a local event held prior to the summer. It was a good way of explaining the concept of orienteering to non-orienteers. Perhaps it might be an idea to shadow people in the forest with a camera to put a presentation together. Myself and Aislinn were involved in the RTE production of Rapid and shadowing with a camera gave a good overview of orienteering.

Trail Orienteering

Sture Sporrong spoke on the topic of trail orienteering. He explained that Trail-O has no classification for disability, gender or age. It provides equal competition for all, regardless of status. Rules that govern Trail-O insist that the courses set must be accessible to the least mobile. Tapes are placed around the course and competitors may not leave the taped area. Time is an irrelevant factor on the course. The course generally has about ten control sites that you must visit. At each control site there are 3 to 4 flags placed on different parts of a feature. The competitor must decide which control flag is the correct for the given descriptions. The highest score wins. In the event of a tie there is a timed control on the course. The competitor is shown the section of map and must decide as quickly as possible which control is the correct one. The clinics entered us in a competion the following day and our first thought was that this was going to be a walkover. However it is a lot harder than it looks with none of the clinics participants getting full marks. This variation of the sport is ideal for the physically challenged. In Sweden a lot of older orienteers have moved over to this sport when they find themselves running non-competitively in foot orienteering.

Day 7- Learning Maps

The morning session was given over to exercises on a learning map. A learning map is generally the term given to a map of a school area or recreational area. The purpose of the map is for teaching school children to read a basic map. The courses which we ran were simple two-control courses. There were five in total and the object was to complete all five. The controls were placed in an open area and most of them were visible from the start triangle. The controls themselves were placed on large recognisable features such as crags and boulders. The courses took less than 2-3 minutes each. This is a good exercise for the advancement of school students from the indoors to the outdoors. It would be necessary for primary school children to have had lessons such as on day 4 prior to attempting this exercise.

The Park World Tour

The Park World Tour (PWT) was held on the rest day of the O-Ringen. This competition is a series of races held in different countries around the world. The top 25 elite men and women compete on short courses usually about 3 km long. The competition was organised in Finland in the early 90's in an area where there was not a lot of decent orienteering terrain. The event was held in al local park and it attracted a lot of attention, so it was decided to launch the PWT. This is the most media-friendly variation of orienteering. It is versatile as it can be run almost anywhere. This time it was run on a man-made hill constructed as part of an oil extraction operation. The event attracted a large crowd and the spectators all enjoyed it. As part of the race PWT and Ericsson brought over the 3000 m world record holder Wang Junxia from China to run in the event. They also gave scholarships to 350 Chinese to run in the O-Ringen. China has recently agreed to orienteering being taught in schools as part of their curriculum. Unfortunately for Wang it was a lot tougher than she thought it would be. The terrain was technical and the course extremely hilly. It was an enjoyable spectator event and with growing recognition of the sport live coverage may soon be possible.

Mountain Bike and Ski Orienteering

We had another talk on Mountain Bike Orienteering and Ski Orienteering in the evening. This was given by Thomas Johansson. Ski Orienteering is expected to be the first of the Orienteering to disciplines to enter the Olympics. It will be debuting in the next winter Olympics as it has reached the quota of countries necessary for entry to the games. Ski-O demands a lot of preplanning as routes through the terrain have to be prepared by a snowmobile. The maps used are similar to that for foot orienteering except that paths are classified into three different categories: 1) >2m wide tracks 2) 1m to 2m wide and 3) <1m wide. Participants must plan their routes carefully and must take into account the size the track and the climb. Often the smaller tracks are not prepared by the snowmobile so they are a lot slower. The competitor must also have good map memory skills as it is extremely

difficult to read the map while skiing down hill at speed!
Mountain bike orienteering is quite similar to Ski-O, however the competitor does not have the option to leave the tracks. There have already been several Mountain bike O events in Ireland. The sport is growing in popularity around the world.

Go for Gold

Goran Andersson gave by far the most interesting lecture of the Clinics. Goran is currently in charge of the British Orienteering Squad. Their goal is to have the British Team on the podium for the 2003 World Championships. Goran spoke of the need to be a dreamer. He said that to succeed in anything in life one must have a vision and along the way you must set yourselves targets to motivate you. He listed the five most important factors, which you need to be a winner: 1) Self-Confidence, 2) Concentration, 3) Passion, 4) Positive Attitude, and 5) Enjoyment. This was a great talk especially for myself and Aislinn who had just run in JWOC. It gave us a motivation to say that we can do it. There should be no reason why we couldn't be capable of improving our results next year. The lesson could also be applied to activities outside orienteering.

Day 8

The morning of day eight was taken up with the O-Ringen. The lectures that we had on this day included Publicity and Orienteering as an Olympic Sport.

Publicity

The publicity lecture was by Bengt Scott and Peo Bengtsson. Peo talked of his experience with making orienteering media-friendly. He showed a video of a classic distance race which was monitored by television cameras at several points throughout the course. They had devised a countdown timer which gave how much time each person had at the finish straight to beat the winning time. It was interesting for those who had orienteered before but as Bengt pointed out it gave no indication of what went on between each of the controls. For an outsider looking in, the whole concept of having to navigate between the controls was hidden. It really looked like a chasing start cross-country race. Concepts for changing this were discussed. The main focus of attention was the new tracking system being developed for use in the 2001/3 World Championships. This will involve the elite runners wearing a tracking device which will relay their position back to a master map in the finish area. It will allow the spectators to see what routes the runners are taking as well as who is gaining time or losing time out in the forest. This should, with the aid of cameras in the forest, give a good overview of what is involved in the race in real time.

Orienteering as an Olympic Sport

This topic speaks for itself. As mention earlier, Ski Orienteering will be making its debut in the next winter Olympics. However, as regards foot orienteering there are a few obstacles in its way. Firstly there are currently only 55 countries affiliated to the IOF. To gain Olympic status there needs to be 75, at least for men. It was recently discovered that there are enough countries joined the IOF to enter the Women's Short Distance into the line up. It is hoped to have to this event in the 2004 games. Orienteering has also received a major boost from the Chinese Olympic Council. They have agreed to help Orienteering gain access to the games if they are hosting the 2004 games. This is partly due to the PWT promotion in China. The Chinese government were so enthusiastic about the sport that they have placed orienteering on the national curriculum. This means that there will soon be 1 billion budding Chinese orienteers trying to win WOC (who knows???).
There are other problems facing the men's inclusion, as well as the Classic Race. Another 20 affiliated member countries are needed to include the Men's Short Distance in the games. It is likely that the classic distance will never be included as there is a security problem associated with it. The forest used would have to be secure from threats. It would be too easy to assassinate runners from different countries. There have always been attacks at the games but these can be controlled in the main event area. The map would be too large to clear it of any threat. That is why the short distance could be included as it could be run in one square kilometer of terrain.

Opinions

The Clinic was an excellent course to do before the O-Ringen, especially if you have not run in Sweden before. It was brilliant not to be thrown into the thick of the Swedish terrain without having done a few days training. Some of the lectures were interesting while others were a bit on the monotonous side. It was a fabulous chance to meet an international group of orienteers and to share experiences and friendship (we'll say no more!!). Aislinn and myself would like to thank the IOA for the chance to do the Clinics. If you're going to Sweden next year I would seriously consider applying for the Clinic. It is definitely a worthwhile experience.

(The IOA normally gets an invitation to send two people to the clinics each year. This normally comes in the spring so if you're interested contact the IOA to check.)

O-lé: My orienteering year

John Feehan, whowas e an outstanding Junior ans is now an outstanding Senior, takes the bull by the horns and reveals all ...

Background:

Arriving in Spain 12 months ago to a new, less demanding job, a better climate and a new competition scene I was determined to take advantage of the favourable conditions and get in the best form possible for the year 2000.The 1999 season was largely disappointing with little to show for a lot of hard training.After an 8th position at the JK, injury forced me to miss the main competitions in May and June and detrimentally affected my WOC preparations. I felt a deep hunger to do myself justice and notch up some good results.Aonghus O Cleirigh was going to continue to coach me, sending on my schedule fortnightly. I was pleased about that because things had gone so well the previous 12 months. Having a coach gave me an extra source of motivation as I was now accountable to someone with regards to my training and I also felt my training had become more balanced and consistent, less influenced by my whims and moods.

So the goals for 2000 were (a) to qualify for finals at World Cup and score points, thus satisfying the existing criteria for the Sports Council grant scheme (b) to win the Irish Champs and (c) to train consistently and hard.

Oct '99- Feb '00

In this period I did very little orienteering and concentrated on logging up the miles and adhering to the prescribed training regime. The vast majority of the running was done at an easy (E) to Steady (S) pace with a weekly interval/speed session and in mid winter some experimentation with pliometrics which served to work on strength. In Autumn '98 my typical recovery run was 5/6 miles E but this winter it was 6/8 E and my weekly mileage had increased too, from 50-60 in '98 to 55-70 this year. All my training was done off-road with about 20% being in terrain. I could feel my recovery rate improving as the winter progressed and felt more and more comfortable on the longer runs. Avoiding injury, I put in a very satisfying few months. Obviously there are many of the world's elites putting in up to double the amount of time and miles that I do but what I was doing was working for me.
Typical week (miles): Mon 6E, Tue 12E (84mins), Wed 6S (40mins), Thu 11S, Fri 8 including 10 x 100m strides, Sat 10E (70mins), Sun 15E (115-120 mins)

Feb - June

Gradually more speedwork was incorporated into

the schedule without dropping the mileage.I also ran as many races as possible and count 19 in this period. I felt very strong and light with occasional heavy-legged days. Orienteering-wise I began by running very well technically but my mind wasn't on the job when I went to the Spanish and Irish Champs and I ran very erratically (although the map in the latter didn't help matters). Spanish terrain is tough and the standard in elite is high, frequently higher due to visitng elites from abroad, so I got a lot of good competition experience. As much as possible I maintained the volume of training and didn't rest for races. In the pre-competition phase I used a seven week plan to boost fitness parameters (Lactate threshold LT, and VO2 max) which we'd used last year to good effect. This training is specific and detailed so I won't go into it here. In June I won a tough long race in Spain by ten minutes and my confidence in my fitness and navigation was very high.

Typical Week: Mon Rest, Tue 10E, Wed 10 with 20 mins at lactate threshold (10K race) pace, Thu 10S, Fri 10 with 4x1mile at LT pace with 2 min recovery,. Sat 8E/orienteering, Sun 16E.

June - Oct 2000

The French air traffic controllers and visa problems combined caused Marcus Pinker and me to abandon the European Champs and World Cup at the last minute. Disappointing, and additionally it reduced the number of available races for achieving those important Sports Council criteria. I was very focused on the Finnish World Cup especially as WOC is going to be there next year and preparations went splendidly due to a very well organised, enjoyable and challenging training camp. The races, despite not being as clean as they could technically, were great and after a very exciting chasing start I finished 43rd and scored three precious points- my first! I was well pleased and for the first time I had felt physically up to the task at hand. The benefits of the past few months were evident during this period. Quick recovery, increased resistance and strength for terrain running, more ability to cope with higher speed and for longer.

The next two to three months were more erratic training-wise due to some injuries, travel and settling back into life here in Spain but I can look back and see the core elements of good sessions and stamina runs still in the diary and this carried me to a 45th in the classic distance at the World Cup in Portugal and an 11th on the first leg in the relay. A satisfying end to a rewarding year!

Typical week: Mon Rest, Tue 10E inc. 4x8mins@ 10K pace and 3 min recoveries, Wed 8E, Thu 8 inc 5x800m with circuit routine between each one, Fri 10E, Sat 10E, Sun 15E

Summary:

The things I feel have been most important to my improvements over the last two years are- (a) having an excellent coach (b) sticking (or endeavouring to stick) to the schedule (c) training consistently, maintaining the volume and avoiding injury (d) setting myself up in an environment that is training-friendly My physical improvements have shown on the fitness tests I've done (e.g. VO2max has gone from 74 to nearly 78). Technique has improved simply because I can cope better physically and I have more confidence in my ability to race at any distance. There are many aspects to orienteering training and to discuss and elaborate on all these fully would take an age. This account gives you an indication of what I'm at.It's far from ideal.

In the next issue:

Summer orienteering plans; a report on the Senior Squad seminar in November; a report on the North American Championships; preview of the 2001 World Cup; fixtures; results; news; training methods ... and anything else you would like to write about!

Championship Roundup

NIOC 2000

NWOC again hosted the Northern Ireland Championships at Mullaghmore in the Sperrin Mountains on October 14th. A "new" map, joining part of Moydamlaght and part of Banagher with some interesting open in the middle, provided variety: fast but slippery open with good detail versus slower, dark forest. The map was the first to be produced under the lottery funding which NIOA has received. Tneorganisation ran to providing a very welcome shuttle minibus service from the car park to the start/finish.

Steven Linton (NWOC) won the M21L course (8.0 km/200m) in 64.15; LVO's Brian Ervine was second (70.09) and AJAX's Brendan O'Brien third (75.41). Thor Egerton (STAG) won the W21L (6.1 km/200m) in 65.24 with Violet Cordner (LVO - NI Champion) second in 76.27 and Miriam Feehan (BVOC) third in 80.39.

The NI Championships was combined with the Veteran Home International, where Ireland took on the might of England and Scotland, with predictable results. (I hope Welsh readers won't be offended: we also took on the much more evenly-matched Wales, but lost).

The event also included the Interprovincial Championships, which Ulster won (Ulster 245, Leinster 163, Munster 95, Connacht 30). The scoring system for the IntrrPro is so complex that the resulkts are rarely known on the day. It is further complicated by the decision some years ago to let everyone run for their province, rather than by selecting a specific team: I think this has devalued the interprovincial aspect of the competition.

Next day, the NI Relay Championships were at Drum Manor outside Cookstown, Co. Tyrone (famous for its sausages or, at any rate, for George Best advertising their sausages). Fermanagh Orienteers did the honours on a nice looking little map. NWOC took the Open title, LVO took the Women's Open, AJAX the Ad Hoc and FermO the Junior Ad Hoc. Judging by the results, it was poorly supported: only 18 teams of three = 54 runners, plus the Home International teams.

MUNSTER CHAMPIONSHIPS 2000

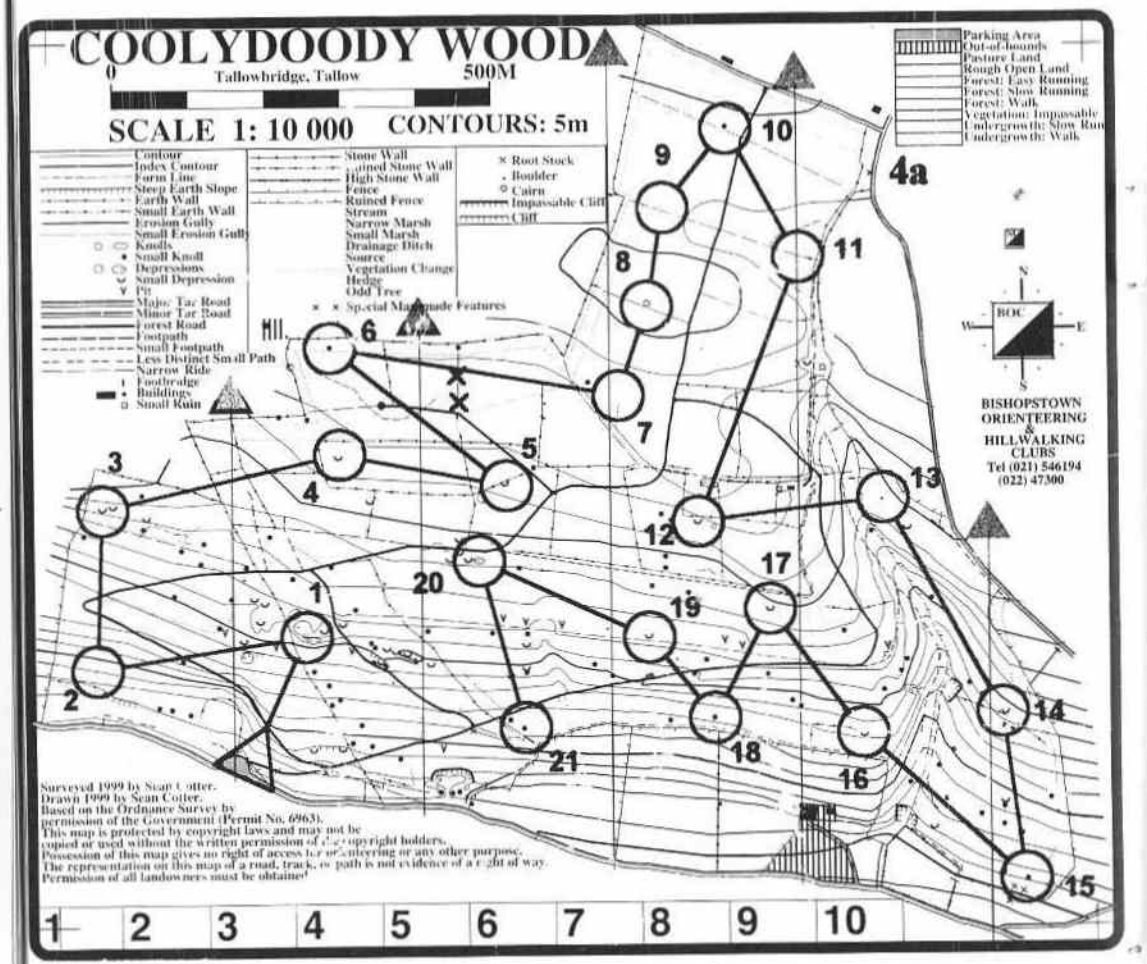
Micr-O: is there such a thing? If there is, then this year's Millennium Munster Championships must be a contender. Coolydoody Wood, outside Tallow, on the Cork/Waterford border, must be the smallest area ever used for a Championships in Ireland. Measuring barely one square km, Sean Cotter's courses criss-crossed the area to cover the distance of up to 10 km for M21E. The 3 km walk to and from parking provided ample opportunity to warm up and down.

Actually, it is a nice enough little area: it would be a good map for beginners. However, the size and the quality of the area and the fact that the map was used as recently as last March, might cause one to ask whether this was really worthy of a Championships, but, as one experienced Munster orienteer said to me, "I've run on worse". It's easy to be critical, but - who knows? - without the voluntary work of BOC, perhaps there wouldn't have been a Munster Championships this year at all.

M21E, 10.0km, 350m, 30c
Brendan O'Brien AJAX 83.54
Colm Rothery AJAX 85.39
John Casey AJAX 87.09

W21E, 7.9km, 305m, 30c
Petranka Pacheva B.O.C. 92.35
Ruth Lynam CNOC 106.56
Eileen Loughman CNOC 108.38

MUNSTER CHAMPIONSHIPS, COOLYDOODY WOOD, TALLOW, CO. WATERFORD .(ACTUAL SIZE).



| W21E, M40L/45L/18 | | |

collect another task key. Only two teams could do a task at the same time so often the task key that you wanted was in use and you either waited for one of them to be returned or chose a different task. Each task had a score time value for successful completion. There was a bonus if you completed the task in under the allotted time set for the task. Examples of tasks were golf: we had five minutes to land 5 golf balls on a green with each team member having two shots; amazon recovery involved constructing using wood and ropes to retrieve an object on the other side of a stream; carry out involved transferring around 200 beans from one bowl to another using two chopsticks each with one hand behind your back.

Stage 6 (finale)

Each team had 90 minutes to visit five control points in the forest collecting equipment at each. At control 6 there was a special task which involved using ropes etc. to transport across a field to fill a container. This brought a key to the top that allowed the team to proceed to the FINISH and to collect a bottle of bubbly. Our team finished 3rd which was a lot better than we had expected.

(Gerry Brady was part of the Central Statistics Office team).

Web sites of interest

There are many sites of interest. I have listed a few not necessarily even the major ones.

www.kerrygems.ie/capp/index.html (National Adventure Marathon)
www.asportone.com (New Irish site)
www.adventuresports.ie (Irish Adventure Sports Associations)

Some Irish Adventure Centres:
www.tiglin.com
www.killary.com
www.oysterhaven.com
www.oec.ie/kinsale

www.adrenalinrush.co.uk (major new race in Ireland)
www.aceraces.demon.co.uk (key British site)
www.challengerworld.com (Corporate site)
www.ecochallenge.com (One of the Big Ones)
www.9feet.com (News reports from Rob Howard)
www.blue-eskimo.com (Race promoter)
www.glenmorelodge.org.uk (Scottish training centre)
www.arworld.com (American site)
www.mountain-quest.com (American site)

A Happy Christmas and a good Orienteering Year in 2001 to all TIO's readers

Results of CNOC Come & try-it Event DONADEA 3 Sep 2000

Longer Course 3.5 km

1	Paul Nolan	M21	GEN	15.01
2	A O'Cleirigh		AJAX	16.02
3	David Healy	M18	GEN	17.28
4	David Brennan	M40	3ROC	19.44
5	M Bohan	M21	DFO	20.00
6	Derek McConnon			21.50
7	John Francis	M40		21.54
8	B Lawlor	W21	DFO	23.00
9	Anthony Lawlor	M35	CNOC	23.40
10	D O'Murchu	M50	CNOC	23.45
11	Val Jones	M45	FIN	24.05
12	Hazel Thompson	W21		24.12
13	Susan Healy	W21	GEN	24.25
14	John McGrath(2)	M18	3ROC	24.40
	Brian Rice(2)	M18		24.40
16	B McGrath	M50	3ROC	25.12
17	Brian Hollinshead	M60	3ROC	25.59
18	John McGrath(1)	M18	3ROC	26.21
	Brian Rice(1)	M18		26.21
20	T Condon	M45	CNOC	26.57
21	John Rowe		FIN	27.34
22	Robert Flanagan	M45	FIN	27.40
23	John Loughran			29.00
24	J Fitzsimons	M50	3ROC	29.30
25	CJ Loughran			29.45
26	Mary Healy	W45	GEN	30.20
27	Ger Power	W50	3ROC	31.05
28	Deirdre Ryan	W21	WEGO	32.40
29	Rebecca C Pinto	W21	SET	33.56
30	Robert Harrington	M21	3ROC	34.20
31	Miguel Cabrera Pinto		SET	34.32
32	Aine uiSuilleabhain	W50	3ROC	34.36
33	Nora Lalor	W45	GEN	34.43
34	Don Short	M40	CNOC	37.24
35	Niamh Lalor	W16	GEN	39.58
36	Miriam O'Gorman			39.55
	Colm O'Dowd			39.55
38	Cathal Burke	M14	FIN	40.52
39	David Holden	M12		43.12
	Eoin Hughes	M12		43.12
41	Deirdre Carbery	W14	CNOC	44.19
42	Brian King			44.52
43	Vera Murtagh	W60	3ROC	48.25
44	Alan Hughes			48.43
45	Egan x 2		CNOC	59.00
46	D Kennedy			60.00
47	Paul Ryan			67.20
48	Ryan family			68.00
49	Michael Broderick			69.00
	Carmel Broderick			69.00

Shorter Course 2.5 km

1	Feargal Burke	M10	FIN	26.45
2	Hazel Healy + Jenny	W12	CNOC	29.47
3	Trish Duffy		FIN	29.51
4	Erika Jones	W10	FIN	30.30
	Louise Maguire	W10	FIN	30.30
6	Shane Farley	M14	FIN	30.40
7	Joan Fennelly			33.04
8	Kelly, Ciara, Helena	W12	FIN	33.29
9	Gavin Carney	M12	CNOC	33.42
10	Alice Gillen		SET	36.30
11	Conor Short	M8	CNOC	36.34
	Colin Miley	M12	CNOC	36.34
	Ruairi Short	M12	CNOC	36.34
14	Ciara Burke	W12	FIN	36.36
15	Brendan Carbery	M14	CNOC	40.27
16	Tina Carey			40.45
17	J. D, C Rigney		CNOC	44.30
18	R Duignan, C Lehane			47.44
19	Phelan			46.50
20	Ryan Carney	M10	CNOC	53.20
21	Meghan O'Driscoll			61.30
	Clara Jones			61.30
23	Noel, Jack, Bernie			

Results of GEN Long-O, Trooperstown, Co. Wicklow, 22 October 2000.

Black			
B. Delaney	M35	CNOC	152.15
Brown			
P. Nolan	M21	GEN	85.54
D. Healy	M18	GEN	103.00
L.Quinn	M40	SET	105.49
P. Brennan	M21	SET	109.40
P. Spillane	M40	CNOC	113.29
T. Duggan	M40	CNOC	113.49
B. Bell		M45	GEN
116.07			
M.O'Keeffe	M35	FIN	121.07
E. Niland	M31	AJAX	124.33
B. Jones	M21	GEN	130.40
S. O'Boyle	M40	CNOC	130.59
Blue			
H. McLinden	M21	3ROC	74.14
W. Young	M45	CNOC	86.07
D. Brennan	M40	3ROC	88.22
E. Keith		FIN	89.00
P. Healy	M45	CNOC	94.47
R.Lynan			95.01
P. Dunne	M40	WEO	96.56
D.Wickham	M35	AJAX	97.13
F. Healy	M21	SET	100.51
N. Crawford	M55	3ROC	101.02
J.Watt	W45	GEN	104.57
D. Short	M40	CNOC	121.47
E.Blau	M20?	UCDO	124.58
J.Lalor	M45	GEN	135.52
G. Tully			143.47
N. Hutchinson et al	W21	3ROC	144.20
G.Power	W50	3ROC	162.00
Green			
M. Franklin		OKS	44.49
G. Doherty	M21	GEN	49.06
M. Long	M35	AJAX	51.28
P. McCormack	M60	GEN	53.37
K. Carey	M40	3ROC	54.52
I. MacNeill	M45	3ROC	55.02

N. O'Boyle	W16	CNOC	55.03
L. Donovan	M35	AJAX	55.56
P. Revman	M40	AJAX	56.36
R. McDonnell	W35	GEN	60.55
A. Blanchard	M35	GEN	61.16
H. Poyry	M50		62.04
J. Cauley	M40	GEN	63.06
H. White	M55	3ROC	63.17
J. Fitzsimons	M50	3ROC	63.48
J. Francis	M40	DFO	65.46
A. Bonar Law	M60	GEN	66.18
?. Cahill			66.21
T. Condon	M45	CNOC	67.16
R. Boyle	M20	UCDO	68.04
S. Bell	W20	UCDO	68.14
S. Doorly	M35		68.32
N. O'Donoghue			68.33
C. Carolan	M18	DUO	70.18
N. Dobbs	M20	DUO	70.19
T. McCormack	M50	GEN	71.27
N. English	M21	UCDO	73.37
T. McCormack	M14	GEN	73.48
D. Buckley			74.56
D. O'Mircnil	M50	CNOC	75.20
L. Roe	M50	3ROC	76.04
J. Mulroney		SET	79.04
J. O'Neill	W50	FIN	81.16
T. Burke	M45	FIN	81.37
W. McCormack		GEN	83.37
L. Butler et al	M50	CNOC	83.52
E. Murray	M21	UCDO	85.22
T. Lawless	M35	S. Killians	85.47
E. Quinn	W40	SET	98.20
H. Thompson	W21	SET	102.36
H. Reynolds		3ROC	103.40
D. Murray	M21	UCDO	104.12
M. Reid	W35		107.00
K. Carnull	M55		118.24
R. Pinto	W21	SET	128.07
Maria M.	W21		128.08
Lt. Green			
D. Masterson	M21	UCDO	39.04
J. Atkinson	W35	SET	42.22
J. Shields			42.53
E. McShane			42.55
C. Kingston	M21	Cadets	48.02
E. Gardiner		Cadets	50.02
R. Scholes			51.30
R. Flanagan	M45	FIN	52.04
F. Maupoux	M21	DUO	54.05
D. Large	W60	GEN	56.13
C. Carroll	M18	UCDO	57.30
C. O'Sullivan	W21	GEN	58.09
J. O'Reilly		Cadets	58.18
? O'Meara		Cadets	58.18
C. Moore		Cadets	58.40
D. Burke		Cadet s	59.05
K. McCormack	W20	GEN	59.11
C. Carey	W40	3ROC	60.14
C. Burke	M14	FIN	62.38
C. Morrison	W21	AJAX	63.46
D. Slattery		Cadets	64.10
G. Porter	M50	GEN	65.04
M. Dooley	M60	CNOC	65.31
H. MacInerney	W45	CNOC	67.03
S. Walsh	M18	Cadets	69.10
M. Hegerty	M18	Cadets	70.10
J. Barrett	M65	CNOC	70.30
N. Lalor	W45	GEN	74.07
C. Kennedy	M18	St. Killians	74.27
L. Fitzpatrick	W20	UCDO	76.54
J. Lenehan	W20	UCDO	76.54
I. Bach		DUO	77.29
F. Reid		DUO	77.29
J. Daly		Cadets	77.50
S. Mbb		Cadets	77.80
N. Lalor	W16	GEN	78.25
C. Walsh	W55	3ROC	84.27
J. D. Clarke	M55	GEN	87.00
G. Ussahi	M21	DUO	87.40
Mareo	M21	DUO	87.40
R. Carazo			87.47
S. Belling	M21	DUO	87.47
? Agasse		DUO	87.48
A. Murphy			88.38
K. Mooney		DUO	91.57
R. O'Regan	W20	DUO	91.57
S. Rattigan		DUO	92.06
M. Skrba		DUO	92.06
M. Higgins	W55	SET	98.55
G. Fitzgerald		3ROC	106.22
S. McCormack		GEN	111.08
V. Murtagh	W60	3ROC	113.44
N. O'Sullivan			130.00
A. Burke et al	M18	St. Killians	134.09
Orange			
S.O'Boyle	M14	CNOC	36.58
M.O'Malley	M20	UCDO	42.00
John V.	M14	DLSO	44.08
L. Bradley	M14	DLSO	47.01
M.Healy	W45	GEN	48.47
C. Burke	W12	FIN	52.08
V.Green	-	-	55.55
L.Doncet			55.55
M. Donovan et al	W16	St.Killians	56.40
J.Lutz		DUO	60.45
M. Willloop		DUO	60.45
E.Pods		DUO	67.11
L. Malone		DUO	67.11
R. Morarity et al	M14	St. Killians	69.00
S. Farrell		Cadets	69.46
E. Browne		Cadets	69.46
K. O'Neill et al	W14	St. Killians	75.36
A. Metcafe et al	W14	St. Killians	87.36
G. Faunela			90.30
E. O'Neill	M10	GEN	91.40
C. O'Neill	M10	GEN	91.40
J. Kel	W20	UCDO	92.06
P. B???	W20	UCDO	92.06
S. Healy	W20	UCDO	92.06
? O'Neill		GEN	93.06
E. Lambe		Cadets	102.45
G. O'Neill		Cadets	102.45
N. Coster et al	W14	St. Killians	121.34
C. Kelly	W14	St. Killians	127.20
E. Birmingham	W18	St. Killians	130.20

J. Wintorsly et al	W14	St. Killians	131.58
Yellow			
G. Burke	M10	FIN	23.54
R. Short	M12	CNOC	24.35
S. McKay		SET	27.25
L. McKay		SET	27.48
D. Turner et al		AJAX	32.47
D. Branspell			32.47
C. Moran	M9	3ROC	36.18
N. Moran	W7	3ROC	40.40
C. Short	W18	CNOC	40.57
C. Healy			40.57
M. Ellis			40.59
B. Mangan	M10	SET	45.30
A. M. Green	W21	UCDO	55.10
Ryan		W7	
59.40			
Clodagh M.	W10	SET	70.55
M. Wallace		DUO	DNP
C. B. Farrell		DUO	DNP

Results of the 3ROC Leinster League Event, Clarabeg, 5th November 2000

Planner, Brendan McGrath, M50, Blue.
Controller, Ted McGrath, M55 Green.
Organiser Vera Murtagh W60 Light Green.

BLACK

1 91.01 Brendan O'Brien AJAX M21
2 94.31 B.Delaney CNOC M35
3 127.13 Eoin Keith - M21
MP20 A. O'Cleirigh AJAX M40

BROWN

1 78.02 Neil Dobbs DUO M20
2 78.27 Declan McGrellis LVO M21
3 78.29 Brian Bell GEN M45
4 80.05 Liam Quinn SET M40
5 80.57 John McCullough 3ROC M45
6 82.50 Dave Weston SET M35
7 86.32 Senan O'Boyle CNOC M40
8 86.46 Marcus Geoghegan AJAX M35
9 88.34 Tommy Duggan CNOC M40
10 90.11 Greg McCann LVO M35
11 92.21 Denis Reidy AJAX M45
12 93.55 Ruth Lynam CNOC W
DNF E.Niland AJAX M21

BLUE

1 59.39 Peter Kernan AJAX M40
2 69.52 Pat Farrelly CNOC M40
3 77.03 David Brennan 3ROC M40
4 82.44 Donal Wickham AJAX M35
5 82.56 Fachtna Healy SET M21
6 83.03 Andrew Cox WATO M40
7 84.16 Fergal Buckley DUO M21
8 85.23 Val Jones FIN M40
9 86.05 Paul Dunne WEGO M40
10 89.13 Joe Lalor GEN M45
11 90.25 Jane Watt GEN W45
12 97.32 Paul Mahon SET M21
13 97.45 Danielle Buckley CADETS. W20
14 116.26 Deirdre O'Neill FIN W21
MP11 Niall O'Donovan CADETS M20
MP11 P.Burke CADETS M20
DNF D. Short CNOC Gordon Elliott 3ROC

GREEN

1 50.42 Niamh O'Boyle CNOC W16
2 50.58 Heimo Poyry - M50
3 52.38 John Francis DFO M40
4 52.50 Monica Nowlan 3ROC W50
5 52.56 Paget McCormack GEN M60
6 53.53 Mike Long AJAX/UCDO M35
7 55.32 Terry Lawless ST.KILLIANS M35
8 57.13 John Rowe FIN M40
9 64.02 S.Walsh CADETS M
10 64.09 P. Lalor CNOC M55
11 64.54 John Crowley GEN M40
12 65.45 Rory Wallace
13 67.29 Ted McCormack GEN M14
14 69.03 Tom Burke FIN M45
15 69.36 Jean O'Neill FIN W50
16 69.57 Elizabeth Quinn SET W40
17 69.59 Wyn McCormack GEN W50
18 71.08 Jim Mulrooney SET M60
19 71.56 Mick Kellett GEN M60
20 72.26 Susan Healy UCDO W20
21 80.19 Jackie Atkinson SET W35
22 81.52 Maire Walsh 3ROC W50
23 83.00 D ' Murchu CNOC M50
N/C 46.42 Phillip Brennan SET M21
M9 John Brennan DUO
M9 Fiona O'Brien AJAX W21
M9 Vincent Baud GEN
DNF Kaline Baud ' lost card GEN
DNF E. Lardner CADETS
DNF S. McKeon CADETS M20
DNF D. Burke CADETS W22
DNF Mirjana DUO W20
DNF Ivi Bode DUO W20
DNF Fergal Reid DUO M18
DNF Achim Holfer DUO M21
DNF Pat Flanagan 3ROC M55
DNF Robert Boyle UCDO M21
DNF Niall English UCDO M21
DNF C.Carroll UCDO M20
DNF June O'Neill CNOC W18

LIGHT GREEN

1. 38.58 Mary O'Connell 3ROC W35
2. 42.06 Garrett Green 3ROC M16
3 46.36 F.McCormack CNOC M60
4 46.47 Sybil McCormack GEN W21
5. 52.52 N..Quinn SET M16
6 55.04 Alan Lambe. CADETS
7 56.54 G.O'Neill CADETS
8 59.06 J.O'Reilly CADETS
9 60.11 Sean Rothery 3 ROC M70
10 62.51 Dessie Shorter SET
11 66.47 D.Bell GEN W16
12 67.43 Andrea McCormack GEN W50
13 68.08 D.Large GEN W60
14 70.16 Nora Lalor GEN W45

15 70.22 ANNE DUO -
16 76.34 C.Morrison AJAX W21
17 76.38 Cathal Burke FIN M14
18 77.02 - Rigney CNOC M14
19 82.53 Niamh Lalor GEN W16
20 87.55 M. Vanhouten UCDO W18
21 93.20 D. Carbery CNOC W14
DNF C.Fitzpatrick UCDO W18
DNF E.O'Muircheartaigh UCDO M18
DNF Laura Malone - W
DNF Emily Wood DUO W
DNF Giulia Brotto W
DNF C.Moore --
DNF John Daly CADETS -
DNF Sean Mee CADETS -
DNF S. Carr DUO
DNF D. Nagle 3ROC W50
DNF G. Ryan 3Roc

ORANGE.
1 56.23 Brendan Carbery CNOC M14
2 60.54 Helen Martin UCDO W
3 60.57 Niall McAleenan DUO M
4 62.35 Helena Jones FIN W12
5 63.10 Ben Mangan SET M10
6 .67.33 Clara Burke FIN W12

YELLOW
1 28.57 Conor Quinn SET M12
2 29.25 Maedbh Quinn SET W10
3 33.13 Fergal Burke FIN M10
4 38.19 Paget McCormack GEN M12
5 39.03 Ruari Short CNOC M12
6 40.54 Erika Jones FIN W10
7 40.55 Mary Healy GEN W45
8 42.52 Meghan O'Driscoll FIN W10
9 43.19 E. Hogan - M65
10 43.51 David Ryan GN M12
11 45.38 Hoare Family AJAX -
12 63.00 Ciara Jones FIN W10
13 63.04 Kelly Fox - W10
DNF Ian Murphy --
DNF Benja Carr --

The Irish Team at JWOC in the Czech Republic (+ 2 Hungarian girls)

THE IRISH ORIENTEER ADDRESS LIST

AJAX ORIENTEERS	Brendan O'Connor, 32 Landscape Gardens, Churchtown, Dublin 14. (087-2968898), www.ajax-oc.ie/
ATHLONE IT ORIENTEERS	Nigel Foley-Fisher, AIT, Dublin Rd., Athlone, Co. Westmeath (0902-24465)
BISHOPSTOWN OC	Ted Lucey, Kilpadder, Dromahane, Mallow, Co. Cork (022-47300), http://homepage.tinet.ie/~nyoung/orienteering/html
BLACKWATER VALLEY OC	Ellen Feehan, Scarteen Lower, Newmarket, Co. Cork (029-60385)
CORK ORIENTEERS	Miriam ni Choitir, 'Cedar Lodge', 1, The Farm, Curraheen Rd., Bishopstown, Cork.(021-4343583) http://indigo.ie/~bcreedon/orienteering/cork-o/
CURRAGH-NAAS ORIENTEERS	Ruth Lynam, Baltyboys, Blessington, Co. Wicklow (045-867183)
DEFENCE FORCES ORIENTEERS	Comdt. Denis Reidy, Adj. General's Branch, Parkgate, Dublin 8
DUBLIN UNIVERSITY ORIENTEERS	The Secretary, DU Orienteers, House 27, TCD, Dublin 2.; http://www2.tcd.ie/Clubs/Orienteering/
FERMANAGH ORIENTEERS	Mary Campbell, 15 Knocknamoe Bungalows, Omagh, Co. Tyrone, BT79 7LA (048-82-246818)
FINGAL ORIENTEERS	Tom Burke, 2 Sycamore Ave., Beaufort Place, Navan, Co. Meath (046-74711). http://members.tripod.co.uk/FingalO
GALWAY ORIENTEERS	Frank Ryan, St. Mary's, Ballinfoyle, Galway (091-753829).
GALWAY/MAYO IT ORIENTEERS	The Secretary, P.E. Dept., GMIT, Dublin Road, Galway (091-753161-2213)
GREAT EASTERN NAVIGATORS	Nora Lalor, 6 Knocksinna Grove, Foxrock, Dublin 18 (01-2893497)
KERRY ORIENTEERS	Rory Costello, 14 Manor Court, Tralee, Co. Kerry. (066-25532)
LAGAN VALLEY ORIENTEERS	Stephen Gilmore, 41 Drumlough Road, Hillsborough, Co. Down. BT26 6PX; www.btinternet.com/~nick.p/LVO_home.html
LEE ORIENTEERS	Clare Nuttall, 4 Upr. Panorama Tce., Sunday's Well, Cork (021-4300373)
MIDLAND NAVIGATORS	Barbara Foley-Fisher, Holly Cottage, Glasson, Athlone, Co. Westmeath (0902-85306)
NORTH WEST OC	Charles Reid, 29 Balmoral Court, Belfast BT9 7GR. www.btinternet.com/~fulton/nwoc
SETANTA ORIENTEERS	Dave Weston, 49 Ashlawn, Ballinteer, Dublin 16 (01-2960854) www.setantaorienteers.org
SLIGO ORIENTEERING CLUB	Joe Bannon, Corrigeenroe, Boyle, Co. Roscommon (086-8197887)
SOUTHERN ORIENTEERS	Kevin O'Dwyer, 2 Wellington Villas, Military Hill, Cork (021-4506740)
THOMOND ORIENTEERS	Michael Meade, 7 Cedar Court, Kennedy Park, Limerick (061-412104)
THREE ROCK OC	Máire Walsh, Moorpark, Kilmacanogue, Co. Wicklow (01-2868871)
UCC ORIENTEERS	The Secretary, PE Office, UCC, College Road, Cork.
UCD ORIENTEERS	Box 55, Library Building, UCD, Belfield, Dublin 4.; www.ucd.ie/~ucdore/
UCG ORIENTEERS	The Secretary, c/o Porter's Desk, Concourse, University College, Galway.
WATERFORD ORIENTEERS	Veronica Purcell, Lodge's Lane, Newtown Hill, Tramore, Co. Waterford. http://www.iol.ie/~newtownw/wato/
IRISH O-ASSOCIATION	Rosarie Kiernan, 87 Meadow Vale, Blackrock, Co. Dublin. e-mail rosariekiernan@hotmail.com
NORTHERN IRELAND OA	Violet Cordner, 62 Wheatfield Crescent, Belfast, BT14 7HT (048-90-718540) www.askip.demon.co.uk/nioa/
CONNACHT OA	Padraig Higgins, 24 Alverno Ave, Willow Park, Athlone, Co. Westmeath.
LEINSTER OA	Vera Murtagh, 19 The Cloisters, Terenure, Dublin 6W (01-4908237)
MUNSTER OA	John Muckian, 13 Elmvale Close, Wilton, Cork (021-4343384)
IRISH-O STUDENTS ASSOCIATION	Ailbhe Creedon, Tavio, Mount Prospect, Douglas, Co. Cork.
BRITISH O-FEDERATION	Riversdale, Dale Road North, Darley Dale, Matlock, Derbyshire DE4 2HX (0044-1629-734042, FAX 0044-1629-733769). www.clx.co.uk/~bof/
INTERNATIONAL O-FEDERATION	Sec. Gen.: Barbro Ronnberg, Radiokatu 20, FI-00093 SLU, Finland (00358-40585 3801, fax 00358-93481 3113; www.orienteering.org

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

ORIENTEERING FIXTURES

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

November
19 **KILWORTH**, Co. Cork. DFO Timmy Morrissey fundraiser.
25 **LADY DIXON PARK**, Belfast. LVO informal event.
25 **N.I. NIGHT CHAMPIONSHIPS**, Omagh, Co. Tyrone. FermO.
26 **BALLYGAWLEY**, Collooney, Co. Sligo. SOC local event. G 697297.
26 **GORTIN GLEN**, Omagh, Co. Tyrone. FermO Sunday league.
26 **KILDERRY WOOD**, Milltown, Co. Kerry. KO. GR Q 813003.
26 **HELLFIRE WOODS**, Co. Dublin. DUO LL4 Sprint-O.
26 **KILSHEELAN**, Co. Waterford. WATO LE.
28 **PHOENIX PARK**, Dublin. 3ROC. Night-O series 1. 6.30-7.30. Opp. Polo grounds.

December
3 **CURRAGH**, Co. Kildare. CNOC LL5.
3 **CARNFUNNOCK PARK**, Larne. LVO informal event.
5 **HELLFIRE WOODS**, Rathfarnham, Co. Dublin.SET. Night-O 2.
9 **NI Sprint-O Final**, Gosford. LVO.
10 **DUN A RI**, Kingscourt, Co. Cavan. FIN local event.
10 **HAZEL WOOD**, Sligo. SOC Night-O. 7-8 pm G722345.
10 **MUCKROSS**, Killarney, Co. Kerry. KO. GR V 970863.
12 **CARRICKGOLLOGAN**, Kilternan, Co. Dublin. GEN. Night-O 3. 6.30-7.30.
26 **THREE ROCK**, Dundrum, Co. Dublin. 3ROC. Christmas score event. 11-1.
27 **CURRABINNY**, Co. Cork. CorkO. Xmas fun event. GR W 791622.
31 **GARRYCLOYNE**, Co. Cork. BOC score/Norwegian 10-12.30. GR W600810.

January 2001
7 **LAHARN WOOD**, Bweeng, Co. Cork. BOC CATI/WL. 10-12.30. W460928.
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.
20 **CAIRN WOOD**, Dundonald, Co. Down. LVO club event.
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.
28 **SLISH WOOD**, Ballintogher, Co. Sligo. SOC local event. G740310.

February
4 **PINE FOREST**, Rathfarnham, Co. Dublin. 3ROC LL7.
4 **TALLOWHILL WOOD**, Co. Waterford. BOC WL. 10-12.30. GR X006945.
10 **SCARVA**, LVO Sprint-O.
(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 **CLONTAKILLA & FOREST PARK**, Boyle, Co. Roscommon. SOC local event.
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.
10 **LOUGH HYNE WOOD**, Skibbereen, Co. Cork. BOC WL/CATI. 10-1.
11 **LUGNAGROAGH**, Hollywood, CO. Wicklow CNOC LL 11 "Butterfly" event.
17-19 **BALLYHOURA 3-DAY, Kilfinane area**, Co. Limerick. BOC. Pre-entry.
24 **TOLLYMORE**, Co. Down. NI Series. LVO.
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
5 **BOC 2001 Warm-up event.**
6 **BRITISH CHAMPIONSHIPS, Benone**, Co. Derry.
7 **BRITISH RELAY CHAMPIONSHIPS, Baronscourt**, Co. Tyrone.
12/13 **IRISH CHAMPIONSHIPS, Scarr**, Co. Wicklow. CNOC.
19-20 **WICKLOW MOUNTAIN MARATHON**
26 **SCOTTISH CHAMPIONSHIPS**

June
2 **SLIEVE CROOB**, Ballynahinch, Co. Down. NI Series. LVO.

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).

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