The Irish Orienteer

No. 97 February 2001 IR£1.50

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e-mail johnmccullough@bigfoot.com

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Cover: Former Irish WOC Team manager Ronan Cleary hands over to former WOC Team Coach Justin May at the Irish Relays in Tullamore.

NEXT COPY DATE
20th March 2001

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The Irish Orienteer

No. 97 February 2001

O-PPORTUNITY

It's another World Championships year. The Irish team will be training in Finland this summer and, following initial selection races at the JK, the British Championships and the Irish Championships, the squad will travel to Finland for the final selection races just before the WOC in August.

This is a side of the sport most of us rarely see - the personal sacrifices and commitment required to make it to and at the top level. Unlike athletics and many other sports, the rewards for successful orienteers are not enormous. Clearly there is the personal satisfaction of winning, but no one is going to get the kind of recognition or the fees that the likes of Sonia O'Sullivan are likely to command.

There are going to be fund-raising events over the coming months to help defray the costs of team membership, events run by the squad themselves.

So this year, try to support the Irish team.

If this doesn't appeal to you, there are opportunities in other forms of orienteering. Gerry Brady writes in this issue about Ski orienteering. There are moves to establish an Irish Ski-O team and similarly there's a national series of mountain bike orienteering events coming up this year. Maybe you could find your niche in one of these aspects of the sport?

At the competitive level there are major challenges and opportunities this year, particularly for the NIOA. The British Championships in May will be in Derry and Tyrone and will be a chance to showcase Ireland's orienteering potential and hopefully bring new people and new enthusiasm into the sport. We wish them every success (and if you'd like to help, there are details inside of how to volunteer).

Ah, yes: orienteering - it's a quare name, but great stuff!

THE O-ZONE:
Orienteering news from Ireland and the World

ON YER BIKE

It may be your last chance to qualify for the World Championships: there's an Irish team in preparation for the Mountain Bike Orienteering World Championships and there's a series of events planned for Ireland this year. Details on the IOA fixture list are sketchy, but there are plans for MTB-O events at Kilsheelan, Co. Waterford on March 10th, Cronybyrne, Co. Wicklow on April 7, Broadford Forest, Co. Limerick on March 19, somewhere in Wicklow on June 9 and somewhere in Cork on September 1st.

So get out the 3-in-1 oil and the mutton grease and off you go!

NIGHT-O CHAMPS

The first Irish Night-orienteering Championships is scheduled for Portumna, Co. Galway on March 24th. Run by Cork Orienteers, the event squeezes in between a race at Knockbarron, near Kinnitty in Co. Offaly the same afternoon and the Connacht Championships at Bawnreagh, Co. Offaly next day. A busy weekend, particularly for those in the North who have to choose between the interesting drumlins of Knockbarron and the slopes of the Mournes at Tollymore where there's an NI Series event.

Entries for the Night Champs should be sent to David O'Donovan, INOC, 134 Rosewood, Ballincollig, Co. Cork. Entry fees are £4 for students and wayfarers, £6 for other entrants. Add £1 for for postal copy of results if required. The three championship courses are Short (4 km), medium (5 km) and Long (7 km). There will also be a non-competitive wayfarers course of 5 km mainly using the path network. Entrants must be 18 years or over on the event date.

LIES, DAMNED LIES AND ...

Statistics. Most of us keep records of our training and our competitions. Few, I am sure, can match Simon Errington's record keeping: "Up until the end of October 2000 I ran 1350 races covering 10,827.6 km and visiting 24,113 controls with 323,220 metres climb (yes, that really is 323 kilometres).", he writes in a recent LOKation, the London O-Klubb newsletter. "Total running time is 78489 minutes and 48 seconds, which in real terms is just over 55 days. This gives an average speed of around 7.2 mins/km (E & OE). And in case you're wondering that doesn't include any of the mountain marathons (including seven KIMMs and one 24 hour rogaine)." Simon has competed in 22 countries (not counting Britain) since 1980, including Swaziland, China and Ireland.

His O-advice: "It's very difficult to look at the map too often, but very easy not to look at it enough".

BOC 2001

Probably the biggest orienteering event ever to come to Ireland takes place on the Mayday weekend when the combined British Champs and British Elite Champs are being run by NIOA.

Benone Strand, near Limavady, is the individual venue on Sunday 6th May: it's a 5 mile long strip of open sand dunes mapped at 1:10,000 with 2.5 m contours and there's a training event at Benone the day before.

Monday's relays are at Baronscourt, Co. Tyrone, a Georgian stately home, seat of the Duke of Abercorn. The fast conifer parkland crosses a 100 metre deep valley containing three man-made lakes with crannogs.

Cheapest entries close on February 10th; then March 31st.

NIOA are keen to get as many volunteers as they can to help out: if you can help in any way, please contact Raymond or Teresa Finlay at Gortatole OEC, Florencecourt, Co. Fermanagh, BT92 1ED (phone 048 66 34 89 37; e-mail raymond.finlay@virgin.net.

Incidentally, the British Trail-O Championships are being run in conjunction with BOC 2001 with LVO's Alan Gartside as planner.

BOF NATIONAL EVENTS

The National events which have come to TIO's attention so far are:

11 Feb	Beaudesert & Rawnsley, Cannock.
3 March	Newborough, Anglesea.
1 April	Bigland, Cumbria.

Other major events include the Scottish Championships at Rogie, Contin (GR NH 443593) on Sunday May 27th and the Relays at Littlemill, Daviot (GR NH 700350) on Monday May 28th.

SKI AND MOUNTAIN BIKE O-SQUADS

Irish squads are being formed for Ski-Orienteering and Mountain-Bike Orienteering. The Ski-O squad is being formed with the 2006 Olympics in mind. Squad members would be expected to do regular training on roller-skis or roller-skates.

As with Foot-O the squads are on a 32-county basis and will include all interested athletes (Juniors, Developmental and Elite). Funding will be requested from the Irish Sports Council for 2001 for both disciplines and carding criteria standards for individual funding will also be agreed.

Can you let me know if you are interested in being included in either squad or in helping with the administration? Can you also inform anyone else who you think may be interested?

Gerry Brady.

BELFAST 4-DAY

The website for the Belfast 4 - Day orienteering event, to be held in the Mpumalanga province of South Africa from the 27 - 30 April 2001 has been completed.

The address is:

http://www.orienteering.org.za/events/belfast2001/

The event comprises a short distance / classic / classic and a 3-person relay. The website also provides accommodation and tourism information and links.

Nicholas Mulder
Coordinator: Belfast 4 - Days
Wits Orienteering Club, South Africa

VHI 2001

This year's Veteran Home International is scheduled for 8/9th September in the North of England. Selection will be based on performance in the Irish Provincial Championships, Irish Championships and British Championships plus other known form. That form must be from events based on age class and should be notified to Alan Gartside, who will be collating information for the selection process. Because of the early date of the VHI, it is hoped to have selection completed by the end of June.

Alan Gartside (*e-mail gartside@detini.gov.uk*)

IOA FUNDING UP

The IOA have been allocated £24,010 for 2001. This is significantly above the £17,500 allocated for 2000. A detailed breakdown by funding category will shortly be sent to the IOA. The overall ISC grants increased from £4.81m in 2000 to £8.5m in 2001.

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DUBLIN BY NIGHT

Somewhere between 25 and 50 harmless eccentrics took to the parks and hills around Dublin in recent months to savour the joys of night orienteering in the latest "Dublin by Night" night-orienteering league. Co-ordinator Martin Flynn should be well pleased with the enthusiasm and level of support generated by the series. The first race, Phoenix Park (rain all day but a clear evening and courses of 4.5 and 8 km or so) set a high standard of facilities, courtesy of the Garda sports pavilion with lights, showers, tea and biscuits. Hellfire, and Carrickgallogan followed, with shorter courses (typically 3-4 km) but spectacular views over the city, then Killiney (choose a full moon and then arrange a lunar eclipse), St. Anne's Park and Three Rock.

Generally the planners chose to use reflectors as control markers - a very good idea, since you can't see the flags in the dark anyway and they're less prone to vandalism in the daytime.

Final results are not yet available but AJAX's Brendan O'Brien looks unbeatable on the long course.

As a lead-up to the Saggart Leinster League night event on February 17th and the first Irish Night Championships at Portumna on March 24th, will the DBN series give Leinster competitors the edge?

MOUNTAIN RUNNING

Between them the IMRA and NIFRA have a full season of mountain races all over the country. The evening races in Leinster start with the Hellfire Relay on 18th April at 7.30 pm and continue until Kippure on 1st August. Other races of interest are the schools Championships at St. Columba's, Rathfarnham, Co. Dublin on 14th March, the Irish Trail Running Champs at Avondale, Co. Wicklow on 29th July, Slieve Donard on 4th August. The Snowdon race is on 28th July.

Check the IMRA website at www.iol.ie/~imra or contact Pat Donlon (01-2940376) or Matt Twomey (063-81628). For NIFRA look at www.nifra.org.uk/ or contact membership secratary Ian Taylor, 52 Bladon Drive, Belfast BT9 5JN *(e-mail ir.taylor@ulst.ac.uk).*

EDITOR WANTED

Crossing Point, the newsletter of the NIOA, is looking for a new editor. Jonny Scott, who has done it for almost three years, is retiring from the post as he is moving to England. He hopes that there will be someone lining up by the time of the NIOA AGM in April.

Any volunteers should contact NIOA Secretary, Violet Cordner, 62 Wheatfield Crescent, Belfast BT14 7HT at 028-90718540.

NEW O-LOGO

In an effort to make orienteering look more appealing, the British Orienteering Federation has come up with this new orienteering logo. This will feature on promotional material, road signs etc. It's certailny better than an orange and white sign with nothing to help the uninitiated know what's going on.

ALTERNATIVE WICKLOW MM

At a loose end now for the weekend of the 19/20th May?

How about a 2 x 4-hour score event with an overnight camp in-between?

This is a no frills event intended to keep the continuity going until the Wicklow Mountain Marathon resumes next year.

No frills, no classes and no supervised car parking - just 8 hours of running in the hills.

To enter contact Brian Bell (25 Balally Park, Sandyford Road, Dublin 16) or Joe Lalor (6 Knocksinna Grove, Dublin 18). Entry fee of £3 to cover expenses.

Teams of two, starts between 12.00 and 1.00 on the 19th May from the Laragh area.

(PS the Setanta Rogaine is scheduled for 30th June/1st July in Wicklow. - Ed.)

CLINICALLY PROVEN

March 15th is the deadline for applications to reach the organisers of this year's O-Ringen Clinics in Sweden. There will be clinics in English and Spanish and three people are invited from developing O-countries.

If you are interested, contact the IOA Secretary, Rosarie Kiernan before 15th February. We get glowing reports every year of the value of the clinics experience.

The cost is SEK4200 per person and this covers all your transport and accommodation once you arrive at the clinic. It also covers your entry fee for the 5-Day. The clinics and 5-Day run from 19th to 27th July at Märsta, near Arlanda airport north of Stockholm.

OCAD MAPPING COURSE

Pat Healy ran an OCAD Mapping course on behalf of the IOA.at Avondale House, Rathdrum, Co Wicklow on February 2 - 4th.. The course covered all aspects of digital mapmaking using OCAD, base map, photogrammetry, field work, survey, draft map, survey draft, scanning, drawing methods and printing.

SPORTIDENT & WINCACS

Martin Flynn, Frank Ryan and Noel Donagh ran a SportIdent & Wincacs course at De la Salle College in Churchtown, Dublin on 27th-28th January. All aspects of SportIdent electronic timing & Wincacs were covered, from entries right through to producing results. Sport-Ident is a computerised timing system used for competitions. Wincacs is a computerised package, which helps with course planning. All clubs that wish to use this computerised timing system in the future, for regional or Irish championships were hoped to attend.

WOC 2001 SELECTION

WOC 2001 will be based at Tampere, Finland from 28 July - 4 August.

The Irish Team will be selected after trials are staged in Finland on the weekend of 5-8 July 2001. Up to 10 men and 6 women will be selected for the trial. The trial is open to all Irish orienteers.

Carded orienteers will fund their own individual expenses for the trial. Other squad members selected for the trial will receive substantial part-funding.

The following events will be used by selectors to finalise a list of squad members to participate in the trial in Finland.

14-16 April, JK 21E, 20E, 18E
6-7 May, British Champs 21E, 20E, 18E
12-13 May, Irish Champs 21E

The final squad selected to participate in the trial will be announced within 72 hours of completion of the Irish Championships. Those interested in participating in the trial should consider booking flights as soon as possible - as getting there will be an individual responsibility.

A further notice will be issued in the coming weeks giving further details on the format of the trial in Finland.

Can Squad members drop Wally Young a line at *youngcom@eircom.net* and let him know the events you would wish to compete in at WOC in order of priority.

Gerry Brady, Wally Young, Aongus O Cleirigh

COILLTE CONSULTATION

Coillte, the national forestry company, is developing a more formal consultation process at community level. They are establishing a Social and Environmental panel, one in the mid southern region (Clare, Limerick, Kilkenny, Tipperary North and South, South Galway, and North Kerry) and the other in the eastern region, (Dublin, Wicklow, Wexford & Carlow) and they wish to invite IOA to nominate one person to be considered for inclusion in each panel.

Panels will have about eight to ten people and will meet approximately twice a year. A selection committee will vet all nominations and determine the final panel.

The panels will provide a regional forum where environmental, social and community interests can provide information and promote their interests in co-operation with Coillte management. Panels will also allow Coillte to inform its stakeholders about its activites.

Nomination for the Eastern Region have to returned by the 31st January 2001 and for the Mid Southern region by 16th February 2001. Contact IOA Secretary, Rosarie Kiernan, if you are interested.

ROTHERY THE RUNNER

You may know Colm Rothery, current Irish orienteering champion, from his orienteering exploits. Another side of this talented athlete is revealed in the recent Irish Runner annual. In a profile by Frank Greally, Colm describes his running career, from a 30-cigarette-a-day motorcycle courier to two gold medals (800m and 1500m) in the European Veterans athletics championships in 2000 (plus a bronze in the steeplechase) and a world record in the 800 metres..

It's an inspiring story: obviously Colm has a lot of natural ability as a runner but it's his determination and single-mindedness, his ability to set and achieve goals, that have ensured his success on the track and in the forest.

(And of course, his recent "TIO Editor style" haircut has shaved further fractions of seconds off his times!)

LOCHABER 2001 AGAIN

The Scottish 6-Day, Lochaber 2001, is based at Fortwilliam, at the foot of Ben Nevis, from 5th to 11th August. The events are at

Sunday	Glen Nevis & Cow Hill
Monday	Gorstean & Strathmashie
Tuesday	Ardchattan
Wednesday	rest day
Thursday	Creag Mhic Chalein
Friday	Arisaig
Saturday	Fersit

Entry forms were in the last issue of *The Irish Orienteer* but I have some spare ones if you didn't get one. Entry fees per day are STG£9 to 12, depending on entry date; juniors STG£4.50 to £6 for the first child and STG£3 to £6 for subsequent juniors.

Details at www.scottish-orienteering.org/Lochaber2001/

Thanks to Paul Nolan, Gerry Brady, Diana Large, Niall Bourke, Paul Dunne, David Seward and anyone else who, wittingly or unwittingly, contributed to this issue of The Irish Orienteer.

A FEW THOUGHTS ON TRAINING

BY PAUL NOLAN

For every runner there is a theory on how to train and improve fitness - mileage, speed work, peaking, lactate threshold, VO2 max, the list goes on and doesn't even begin to take into account the unique complexities of orienteering. Gerry Brady wrote an excellent article a few issues ago outlining training schedules based on his many years of running experiences. My aim here is to add a few thoughts of my own on physical training for orienteering which may or may not be of benefit to others aiming to improve their fitness and hence, to a degree, their orienteering.

For me the key to training is wanting to train. Training should be enjoyed not endured. I have, after plenty of false starts, managed to find a weekly plan that works well as a basic building block from which 4, 6 or even 10-week schedules can be built. Depending on time of year and your own goals the emphasis can be on strength, endurance or speed. I firmly believe there is no right way to train and only with time and experimentation can you find what works best for you. 6 days a week is the target. It's amazing what the human body can achieve and recover from, but only if given time to recover, that is why I've always taken a rest day, Friday being the chosen day for obvious reasons.

Seven Weeks

For seven weeks before going to the World Cup in Portugal, with the short race in mind this is what worked for me in a bid to regain race fitness lost over the previous three months of orienteering and hill racing.

Monday

Monday is the benchmark day. For the last two years I've run an undulating, part road, part grass, loop of about 12 km. This run serves as my barometer, by covering the same route with the same effort week in week out I came to know what state my body was in by the times I'd record and served as a watch-it for the week ahead if my time was a couple of minutes slower or legs a little sorer. Also it was the ideal time to think back over the achievements of the previous week, reviewing what had gone well and what hadn't and not just in running.

Tuesday

For the 7-week block Tuesday was interval day, speed training on grass. For intervals I kept it simple. Using a quiet field, which has many happy memories stretching back 15 years, I alternated between 1 & 2 lap sessions calling them 400 & 800 metres. I've never measured this particular field but know from spilt times it's a bit over 400 metres. To increase the enjoyability factor I went easy on myself and took a fairly big recovery of one lap running and did lots of reps with the emphasis on maintaining form through till the last metre of the last repetition. 2 miles jogging before and after

left me tired but without too many aches the next day.

Wednesday
For the first 5 weeks Wednesday involved a easy paced hill run building up to 70 minutes with or, as things progressed, without a few friends. Taking in the dusk over the city made the effort of battling Dublin traffic worthwhile. When evening darkness forced us onto the flat I stuck to running in UCD doing 30 minutes as part of my tapering plan.

Thursday
The day before rest day and the culmination of the week's training, tempo day. For me tempo is running a few steps faster then comfortable and is the one session where you can quickly see benefits from your training. 10 minutes at easy/steady pace followed by 20 minutes fast then 10 minutes steady and a few minutes of very slow jogging was typical. I did a lap of UCD going the opposite direction each time so only compared performances every 2nd week. For the later few weeks I increased the fast section to 25 minutes, there wasn't really time to build up to the target of 30 minutes. In the final week I only ran 15 minutes fast and it felt fast and almost effortless.

Friday
Rest.

Saturday
Long-run day. Early in the schedule I was running up one of the tracks on Three Rock when I felt something was wrong, I shouldn't be on the track I should be in the forest thrashing through the terrain rather then just bouncing along on the easy stuff. From the next week on I ran old courses on Wicklow maps, some I'd done before, some I hadn't. With no controls out the exercise was in map contact while tired. Never done at more then a steady pace, these long runs of up to 2 hours made a big difference both physically and mentally giving a huge confidence boost. I feel were of more use than just running up and down a few mountains. One cautionary note: if you are going out in terrain try to find a running partner - I went over badly on an ankle. Hopping back to the car was OK but driving would have been too painful.

Sunday
Putting-it-all-into-practice day. Fortunately there were a lot of local type events on at the time so there were loads of chances to get in some competition and they gave me plenty to think about the next day.

Out in Portugal I actually felt fit and drew a lot of confidence from that. My main target had been the short race and, apart from a minute lost near the end, I was very happy with my run and the 7seven weeks that went beforehand.

General Points

To conclude I'd add the following general points

* If you are following a schedule don't be afraid to miss a day or two if you're feeling tired or sore. A few days' rest will stop most niggles from becoming full-blown injuries.
* I can't over emphasise the importance of stretching in running, particularly before any kind of fast running. If you take a rest day put aside 30 minutes to go through a stretching routine.
* If you are going to be scientific and use a pulse meter take

yourself along to somewhere like Trinity College, pay them £40 or so and have a physiology test, it's money well spent to provide hard facts on your pulse training ranges so you can make the most of the pulse meter, which probably cost twice as much to start with.

* If you are running a lot change your running shoes a lot.

Orienteers are the worst people when it comes to running in 2 year old worn out runners. I'm not particularly hard on runners and even though I train predominantly off-road still replace them every 3-4 months. Serious marathon runners can get through a pair in 3 weeks!

* Don't be afraid to try something different, cross-county, hill racing and road racing can all teach you new things about yourself and your strengths.

Hopefully somebody will be able to take something from the above. Right now my heavy winter training is under way with a few new ideas thrown it. How about you? Remember, the most important thing, enjoy it!

(Paul, you will remember, featured on the cover of the last issue of TIO. What the photo failed to show was the steep hill he had just run up before the picture was taken, explaining (partly, at least) his agonized expression! - Ed.)

COACHING COURSE

The IOA Level 3 Coach Education Final Presentation took place at the final workshop on first weekend in December at Muckross Venture Centre, Killarney.

Late withdrawals meant that the workshop was attended by the dedicated few.
Deirdre Ryan delivered a paper entitled "Ethics and Good Practice" based on the booklet from the Irish Sports Council.
Colm Rothery delivered a paper entitled "Preparation for International Competition - The Role of the Coach", based on his own annual training.
Frank Ryan delivered a paper entitled "Risk assessment in Orienteering - how this affects the Coach". Action to avoid accidents was discussed.
Brendan Cryan dealt with setting the foundation for the future - Primary/Secondary school years.
A number of tasks requiring a considerable amount of time were completed by the audience.
Mick Kellett dealt with the role of the Level 3 coach in orienteering - in the context of the new strategic plan, taking account of the IOA athlete pathway.
Paul Dunne presented "Sports Injuries", specifically running injuries, in high performance athletes and how to treat them.
Colm O'Halloran presented "Physical fitness for Orienteering throughout the season - Training camps and competition camps - getting them right".

The open forum on orienteering was aided by Mr D. O'Reilly (National Coaching and Training Centre, University of Limerick) and IOA Chairman Frank Ryan.
Plans for 2001 were discussed and we learned from Mick Kellett that he nominated Frank Ryan for the Excellence in Tutoring award due for acceptance on 7/12/00

Paul Dunne

MORE O-DISASTERS

INTO THE CIRCLE

Carrickgallogan, Co. Dublin. Inter-club event, January 21st 2001. Control 8: straightforward. Out through the rough open (should have gone the other way!), along the track, left up the hill, down towards the chimney (the longest chimney in Ireland, it used to be said - 1.5 miles). Try to get through the gorse - no go. Back up to the chimney and down the path by the fence.

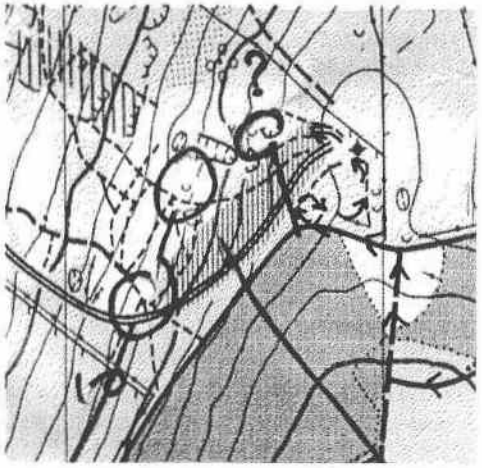
Number 9: a depression, code 189.
Down the path. There's the quarry. The control should be on the spur just below the left side of the quarry. Run down - no control. A white tape on the quarry OK but no control there either. Two other runners just below me run in and punch at something. I go down and find a hole in the ground, control 184. Must be it, I must have written the 184 as a 189. Punch and go on.

But I'm not happy. Things don't fit - there's another kind of quarry beside me and I should be higher up near the upper quarry. Look at the map again (usually a good idea!). Ah! There's a pit here too. that's where the control is.
Run back up the hill to the top quarry and try again. There's a vague depression OK, but no control. Look at the map again. Oh dear! (Not my actual words!)
I realise that instead of running to the control circle for no. 9 I have run to the number "9" itself! The control is in the circle about 100m to the southwest, in the forest. Time lost: maybe 2-3 minutes, but what a stupid mistake!
It's years since I did it before: I remember once running from the start to the "0" of the tenth control instead of to number 1.
So: the moral is to be careful with any control with a 6, 9 or 0: write clearly.

Here are some tips to save time at the master maps:

- ✓ Put the start and finish locations on your map before you go to the master maps if you can;
- ✓ Draw you circles carefully and join them all up;
- ✓ only number some of the controls (maybe avoid 6, 9, 0 etc?) unless the legs criss-cross;
- ✓ If there's a second master map bring a pen of a different colour for the second part of the course or join up the controls with double lines for part two for clarity.
- ✓ Always use a waterproof pen.
- ✓ If it's raining, cover your map in matt Transpaseal (or use glossy Contact which you have sandpapered) and use a Chinagraph pencil which will write under water.

John McCullough.



The Six Nations Debate

Niall Bourke

While I was in Switzerland there was considerable debate about the existence of the Six Nations Cup. Firstly to give you some background on the competition. The original 6 nations were Great Britain, Switzerland, France, Belgium, Denmark and Germany. These were the hosting nations and each year invitations were sent out to several other countries to partake in the event (Ireland is included in these invited countries). This ruled out the Nordic countries from entering the competition as they have there own Nordic Championships.

The idea of the competition was to provide juniors with a chance to compete in an international competition without the pressure of it counting as a ranking event. The idea of limiting the event to six nations was twofold. One, the travel expenses would be lowered and two, the chances of an inexperienced junior winning an event was greater. This would provide the junior with good results and give them a reason to train hard over the winter months before the serious competition began.

However over the last number of years the event has become much bigger and last year the name of the competition was changed to the Junior European Cup to aid the countries in applying for funding from their governing bodies. This year there were over 300 competitors from 21 nations, which was bigger than the organisers could ever have imagined. Due to this influx of people to the event the IOF has earmarked the competition to become a world ranking event thus going against the idea of the original competition. Therefore the 6 nations are not willing to allow the competition to become a European Championships.

Due to the size of the event and the number of countries participating the eastern European countries want to host the event in the next few years. Besides the fact that the six nations have already arranged the next three years of its life they are against it from a financial point of view. Travelling to eastern Europe would be expensive. The step to the east also means that the competition is one step closer to the IOF's ideal. The small numbers involved mean that cheap accommodation can be found and utilized. If the IOF take control of the competition the accommodation costs would rise as well.

Another problem with the IOF taking the event over are that the cost of the event would rise. The organisers have made a point of keeping the cost of accommodation and food down. This insures that participants like ourselves, don't have to fork out a lot for the competition. If the IOF assume control the organisers will have to put up an IOF Controller for the duration of the event. This adds to the cost of the competition.

The original six nations are opposed the changes that are to be brought about by the IOF and they have agreed to continue with their original competition should the IOF go ahead with their plans. After listening to the debate, which was held at the JEC, I would recommend that the IOA reject the idea of having a European Cup due to the reasons mentioned above. If anyone would like to contact me about this item please e-mail me at *bourkem@indigo.ie*

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Don't miss out on the latest news - join the Irish iorienteering electronic news group - it's free!
irish-orienteering@yahoogroups.com

2001 ORIENTEERING PLANNER

Here, as is usual at this time of year, is a list of suggestions for those of you interested in expanding your orienteering horizons in 2001. This article has always relied on a similar review in CompassSport. This year, CompassSport's summer orienteering preview relies heavily on the internet for contact information and I propose to do the same. There's a huge amount of orienteering information out there in the world wide web, accessible from the IOA home page (www.orienteering.ie) or the IOF (www.orienteering.org). TIO has details of all of these, so if you want to find out more, get in touch with the editor (details on page 3).

For the elites, all eyes will be focussed on the World Championships in Finland in August. As in the past few years there are associated events for mere mortals and it's well worth the trip to see the world's best in action.
For selected younger elites and aspiring team members, the JWOC (Junior World Champs) is in Hungary in July.

At home we have several notable events: The Leinster Championships return to Mullaghmeen, the highest point in Co. Westmeath, on March 4th. (Entry forms should be in this issue). The unique Knockbarron eskers (or are they drumlins?) near Kinnitty, Co. Offaly feature on March 24th followed by the inaugural Irish Night Championships at Portumna later that day and the Connacht Championships next day at Bawnreagh in the Slieve Blooms. (Entry forms may be got by email from *frankryan46@hotmail.com*)

In May we have the British Championships in Derry and Tyrone on 6th/7th with the Irish Champs in Wicklow a week later. (Entry forms hopefully in this issue).
There's no Shamrock O-Ringen this year (the good news is that there will be one in 2002) but you can try a 3-day at Kilfinane, Co. Limerick on March 17-19 with BOC's Ballyhoura 3-Day.
Another casualty this year is the Wicklow Mountain Marathon: CNOC are instead running IOC in May which is a major undertaking.
Later in the year there's the Northern Ireland Championships at Florencecourt, Co. Fermanagh on September 29th and the Munster Championships on November 10/11.

Slightly further afield, there's a BOF National event at Newborough on Anglesea on March 3rd, the day before the Leinster Championships and the Jan Kjellstrom O-Festival is on at Easter in the Forest of Dean, near Bristol.

In August there's the Scottish 6-Day, Lochaber 2001, based at Fort William at the foot of Ben Nevis (there was an entry form in the last TIO) from August 5-11.

There attractions in France too: a 3-Day in the forested sand dunes of Bordeaux at Easter (14-16 April) and a 5-day around Fontainebleau, south of Paris (but within striking distance of Eurodisney) in July.

For Veterans, the way to go is to Lithuania for the World Masters O-Championships at Nida on July 1-4. Forested sand dunes on the edge of the Baltic for as far as the eye can see ... (though it's a long drive from Ireland). Also in eastern Europe, though much further south, is the Hungaria Cup in the Bükk Mountains from July 10-14.

The 6-day Sørlandsgaloppen in southern Norway

Continued opposite

Continued from page 14

from July 9-15th is always popular with foreign visitors with plentiful camping and all events within 25 minutes drive of the O-campsite by the beach at Kristiansand. Also in Scandinavia is the Tampere Games, including the World Championships. The whole thing runs from July 28th to August 4th. Before it are the Kainuu O-Week (from July 12) and the Fin 5, a five day at Raisio from July 16-21 (or from 20th July, depending on where you get your information!).

Another possibility for globetrotters is the joint Italian-Swiss 6-Days at Tenere, near Lake Maggiore, from July 29th - August 4th. 3 days in Ticino, a rest day, and 3 days in Lombardy.

The world's biggest orienteering event, the Swedish 5-Day, is from July 21-27 at Märsta, just north of Stockholm. There's a clinic run in vonjunction with it and IOA normally gets invitations (3 places this year).

Other interesting ones? The 13th Thuringer 24 hour team race at Jena in Germany on May 25-27 (OK, that's 3 days, but ...) and the Harvester Trophy overnight relay in Britain (no details yet).

So Go for It!

Christmas Hillwalk

Coming home from Brussels after Christmas the plane circled for some time above the airport waiting for permission to land. On looking down I began to feel I was on the set of Raymond Briggs's "The Snowman".

Far below the fields were covered in a soft white mantle and lights shone out from the houses and farms, surrounding each one in a luminescent glow. Cars moved slowly along the roads, their headlamps like ghostly torches probing the flying snow. We touched down in the darkness on a pristine uncleared runway and taxied in. In the words of James Joyce, "Snow was general over Ireland".

Having been driven safely home I woke up next morning to a quiet, strangely bright world. I enjoyed the day, and its attendant pleasures and in the evening rang Mary Healy who earlier on had had the idea of organising a GEN Christmas Hillwalk in Glendalough. The roads were virtually impassable, and warnings abounded on not travelling unless your journey was really necessary.

What were we going to do? Should we call the whole thing off? On the other hand, would we be able to contact all the members by e-mail or telephone? In the aftermath of Christmas it all proved too much and we decided to defer the decision to the following day - if the Glendalough bus was travelling so would we. At 9.00 next morning we rang the St. Kevin's Bus Service - they were -making an attempt at the route and so off we set.

The snow lay thick on Calary Bog, the fields shining in the winter sun, light, long blue shadows revealing even' hump and hollow and the hedges picked out like a pen and ink sketch. Arriving at Glendalough we were surprised to find seventeen intrepid people waiting, ranging in age from 12 - 60+ along with the McCormack dog -" Lady".

Leaving the cars in the hotel car park we walked up the green road beside the Lower Lake. The snow lay thickly on the path but not on the pine clad mountainside opposite - the bracken, a vivid orange reflected in the water, land and water merging in a kaleidoscope of colours. We turned off into the oak woods up by the Poulanass Waterfall and followed the forest road round onto the new boardwalk. In spite of the warning notice of ***Danger!*** and a graphic picture showing a figure plummeting off the cliffs, we mounted steadily through the pines, emerging onto Lugduff Spink under a cloudless blue sky. The Upper Lake lay still and black below us, the monastic city with its round tower picked out sharply in the snow.

Continued on page 18

PLANNING A NATIONAL EVENT

David Seward (SBOC)

This article originally appeared in Y Ddraig, the Welsh OA newsletter.

12 MONTHS TO GO

It all started a year ago when I agreed to plan the national event at Pen Rhiw Wen. 25 - 27 courses would be required. Some clubs like to split the planning between two, but I like to work alone. First recce the area a year before the event to get the same conditions (ha!). It was a crisp sunny day, had the old map and just ran around the area to get a feel for it and check out the nice bits and areas to avoid.

11 MONTHS

Next. a couple of weeks planning the courses in the warmth of the house,. working out running spends from one other event on the area plus any other events on similar terrain - that gives a rough guide. The only true way is to run a course on the area, so I ran an M40L course; I could then adjust the courses accordingly.

8 MONTHS

That 3 months went quickly, PRW subcommittee had plenty of meetings with the commoners, espeoially Malcolm Kendrick. My style of planning is to plan the courses, put them away for a couple of weeks, have another look, put them away again for a couple of weeks and so on, it helps spot errors in the planning. The national parks declared two out of bounds areas and I had to move a control because one farmer would not play ball.

5 MONTHS

3 months gone again. with not much done because in March, April and May I was competing most weekends. The club decides to use SportIdent electronic punching for the first time. The controller is having a knee operation and moving house, a doubt is raised as to whether or not he can carry on. Courses are submitted to the controller for vetting.

2 1/2 MONTHS

Holidays and Croeso and we're into August already. Some correspondence via e-mail (excellent communications tool) between myself and the controller. With the courses approved it was time to mark each control site using a 12 inch bamboo cane with yellow tape and a code written on. This was done on a glorious day in August, 'O' shoes and a pair of shorts, the sun on your back.... at one with nature. All 73 sites tagged, a couple of alterations, completed in 5 hours.

6 WEEKS

The controller has checked all the sites, and declared them OK. Must transfer all information onto OCAD, computer generated map. I have to draw each course onto the map, 25 courses in total, as a master copy for the printer.

3WEEKS

After a few hitches (I hate computersi) the courses are done and sent to the printers, they must wait for our final entries before printing. We go a week past our closing date, total numbers plus 10% and let the printers know the total. Meanwhile I'm drawing up the description sheets for each course.

2 WEEKS

Overprinted maps returned, sent a copy of each course and description to the controller to check. One course rejected, sent back and reprinted.

11 DAYS

Club members stick on descriptions and bag maps, over the next week I check each map and seal it. Attend a 2-day event in Devon in between.

5 DAYS

Receive equipment from BOK on hire, coded aluminium stakes for me, the S.I. Units go to Bridget (SI whiz kid) to program.

3 DAYS

Weather forecast bad, very bad, rain and gale force winds.

2 DAYS

All the stakes and control flags packed into the car ready for the off eariy Saturday moming.

1 DAY - Saturdav

The intention is to put out all 73 stakes and flags today. Arrive at Pen Rhiw Wen car park 8.30 am, can only see 50 m, rain is coming down horizontally (?- Ed) and the wind is gale force. Thinking to myself "I don't want to be dolng this". Controller pulls up at 9.30am, sit in car together discussing options. Decide to try and put out the controls on the northern side of the hill, might get some protection, load up with 20 stakes and set off at 10.00 am, absolutley soaked to the skin within 5 minutes but soldier on. Put out 7 stakes but decide its getting too dangerous. Been out about 1 hour, very cold and wet, meet controller and stagger back to car.
Phil Jenkins, organiser, has arrived and so the three of us have a meeting in his van. Do we CANCEL or go ahead. Phil rings Adrian Moir from SWOC (who is a pilot) to get a forecast for Sunday. According to Adrian there is a 'window' up until about 2.00 p.m. on Sunday. So with hand on heart we say event ON, but what about the controls? Can't do anynore today, so we'll have to put out all the SI units plus 66 stakes on Sunday morning before 9.30 am, that's 3 hours of daylight.

"Impossible", said the controller. Carrying all the stakes being the dilficuit part. I devise a plan and go to sleep.

D-DAY - SUNDAY

6 HOURS

Alarm goes off 4.00 am, we all get up bleary-eyed, get into car and van.

5 HOURS

Arrive at Pen Rhiw Wen 5.00 a.m. Kay, Emma and Davey set up the bed in the camper and keep warm. I put on my night-light and proceed to try and find the control sites in the dark, 10 controls successfully done, that eases the load a bit.

4 HOURS

Back to the van to wait for daylight, dawn is approaching at about 6.30am and it is actually the best time of the day.

3 HOURS

Emma and Davey have to put out 16 controls together on the junior course, avoiding their own course. Kay has 17 controls to put out, that leaves another 30 controls for me. Do the furthest west first, 7 controls then pick up 9 more (left on the Saturday, prayed they hadn't been blown away). And then back to the car (running about 6.5 km).

11/2 HOURS

Load up with 14 stakes, 7 in each hand, run past controller who's checking sites, finally put out the last control at 9.30 a.m. as the hail stones lash into my face. Back to the start to tell Phil everything is green for GO.... Covered about 5.5 km.

I5 MINS

Put out start triangle... retire to my van for well-eamed rest and cup of tea.

Event runs very smoothly, all competitors out and back in before the really bad weather arrives, bang on time almost to the minute (well done, Adrian). 2.30 pm gale force winds almost take the finish tent away. At 3.30 pm I decide to try and collect some controls in, I manage to collect 20 controls in the lashing wind and rain; as I'm collecting the last few the wind hits me from behind, takes me clean off my feet and dumps me on the ground in a heap with the controls. I stagger back to the car and go home for a well-earned rest. But it is not over yet. There are still 53 controls out on the area. Covered about 18 km today, that's more than the Elite class!!

+1 DAY

Take a day off work, back up to PRW by 10.00am, quite a nice day though still windy. Collect 21 controls first by walking, then another 16 and back to the car. Collect the last lot which are the furthest away. I run these to save time and use it as training run. I finish by about 2.30 pm just in time to go and pick up the children from school.

When I get home I notice that my right hand is very swollen, it looks very similar to when I broke it five years ago. Kay persuades me to go to the hospital to check it out. Luckily its not broken - just damaged tendons. Get it bandaged up and home by 9.30 pm.

Over the last 3 days I've covered about 33 km. I think next year I'll do the 2-day Karrimor Mountain Marathon, it sounds easier.

In the next couple of weeks I have to go and recce an area for the Junior Home International whIch I am planning next October (I must be mad).

"Christmas Hillwalk" Continued from page 15

The air was like wine and the snow creaked and crunched under our boots as we wended our way along the cliff top. A pair of ravens croaked overhead and some deer moved through the larches down by the lake shore. We stopped for lunch in a sheltered spot beside the track - none too soon for some of our younger members!

As we continued on our way around the head of the valley and onto the saddle of Lugduff, icicles hung in crystallised waterfalls from the peat hags and every blade of grass was picked out in frosted white. Mullacor rose ahead of us, its round dome glistening in the sunshine. Soft thermal clouds flowed down the valleys but the mountain remained in full sunlight - another world - as we plodded our way upwards onto its doubtful summit. Photo calls and time to gaze around, then reluctantly we went down the other side and headed for the Derrybawn Ridge. The snow had been blown off the ridge except on the track we were following. As we walked along the light cloud streamed by us on both sides, rainbows forming and dissipating in its gauze-like vapour.

From the summit cairn we made a perilous way down the icy white path to the forest edge, dog and young ones throwing caution to the winds, the oldies descending with more decorum. We left behind us a world of golden evening light and entered the dark pine trees. Great care was needed in negotiating the slippery, root-strewn slopes as everyone was beginning to get tired (who says orienteering is the tougher sport!)

The short winter day drew to a close as the group slowly retraced their steps to the car park. The hotel grounds were festive with coloured lights on the trees and a large effigy of Santa Claus skulking lugubriously in the background. We had intended to have a meal in the hotel but the roads were starting to freeze and the car windscreens covered in a layer of ice so we settled provisionally for a steaming pot of tea to help us on our way. We drove carefully back though the snowy countryside. A crescent moon and the evening star shone brightly in the frosty sky.

We ended the day with a protracted and libatory evening meal in Kielys of Mount Merrion. A toast was proposed and glasses raised to Mary for organising the first GEN Christmas Hillwalk.

On awakening next morning to my astonishment the snow had completely vanished. Were the events of yesterday just a dream? But No! As in "The Snowman" we had proof that it ***had*** all happened - not a scarf as it had been in that story, but instead the evidence of the camera, which of course never lies - and which would bring back to us the memories of a magical winter day.

Diana Large

Ski-Orienteering

Gerry Brady looks at the possiblity of Ski-O

Summary

Ski-Orienteering (Ski-O) is more than 100 years old. At elite level there is a full competitive programme including World Championships. Ski-Orienteering is governed by the International Orienteering Federation (IOF). In December 1999, the IOF applied to have Ski-O included in the Olympic Games in Italy in 2006. Ireland has little history in Winter sports and no previous involvement in Ski-O. However Rory Morrish from Cork has been entered for the World Cup event in Finland this March. He is based in Norway since the start of 2001 so he has been able to prepare by competing in some low key events. Is this the start of an Irish Ski-O team?

History

Ski-O has its origins in the 1890s. The first World Championships were held in Finland in 1975 with 33 men and 16 women from nine countries competing. By 1996 in Norway, 78 men and 51 women competed in the Long distance race. Two years later there were 80 men and 65 women and 17 teams in both relays. The 13th World Championships were held in Russia in March 2000. Host nations have been Austria (twice), Bulgaria (twice), Finland (twice), France, Italy (twice), Norway, Russia and Sweden (twice). World Cup races (biennial from 2001), Junior World Championships (annual) and Masters World Championships (annual) are also regular events. The 2002 World Championships will be held in Bulgaria and the 2004 Championships in Sweden.

Competition format

Teams of up to six men and six women can be entered for each individual event in World Cups and World Championships. Two male and two female relay teams can be entered with three athletes per team. In a long distance race planned winning times are 95-100 minutes for men and 60-65 minutes for women. For short distance races the corresponding times are 20-25 minutes for both men and women. Relay winning times are planned as 90-105 minutes for men and 75-90 minutes for women.

Olympic vision

A sport becomes eligible for inclusion in the Winter Games when it is practised (national championships) in at least 25 countries on three continents. In December 1999, Ski-O was practised in 30 countries across four continents with some additional countries not having national championships but occasionally participating in the World Championships. The IOF presented a 2006 Olympic application to the IOC in December 1999. The venue possibilities and competition programme in Torino are favourable for inclusion. The IOF Application proposed two individual races for both men and women comprising a super sprint competition and a medium distance event with mass start and loops. Spectators and officials will be allowed to remain in the competition area during events and competitors will be allowed to train on existing tracks at any time before the final preparation of the competition track gets underway.

The biathlon and cross-country skiing venues have been proposed as suitable locations. Entries will be limited to 40 men and 40 women so acceptance into the Olympic movement may not necessarily confer a right upon each IOF Member nation to send athletes. However the absence of a relay in the proposed Olympic programme should result in more countries being represented.

Ski-O in Britain

Britain is one of only five countries that have participated in all World Championships (Austria, Bulgaria, Finland, Great Britain and Sweden). Ski-O in Britain is organised by the Ski Councils rather than by the British Orienteering Federation (BOF) even though any sport which is predominantly based on orienteering comes under the responsibility of the IOF. The British

Ski-O programme is very varied, ranging from the English Ski Council summer biathlon (a mixture of skiing on artificial matting and rifle shooting) to the Scottish and the British Roller-Ski Championships. Sefton Park in Liverpool is used for an annual Roller Ski-O event each October. An annual British Week encompassing Nordic Ski and Ski-O competitions is also held in different European venues.

The Alpen Cup is a Ski-O competition held between Austria, Czech Republic, France, Germany, Great Britain, Hungary, Italy, Slovakia, Slovenia and Switzerland. The competition is promoted by the IOF and includes events for a range of age groups and standards. The events are typically held from December to February in countries with reliable snow.

Ireland

Interest in Ski-O is likely to develop very slowly in Ireland. Up until 2001, the sole emphasis was on foot-orienteering. This year will see the launching of a National Series in mountain-bike orienteering, the first participation by Ireland in a major Ski-O event and possibly a domestic Trail-O event. The World Championships in 2002 offers prospects of Ireland further increasing its involvement. Some potential for development lies in the many Irish people (including some orienteers) who take annual downhill skiing holidays.

Links with other countries involved in Ski-O would need to be developed and assistance sought on the equipment preparation aspects of the sport as well as in skiing technique. In addition, training periods, probably coinciding with major international competitions, would need to be organized on an annual basis.

The Ski Association of Ireland is affiliated to the International Ski Federation and there is an active Irish downhill team but there has been little involvement in cross-country skiing which is the type used in Ski-O.

Irish Sports Council

IOA funds are insufficient to be diverted from current orienteering activities. A specific budget line for Ski-O was applied for in the 2001 funding submission to the Irish Sports Council (ISC) but received no allocation. During 2001, the ISC will be reviewing their Carding Scheme for high performance athletes. In 2000 the ISC carded 239 athletes in 24 sports. None of these were involved in Winter sports. The IOA will use the 2001 Review to seek to have criteria for Ski-O included.

Domestic training

Roller-skiing and roller-skating are well-established off-season training methods to allow skiers to maintain specific training fitness throughout the year. A good road surface and commitment is all that is required. Street Roller Ski-O events are held in Scandinavia. Inline skates, Roller blade skates and Roller-skis are all suitable for park or road racing. Upper body fitness also plays a key role in skiing as both arms and legs are used to gain momentum.

In February 2000, Wicklow County Council approved planning permission for the development of a £120m leisure complex near Newtownmountkennedy, Co. Wicklow. The complex would include the largest indoor ski slope on snow anywhere in Europe. While it may be many years before this development comes to fruition, the plan reflects how a wealthier national economy may embrace Winter sports in the coming years. Given the considerably more developed situation in Britain, it seems reasonable to expect that Ireland may develop similarly over the next decade.

Technical equipment

Skiing equipment is similar to that used in cross-country skiing - skating skis are the best choice. The skis are typically 170-195 cm in length. Poles are typically around 20 cm shorter than the skier's height. Gliding waxes are sufficient and skiing boots used for skating technique are appropriate. A map holder is also needed. The map is held in front of your chest and the map plate can be rotated to keep the map orientated. Proper clothing is very important.

Maps

Maps are typically at scales of 1:10000 and 1:15000 with 5m contour intervals. All the controls are located on tracks and navigation between controls is based on choosing the optimal track network making allowance for the length of the chosen route, the quality of the tracks and the climb. No rock features are shown and tracks are printed in green colour. Route choice is all-important as the competitor is continually challenged to select the fastest route through a spaghetti network of paths.

Tracks on the map are classified into four categories:

Continuous line, wide	allows skating and fast skiing
Continuous line, narrow	skating possible, fast to ski
Broken line	skating impossible, can ski well
Dotted line	slow to ski

Web sites

www.orienteering.org	IOF
www.fis-ski.com	International Ski Federation
www.skiclub.ie	Ski Club of Ireland
www.escnordic.org.uk	English Ski Council, Nordic
alia.org.au/~ivan/ski.manual	Australian Nordic Ski Manual
www.tznet.com/enduro/	Roller-Skiing
www.grasski.org.uk	Grass Skiing
www.basi.org.uk	British Ski Instructors
www.complete-skier.com	British Ski Federation
www.ibu.at	International Biathlon Federation
www.hfholidays.co.uk	Cross-country skiing holidays
www.kuoni.co.uk	Cross-country skiing holidays
www.ssl.fi	Finland O Federation
www.cix.co.uk/~bof/	British O Federation
www.fiso.it	Italy O Federation
www.nif.idrett.no/orientering	Norway O Federation
www.nz.orienteering.com	New Zealand O Federation
www.svenskidrott.se/skidor	Sweden Ski-O matters?
www.Skidforbundet.a.se	Sweden Ski Federation
www.orientering.se	Sweden O Federation
www.helsinki.fi/~jkleemol/skio/	Jari's Ski-O Web site

TIO in 2001

Issue No.	Copy Date	Publication Expected
98	20 March	early April
99	20 May	early June
100	20 August	early September

RESULTS

Results of 3ROC Night-O, Phoenix Park, Dublin, 28th November 2000.

Long course 7.8 km

1	Brendan O'Brien	M21	AJAX	43.35
2	Andrew Quin	M21	DUO	46.50
3	Martin Flynn	M21	AJAX	48.56
4	Neil Dobbs	M20	DUO	50.05
5	Dave Weston	M35	SET	51.30
6	Rory Wallace	M21	AJAX	53.16
7	Paul Smyth	M21	AJAX	53.47
8	Marcus Geoghegan	M35	AJAX	57.25
9	Philip Brennan	M21	SET	57.40
	Peter Kernan	M40	AJAX	57.40
11	Donal Wickham	M35	AJAX	60.20
12	Fachtna Healy	M21	SET	62.07
13	Tony Joyce	M21	AJAX	62.26
14	Ruth Lynam		CNOC	64.07
15	Nina Phillips	W21	SET	64.47
16	T. O'Brien			69.30
17	John Rowe	M40	FIN	71.00
18	Andrew Shinnick		DFO	71.05
19	Andrew Moran			71.32
20	David Quinn	M45	GEN	72.33
21	Robert Bannon			73.30
22	Desie Shorten	M40	SET	74.48
23	Ciaran Donaghy	M35	GEN	75.34
	Mick Kellett		GEN	DNF
	Ger Power		3ROC	DNF

Short course 4.5 km

1	Fergal Buckley	M21	DUO	30.58
2	John Francis	M40	DFO	33.30
3	Mary O'Connell	W35	3ROC	34.55
4	Jean O'Neill	W50	FIN	37.58
5	Don Short	M40	CNOC	39.12
6	Donal OMurchu	M50	CNOC	42.11
7	Tommy Burke	M45	FIN	40.45
8	Anthony Lawlor	M35	CNOC	44.46
9	Aine ni Shuilleabhain	W50	3ROC	48.38
10	Fergal Reid		DUO	52.45
11	Noel Conway &	M21	St. Killians	
	Terry Lawless	M35		53.38
12	Ciaran Carolan	M18	DUO	61.37
13	Michael Walsh	M20	VEC	64.00
14	Gary Rice		3ROC	64.54
15	John Walsh	M18	VEC	66.36
16	Jim & Shane Hoare	M21	AJAX	72.04
17	Brendan Christie	M21	DUO	73.47
18	Eddie Hogan	M65		75.59
19	Diana Large	W60	GEN	81.24
20	Geraldine Ryan		3ROC	89.20
	C & S. Tapley & Marco E	DUO	DNF	

Planner John McCullough
Organiser Nigel Campbell-Crawford
Conditions: Mild, dry, breezy, overcast - ideal!

Inter-Club Challenge - Carrickgollogan, Co. Dublin, 21st January 2001 - GEN

	Club	A	B	C	D	Total
1	GEN	109	109	106	122	446
2	3ROC	51	101	107	96	355
3	CNOC	14	65	88	83	250
4	Set	82	35	63	52	232
5	Fin	26	83	28	84	221
6	Ajax	92	35	0	13	140
7	DUO	87	25	0	0	112
8	UCDO	22	20	0	0	42

Individual Results

A Course

					Points
1	Paul Nolan	M21	GEN	64.47	32
2	Niall Dobbs	M21	DUO	67.25	31
3	Brian Jones	M21	GEN	69.58	30
4	Shane Lynch	M21	DUO	70.13	29
5	Gerry Brady	M21	CorkO	72.09	
6	Dave Weston	M35	Set.	73.52	28
7	Andrew Quinn	M21	DUO	77.40	27
8	Patrick Casey	M21	GEN	78.00	26
9	Donal Wickham	M40	Ajax	81.39	25
10	Leo Donavan	M35	Ajax	86.55	24
11	Aonghus O'Cleirigh	M40	Ajax	86.59	23
12	Eoin Dunne	M21	3ROC	87.51	22
13	AndrewO'Mullane	M21	GEN	90.01	21
14	Marcus Geoghegan	M35	Ajax	91.00	20
15	Eoin Keith	M21	Set.	91.47	19
16	Fachtna Healy	M21	Set.	97.42	18
17	Paul Mahon	M21	Set.	98.28	17
18	David Brennan	M40	3ROC	99.01	16
19	Mick O'Keeffe	M35	Fin.	99.21	15
20	Mike Long	M35	Ajax	103.39	
21	Eugeen O'Sullavan	M35	Set.	108.26	
22	Gavin Doherty	M21	GEN	108.30	
23	Stephen Doorly	M35	GEN	113.43	
24	Anthony Lawlor	M35	CNOC	119.45	14
25	Andrew Butterfield	M40	GEN	121.23	
26	Gordon Elliott	M21	3ROC	122.32	13
27	Bohan M	M21	DFO	122.43	
28	Eamon McGinley	M35	Ajax	124.40	
29	Robert Boyle	M20	UCDO	130.58	12
30	Desie Shorten	M40	Set.	131.39	
31	Ian Murphy	M21	Fin.	134.35	11
32	Niall English	M21	UCDO	140.53	10
	Mick Mangan	M40	Set.	Disq	
	C Carolan	M20	DUO	DNF	
	F Reid	M20	DUO	DNF	
	C Carroll	M20	UCDO	DNF	
	Roary Wallace	M21	Ajax	DNF	
	W Whitney	M21	DUO	DNF	
	J Rowe	M40	Fin.	DNF	
	D Masterson	M21	UCDO	DNF	

B Course

					Points
1	Una May	W21	3ROC	53.37	32
2	Wally Young	M45	CNOC	56.32	31
3	B Bell	M45	GEN	59.13	30
4	J McCullough	M45	3ROC	60.03	29
5	David Quinn	M45	GEN	60.42	28
6	David Healy	M18	GEN	62.18	27
7	Ailbhe Creedon	W21	CorkO	62.55	
8	Val Jones	M45	Fin.	67.31	26
9	Mary O'Connell	W35	3ROC	69.32	25
10	Susan Healy	W21	GEN	70.30	24
11	Nina Philips	W21	Set.	70.47	23
12	Fiona O'Brien	W21	Ajax	71.03	22
13	Deirdre O'Neill	W21	Fin.	74.52	21
14	Susan Bell	W21	UCDO	78.21	20
15	B Lalor	W21	DFO	78.52	
16	Fergus McCann	M21	Set.	82.08	
17	E Young	W21	Fin.	86.06	19
18	John Francis	M45	DFO	87.46	
19	Declan Carbery	M45	CNOC	89.53	18
20	Liam Armstrong	M21	DFO	91.10	
21	Jmeare	M50		92.07	
22	Sybil McCormack	W21	GEN	92.56	
23	Tom Burke	M45	Fin.	98.10	17
24	TC	M45	CNOC	99.53	16
25	Kate McCormack	W21	GEN	104.42	
26	Eddie Caset		Fin.	108.00	
27	Nadya Hutchson	W21	3ROC	110.17	15
28	C O'Sullivan	W21	GEN	112.45	
29	Ivi Boole	W20	DUO	131.05	14
30	C Morrison	W35	Ajax	133.40	13
31	John Alvey	M45	Set.	139.33	12
32	F+D Keogh			142.24	
33	Aina Joyce	W35	GEN	144.08	
34	Mirjana Skrba	W2O	DUO	174.01	11
	Nguu Tngo	M21	Disq		
	Jackie Atrinson	W35	Set.	DNF	
	M Joyce	W21	GEN	DNF	
	G Giovanni	M21	DNF		
	Gary Tully	M21	DNF		
	E O'Brihin	M55	Fin.	DNF	

C Course

					Points
1	Nigel C-Crawford	M55	3ROC	43.39	32
2	Ian Mc Neill	M50	3ROC	45.50	31
3	D O'Colmain	M50	GEN	52.18	30
4	Ted McCormack	M16	GEN	56.32	29
5	Jean O'Neill	W55	Fin.	58.44	28
6	Brian Power	M50	Set.	60.35	27
7	P Lalor	M55	CNOC	62.04	26
8	D Bell	W16	GEN	63.45	25
9	D O'Murchu	M50	CNOC	66.17	24
10	Ger Power	W50	3ROC	68.32	23
11	Clare Nuttall	W55	LeeO	68.44	
12	Tom McCormack	M50	GEN	69.00	22
13	Heimo Poyry	M50		70.19	
14	W McCormack	W50	GEN	72.50	
15	Aine Ni Shuilleabhan	W50	3ROC	73.36	21
16	D Nagle	W50	3ROC	75.01	
17	Mick Galligan			75.15	
18	Deirdre Carbery	W16	CNOC	89.41	20
19	Tony Doolin	M21	Set.	95.49	
20	F O'Neill	W50	Set.	96.51	19
21	Niamh Lalor	W18	GEN	102.56	
22	B O'Neill	M50	CNOC	107.11	18
23	O Driscoll		GEN	113.31	
24	Miriam Reid	W35	GEN	123.28	
25	B O'Neill	M55	Set.	135.16	17
26	Walsh Family		Ajax	153.48	
	Jane Hingerty	W16	GEN	dnf	
	Andrea McCormack	W50	GEN	dnf	

D Course

					Points
1	Padget McCormack	M60	GEN	18.07	32
2	Sean R Murphy	M21	Set.	19.55	
3	Mick Kellett	M60	GEN	22.28	31
4	Andrew Bonner Law	M65	GEN	25.47	30
5	Diana Large	W60	GEN	26.11	29
6	Padget McCormack	M12	GEN	26.49	
7	A Blanchard	M21	GEN	27.47	
8	Mary Healy	W45	GEN	28.00	
9	Jenny Smith	St Thomas		28.16	
10	Brian Hollinshead	M60	3ROC	28.52	28
11	R Dorrephal	M40	Set.	30.33	
12	F McCormack	M60	CNOC	31.14	27
13	Ciara Burke	W14	Fin.	32.22	26
14	Sean Rothery	M70	3ROC	32.24	25
15	Simon Smith		vec	32.34	
16	Santina Farinella	W21	GEN	34.55	
17	Geraldine O'Riordan	W21	Set.	35.11	
18	Joss Lynam	M75	3ROC	36.19	24
19	Sean Mckay		Set.	36.20	
20	Karen Power	W14	Set.	36.25	23
21	Fearghal Burke	M12	Fin.	36.27	22
22	Brendan Carbery	M14	CNOC	36.41	21
23	Alan Murphy	M9	Fin.	38.43	20
24	J Galligan			39.36	
25	maura Wickham	W19	Ajax	40.18	
26	Ruth + Alice			42.52	
27	Laura Mckay	Set.	43.50		
28	Rebecca			44.42	
29	Vera Murtagh	W60	3ROC	44.58	19
30	Cliona McCullough	W5	3ROC	45.00	
31	Eoin McCullough	M6	3ROC	45.03	
32	Gavin Carney	M12	CNOC	45.25	18
33	Rosaire Kiernan	W40	GEN	46.09	
34	Fiachra Maguire	M10		46.45	
35	Carla Young	W14	CNOC	49.45	17
36	Eddie Hogan	M65		53.02	
37	Hoare Family	Ajax		56.37	
38	S McCormack	GEN		58.03	
39	Helena Jones	W12	Fin.	58.23	16
40	Kelly Fox	W12	Fin.	59.31	
41	Anna O'Keeffe	W60	Fin.	61.48	
42	Finola / Sinead Creagh		W4/7	62.55	
43	Ben Mangan	M10	Set.	65.14	15
44	Clodagh Mangan	W10	Set.	67.14	14
45	Mary Gavin			71.20	
46	Rory Neary			72.55	
47	Aihoa O'Sian			73.29	
48	B Lawlor			86.17	
49	Roisin Long	W5	Ajax	100.15	13

3ROCK CHRISTMAS SCORE EVENT 2000 - 26TH December, 2000

Name	Club	Class	Time	Points	Penalty	Total
Martin Flynn	Ajax	M21	42.25	310		310
Wally Young	Cnoc	M45	45.45	320	- 10	310
Paul Nolan	Gen	M21	43.37	300		300
John McCullough	3Roc	M45	50.32	350	- 60	290
Brian Bell	Gen	M45	44.22	290		290
Donal Wickham	Ajax	M35	46.52	290	- 20	270

Ian McNeill	3Roc	M45	44.34	260		260
Jane Watt	Gen	W45	44.38	260		260
Gavan Doherty	Gen	M21	47.18	270	- 30	240
Andrew O'Mullane	Gen	M21	45.00	240		240
Paget McCormack	Gen	M60	46.17	250	- 20	230
Joan Flanagan	Ajax	W21	46.20	250	- 20	230
Tom McCormack	Gen	M50	44.38	230		230
E. O'Sullivan	Set	M21	40.31	220		220
Tony Joyce	Ajax	M21	46.52	240	- 20	220
Brendan Doherty	Gen	M55	44.55	220		220
Dave Weston	Set		46.38	240	- 20	220
C MacDonncheall(?)	Ajax	M21	42.08	210		210
Colm Rothery	Ajax	M21	66.15	430	- 220	210
Paul Smyth	Ajax	M21	45.38	220	- 10	210
Brian Power	Set	M50	43.50	200		200
Ted McCormack	Gen	M14	42.48	190		190
Mike Long	Ajax	M35	44.47	190		190
Jim Lawton	BOC		45.51	200	- 10	190
John Fitzsimons	3ROC	M50	45.00	190		190
Peter Gargan	Ajax	M45	47.30	210	- 30	180
John Francis	DFO	M40	45.52	190	- 10	180
E. O'Suilleabhain	3ROC	M50	41.10	170		170
Conor Murray	UCDO	M21	42.30	170		170
D. Murray	UCDO	M21	44.39	170		170
Joe Lalor	Gen	M45	42.42	170		170
Tony Doolin		M21	45.40	180	- 10	170
Alan Bell	Gen	M18	45.37	180	- 10	170
Sean Rothery	3Roc	M70	45.58	170	- 10	160
Robert Harrington	3Roc	M21	43.15	160		160
J & J Crowley (M40/W15)	Gen		43.43	160		160
Declan Carbery	Cnoc	M45	50.22	220	- 60	160
Maire Convery	Aire		57.16	290	- 130	160
Aine Ui Shuilleabhain	3Roc	W50	42.54	150		150
Peter Owens			47.25	180	- 30	150
James O'Reilly			47.31	180	- 30	150
Fergus McCann		M21	43.54	150		150
Nadya Hutchinson	3ROC	W21	44.25	150		150
Ronan Carbery	Cnoc	M21	44.35	150		150
S Peel			48.48	180	- 40	140
Andrew Bonar-Law	Gen	M65	46.16	160	- 20	140
S Doorly	Gen	M35	50.38	200	- 60	140
Deirdre Carbery	Cnoc	W16	45.16	150	- 10	140
Anthony Boland	DFOC		46.44	160	- 20	140
Nina Phillips	Set	W21	48.24	170	- 40	130
Graham Porter	Gen	M50	45.05	140	- 10	130
Nora Lalor	Gen	W45	44.15	130		130
K Gillespie		W21	41.46	130		130
Terri Bell	Gen	W21	41.57	130		130
R Percival	Aire	M35	42.47	120		120
Ian O'Mara	3Roc	M15	47.52	150	- 30	120
Fletcher Family			46.46	140	- 20	120
? Fletcher			45.46	130	- 10	120
Paul Dunne		M40	49.36	170	- 50	120
D Bell	Gen	W16	41.12	120		120
Mon O'Driscoll	Gen	M40	46.53	130	- 20	110
C Morrison	Ajax	W21	40.54	110		110
David & Peter Kiernan	Ajax		34.16	110		110
C Hicks		M54	41.53	110		110
Claire Walsh	3ROC	W55	40.17	100		100
Eoin Ryan			39.43	100		100
Andrew Moran			47.35	130	- 30	100
R Law		M21	46.37	120	- 20	100
Brian Hollinshead	3ROC	M60	41.04	100		100
G Greene	3ROC	M16	47.52	130	- 30	100
Helen Fagan			36.07	100		100
C Fuchsbauer	BOC	W21	48.36	140	- 40	100
Gordon Elliott	3ROC	M21	42.07	170	- 70	100
Michael Deasy	WE	M35	71.24	370	- 270	100
Clodagh Bell	Gen	W21	41.12	100		100
Chris Slattery	DFOC		50.44	150	- 60	90
Sally Hayden			45.00	90		90
Mercedes Garvey			45.00	90		90
Anne Marie Dowling	UCDO	W21	45.20	100	- 10	90
Sheila de Courcy			45.00	90		90
Brendan Coghlan			44.05	90		90
Con Carroll	3ROC	M65	42.32	90		90
Joss Lynam	3ROC	M75	43.45	80		80
David May	SLOW	M50	81.59	440	- 370	70
D Lawlor		M52	36.50	70		70
Mary & Susan Healy	Gen		41.40	70		70
Marcus Geoghegan	Ajax	M35	82.26	450	- 380	70
Columba Conway			59.58	210	- 150	60
John Dillon		M45	50.15	120	- 60	60
James Gillespie		M60	45.03	70	- 10	60
Cormac O'Neill	Gen	M 8	48.18	100	- 40	60
Charles O'Neill	Gen		48.18	100	- 40	60
C Quinn			47.06	80	- 20	60
John Rigney	Cnoc	M10	43.39	60		60
Gerry Lalor	Set	M35	46.11	70	- 20	50
Anne Murphy			47.35	70	- 30	40
Tom O'Malley			47.25	60	- 30	30
Walsh			29.58	30		30
Rob Leonard		M21	65.30	230	- 210	20
T O'Brien			52.33	100	- 80	20
Murtagh Family			37.44	20		20
Desie Shortall	Set		62.51	190	- 180	10
Luke Dillon		M15	48.20	50	- 40	10
Deirdre Nagle **	3ROC	W50	65.13	180	+ 30 - 210	0
Frances Murray			49.05	50	- 50	0
Mary Gavin		W35	48.40	30	- 40	- 10
Charles Family			54.36	80	- 100	- 20
C Fletcher			53.18	60	- 90	- 30
Rosarie Kiernan	Gen	W40	55.50	70	- 110	- 40
Ciaran Duffy			56.29	70	- 120	- 50
W. McCormack	Gen	W50	62.46	120	- 180	- 60
O'Mara			58.01	60	- 140	- 80
Laurence Doddy		M21	84.00	280	- 390	- 110
Vicki Foster		W21	82.39	270	- 380	- 110
M Wickham	Ajax	W20	68.02	70	- 230	- 160
Miriam Reid		W35	79.39	110	- 350	- 240
Roisin Long	Ajax		75.05	60	- 310	- 250
Aonghus O'Cleirigh	Ajax	M40	70.00	80	- 340	- 260
R Flynn	Set	M55	95.14	290	- 510	- 320
Niamh Lalor	Gen	W16	100.04	110	- 560	- 440
Dave Healy***	Gen	M18	44.31			- 300
Walsh Family****						120

**Deirdre Nagle - Bonus of 30 points for best fancy dress!

***Dave Healy - mispunched all boxes!!

****Walsh Family - no time!!!

Thanks are due to Trina Cleary who planned and organised; Nigel Campbell-Crawford for manning the start and taking in controls; Brian Hollinshead who helped at the start; Sean Rothery for taking in controls; Lindie, Nadya and Eoin for the mulled wine. Special thanks go to the Convery Family, Hazel, Liam, Maire and Rory (in-law), Aileen, Karen, Sheila & Glen the collie. Between then they did registration, manned Start and Finish, did results and took in controls.

Next 3ROC events:
Feb 4th Pine Forest score event
AGM February 23rd at Glenalbyn
April 1st Carlingford League event.

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ORIENTEERING FIXTURES

Date	Venue	Near	County	Club			Time	Signs from	Grid Ref	Contact	Grade
FEBRUARY 2001											
4	**TALLOWHILL WOOD**	Tallowbridge	Waterford	BOC	Winter League		9:30-13:00	Tallowbridge	X006945	021 4546194	
4	**BALLYSCANLON**		Waterford	WatO	Local Event		11:00-13:00	Sporthouse		051 379708	4
4	**PINE FOREST**	Rathfarnham	Dublin	3ROC		Score	11:00-13:00			01 4933551	3
10	**SCARVA**		Down	LVO	Sprint-O 1						4
11	**THREE ROCK WOOD**	Ticknock	Dublin	Juniors	Local Event		11:00-13:00				
11	**BALLYDREHID**	Cahir		Tipperary	CorkO	Munster League 1				021 4894649	3
11	**CURRABINNY WOOD**	Currabinny	Cork		Cork Community Games					022 47300	
10/11	**MAPPING & OCAD**		Wicklow		Training Course						
13	**KILBRITTAIN WOOD**	Kilbrittain	Cork	CorkO	Squad fundraiser 1		Night O	18:00-19:00		021 4535303	
17	**MUCKROSS**	Killarney	Kerry	KO	Munster Night Champs			18:00-19:00	V975852		
17	**SAGGART WOODS**	Saggart	Dublin	Ajax	Leinster League 8		Night O	18:00-19:00			3
18	**BLUEPOOL**	Muckross	Kerry	KO	Kerry Spring League 2		11:00-13:00		V980867	066 7129832	
18	**KILSHEELAN**	Tipperary/Waterford		WatO	Local Event		11:00-13:00	Kilsheelan	S286234	051 379708	4
18	**WATERLOO WOOD**	Blarney	Cork	BOC	Winter League		9:30-13:00	Blarney	W613763		
18	**SUGARLOAF**	Kilmacanogue	Wicklow	UCDO	LL 9	Colour	11:00-13:00	Kilmacanogue		087 2965072	3
20	**WARRENSCOURT WOOD**	Kilmurry	Cork	CorkO	Squad fundraiser 2		Night O	18:00-19:00		021 4535303	
24	**NIOA SCORE CHAMPIONSHIPS**	**LOUGHERMORE**		**NWOC.**							
25	**NEWBRIDGE DEMESNE**	Donabate	Dublin	FIN	LL 10	Park O	11:00-13:00	N1 north of Swords		046 74711	3
25	**LISNABRIN WOOD**	Curraglass	Cork	BOC	Winter League		9:30-13:00	Conna/Tallow rd	W965920	021 4546194	
25	**KNOCKACAREIGH**	Kilmurry	Cork	CorkO	Local Event		11:00-13:00	Lissarda	W360643	021 4894649	4
25	**CLONTAKILLA FOREST PARK**	Boyle	Roscommon		Local Event		11:00-12:00	Boyle	G844035	086 8197887	4
27	**KINSALE**		Cork	CorkO	Squad fundraiser 3		Night O	18:00-19:00		021 4535303	
MARCH 2001											
4	**MULLAGHMEEN**	Westmeath	SET	LEINSTER CHAMPIONSHIPS				Pre-entry			2
4	**GARRAVAGH WOOD**	Inniscarra	Cork	BOC	BOC Spring League		9:30-13:00	Inniscarra	W525728	021 4546194	
6	**BALLYANNON WOOD**	Midleton	Cork	CorkO	Squad fundraiser 4		Night O	18:00-19:00		021 4535303	
11	**LUGNAGROAGH**	Poulaphouca	Wicklow	CNOC	LL11 Butterfly		11:00-13:00	Poulaphouca/N81	N963084	045 867183	3
11	**LOUGH HYNE WOOD**	Skibbereen	Cork	BOC	BOC Spring League			10:00-12:00	Skibbereen	021 4546194	
11	**KNOCKREER**	Killarney	Kerry	KO	Kerry Spring League 3		11:00-13:00	Cathedral	V958907	066 7125532	
11	**MAHON FALLS**	Waterford	WatO	Munster League 2			11:00-13:00	Mahon village	S317080		3
13	**KNOCKACAREIGH**	Lissarda	Cork	CorkO	Squad fundraiser 5		Night O	18:00-19:00		021 4535303	
17-19	**BALLYHOURA 3-DAY**	**SLIEVEREAGH WOOD, RUPPULAGH WOOD, DARRAGH HILLS**					Kilfinane	Limerick BOC	Pre-entry 9/3	022 47300	
24	**TOLLYMORE**	Newcastle	Down	LVO	NI Series						
24	**KNOCKBARRON**	Kinnitty	Offaly	CROC							
24	**PORTUMNA FOREST PK.**	Portumna	Galway	CorkO	**NIGHT CHAMPIONSHIPS**		Night O	Pre-entry 9/3			

25	**CONNACHT CHAMPIONSHIPS, BAWNREAGH**		Burleigh	Offaly	CROC		Pre-entry				2
25	**UNION WOOD**	Ballygawley	Sligo	SOC	Local Event		11:00-12:00	Collooney	G697297		4
APRIL 2001											
1	**FOXES ROCK**	Carlingford, Co. Louth		3ROC	LL 12	Colour	11:00-13:00			01 4933551	3
1	**COUMSHINGAUN**	Waterford	WatO	Munster League 3			11:00-13:00	Mahon village	S342103	051 379708	3
1	**KNOCKAUN WOOD**	BOC	BOC Spring League				9:30-13:00	Tallow/Youghal rd		021 4546194	
1	**MUCKROSS (TORC)**	Killarney Kerry	KO	Spring League 4			11:00-13:00	upr. carpark	V966843	066 7125532	
5	**ROSTELLAN**	Cork	BOC	Business Houses League			17:00-19:00	Midleton	W874663	021 4546194	
8	**BALLINASTOE**	White Hill	Wicklow	GEN	LL 13	Colour	11:00-1:00	Kilmacanogue		01-2893497	3
8	**BALLINORA WOOD**	Cork BOC	BOC Spring League				9:30-13:00	Ballinora church		021 4546194	
14-16	**JAN KJELLSTROM TROPHY,**	Forest of Dean, England.									
15	**COOLYDOODY WOOD**	Tallow Waterford	BOC	BOC Spring League			9:30-13:00	Tallowbridge		021 4546194	
19	**GARRYCLOYNE WOOD**	Cork BOC	Business Houses League				17:00-19:00	Mallow/Cork rd	W600810	022 47300	
21	**BELFAST CASTLE**	LVO Sprint-O 2									
22	**RAVENS ROCK**	Glencree Dublin/Wicklow		Ajax	LL 14	Colour	11:00-1:00	Enniskerry			3
22	**GLENGARRA WOOD**	Cahir Tipperary	CorkO	Local Event			11:00-13:00	N8 W of Cahir	R929189	021 48946409	4
29	**BALLYVOLANE**	Waterford	WatO	Local Event			11:00-13:00	Carroll's Cross	S445049		4
29	**INCH**	Kerry KO	Munster League 4				11:00-13:00		Q643007	066 7125532	3
MAY 2001											
3	**INNISCARRA WOODS**	Cork BOC	Business Houses League				17:00-19:00	ESB dam	W545724	021 4546194	
5	**BENONE**	Derry NIOA	Training event								
6	**BENONE STRAND**	Derry NIOA	**BRITISH INDIVIDUAL CHAMPS**				Pre-entry		C695365		
7	**BARONSCOURT**	Tyrone	NIOA	**BRITISH RELAY CHAMPS**			Pre-entry			H360830	1
12	**IRISH CHAMPIONSHIPS, SCARR**	Laragh	Wicklow	CNOC		Pre-entry 20/4		Laragh			045 867183	2
13	**IRISH RELAY CHAMPIONSHIPS, SAGGART WOODS**	Saggart, Co. Dublin		Aja		Pre-entry 13/4						2
15	**DONADEA**	Clane Kildare	CNOC	Evening Series			18:00-19:30	Clane	N835333	045 867183	4
15	**FARRAN**	Cork CorkO	Inter Firm League 1				17:30-19:30	Farran	W470720	021 4894649	
17	**RAHAN**	Cork BVOC	Business Houses League				17:00-19:00	Mallow	W595953	022 25306	
19	**ARMAGH**	LVO Sprint-O 3.									
20	**PHOENIX PARK**	Dublin	3ROC	Squad League		Intro	11:00-12:30				
20	**THE CRAGS**	Glenflesk	Kerry	LeeO&UCCO		ML 5	11:00-13:30	Cork/Killarney rd	W075843	021 4300373	3
22	**CURRAGH WEST**	Curragh	Kildare	CNOC	Evening Series		18:00-19:30	Curragh exit off M7		045 867183	4
22	**TRACTON**	Cork	LeeO	Inter Firm League 2			17:30-19:30	Ballyfeard	W726567	021 4300373	4
27-28	**SCOTTISH CHAMPIONSHIPS**	**INDIVIDUAL AT ROGIE, CONTIN, RELAY AT LITTLEMILL, DAVIOT.**									
27	**TYMON PARK**	Tallaght Dublin	Ajax	Squad league		Intro	11:00-12:30				
29	**LUGNAGROAGH**	Blessington Wicklow	CNOC	Evening			18:00-19:30	N81 S of Blessington	N963083	045 867183	4
29	**CURRABINNY WOOD**	Carrigaline Cork	CorkO	Inter Firm League 3			17:30-19:30	Carrigaline	W785630	021 4894649	

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